Arcadia News

25 YEARS

VOL. 25 NO. 2 — arcadianews.com — MAY 2017



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The Arcadia Little League is celebrating six decades of baseball in the neighborhood.

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A group of Star Wars fans are using the beloved characters to bring joy to the community.

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If the line for brunch is too long, celebrate Mother's Day with some unique activities.



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COVER IMAGE:
501st Dune Sea Garrison Stormtroopers support the MS Walk in November 2014 at Papago Park.
ORIGINAL PHOTO: PERSONALPAPARAZZIPHOTOGRAPHERS.COM



ARCADIA NEWS TEACHERS we love

THIS MONTH'S WINNER: Janet Fredrick, Vocal Music Teacher at Hopi
NOMINATED BY: The Musselmann Family



Janet Fredrick was nominated by 4th grader Katie Musselmann.

By Nick Smith

Did you always have an interest in music?

I was raised in a musical family. All my siblings and parents were musicians. Two of my sisters have music degrees as well. My brother was in a band. My dad played trombone and my mother used to sing on the radio. We were just a very musical family and it was a benefit from day one. We all took piano and all had the experience of church choirs. Piano was my thing though. And then singing was my second.

What do you love about music?

It's a mood changer. It's a mood-altering part of life. It can stir you up and it can calm you down. It puts babies to sleep, it puts big people to sleep. The aesthetics of it are just incomparable to anything else I can think of.

I had first graders in tears unintentionally the other day. We were doing something for Mother's Day and I was teaching them a song that doesn't even have the word mother in it. But it talks about how they were babies and now they walk and talk, and three of the kids were crying. It just touches them.

Tell about your class and what the kids learn.

For the little ones, it's mostly feeling and reacting to it. They learn with a percussion instrument for the beat. The older ones are reading notes, and learning band instruments and string instruments. The majority of it is singing. And then experiencing it through body movement and instrument playing.

And the other thing is, rather than teach kids how to do music, I like to think of it in terms of teaching the kids through the music. Through music, they learn concepts in history, math. They can incorporate music with all the integrated things that we need to teach them.

What do you think your favorite part about teaching is?

It's getting to know the kids. You know, I have them from kindergarten through 5th grade, so I spend six years with them, if they stay in the class. I've had most of these 5th graders since they were five years old. I've watched them grow and I've had their siblings.

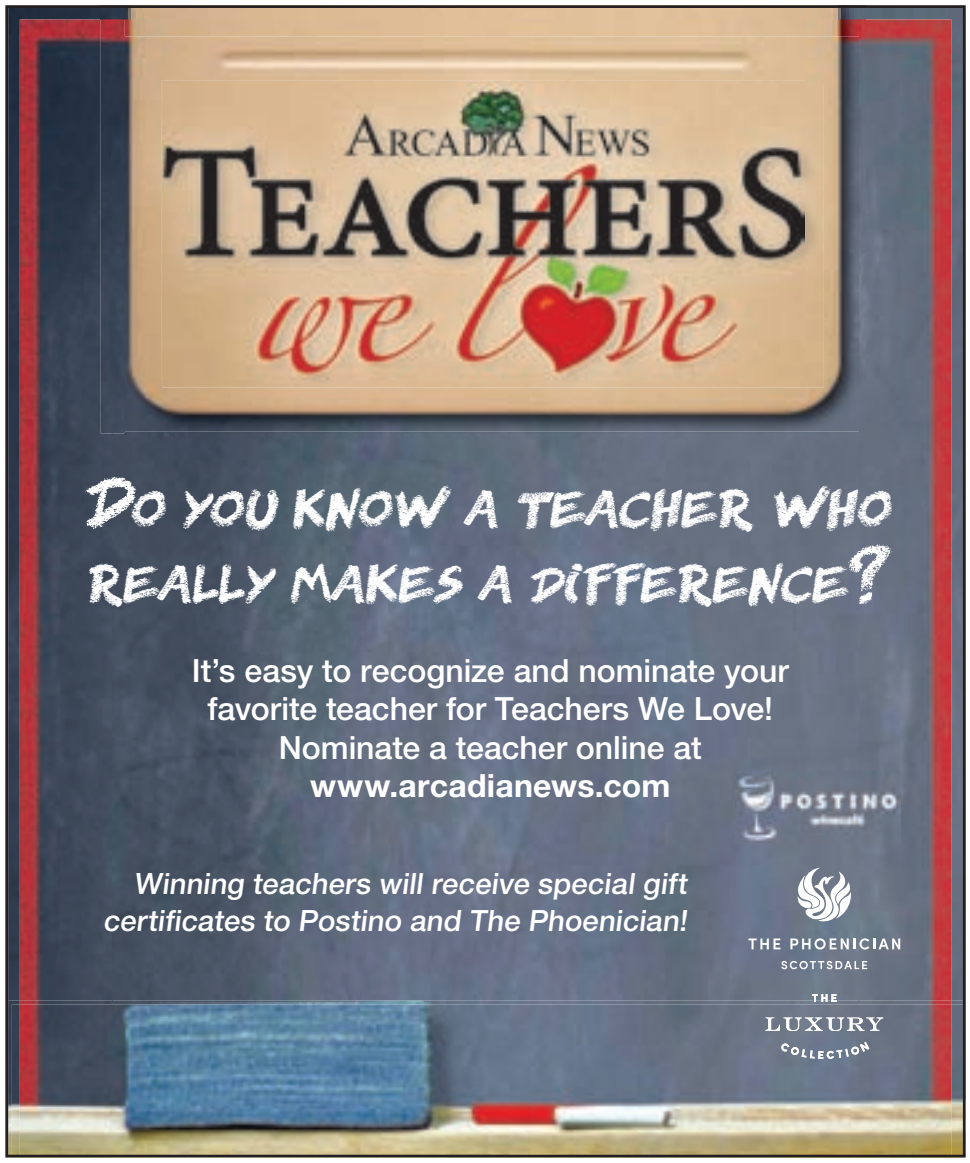
We do musicals, and I have kids who, maybe they aren't singers but they'll join chorus for the comradery. Being in a chorus or a supportive group like that can really bring some kids out of their shell, which I think is so important. I've seen kids transformed from these stoic little people who won't even open their mouth to kids who think they're going to be on Broadway.

That must make it tough to say goodbye at the end, when you've had these kids for so many years.

Oh, it's horrible! But I have kids that come back and visit often. Some will come to the concerts and I'll get emails from them. I teach a song called Song of the Presidents, where we sing every president from George Washington to our current president. And I've had kids who will tell me, I was taking a test on the Presidents and I didn't even have to stop and think. All because of that song!

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





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Arcadia Real **Estate** Stats

2017 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2017-3/31/2017)

Active Homes -	183 homes
Homes Sold -	70 homes
Average Sale Price -	$1,063,000
Average Sold $ Per SF -	$320
Average Days On Market -	105 days

There is currently 8 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 0% this year. (based on 2016 sales results)
2017 home prices have decreased 12%. (based on 2016 sales results)
2017 $ Per Square Foot prices have decreased 2%. (based on 2016 sales results)
2017 homes are taking 18% 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

(1/01/2017-3/31/2017)

Active Homes -	89 Homes
Homes Sold -	53 Homes
Average Sale Price -	$601,000
Average Sold $ Per SF -	$258
Average Days On Market -	81 days

There is currently 5 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 0% this year. (based on 2016 sales results)
2017 home prices have increased 12%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 9%. (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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7 simple pool safety steps

HEALTHY *TIDBITS*

By Jeannine Hinds



While splashing around in the pool is a great way to cool off, be sure to have proper supervision and appropriate safety measures in place.

The Centers for Disease Control says approximately 10 people die from unintentional drownings every day. Two out of those 10 drownings involve children 14 or younger.

Among that age group, toddlers and adolescent boys seem to be at the greatest risk. The best drowning prevention? Supervision.

Parents and children alike need to follow some simple steps to prevent pool-related injuries and deaths:

1. The American Academy of Pediatrics recommends "touch supervision," meaning children younger than 5 should never be more than an arm's reach away from an adult.

2. It's important for the supervising adult to know how to swim and perform CPR, if needed.

3. Rescue equipment such as a shepherd's hook and a life preserver should be available.

4. Inflatable swimming aids are not reliable and should not be used in the place of life jackets. The inflatables give the swimmer a false sense of security.

5. Some parents assume that enrolling their kids in swimming lessons early in life can prevent drowning deaths. Studies have shown that while children with some formal swimming instruction may be at lower risk of drowning, swimming programs may also reduce a child's fear of water and may encourage the child to enter the water without supervision.

6. Be sure home pools are surrounded on all sides by a fence at least four feet tall. Consider installing alarms that will be triggered if the gate is opened.

7. Have a certified pool technician check drains and drain covers. Make sure suction fittings are updated with anti-entrapment covers. Even a strong swimmer may become trapped underwater due to faulty drain systems.

— Jeannine Hinds, MD, specializes in Family Medicine with Honor Health Medical Group.

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Arcadia News 25th Anniversary Feature

How Straight Up with a Twist was born

Two weeks before my 30th birthday, I resigned from a successful ten-year career in sales and decided it was time to do something else. I tossed some clothes, a sleeping bag, a toothbrush and a borrowed laptop into my 1993 Jeep Wrangler and embarked on a cross-country journey. I figured I would chronicle the experience and sell it as a book, which is a naïvely ambitious way to kick off a writing career.

The length of this trip would be limited only by my savings account, which turned out to be about three months. Through the fall of 1996, I drove 10,000 miles, mostly on back roads, through 26 states and wrote a book along the way, titled "Tales from the Scenic Route." I had no prior writing experience, except for a couple weak short stories I wrote in a creative writing class in college.

After I returned, I crafted a series of humor columns about my life and growing up in the area, influenced by some of my favorite humor writers: Carl Hiaasen, Dave Barry and Hunter Thompson.

In 1998, six months after changing careers, I walked into the office of the Arcadia News with a couple writing samples and met the husband and wife who owned the paper. I was hoping they would hire me as a reporter, so I was ecstatic when I received a phone call a couple days later, asking me to be the new humor columnist for the Arcadia News.

Drinks were on me that night, and that's where I came up with the title for the column: Straight Up with a Twist. I felt like an actual professional writer... a columnist! When my friends asked me how much a humor columnist gets paid, I felt so stupid: I never even asked about money.

When we interview writers today, the ones who don't ask about the money – or ask about it last – are usually in it for the love of writing. Community newspapers are not exactly lucrative writing gigs.

From 1998-2012, I penned 152 Straight Up columns. Not all of them were home runs, but they were fun to write. Fans of the column followed me through my stages of life: carefree single man, newspaper owner, home owner, married man and eventually, father of two. Toward the end, it was getting tough to come up with new ideas and material, so I put the column on an indefinite hold.

Over the next few months, we will revisit some of my personal favorites from the archives of Straight Up with a Twist. This one lines up a little with Mother's Day, as it involves my #1 employee.

— Greg A. Bruns

STRAIGHT UP with a TWIST

My Mother is on my payroll

As part of our anniversary celebration throughout 2017, we will feature some of our favorite stories from the past 25 years. These will include some of our award-winning stories and photos, and re-prints of the unique articles that make this publication special. These stories are easily identified with our "25th Anniversary Feature" banner.

By Greg A. Bruns

This Mother's Day I would like to acknowledge the best employee I have ever had on the payroll: my mom, the proofreader. She happily reads every single word of this publication, and this paper is nearly error-free because of her commitment.

As a retired teacher, mom had some outstanding credentials, and was considered a blue chip prospect for the position. I had to let a proofreader go, who came with the paper when I bought it many years ago. I figured that former employee understood the reason.

It was a good idea to hire mom. She sort of keeps the balance here. When it gets stressful at deadline and everything seems out of control and on the verge of outright violence, I remember that my mother works here and that helps me reel everything in a tad.

Now she works for me, but a long time ago I used to work for her. Mom used to do some envelope stuffing, labeling and mailing for a small business owner. I was about 5-years-old, and I could help out by licking stamps and sealing envelopes. My dad was in law school at night, so this little bit of work mom had was an important part of our family's income.

There is a long history of work in my family. Our family tree is a well-aged hardwood, with branches of labor both physical and mental. Like most Americans, some of my family's forefathers arrived here from some European country (Holland / Netherlands / Germany) a few centuries ago, and they showed up early for work the next day.

This work ethic has been passed down from previous generations and still continues today. I can remember quite well being put to work on my grandparent's farm in Indiana. I was around 7 or 8, and already they were eyeing my spine, hoping it was going to be mule-strong so they could get some mileage out of me.

The next chapter of the Bruns family has already taken the baton in this race and is off to a serious lead. Our son Hambone* has contracted some bizarre adult work disorder. The kid would rather work than play, and I don't mean he's excited to come to the office and pay a little visit. I mean the kid would rather have a job at this point in life, complete with a salary, benefits and a good chance for promotion.

It's something we're still trying to figure out. If you want to occupy Hambone's entire afternoon, put him on trash and recycle duty at the Arcadia News office. Yardwork does the trick, too – he loves to work a broom, but the hose is his favorite for cleanup time. And even though he isn't allowed to operate the gardening sheers, he's all over the entire operation, directing movements and explaining duties, especially the ones that have been overlooked. (Daddy. Daaaaaady. Daaaaaaaa-DEE! You missed a spot.)

Our fear at this stage is that Hambone is going to burn himself out before he even gets into grade school. I expect the kid to hold a job through college, but at this rate he may not make it out of the third grade.

If Hambone goes over to my mom and dad's house for a weekend, it's fairly certain that he will want to work for the entire visit. Being the good grandparents they are, my parents make sure they save a lot of the little house duties that Hambone can help out with.

By the time he comes back home, he's got colorful stories about work gloves, some tree trimming tips, and basic lawn maintenance concepts that we should be utilizing on our own property. Toss in a visit to Home Depot and the entire weekend is a raging success, better than any visit to any amusement park in the country.

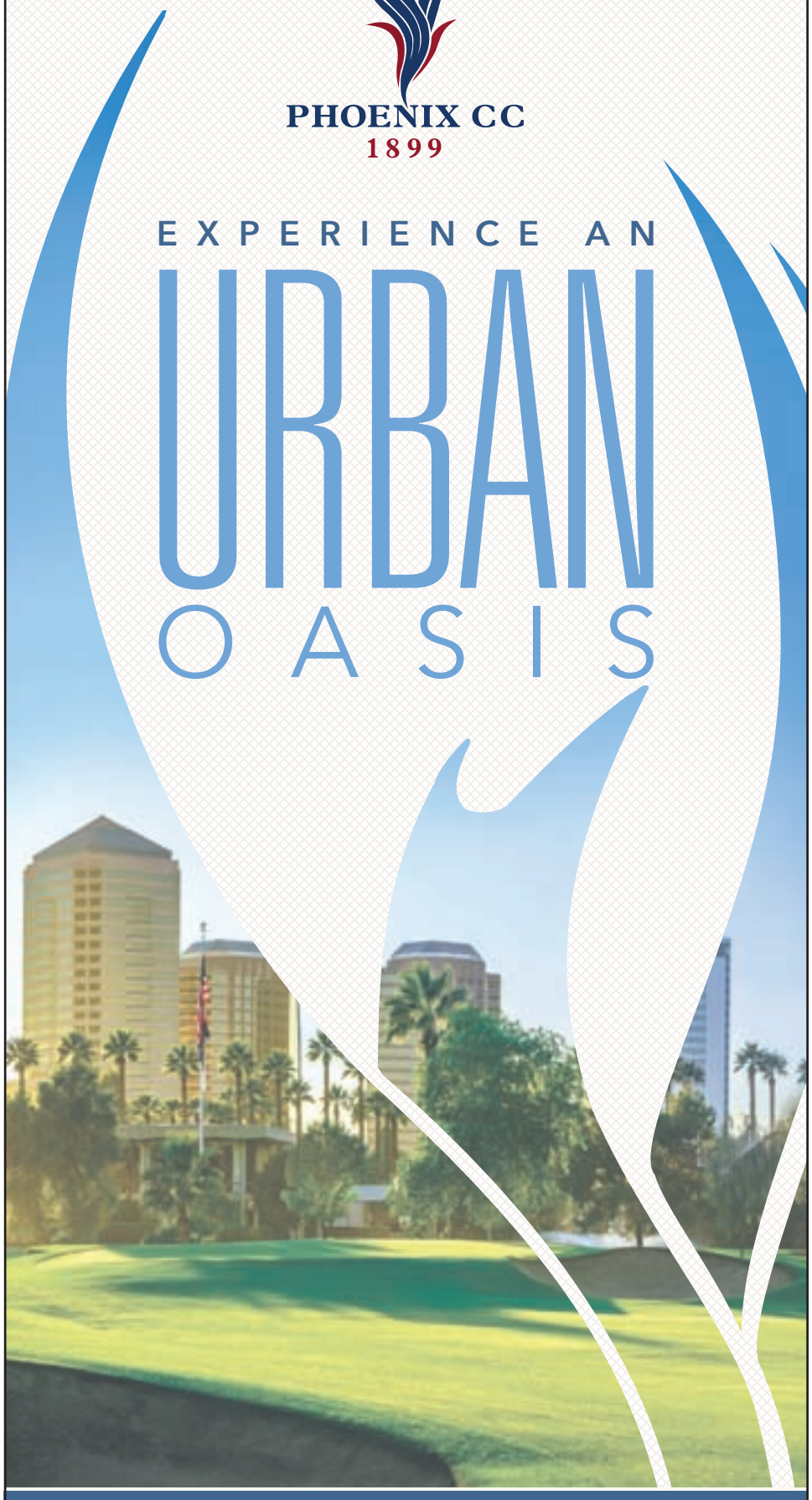
That's good work ethics through genetics, I suppose. Like mother, like son; like father, like son.

**To prevent preschool ostracizing, this is the name our first son has been given for this column.*



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1/3 of U.S. drivers can't afford unexpected auto repair bills

By Michelle Donati-Grayman

If you don't have an automotive emergency fund, you're not alone. According to a new AAA survey, 64 million American drivers – 1 in 3 motorists – would not be able to pay for an unexpected vehicle repair without going into debt.

An average repair bill can set a driver back between $500 and $600, a figure that is expected to grow as vehicles become more advanced. Complex vehicle systems are more costly to fix. Additionally, the technical skills and expensive, specialized equipment necessary to execute repairs are prohibitive for do-it-yourselfers.

Newer cars come equipped with systems to make driving more safe and comfortable, but this technology comes with a cost. Many consumers struggle with auto repair and upkeep costs because so few save money specifically for this occurrence.

Repair costs soar even higher when a vehicle has been poorly maintained. A previous AAA survey found one-third of U.S. drivers skip or delay recommended service or repairs.

While car payments eventually end over a vehicle's life, operating costs do not. A small savings plan can go a long way in reducing the anxiety of unexpected auto repair costs, according to auto experts.

To avoid an unexpected car repair, the AAA? recommends vehicle owners follow the manufacturer's recommended maintenance schedule and identify a repair shop they trust. And if faced with an unexpected repair, AAA suggests drivers get a written estimate and negotiate their repair bill.

Be sure to clarify with the shop the work that needs to be done and consider getting a second opinion to confirm the diagnosis. You can also ask if the shop offers any discounts or payment plans to reduce immediate out-of-pocket costs.

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

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Gerald Rawlings has a gift for citrus care.

Arcadian brings four decades of citrus care experience

By Rachael Bouley

For more than 40 years, Gerald Rawlings Jr. has helped Arcadia residents care for their citrus trees and grow delicious, fresh fruit. The abundance of neighborhood citrus trees provides both an overflowing bounty of fruit for residents and a plentiful source of customers for his family-based Citrus Care Company.

Born and raised in California, the Rawlings family moved to Arcadia in 1969, when Gerald was 16 years old. Like many Arcadia kids, it wasn't long before he was helping his father care for the citrus trees in their yard. Thanks to word of mouth, a business was born.

"The principal of Gerard Catholic High School heard about how we were feeding the trees and he wanted to know if we could do the trees at the school," Rawlings said. "So we took care of the trees at the school and people noticed, and they started calling us to take care of theirs, and it just snowballed."

After returning from serving in the Vietnam War, he helped with the burgeoning citrus care business to pay for his college education. The growing customer base soon demanded his full attention. Ever since then, Rawlings has been a go-to resource for questions or concerns about citrus trees. He helps with fertilization, maintaining ideal growing conditions and educating people to ensure their trees live a long, productive life.

His continuous success is supported by the abundance and variety of citrus trees in Arcadia, including lemon, grapefruit and several varieties of oranges. His customer base includes residents who use their citrus in their own homes or donate their fruit to food banks and local organizations during gleaning season.

Although caring for the trees started as a way to earn a living and pay for school, Rawlings has grown to genuinely enjoy caring for Arcadia's iconic trees.

"Over the years, I've saved quite a few trees that looked impossible to save. When you take a tree that looks like it's on death's door and you can make it look healthy again, that's really nice," he said.

While Rawlings has recruited the help of his children occasionally over the years, he remains the driving force behind the company. He spends three or four days a week out in the field educating occasionally misinformed customers on proper citrus tree care.

And yes, Rawlings even finds time to care for his own citrus trees.

— For more: 602-840-0601.

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On behalf of my whole team at The Brokery, I want to thank all of our local partners for their roles in our grand opening that took place on April 22nd. We had an incredible time with all of our new neighbors at the opening event and we appreciate the hospitable welcome we've been shown! I couldn't have dreamed of a better experience and am beyond grateful for the opportunity at hand. A big thank you to the following....

- Postino
- Bike Barn
- Rita's Italian Ice
- MMPR Marketing
- Vista General
- Studio Ma
- Lexie Grace Design
- Rodney at Planterfab
- and many, many more

If you missed our event, please feel free to stop by and visit with us anytime. We will be open 7 days a week moving forward.

