Arcadia News

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Phoenix Fire Station #13 is still keeping the neighborhood safe after nearly six decades.

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Arcadia football is going to look a little different under a new coach this fall.

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Theater teaches life lessons through generations

By Robin Sewell

Once upon a time far away from the Arizona Highways, in New York City, a 5-year-old girl in pigtails sat mesmerized staring onto the stage from her 7th row center orchestra seat. The show was the "Nutcracker" and to this day, I still remember that magical, tingly feeling I had deep down inside as a voice inside my head whispered everything and anything is possible once the lights go down in the black box theater. I could imagine becoming whatever I wanted to be.

A few nights ago, as I sat orchestra center on a velvety, cushy seat inside the cozy Herberger Theater in downtown Phoenix looking up at a dozen or more kids in brightly colored costumes singing and dancing their hearts out to scenes from Valley Youth Theater's "Shrek," I experienced a similar feeling. These kids could become whatever they wanted to be.

When my mom took me to see my first show or the countless other musicals that followed, I couldn't have realized how the arts would have a profound impact on my life. The obvious is that I went on to become a theater arts major in college and pursued a short-lived acting career. The less obvious is that it gave me the confidence to move to numerous cities throughout the country pursuing my passion and then at two different times switch careers mid stream and start all over again. It goes back to the childhood belief that anything is possible.

Robin Sewell and her daughter attending Dear Evan Hansen.

I, like my mom, wanted my daughter to experience the wonder and magic of the theater and the endless possibilities the arts seem to inspire. I started her theater going tradition on this side of the Mississippi when she was 3 years old, with "Winnie the Pooh Christmas Tale" at Valley Youth Theater in Phoenix.

Like me, my kid was hooked. Since then, we've seen almost every show put on by VYT. We've also loved the shows at Grease Paint, Childsplay, Phoenix Theater, Desert Stages, Gammage and even the Great Arizona Puppet Theater. There was a time we were going to the theater every weekend and in the summer, to my amazement, my shy little girl sang in front of an audience on stage at both Valley Youth Theater and Phoenix Theater in their summer programs. Just for the record, my daughter has no aspirations to follow in her mom's footsteps in either acting or broadcasting, but what I believe she has learned from her ongoing exposure to the arts is something that goes far beyond a textbook. Just like so many of the characters brought to life on stage, she has great empathy for others, a vivid imagination, loves to laugh, is not afraid to cry, and is confident just being herself.

This summer in New York City, we saw a musical called "Dear Evan Hansen." One of the major themes of the show was about teenagers struggling to fit in. I was initially concerned that the subject matter was not age-appropriate for my now 12-year-old, but when we left the theater, I realized I made the right decision. Immediately, we began discussing why it's so important to be inclusive and how one kid can make a difference in another kid's life simply by being kind.

As soon as we got back to the hotel, she reached out to all her friends telling them about this show and why all of them should make an even greater effort to reach out to other kids, especially if they seem to need a friend. I know she and I have had these conversations countless times before, but the impact this musical had on her this night was profound, as she too sat staring at the stage from her orchestra seat in that black box theater as the lights went down.

— Robin Sewell is the host and executive producer of the Emmy Award winning Arizona Highways Television.

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Arcadia Real **Estate** Stats

2017 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2017-7/31/2017)

Active Homes -	137 homes
Homes Sold -	178 homes
Average Sale Price -	$1,128,000
Average Sold $ Per SF -	$328
Average Days On Market -	105 days

There is currently 6 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 1% this year. (based on 2016 sales results)
2017 home prices have decreased 7%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 0%. (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

(1/01/2017-7/31/2017)

Active Homes -	61 Homes
Homes Sold -	147 Homes
Average Sale Price -	$625,000
Average Sold $ Per SF -	$254
Average Days On Market -	82 days

There is currently 3 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 14% this year. (based on 2016 sales results)
2017 home prices have increased 16%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 7%. (based on 2016 sales results)
2017 Homes are taking 12% 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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That cough could be Bronchitis

By Kristin Shealey

HEALTHY *TIDBITS*

Hack hack. Repeat.

Your lingering cough could mean you have bronchitis. It's an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs.

Bronchitis can occur after a cold, flu or other respiratory infections such as allergies. Exposure to smoke or other irritants in the workplace, as well as air pollution, also can contribute to bronchitis in susceptible individuals.

Quite common, acute bronchitis is often known as a chest cold. It usually improves within a few days without lasting effects, but you may still cough for weeks.

However, bronchitis symptoms like these should prompt a visit to your primary care physician:

- A cough that lasts more than three weeks and that produces discolored mucus or blood.
- Shortness of breath or wheezing.
- Lack of energy.
- A cough that prevents you from sleeping.
- A fever of 100.4 F.

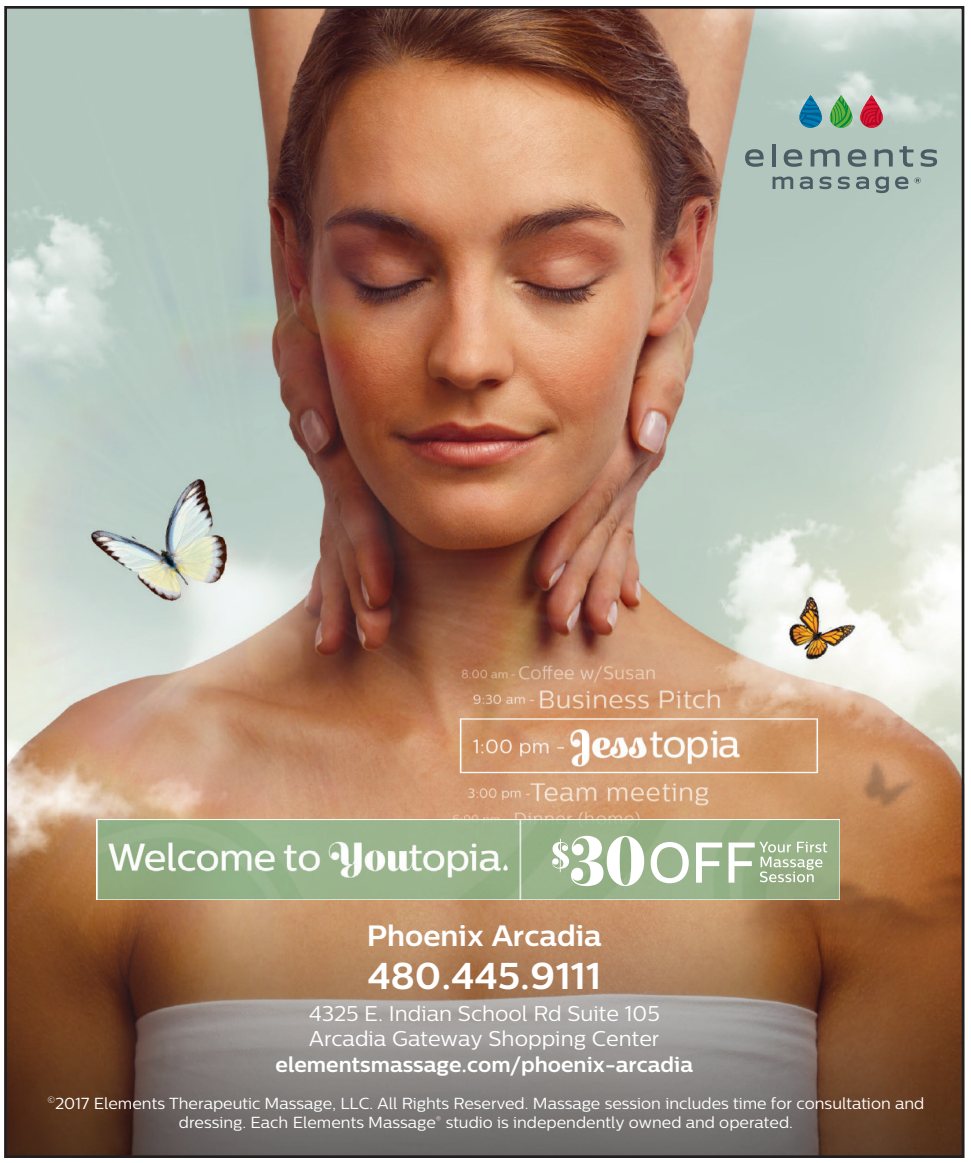
Your doctor will listen to your lungs carefully through a stethoscope to rule out pneumonia. He or she also might order a chest X-ray, a sputum culture and/or a pulmonary function test. Because bronchitis usually results from a viral infection, antibiotics won't work. But if a bacterial infection is suspected to have caused it, your doctor may prescribe antibiotics.

Because your cough is producing mucus, you should only take a cough medicine with an expectorant (an ingredient that thins and loosens mucus) during the day. Take cough medicine without an expectorant at night to help you sleep.

If you get bronchitis repeatedly — usually because of smoking or exposure to secondhand smoke — you may have chronic bronchitis. This is more serious because the lining of your bronchial tubes is constantly irritated or inflamed and may require inhalers and other therapy.

If you have a cough that lasts for two to three months a year for at least two years, your doctor may determine that it's chronic bronchitis. Because it puts you at risk for developing heart problems, as well as more serious lung diseases and infections, you should be under a doctor's care. If you have chronic bronchitis, it may be helpful to have a respiratory therapist teach you breathing exercises that help you breathe more easily and boost your ability to exercise.

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



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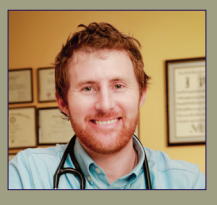
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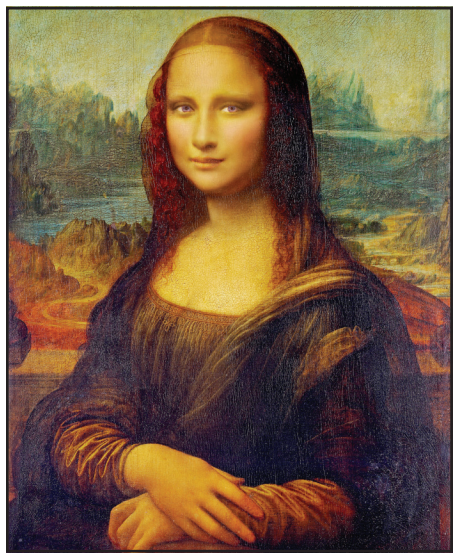
Buyer Beware: Tips to avoid being taken for a ride during cruise ship auctions

By Jonell Sloekers and Tom Helms



ASK THE *APPRAISERS*

'Tis the season for cruising, and all that goes with it: relaxation, beautiful scenery, fruity drinks, abundant food, champagne, and… art auctions?? Most cruise lines contract with an independent company to offer an onboard "fine art" auction.

These are definitely a case of buyer, beware!

Recently a client wanted to verify the value of two signed Salvador Dali prints he purchased on his Alaskan cruise vacation. After a great deal of research, we told him that the signature was questionable and that the prints were common "multiples" of visual art.

Then we learned the full story.

The onboard auction process is almost the same for all ships: free champagne, bidding begins, the sales process takes several days, "private exclusive showings" for prospective buyers, and promises of great deals. In such an environment, our client purchased two Dali signed prints for $2,800 each, not including the added on fees such as buyer's premium, appraisal fees, shipping and handling, frame costs, sales tax, and an "in-transit" handling fee, for a grand total of $7,447.51. It cost him $1,847.51 more than he thought, and it was too late to back out because he did not receive the final statement until he was home from the cruise.

Unfortunately, our client's Dali print was actually worth $375 and not the $2,800 he paid.

Our client's story is not unique. Recent lawsuits have resulted in improvements, but many problems persist. Here are a few tips in order to inform you and help you avoid costly missteps.

Savvy buyers usually research the marketplace for a particular artist or artwork prior to purchase; however, internet access is often limited on ships, leaving the buyer at risk.

"Paintings" sold at cruise auctions are usually prints or giclées, which are ink-jet print reproductions of original artwork.

The piece you receive in the mail is almost always not the piece displayed on the ship! Your reproduction may have a few brushstroke embellishments or a signature added, making it "unique." The visual quality of these works can be amazing, but the value will not be in any way commensurate with that of an original oil painting!

The provenance (proof of authenticity) provided by the auction may be very official-looking, but is not a guarantee of any present or future value. A certified independent appraiser DOES NOT do the official appraisal.

The art is owned by the seller, who has a financial interest in the piece and also "shills" (secretly raises) the price.

To be a bidder, you must first fill out their credit card application, and the final bill goes to your home after the cruise.

Our client received an expensive lesson, but you don't have to. Preparing yourself with information beforehand can help avoid these pitfalls!

Do you have a question? Send it to editor@arcadianews.com. We look forward to hearing from you.

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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 9/1-MONDAY 9/4

Saboten Con

Times vary, at the Sheraton Grand Phoenix, 340 N. 3rd Street, Phoenix. The largest Anime convention in Arizona has made its way to Phoenix. Get ready for panel discussions, a masquerade, skit contest, cosplay contest, fashion show, music, food and vendors. Events vary from day to day. Ticket prices are $15-$350. For more: sabotencon.com.

FRIDAY 9/1

Come Back Buddy

7 – 10 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. Start off September by throwing it back to the old days with some classic tunes! Come Back Buddy is a Buddy Holly Tribute band that will be playing at Desert Ridge this Friday. Inspired by the music of the 50s, this rock and roll trio will play favorites from Johnny Cash, Elvis, Roy Orbison, and many more. For more: shopdesertridge.com.

SATURDAY 9/2

Phoenix Cooks

10 a.m. – 3 p.m. at the Westin Kierland Resort and Spa, 6902 E. Greenway Pkwy., Phoenix. The 13th Annual Phoenix Cooks event is back! Get ready to chow down on more than 50 of the Valley's restaurants' best dishes. There will also be more than 30 wine, beer and cocktail sampling booths, recipe and technique classes, as well as live demos. Arrive hungry, leave stuffed. Tickets are $60-$100, with benefits going to the Special Olympics of Arizona. For more: phoenixcooks.com.

Come Back Buddy *at Desert Ridge Marketplace in Phoenix.*

Phoenix Cooks *at the Westin Kierland Resort and Spa in Phoenix.*

Fast Times at Ridgemont High

8 p.m. at Filmbar Phoenix, 815 2nd Street, Phoenix. Filmbar Phoenix, a place for film lovers, presents movie night with Fast Times at Ridgemont High. Starting with a VHS Swap (a swap meet for video buffs), you can check out all sorts of video memorabilia and chit chat with other VHS lovers. Then at 10, it's Fast Times had by all! Tickets are $9. For more: thefilmbarphx.com.

