ARCADIA NEWS

25 YEARS

VOL. 25 NO. 10 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — JANUARY 2018



AN EQUINE TOUCH

A local church is using horses to make a big difference in people's lives.

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MARCHING ON

The Arcadia High School Marching Band wins the state championship.

PAGE 26

FAMOUS COACH

A former Olympian and WNBA player is returning to her roots as a Xavier coach.

PAGE 55



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COVER IMAGE:

Color guard section leader Megan Swarens warms up before the State Marching Band Festival.

PHOTO BY JAMES MARTIN







EDITOR'S *NOTE*

With the new year off and running, it seemed like a good opportunity to introduce myself. Back in 2013, I walked into the *Arcadia News* and asked if they were looking for any writers. As luck would have it, they were looking for someone to help cover sports. I spent three years going to games, meeting coaches and getting to know athletes in the community.

In October of 2016, I was fortunate enough to get the opportunity to take over the reigns as editor. I can't tell you how much I enjoyed getting to spend 2017 reading about the incredible businesses, events and people that make up our Arcadia neighborhood.

All of us at the *Arcadia News* are excited about what stories 2018 will hold! We're starting the year off by looking back at an incredible accomplishment by the Spirit of Arcadia (Arcadia High School's Marching Band and Color Guard), who proudly represented The Titans by winning a state championship. A new year also means new beginnings, and our writers have covered a variety of ways to start the year off right, from decluttering your home, to finding a new fitness workout and taking the opportunity to travel around our state for new experiences.

A couple of my favorite stories from this issue strike a more poignant tone. "An Equine Touch" is about a local church that is using horses to help change lives of people in the community (page 22). Also, this month's Ask the Appraisers column shares a very personal and emotional story about the dangers of hoarding (page 21).

I encourage you to reach out to me with any story ideas, suggestions or feedback. Many neighborhood stories are made possible by readers contacting us. We hope you enjoy this first issue of 2018 – and thank you for reading the *Arcadia News*!

— Nick Smith
nick@arcadianews.com

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Angie Berk teaches Biology and Physics at Arcadia High School.

THIS MONTH'S WINNER: Angie Berk, Arcadia High School
NOMINATED BY: Cathy Massimi

ARCADIA NEWS TEACHERS we love

What was your path to becoming a teacher?

I'm from right in the middle of Illinois and moved here in 1980. I went to Chandler High School and then to ASU, where I got my degree in Mechanical Engineering. I worked in that field for a while and then spent time raising my children.

Engineering was never really my passion though. Science was. So, I wasn't always happy with my job. My parents were both in education, so I was familiar with that career, and I'd spent a lot of time helping out in science classrooms when my kids were in school and I remember really liking it. I did my student teaching at Desert Mountain and taught at Chaparral for six years before coming to Arcadia.

You teach both Biology and Physics. How do you balance teaching two different subjects?

Everybody thinks it's a weird combination, but science is science. I bring a lot of biology knowledge into physics class, and vice versa. As an example, we were learning about terminal velocity in physics and using a falcon as an example. We got to learn about how they fly from a biology standpoint, so there are fun crossovers like that.

Are there methods of teaching that you have moved away from as you became more experienced?

When I first started teaching, I made power points for everything, especially in physics. It was a new technology and everyone thought "look, animation", you know? I had grown up with chalkboards, so it seemed cool to me! But I noticed that I didn't get a ton of excitement with it from the students.

I was taking some modeling classes at ASU and learning about that method completely changed the way I teach. The modeling curriculum is almost Socratic in the sense that a teacher stays out of it as much as possible. You ask leading questions, but let the kids discover things.

I think science should be hands on! If I could do labs every single day, I would do it. Now obviously that's not always possible, but I'll always try to look at my schedule and make sure that we do labs several days each week. So instead of saying, here's the equations, we do a lab where the students collect data, make graphs, and come up with the equations on their own. I like everything to be as hands on as possible.

What do you enjoy about teaching at Arcadia High School?

I love that Arcadia has such a community feel about it. I talk to kids whose parents, and sometimes even grandparents, went to the school. That's rare enough, but especially in Phoenix! The kids are proud of being here, you can feel that excited vibe when you go to assemblies and games. It's a great place to teach!