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WHAT'S HAPPENING, *ARCADIA?*

TUESDAY 5/2

Planet Shark

10 a.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. Visit the newest exhibit at the AZ Science Center and learn about one of the most feared animals of the ocean: the shark. Planet Shark: Predator or Prey will take you on a walk through tour with SENSORY4TM technology that will immerse you in the underwater scene these animals call home. Come face to face with a great white, but don't worry, you'll be safe in the museum. Want to know more about sharks? This is the exhibit for you. Tickets are $11.95 plus $18 for general admission. For more: azscience.org.



Planet Shark at the Arizona Science Center.



Street Food Cinema at Margaret T. Hance Park in Phoenix.

THURSDAY 5/4

Wine Tasting

4:30 – 6:30 p.m. at Hidden Track Bottle Shop, 111 W. Monroe St., Phoenix. What's better than spending happy hour with a free wine tasting? At Hidden Track Bottle Shop, that's exactly what they do! Attendees can spend a couple hours sampling four to five different wines and learning about the selections as well. You can have a drink and learn all about it. These tastings are also available on Saturdays at noon. For more: hiddentrackbottleshop.com.

SATURDAY 5/6

Street Food Cinema

5:30 – 10 p.m. at Margaret T. Hance Park, 1218 N. 2nd St., Phoenix. Enjoy a night out at the movies with a classic twist! This month, Street Food Cinema will be showing "Back to the Future." Before the film, check out the various food trucks that will be on site and pick up a bite to eat. There will also be live music before the film from emerging artist DJ Melissa Marie. Eat, dance and play games before settling in to watch Marty McFly at 8 p.m. Tickets are $20 for reserved seating. For more: streetfoodcinema.com.

Urban Wine Walk

1 – 6 p.m. in downtown Phoenix. Keep those wine glasses full at downtown Phoenix's Urban Wine Walk. This is a self-guided tour of the area and the restaurants it has to offer. Each participating location will offer samples of wine for $2-$3 along with delicious snacks to accompany your drink. From chardonnay to rosé, you're sure to find a new favorite. Bring your friends and get ready to make new ones! At the end of your stroll, from 6 – 9 p.m., there will also be a jazz concert! Get your wine on! For more: dtphx.org.

Kentucky Derby Lawn Party

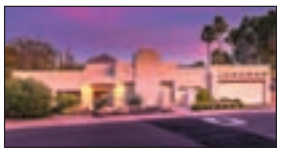
1 – 4:30 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Drive, Scottsdale. Ladies and gents, it's time to bust out your best Kentucky Derby hat and head over to the lawn party! It's the 143rd Run for the Roses, and the "fastest two minutes in sports" should be enjoyed with a mint julep in hand. There will be live music, bourbon tastings, lawn games, and a specialty menu prepared by Chef Jeremy McMillan. Tickets are $109 per person. For more: scottsdaleprincess.com.



Debbie Frazelle
Homes of Distinction

Call about several great pocket listings in PV and Arcadia Prime!

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 $929,000.

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!



Debbie Frazelle, ABR
A trusted name in Arcadia Real Estate who will go the extra mile for you.
Past Arcadia PTO VP
Past Hopi PTA President
Arcadia resident for over 30 years

Debbie Frazelle, ABR
602.954.6888 Office | 602.399.8540 Cell
3113 East Lincoln Drive
debbiefrazelle.com | dfrazelle@cox.net

Arizona Journal of Real Estate & Business Annual Industry Awards

WHAT'S HAPPENING, *ARCADIA?*

SUNDAY 5/7

6th Street Market

10 a.m. – 4 p.m. at 6th St. Park, Tempe. Spend the day exploring your local community at the 6th street market in downtown Tempe. Browse through local vendors and do some shopping, check out works of art, listen to live music, do a little community yoga and then grab a bite to eat from a local food vendor. The weather is heating up, so this is the perfect time to get out and explore your neighborhood. This is a free event. For more: downtowntempe.com.

Cinco de Mayo Phoenix Festival

12 – 10 p.m. in downtown Phoenix, 200 W. Washington St., Phoenix. It's the 5th of May and you know what that means: tacos, tequila and lucha libre! Cinco de Mayo Phoenix Festival celebrates Mexico's victory over the French army with a two day street festival. There will be live music, games, a kids zone, ballet folklorico, giveaways, and of course food and drinks! Tickets are $5 before 5 p.m. and $10 after 5 p.m. For more: cincophx.com.

Wanderlust 108

7:30 a.m. – 3:30 p.m. at Salt River Fields at Talking Stick, 7555 N. Pima Road, Scottsdale. Get your spirit and energy flowing with this triathlon. There are three activities taking place: a 5K, an outdoor yoga flow class and guided meditation. Once you've finished those activities, you can pick up lunch and then head to an activity of your choosing, such as hooping or aerial yoga. Then, wander the vendor market and do a little shopping. It's a full day of spirit lifting activity. Tickets are $21 -$50. For more: wanderlust.com.



Wanderlust 108 at Salt River Fields at Talking Stick in Scottsdale.


Alice's Rock & Roll Adventure at the Tempe Center for the Arts in Tempe.

FRIDAY 5/12

Alice's Rock & Roll Adventure

7 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy., Tempe. A classic tale with a rock and roll twist! At the Childsplay theatre for kids, Alice goes on a wild adventure down the rabbit hole and meets up with the Mad Hatter and the Queen of Hearts. It's just like the classic tale we all know and love, except with a musical twist! The actors telling the story are also the band! Watch as Alice learns to walk to the beat of her own drum. Tickets range from $12 - $24. For more: childsplayaz.org.

SATURDAY 5/13

Edible Garden Tour

8 a.m. – 1 p.m., locations vary. Come out and see what Arcadia's got growing on! This is a self-guided tour of eight local gardens. Check out the luscious produce, browse through the yummy fruits, apple and nut trees, herb gardens and beautiful flowers right in your own neighborhood. Meet the gardeners and get a chance to learn some tips and tricks for building and maintaining your own slice of garden paradise. There will be refreshments available for purchase at Jill's Sweet Life Garden. Tickets are $18. For more: ediblegardentour.com.

COMING TO ARCADIA:
SCOTTSDALE AIR'S COMFORT LAB



Opening Spring 2017

4713 N. 44th St. Phoenix

The Comfort Lab is a one-of-a-kind showroom that allows you to see the latest HVAC technology in action and feel the difference it can provide for you. We want our customers to make the most educated decisions possible when it comes to investing in their home comfort, and this showroom provides the ideal solution.

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WHAT'S HAPPENING, *ARCADIA?*

Ameri-CAN Beer Festival

1 – 6 p.m. at Margaret T. Hance Park, 67 W. Culver St., Phoenix. Calling all canned beer enthusiasts! The Ameri-CAN craft beer festival is here! Boasting more than 250 craft beers from all over the nation, this event is sure to have something for everyone. There will also be live music, food, seminars, a beer science garden, beer Olympic Games and a craft beer competition. Tickets are $45. For more: cannedcraftbeerfest.com.

Our Creation Stories

11:30 a.m. – 12:30 p.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. In honor of Mother's Day, Heard Museum is proud to present Creation Stories: a multimedia art project focusing on the human experience of birth. Forrest Solis of ASU will show a film featuring five Native women and their stories of birth, change and life. Following, there will be a panel discussion with Nicolle Gonzales, founder of the Changing Woman initiative. Bring the family and learn about life from the very beginning. This is a free event. For more: heard.org.

SUNDAY 5/14

"Just Peachy" Market

9 a.m. – 4 p.m. at Schnepf Farms, 24610 S. Rittenhouse Rd., Queen Creek. If peaches are your favorite fruit, this is one market/festival you won't want to miss! Held during the Peach Festival at Schnepf Farms, you can shop vintage while listening to live music and then head over to the Peach Festival, where you'll find all foods peach! Take a hayride to the orchard, sample peach concoctions, hit up the arts and crafts booths, and so much more. Tickets are $5 for the market and entry into the peach festival. For more: schnepffarms.com.



Ameri-CAN Beer Festival at Margeret T. Hance Park in Phoenix.

Mother's Day Champagne Brunch

10 a.m. – 2 p.m. at the Boulders Resort and Spa, 34631 N. Tom Darlington Drive, Carefree. Treat the greatest lady in your life to a meal she won't soon forget! The Boulders is hosting a Mother's Day buffet complete with mimosas and Bellini's, a breakfast and brunch buffet, carving station, ice display and the Boulder's dessert bar. Treat mom to a delectable Sunday brunch before spending the day with her! Reservations are required. Attendance is $79 per person. For more: theboulders.com.

WEDNESDAY 5/17

Speakeasy Night

7 – 10:30 p.m. at DeSoto Central Market, 915 N. Central Ave., Phoenix. Time to bust out your suspenders and dancin' shoes and head back to the past! DeSoto Central Market hosts Speakeasy Nights, a night full of music and dancin'. Featuring a 21-piece musical set from the Uptown Big Band, there will also be dancing lessons just in case you're not sure how they moved back in the 1930's! Old time music, specialty cocktails and an all-around dancin' good time. This event is free. For more: desotocentralmarket.com.

THURSDAY 5/18

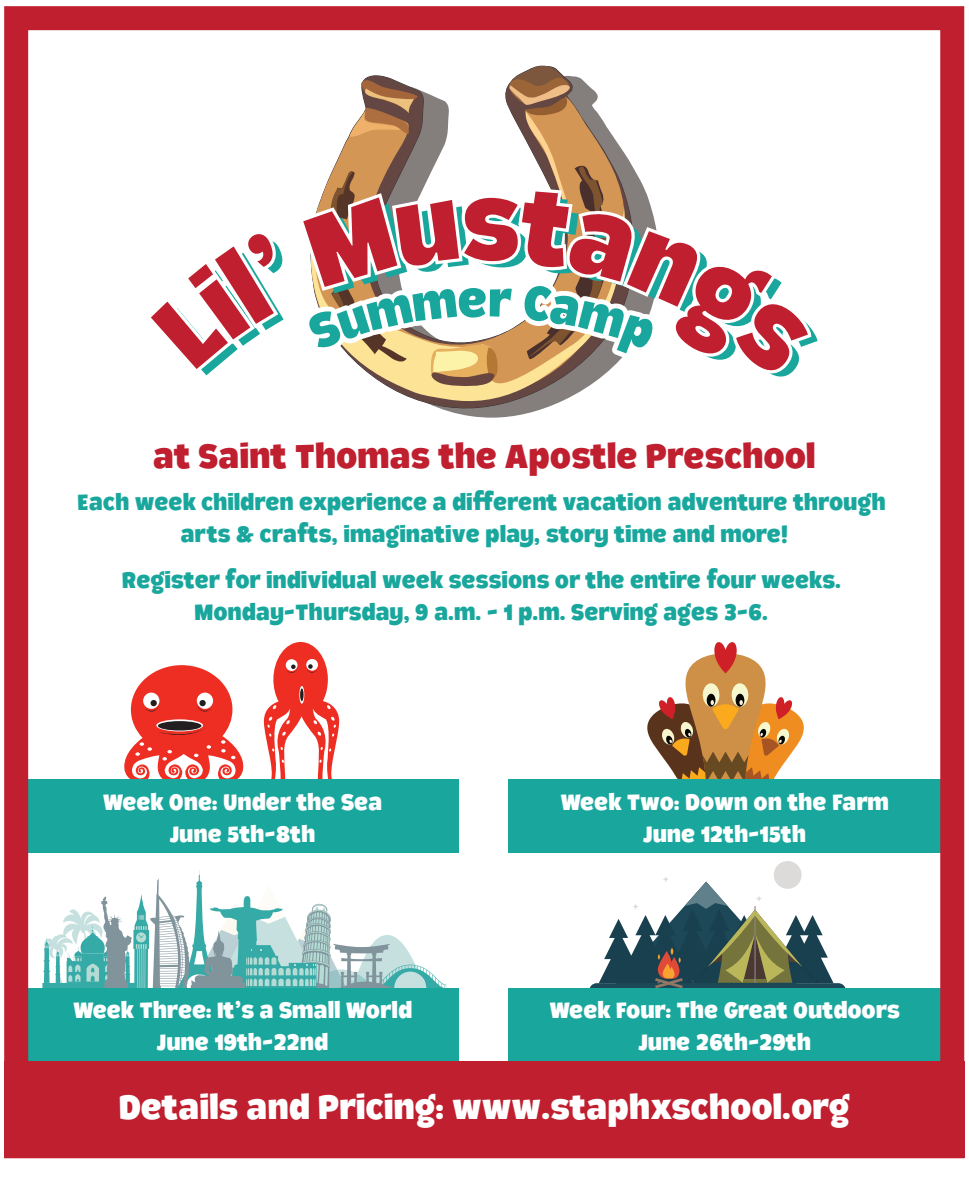
Roars and Pours

5:30 – 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy, Phoenix. The new way to celebrate happy hour! At the Phoenix Zoo, attendees 21 and up can sip wine and craft beers and enjoy small bites while strolling through select zoo trails. There will be animal encounters, yard games, live music, entertainment and more. Spend your happy hour on the wild side. Tickets are $10. For more: phoenixzoo.org.

FRIDAY 5/19

Music in the Garden

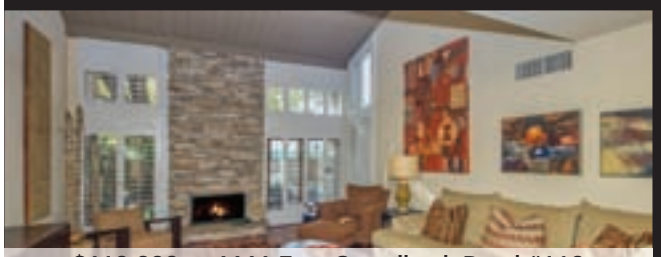
6:30 p.m. at the Desert Botanical Garden, 1201 N. Galvin Pkwy., Scottsdale. Settle in for a night of the blues with Bluesman Mike and the Blues Review Band. This group was formed back in 2007 and has risen to fame in the Valley with its rhythmic beat and soul searchin' lyrics. Enjoy the beauty of the botanical gardens as well as a delicious home-cooked meal available for purchase. If blues music is what you dig, you won't want to miss this. Tickets are $30 for general admission. This is a 21 and over event. For more: dbg.org.



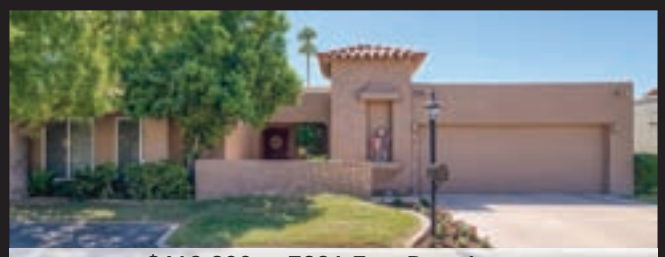


Nobody Sells More Homes In Arcadia Than **The Joffe Group**

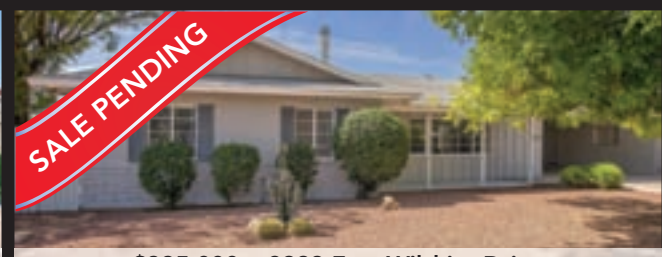
OUR FEATURED LISTINGS UNDER $1,000,000



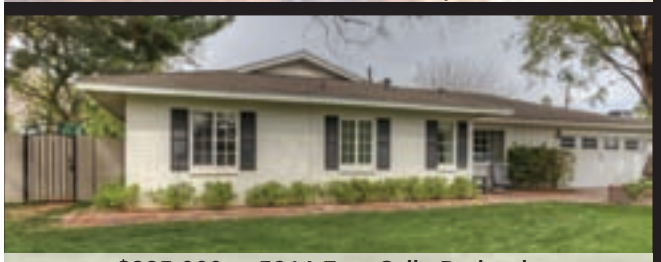
$619,999 4446 East Camelback Road #112
3 bedrooms, 3 baths, 2,840 square feet



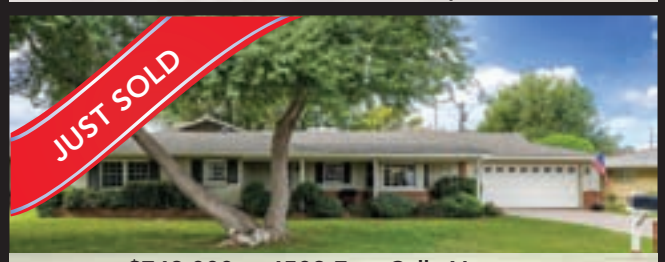
$419,900 7331 East Rose Lane
3 bedrooms, 2 baths, 2,447 square feet



$335,000 8223 East Wilshire Drive
3 bedrooms, 2 baths, 1,567 square feet



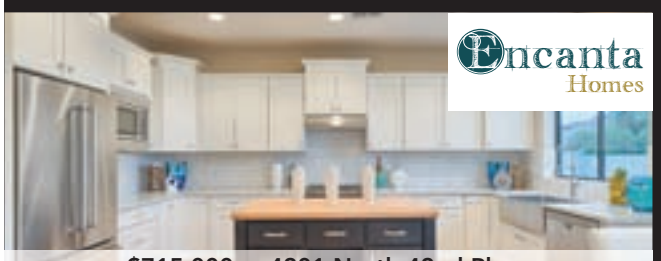
$995,000 5316 East Calle Redonda
4 bedrooms, 3 baths, 2,850 square feet



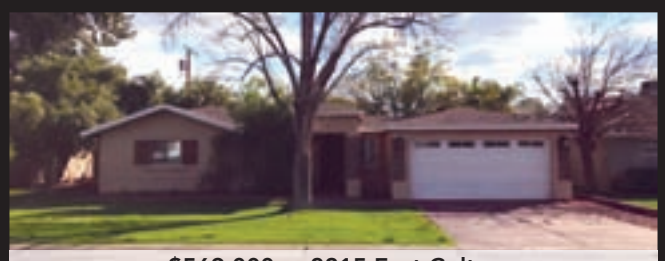
$749,000 4509 East Calle Ventura
SALE PENDING BEFORE IT HIT THE MARKET!



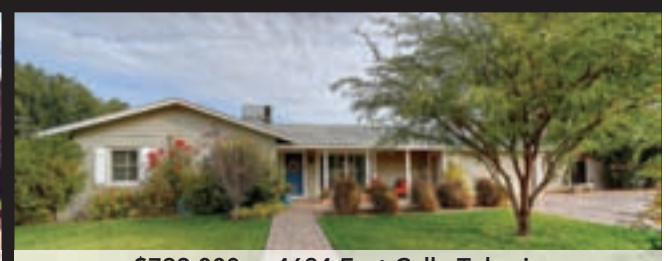
$745,000 5301 North 46th Street
Camelback Canyon Lot



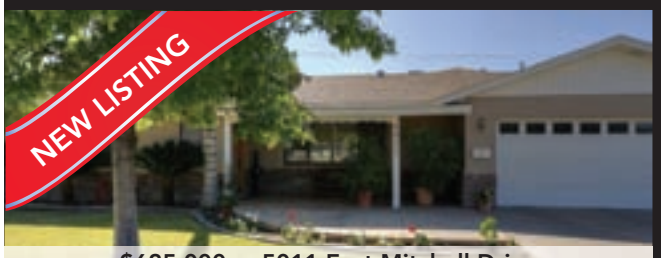
$715,000 4201 North 42nd Place
4 bedrooms, 3 baths, 2,934 square feet



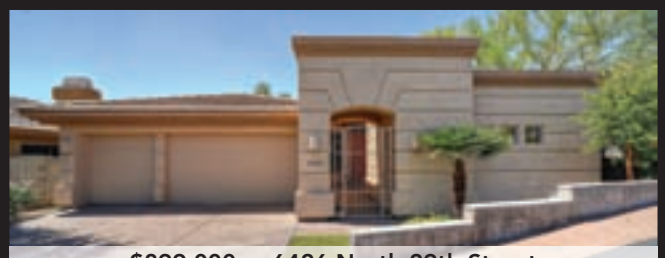
$569,000 3215 East Colter
3 bedrooms, 3 baths, 2,366 square feet



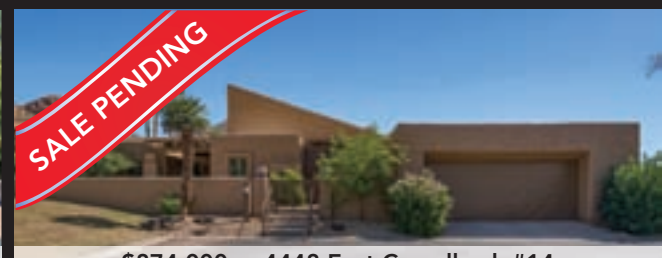
$799,000 4634 East Calle Tuberia
3 bedrooms, 2 baths, 1,926 square feet



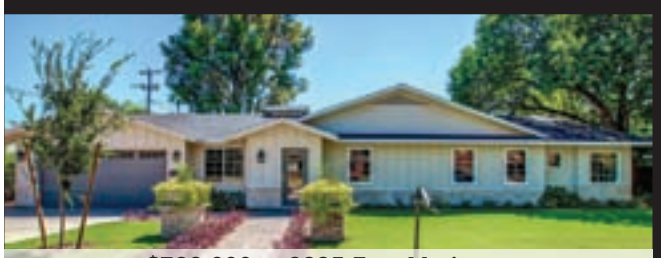
$625,000 5011 East Mitchell Drive
4 bedrooms, 3 baths, 2,774 square feet