SUNDAY 9/3

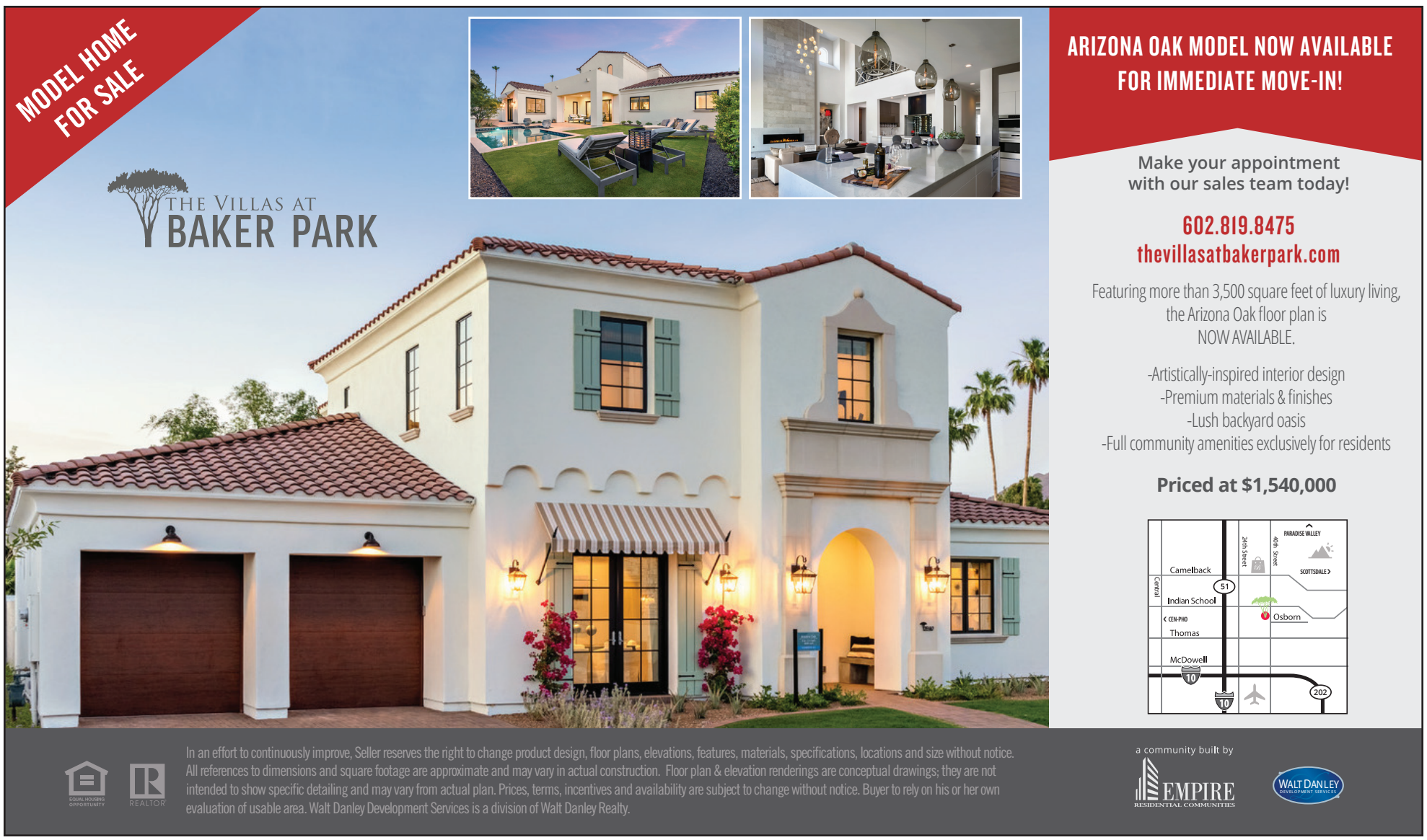
Red Rocks Music Festival

3 p.m. at the Cutler-Plotkin Jewish Heritage Center, 122 E. Culver Street, Phoenix. The Red Rocks Music Festival presents the Dueling Piano divas Andria Fennig and Ashley Snavley in a classical music concert you won't want to miss. This year's theme is American Treasured Masterpieces, and the divas will be playing works by Barber, Bernstein, Copland, Gershwin and MacDowell. Admission is $25. For more: redrocksmusicfestival.com.

MONDAY 9/4

Family Fun Back-to-School Cooking Class

11 a.m. – 1 p.m. at Sur La Table, 7122 E. Greenway Pkwy., Scottsdale. Spend one last day with your little ones before school is in full swing! This cooking class is designed for kids and parents to learn to cook together. The menu includes homemade pop tarts, summer rolls, and ham frittatas. Classes are $49 per person. For more: surlatable.com.



WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 9/9

Teddy Bear Day

10 a.m. – 4 p.m. at Catlin Court, 7146 N. 58th Drive, Glendale. Grabbed your stuffed bears and head to Glendale for the 13th annual Teddy Bear Day. There will be arts and crafts, sweet treats and deals around downtown Glendale. Glendale's Visitor Center, Bears & More and Gracie's Marketplace will be selling safety approved bears to give out to local Trauma Teddy programs, first responders and emergency rooms. Bring along your bear friends and support a great cause. For more: visitglendale.com.

Yoga at the Museum

9:30 – 10:30 a.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. Join the Rooted Community Yoga Project for an hour of yoga at the Heard Museum. The class will be held in the Jacobson Gallery surrounded by Steven Yazzie's Black White Blue Yellow installation. Attendees who bring their own mat will receive 2-for-1 admission into the museum. Registration is required and admission is $18. For more: heard.org.

SUNDAY 9/10

Sports Authority Tribute to First Responders Triathalon

Located at Sunrise Pool, 21321 N. 86th Drive, Peoria. Get ready to test your endurance with a triathlon and duathlon supporting our local first responders. Attendees can choose from a mini tri, maxi tri, maxi tri plus, youth tri, or maxi duathlon. Each race includes a swim, bike ride and running portion of the race. Registration prices vary from $89-$210. For more: trifamilyracing.com.

Rockin' Taco Street Fest *at the Crossroads Towncenter in Chandler.*

FRIDAY 9/15

Stravinsky Rite of Spring

7:30 p.m. at the Phoenix Symphony Hall, 75 N. 2nd Street, Phoenix. Kicking off the Symphony's 70th anniversary season, Virginia G. Piper Music Director Tito Munoz presents a program of musical masterpieces. Stravinsky's folkloric ballet The Rite of Spring will take you back in time. From the polyrhythmic structure of Stravinsky to the sounds of jazz, you'll be feeling the music well after you leave. Tickets are $25-$93. For more: phoenixsymphony.org.

SATURDAY 9/16

Furry Friends Fine Arts Festival

8 a.m. to 2 p.m. at the Shemer Art Center, 5005 E. Camelback Road, Phoenix. This animal-themed arts festival will feature artists showcasing paintings, drawings, photography, ceramics, metal, furniture and clothing. It wouldn't be a furry festival without pets, and the festival with feature pet readings and performances. The Arizona Humane Society will also be on hand with their Waggin' Wheels trailer offering pets for adoption. Tickets are $5 a person or $10 a family. For more: shemerartcenter.org.

Rockin' Taco Street Fest

Noon at the Crossroads Towncenter, 125 E. Commonwealth Ave., Chandler. The Rockin' Taco Street Fest is back for its sixth year with a new location. Get ready for all the tacos, beer, margaritas, churros and fun you can handle! Along with amazing food, there will be live entertainment, wrestling, a car show, eating competitions and so much more. Tickets are $10 with 12 and under in for free. For more: rockintacoaz.com.

Waves of Change for Epilepsy Gala

6-10 p.m. at the Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise Valley. Enjoy an evening of cocktails and couture at the 13th annual Epilepsy Gala. This year's theme heads back in time to the 1920s Great Gatsby era. Dress to impress in your best costume and support a great cause. The event includes cocktails, a seated dinner and a silent auction benefitting the Epilepsy Foundation of Arizona. Individual tickets are $250. For more: azepilepsygala.org.

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 9/16

Rock the Guac Festival

6 – 9 p.m. at The Camby, 2401 E. Camelback Road, Phoenix. More than 12 of the Valley's top chefs will battle for the title of best guacamole in town. There will also be lucha libre wrestling, dancing performances and live entertainment. Tickets include unlimited samples, a taco station and drink tickets. Tickets are $40. For more: aztacofestival.com.

Rock the Guac Festival *at the Camby in Phoenix.*

Brazilian Day Arizona Festival *at the Scottsdale Center for the Performing Arts.*

FRIDAY 9/15-SUNDAY 9/17

Junk in the Trunk Vintage Market

9 a.m. – 4 p.m. (Saturday and Sunday general) at WestWorld of Scottsdale, 16601 N. Pima Road, Scottsdale. Thrift shoppers unite! The ultimate thrift shopping experience is here. More than 180 local and California-based artists and vendors will be on site to fulfill your shopping needs. Everything from vintage to handmade, you're sure to find what you're looking for. Sign up for the early admission times and get a reusable shopping bag. Tickets are $8 for general admission. For more: junkinthetrunkvintagemarket.com.

TUESDAY 9/19

Civil War Round Table

6:40 – 8:30 p.m. at the Scottsdale Civic Center Library, 3839 N. Drinkwater Blvd., Scottsdale. The Civil War Round Table meets the third Tuesday of every month and the discussion features Civil War experts from around the country. This Tuesday is no different! The topic of discussion is "The Murder of Major General William Nelson." Join Robert Girardi of Illinois as he discusses all aspects of the Civil War and the role of Major General Nelson. This event is free. For more: scottsdalecwrt.com.

FRIDAY 9/22

Rat Pack Pops Series

7:30 p.m. at the Phoenix Symphony Hall, 75 N. 2nd Street, Phoenix. This concert will have you out of your seat and dancing to your favorite classics from the Rat Pack! Kicking off the APS Pops Series, you'll hear tunes from icons like Frank Sinatra, Dean Martin and Sammy Davis Jr. Make sure you wear your dancing shoes. Tickets are $25-$93. For more: phoenixsymphony.org.

Lasers and Liquor

6 p.m. at the Arizona Science Center, 600 E. Washington Street, Phoenix. It's time to rock and roll at the Arizona Science Center! This month, Lasers and Liquor presents the music of Pink Floyd. Start off with some trivia and karaoke, then grab a drink and get ready to listen to some of your favorite classics while watching a laser light show. Tickets are $9. For more: azscience.org.

SATURDAY 9/23

Brazilian Day Arizona Festival

2 -9 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd Street, Scottsdale. Step into another culture for the day at the Brazilian Festival! Presented by Afro Baile, the Brazilian festival will showcase the culture with live Brazilian bands and music, dancing performances, capoeira, Jiu-Jitsu, films, food, drinks and shopping. Tickets are $6-$12. For more: braziliandayarizona.com.

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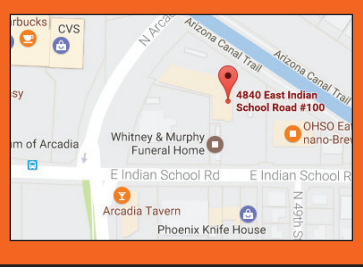

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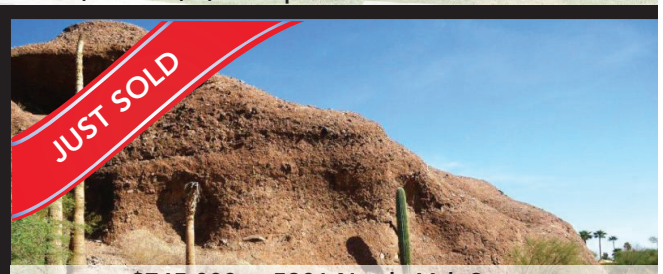
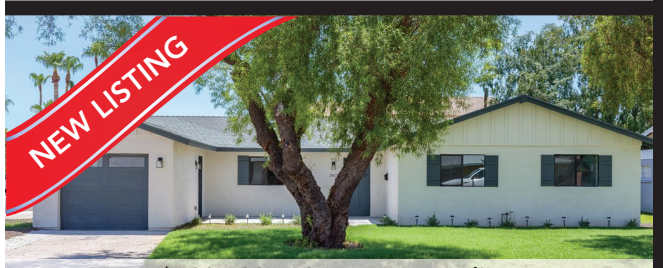
$310,000 2433 North 38th Place
3 bedrooms, 2 baths, 2,026 square feet



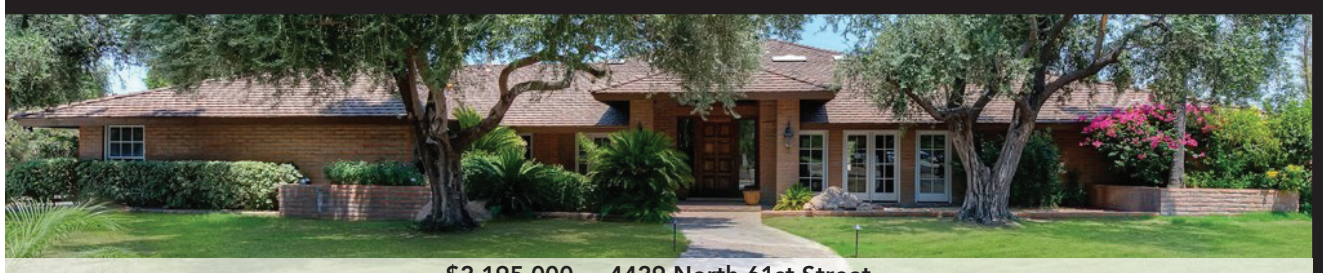
$745,000 5301 North 46th Street
Camelback Canyon Lot



$598,500 3417 East Amelia
4 bedrooms, 4 baths, 2,175 square feet

$999,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet

$765,000 4634 East Calle Tuberia
3 bedrooms, 2 baths, 1,926 square feet

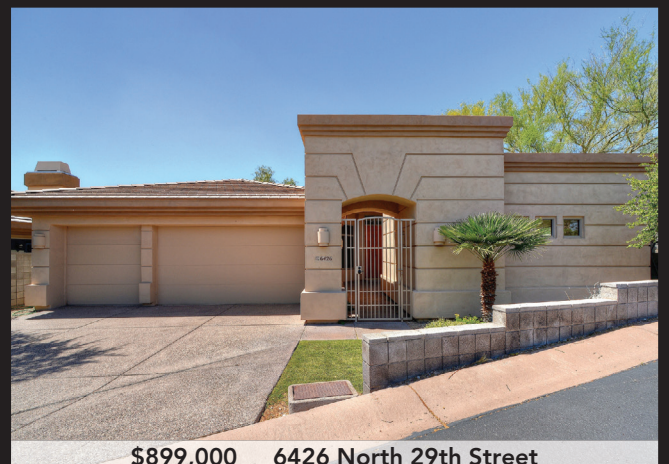


$2,195,000 4429 North 61st Street
4 bedrooms, 4 baths, 4,562 square feet

$949,000 6516 North Hillside Drive
4 bedrooms, 3 baths, 4,264 square feet

$430,000 8337 East Monte Vista
3 bedrooms, 2 baths, 1,687 square feet

$525,000 4404 North 27th Way
4 bedrooms, 4 baths, 2,175 square feet



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

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$1,995,000 4415 North Arcadia Lane
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$1,375,000 3622 East Kachina Drive
4 bedrooms, 5 baths, 4,701 square feet

$1,995,000 5502 East Calle Del Paisano
5 bedrooms, 6 baths, 5,102 square feet

$1,695,000 4229 East Vermont
4 bedrooms, 4 baths, 3,600 square feet

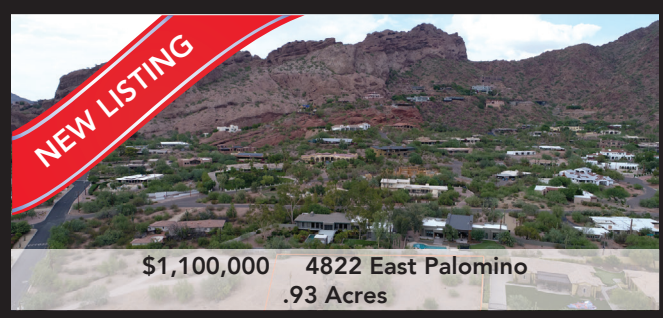
$1,995,000 6424 East Exeter
3 bedrooms, 4 baths, 4,872 square feet

$1,660,000 5508 E Calle Redonda
4 bedrooms, 5 baths, 3,897 square feet

$1,895,000 3418 East Claremont
4 bedrooms, 5 baths, 5,686 square feet

$1,295,000 4220 North 58th Street
CALL FOR INFORMATION

$1,499,000 5731 East Calle del Paisano
4 bedrooms, 5 baths, 4,013 square feet



$1,100,000 4822 East Palomino
.93 Acres

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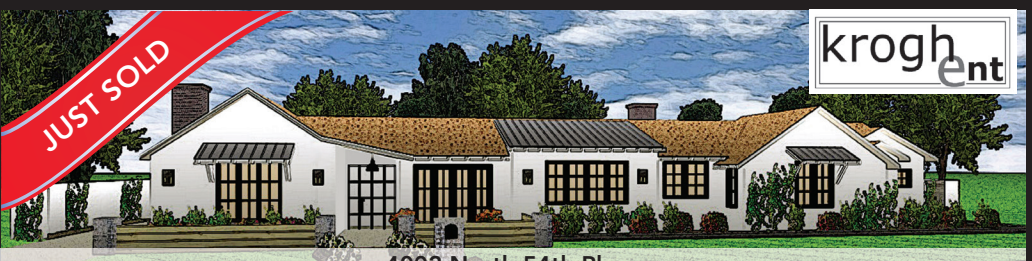