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



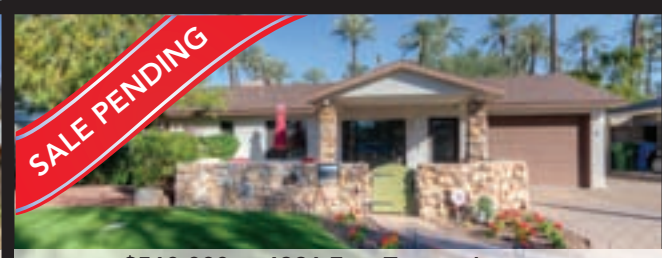
$874,000 4448 East Camelback #14
3 bedrooms, 2 baths, 2,831 square feet



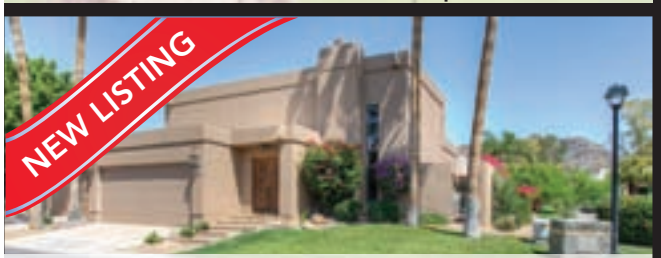
$799,000 3335 East Mariposa
4 bedrooms, 3 baths, 2,650 square feet



$350,000 4202 North 42nd Street
Vacant Lot



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



$799,000 3050 East Marlette Avenue
4 bedrooms, 4 baths, 3,270 square feet



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



$725,000 1323 Whalers Way
3 bedrooms, 3 baths, 4,272 square feet



$549,000 4446 East Camelback #106
2 bedrooms, 2 baths, 1,841 square feet

THE JOFFE GROUP

LAUNCH REAL ESTATE

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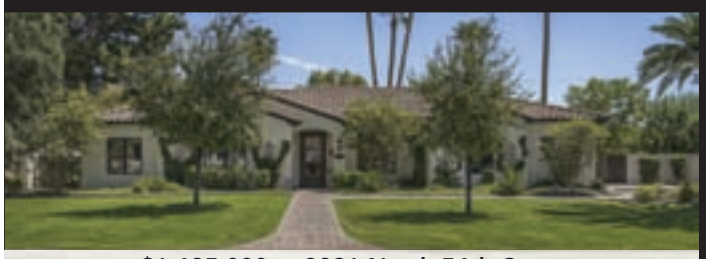


Robert Joffe

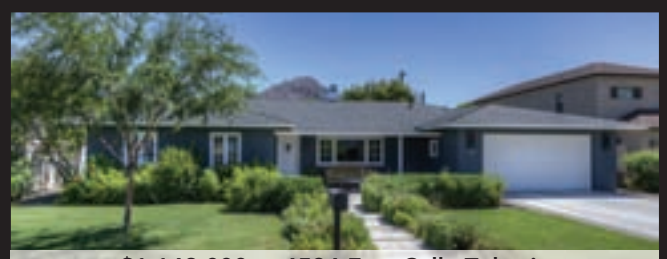
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Arcadia's Premier Real Estate Group

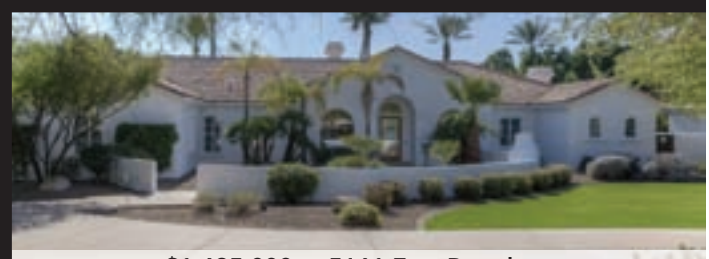
OUR FEATURED LISTINGS $1,000,000 – $3,000,000



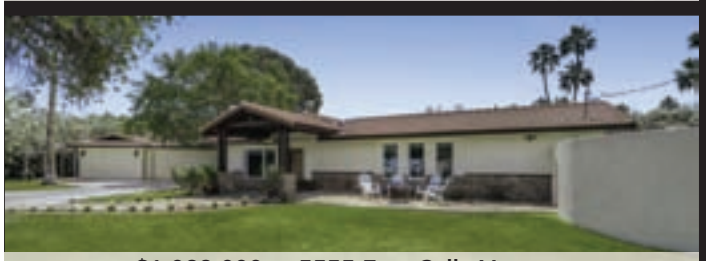
$1,695,000 3821 North 54th Court
5 bedrooms, 5 baths, 4,766 square feet



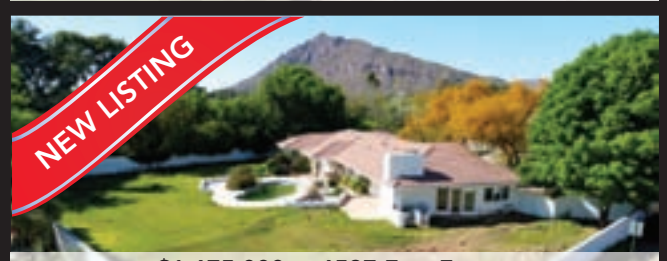
$1,149,000 4584 East Calle Tuberia
4 bedrooms, 4 baths, 2,750 square feet



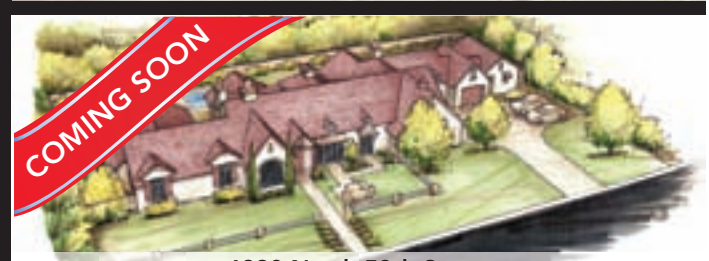
$1,495,000 5161 East Pasadena
5 bedrooms, 5 baths, 4,093 square feet



$1,023,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet



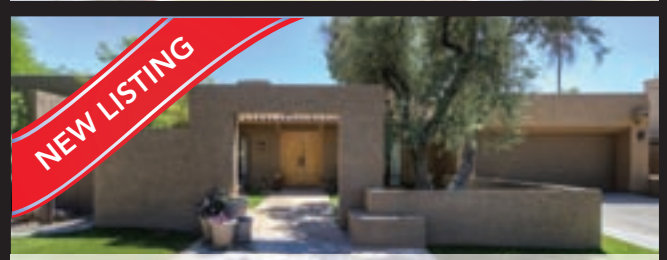
$1,675,000 6537 East Exeter
CALL FOR INFORMATION.



4220 North 58th Street
CALL FOR PRICING & INFORMATION



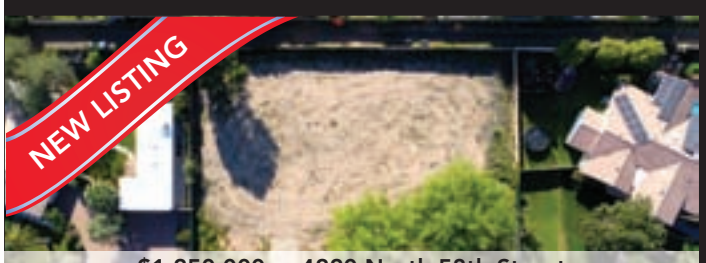
$1,319,000 6112 East Calle Del Sud
4 bedrooms, 5 baths, 4,256 square feet



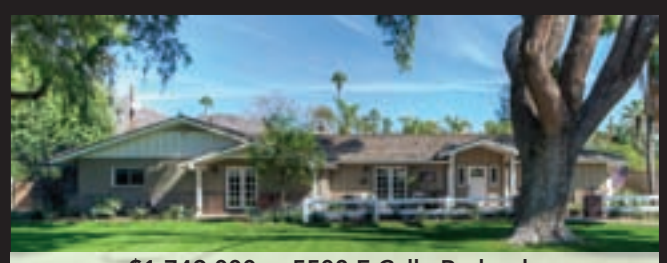
$1,250,000 4450 North Camelback #1
3 bedrooms, 5 baths, 4,000 square feet



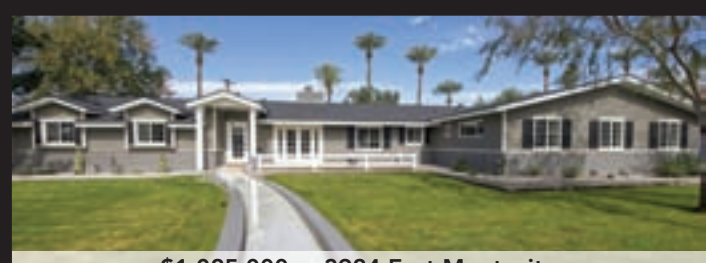
$1,395,000 5240 East Calle Ventura
4 bedrooms, 4 baths, 3,760 square feet



$1,250,000 4220 North 58th Street
5.5 Acre Vacant Lot



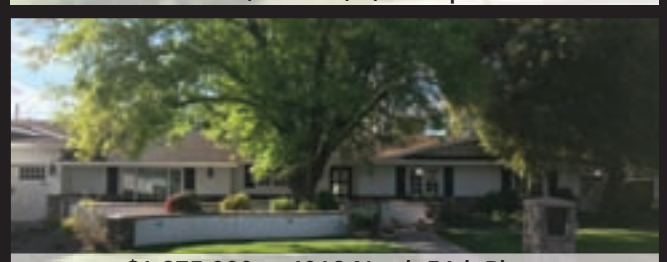
$1,749,000 5508 E Calle Redonda
4 bedrooms, 5 baths, 3,897 square feet



$1,025,000 3924 East Montecito
4 bedrooms, 3 baths, 3,400 square feet



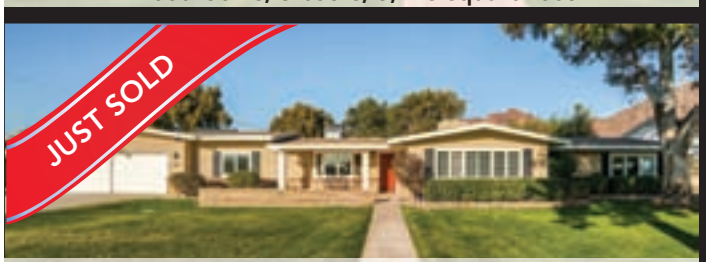
$1,190,000 4430 North Dromedary
4 bedrooms, 3 baths, 3,125 square feet



$1,275,000 4012 North 54th Place
4 bedrooms, 4 baths, 2,975 square feet



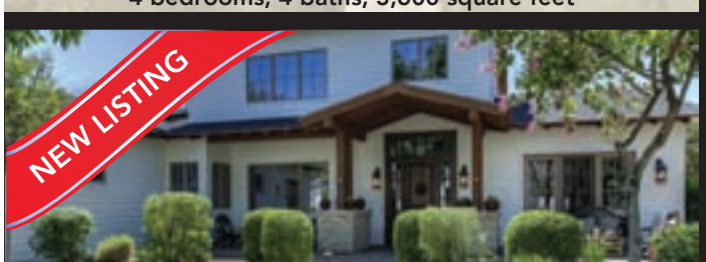
$1,995,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet



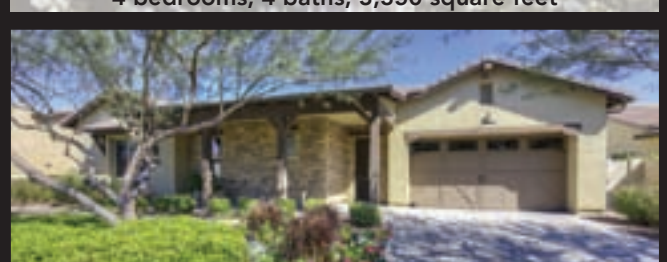
$1,149,000 4502 East Calle del Norte
4 bedrooms, 4 baths, 3,600 square feet



$1,595,000 5818 East Calle Tuberia
4 bedrooms, 4 baths, 3,350 square feet



$1,499,000 5731 East Calle del Paisano
4 bedrooms, 4 baths, 4,013 square feet



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

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Robert Joffe

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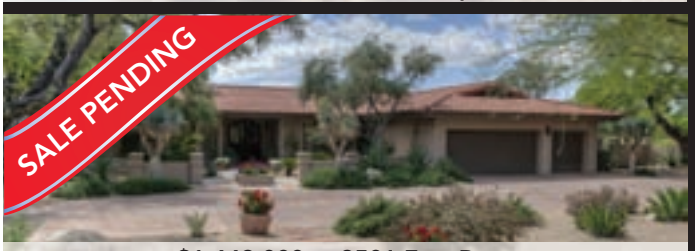
$2,095,000 4735 North Launfal
5 bedrooms, 7 baths, 6,294 square feet



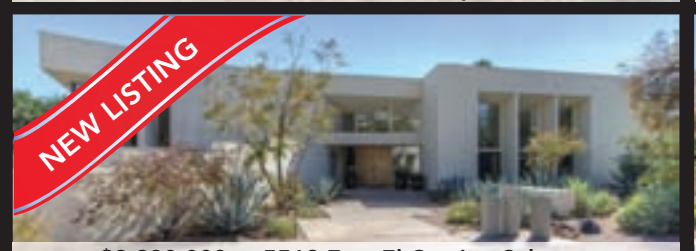
$1,425,000 3622 East Kachina Drive
4 bedrooms, 5 baths, 4,701 square feet



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



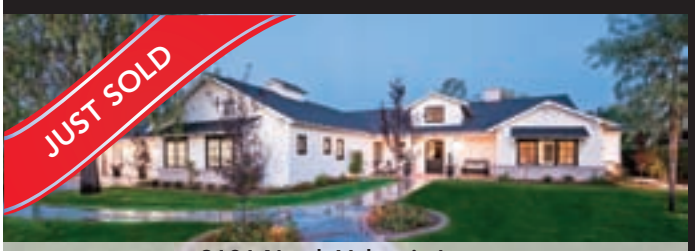
$1,449,000 3501 East Rose
4 bedrooms, 4 baths, 4,001 square feet



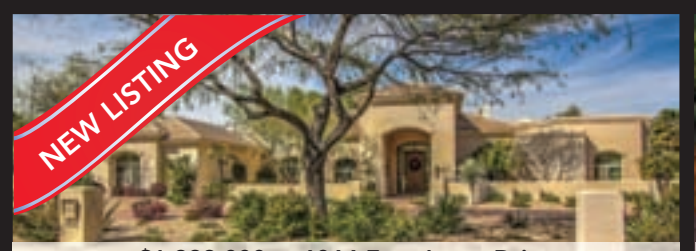
$2,280,000 5512 East El Camino Sahuaro
4 bedrooms, 5 baths, 5,968 square feet



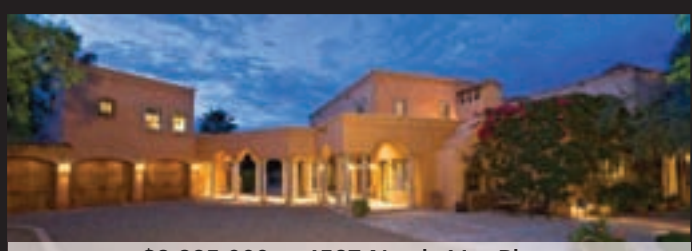
$2,495,000 4465 North 56th Street
4 bedrooms, 5 baths, 4,862 square feet



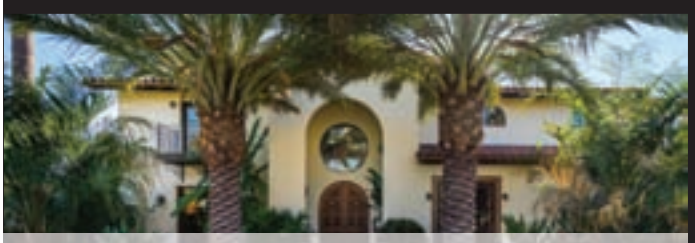
3101 North Valencia Lane
CALL FOR PRICING & INFORMATION.



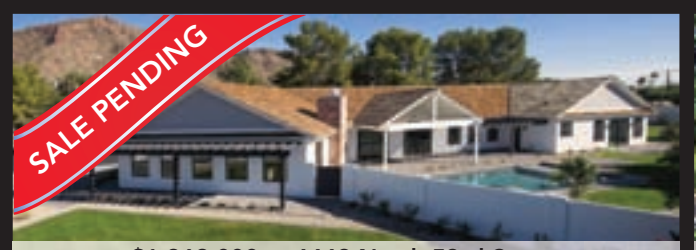
$1,999,000 6064 East Jenan Drive
5 bedrooms, 6 baths, 6,008 square feet



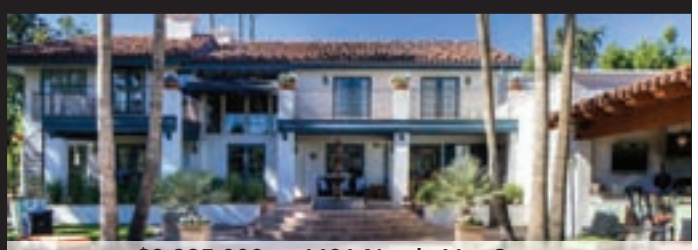
$2,295,000 4527 North 61st Place
6 bedrooms, 9 baths, 8,592 square feet



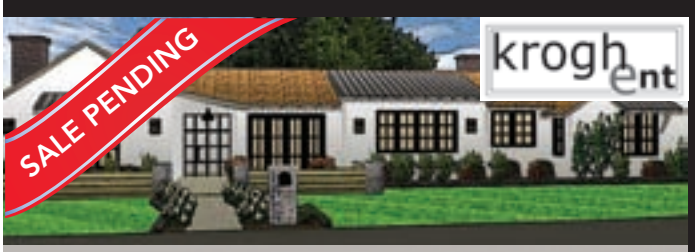
$2,395,000 6241 East Calle Del Norte
4 bedrooms, 6 baths, 4,812 square feet



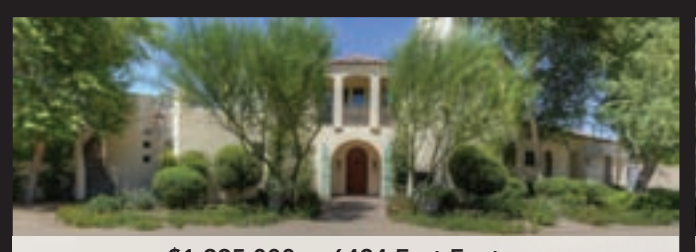
$1,962,000 4449 North 53rd Street
5 bedrooms, 5 baths, 4,525 square feet



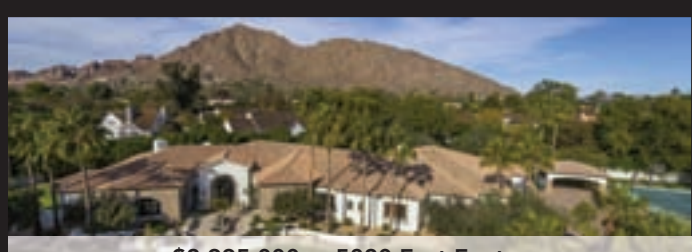
$2,995,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



4002 North 54th Place
CALL FOR PRICING & INFORMATION.



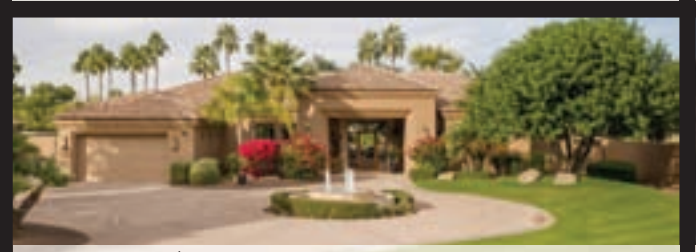
$1,995,000 6424 East Exeter
3 bedrooms, 4 baths, 4,872 square feet



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



5328 East Lafayette
CALL FOR PRICING & INFORMATION



$2,195,000 6026 East Jenan
6 bedrooms, 7 baths, 6,613 square feet



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

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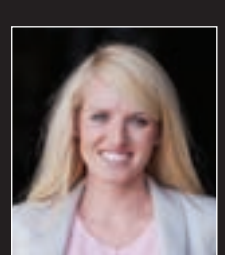
Jonathan Friedland



Adam Joffe



Karen Lafferty



Meredith Lane



Andrew Mehlman



Dallas Peagler



Jen Sheedy

WHAT'S HAPPENING, *ARCADIA?*

Science with a Twist

6 – 10 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. Learn science- adult style! Science with a Twist is an adults-only event with a different theme every month! For May, the theme is Super Villains. Forget the heroes, this time is caps off to the bad guys! Enjoy a specialty cocktail inspired by Lex Luthor, Magneto or the Joker. Learn about DNA mutations and how the bad guys are created. There will be music, a bar, demos, and you can even visit the Planet Shark exhibit. Dress as your favorite villain and head to the AZ Science Center. Tickets are $12. For more: azscience.org.



Science with a Twist at the Arizona Science Center in Phoenix.



Phoenix Comicon at the Phoenix Convention Center.

SATURDAY 5/20

Summer Wine Spectacular

2 – 4:30 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St., Scottsdale. Looking for a new wine or two to try out? Then look no further! At AJ's Summer Wine Spectacular Tasting Event, patrons will be able to sample over 40 different wines while enjoying gourmet snacks from AJ's. There will be live music as well as a silent auction where you can win items from AJ's and its partners. Support the arts and enjoy a drink! Tickets are $35-$40. For more: scottsdaleperformingarts.org.

THURSDAY 5/25 – SUNDAY 5/28

Phoenix Comicon

Times vary, at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. The place where comic book, sci-fi and anime come to life! Phoenix Comicon is sure to delight with over 700 exhibits and artists, workshops, a zombie beauty pageant, fashion shows, masquerade, live music, and a chance to meet some of your favorite comic book and sci-fi personas! Ticket prices range from $25-$300. Dress up as your favorite character and head to the Phoenix Convention Center. For more: phoenixcomicon.com.