4002 North 54th Place
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$2,549,000 4320 East Rose Lane
7 bedrooms, 8 baths, 7,685 square feet

$2,195,000 4635 East Exeter
4 bedrooms, 5 baths, 3,862 square feet

3825 East Camelback #142
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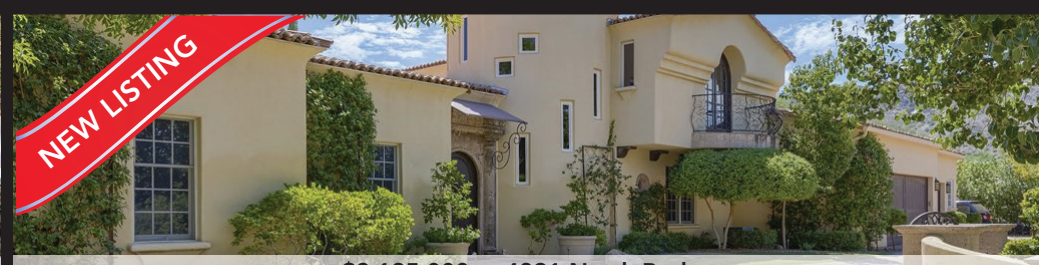
$1,595,000 5137 North Tamanar
3 bedrooms, 3 baths, 4,254 square feet

$2,990,000 4338 East Sparkling Lane
4 bedrooms, 7 baths, 7,959 square feet

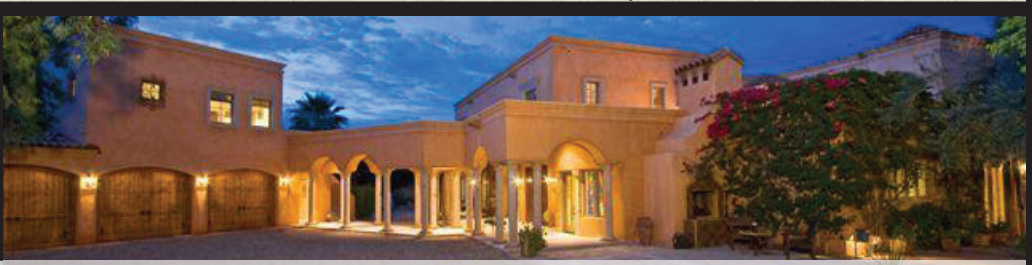
$2,995,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet

CALL FOR PRICING 5414 East Lafayette
5 bedrooms, 6 baths, 5,145 square feet

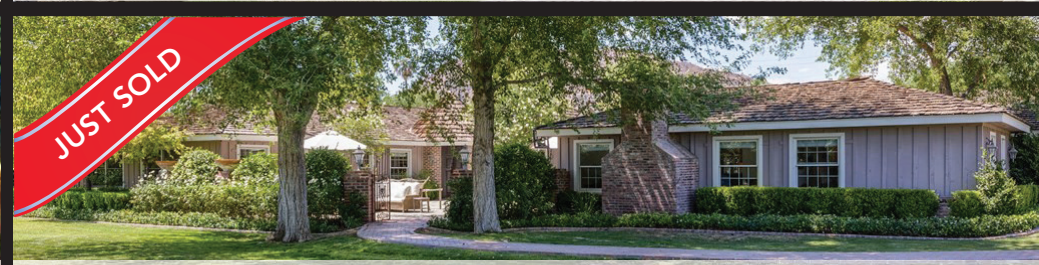
$1,225,000 3816 North 53rd Way
4 bedrooms, 3 baths, 2,726 square feet



$2,195,000 4891 North Butler
4 bedrooms, 6 baths, 6,424 square feet



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



$1,795,000 6326 East Lafayette
5 bedrooms, 4 baths, 5,204 square feet

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 9/23

Run Fore Cancer

7:30 a.m. at the Scottsdale Silverado Golf Course, 7605 E. Indian Bend Road, Scottsdale. Enjoy the "cooler" weather and head out for a great cause with the Run Fore Cancer. Choose from the Front 9 (5K course) or the Full 18 (8.2K course). Participants will receive a custom race t-shirt and a finisher's medal as well as a pre- and post-race runner's brunch. Registration is $35-$45. For more: startlineracing.com.

Step Against Teen Dating Violence Program

5 -10 p.m. at the Black Canyon Conference Center, 9440 N. 25th Ave., Phoenix. Kaity's Way is a program dedicated to the support and awareness of teen dating violence and its solutions. The Step Against Teen Dating Violence Program is an event dedicated to just that. There will be a dinner, a raffle and silent auction, and a dance competition made up of community leaders and dance instructors where the audience votes for the best. Tickets are $50-$125. For more: kaitysway.org.

SUNDAY 9/24

Global Energy Race

7 a.m. – 11 a.m. at ASU Municipal Stadium, 5999 E. Van Buren, Phoenix. Phoenix welcomes the Global Energy Race to its new home at the ASU Municipal Stadium. This 5K or 10K is open to all runners, and for each kilometer completed by each racer, Bimbo Bakeries will donate two slices of bread to St. Mary's Food Bank. Plus, the first male and female to win the 10K will receive a trip to Brazil to run in the 2018 Global Energy Race! Run for a great cause. Registration is $20-$35. For more: active.com/phoenix-az.

Run Fore Cancer *at the Scottsdale Silverado Golf Course in Scottsdale.*

Oktoberfest *at AJ Chandler Park in Chandler.*

THURSDAY 9/28

Together Live

6:30 p.m. at the Orpheum Theatre, 203 W. Adams Street, Phoenix. Together Live is a national touring event that is geared toward inspiration and empowerment for women. This three-hour event will bring together leaders, movers, shakers, activists, artists and celebrity guests for a night of talks, interviews and interactive conversation. Tickets start at $25. For more: togetherlive.com.

SATURDAY 9/30

Oktoberfest

3 – 11 p.m. at AJ Chandler Park, 125 E. Commonwealth Ave., Chandler. It's the last day of September, which means one thing: Oktoberfest is upon us! Enjoy a day of live music and entertainment, beer pong tournament, bag toss, wiener dog races, eating contests, and of course, food and beer. Grab your lederhosen and head to Chandler for a sausage eating, beer drinking good time! Tickets are $12-$15 with VIP packages available. For more: santanoktoberfest.com.

Prince of Peace Preschool 50th Anniversary Celebration

6 p.m. – 10 p.m., 3641 N. 56th St., Phoenix. All are welcome including the Prince of Peace family, former and current parents, teachers and staff and alumni at least 21 years old. The celebration will include food, live music and drinks. This is a 21 and up event. Tickets are $20 per person. For more: popphoenix.org.

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4915 E. Baseline Rd., Suite 114
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300 East Osborn Rd., Suite 100
Phoenix, Arizona 85012
(Optical Shop Available)

OUT OF THE AREA, *BUT WORTH THE DRIVE*

Fiesta Septiembre *at the Wickenburg Community Center.*

Wine in the Woods *at the Arboretum in Flagstaff.*

SATURDAY 9/2

Fiesta Septiembre

11 a.m. – 6 p.m. at the Wickenburg Community Center, 160 N. Valentine Street, Wickenburg. Come out to Wickenburg and help kick off Hispanic Heritage Month with Fiesta Septiembre! There will be photo exhibits, mariachi bands, a vendor market, arts and crafts, a margarita and salsa contest and a kids zone. Tickets are $5 and children get in free. For more: wickenburgchamber.com.

SUNDAY 9/3

Art in the Park

9 a.m. – 6 p.m. at Wheeler Park, 211 W. Aspen Ave., Flagstaff. September kicks off cooler temperatures in the north, so of course you should head that way and enjoy Art in the Park! There will be a juried arts and crafts show presented by the exhibitors, live music by local musicians, food, and children's activities. Enjoy an afternoon stroll through downtown Flagstaff at Art in the Park. For more: flagstaffartinthepark.com.

Salsa, Tequila and Taco Challenge

7 p.m. at La Encantada Shopping Center, 2905 E Skyline Dr., Tucson. If tacos and tequila are a couple of your favorite things, this is an event you won't want to miss. This competition showcases more than 50 salsas and 30 tequilas all vying for your attention. There will be samplings of food and drinks as well as live entertainment to keep the party going. Tickets are $55 and include all the samples your belly can handle! For more: saaca.org.

FRIDAY 9/4-SUNDAY 9/10

Becoming an Outdoors Woman

Times vary, at Camp Friendly Pines, 933 E. Friendly Pines Road, Prescott. It's time to get some dirt on your hands! This three-day camp is geared toward teaching women how to survive in the outdoors. You'll learn adventure and life skills like how to camp, fish, cook with Dutch ovens, photograph wildlife and nature hikes. This camp is for ages 18 and up. Attendance is $270. For more: azwildlife.org.

SUNDAY 9/10

Wine in the Woods

1 – 5 p.m. at the Arboretum, 4001 S. Woody Mountain Road, Flagstaff. What sounds better than a glass of wine surrounded by the beauty of the woods? At the 5th annual Wine in the Woods event, that's exactly what you'll get. This event showcases Arizona's wineries and local restaurants in the gardens at the Arboretum. There will be live entertainment by a local blues band. Tickets are $35 and include a souvenir glass and 10 tasting tickets. For more: thearb.org.

FRIDAY 9/15-SUNDAY 9/17

Pickin' in the Pines Music Festival

Times vary, at the Pepsi Amphitheater, Fort Tuthill, Flagstaff. Take the weekend and escape to Flagstaff for three days of bluegrass and acoustic music! The Pickin' in the Pines Festival boasts non-stop music, camping (if you want), barn dances, workshops, band contests, kids activities, and an all-around good time! Tickets are $110 for a three-day pass and $45-$65 for single day passes. For more: pickininthepines.org.

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

Messy Fest *at the Horseshoe Park & Equestrian Centre in Queen Creek.*

Man vs. Machine *at the Grand Hotel in Tusayan.*

SATURDAY 9/16

Red Rocks Star Party

7 p.m. at the Red Rock State Park, 4050 Red Rock Loop Road, Sedona. Take a look into the night sky—but this time without the lights of the city to drown out the brightness! At the Red Rocks Star Party, astronomers will be on site to discuss elements of the night sky while you look through telescopes and glance upon the solar system. Attendees will also enjoy snacks and refreshments while learning about the world above us. Entry is $12. For more: azstateparks.com/red-rock.

Messy Fest

9 a.m. – 3 p.m. at the Horseshoe Park & Equestrian Centre, 20464 East Riggs Road, Queen Creek. Come have a messy good time with events like food fights, a filthy mud run, sundae slide down, a toddler zone, live music, food, and all the mess that you don't have to clean up! This event benefits the Phoenix Children's Hospital. Tickets are $5-$20. For more: messyfest.com.

SATURDAY 9/23

Tucson Greek Festival

12 – 11 p.m. at St. Demetrios Orthodox Church, 1145 E. Fort Lowell Road, Tucson. This festival celebrates all things Greek with authentic food and drinks, live music, dance lessons, a vendor market, cooking demos, tours of the church as well as kids activities. Sign up for multiple raffles, including one where you could win a trip to Greece. Tickets are $3. For more: tucsongreekfest.com.

Peppersauce Roundup Festival

10 a.m. at 35406 S. Mt Lemmon Road, Oracle. It's an outdoor festival like none you've seen before. Not only is there a 10-mile bicycle race and a 10K and 5K run, but this festival also includes food, brews and music. You can sign up for the races and then enjoy seven local bands and BBQ and craft beer from Catalina Brewing Company. There will also be activities for the kids, like a climbing wall and ziplines. Registration prices vary. For more: americanbunnyhop.com.

SATURDAY 9/23-SUNDAY 9/24

Pumpkin Celebration

8:30 a.m. – 5 p.m. at Apple Annie's, 6405 W Williams Road, Willcox. Fall season is upon us, and that means one thing – pumpkins! At Apple Annie's, you can pick your very own pumpkin to take home. After, enjoy the corn maze and family fun activities. Of course, don't forget to stop for something to eat, like pumpkin pancakes, pumpkin pie or pumpkin bread. For more: appleannies.com.

SATURDAY 9/30

Man vs. Machine

11 a.m. at the Grand Hotel, 49 AZ-64, Grand Canyon Village, Tusayan. This event is not for the weak of heart! Man vs. Machine starts in Tusayan and ends in Williams, but you're not driving there. Nope, you're racing 53 miles on your bicycle. Oh, and you're competing with a 300-ton steam engine. For those who love a challenge, this is for you. If you're not into biking, you can always ride the train and join in on the after party, which will include live music, food trucks and drinks. Tickets are $85 to ride. For more: grandcanyonracing.com.

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– *Kelly*

5802 E. ORANGE BLOSSOM **$1,395,000**

Views galore from this exceptional property located on the 1st Fairway of the AZCC. Incredibly charming 3400' home with 3-car garage originally built in 1925 then expanded and highly upgraded over the years. Absolutely one of a kind and a must see to believe.

3006 N. MANOR DRIVE **$1,650,000**

Located on the Phoenix Country Club golf course in the gated community of Country Club Manor. Spectacular historic estate built in 1935 boasts approx. 5700' on a 32k lot. Totally renovated with gourmet kitchen and all beds have en suite baths. Incredible opportunity.

3122 E. MONTEROSA **$550,000**

Incredible family home located on a beautiful, quiet street in Arcadia Lite. 2660' with 4 beds and 3 baths including a wonderful split guest suite with separate entrance and kitchenette. Gorgeous curb appeal, open floor plan, large lot with side entry 2 car garage.

4411 N. 24TH WAY **$329,000**

Absolutely spectacular townhouse in the coveted Biltmore Jewel. Highly upgraded with imported wood flooring, high end fixtures, custom cabinetry and stainless appliances. Desirable corner unit directly across from the resort like pool, jacuzzi and bbq with balcony overlooking the beautiful grounds. Luxury living at its best!

4341 E. LEWIS AVENUE **$299,000**

Great opportunity in up and coming Lower Arcadia neighborhood. Charming 1949 ranch home with approx. 1600' including 3 beds/ 2 baths and an office/bonus room. Kitchen and baths have been remodeled and gorgeous pool with waterfall in back. Hard to find price of $299,000.

4001 N. 33RD PLACE **$435,000**

Top to bottom renovation with off the charts backyard and resort size pool. Everything has been done here including wood flooring, gorgeous kitchen with stainless appliances, wood beamed ceiling in living area, split master suite with gorgeous bath. Hurry! Just $435,000.

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The interesting history and limitless uses of baking soda

CHEM-FREE LIFE

By Sara Lemons Vaules

Is it possible that baking soda could have enough uses to literally replace everything you use in your home? Yes!

In moving towards a chemical free life and home, it can truly be used for so many simple tasks that I decided to highlight it this month. Turns out it has quite a history too, which makes this product even more interesting.

In 3500 BC, ancient Egyptians use natron (primarily comprised of sodium carbonate) as a soap-like cleaning agent. They also used it to make mummies. In 1843, Alfred Bird, a British chemist, made the first version of baking powder to help his wife, who was allergic to yeast. In 1846 the Arm & Hammer brand is created and the iconic logo that exists today (which represents Vulcan, the Roman god of fire and metalworking) is introduced in 1867. In 1970, Arm & Hammer is the sole sponsor of the very first Earth Day where baking soda gains attention as an eco-friendly alternative to chemical cleaners. In 1986, to celebrate the Statue of Liberty's 100th Birthday, its inner copper walls are cleaned and restored with baking soda which removes 99 years of grime and leaves the copper undamaged and completely clean. And my personal favorite, in 2000 the use of baking soda comes full circle as kids begin using baking soda to mummify things like hot dogs for science projects (www.brightnest.com).