THURSDAY 5/25

Flavors of Phoenix

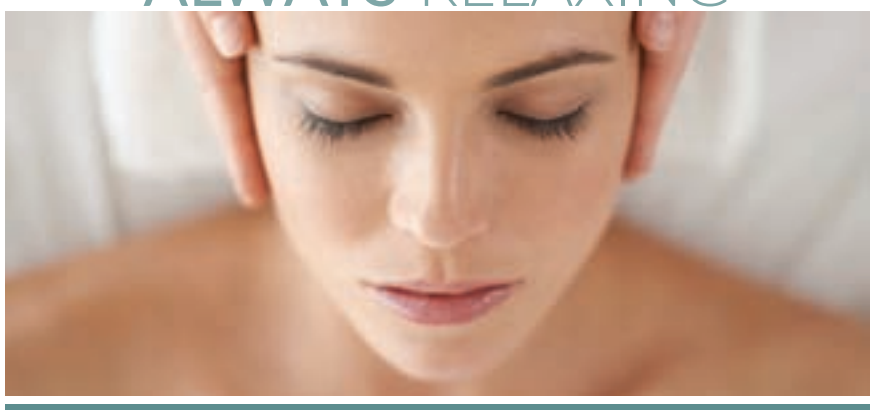
6 – 9 p.m. at the Westin Kierland Resort, 6902 E. Greenway Pkwy., Scottsdale. Foodies unite, for tonight you'll dine with the best! Thirty-six of the best chefs from all around Arizona will convene at the Westin and show off their culinary skills. Each chef will have his/her own table of 12 and will bring their own unique table settings to each. The tables are equipped with cooking stations so you can watch your meal being prepared right before your eyes. Enjoy a five course meal, fine wine and support a great cause – proceeds benefit the American Liver Foundation. Tickets start at $450. For more: ALFFlavors.org.

FRIDAY 5/26

The Urban Royal Invasion

8 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy., Tempe. Calling all fashionistas! The Urban Royal Invasion is here. Fusing dance, poetry and theatre, this event is debuting Charm and Royalty's three new fashion lines. There will be special guests, including Akilah Harris of Embellished Jewelry. This show combines different art forms to tell the story of urban black royalty. Hosted by Therosia Reynolds with spoken word poetry by Brotha Anthony, this is a night of fashion and fun. Tickets are $30. For more: tempe.gov.

ALWAYS RELAXING



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Spa treatments starting at $39
Sunday–Thursday only. April 2-May 31, 2017.

Luxury of Lavender Massage
60-minute treatment $129 (normally $149)
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Brilliant Body Polish
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PRESCHOOL FALL REGISTRATION
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Northeast corner of 56th St. and Indian School Road

OUT OF THE AREA, *BUT WORTH THE DRIVE*

WEDNESDAY 5/3-SUNDAY 5/7

Agave Heritage Festival

Times vary, at Hotel Congress, 311 E. Congress St., Tucson. Celebrate the plant that gave us tequila! The Agave Heritage Festival teaches attendees the importance of Agave and the different parts it uses in our food and drinks. Throughout the week, guests can enjoy various events, such as a lecture on the origins of Mezcal, a chocolate pairing seminar, MEZcrawl, Agave garden tours, a Cinco de Mayo concert, and the Agave heritage brunch. Each event has its own time and price. For more: hotelcongress.com.

FRIDAY 5/5-SUNDAY 5/7

Route 66 Fun Run

Times vary, starting in Seligman and going all the way to Topock! This is one car show you won't want to miss! The 30th annual Route 66 Fun Run spans 140 miles on the historic roadway. 900 vehicles of all ages will be partaking in this event—on Saturday, the parade of vehicles will leave Seligman and head to Kingman, where there will be a Show-N-Shine event, music, dancing, live entertainment, vendors and food. In the morning, the cars will head to Topock for an awards and farewell ceremony. Get your kicks on Route 66! For more: 66funrun.com



Route 66 Fun Run starts in Seligman and finishes in Topock, AZ.

West Fest and Chuck Wagon Cook Off

Times vary, at Quail Drive Sports Park, 801 N. Quail Drive, Willcox. It's a three day blast into the past! At the West Fest, attendees can enjoy a chuck wagon meal, rodeo, blacksmith demonstration, soldiers, campfire singing, a fast draw demo, vendors, a kid's zone and so much more. Head over to Willcox and experience what life was like back in the ranchin' days. For more: willcoxchamber.com.

SATURDAY 5/6

Cinco de Mayo Celebration

11 a.m. – 5 p.m. at Tlaquepaque, 366 State Route 179, Sedona. Escape the rising temperatures and head up to Sedona for a Cinco de Mayo celebration! At Tlaquepaque, there will be plenty of fun to be had. There will be mariachi musicians, folklorico dancing, and plenty of Mexican food and drinks. Plus, you can also become a judge at the Great Sedona Chili Cook Off! Immerse yourself in a different town and different culture. For more: tlaq.com.

SATURDAY 5/13

Yarnell Daze Mountaintop Festival

9 a.m. – 6 p.m. at Happy Way and Hwy 89, Yarnell. Take a trip up north and visit Yarnell, Arizona for the 48th annual Yarnell Daze Festival. Kicking off with a parade at 10 a.m., the day will be filled with plenty of activities for the whole family. Three local bands will keep the tunes going as you explore the vendor field, kid's zone, art show, raffle, iris garden and a car show. This year's theme is "Boulder than Ever." You can also visit the proposed memorial site for the Granite Mountain Hot Shot Park on Main Street. Enjoy a day of fun and perfect weather with the family. For more: y-pvchamber.com.

FRIDAY 5/12- SATURDAY 5/13

Mayer Daze Celebration

Friday at 6 p.m., Saturday at 10 a.m. at the Mayer Rec. Center, 10001 South Wicks Ave., Mayer. Time to take a scenic drive and head out to Mayer to celebrate with the locals. The 55th annual Mayer Daze Celebration kicks off on Friday with an auction and the Mayer Daze Dance starting at 8 p.m. Then on Saturday, there will be a parade, beer garden, karaoke, a BBQ lunch and a carnival. A little drive for a lot of fun! For more: mayerazbuzz.com.

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State Lic #LO-0915409 | BK#0902429 | Nova NMLS 3087

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

SATURDAY 5/13

Train Day 2017

10 a.m. at the Flagstaff Visitors Center, 1 Historic Route 66, Flagstaff. This train ain't leavin' the station just yet! Join the Flagstaff Visitors Center for all things train-related, including a train robbing reenactment, kiddie caboose train rides, live music, a railroad display, cake-cutting, as well as tours and raffles available for purchase. There will also be vendor booths on site from the Grand Canyon Railway, Operation Lifesaver, Search & Rescue, Verde Canyon Railroad, the Flagstaff Model Train Club and more. Learn and have fun at the Flagstaff Train Day. For more: flagstaff365.com.

SATURDAY 5/20

Mariachi Festival

9:00 a.m. – 4 p.m. at Patagonia Lake State Park, 400 Patagonia Lake Rd., Nogales. There's nothing quite like enjoying the beauty of a state park while hearing mariachi music in the background, but at the Mariachi Festival, that's what's going down! There will be a variety of mariachi bands playing on stage while attendees can learn about the heritage and culture of the music while enjoying Mexican food, hot dogs, hamburgers and kettle corn. There will be a piñata for the kids! Take a dip in the swimming area and listen to some great music. For more: azstateparks.com.



Mariachi Festival at Patagonia Lake State Park, Patagonia, AZ.

Sunset Crater Volcano Solar and Star Party

1 – 11 p.m. at the Sunset Crater Volcano National Monument, 6082 Sunset Crater Road, Flagstaff. If you live in the city, sometimes it can be pretty hard to see the shining stars at night. At the Sunset Crater Volcano Monument, that isn't a problem! Join the fun and participate in some solar viewing from 1 – 4 p.m., then listen to an astronomy presentation before using a telescope to view all the stars and constellations in the night sky. Enjoy the beauty of Arizona at nighttime. For more: nps.gov.

Lemonade Days

12 – 9 p.m. at the Founders Park, 22407 S. Ellsworth Rd., Queen Creek. Celebrate the most refreshing drink of the summertime with the 3rd annual Lemonade Days. There will be interactive games and activities for the whole family to enjoy. The kids zone comes complete with water slides and bounce houses, and for the adults, there is a putting booth and driving range and corn hole games. There will also be food eating contests, live music and so much more. Tickets start at $10. For more: lemonadedaysaz.com.

THURSDAY 5/25-MONDAY 5/29

White Mountain Spring Carnival

Times vary, at the Mountain Meadow Recreation Complex, 1101 N. Woodland Rd., Pinetop-Lakeside. The White Mountain Nature Center is celebrating its 11th annual Spring Carnival and wants you to join in the fun! There will be games and rides for the family as well as activities and food available. Proceeds will benefit the nature center. For more: wmnature.org.

FRIDAY 5/26-SUNDAY 5/28

Tattoo Convention

Friday 2 -10 p.m., Saturday 12 – 10 p.m., Sunday 12 – 4 p.m. at the Quality Inn and Suites, 271 S. Lake Havasu Ave., Lake Havasu City. Step into the world of body modification! Local, national and television tattoo artists will compete and showcase their best work in skin art and body modifications! Take a peek at some of the neatest and most original artworks that aren't found on a piece of paper—they're found on the human body! There will also be live music and entertainment, a full bar and food available for purchase. Tickets are $10 for a 3 day pass. For more: golakehavasu.com.



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Immediately following our free seminar on,
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The true cause of Belly Fat
(Yes, this is for you men too)

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They will tell you about the latest scientific breakthroughs and methods that help you permanently and safely remove unwanted belly fat while quickly reclaiming your health, your youth, and your life!
Thursday, May 11 at 6:30 p.m.

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- ✓ Learn how Hormone Imbalances —man or woman— can distort your midsection into a large belly and prevent weight loss even with dieting and exercise.
- ✓ Learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning.
- ✓ Learn why "Counting Calories" doesn't work for belly fat.
- ✓ Learn the Biggest Mistake that people make with Exercise that prevents weight loss.
- ✓ Learn how stress increases the fat-storing hormone, "Cortisol."
- ✓ Learn why you may suffer with the too common symptoms of fatigue, brain fog, inability to lose weight, depression, memory loss, but your doctor says your lab tests are "normal" (you know something is wrong but nobody is offering you help).
- ✓ LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges. Safely. Healthfully!

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All that dieting hype? Imagine your life without belly fat!
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NEW!



4109 N. 33RD PLACE - $550,000

Incredible opportunity to own a charming 1950's ranch in one of the greatest neighborhoods in Arcadia Lite. Whitcombs Roundup Ranchos is a place where neighbors actually still know one another. And this is where you'll find this 3200' 4 bedroom/ 3 bath mid-century gem!

NEW!



4238 E. WHITTON - $585,000

Absolutely beautiful traditional Arcadia ranch with incredible attention to detail including crown moulding throughout, wainscoting and gorgeous wide plank wood floors. The kitchen is to die for with spectacular custom cabinetry, wine refrigerator, and Wolf range.

NEW!



3909 E. WHITTON - $450,000

Wow! 4 bedroom/ 4 baths including killer master and a 1 bedroom/ 1 bath casita. Super charming property with newer pebble-tec pool, loads of patio space and a truly unbelievable tree house for the kids. Large 2-car carport built to be an enclosed garage. Hurry!

SOME NEIGHBORHOOD HOMES I'VE LISTED AND SOLD

4503 E. RHONDA DRIVE
4102 E. PATRICIA JANE
4008 N. 45TH PLACE
3808 E. AMELIA
2718 E. PIERSON
4322 E. MULBERRY
3643 E. PIERSON
3546 E. MEADOWBROOK
3415 E. INDIANOLA
4302 E. WHITTON
4023 E. WELDON
4202 E. OSBORN
3660 E. MONTECITO
4601 N. 32ND PLACE
4512 N. 30TH PLACE
4207 E. VERNON
4221 E. FAIRMOUNT

I AM TRULY GRATEFUL.

I continue to represent many of the best properties in the ever expanding Arcadia neighborhood.

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So if you're looking to make a move, and you're searching for the right Realtor, I'd love the opportunity to meet you.

– *Kelly*

SOME NEIGHBORHOOD HOMES I'VE SOLD WITH THE BUYER

3610 N. 49TH PLACE
4001 N. 33RD PLACE
4328 E. MULBERRY
4202 E. OSBORN
4718 N. 35TH STREET
4821 E. MITCHELL
6333 E. WILSHIRE
4832 E. CLARENDON
3714 E. PIERSON
6302 E. PINCHOT
3737 E. MEDLOCK
4120 E. GLENROSA
3643 E. PIERSON
2945 N. 47TH STREET
4001 N. 33RD PLACE



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Arcadia News 25th Anniversary Feature

Arcadia News goes Hollywood for a day

As part of our anniversary celebration throughout 2017, we will feature some of our favorite stories from the past 25 years. These will include some of our award-winning stories and photos, and re-prints of the unique articles that make this publication special. These stories are easily identified with our "25th Anniversary Feature" banner.



America's Most Wanted was created and hosted by John Walsh, whose 6-year-old son Adam was kidnapped and murdered in 1981. The program ran from 1988 to 2012, and contributed to the capture of more than 1,000 fugitives.

Publisher's Note: *In March 2009, two people walked into our office at 39th Street and Indian School Road and explained that they were location scouts for a television production company. They were interested in using our office as a location to film a re-enactment scene for a famous television show, America's Most Wanted.*

Since the crew was already filming some of the episode in the area, they were pressed for time. They offered some money for the use of the office, and assured us they would take good care of the space (also noting they had a million-dollar insurance policy in case of any issues). I agreed to close the Arcadia News for a day, if for no other reason than this might make a good story. Plus, it was a lot of fun to see our office immortalized on an internationally-famous television show.

This was the 24th episode of the 22nd season of AMW, and it was filmed in Phoenix, Cayucos, CA, Jackson Hole and Rock Springs, WY. The show was at our office for roughly eight hours, but before they did anything, two people went through and photographed and documented nearly every square inch of the place. They promised to put everything back where they found it. After a day of chaotic activity, it was impressive watching them go back and analyze all the photos to restore the office to its exact original condition.

While the crew did bring in a lot of props and furniture, they used our bulletin boards, computers and numerous piles of paperwork as part of their set. The rest of it – including the interrogation table – was brought in from two large moving trucks teeming with props, furniture and costumes.

I was surprised how much time went into the lighting. They blacked out our windows and brought in numerous light stands, light boxes, filters and reflectors, all set up by at least a dozen lighting and tech guys. In the end, they spent maybe half an hour doing the actual filming. I knew there would be some editing, but since they spent so much time at our office, I thought our building was going to be a big part of the show.

Out of the 24-minute episode, the Arcadia News building appears for a total of 83 seconds. Which worked out well, since we got a nice story out of it.

Who Killed Ben Bradley?

(From the March 2009 edition)

By Greg A. Bruns

The last time anyone heard from Ben Bradley was when he left a voice message with friends, letting them know he was a couple hours away. Ben had already hitchhiked nearly 500 miles on his way to celebrate his 29th birthday in Jackson, Wyoming. As an avid snowboarder, Ben loved taking backcountry trips and carving fresh snow. This trip from his home in Tabernash, Colorado was one that he had taken many times before. With his backpack and snowboard slung over his shoulder, Ben stuck out his thumb and counted on the kindness of strangers to get him to his destination.

Four months after that phone call, Ben's body was discovered by tourists near Boar's Tusk, Wyoming. This was about 25 miles off his course, so police believe he was dumped there. His backpack was found in a reservoir by a guy on a jet ski months later, but his custom snowboard never turned up. The man who found the backpack and turned it over to police was questioned, but was not charged with a crime. Ben's one-of-a-kind snowboard is likely the key to unlocking this murder mystery.



Ben Bradley

I know all of this because in a span of eight hours, the Arcadia News office was transformed from the little community newspaper in Phoenix

into a little community police station in Rock Springs, Wyoming. It was an impressive task, all done with no fewer than



Arcadia News 25th Anniversary Feature





Left: *Over a period of just eight hours, the* Arcadia News *building was converted into the Rock Springs, Wyoming Sheriff's office. The Ben Bradley homicide case was cold at the time of filming, and police hoped America's Most Wanted would help them receive additional clues or information.* ***Center/Right:*** *In one of the scenes, an actor portrayed Tommy Bowman, who walked into the Rock Springs Sheriff's office for an unrelated matter, but noticed the Missing flyer on the wall. Bowman claimed to have found Bradley's backpack floating in a river that was 70 miles away from where he was last reported.*

75 people. All the caterers, lighting techs, dolly grips, cameramen, directors, producers and gophers worked with such efficiency and accuracy, that the entire office was morphed quite convincingly into that little police station. The production company used our building to film some of the re-enactment scenes for the Ben Bradley case, which appears in episode 24 of season 22 of the popular television show, America's Most Wanted.

I'm sure our neighbors were nervous when they saw the 50-foot Winnebago pull into the parking lot. The RV was the actor's trailer, and acted as a retreat for some of the production crew while the scene and lighting crews were setting up. Shortly after the RV arrived, the lighting trucks and personnel vehicles came drifting in. All-in-all, I would estimate 25 vehicles settling around our parking lot and flowing over into the neighborhood. I figured it wouldn't be a big deal for a single day of shooting, but there was also a local police officer around to handle traffic and field one neighbor's query about permits.

At lunchtime, a giant catering truck started serving some outstanding food. Our office was invited to partake, and with tables and chairs setup under shade awnings, we finally got good use out of our winter lawn. One of the actors–a bulky 6-footer wearing a prison jumpsuit–was enjoying a slice of chocolate cake when the neighbor came over to ask about the permit. He did a double-take of the 'prisoner' and the cake, then skulked back home.

One of the producers explained that the catering was excellent for a reason: to make sure everyone sticks close-by and doesn't wander off in search of food. I thought it was a union thing, but that was quickly dismissed, as a snack table was set up with everything from gummy bears to pistachios and 30 other treats in between. I stuffed as many gummy bears as I could fit in my pocket and took off, to leave them to the task at hand.

The setup of the scenes, and the positioning of the lighting and other equipment, accounted for more than six or seven of the eight total hours this went on.



PHOTOS BY GREG A. BRUNS

The Arcadia News *staff was invited to join the crew for food and drinks, and the catering specialist politely refilled the gummy bear container more than once for our office.*

The actual filming time, including the different "takes" for lighting or other corrections ("What's my line?"), was less than 30 minutes. When I arrived back at the office after an afternoon in the field, I was told they were filming the final scene for the day: our conference room was now the interrogation room. I peeked around the corner to catch the last of the scene, and heard the director say "...and CUT!"

Once they finished filming and putting away the equipment, two scene specialists walked around our office and morphed the entire place again, this time back into the Arcadia News. Every single item that was moved was put back exactly as it was before, using digital photos they took upon arriving as a guide. It was Cat in the Hat efficiency at its finest, and I went home that night excited to see the final product.

In speaking with one of the executive producers of AMW, I was informed that more than 1,000 bad guys have been found thanks to the show. It feels right to be a part of that in our own little way.

End note: *As of April 2017, Ben Bradley's murder is unsolved, but in December 2016, detectives received some new information in the case, which helped them get a little closer to Ben's killer. Police are confident that they know the people involved, and they are hoping for more concrete evidence to surface. See Ben's story at: https://vimeo.com/24325842.*

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Beyond brunch: 5 ideas for Mother's Day

By Michelle Donati-Grayman

As Mother's Day approaches every year, I find myself scouring stores and poring over websites in an attempt to find the perfect gift.

This year, I started early and created a list that hopefully will serve as a resource to help Arcadians plan something special for the moms and motherly figures in their lives.

Tea for Two

Who doesn't want to be queen for a day? Treat your mom like royalty at The Phoenician with afternoon tea, an English tradition the AAA Five Diamond resort has been offering for nearly 30 years. Full tea includes finger sandwiches, scones with Devonshire cream and preserves, pastries and fine tea blends for $42 per person. Upgrade to Royal Tea and add sparkling wine to your tea party for an additional $18 per person. The Phoenician will host a special Mother's Day Tea, which will be accompanied by a live pianist, from 2 p.m. to 3 p.m. on Sunday, May 14. The cost is $60 per person. Reservations are required.

Head to the Heard

You might be her masterpiece, but if you want to share other works of art with your mom, take her to the Heard Museum for a rare opportunity to experience the work of two iconic Mexican artists. The Frida Kahlo and Diego Rivera exhibit is part of a world tour that began late last year in Australia.



The Phoenician has been hosting afternoon tea, an English tradition, for nearly 30 years.

Phoenix is the only North American stop.

The exhibit features 33 masterpieces by the couple, including Kahlo's famous self-portrait and Rivera's "Calla Lily Vendor and Sunflowers." It also includes photographs, clothing and jewelry from the Kahlo period, as well as an interactive experience for children. The exhibit runs through August 20. Museum admission is $18 for adults. Admission to the special exhibit is an additional $7 per person.

Wine Her Over

Both the Annual Verde Valley Wine Festival and the Arizona Sangria Festival take place over Mother's Day weekend. Coincidence? Unlikely!

The wine festival is happening in the historic town of Clarkdale, which is about a two-hour drive from Phoenix. It features 15 Arizona wineries, breweries, restaurants, art and live music. General admission is $35 and includes a wine glass, 10 libation tickets and food sampling.

The sangria festival takes place at Rawhide in Chandler. It features more than a dozen sangria recipes, Spanish wine and cheese, craft beer tastings and food trucks. It also features tango and flamenco lessons as well as live music. The festival is being presented by the Calling all Angels Foundation and will benefit single parents going through cancer and the debilitating effects of radiation and chemotherapy. Tickets are $40 online or $45 at the gate. Tickets include a souvenir tasting glass, 15 sangria tastings and 5 craft beer tastings.

Day at the Diamond

She probably didn't let you play ball in the house, but that doesn't mean you can't take her to the ballpark on Mother's Day. The Arizona Diamondbacks take on the Pittsburgh Pirates at 1:10 p.m. on Sunday, May 14. Be sure to get to Chase Field early because the first 10,000 moms will receive a Diamondbacks Mother's Day clutch, courtesy of PetSmart. Tickets start at $19 per person.

Spa Spoiled

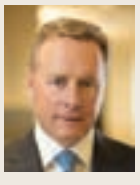
The gift of indulgence is hard to beat, and that's probably why the Omni Scottsdale Resort & Spa at Montelucia, a AAA Four Diamond resort, is celebrating moms all month long. The resort's Joya spa is offering a Mother's Ultimate Relaxation Package throughout the month of May. The package includes an 80-minute massage, 50-minute facial and a hydrating manicure or pedicure for $399.

Don't let a great gifting moment slip away from you this Mother's Day. Plan ahead and remember great gifts can come from outside of a gift box too.

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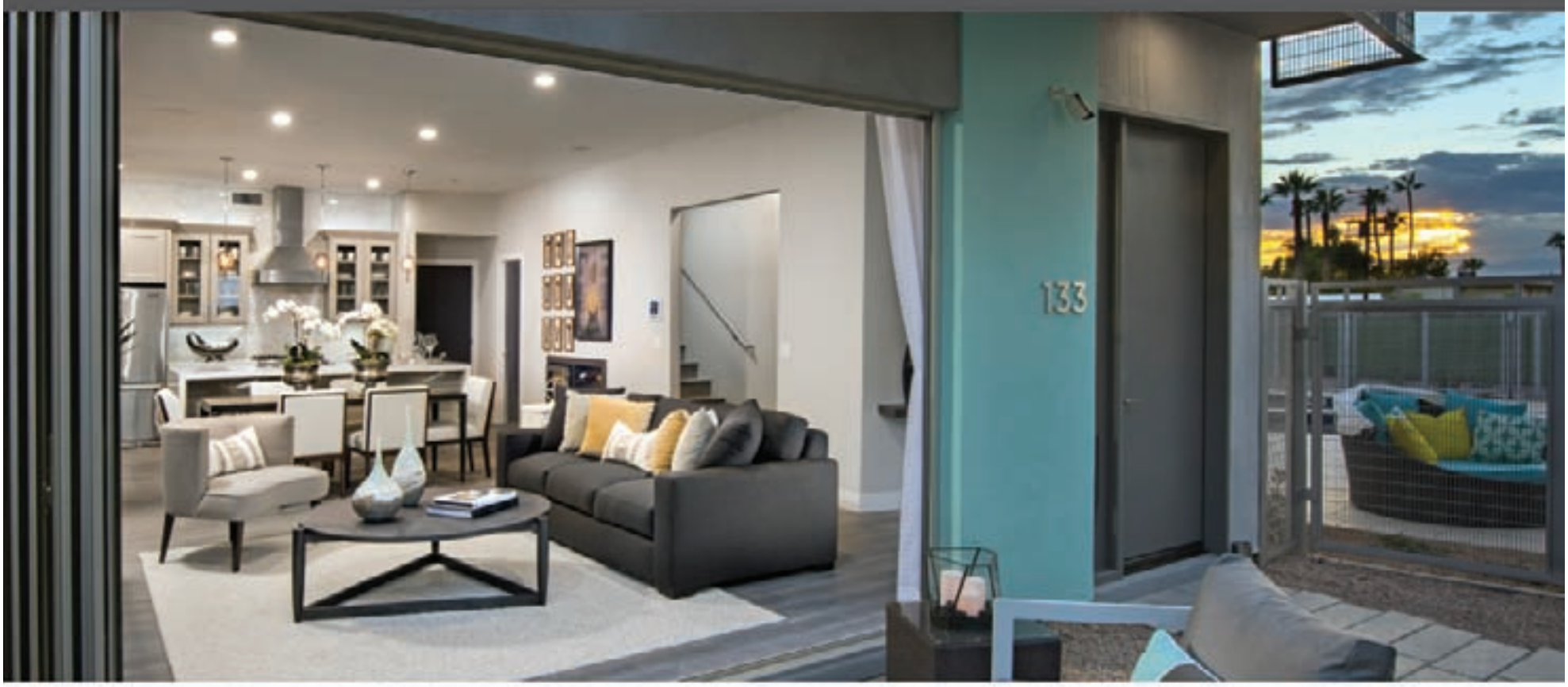
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STAR WARS
fan group suits up for many great causes

By Rachael Bouley

May the force be with a local organization that goes to great lengths to spread Star Wars cheer with those who need it most.

The Dune Sea Garrison, founded in 2001, is the Arizona chapter of the 501st Legion, also known as the International Star Wars Costuming Club. Its members dedicate themselves to accurately portraying the beloved, yet passionately loathed characters of the massive film franchise. As loyal Star Wars fans, members create accurate, high-quality costumes of some of the most recognizable villainous figures, including Stormtroopers, Jawas and the ultimate bad guy, Darth Vader.

While these costumes certainly bring the group together, their true focus is on making a difference in the community through fundraising, volunteering and special appearances.

Every year, members suit up for a variety of events, including the MS Walk, the Phoenix Walk for Wishes and the Star Wars Neighborhood at Phoenix Comicon. They also plan plenty of visits to the patients at Phoenix Children's Hospital.

"Whether we help an organization raise funds for their cause, march in a parade, appear at sporting event and movie theatre premieres, or visit a sick child in the hospital, the members share one common goal," said Wendy Wright, a Gilbert-based mother of two who joined the Dune Sea Garrison after her children participated in a youth Star Wars costuming club. "We love spreading smiles and making their day a bit brighter."

The delighted expressions on children's faces when they see the fully costumed characters makes the effort worthwhile.

"Children are by far the most important part, as we bring their beloved characters to life," said Wright, who regularly dons a Jawa costume. "There is such surprise and excitement in their faces, and the sense of wonder and amazement is so touching to see through my mask."

The group's appearances have become so popular that they need a wrangler, a non-costumed person, to assist with crowd control and ensure every excited fan gets a photo opportunity.

"Star Wars is huge right now and there is a surge of fans who are just beginning to embrace Star Wars," Wright said. "Many families have at least one parent that is passionate about Star Wars and absolutely loves seeing us."

> *"From bikers to accountants to lawyers. Everyone comes together to bring a smile to kids' faces."*

Each and every costume must go through an approval process to ensure they match what viewers see on the big screen, making it possible for the group to bring Star Wars characters to life accurately.

"The Dune Sea Garrison is my Star Wars family. We live and breathe Star Wars," Wright said. "We have a tradition of helping each other build a costume, providing a sense of community among the members."

"We've got people from all walks of life," said Tom George, a member who teaches at Ingleside Middle School. "From bikers to accountants to lawyers. Everyone comes together to bring a smile to kids' faces."

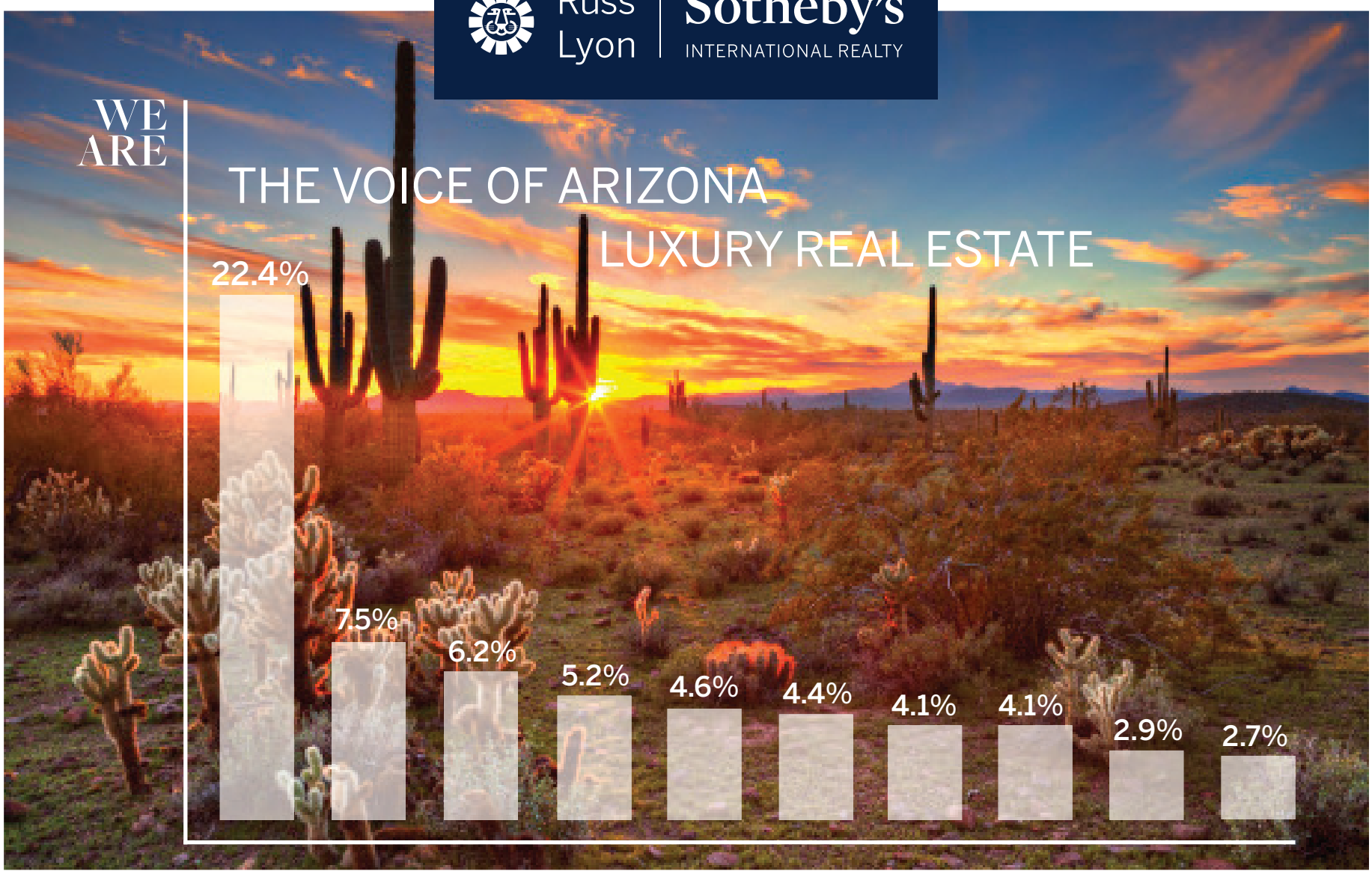
The Dune Sea Garrison has had a positive impact on countless lives around the Valley, especially during challenging times. In one particularly touching story, the group visited the child of a DPS officer who was at Phoenix Children's Hospital. Their visit was so appreciated that the officer later asked Dune Sea members to march at the child's funeral, along with fellow DPS officers.

"We may be geeks," said George, "but to be able to give happiness to those kids, to get their faces to light up. It's such a great thing."





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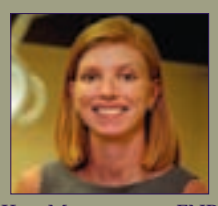
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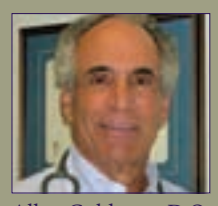
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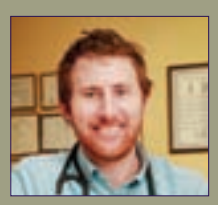

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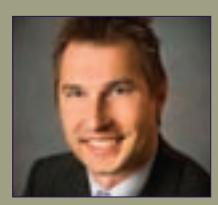

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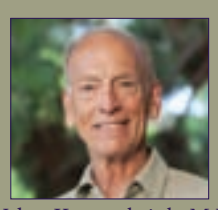

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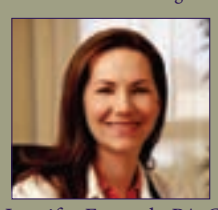

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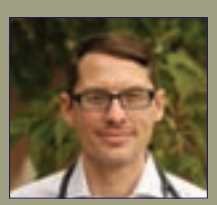

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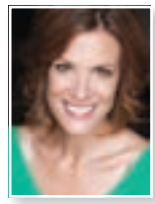
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Keep your lips beautiful and chem-free this Mother's Day

By Sara Lemons Vaules



Happy Mother's Day! In honor of all mothers of all ages, I thought this month we could foray into the topic of makeup. With so many different styles of makeup, I have decided to focus on the little gem of lipstick.

There's a lot of information and misinformation out there so I'll be gentle, as I am aware that some of you love your lipstick and are not ready to toss them out! It is all about knowledge leading to understanding leading to change.

Ancient Sumerian men and women were possibly the first to invent and wear lipstick about 5,000 years ago. They crushed gemstones and used them to decorate their faces, mainly on the lips and around the eyes. Also, Egyptians including Cleopatra crushed bugs to create a red color on their lips (Wikipedia). Interesting, as that means the first lipsticks were naturally chemical free! Wonder if they were ladybugs?

Lips are known to be sensitive and to absorb anything on them. Maybe you have heard some "facts" about how many pounds of lipstick a woman supposedly ingests in her lifetime. Usually these claims are exaggerated, but it's true that we do ingest a majority of the ingredients. Cosmetics are regulated loosely in general, but the FDA does a good job in labeling of colorants. That has been a main concern when it comes to lipsticks (and glosses, lip pencils, lip crayons, etc) and as long as the item is marked clearly, you can feel confident about your choices there.

The good news is that there are a lot of brands now that have created effective lipsticks using safe ingredients! Here are safer ingredients:

1). Organic waxes, oils and plant butters (such as beeswax, candelilla wax (vegan alternative to beeswax), carnauba wax, cocoa butter, mango seed butter, Shea butter, avocado butter and coconut oil).



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2). Organic caster seed oil.

3). Safe antioxidants and preservatives (such as rosemary extract, elderberry extract, neem oil, pure tocopherols (vitamin E), and jojoba esters).

4). Straight-forward flavoring and aroma ingredients.

There are a lot of brands that use these ingredients that really deliver. A few brands to look into are: RMS Beauty, Ilia, Axiology Lipstick, Honest Beauty and Jane Iredale.

Enjoy!

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

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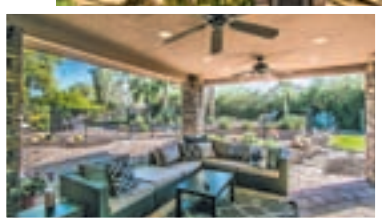
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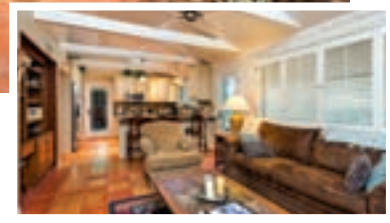
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Arcadia resident celebrates a century of life

By Elaina Verhoff

On April 19, longtime Arcadian John Marusiak celebrated his 100th birthday.

I recently had the opportunity to sit down with Marusiak at his beautiful home on the golf course of the Arizona Country Club. When I arrived, he was just finishing a sandwich at his dining room table, which was scattered with photos from his military days and a country club newsletter featuring a 100th birthday greeting on the cover. He greeted me with a warm smile and a strong and firm handshake – definitely not the handshake I expected from a 100-year old.

We spent the next hour talking about Marusiak's long and full life, from working in the Ford factories of Detroit, to serving in World War II, to founding a thriving business that is still in operation today.

It is very clear Marusiak's military career is a source of pride for the veteran. Like so many young men of his era, the bombing of Pearl Harbor spurred the 24-year-old to join the military, where he served as a pilot in World War II.

"He completed a total of 105 missions, including providing ground cover for the invasion of Normandy on D-Day, June 6, 1944," said his daughter Carol Ann Marusiak. "Many American bombers came home after 25 missions, but he didn't want to leave."

Three weeks after returning to the United States, Marusiak married his sweetheart in a whirlwind engagement. The two soon started a family, which would grow to include five children, 12 grandchildren and six great-grandchildren.

After retiring from the Air Force, Marusiak and his young family moved to Arcadia in 1965. He soon founded a company, Micro-Tronics Incorporated, and brought the first electrical discharge machine, which cuts heavy metal, to the Valley. Through the years, Micro-Tronics has been a true family affair.

"All my kids worked in the business," Marusiak said with pride.

While Marusiak's wife and one of his children have passed away, he has family living less than 30 minutes away. His daughters, Carol Ann, Janet Travis, Edi Remaklus, and daughter-in-law Lucia Marusiak, all remain involved in his life.











Top Left: John Marusiak and his newest great-grandson, Ellis Chase Hamic, born April 3, 2017, almost exactly 100 years after his great-grandfather. The other photos are of Marusiak from throughout his life.

> ***"Don't hurt anybody and don't get too crazy."***
> — John Marusiak's tips for living a long life.

"I host a bridge group here on Sunday afternoons for my dad and his two younger lady friends, who are in their 90s!" Carol Ann said. "The social interaction is so good for him."

Marusiak has kept up lifelong habits in his old age, like his love of reading books about history. He also has a glass of beer every day at lunch, like he's done for decades.

"As he's gotten older, the amount in the glass has gotten smaller," said Travis. "He's disciplined. He loves his beer, but always just one."

Family members have multiple celebrations planned to honor their dad's 100th year, including a big Easter gathering, a party with the bridge club and a get-together of golfers at the Arizona Country Club.

"Dad always told us that attitude is everything. He never lets the little things bother him," Remaklus said. "He still reads voraciously, mostly nonfiction including history, finance and investing, and he tracks stocks regularly on his smartphone. He is always mechanically minded, always a student."

Marusiak's daughters attribute their dad's longevity to a healthy lifestyle.

"He has only had one hospital visit his whole life," Remaklus said.

"And I got out the next day!" Marusiak added quickly.

Marusiak's other tips for living a long and full life include, "Don't hurt anybody and don't get too crazy."

And perhaps a beer a day with lunch is a good idea, too.

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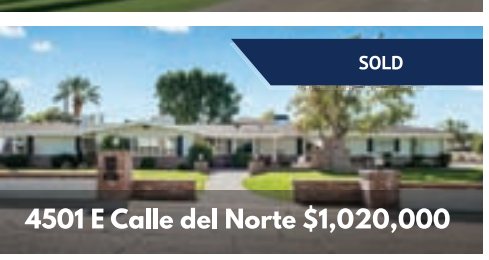
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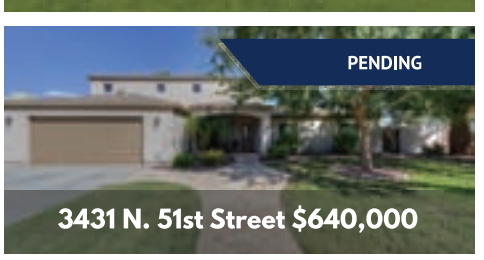
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Why exercising too much can make you fat

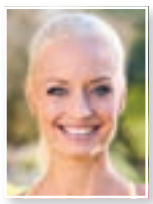
By Andrea Barkley

Have you ever noticed when you plan on going to the gym for a run, to lift weights, take a cardio class, or whatever, that you plan an hour for it? At least? Why is that?

What is this magical hour all about and why do we need that chunk of time to get results?

The secret is: We don't. There is no magical hour. It's a myth. In fact, taking a whole hour to work out can even be detrimental to our bodies.

The thing is, when we exercise, we stimulate what's called the sympathetic nervous system. That's the control center of our fight or flight mechanism—the whole getting-chased-by-a-lion scenario that produces adrenaline and cortisol. Those are your stress hormones that tell you to get your butt gear.



We were designed to experience only short bursts of this stress and those hormones. A little is a good thing, a lot is bad.

Think of it like this: Escaping from a lion in 30 seconds equals success, endorphins and triumph! However, running from a lion for an hour equals fatigue, meltdown and probably getting eaten by the lion.

And, your body doesn't know what on earth to do with all those extra stress hormones, so they get turned to fat, or even worse: disease.

Make sense? Okay, so now here's how to get ripped in less time:

Here are three tips to more efficient strength training:

1. Lift heavier weight with shorter rest periods. You can do it. You're only going to be in the gym for 20 – 45 minutes, so you can give more. Intensity trumps duration. You've got this!

2. Don't stand around for five minutes between sets. Who has that kind of time? Also try "super-setting" an opposing muscle group. For example, perform squats followed by a core exercise. Rinse and repeat; finish in 20 – 45 minutes.

3. Perform compound exercises. In other words, work multiple muscles at once. Squat, bicep curland shoulder press. Do a pushup with a leg extension at the top. Side plank and rear delt flyes. Efficiency is key, baby!

ABOUT *EXERCISE*

Always keep your midsection tight, hips tucked under and your head aligned with your spine.

Finally, if you're going for a run, stop the madness at 20 minutes. Remember running from the lion? You'll get eaten if you keep going. So stop it.

In those 20 minutes or fewer of cardio, I want you to alternate high intensity bursts with periods of recovery. Sprint your heart out for 15 – 60 seconds and then stroll or jog to recover. Recovery can be from 30 seconds to two minutes. It all depends on you, your body, where you're at physically and emotionally for that day.

This is efficiency at its finest and a sure-fire way to see real changes in your body in less time.

I hope you find this article useful and will put it to good use! I love providing lots of free content to help you develop your own fitness fetishes.

So, get to it! Your job today is to have a super-fast, awesome workout! I guarantee you'll feel like a million bucks when you're done.

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





PLACES *WE LIKE*







FLOWER CHILD

5013 N 44th St., 85018
www.iamaflowerchild.com

By Nick Smith

In today's world, a wide variety of dietary choices and restrictions are a common part of many people's lives. Food allergies are becoming more prevalent, which can be a pain if you're someone who loves to eat. Those with aversions to certain types of food may have just accepted that they will always be somewhat left out when they go out to eat with friends.