The uses really are endless. Here are several ways to use baking soda. Especially if you like to make your own products. Enjoy!

1) Cleaning Toilets – Here is a way to get your kids involved in cleaning toilets.Start with pouring some vinegar around the rim and in the basin, wait a few minutes then shake some baking soda inside and it will foam up. Scrub with brush. Maybe call it a volcano and they will get excited?

2) Facial Scrub – Baking soda can be used as a gentle and natural exfoliator for the face (not every day though). Just mix one tablespoon of baking soda with enough water to make a paste.

3) Natural antacid – Many people swear by 1/4 - 1/2 a teaspoon of baking soda in water to ease indigestion.

4) Cleaning hair and toothbrushes – Soak the brush in a mixture of baking soda and warm water to clean. Then splash the toothbrushes with hydrogen peroxide.

5) Garbage Disposal – Put some in the garbage disposal with a rind of lemon to clean.

6) Scouring Powder – This one requires the addition of a few other simple ingredients. Just mix together and add to a plastic bag or make a shaker jar by adding holes to a mason jar!

- 1 cup baking soda
- 1/2 cup salt (not iodized)
- 1/2 cup washing soda
- 5 drops lemon essential oil (if desired)

7) Natural Oven Cleaning – Simply sprinkle baking soda on bottom of oven, spray or sprinkle with water until it forms a paste and leave for a few hours. Stuck-on grease and food wipes right off.

Preschool celebrates 50 years

By Mallory Gleich

Prince of Peace Lutheran Church has been in the Arcadia neighborhood since 1958, and this year, they've got something to celebrate: their preschool program has been around for 50 years!

Back in the day, Arcadia was an up and coming neighborhood. Many elementary schools were being built, and Prince of Peace noticed that there weren't many preschools.

"The church saw a great opportunity to serve the people of Arcadia and took the initiative to build a preschool for the surrounding neighborhoods," said Angela Sherrill, who works at the school.

The preschool started off in 1967 as a little house that was called the "Kinderhouse" with trailers to serve as five rooms. In 2000, the preschool was expanded to build a 10 classroom building.

Now, the preschool is home to 23 teachers and 210 students.

Several of the teachers have been working at the school for multiple decades. Cindy St. Clair has been teaching for 32 years, Lida Spero has been teaching for 31 years, Barb Hayford has been teaching for 30 years and Donna Hunt has been teaching for 25 years.

"I really feel when the parents go to work that they can know their kids are happy," said Hunt. "They can do their jobs and enjoy their day, knowing that their children are safe and enjoying themselves. I wake up in the morning and want to go to work. Prince of Peace has been a fabulous place to work all these years."

Eight unique Arizona eateries make AAA 'Best Of' list

By Michelle Donati

As the largest leisure travel agency in North America, AAA has been inspecting hotels and restaurants for more than 80 years.

Whether it be one Diamond or five, receiving any AAA rating means a hotel or restaurant has met rigorous standards for cleanliness, comfort and hospitality. The vast majority of the 59,000 AAA Diamond Rated hotels and restaurants —90 percent of hotels and 97 percent of restaurants—are rated One, Two or Three Diamonds.

Now, there's a new way for travelers to sort through the ratings. An additional "Best Of" designation highlights the top selections within each Diamond rating level.

Eight Arizona eateries outside of the Valley are among the One and Two Diamond Rated restaurants designated with the "Best Of" title. These restaurants offer notable experiences, surroundings and are worthy of a mini road trip themselves:

PHOTO: FARGO'S STEAKHOUSE

Café Cornucopia – Bisbee

AAA Inspector Notes: The small space of this sidewalk delicatessen does not limit the big taste from homemade soups, sandwiches, quiche and fresh-baked desserts.

The Manzanita Restaurant – Cornville

AAA Inspector Notes: Chef Albert Kramer III prides himself on old-fashioned, healthy cooking. Set in Verde Valley wine country, this restaurant uses fresh, local produce to accompany fresh meats, seafood and wild game. The dining room has an old-world ambiance.

Josephine's Modern American Bistro – Flagstaff

AAA Inspector Notes: This renovated historic home provides a casually comfortable setting. The eclectic menu is a showcase for steak, seafood, chicken, lamb and pork dishes prepared with European, Asian, Pan American and Southwestern influences.

Pizzeria Mimosa – Hereford

AAA Inspector Notes: This casual and fun bistro is quite a surprise out in the desert, but fresh imported ingredients and a friendly staff make the drive worth it. The wood-fired pizzas are delicious, as are the many pasta dishes and panini.

Fargo's Steakhouse – Payson

AAA Inspector Notes: The setting here is much like a comfortable lakefront lodge, and the warm welcome from staff starts a pleasant dining experience. Combine steaks and seafood for a hearty meal.

Shannon's Gourmet Cheesecakes – Prescott

AAA Inspector Notes: An amazingly fresh assortment of cheesecakes and wraps are offered at this fun, family-run restaurant. Many wraps are named after a family member or employee.

Cowboy Club – Sedona

AAA Inspector Notes: One of the more popular restaurants in Sedona, the menu at this eatery revolves around buffalo meat. There are buffalo burgers, flank steak, tenderloin and soup. The casual country decor is fun with lively servers. A long wooden bar serves locally brewed beer.

Zemam's – Tucson

AAA Inspector Notes: Spicy Ethiopian dishes are served in a casual atmosphere with leisurely service. Forks are offered, but the traditional style of eating with fingers always is acceptable. The restaurant allows diners to bring their own bottle of wine for a corking fee.

Find more "Best Of" selections at AAA.com/123Diamonds.

The Diamond rating system generally represents a combination of the overall food, service, décor and ambiance of a restaurant. It should not be viewed as a "good" versus "bad" system. One Diamond restaurants are typically offer economical, basic, quick-serve options. Five Diamond restaurants are top-of-the-line in all regards, offering leading edge cuisine prepared by acclaimed chefs.

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Rachel's Challenge program visits Ingleside Middle School

By Mallory Gleich

The simple goal of Rachel's Challenge is to make schools safer, more connected places, where bullying and violence are replaced with kindness and respect.

Rachel Joy Scott was the first victim of the Columbine High School shooting on April 20, 1999. She was just 17 years old when two fellow students opened fire at her high school in Littleton, Colorado, killing her, eleven other students and one teacher.

A year after her death, her father found a school assignment in which Rachel had written about her code of ethics and ways to live life. In one entry, she wrote about wanting to live life practicing kindness, and by doing so, trigger a chain reaction of kindness.

On August 14, Rachel's uncle, Larry Scott, shared her story with students, parents and faculty at Ingleside Middle School.

Larry spoke about Rachel's life and about her hopes and dreams. He also shared photos and videos from Rachel's life as well as photos and videos from the Columbine massacre.

"Sometimes I notice how people's faces and body language change during the presentation. The beginning really hits hard," Larry said.

Larry shared the five points of ways to live life to the fullest from Rachel's Challenge: look for the best in people, dream big, surround yourself with positive influences, speak with kindness and start a chain reaction.

Rachel's family members, like her brother Craig, have spoken at events around the world.

"By the end of the presentation, I was speechless. It was so powerful to hear Rachel's story," said Rhonda, who has a son in sixth grade at Ingleside.

Rachel's program started 18 years ago. Larry has been presenting for 11 years at schools around the world. Rachel's father mostly presents at conferences for adults, and Rachel's brother also speaks about Rachel's story.

The challenge has reached more than 13 countries, 22,000 schools and 23 million students every year.

"The main goal of Rachel's Challenge is to tell Rachel's story; to explain the importance of kindness and compassion. It really makes you think," Larry said.

"A lot of people cried. It's a really sad story. Right after it was over I texted my mom and told her that she needed to come and see the presentation," said Georgia Ebbert, a sixth grader.

"Once it was over, I wanted to tell everyone I know that I love them," said sixth grader Abby Nash.

Larry also shared part of Rachel's Rallies, another way to spread kindness by creating an actual chain link. He explained that schools have created their own links by writing down an act of kindness on a sheet of paper and connecting them all to create one long chain of kindness.

"The longest link we've had so far has stretched for 28 miles," Larry said.

Ingleside PTO President Robin Lyon said Ingleside has created Club LINK that will help spread kindness around the campus.

"Our new club we started on campus, called Club LINK, will carry out Rachel's mission, all year long, spreading kindness and compassion, allowing students to reach their full learning potential, while feeling safe and accepted on campus," Lyon said.

The presentation was well-received by parents and students alike.

"The speech was incredibly impactful. I wasn't sure what to expect, but it definitely makes you think," said Lisa, whose son is an eighth grader at Ingleside.

"The story was really sad. A lot of people cried. But it really made me want to be nicer to everyone I meet," said Landon Cornwell, a seventh grader.

"With all the negative events going on in our world that are beyond my control, I wanted to do something in our community and in our school that made an immediate impact. Rachel's Challenge gave me the opportunity to do that," Lyon said.

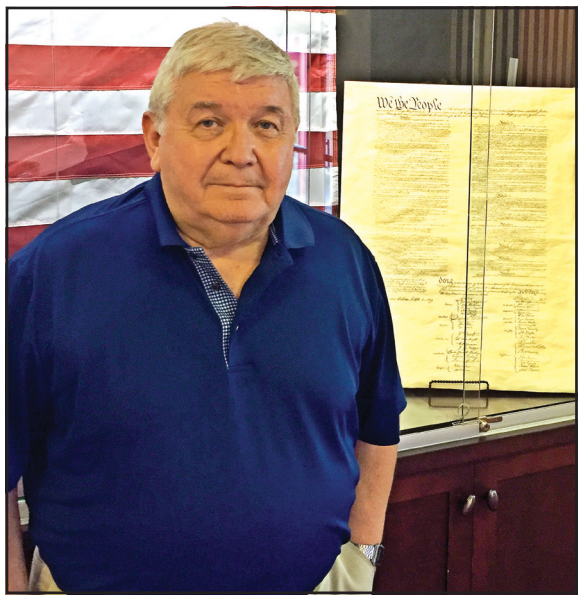
Rachel's uncle shared an entry from one of her journals. It says, "One day, I will make an impact on the world."

Although Rachel is not here to see it, her story has touched millions of lives. It will continue to encourage kindness and compassion for years to come.

For more information on Rachel's Challenge, visit rachelschallenge.org.

Local lawyer Paul Ulrich's role in historic Miranda rights case

By Laura Cafiso



As a freshly minted graduate from Stanford Law School working in Phoenix in 1966, Paul Ulrich had no idea that he'd work on a career-defining case that would set a standard for law enforcement across the country.

Being in the right place at the right time can pay off in spades. Paul Ulrich, newly graduated from Stanford Law School, found himself in just such a place clerking for John Frank, the Phoenix lawyer defending Ernie Miranda in 1966.

"The right to remain silent" known as a citizen's Miranda rights, were reaffirmed in the landmark *Miranda v. Arizona* case that changed the American legal system. Today, former appellate lawyer Ulrich shares his love of the law and learning with his neighbors at The Terraces retirement community.

Back in 1963, Miranda, a 22-year-old man working at United Produce, was accused and found guilty of the kidnap-rape of a young Phoenix woman. However, he confessed to the crime without being told of his constitutional right to have a lawyer present. Thus, his Sixth Amendment rights had been violated.

The American Civil Liberties Union (ACLU) sought to appeal Miranda's guilty verdict. Frank, along with fellow Lewis and Roca premier lawyer John Flynn agreed to represent Miranda for free.

"More than 150 cases disputing suspects' rights involving the Sixth Amendment were then pending before the U.S. Supreme Court," said Ulrich. "Chief Justice Earl Warren granted review in four of them, with Miranda as the lead case."

Ulrich had just completed his clerkship at the Ninth Circuit Court of Appeals in San Francisco and relocated to Phoenix to accept a position with Lewis, Roca, Scoville, Beauchamp and Linton, now Lewis, Roca, Rothberger and Christie.

He and another law clerk, Bob Jensen, assisted Frank with writing the merits brief required by the U.S. Supreme Court after it grants review. He also assisted Flynn with Miranda's retrial after the U.S. Supreme Court's decision.

On June 13, 1966 the U.S. Supreme Court overturned Miranda's guilty conviction by a 5-4 vote. Warren sought to find a balance between the rights of law enforcement and suspects.

Based on the *Miranda* case, the U.S. Supreme Court established the familiar Miranda warning for criminal suspects: they must understand their rights to silence and an attorney but also be given the option to waive those rights, based on the Fifth Amendment.

However, the opinion also stated police can provide such warnings and obtain such waivers without lawyers being present.

Despite this fact, law enforcement and politicians considered the Miranda decision to be "soft on crime," according to Ulrich, since it recognized suspects' constitutional rights.

For Ulrich, it was quite a way to jumpstart a law career – assisting with one of the most historic appellate cases in history – and evolve as a top notch appellate lawyer. Ulrich practiced at Lewis and Roca as an associate and then partner until 1985, when he opened his own firm, specializing in appellate law.

Throughout his 46-year career, Ulrich has been involved in more than 600 appeals, beginning with *Miranda v. Arizona*. He has been listed in The Best Lawyers in America, Who's Who in America, and Who's Who in American Law.

Years later, after studying the *Miranda* case's history and reading Chief Justice Warren's autobiography, Ulrich concluded that the *Miranda* decision was a major compromise working *in favor of law enforcement*, not against it, as many others perceive. Suspects generally waive their rights, making a confession, which is then admissible in court. Police end up getting more confessions, not fewer.

Though he retired as a lawyer in 2012, Ulrich has continued to enhance his knowledge and lead others in their continued quest to learn at The Terraces.

"I made up a senior lifelong learning program, in which presenters are mostly residents here with some outside speakers," said Ulrich. "The point of it is to provide an experience of lifelong learning about anything and everything."

This specialty senior education program offers topics such as "Travel Agents' Ups and Downs," "Spanish 101" and of course, legal topics such as "Do Not Resuscitate Issues and Procedures."

Even today when Ulrich is asked what the highlight of his career was, he says "It was *Miranda*. I didn't know it then, but looking back it was."

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PRINCE OF PEACE
LUTHERAN CHURCH AND PRESCHOOL

Arcadia News 25th Anniversary Feature

The last original: Arcadia Fire House #13

By Laura Stoddard

Phoenix started with 13 original fire stations. Arcadia's Fire Station 13 is the only original building still in operation. The building may be a little old, battered and small in stature, but the character and courage of the men inside is immense.

Station 13, which began operating in 1958, is one of the busiest units in the Valley. With only one paramedic engine and one rescue truck, the crew is kept on its toes.

According to Captain Rob Blaylock, who's been at the station for more than 20 years, roughly 85 percent of the calls received are medical – not fire – related.

"We get anything from heart attacks to mountain rescues to car wrecks," he said.

There are three shifts at the station, each with six crew members, who work 24 hours on, 48 hours off. During downtime on shifts, the team enjoys watching sports, cooking, working out, playing the occasional joke, and doing personal modifications to the station to make it their own. However, the team is always ready to drop everything at a moment's notice when duty calls.

One thing the station is particularly proud of is its unique moniker. Like many clubs and organizations, fire stations adopt mottos, logos and nicknames. This particular station and its inhabitants call themselves The Filthy Thirteen. Wall paintings, specially designed décor and emblems adorn both the interior and exterior of the building, as well as the trucks.

The name was inspired by a book the captain saw one day, entitled *The Filthy Thirteen*. The novel turned out to be the true story of an elite demolitions unit in World War II, who, by means of daring and outlandish methods, succeeded in frustrating, harassing, and terrorizing their enemies at every opportunity. Lead by Sergeant Jake McNiece (a firefighter before the war) they even went so far as to shave their hair into mohawks and put on war paint. Their exploits inspired the movie "The Dirty Dozen."