That won't be the case if you stop by Flower Child.

Part of the family of Fox Restaurant Concepts, Flower Child was founded with the primary goal of serving healthy food. The restaurant sources from ranchers who treat their animals humanely, looking for protein that is raised naturally and without additives. Local sourcing is a high priority and customers can always expect the food to be fresh.

Located at the busy intersection of 44th and Camelback, Flower Child has a spacious interior, with a bright and welcoming design. This can be a place for a low-key date night or a perfect way to spend a relaxed summer afternoon with a group of friends. Visitors wait in line and order at the front, with those who dine in taking a number to their table.

The menu features salads, wraps, bowls and a variety of soups and sides. Dishes can be served vegetarian, but there are options to add protein, including all-natural chicken, sustainable salmon, grass-fed steak and organic tofu. Each menu item indicates whether a dish can be served vegetarian, vegan or gluten-free.

Those new to the healthy-first lunch layout may be tempted to get as much meat as possible into the dish. But those who take a chance on a protein-free meal won't be disappointed. A standout salad is the Vegan Ingredient. Romaine lettuce, corn, tomatoes, and avocados are topped with lemon tahini vinaigrette. The salad includes thinly sliced, raw cauliflower, a unique way to serve the vegetable. Sunflower seeds are thrown on to add a crunchy texture.

Those who are a little bit hungrier should consider the bowls or wraps. One of the favorites is the Thai Cashew Quinoa bowl, a mesh of zucchini, onion, celery, snap peas and Thai basil. If you are a shiitake mushroom fan, you're in luck, as the bowl is stuffed with them. The red quinoa is so filling that a protein added might almost be too much.

One fun aspect of the Flower Child menu is the Vegetables and Grains section. You can mix and match a variety of healthy sides to share with the table, including Hummus, Simple Sautéed Broccoli, Indian Spiced Cauliflower and Clementine & Organic Apple. If you're a gluten-free foodie who misses the taste of pasta, try the Gluten-Free Mac & Cheese, which has a creamy taste without being too rich. Perhaps the star of the entire menu is the Red Chili Glazed Sweet Potatoes. Made with bok choy and topped with sesame seeds, the taste is spicy and sweet, a definite Asian theme. You may think you somehow were given hot chicken wings and it's hard to just stick with one order.

Flower Child has local beer and wine, but also has Kombucha on tap, something which is pretty unique. There are also gluten-free desserts, like the Lemon Olive Oil Cake or the Chocolate Chip Cookie. Gluten-free desserts can sometimes be dense or dry. If someone hadn't told you these desserts were gluten-free, you probably wouldn't even think about it.






CRUjiente Tacos


Taco Guild


Joy Ride Tacos


Urban Taco


Diego Pops


Salt + Lime

Six taco spots to spice up your Cinco De Mayo

By Mallory Gleich

Cinco de Mayo is right around the corner, and that means one thing: finding the best spot to fill up on tacos. Burritos, flautas and enchiladas may be at the top of the list for best Mexican dishes, but tacos are quickly becoming the go-to treat. Plus, the toppings are limitless! With that in mind, let's take a look at some local spots that will help cure your taco cravings this Cinco de Mayo.

CRUJIENTE TACOS

3961 E. Camelback Road, Phoenix
crutacos.com

Looking for a taco with a twist? This is the spot! *CRUjiente Tacos* reinvented the taco with flavors such as Korean Fried Chicken, Tempura Avocado, Crunchy Lamb and Pork Belly with Kimchi. The chefs at *CRUjiente* use Asian, Hawaiian and Argentinian accents to create tacos of a different kind. *CRUjiente* also offers specialty cocktails such as a Jalapeno-Cilantro Margarita. Even better, there's a taco *de la semana* (of the week) which means you can keep trying different tacos even after Cinco de Mayo has passed.

TACO GUILD

546 E. Osborn Road, Phoenix
tacoguild.com

Bow down for your love of tacos! This Mexican food restaurant is a converted church – a guild being an exclusive club for people to meet and discuss their passions – in this case, it's tacos. Try out an old-world favorite like Al Pastor Pork with grilled pineapple and jalapeño bacon or go for a new world taco like Peking Duck with plum sauce and Brie cheese. Pair that with The Socializer (a draught beer and shot of Sauza Blue).

JOY RIDE TACOS

5202 N. Central Ave., Phoenix
joyridetacohouse.com

Nothing quite explains the experience of eating tacos like the words "joy ride." This taco haven has more of a classic twist on the tacos you love with flavors like the standard chicken and avocado, or carne asada, baja fish and shrimp. Or, if you're really hungry, they've got the Bandit Taco Platter with chicken tinga, carne asada, carnitas, tortillas, rice, black beans, avocado and pico gringo. Happy hour offers $2 tacos and $5 margaritas.

URBAN TACO

6522 N. 16th Street, Phoenix
urbantacos.net

This taco shop was recently voted Reader's Choice "Best Mexican Restaurant" in AZCentral.com's Fall 2015 BEST awards, which means it should definitely be on your list of taco places to try. If you're feeling adventurous, try the Octopus Asada, with grilled octopus and queso fresco or the Portabella and Shrimp taco. Keep with the classics with the baja shrimp taco or the pollo asado with grilled onions and poblano peppers. Plus, the salsas are homemade, and there are 10 to try. Pair it with a Prickly Pear Margarita to feel the vibes of this taco shop!

DIEGO POPS

4338 N. Scottsdale Road, Scottsdale
diegopops.com

Nestled in the heart of Old Town Scottsdale, this Mexican food restaurant mixes a modern atmosphere with classic deliciousness! Try the BBQ Chicken taco with serrano peppers and hot sauce or keep those taste buds calm with the Charred Skirt Steak taco. Diego Pops has your seafood cravings taken care of as well with grilled shrimp, grilled salmon and crispy cod tacos. Before you leave make sure you try a Snow Cone Margarita like the Watermelon Lime. This place wants to keep your taste buds poppin'!

SALT + LIME

9397 E. Shea Blvd., Scottsdale
saltandlimeaz.com

With a name like Salt + Lime, this Mexican food spot has got the right stuff for a Cinco de Mayo celebration. Try the Huachinango tacos, but don't let the name throw you off. These tacos are made with grilled snapper and fruit. The restaurant also has the veggie taco down pat with the Calabaza + Hongo, complete with zucchini, squash, mushrooms and peppers. There's also a street taco platter that's $2 off during happy hour. Pair that with a Corona-rita for a salty Cinco de Mayo.

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Make your mother's day with a tissue bouquet

Tissue paper flowers are simple, quick, and inexpensive. They are a thoughtful hand made gift that is easy to customize, looks beautiful, and can last a long time. You can whip up a dozen flowers in about an hour. It's a perfect gift or decoration for Mother's Day!

To get started you'll probably have most of these items already laying around your house, if not you can find everything you need at your local dollar store or craft store. This is what you need to make one dozen tissue paper flowers. One piece of tissue paper makes one flower. It's easiest to make the flowers in multiples of three. Adjust what you need based on how many flowers you want to make.



ITEMS NEEDED

- 12 sheets of tissue paper (20"x26" or 20"x30")
- 12 pipe cleaners or other flexible wire
- Scissors
- A vase

Optional:

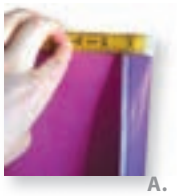
- Ribbon to decorate the vase.
- Scotch tape to attach the ribbon to the vase.
- A ruler or measuring tape.
- An adult to help you.



STEP 1: Prepping the paper

Lay three sheets of unfolded tissue paper down on a flat surface stacking them on top of each other.

STEP 2: Folding the paper


A.

A. Place the tissue paper stack in front of you portrait style. Take the bottom edge and fold in over one inch. Then flip it over and fold it back on the other side.


B.

B. Continue folding your way up the paper one inch at a time.


C.

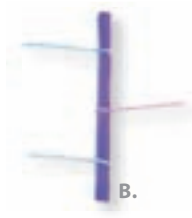
C. When you are done folding your tissue paper stack should look like an accordion.

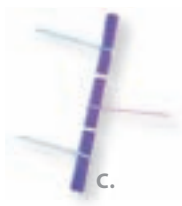
STEP 3: Making the flowers

A. Fold that accordion in half and fold an inch and a half of a pipe cleaner around it. Then twist the pipe cleaner together to secure the flower to the stem.


A.

B. Take two more pipe cleaners and attach them the same way, on each side, about 6-7 inches away from the center. The paper color at the top of the pipe cleaner will be your center color and the color at the base of the stem will be your bottom color. By placing the pipe cleaners in different directions you'll get opposite color combinations for your flowers. If you position your pipe cleaners all in the same direction your flowers will all be identical.


B.


C.

C. Cut the paper into three equal sized pieces (about 6-7 inches long), the pipe cleaners should be in the center of each of the pieces. Adjust your pipe cleaners if necessary.

D. Cut rounded edges on each end of your three flowers. You'll probably need to trim the outer edges a bit more than the inner edges to even them out. Catch paper trimmings in the bottom of the vase for decorative confetti.


D.

This is a great stopping point, if you want to prep all your tissue paper up to this point in advance. After this point your tissue paper flowers will take up more space and be more fragile.

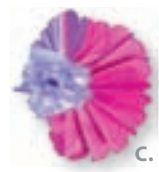
STEP 4: Finishing the flowers!


A.

A. While holding your stem (pipe cleaner), gently open up the flower accordion and begin pulling the top layer straight up all the way around the flower.


B.

B. Be careful not to rip the delicate paper. You usually can't tell if it's been ripped.


C.

C. Separate the other two layers by pulling the middle layer straight up toward the top layer, while pulling the bottom layer straight down.

D. Finally, flip the flower upside down and gently run your fingers from the center stem to the edge applying gentle pressure, pressing the bottom layer down toward the middle layer.


D.

STEP 5: Arranging the flowers!



For the first layer, slightly bend your flower stems into the vase so your flowers are facing outward. Do the same with the second layer. For the top, slide one to three more flowers onto the top.

Tip: If using ribbon to decorate your vase, cut a strip of ribbon and use double sided scotch tape to secure it to the vase.

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FUN FACTS ABOUT MOTHER'S DAY

MOTHER'S DAY IN AUSTRALIA
In Australia, Mother's Day is celebrated with lot of enthusiasm and joy. It falls on the same day as in US - on the second Sunday in the month of May and is celebrated in a similar fashion as in US. Children show love to their moms by gifting flowers and cards to them.



MOTHER'S DAY IN CANADA
In North American country of Canada, Mother's Day is a the most popular festival after Christmas and Valentines Day. Just as in USA, Mother's Day in Canada is celebrated in the second Sunday in the month of May.



MOTHER'S DAY IN INDIA
Mother's Day Celebration in India are slowly catching on!
The concept of celebrating Mother's Day on the second Sunday of May is very new in India and it can be said that in a time span of less than a decade, Mother's Day has been a great success. In the presence of umpteenth number of existing festivals, it is a remarkable achievement for a foreign festival to make its presence felt in the vast and culturally diverse country like India.



MOTHER'S DAY IN MEXICO
In the North American country of Mexico, Mother's Day is celebrated on a fixed day of May 10 as opposed to the Mother's Day in US that fall on the second Sunday in the month of May. Mother's Day in Mexico is celebrated in a colorful fashion. Children honor their Mother's and thank them for their efforts in bringing them up and According to a custom in Mexico, sons and daughters make themselves present in the house on the eve of Mother's Day on May 8.



MOTHER'S DAY IN NEW ZEALAND
In New Zealand Mother's Day is celebrated on the second Sunday in the month of May. This is the same day on which US celebrates its Mother's Day. On Mother's Day people of New Zealand thank their Mother's and recognize their esteemed efforts in bringing them up and caring for them.



MOTHER'S DAY IN SOUTH AFRICA
In South Africa, Mother's Day is celebrated on the second Sunday in the month of May. People of South Africa celebrate Mother's Day in its true spirit by acknowledging the importance of Mother's in their lives and thanking them profusely for all their love and care. People also gift flowers and cards to their mother as an expression of their heartfelt feeling of gratitude and affection.



MOTHER'S DAY IN UK
Mother's Day in UK is celebrated with great excitement and verve but it does not fall on the same date as in US. In UK, Mother's Day celebrations takes place on the fourth Sunday in the month of Lent. Since the Lent days are not fixed, the date for Mother's Day changes every year.

MOTHER'S DAY WORD SEARCH

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Everything's coming up roses for Ruze Cake House

By Elaina Verhoff

When someone loves what they do, it shows. Jessica Rose Boutwell may not have set out to run a thriving bakery business with her mom, but it is clear this is what she is supposed to be doing.

So how do two women working in commercial real estate and electronics end up opening a thriving bakery in Old Town Scottsdale?

Simple: It all started with one amazing cake.

Three years ago, Jessica's mom Joyce Boutwell made a cake for a friend's bridal shower at El Chorro Lodge in Paradise Valley. That cake made an impression on El Chorro sales and catering manager Lindsey Rendon.

"The shower cake tasted amazing and was decorated beautifully," Rendon said. "At the time, they didn't have a shop or anything. But I said I am more than happy to start sending a couple of people your way if you think you can do it. And it kind of blew up from there."

Soon Lindsey was booking appointments with the Boutwells and El Chorro brides, and almost immediately the mother-daughter team had multiple wedding cake orders to create every weekend.

"Now they are like the number one wedding cake place in town," Rendon said.

"We wouldn't be here if Lindsey didn't encourage us," Jessica said. "It snowballed so fast from there. I left my job six months later."

Now, Ruze Cake House employs a staff of 10 to keep up with orders for their popular wedding cakes, cactus cookies, macarons and luscious dessert bars. Joyce runs baking operation while her energetic, 34-year-old daughter oversees the business end, handling the marketing and making final decisions on products and packaging. Jessica chose the name Ruze Cake House because ruze means rose in Czech, and her family came from Czechoslovakia. She also oversaw the design of the cake house, which opened in the Scottsdale arts district in September of last year.





PHOTO BY CONSTANCE HIGLEY

What started as a single bridal shower cake turned into a business for Joyce Boutwell and her daughter Jessica Rose Boutwell.

BEHIND *THE BUSINESS*

"We knew we needed to open a storefront… one small kitchen oven just wasn't enough to keep up with the five, six or sometimes eight wedding cake orders that were coming through every week," Jessica said. And there definitely wasn't enough room in her mom's kitchen to bring on more employees, she adds.

Today, wedding cakes comprise about 50 percent of the business, with the other half coming from macarons, cookies, dessert bars, brownies, croissants and boba teas.

Ruze makes everything in-house and uses all-natural, clean, subtle flavors. "Ingredients are all locally sourced, including milk from Danzeisen Dairy, eggs from our chickens, and lemons from the trees of one of our former brides!"

"I'm so excited to see what they come up with for our wedding this October!" said bride-to-be Nikki O'Shea. "I checked them out on Instagram, naturally, and was blown away by their artistry and creativity… not only their cake designs, but all the confections they create."

Gluten-free and vegan options are available on request. Ruze also hosts private parties, such as a recent unicorn-themed birthday party. Corporate orders are picking up steam, with Ruze offering catering options featuring its house-made croissants, danishes and coffee.

"We get a ton of kids from Arcadia High School coming in for Boba teas," Jessica said, and she sees that as a very good sign. "They are trendsetters. When people in Arcadia like something, everyone wants to check it out!"

And Arcadians aren't the only ones taking notice. With more than 18,000 Instagram followers, it's clear social media plays a huge role in Ruze's growth. Jessica says multiple talented photographers love to not only photograph Ruze's beautiful baked goods, but also use the cake house setting as a backdrop for jewelry, modeling shoots and stock photography.

"We recently started reaching out to amazing creatives who want to do workshops here, since it's such a great space," Jessica said. In the past few months, Ruze has hosted workshops for watercolors, weaving, and ceramics.

Asked if the running a business together ever puts a strain on the mother-daughter relationship, Jessica said it took her and her mom about a year to iron out the kinks.

"At first it was a struggle. We had to learn to communicate as business partners. Even constructive criticism was hard. Now we have a perfect partnership, and we understand each other's roles completely."

Jessica adds her mom is like an elf in the workshop. "She's hardcore. She can do the work of five people."

And while running a business can sometimes be a 60 hour a week job, that suits Jessica just fine, because she knows this is exactly what she and her mom should be doing.

"I love to bop off all over the place. This works with my personality and creative style. I may be returning emails until 11:30 at night, but it doesn't feel like work," Jessica said.

So what does the future hold? Perhaps a commercial space for increased production, Jessica said, so Ruze can share its uniquely delicious baked goods on a grand scale.

BUSINESS BRIEFS

GINO'S EAST OF CHICAGO

The long-awaited debut of Gino's East took place on April 24th. The pizza restaurant has been a favorite in Chicago for decades, with several locations across the city.

"We wanted a new location where there would be a lot of demand," said Noah Himmel, Executive Vice President of Gino's East. "Phoenix was a natural fit, there's so many Chicagoans and Midwesterners. And when we toured around the city, we really connected with Arcadia."

There are plans for social events to take place at Gino's in the near future, including Chicago sports viewing nights for football and baseball, and music themed evenings on the patio. The new location is located at 3626 E. Indian School Road.

ANDERSON ADVERTISING AND PUBLIC RELATIONS

The CEO of an Arcadia-based advertising agency was named "Ad Person of the Year" at the 32nd annual ADDY Awards. Ted Anderson co-founded the agency in 2005 and is involved with brands such as Phoenix Children's Hospital, Mayo Clinic, Harkins Theaters and Desert Schools Federal Credit Union.

"I am truly honored to be named Ad Person of the Year," Anderson said. "I am grateful for the incredible team of individuals I work with every day who provide me with the support I need to thrive and succeed."

ARCADIA COLOR GARDEN NURSERY

April marked the opening of the new Arcadia Color Garden Nursery. It is owned and operated by former employees of the now closed Baker Nursery. The owner, who worked at Baker in the 70s, even has the old Bakery Nursery sign, which was a gift from the Baker sisters.

Arcadia Color Garden Nursery is located at 1828 N. 52nd St., just north of McDowell Road.

BANNER URGENT CARE

A Banner Urgent Care center has recently opened its doors in the Arcadia area. The new location is at 3141 E. Indian School Road and is among 41 urgent care centers that Banner Health operates throughout the state.

THE TILE SHOP

The Tile Shop opened has opened a location in the Arcadia neighborhood. The new store is across from the Arcadia Fiesta shopping district, at 3051 E. Indian School Road.

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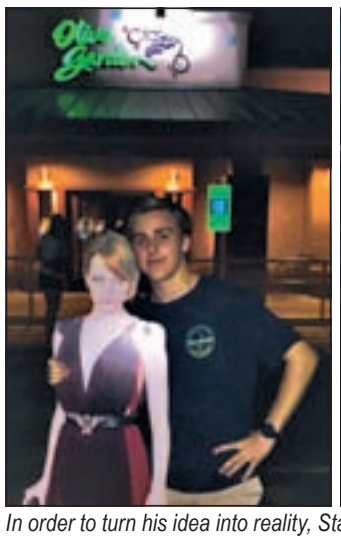
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In order to turn his idea into reality, Staudenmaier needed the help of over a dozen friends.

Dreaming of a date with a star in the LAND OF ARCADIA

By Nick Smith

Unless you were living under a rock in April, it was impossible not to stumble upon the video of the high schooler who asked Emma Stone to prom. Taking a page from Stone's Academy Award-winning film, La La Land*, 17-year-old Jacob Staudenmaier reenacted the movie's famous opening scene, complete with parked cars, new lyrics and flowers. What you may not have realized is that this viral sensation happened in our own backyard. Staudenmaier is an Arcadia High School student and he filmed his now famous proposal in the school parking lot.*

The video quickly became more than just a local news story. It went viral in just days, with millions of views, national news coverage, and even a reply from the reigning Oscar-winner for Best Actress. Now that things are starting to get back to normal, Staudenmaier is reflecting upon one of the most surreal weeks of his life.

PASSION PROJECT

One of the first things that stood out about the prom proposal video was the quality of the project. These kids have an experienced cameraman, good lighting, and every moment is organized. One might assume that this isn't Staudenmaier's first project. And that's absolutely correct.

JS: I think I started making movies in the 6th grade. I would make them with a couple of my friends. We would just make these dumb films on our flip video camera. They were horrible. But at the end of my freshman year, I got my own Canon camera and that was when I started trying to direct my own things and trying to make my own stuff.

I started making commercials for our school news network during my sophomore year, and I was making some short films too. I just really enjoyed it and I've realized that's definitely something I want to do in the future. It progressed to making thirty minute films whenever my friends have time and want to do something with me. I prefer to direct, but I'll write, edit, do lighting, basically whatever I can. After doing it awhile, I got to the point where I trusted myself to do something like this.

THE IDEA

It seems pretty clear where the idea came from, right? An obsessive Emma Stone fan is willing to try anything to get her to come to his prom. Staudenmaier is definitely an admirer of Stone's work, but the motivation behind this project was more about a high schooler wanting to try his hand at something with film on a grand scale.

JS: I think a lot of people thought I was madly in love with her. But this whole thing was really more about a love of film and a love of making things like this video. I wanted to do something like this in a big ambitious movie style.

I saw *La La Land* for the first time two weeks after it came out. I'm not a huge fan of musicals. I guess I haven't really seen a ton. But I knew it was directed by Damien Chazelle, who made the movie Whiplash, and that was one of my favorite films. Plus, it had Ryan Gosling and Emma Stone, who are both amazing. So, I decided to give it a shot. The first scene had me hooked. I saw it a second time after that, and then a third time on a school field trip. I just thought it was fantastic.

So once the idea kind of popped into my head, I knew I had to do it in some big fashion. I loved that movie and Emma Stone is from here, so I thought it would have a better chance of being seen by her. The biggest problem at first was that recreating a scene from *La La Land* would probably require singing in some respect and I'm not a good singer. But I just decided to try writing lyrics and once I started writing them, I just started trusting myself with the whole idea. I would sing them to myself and I started thinking, maybe this could happen!