The firefighters of #13 work in the original building built in 1958.

"So that's where that came from," Blaylock said. "It's based on a bunch of guys in World War II that we admire, and it's to honor them."

The guys of Station 13 also take part in community involvement. Blaylock said he's regularly contacted by the Arcadia Neighborhood Association to participate in events or parades. The firefighters spend a lot of time in schools talking about basic, important safety principles. "Stop-drop-and-roll, fire safety at home, never swimming alone, things like that," Blaylock said.

The firefighters also teach children not to be afraid of people in uniforms or bulky gear who may respond when 911 is called. These are people the children can trust and go to for help.

"We're a big family," Blaylock said. "We've got each other's backs. We have fun, but it doesn't get in the way of doing our calls; it helps break up the craziness. I have a great crew. The camaraderie is just fantastic. This station is always a work in progress, but we take care of it; keep the yard neat."

Essentially, these particular Filthy Thirteen want the neighborhood to be proud of them. "They love us, and we love them, so it's very rewarding," Blaylock said.

FIRE SAFETY TIPS

Captain Blaylock advises using common sense to avoid accidents and tragedy. He stresses safeguarding the home by locking up weapons; putting gates around pools; creating home safety and escape plans, and making sure children understand them.

Other general safety tips and reminders:

- Never leave your home with candles burning.
- Discard live Christmas trees (properly) as soon as the holiday is over.
- Make sure you have working smoke detectors.
- Water Safety – "Not for one microsecond do you leave a kid unwatched around water. Never, ever, ever," Blaylock said. He also advises against adults with medical conditions swimming alone.
- Stay hydrated and be smart about physical exertion in the summer heat.
- Always put your children in car seats, and make sure the seats are properly installed.

— Information on all of these topics can be found on the City of Phoenix's Fire website: www.phoenix.gov/fire.

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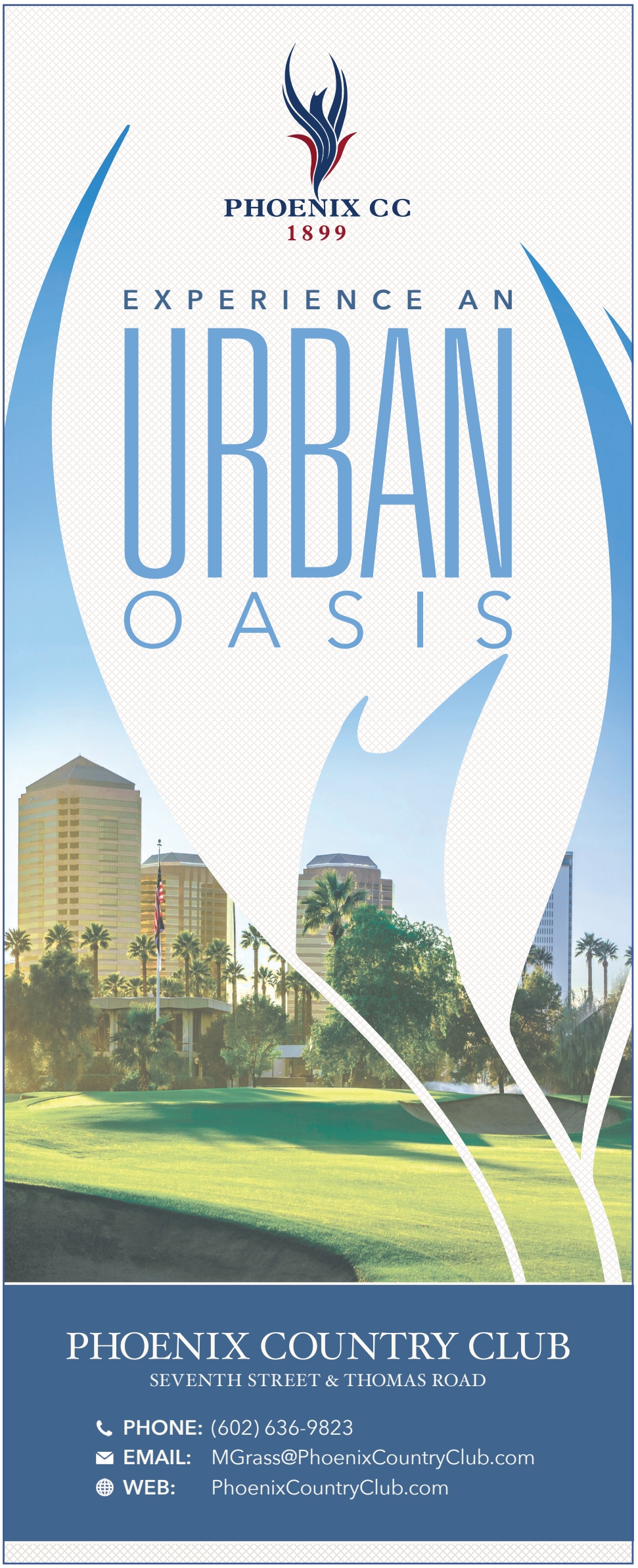


Arcadia says goodbye to two neighborhood icons

ARNOLD COLE

Arnold Cole, local business owner and longtime Arcadia resident, passed away on August 11 at the age of 92.

By his side was his wife, Muriel Ann Cole, who he had been married to for 74 years. They both grew up in Billings, Montana and were high school sweethearts.

"I didn't realize how many people he had helped and impacted until everyone started reaching out," said Muriel, when speaking about the response to Arnie's death. "He was a responsible and charismatic person."

Arnie got married to Muriel in 1943, while on leave during his service in World War II. He served as a corpsman with the United States Marine Corps two years later in the Battle of Iwo Jima, going ashore on the second wave. Arnie suffered a chest wound from a sniper's bullet while on land, two days short of a 36-day campaign. After he was discovered alive, he was transported to Guam and then San Diego, where he spent two years recovering from losing a lung and four ribs. Muriel, who had just finished a year of cadet nurse training, left Montana to be by her husband's side.

"When I was a kid, there was a trunk at the foot of my parents' bed that I wasn't supposed to go in," said Tom Cole, Arnie's son. "Once when they were gone, I went in it and found a box of medals. I still remember opening up the war medals section in the encyclopedia and matching the medal with the Bronze Star."

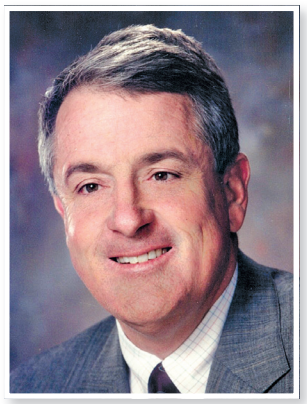
The Coles lived in the same house in Arcadia for 64 years. At the center of his life was his marriage to Muriel, who he called the moral center of his world. Arnie operated two famous local stores, Clark's Citrus and Dates, which he ran for 30 years, then opened Arnie's Health Foods for another 30 years. He loved his work, even having his daughter Susan drive him in after he stopped driving. He stopped working just six days before his death.

"He was a strong person," said Muriel, who is 92-years-old herself. "He was very protective of his family and was a good provider. We had our ups and downs, but I have no complaints."

Arnie is survived by Muriel, and their three children, Tom, Judy and Susan, their spouses, Lucinda, Jerry Burghout and Bill Kleinz, seven grandchildren and four great grandchildren.

JOSEPH HAMILTON PORTER III

Joseph Hamilton Porter III, a local Arcadia resident and renowned golfer, passed away on July 2 at the age of 72.



Joe was born in California in 1945, but grew up in the Arcadia area and never left. He attended Arcadia High School, where he medaled in back-to-back state championship golf teams, and won the Arizona State Junior Golf Championship and the Arizona Amateur.

Golf was to become one of the defining mainstays in Joe's life. He would lead the golf team at Phoenix College to a National Junior College Championship, before graduating from Arizona State University with a B.S. in Finance and All-American golf honors in 1967.

After college, he served in the National Guard, before heading on to the PGA Tour. He spent 11 years on the tour, finishing in the top ten of tournaments nine different times. Eventually, he would build a successful career in commercial real estate while raising his children. But he never left golf entirely behind. Joe was invited to join The Thunderbirds, a charitable organization that uses golf to raise money for children, families, and those in need in the greater Phoenix area.

Joe was a member of the Arizona Golf Hall of Fame and was honored with the NAIOP Lifetime Achievement Award for excellence in Arizona Real Estate. He is survived by his wife of 42 years, Beth (Hall); son, Josh of Scottsdale; daughters, Blair (Darrell) Hornbacher, of Chandler; Lindsey (Lance) Wade of Atlanta; and grandchildren; Morgan Rock, Porter Wade, and Connely Wade.

THE TEAM
4 RESULTS

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High schoolers' volunteer efforts go a long way

By Rachael Bouley

A special charity project brought big smiles to the staff and recipients at ICM Food and Clothing Bank.

While many of their classmates were relaxing on their summer break, the Boys Team Charity Camelback League Class of 2018 was gearing up to complete its senior project. The youth community service group partners with local organizations to lend a hand and make a difference through volunteer projects, at the same time promoting personal growth and stronger family relationships.

This summer, the Boys Team Charity Camelback League picked ICM, which serves more than 150 people burdened by low wage jobs and physical and mental disabilities.

"We wanted to help these people find hope and dignity, while encouraging self-sufficiency with assistance, such as food and clothing," said Ann Constantinou, a class manager and organizer for Boys Team Charity.

The team set out to complete a much-needed renovation of ICM's volunteer work room, where all donations are handled and distributed.

"Our project goal was to clean, paint, organize, build new shelving, and acquire new tables and baskets used for sorting clothing in an effort to make the volunteer space more efficient," Constantinou said.

The Boys Team Charity Camelback League Class of 2018 worked hard to clean and update the volunteer work room at the ICM Food and Clothing Bank during a June weekend.

Months of planning led up to the renovation project on the weekend of June 10 and 11. It was a team effort as parents pitched in, helping the group find sources for supplies and develop a plan for a more efficient work space.

The boys and their parents worked side-by-side to clean the entire volunteer room, paint and sand doors, repair clothing racks, install new shelving and tables, replace storage tubs and donation baskets and much more.

"We had a great turnout of boys and parents. The best part was seeing how well everyone worked together to complete our mission," Constantinou said. "The boys learned the importance of teamwork and compassion. It's about giving and being, not getting and having."

The team has been learning important lessons through hands-on experiences since 2012, when they joined as seventh graders. Now, most of the group are seniors at Arcadia High or Brophy Prep and they share valuable experience in the power of giving back.

One participant, senior Patrick Donnell, learned the value of a long day of working for others.

"It was hard work but very rewarding," said Donnell. "A bunch of us had taken the ACT that morning and we went right from that to ICM. It was a long day but we got a lot done."

Making memories with friends while helping those less fortunate is a win-win.

"It was lots of fun, hanging out with my friends, but also we did a lot of hard work in helping out ICM at the same time," said senior Jacob Staudenmaier. "Seeing the completed project, with the fresh coat of paint on the wall, shiny clean floors and new shelves and storage bins was a great feeling. We were able to get everything done faster than we thought, so when everyone works hard as a team, you can really accomplish a lot."

AHS Film Department brings the movie business to students

By Rachael Bouley

Lights, camera, action! It's the real deal when Arcadia High School students make a movie as part of the Film Department. The program has enjoyed recent high profile success, with some of its students receiving scholarships and having their projects go viral. Much of their success starts with the Film Department, as it gives students the chance to explore the film industry through hands-on, creative opportunities in several elective courses.

Students begin as early as their freshman year with a media communications class, and then choose to go into TV Broadcasting for the Arcadia News Network or the film program. Both offer an interactive look at the ever-changing industries of television, news, and movies.

The Arcadia High School Film Department visits Universal Studios.

Leading the way is teacher Eric Luse, head of the Film Department and resident movie buff. Now in his fourth year at Arcadia, Luse brings his extensive experience to the role, having studied screenwriting and film production at The Film School at Scottsdale Community College.

"It was already a very impressive program, and I tried to build upon it in a positive way, using my experience in the film industry and my experience in film school," he said. "I try my best to make it a good transition point for students between high school and college or the film industry."

Students work diligently year-round to put together quality film projects, many of which come to life on the Harkins big screen at the annual film festival.

"A script that they may have written in August is suddenly on the big screen in May, and they've worked the entire year to put that into production," Luse said. "It's a learning experience for students, to see how you go through all the stages of production and get this film made."

"We get to express ourselves and try new things within the film and journalism industry," said student Alexa Toneyck. "We learn so much about creative expression and how to produce great material."

The film festival celebrates the entire program, with every student playing an important role in the finished project, from writing the screenplay to casting to acting and much more.

"Every student in one of our film classes was given the opportunity and participated in creating that film," he said. "The reward is seeing it on the big screen in front of an audience- that's the goal of every film. That's a huge payoff for students to see their work being enjoyed by other people."

Because every student has different interests and skills, Luse tries to provide a creative platform for them to build upon their ideas and experiment in a team setting.

"It is fun when they have an idea that they love and are passionate about," Luse said. "That's the payoff for me- seeing them really engaged and passionate about film, as I am. It's great to share that."

"I've learned how to create stories and I want to become a screenwriter now," said student Heather DeGroote.

Luce encourages creativity and out-of-the-box thinking, giving students a fun, interactive learning experience. He even had a student organize an epic "promposal" that quickly went viral this spring, as Arcadia student Jacob Staudenmaier danced and sang along to the opening number from "La La Land" in hopes of scoring a date with actress Emma Stone.

"She very respectfully declined," Luse said.

Despite his roster of nearly 100 students and his packed schedule, Luse wouldn't trade away his job or the chance to help young adults develop the skills they need for success.

"I never get tired of my students surprising me with their creativity," he said. "High school is that time to find something that you're going to be passionate about. They are hopefully learning workplace skills that they can bring with them into any occupation, even if it's not film or TV broadcasting."

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Arizona Restaurant Week celebrates a decade of delicious

By Michelle Donati

It's the most edible time of the year.

Each fall, food lovers get the opportunity to take a tasting tour of restaurants across the state during Arizona Restaurant Week. The 10-day event runs Sept. 15-24.

Steve Chucri is the president and CEO of the Arizona Restaurant Association and a Valley native. He said the idea for the annual event started cropping up shortly after he joined the association 15 years ago.

"Growing up here I used to say we had two types of food, Mexican and other Mexican. But Arizona's culinary landscape has changed dramatically in the last decade. It has evolved with the diversity of our population," Chucri said.

The association organized the first Arizona Restaurant Week in 2008 with just over 90 participating restaurants. The list has grown considerably during the past decade, more than doubling to almost 200 restaurants participating this year. Given its early success, and demand from restaurants and diners alike, the association expanded the food-focused event by adding a spring restaurant week in 2011.

During the week, diners can experience culinary magic from some of the most renowned chefs in Arizona via a prix-fixe dinner for $33 or $44 per person, excluding beverages, tax and gratuities. In addition to the special menu and pricing, guests may also order á la carte from the restaurant's standard menu.

It's estimated that more than 3 million people, which is almost twice the population of Phoenix, have dined at a participating restaurant during the annual culinary event. And those restaurants experience about a 20 percent increase in sales during the highly-anticipated week.

LON's at the Hermosa Inn, an AAA Four Diamond restaurant, has participated in Arizona Restaurant Week every year since its inception. Jeremy Pacheco, executive chef at LON's, said it is a great opportunity to draw in new customers.

"We offer everything that is to be expected from LON's at a great price point for our customer," Pacheco said. "We hope to find new friends that will return in the future every restaurant week."

In addition to LON's at the Hermosa Inn, other restaurants participating in fall Arizona Restaurant Week include: The Dhaba, Different Pointe of View, Sumo Maya, Marcellino Ristorante, Sonata's, Ruth's Chris Steakhouse, Artizen, Match, Nobuo at Teeter House, Café ZuZu, The Keg, El Panzon y Frida, Christopher's & Crush Lounge, The Capital Grille (Phoenix & Scottsdale) and Arrowhead Grill.

"It's been that siren that says look at who we are as a culinary destination," Chucri said. "We are more of a foodie town than ever."

Participating restaurants and their menus are available at arizonarestaurantweek.com. Reservations can be made online and are strongly recommended as restaurants fill up quickly.

PHOTO: MARCELLINO RISTORANTE

PHOTO: CHRISTOPHER'S & CRUSH LOUNGE

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By Nick Smith

If you are a professional bodybuilder, you won't bat an eye the first time you walk into ProteinHouse. If you're like the rest of us, you may need a moment to adjust to the surroundings. After all, how often does the woman taking your order behind the register look like she could bench press your entire body 25 times?

ProteinHouse is located a little ways to the north, at the crossroads of Scottsdale Road and Mayo Blvd. Their mission is to "provide nutritious, all natural, quality recipes that promote both physical and mental wellness," and nothing about the setup is subtle. The décor is clearly supposed to make the visitor feel like they just walked into their gym cafeteria, with jars of protein powder sitting on shelves and pictures of a young Arnold Schwarzenegger on the walls.

However, any feelings of not belonging are quickly dispelled upon interacting with the staff. ProteinHouse caters to everyone, with friendly employees guiding customers through the menus. Which is great, since the menu is a lot to take in.

There are over a dozen sections on the menu, with numerous meals and drinks in each section. For the morning people who jog before the sun comes up, breakfast is available, with breakfast sandwiches, bowls and coffee. But it is the protein pancakes that stand out, with options like the Chocolate Monster Pancakes, which gets you two whey protein chocolate chip pancakes covered with bananas, walnuts and sugar free chocolate protein sauce.

For lunch, ProteinHouse offers dozens of salads, bowls, burgers and wraps to choose from. You can go plant-based or lean meat for the bowls. The Southwest is a lean bowl that would seem to appeal to a large portion of customers, filled with popular ingredients such as tomatoes, red peppers, low fat cheddar, black bean salsa and avocado, mixed together with tender bistro filet.

The bowl that might be the hardest to resist is the Boss Bowl, which features double bison meat, tossed together with sweet potatoes, red onions, green onions, red peppers and jalapenos. Although everything comes together to make the bowl a standout, the star of the dish is the jalapeños. You definitely don't get shorted, they taste very fresh and are spicy without completely overwhelming you.

There are several ways to go with the burgers, which you can get featuring grilled chicken, seared ahi tuna, turkey and salmon. A fan favorite is the aptly named Muscle Builder. You need be hungry for this, as you're going to be going up against two bison patties, low-fat cheddar and caramelized onions, with Canadian bacon being the surprising ingredient to bring it all together. Every burger can be made with a gluten-free bun for just an extra dollar. Visitors can supplement their meals with protein shakes and cold press juices.

Arcadia residents are in luck, as ProteinHouse is planning to open a location near the corner of 32nd street and Indian School Road in the coming months. Whether you're a serious bodybuilder or a curious passerby looking to give this a try, ProteinHouse is a place where you can think your meal is delicious and feel good about yourself when you're finished.

Arcadia News 25th Anniversary Feature

The supercharged golf cart job

***Publisher's note**: As part of our anniversary celebration throughout 2017, we will re-print some of our favorites from the past 25 years. These specials are identified with our "25th Anniversary Feature" banner at the top of the page.*

This "SUWAT" was originally published in September 2007, to coincide with Labor Day.

STRAIGHT UP with a TWIST

By Greg A. Bruns

Harvey Mackay once wrote, "Find something you love to do and you'll never work a day in your life." As a high school student, I took a lot of different jobs that qualify as rickety bottom rungs on wobbly career ladders. Embarrassing as it is, I was released from more than one position after my services were exploited for financial gain or circumstantial profit. Examples include, but are not limited to:

After a grueling 10-hour busboy shift on Mother's Day at the Brown Derby, a manager I had never met before approached me in the kitchen. Obviously new to this, he wasted no time with softening the blow. He simply told me, "you're fired" and asked for my filthy apron and nametag.

"Seriously?" I pleaded, "after I just bussed a hundred tables?" Turns out, Mother's Day was the pinnacle of patronage at the Brown Derby at the Safari Hotel, so they didn't need me anymore. No doubt they would find some other pimply-faced teen to wipe up after the old and sloppy diners. This was back when smoking in a restaurant was acceptable, and the crushed butts of Pall Malls in the scrambled eggs will never be forgotten.

As much as I loathed being a busboy, I was looking forward to departing on my terms, which would have included either a military-grade smoke grenade lobbed into the walk-in freezer, or at the very least, a flare gun fired at the hostess stand. Ideally, both. Now, I'd just have to leave and pedal off into the sunset on my ten-speed. What a waste.

> **"It pops, it hisses, and if you don't let off the gas occasionally, it will eventually catch on fire."**

That same summer I toiled away as a grass cutter for a little two-man landscaping business. I knew I was hired because I looked like I might make it through the summer without spontaneously bursting into flames or dying of sunstroke. The same exact day that the Phoenix weather turned from molten-lava-hot to fall-breeze-cool, I was let go. The good news was the owner offered a severance package, which turned out to be a sixer of Michelob Dry.

Then the Street of Dreams came to town and set up shop for a big show in Paradise Valley. The Street of Dreams worked with builders, designers, decorators, real estate agents and stupid teenage kids like me to put together a street filled with six or seven high-end, luxury homes, boasting the latest in design and build ideas. People would come out and tour the homes, and The Street would be open to the public for a few months.

I was hired to help get the homes up to touring condition. This sounded easy, and indeed it was. The primary duties focused around picking up discarded fast food wrappers and empty 12-pack containers left behind by the construction crews, along with some light toilet scrubbing. To make this job more palatable, they threw in a custom electric golf cart to make for speedy trash and bathroom cleaning runs.

Since I had previously worked for a golf course as an assistant mechanic, I brought a distinct knowledge in the art of supercharging golf carts. Electric golf carts typically have six full-size, 12-volt batteries in them so they can run all day on a single charge. I discovered a way to utilize the power of all six batteries at once, and all it required was a simple wiring harness I could put together at Radio Shack.

The first time you punch the gas in a supercharged electric golf cart (SEGC), it's alarming. While a fully-charged golf cart has a predictable acceleration rate, the SEGC is balls-out, with no selection of speed. It's either 100% power or absolute zero. It pops, it hisses, and if you don't let off the gas occasionally, it will eventually catch on fire. It's also squirrelly – like a dragster in the rain, and ten times more likely to flip. It requires a certain finesse to drive. A golf cart handles like a cheese sandwich anyway, so if you triple its speed, you should either be young, flexible and gifted with a thick skull, or simply wear a helmet. I chose the former, as a full-face crash helmet may have tipped off the boss.

The whole SEGC experience only lasted a couple weeks. One of my coworkers, who ignored the "rules" of the SEGC, got the cart stuck in some mud. He stood on the gas, shooting rooster tails of sodden earth onto the pristine street. I could hear him screaming over the howl of the electric motor, acting like a complete lunatic. He was lost in the moment – and I was too far away to do anything about it. Smoke billowed from under the seat, which meant the wiring harness was on fire. Surely this will be the end of us all, I thought.

Indeed, the ensuing fire melted part of the seats, which fortunately went undiscovered. However, the mess in the street was as obvious as a face tattoo.

The hammer came down from management: the golf cart was not to be driven over 5 mph.

"How do we know how fast *five* is?" I pleaded, trying to thwart the new rule. "There's no speedometer."

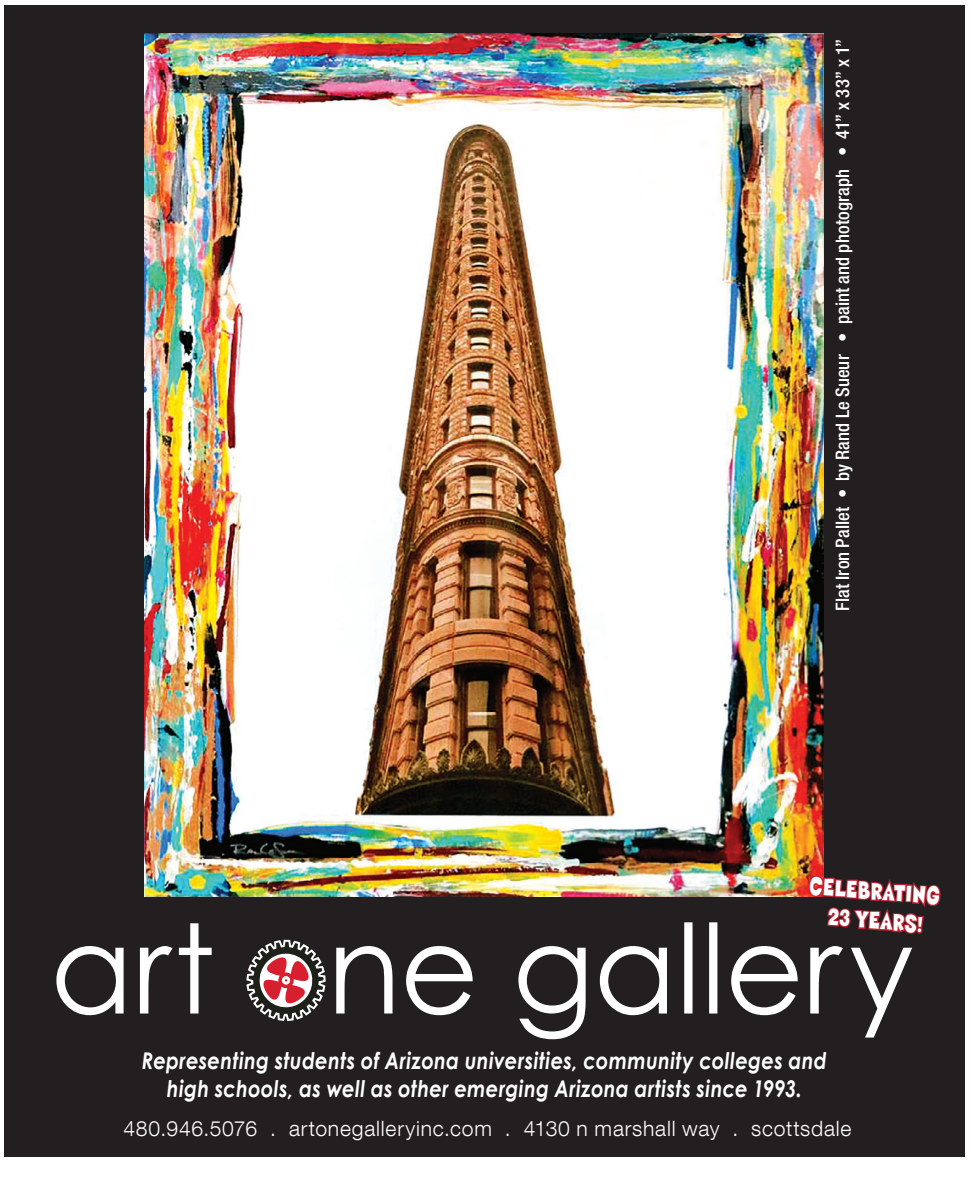
"Well," replied the boss, "if you're driving along and you feel like you're going so slow you want to cry, then you're probably doing about 5 miles per hour."

That was the point when Harvey Mackay's simple phrase rang true. Before then, I really had not worked a single day at "The Street."

It wouldn't be long before I would depart, always seeking that elusive "work happy" goal.

15 years later, I found it at the *Arcadia News*.

— Greg can be reached here: greg@arcadianews.com.



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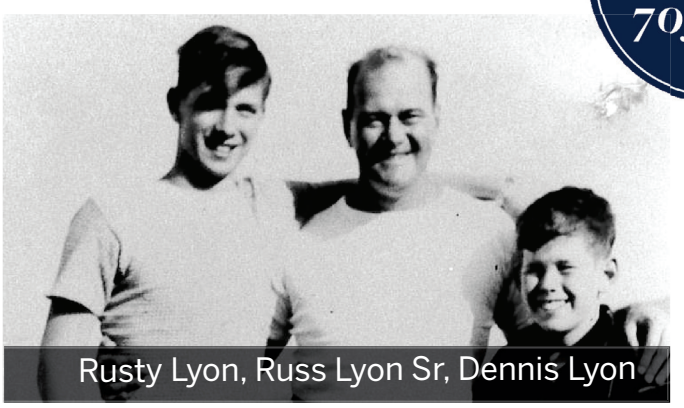
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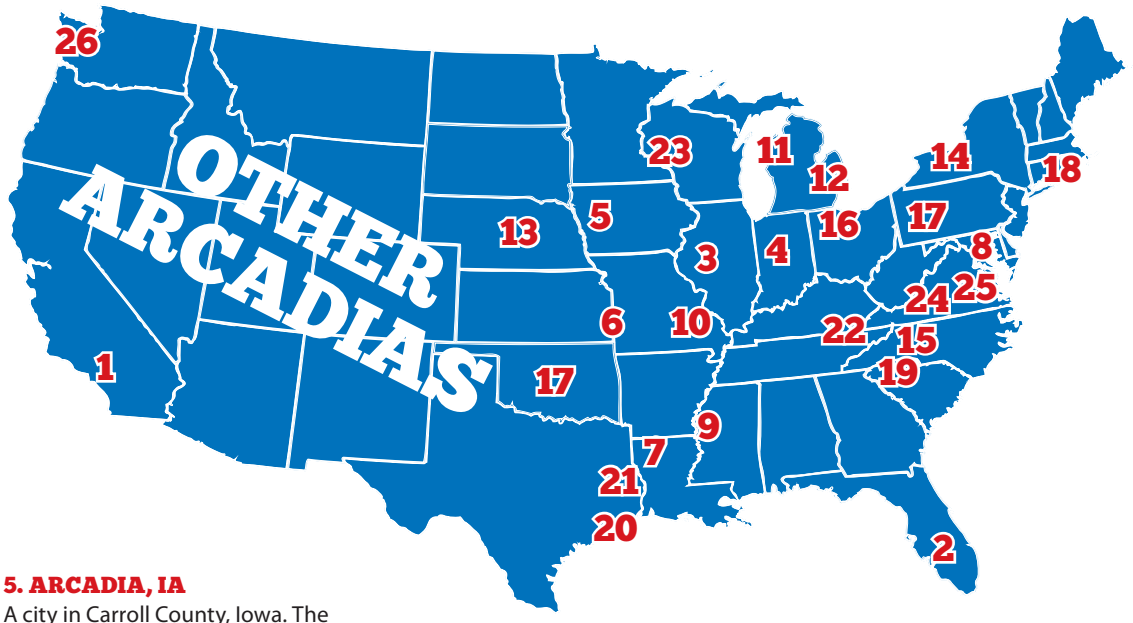
KIDS CORNER

The root of the word Arcadia can be traced to a province in Greece. Through the years, the name has become a poetic synonym for utopia. This Arcadia in Phoenix, Arizona was named by its creators in 1919, who marketed it as a "garden-like area, bathed in golden sunshine and reflected from the gray and purple shadows of the surrounding desert."

We aren't the only Arcadia in the U.S.A. Here are some other places and things that have the same name!



1. ARCADIA, CA

City in Los Angeles County, California. located about 13 miles from Los Angeles. The city had a population of 56,364 at the 2010 census. In 2016, Arcadia was ranked the 5th most expensive housing market in the United States by Business Insider, with an average list of $1.7 million for a four-bedroom home.

2. ARCADIA, FL

City and county seat of DeSoto County, Florida. The population was 7,637 as of the 2010 census. Arcadia's Historic District is listed on the National Register of Historic Places.