I mapped out all of the movements and the pre-planning took about two weeks. I was telling some of my friends about the idea as it went along, but I don't know if they actually believed me.

THE SHOOT

Staudenmaier knew early on that the ambition for this video was far too great to be a one-man show. He recruited over a dozen kids from Arcadia High School and a couple more friends from Notre Dame High School and Xavier Prep to help him with the proposal.

JS: I've done a lot of films with my friends before, they're usually who I employ since I don't really know any professional actors. So, once I had this plan in place, a lot of my friends were happy to be a part of it. My friend Alli Gooch makes movies with me and she filmed the whole thing. It really helps having friends that will buy in. If I didn't have people like that, willing to do necessary parts of the filming process, the whole thing would've completely fallen apart. It never would have happened without them.

We did it in a staff parking lot at the high school on a Sunday. The most important thing I needed was cars, and we were able to get about 20 of them. I had timed the movements down to the second, so the whole thing took a little less than two hours. It's probably the most efficient shoot I've ever been on. Sometimes I can be a little stubborn about having the perfect shot, and I honestly didn't think everything was quite perfect in the video. But it was to the point where I realized it didn't have to be perfect. These people were nice enough to spend their Sunday doing this, it's a good thing to get it done as quick as we can.

I went straight back home with a couple of my friends. We edited the whole thing in about an hour and then I handed it off to my friend to give it a little brighter color, for that *La La Land* look. He gave it back to me a day or so later and then I uploaded it from there.

I wasn't sure what the best method was for trying to get people to see it. I've never done anything like this before, usually I just upload the movie and don't care if anyone sees it. I wanted people to see this. People on Twitter seem to like this sort of thing, so I uploaded it there. I also put it on YouTube and put a photo on Instagram. Twitter is where it blew up though. I don't really know why that was, maybe it just caught people's eye while scrolling through.

GOING VIRAL

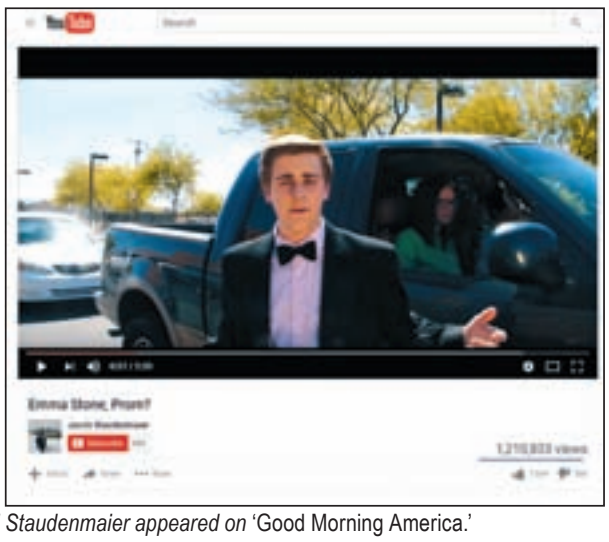
Staudenmaier's video was picked up by local news pretty quickly that Tuesday. He spent a day watching the view total on his video climb into the thousands, nothing crazy, but a far bigger audience than he had ever had for a video before. But when Staudenmaier woke up on Wednesday morning, everything had changed.

JS: I actually felt like this could make the local news for sure. As it started rolling on that first day, it was just a steady count of retweets. I sort of thought that was where it was going to stop. I was amazed and was just sitting at home reading the responses and people seemed to like it. I remember thinking, this is great. If it stops here, who cares?

Then all of a sudden, it just exploded. It got on Twitter Moments (essentially the

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Just days after being posted, the video view count soared over a million and Staudenmaier appeared on 'Good Morning America.'

front page of Twitter) on Wednesday and that was when it got insane. I decided to go to school that day. The first thing that I got when I walked into my Spanish class was a standing ovation from everyone, which was pretty funny. I was sitting in that class and my phone just kept lighting up. I had been reading all the notifications at first, but at that point I had to turn them off. It was pointless to try and keep up.

THE RESPONSE

What had started as a project between high school friends had turned into an overnight sensation. The video was featured on countless publications, including USA Today, The Huffington Post *and* The Daily Mail. *Staudenmaier did five different interviews that first day and later got to tell his story on* Good Morning America*, all as the video view count climbed to more than a million. It seemed like everyone had a reaction to the video. But there was one response in particular that everyone was waiting on.*

JS: I had thought that out of all the prom proposals to celebrities, this one had a good chance of actually reaching her. Just because she's from the area, there are people who live here who have connections to her, and this is from a movie she just won an Oscar for. I didn't know though if it would actually reach her, but it wasn't even really the point.

Once it went crazy though, I knew she was going to see it. Her publicist eventually contacted me and sent me an email she had written. I mean, for all I know, the publicist could have written the email. But I do know that she's seen it. And that's really crazy, knowing she actually saw something that we did.

THE REACTION

Stone politely declined Staudenmaier's invitation in an email, saying she was working in London, while calling the video "the greatest proposal I've ever received." The response to the video was overwhelmingly positive. But in 2017, nothing is ever universally acclaimed, and the proposal did receive some backlash. A group of viewers and media members criticized the idea of boys asking female celebrities to prom, with The Daily Beast calling it "a hostage situation." The entire experience gave Staudenmaier a taste of all the good and bad that comes with having a moment in the sun.

JS: I realized pretty early that there was no chance it would be 100% positive response. Even though it wasn't very many people, it did get some negativity. I just tried to laugh it off and not take it too seriously. And honestly, most of the comments were really great, from people all over the world.

I still can't really comprehend what happened. I'm glad it happened though. There was so much positivity with the response and I feel like it will be hard not to trust myself on making big ambitious video projects in the future. If anything, it just motivates me to make better things. That's probably going to be the peak of viewership for a while, which is totally fine. But it's pretty fun to know people all around the world have seen something I've done!



Schilling Library: a hidden treasure filled with botany literature

SCHILLING LIBRAY

Hours: Mon-Fri, Noon-4 p.m.
www.dbg.org/schilling-library

By Laura Stoddard

Nestled amidst the gentle, red-hued hills of Papago Park, sits one of Phoenix's most popular destinations, the Desert Botanical Garden. This sprawling acreage boasts an impressive array of vegetation, beautifully arranged, and lovingly cared for, that can be viewed from various paths (such as the Desert Discovery Loop Trail or the Harriet K. Maxell Desert Wildflower Loop Trail) that wind to and fro through the landscape.

Because the garden is so beautiful and rambling, you might not pay much attention to the various buildings dotting the property. However, if you are a lover of all things having to do with flora (and since you're at the Garden, that's an entirely plausible assumption), consider meandering on over to an unassuming building tucked into a back corner of the property called the Schilling Library. This unique library, as explained by Librarian Beth Brand, is a repository dedicated exclusively to all things botanical.

"It covers subjects from all over the world," said Beth Brand, librarian at Shilling Library. "But most of the literature is focused on the vegetation of southwestern North America, and parts of northern and central Mexico."



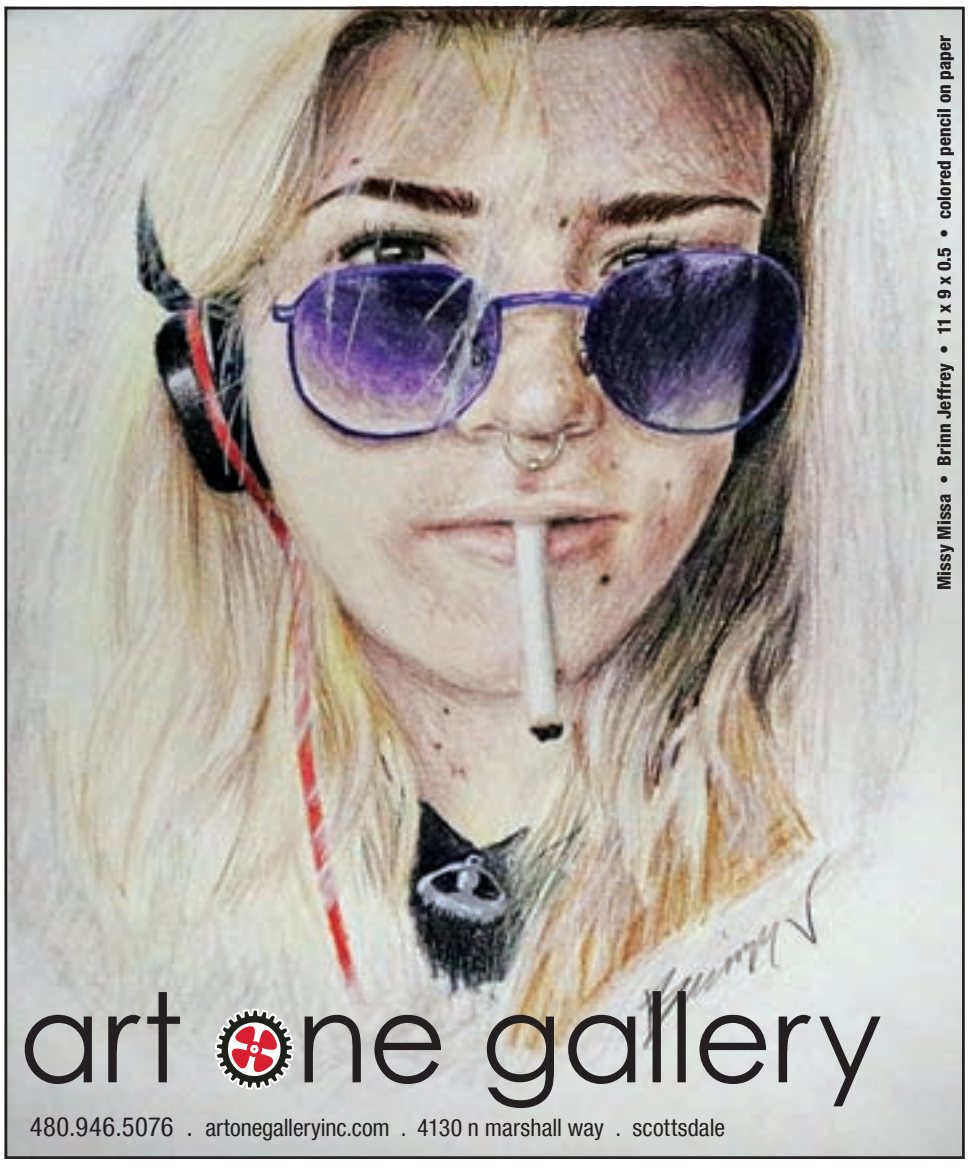
The Schilling Library is home to 9,000 books and 500 journals.

How did such a library come to exist? Mostly thanks to large donations from extensive personal collections over the years. Some of the first books were donated by the Garden's original founders, directors, and members of the Arizona Native Cactus and Flora Society. W. Taylor Marshall, the Garden's third director was next to toss his hat, or rather, books, into the ring, donating, what he boasted to be, the largest private collection of succulent and cactus books in the entire nation. In the 1900s, Marshall became acquainted with a Santa Barbara book dealer named Max Richter. Richter, it turned out, had a private collection on the same subjects that was even larger. In the 1960s, Richter donated his collection to the DBG, and once all these resources were combined, the Richter Memorial Library was finally created and dedicated in 1970. Since then, librarians and volunteers have worked long and hard to expand and catalog all of the collections, which include rare drawings and art work. The original Richter Library is located next to the Garden's Webster Auditorium, but in 2002 the entire collection was moved to the Nina Mason Pulliam Desert Research and Horticulture Center. The name was also changed to the Schilling Library, an homage to the generous gifts given by Carol and Randy Schilling to the Garden's endowment.

Brand explained that there are more than 9,000 books and 500 journals at the fingertips of DBG members, and visitors to the Garden. It isn't a public library, as such, and subsequently none of the materials here can be checked out. Visitors need to bring a notebook, or have some cash on hand in order to obtain color photocopies for 20 cents a page.

Some of the most popular topics visitors look into include gardening and landscaping, taxonomy, medicinal plants, ethnobotany, and sustainable practices. However, not everyone who comes to Schilling is there to learn more about plant life. Brand once had an ethics professor looking for books on how climate change is affecting water in the southwest. One time, a grade schooler was doing a report on famous Arizona residents and chose Rose Collom, an Arizona Women's Hall of Fame member, botanist and founding member of the Garden. Other times, artists and architects come in to study pictures of plant roots, shapes and structures to gain inspiration for their creations.

In summary, anything to do with the beautiful realm of botanicals, whether it's people, regions, eras of time, or practices, you'll find it here. Beth herself admitted, "We have some interesting and obscure stuff!"



Arcadia plays key role in tech company's success

By Kaylee Sumpter

Arcadia resident Sara Silver, founder and president of Silverware Inc., was recently named one of this year's Outstanding Women in Business by the Phoenix Business Journal.

"It was very exciting, and I am proud of the work we've done as a company," said Silver, who was presented with the award at a ceremony on April 3rd. "It was nice to be recognized so that others can see what we do and accomplish."

Silver's company, Silverware Inc., a Dynamics NAV (Navision) ERP and Intacct cloud financial software reselling partner (VAR), has offices in both Arizona and Washington. They design, implement and support accounting, business management, and enterprise resource planning solutions for mid-market businesses.

Silver earned a Bachelor of Arts in mathematics and economics from Northwestern University and began creating the basis for Silverware Inc. while working for a medical supply company. Silver always knew she wanted both a career and family. Working with computers beginning in 1988 allowed her to raise a family and build a successful company.

Silver knew that growing a successful business required her to grow as well.



Sara Silver

Already knowledgeable with computers, Silver worked to add sales and business skills while also becoming a mentor and leader.

Silver hired her first employee in 1993, and during the past 24 years, she has worked diligently to make Silverware Inc. successful. Silver credits her business success to two things.

"One, a lot of hard work. We work very hard here," she said. "Two, we have a great team. We have a staff of 25 and every person is awesome."

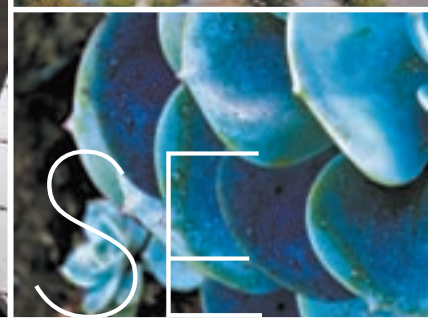
Because Silverware Inc. is largely based on referrals, Silver explains that their role and participation in the community is important to their success. Silver and her husband, Bob, have always made it a point to be very involved in the Arcadia community. Bob was born in the neighborhood and the couple raised their children here.

"We live in Arcadia, and we work in Arcadia. We have employees and customers from the neighborhood," Bob said. "Not only is it convenient, but Arcadia is part of our life, and we would never want to leave. It's a great community to have a family and business in."









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Arcadia resident and award-winning jazz musician continues his inspirational comeback

By Laura Cafiso

Whether mentoring students, playing basketball with his boys, or singing on stage, Dennis Rowland has worked hard to reclaim his musical life. Most Arizonans know him from dynamic performances at Herberger Theater Center, Sanctuary Resort, or Desert Botanical Garden. But four years ago, the Grammy-nominated jazz performer nearly died from complications associated with a stroke.

On his way to a Christmas concert rehearsal, Rowland suffered a severe stroke at the entrance of Ashbury United Methodist Church, December 19th, 2012. He was rushed to St. Joseph's ER. His brain hemorrhaged when doctors administered intravenous TPA, standard treatment for anyone with his diagnosis. Only 4% of stroke patients experience an adverse reaction. Rowland fell into that rare margin.

Doctors immediately transferred him upstairs to Barrow's Neurological Institute ICU. His condition changed from serious to dire. He was not expected to survive.

"Dr. Joni Clark, the neurologist took my hand," said Sydney Blaine, Rowland's wife of 17 years. "She told me, 'I just saw your husband perform at the Musical Instrument Museum. I'm so sorry.'"

As a chaplain stood nearby, Blaine was told to think about making arrangements for her husband.



The music department at Scottsdale Community College congratulates Dennis Rowland for being one of three finalists for Arizona's 2017 Governor's Arts Individual Artist Award.

After nearly a month in the hospital, Rowland returned to his home in Arcadia, even though he could not hold himself up, walk or talk. Blaine became his 24/7 caretaker. She had no idea how much that would entail, but soldiered on after a crash course from his hospital team. Ultimately, she took over, assisting him to stand, dress, eat, walk, and practice his therapeutic exercises.

Blaine learned Rowland's musical background and talent would contribute to his ability to regain language – talking *and* singing – quicker than the average stroke survivor. From Day 1 in ICU, Blaine stationed a small CD player with Rowland's music playing softly in the background. Rowland grew up in a musical household and started piano lessons at seven years old. It was only natural that music would be the conduit to bring him back to himself.

"I remember telling Sydney, 'Oh so that's what I sing like? That's what I sound like?'" said Rowland, speaking about his recovery. "Oh, ok. Now I know who I'm supposed to be!"

While the stage was his first home, the gym came in at a close second. Rowland split his formative years between singing in choirs and bands and playing high school basketball. For years, before his stroke, he played basketball regularly at Camelback Village Health and Racquetball Club with the same group of guys.

"His baseline fitness played a huge role in his recovery," said Dr. James Frye, founder of Barrow's Stroke Program. "Too many patients come in here and can't handle the brutal interventions necessary to get back to being active and healthy."

Rowland's first visit back to The Village gym was intense. He and Sydney cautiously made their way to the basketball courts. He still needed his walker for support. For a full hour, teammates, friends, and staffers hugged and welcomed him back. They were so happy to see him alive. Joy, laughter and even tears, greeted Dennis.

Mentoring young musicians always played a huge part in Rowland's life. In 2011, he began teaching one-on-one vocal lessons at Scottsdale Community College. Music Department Chair Christine Novak created a new class series, Jazz and Pop Vocals, to take advantage of Rowland's expertise. Knowing how much he cherished teaching, Novak saved his place until he could return, hoping this would be something Rowland could work towards. He only missed one semester of teaching and returned to his students in Fall 2013.

Rowland is one of three finalists for Arizona's 2017 Governor's Arts Individual Artist Award. As Joel Goldenthal, executive director of The Nash wrote in his recommendation letter, "Arizona has revered Dennis as a vocalist, actor and teacher for more than three decades."

At this point, in 2017, Dennis is making an astonishing recovery. He may not be 100%, but he is singing, playing basketball and mentoring students, thanks to Sydney, his musical family, basketball peers and countless fans.

"I had to get back to singing. I had to get on it," said Rowland. "I didn't know how it was going to happen but I knew I was going to be on the stage somewhere, at some point."





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Ladies stitch together for Phoenix Children's Hospital

By Mallory Gleich

A local senior living community group has banded together to knit clothing for kids at Phoenix Children's Hospital.

The group lives at Terraces of Phoenix, located in North Phoenix at State Route 51 and 16th Street. It is recognized as "one of only eight certified centers for successful aging" in the country.

Kelsy Moore is activity coordinator at Terraces. Last year, she decided her group should do something that would inspire and encourage service for others and the community. An opportunity came to light at Phoenix Children's Hospital (PCH).

"I picked the hospital because making items for children and babies is a lot more manageable for our group than larger projects, plus a number of our residents had already been making baby items for local shelters," Moore said.

Knitting group member Barbara Quarrels also helped with the idea of knitting for a cause.

"I started knitting items about two or three years ago for my sister's church and they get sent all over the world," said Quarrels. "I had been in a cast from an injury and my sister encouraged me to work on small projects, and that's how I began knitting for charities."

Peggy Gould, Gerry Wells, Barbara Quarrels, Joanna Barnes, Claudette Owens, Lynn Steingard and Kelsy Moore make up the knitting group at Terraces of Phoenix.

The women make a variety of items for PCH, including baby hats, preemie hats, children's hats, baby blankets, children's IV wrist covers, baby booties and mittens.

"I enjoy making the babies items and the IV covers because babies are fun and it is sad that they have to be in the hospital, so



hopefully I cheer them up with the items I make," Gould said.

The items are crafted with Baby Sport Yarn, which is 100 percent acrylic and soft enough for babies or children with sensitive skin.

Simple items such as baby hats, booties or mittens can take an hour or two to make, but larger items like baby blankets can take up to 40 hours.

The ladies are concentrating on donating to Phoenix Children's Hospital right now. They meet on Saturday mornings for about two hours, but most of their work is done at home and then delivered by Moore once it's finished.

"The best part is that you sit down, you're relaxing and you are making something for somebody. It is nice to know that someone is going to receive what I made and enjoy it," Gould said.

"I enjoy doing it, I don't know if there is a favorite part of it. It makes me feel good because I am doing something for somebody else." Quarrels added.

[Baby] hats off to these ladies for knitting for a great cause!

Ski, school and soccer: Arizona junior ski champion does it all

By Ian Kraft

Erin Cooney won the girls' Slalom and Giant Slalom events March 4 at the Arizona Junior Ski Championship at Arizona Snowbowl. That's impressive for a 15-year-old freshman at Xavier Prep.

"Becoming the Arizona Junior Champion was pretty exciting and a great way to end my season," Erin said. "Overall, winning was something I will always remember since the moment was happy and unforgettable, but being surrounded by the people I love and seeing their smiles made the moment truly amazing."

It goes without saying that living in Ahwatukee doesn't exactly allow her to ski regularly, so she joined the Flagstaff Alpine Ski Team (FAST) at age nine. Since then, she has spent countless hours honing her skills to craft herself into one of the most feared skiers in the state, while also maintaining her status as an excellent student.

"My love for skiing has grown over the years because of the wonderful people that I have met and the awesome coaches I have had. Skiing has just always been a big part of my life," said Erin.

Cooney's love for the sport came predominantly from her mother, Sarah Cooney, who grew up in Vermont and was a competitive skier in high school and college. Sarah's mother (Erin's grandmother) was a ski instructor, making the endeavor a family affair. Sarah encouraged her daughter to give skiing a try at a very young age.