3. ARCADIA, IL

An unincorporated community in Morgan County, Illinois. Arcadia is seven miles north of Jacksonville.

4. ARCADIA, IN

Town in Jackson Township, Hamilton County, Indiana. As of the 2010 census there were 1,666 people residing in the town.

5. ARCADIA, IA

A city in Carroll County, Iowa. The population was 484 at the 2010 census.

6. ARCADIA, KS

A city in Crawford County, Kansas. As of the 2010 census, the city population was 310.

7. ARCADIA, LA

Town and parish seat of Bienville Parish in north Louisiana. The population was 2,919 as of the 2010 census. Arcadia has the highest elevation of any town in Louisiana.

8. ARCADIA, MD

A city located in Baltimore County, Maryland. The population as of the 2000 census for zip code 21155, part of which covers Arcadia, was 2,349.

9. ARCADIA, MS

A ghost town in Issaquena County, Mississippi. Formerly a postal town located on the Mississippi River, it last reported a population of 45 in 1900.

10. ARCADIA, MO

A city in Iron County, Missouri. The population was 608 at the 2010 census.

11. ARCADIA, MI

Michigan has two Arcadia Townships. One is in Manistee County, with a population of 621 (2000 census) and another in Lapeer County, with a population of 3,197 (2000 census).

12. ARCADIA, NE

A village in Valley County, Nebraska. The population was 311 at the 2010 census.

13. ARCADIA, NY

A town in Wayne County, New York, east of Rochester. The population was 14,244 at the 2010 census.

14. ARCADIA, NC

An unincorporated community in Davidson County, North Carolina.

15. ARCADIA, OH

A village in Hancock County, Ohio. The population was 590 at the 2010 census.

16. ARCADIA, OK

A town in Oklahoma County, Oklahoma, and a part of the Oklahoma City metropolitan area. The population was 247 at the 2010 census.

17. ARCADIA, PA

An unincorporated community in Indiana County, Pennsylvania. Population as of 2014 is 120. It was founded in 1900 as a coal town.

18. ARCADIA, RI

A village in Rhode Island, this Arcadia is located near the towns of Richmond and Exeter – which happens to be the name of the second largest road in our Arcadia here in Phoenix!

19. ARCADIA, SC

A census-designated place located in Spartanburg County in South Carolina. The population according to the 2010 census was 2,634.

20. ARCADIA, GALVESTON CTY., TX

Established in 1889, this unincorporated area had as many as 300 people residing in it. In the 1980s, the city of Santa Fe (Texas) grew to include this community.

21. ARCADIA, SHELBY CTY., TX

An unincorporated community in Shelby County, Texas. It sits at an elevation of 351 feet

22. ARCADIA, TN

Originally known as the Reedy Creek Settlement, this unincorporated community in Sullivan County was one of the earliest settlements in Tennessee. Daniel Boone's Wilderness Road ran through this community in 1775.

23. ARCADIA, WI

City in Trempealeau County along the Trempealeau River. The population was 2,925 at the 2010 census. It is the largest city in Trempealeau county.

24. ARCADIA, BOTETOURT COUNTY, VA

A very small unincorporated community in Botetourt County, north of Roanoke.

25. ARCADIA, SPOTSYLVANIA COUNTY, VA

Another very small unincorporated community in Botetourt County, north of Richmond.

26. ARCADIA, WA

An unincorporated community in Mason County, Washington on southwest Puget Sound, situated between Olympia and Shelton, Washington.

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KIDS CORNER

FUN FACTS ABOUT THE NAME ARCADIA

ART

- ***Et in Arcadia ego*, a Latin phrase titling of two paintings by Nicolas Poussin.**
- **Arcadia, title of artwork by Ian Hamilton Finlay.**
- **Arcadia, title of mural by Amanda Brewster Sewell.**

FILM

Arcadia (film), a 2012 American drama.

OTHER

- **Arcadia (card game), a collectible card game published in 1996 by White Wolf Publishing.**
- **Arcadia (Dungeons & Dragons), a plane of existence in the standard D & D cosmology.**
- **Arcadia 2001, a gaming console.**

PERSON

Arcadia (daughter of Arcadius) (400–444), third daughter of Roman Emperor Arcadius and Aelia Eudoxia.

SHIPS

- ***Arcadia*, the name of the cruise ship Pacific Pearl from 1997 to 2003.**
- ***MV Arcadia*, several ships with the name.**
- ***SS Arcadia*, several ships with the name.**
- ***USS Arcadia*, the name of more than one United States Navy ship.**
- ***Arcadia* (steamboat), which operated in the state of Washington, United States.**

ARCADIA WORD SEARCH

V	F	N	Y	U	L	G	N	P	E	C	L	Y	P	T	W	G	D	E
E	G	P	Z	R	B	T	E	A	X	T	S	I	R	H	C	I	V	E
P	Q	F	C	J	H	Q	M	G	R	H	R	S	H	N	R	L	W	R
D	V	S	V	E	F	J	H	Y	A	E	O	W	N	K	Q	O	E	T
C	I	N	R	J	W	F	D	X	I	F	H	P	F	A	J	G	W	T
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P	D	C	D	C	K	Y	M	W	F	K	F	R	A	C	I	M	Z	W
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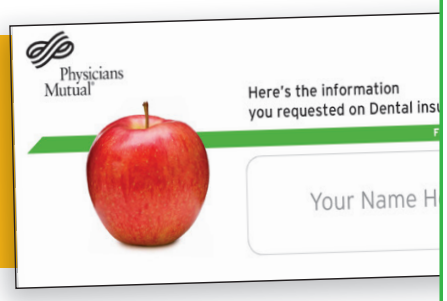

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The Arcadia bat tunnel is a hidden gem for outdoor activity lovers in the neighborhood. Over 5,000 Mexican free-tailed bats make the irrigation tunnel behind the Phoenix Country Day School their part-time home during the summer months.

During the spring, the bats migrate from central Mexico to the United States. Most of them are pregnant females, who will later give birth to a single pup early in the summer. The pups and their mothers spend the next few months in Arcadia, before leaving to travel 600 miles back to Mexico.

As the sun goes down during the summer time, the mama bats venture out to find some food to bring back for themselves and their pups. So, anyone who wants to see them needs to be in their viewing position by dusk. The tunnel can be found near the Arizona Grand Canal Trail, which runs between 24th and 40th street. On the north side of the canal, several hundred yards west of 40th Street, you can find a paved path that will take you to the bat cave.

For more info on the Game and Fish Department's Bat Project, visit azgfd.com.

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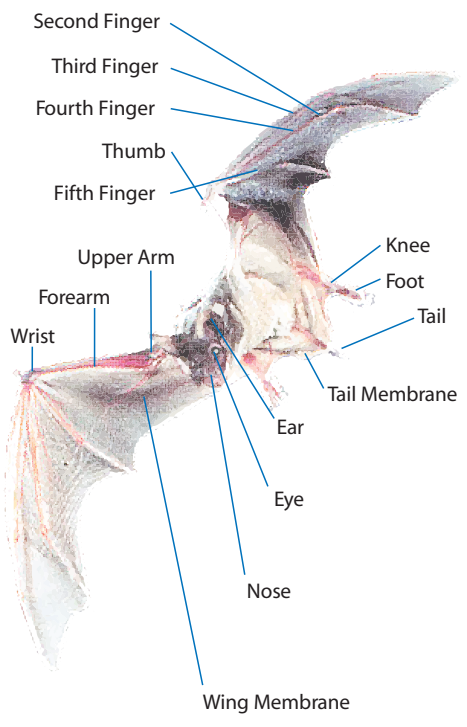
BATS

TIPS FOR VIEWING BATS:

1. Arcadia's tunnel is a maternity colony, where female bats give birth to their young in May and June. Usually by August, the pups can fly, feeding on insects every night. When the cold weather comes in, the bats migrate south for the winter and they usually return in the early spring.
2. Best time to get there: dusk, so you can find a good spot.
3. Keep voices low while watching the bats. Loud noises can make bats nervous.
4. Keep flashlights, camera and cellphone flashes turned off.

INTERESTING BAT FACTS:

- A lactating Mexican Free-tailed Bat produces more milk for her size than a dairy cow. Mother bat can find/locate her pup amongst a colony of one million bats. Even with a density of 500 bats per square foot, she will still find her baby every morning.
- Mexican free-tailed bats can fly over 60 miles round-trip in one night while feeding on insects.
- Insectivorous bats can eat up to 2/3 of their body weight in insects *per night*. If you weighed 150 pounds, that would be the same as eating a 100-pound meal!
- The free-tailed bat can reach up to 99 mph in level flight and has been observed feeding at 10,000 feet.
- There are over 1,300 different species of bats in the world.
- For their size, bats live a long time, with the oldest bat reportedly living 41 years.
- Female bats usually give birth to one pup per year and nurse it to flight in six weeks.
- Bats are the only mammals that fly.
- During the Civil War, bat guano (poop) was used to make gunpowder.



- Contrary to myths, bats are not blind, not looking to get tangled in your hair, and are not flying rodents. They also have less than a 1% chance of carrying rabies*.
- The world is a dangerous place for bats. Although they provide vital environmental and economic services, bat populations are declining around the globe, largely due to human activity. For more information about bats and bat conservation: www.batcon.org.

**Symptoms of a rabid bat include inability to fly, flying during daylight, lethargy and paralysis. Most bats, even if sick, will not attack a person, but bats may bite if handled. If a live bat is on or near the ground, then leave it alone, keep pets and children away, and contact the local county health or animal control agency. Anyone bitten by a bat should immediately seek medical attention. If possible, the bat responsible for the bite should be captured and tested for rabies. (From Arizona Game and Fish Department: azgfd.com).*

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2017 SUMMER VACATION

FROM ARCADIANS

From left to right, row by row.

Lila Somal created a beach ice cream shop during her July 4th trip to Huntington Beach.

Rachael Brown Gooch and her family at Stonehenge.

Blair Marvin (11 months), on the Champ de Mars in Paris, August 2017.

Allison Mallendar, Sydney Guest-Nelson, Emmie Halter in Coronado overlooking the San Diego Bay.

Angie Lampe and her daughter Campbell. Carter Lampe is the cover shot, pictures taken in Del Mar in June.

(From left to right) Greyson Stauff, Kennedy Kulyniak, Katelyn Stauff and Parker Kulyniak in Malibu, California.

Gareth Gwyn (human) and Binkley Gwyn (dog) in La Jolla, CA.

Jayde Thimsen rides a horse in Lake Tahoe.

From left to right, row by row.

Cannon (5), at the beach catching sand crabs in La Jolla, California.

Max Kvesic (16 months), at Huntington Beach, California.

Katelyn Stauff (4), pre-K at Prince of Peace and Greyson Stauff, (7) 2nd grade at Hopi. Pacific Palisades, California.

Andy Kvesic & Max Kvesic in Coronado, California.

(From left to right) Marlo Southam (12), Henry TeKampe (13), Jacob TeKampe (10), at Yellowstone National Park, WY.

Cassie Pondelik (5), on Seabrook Island, SC.

Nicole Packer's daughter, Nora, with her Pop Pop on the carousel at Belmont Park during an annual family trip to San Diego.

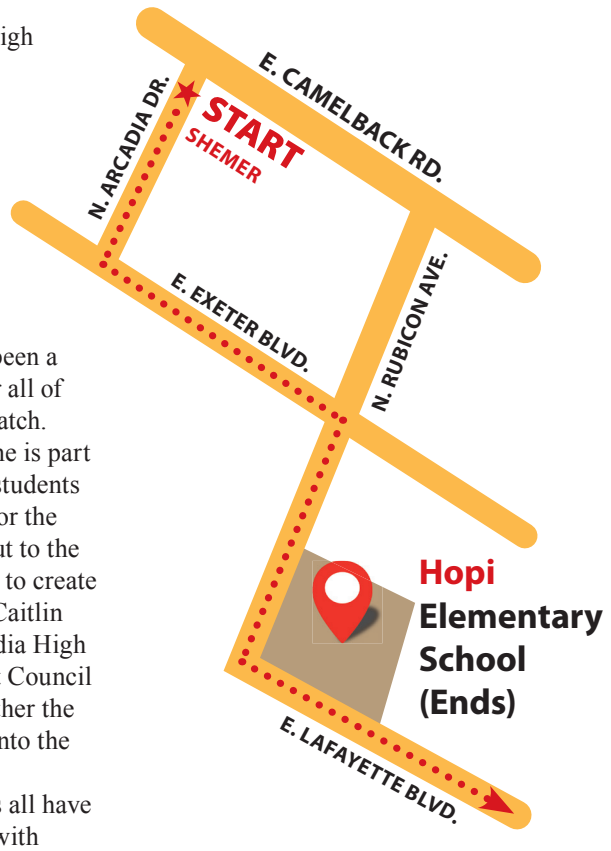
Janey Ledyard and her two sons, Scott and Tommy Ledyard at the Zaanse Schans in Zaandam, Netherlands.

Thank you for sending us your favorite summer vacation photos. Unfortunately due to the volume of photos we received, we weren't able to fit them all in.
— From the staff at Arcadia News.

Sept. 22: AHS homecoming parade promises delight

By Kaylee Sumpter

On Friday, Sept. 22, Arcadia High School will be celebrating one of the best parts of the fall semester – the homecoming parade. The parade was first put together in 2011, after members of Arcadia's PTO felt that the student's homecoming floats were impressive enough to be shown outside of campus. The homecoming parade has always been a great community involvement for all of those who plan, supervise, and watch.



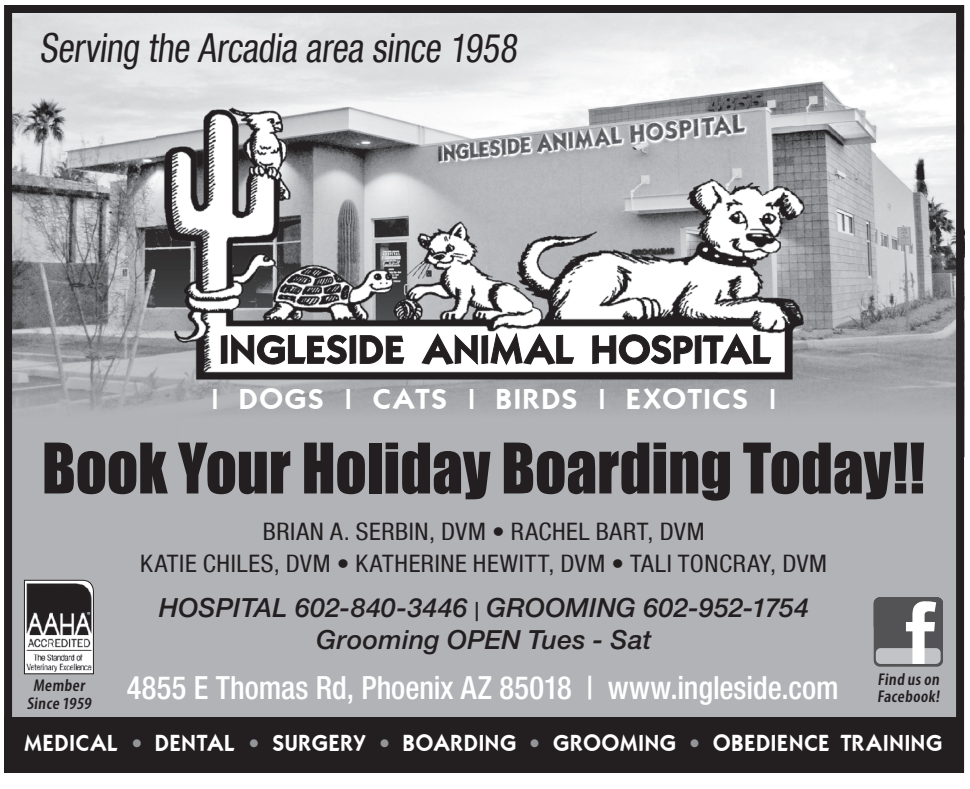
"Arcadia Spiritline is part of the parade. The students create class floats for the parade and reach out to the other clubs on campus who want to create floats or be in the parade," said Caitlin Munn, a science teacher at Arcadia High School who oversees the Student Council (STUGO) students who put together the parade. "A lot of planning goes into the parade starting weeks before homecoming week. The students all have jobs they are in charge of along with working with all the other people involved in the parade."

The STUGO students put countless hours of planning and work into making the homecoming parade a successful community event. The students put together the parade each year by following a checklist that has been created by Arcadia High School's administration, previous STUGO advisors, and the students themselves.

On top of needing to make floats and help the other Arcadia High School clubs with their floats, Student Council students are in charge of planning the parade route, setting up city permits, getting the cars and trailers needed for the floats, and reaching out to the community to encourage its involvement. The Arcadia High School PTO and AP of activities are there to assist the students with what they need to put together the homecoming parade.

So, after all this planning and work, what can the Arcadia community look forward to when watching this year's upcoming parade?

"The community can look for lots of school spirit, lots of clubs involved, amazing class floats," said Munn. "There will be large community involvement, and a great kick off to the Arcadia football game and dance the following day."



The new logo on the gym floor is one sure-fire way students will know they are now Echo Canyon Jaguars.

Arcadia Neighborhood Learning Center becomes Echo Canyon School

By Elaina Verhoff

On the first day of the new school year, things looked a little different at one neighborhood school. The K-8 school at 62nd Street at Exeter, formerly known as Arcadia Neighborhood Learning Center, had become Echo Canyon School.

Kat Hughes, who is entering her second year as principal of the school, says the name change came about for a couple reasons. She explained that Arcadia Neighborhood Learning Center, which was founded in the mid-90s, was named before the words "learning center' were widely used among tutoring centers such as Sylvan Learning Center.

"It was a misnomer," Hughes said. "The school name wasn't capturing who we are… a Scottsdale public school."

She said the name caused confusion, with frequent questions about whether the school was a charter school or served a particular type of student.

Another reason for changing the name was the shift in educational model. This year the school is moving away from a multi-age classroom, where two grades are taught together in one classroom.

"We surveyed the staff and they said 'We'd like a single grade in a classroom, but we like having kids for two years,'" Hughes said.

Echo Canyon School now employs what Hughes calls a "looping model" where classrooms contain a single grade, like most schools, but students will have the same teacher two years in a row.

"Everyone loves it," Hughes said. "So far it's been really positive."

Before implementing these changes, administrators held three community meetings back in February, presenting the rationale for the model change, and taking name suggestions.

"We had three pages of name suggestions!" Hughes said.

Teachers and staff selected the finalists, and the staff ultimately picked the winning name of Echo Canyon School.

When asked why the school didn't retain the Arcadia name, which seems to carry a lot of cache among local businesses, Hughes said ultimately it was concern over confusion with Arcadia High School that led the staff to choose a name without the Arcadia moniker.

And what exactly is involved with the name change?

"Fortunately, there wasn't a lot that needed to be changed," Hughes explained.

The school changed its colors from purple and teal to purple and black, switched out the plastic on the marquee, updated the ironwork out front, and replaced the gym floor logo, which she says was overdue for a replacement. The parent-teacher organization (PTO) will be wrapping the planters in front of the school to cover the old school name, and a new welcome mat is on the way.

Hughes says the school will continue to focus on the social, emotional and academic well-being of its students as it always has. The K-8 model allows students to take leadership roles, such as having "buddy classrooms" and seventh and eighth grade students who escort kindergarteners to their classrooms from the drop-off location. The gardens will also continue to play a key role, with visiting local chefs who harvest and cook with the kids.

"All of the things that made us great as ANLC, we are keeping. At our heart, we are still the same school with some changes that we think will better meet the needs of students in our community," Hughes said.

Echo Canyon School is a "school of choice," meaning it has no set boundaries. Those interested in learning more are invited to call the school office and sign up for a weekly tour, which takes place every Tuesday at 9 a.m. Enrollment is first come, first serve, and there are currently limited spots available.

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This year's Arcadia High girls volleyball team will be led by the powerful-hitting Jade Smith (left), who was all-city and first team all-region last year.

AHS girls volleyball looks to build on last year's trip to playoffs

By Kaylee Sumpter

As the 2017 season gets underway, Arcadia Titans girls volleyball coach Jackie Bunker is looking for her team to take the next step. The goal is to improve on 2016's 24-14 overall record, with a 5-4 sectional record. Bunker's first season with the Titans ended in the first round of the playoffs with a loss to Chaparral.

"We always talk about getting two percent better every time we step in the gym," Bunker said. "We will be practicing, watching films, setting goals, and working together as one unit to prepare for the common goal of a successful season."

Bunker has coached volleyball for 13 years, ranging from club volleyball to college. Bunker coached at Arizona State University for three years, serving as director of volleyball operations, assistant beach volleyball coach and beach volleyball recruiting coordinator.

"I love helping athletes grow, in both their development as a volleyball player and as an individual," Bunker said. "I also love helping athletes move on to college."

The varsity volleyball team worked hard to prepare for their first game of the season. The girls continue to stay focused on their training.

"This season, I want to be mindful of helping each athlete be successful in their goals, as well as helping out our team reach its fullest potential," Bunker said. "Arcadia fans can look forward to a fast-paced, competitive team that has incredible defensive intensity and always fights till the end."

The team will be led by Jade Smith, who was an all-city player last year and named to first team all-region. Smith is known as a powerful hitter, who has already impressed her coach with the leadership role she has taken on this offseason. Another star to watch is three-year letterman Rylie Satran, who is verbally committed to playing sand volleyball at San Jose State.

"As a team, we always strive to be competitive and win," Bunker said. "It is extremely challenging to win state, but it is important to have that in your mind at the beginning of the season. For my athletes individually, I want them all to leave the season better than they started as a player, a teammate, and a person."

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A NEW STRATEGY

New football coach brings high-flying offense to Arcadia

By Nick Smith

As it has done for many Augusts before, the Arcadia Titans football team assembles in late afternoons for practice. A scattering of visitors and parents watches the familiar scene from the stands as players run through drills, enduring the same heat in the same uniforms on the same practice field as in seasons past

But then the players put on their helmets and head onto the field. Within seconds, nothing looks familiar at all and it becomes clear that this is a very different Titans team than in years past.

The offense lines up wide, with four to five receivers on almost every play. The quarterback takes the snap and completes a perfect pass within three seconds. Before the receiver can even get up after the tackle, his teammates are already running toward the line of scrimmage, preparing for the next play. If you checked your phone for 10 seconds during this kind of offensive series, you're liable to miss an entire play.

Running toward the line of scrimmage with the players to start each new play is a 41-year-old coach, hat pulled tightly over his head, shouting encouragement. This is the new Arcadia High School football coach, Tony Stillings, and he's the man responsible for the high-flying offense that is sure to provide fireworks this fall.

"The pace is definitely the biggest difference," said Stillings, who spent seven seasons as the head coach at Ironwood before coming to Arcadia. "That's probably the biggest adjustment in terms of style. But the more the kids get used to the offense, they see the big play potential. We have a lot of untapped resources on this team that will benefit from this offense."

Friday nights during the previous five seasons at Arcadia saw a run-heavy Wing-T offense under former coach Lenny Abt. There were successes during Abt's tenure, like the eight-win playoff season in 2015 and running back Ryan Alexandre rushing for more than 1,600 yards and 18 touchdowns last season. But that was during a 2-8 campaign, which saw a dwindling number of kids come out for the team. During the offseason, Arcadia decided to make a change.

"What appealed to me most was the community," said Stillings, who took over

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The Titans new offense, led by Tony Stillings, includes multiple wide receivers and lightning-fast plays. PHOTOS BY GABE TURNER/ARCADIA NEWS

the head coaching position at Arcadia in the early weeks of this year. "There's a small-town community feel in the Arcadia area, but with big school numbers."

Stillings described the first months of his new job as a giant assessment process. He would spend time in the weight room with his players, developing relationships and getting to know everyone. Then there were meetings with the athletic director, boosters, staff and parents, all with the goal of assessing what the program needed to get it on the right track for success.

The first test for the new coaching staff came in July, when the Titans left for football camp to start the season. The players who attended were coming off a losing season, playing under a new coach and trying to grasp a new offense. It's fair to say that no one was quite sure how everything would go. But by the end of the week, Stillings was calling it the best camp he's ever coached.

"At camp, you're running up hills in the morning, practicing twice a day, running 7-on-7s at night," Stillings said. "By day two or three, you're sore, and usually you have kids dropping out. We didn't have a single kid asking to sit out the entire time. They picked up stuff from the offense really well and everyone was just ready to play."

Another positive from the camp for Stillings took place when the team captains were chosen. Stillings makes his players nominate captains by writing down names and reasons for their choices.

"They had some of the most intelligent reasons for their captain votes that I've ever seen from a team," Stillings said. "No one was writing, 'I'm voting for him because he's my buddy.' Instead, we got 'I'm voting for so and so because he pulled me aside and helped me learn my position.' Very well thought-out and you can just tell that the captains are respected by their teammates."

The four captains are among the Titan standouts to watch for the coming season. Captain Marq Wilkerson will be one of the main beneficiaries of the new offensive system as a running back and receiver. Captain Mitch Arndt is a two-way player who ran the hills with such robotic determination at camp that he was nicknamed "The Terminator." The offensive line will be led by Captain T.J. Feulner, who will be helping protect the fourth captain, third-year starting quarterback Luke Ashworth.

"He's a guy who is very coachable," Stillings said when talking about his quarterback. "This offense is completely different than what he's run in the past, and he's embraced it. To have someone that smart under center while dealing with all this change has been super helpful."

The team aims to rebound from last year and get back to the state playoffs this season. But for Stillings and the rest of the Arcadia football community, the upcoming year is the first step to rebooting a program that most feel has the potential to achieve much more than it has in the past.

"It's about starting that march back to where this place should be," Stillings said. "Whether we measure that in wins and losses or in the number of bodies that come out next year. The main goal is to get a positive vibe about the program, on campus, among the kids. We want people to want to be a part of this. This is not going to be a great football program overnight, but it has the potential to get there if we do the work together."

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Arcadia Little League's Jennifer Steen super-charged the program during her tenure as vice president for softball, increasing participation, retention, excitement and competitiveness. (Right) This year's ages 10/11/12 Arcadia Little League All-Star softball team took home a fourth-place finish at the state tournament, which is quite an accomplishment considering from 2010-2014, ARLL fielded no all-star teams.

The girls of summer: Little League softball program shines

By Elaina Verhoff

Softball hasn't always been a big deal around the neighborhood. In fact, from 2010-2014, Arcadia Little League (ARLL) fielded no all-star softball teams. This year was a very different story.

With 230 girls on the roster, the ARLL softball program was stronger than ever, sending three teams to the state tournament. The ages 10/11/12 and 8/9/10 all-star teams both took fourth place in the state tournaments this summer.

So what happened during the past three years to turn things around? Keely Verstegen, ARLL board member, longtime team manager and one of the coaches of this year's 9/10 all-star team, says the answer is simple.

"Two words: Jennifer Steen," she said.

Steen has served as vice president of ARLL for softball since September 2014 and will step down at the end of this September.

"Jennifer had a vision and tenacity of how to rebuild the softball program and she accomplished it during her tenure as VP," Verstegen said. "She recruited amazing volunteers to help fulfill that dream She was instrumental in putting Arcadia Little League on the map."

During Steen's tenure, the league improved softball fields and increased interest by the growing number of teams Verstagen says.

"She improved the quality of play for all ages by holding clinics, Softball Sundays, (organized outings to) ASU events, interleague play, etc. Girls are excited to play softball and want to continue to play and get better."

Steen was driven into action by witnessing the disparity between her daughter's and son's ball games. When her now 13-year old daughter Elsa was playing in the 9-to-11-year-old softball division, she was dismayed that the quality of play seemed comparable or maybe even worse than her 7-year-old son William's baseball team.

"When they were younger, the girls' spazziness on the field was kind of cute," Steen said. "At nine, not so much. So this really drove me in two ways. First, I didn't want to watch any more bad softball. Second, I was outraged by the obvious disparity between the boys and girls. Sport should be empowering and uplifting for little girls, and if they realized that they were playing at the level of much younger boys, softball could actually have the opposite effect. That was intolerable to me."

Steen says there were a couple of small groups of families who enjoyed doing Little League together and were motivated by different reasons to try to improve the ARLL program. A few parents stepped up as leaders, and the others were tireless helpers, devoting countless hours to the league's efforts to promote and develop softball in Arcadia.

"Their enthusiasm was contagious and we attracted a larger group of engaged families around the core," Steen said. "Honestly, the key was making it fun."

Steen could see her efforts and those of the motivated parents paying off. Retention improved because girls wanted to keep playing. Arcadia Little League didn't have softball for 12-year-olds in 2013 because there weren't enough signed up to field teams. This year, 21 neighborhood 12-year-olds played.

Knowing that the core group's girls were going to eventually age out of the league (most did this spring) the parents and Stein have worked to engage the parents of the younger girls. With Steen's September retirement from her post, it's up to that next generation to keep it going.

Judging from the enthusiasm of the girls and the dedication of the families, the passion and performance of the ARLL softball teams will carry on.

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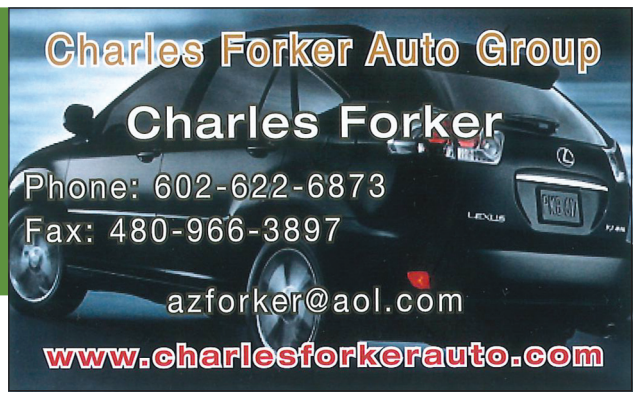

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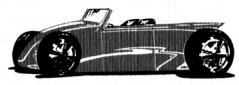

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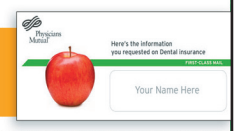

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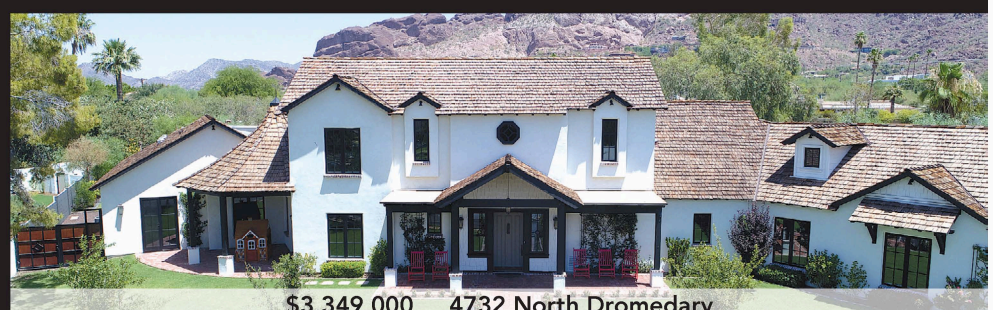

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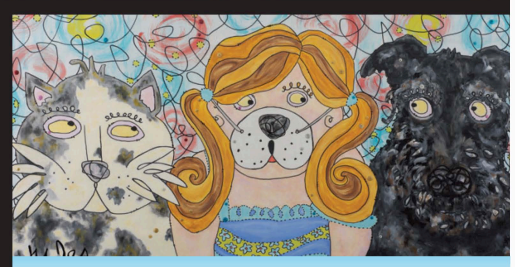

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