Arizona junior ski champion Erin Cooney works hard to balance her competitive ski life, soccer and full course load at Xavier College Prep.

Training as a competitive skier in Phoenix necessarily involves a number of challenges. With the majority of Erin's ski competitions occurring in Colorado or New Mexico, there are a lot of long road trips requiring Erin to miss at least a full day's worth of school. As a freshman at Xavier College Prep, Erin works hard to balance sport and academics.

"Skiing while being a student at Xavier has been challenging. Keeping my attendance at an OK level and keeping up with due dates has been the toughest thing," Erin said. "In middle school, I was able to miss many days of school to attend ski races and training camps, but at Xavier missing a day of school becomes very stressful and overwhelming. The head of school sports, Sister Lynn, is very supportive of my skiing, but it is still hard to pursue it because of the workload."

Although Erin says her workload is more manageable now because skiing is taking somewhat of a backseat, the tireless athlete now has another athletic obligation competing for her precious time: soccer.

Cooney admitted balancing ski, soccer, homework and school attendance can be difficult. However, her father, David, insists his 15-year-old is mature enough to handle the rigorous lifestyle.

"She just accepts that getting up early, making very long drives and getting home very late on school nights, or even having bad days/races are necessary to get what she wants," David said. "She has the ability to deal with difficulties in sports or school, and do what needs to be done to achieve her goal."

No matter where life takes her these next three years in high school, Erin said skiing will always be a part of her life. She even intends to take a page out of her mother's playbook and influence people to try to learn her sport.

"I would love if more people got involved with skiing or snowboarding," Erin said. "It may seem like a weird and foreign sport to get into, but if you are willing to learn, I promise it will be really fun and add a new aspect of athleticism to your life."



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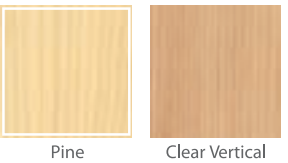


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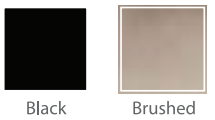
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Arcadia All-Stars blaze path to second championship

By Rachael Bouley

Last December the Arcadia All-Stars Flag Football team showed how to find success by putting integrity, teamwork and sportsmanship first.

Led by Coach Oscar Calderon, the team took home the championship of the One Sports Nation Grid Iron tournament for the second year in a row. The determined, yet undersized team had its work cut out for it.

"Every team they played against had kids a full head taller than they were," said Pete TeKampe, a youth flag football coach who supports Calderon and the Arcadia All-Stars. "These kids went out there and nobody gave them a chance, but they just banded together and they won it all, and it was so great to see."

The championship team comprised 10 local kids, ages 11 and 12, who spent a full day on the field, playing five games during which they showcased determination and teamwork. The team's positive attitudes toward their teammates and competitors, were instilled in them by their leader.

"Arcadia has become the paragon of what a flag football team should be like. They really emphasize and stress how it's all about the kids, and how, at this age, winning takes a backseat to things like developing self-confidence and teamwork," TeKampe said. "They are competitive, but they compete the right way with sportsmanship and conduct themselves with honor. It makes the victory that much sweeter."

Negativity and unsportsmanlike conduct are not accepted on or off the field.

"He teaches these kids about being good athletes and citizens. He doesn't care how good they are, if they swear, he will sit them," TeKamp added. "It's no joke when they play for him, and that's how kids should be coached."



The Arcadia flag football team celebrates a second consecutive championship in the One Sports Nation Grid Iron tournament. Coach Oscar Calderon stresses selfless play, honor, respect, teamwork and self-confidence in his 11- and 12-year-old players.

"I feel proud when I see a kid showing respect after a game, because I teach them to respect their teachers, teammates and opponents," said Calderon. "You have to push yourself to get to the end zone and get that touchdown, and I'm proud when they do."

The team fought hard for its championship while remaining polite and respectful to its opponents and each other.

"I told my boys you have to leave your hearts out there and if you make mistakes you have to fix them," said Calderon. "They played their hearts out, doing everything they could, and we were so happy and excited. They were jumping up and down and celebrating."

The big win exemplified the life lessons Calderon is trying to teach his players.

"Hard work and dedication pays off at the end, and that's what I tell the boys, to keep fighting for what you want."



Veritas basketball star Gressel succeeds on and off the court

By Megan Forrester

Luke Gressel is the heart and soul of the Veritas varsity basketball team. The Falcons captain's 16.5 points, 1.7 assists, 1.4 rebounds, 2.7 steals and 3.4 blocks per game all exceed the national average.

When looking at these amazing statistics, one might wonder how this well-rounded student athlete has achieved his success.

His love of basketball began when he was in third grade. At the time, Gressel devoted himself to the sport of baseball. However, after his family moved to Canada for a while, he determined winter weather is not well suited for baseball. So, he decided to switch to basketball and never look back.

One similarity between baseball and basketball is the team aspect, which was just what Gressel was looking for.

"I usually don't like being alone," said Gressel. "I usually have pretty bad stage fright and I'm kind of a shy person, but it's a place where you can excel as a team and look good as a team as opposed to an individual."

His love of the sport also comes from his older brother, who played basketball for his high school.

"We used to play against each other all the time," Gressel said. "He was really good at defense and I always wanted to beat him and



Luke Gressel

I could never do it. It just became a fun thing to do that we both became invested in."

Gressel recently received the honor of being named to AZCentral's All 2A Conference Second Team due to his hard work on the court. Veritas head coach David Flick called Gressel the most complete player on and off the court that he's coached in 16 seasons.

Gressel has worked extremely hard off the court to maintain that balance between sports and school.

"Freshman year was really tough," said Gressel. "I had to quit playing club basketball that year just because of how tough it was to balance school stuff with extracurriculars. But the last couple of years have been pretty smooth sailing."

In his free time, Gressel enjoys photography, graphic design and photo editing. He was also in choir for a few years. He even occasionally still plays baseball for fun.

Gressel plans to enroll at Arizona State University, but doesn't plan to play basketball for the Sun Devils. He said he might try to walk on to the team, but even if he doesn't, he plans on giving the team his full support.



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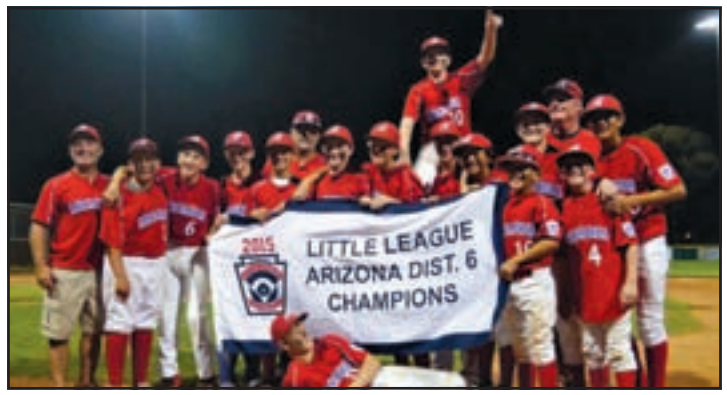
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Beyond baseball: Arcadia Little League celebrates 60 years

By Katie Mayer

In the early 1980s at the age of six years old, Jack Krawczyk joined his neighborhood little league team. The season brought with it new friendships, fun competition, and of course, lots of baseball.

"You'd go and you'd play little league baseball, then the next day, you'd be at someone's house playing baseball in their backyard," he recalls. "It was nonstop baseball during the season."

Today, like in the days of Krawczyk's childhood, Arcadia Little League brings classmates, neighbors and family together for fun and friendly competition at ball parks in the heart of the Arcadia area.

Although its traditions have remained largely the same, Arcadia Little League has grown by leaps and bounds, changing rules, moving to new fields and adding softball.

With Krawczyk now at the presidential helm of the league he once played in, Arcadia Little League is celebrating 60 years in our community, growing continuously and looking toward a future brighter than the lights illuminating its fields.

A LEAGUE TAKES SHAPE

The Arcadia Little League got its start as the Ingleside-Kiva Little League in 1957, founded by Sam Kitchell, A.D. Laake, Jim Quayle and Jerry Skarecky, according to records from parent organization Little League Baseball and Softball. Its original four teams were the Redskins, Cubs, Braves and Pirates. The first four managers were P.B. Richardson, Glen Peterson, George Bartlett and Bob Vaughn.

The league grew in the 1980s through a merger of the West Scottsdale, Griffith-Orangedale, Ingleside-Kiva and Arcadia little leagues. The Arcadia Little League name was adopted in 1987, according to the national organization.

"The growth has been explosive," said former league president David Davis. "When you look back at the old charter documents, it's a really small number (of people) in the league boundaries and it grew exponentially. Today, it's a large thriving area."

Today, nearly 900 kids ages 5-14 play in Arcadia Little League baseball and softball games on fields at Camelback Christian Church, Arcadia Neighborhood Learning Center and Ingleside Middle School. Approximately 200-250 girls play mostly softball, but some play baseball, Davis said. About 80 teams of 12-13 players compete each year.

Jeff Wasson, who has coached in the league for 12 years, said the talent he sees each season continues to grow.

"Now we're actually like a little hotbed for baseball talent," he said, "but it didn't used to be that way."

Last year, the boys Majors All Stars came close to winning the state tournament, but lost in the final game. Several former players have gone on to play professional ball and compete at Division 1 colleges.

THE HEART OF THE HOME FIELDS

Longtime league volunteer Jim Baker, 83, wakes up every January and says to himself, "Only two more weeks until Little League starts."

From stats to kids' and parents' names to the league's evolution during the past three decades, Baker has seen or was involved in nearly all of it.

"You name all the things you have to do at a baseball field to get it ready, and I've done it," he said.

Baker started coaching T-ball in the league in 1980. Eventually he added caring for the fields and managing concessions and uniforms.

Baker, a retired uniform coordinator and purchasing agent for Arcadia High School, still runs the concession stands at all three fields, saying it is the most rewarding job he's ever performed.

"I've never been involved with something this contagious," Baker said. "The thrill never stops. It's kept me young – I know it has."

For years, Baker and his wife Jennifer and even son Jacob Renwick woke up at 5 a.m. and prepared the fields for the day. Although

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the fields are now professionally maintained and Baker has paid staff running the concessions, he doesn't have any plans to slow down any time soon.

"I get so many kids who go away and come back and we have so many great conversations," Baker said. "I'll do it as long as they'll let me do it, and as long as I can do it well."

SOFTBALL GETS A SECOND CHANCE

Arcadia Little League's softball program was chartered in 1997, but getting the program running proved challenging.

Don MacWilliam recalls the softball program hurting when he started coaching in Arcadia Little League seven years ago.

"There were no older girls and all the little girls stopped playing, so they were sending them to other programs," he said.

MacWilliam, who coached his daughter in softball and coached baseball, which his sons played, wanted to make a difference.

"It was my goal to make sure they had a lot of different options to pick from or play," MacWilliam said.

The softball program improved and the younger girls became better players. That resulted in additional younger girls joining the league, where they competed with the older girls and improved as well.

"We took the passion I had with baseball and took it into softball," MacWilliam said. "I think we built a pretty good foundation for what's continuing now."

BONDING OVER BALL GAMES

Back in the 1980s, mother of two Patsy Nodilo served as president of Arcadia Little League. She was trying to secure better lights for one of the fields near the site of The Phoenician Resort, but she also had a problem. The Phoenician's owners were concerned the effect the tall, bright lights would have on the new resort's guests. Crafting a solution offered an opportunity.

"I got a call from one of the senior people and he said, 'We understand you're trying to get lights up at that field, but we kind of have a problem'," she said. "They were concerned that the lights would shine in their most expensive rooms."

With the new, high-end resort months from opening, its owners offered to pay for lights at another field. Nodilo, an experienced finance executive, not only seized the opportunity, but also returned the gesture. She hosted the league's inaugural fundraiser at the new resort on its opening day, obtained grant money and put the league on a positive financial trajectory.

"It was nice to participate with the community and we got to know a lot of other people," she said. "I think our children got to be friends with people who weren't in their classes and even people who went to other schools."

Jay Carlos and Kelly Nunez's two sons and daughter have played in the league. They say participating has brought many positive experiences to their family over the past seven years.

"Little League has been something we look forward to every year," Carlos said.

Added Kelly, "When we go to a game – no matter whose game it is – the kids know so many people and see so many neighbors and friends…it's family-oriented and I think the coaches have just been phenomenal."

Craig Coppola, who has coached in the league and served on the board, said many of his former players are getting ready to graduate from college and their friendships have remained even as they've moved away. He calls Arcadia Little League "different and truly a neighborhood."

Former league president Davis agrees.

"You see kids out socializing, being competitive with other kids their age…and you see parents who normally wouldn't see each other sitting around talking and socializing," Davis said. "The role of this league is to bring kids and families together for three to four months every spring. It's less about sports and more about the community bonding that occurs."

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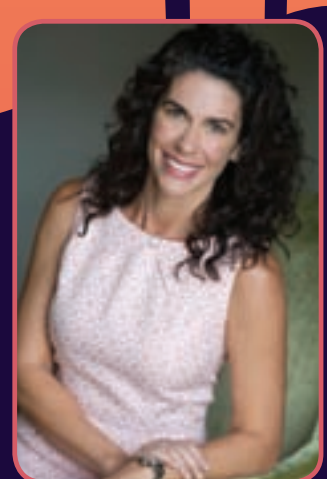
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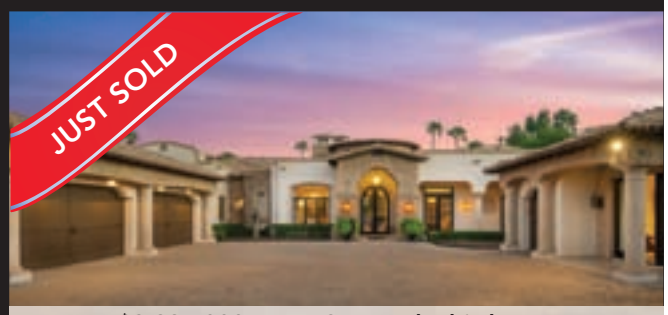
OUR FEATURED LISTINGS OVER $3,000,000



$6,995,000 5022 East Cottontail Run Road
6 bedrooms, 9 baths, 14,000 square feet



6656 Lost Dutchman
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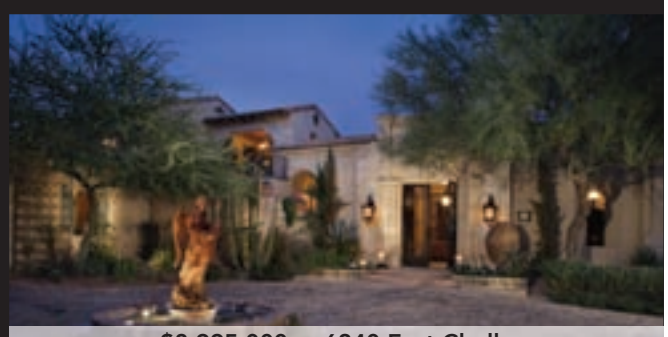
$3,995,000 6719 East Bluebird Lane
7 bedrooms, 9 baths, 8,333 square feet



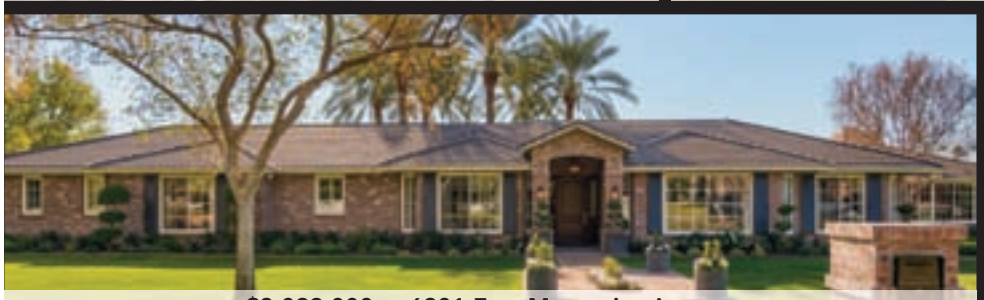
$10,270,000 7620 North Foothill Drive South
6 bedrooms, 8 baths, 10,283 square feet



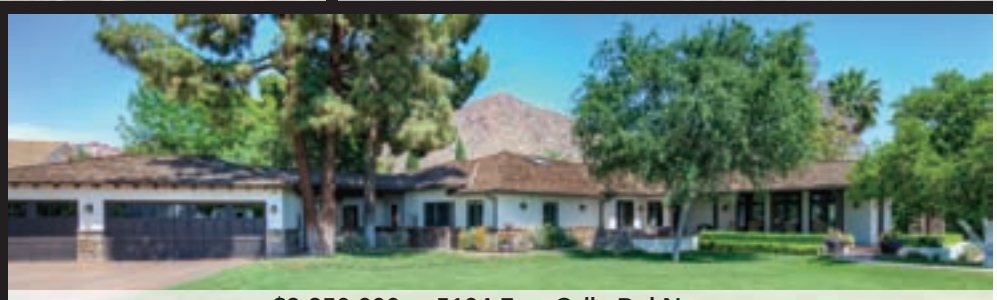
$3,099,000 6204 North Casa Blanca
4 bedrooms, 6 baths, 5,000 square feet



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



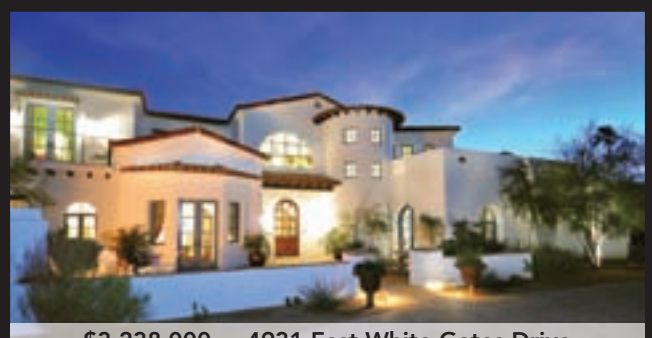
$3,099,000 6201 East Montecito Avenue
6 bedrooms, 7 baths, 7,275 square feet



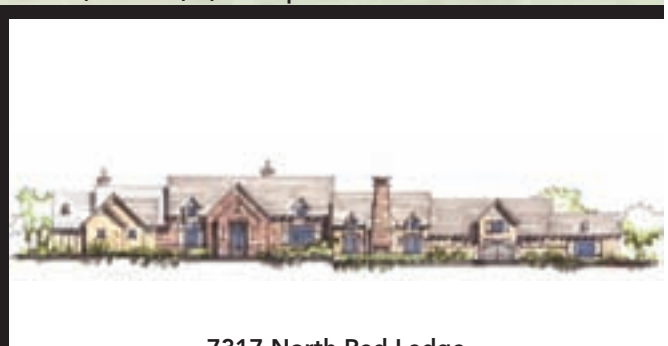
$3,250,000 5104 East Calle Del Norte
4 bedrooms, 6 baths, 5,200 square feet



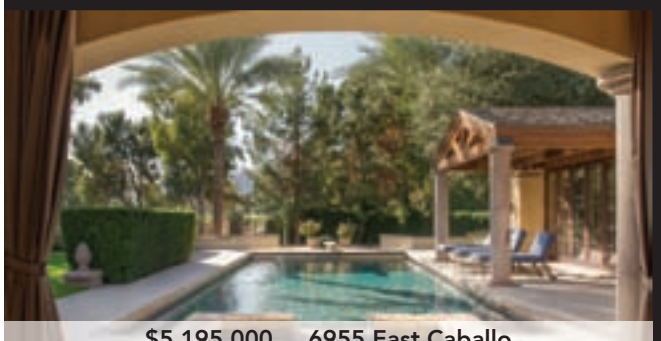
5936 East Paisano Circle
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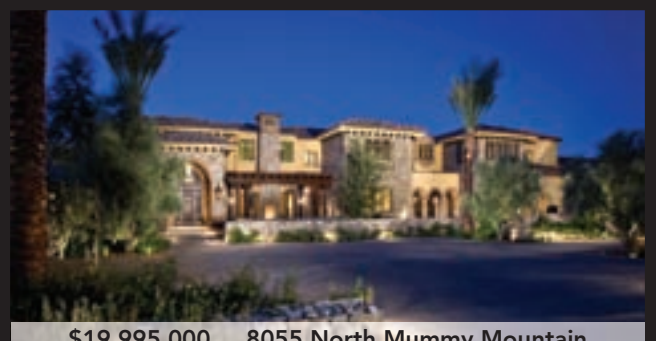
$3,238,000 4931 East White Gates Drive
6 bedrooms, 8 baths, 8,166 square feet



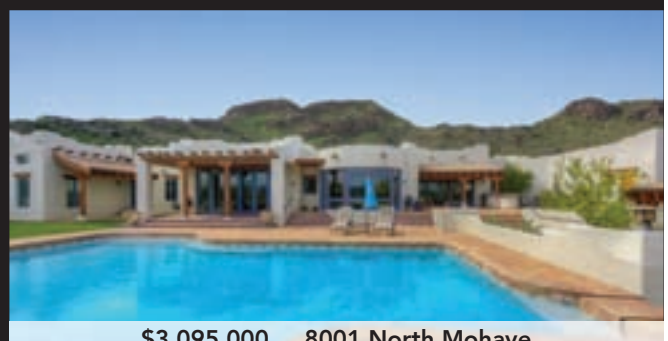
7317 North Red Ledge
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$5,195,000 6955 East Caballo
5 bedrooms, 6 baths, 9,106 square feet



$19,995,000 8055 North Mummy Mountain
7 bedrooms, 12 baths, 25,416 square feet



$3,095,000 8001 North Mohave
5 bedrooms, 7 baths, 8,386 square feet



$3,395,000 4120 North 54th Street
5 bedrooms, 6 baths, 5,916 square feet

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