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

If you are **buying** or **selling** a home in Arcadia, **call Tommy!**

Quentessential Arcadia Ranch



6114 E Calle Del Norte • $ 2,000,000
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Camelback Mountain Views



4811 E Camelhead • $ 1,650,000
3 Bedroom/ 2.5 bathroom • 4,748 square feet

Santa Barbara Meets Arcadia



4219 N 62nd Street • $ 1,140,000
5 Bedroom/ 3 bathroom • 4,000 square feet

Where Arcadia Meets PV



4350 E Vermont • $ 899,000
4 Bedroom/ 5 bathroom • 3,935 square feet • 4 cg

Arizona Country Club



6009 E Osborn • $ 859,000
4 Bedroom/ 5 bathroom • 4,200 square feet

Arizona Country Club



3114 N Marigold • $ 799,000
4 bedroom/ 3.5 Bath • 3,050 square feet

I have several buyers looking for houses in Arcadia.

If you don't want to list your house but would consider selling, please call me.

TOMMY ATKINSON



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Arcadia Real **Estate** Stats

2017 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2017-11/30/2017)

Active Homes -	186 homes
Homes Sold -	250 homes
Average Sale Price -	$1,150,000
Average Sold $ Per SF -	$332
Average Days On Market -	118 days

There is currently 8 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 0% this year. (based on 2016 sales results)
2017 home prices have decreased 5%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 1%. (based on 2016 sales results)
2017 homes are taking 8% 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

(1/01/2017-11/30/2017)

Active Homes -	75 Homes
Homes Sold -	224 Homes
Average Sale Price -	$609,000
Average Sold $ Per SF -	$256
Average Days On Market -	75 days

There is currently 4 months of home inventory. (based on 2016 sales results)
2017 home sales have increased 10% this year. (based on 2016 sales results)
2017 home prices have increased 13%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 8%. (based on 2016 sales results)
2017 Homes are taking 19% 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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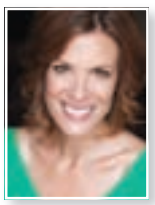
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How to safely color food

CHEM-FREE *LIFE*

By Sara Lemons Vaules

Ahhh the joys of baking! While some prefer to make candy such as peppermint bark and peanut butter cups, others love the smell and tradition of baking treats such as sugar cookies with yummy frosting. I do too.



In moving into a chem-free life, one inevitably comes to the consideration of food coloring. Isn't red #40 the only bad one? What about the other ones in moderation? Interestingly, we historically had the right idea in using food and spices as natural food coloring and today, many companies are moving back into that realm, which is wonderful!

In ancient times, natural ingredients like plant and herb extracts, vegetable and fruit peelings added a rich color to foods. Carrots, pomegranates, berries, grapes, spinach, marigold and turmeric were just a few of the food coloring agents used. At some point, natural food colorings became too expensive to process and were supplanted by synthetic dyes, which are a fraction of the cost, have a longer shelf life and are more vibrant in color. As early as 1856, William Henry Perkin discovered the first synthetic organic dye, called mauve, to color foods, drugs and cosmetics. From there, the food dye revolution had begun and they were used to color everything as they discovered richer colors attract more sales.

The FDA has banned dyes deemed very unsafe and only nine are currently GRAS (Generally Regarded As Safe). In Europe, lawmakers now require food with artificial colors to be labeled with a warning stating the food "may have an adverse effect on activity and attention in children." We aren't there yet, but as consumers become more aware of the reactions, especially in children, they are making better choices.

Beautiful Beet Red Frosting



- 1 cup (2 sticks) unsalted butter, softened
- 8 ounces (1 brick) cream cheese, softened
- 4 to 5 cups powdered sugar, sifted
- 2 tablespoons finely grated beets, mashed with a fork
- 1 teaspoon pure vanilla extract
- 1-2 teaspoons milk, depending on desired consistency
- 1/2 teaspoon fresh lemon juice
- pinch of salt

In the bowl of an electric stand mixer, beat cream cheese for 30 seconds, until pliable and smooth. Add butter and beat for another 30 seconds, until well-combined. Stop the mixer and scrape down the bowl as necessary. Beat in the beets. Add the powdered sugar, vanilla extract, milk, lemon juice and salt. Beat on medium speed until smooth and silky. Refrigerate the frosting for 30 minutes before using.

Enjoy this great frosting piled high on your favorite treats and know that you are treating your body well.

If the idea of switching to natural food coloring peaks your interest, there are a few companies that now sell them in bottles online or at stores such as Whole Foods. While the colors may not be as vibrant, your body will surely thank you. For the sugar cookies we mentioned in the beginning of the article, I would love to share a natural beet-colored frosting recipe you can try!

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



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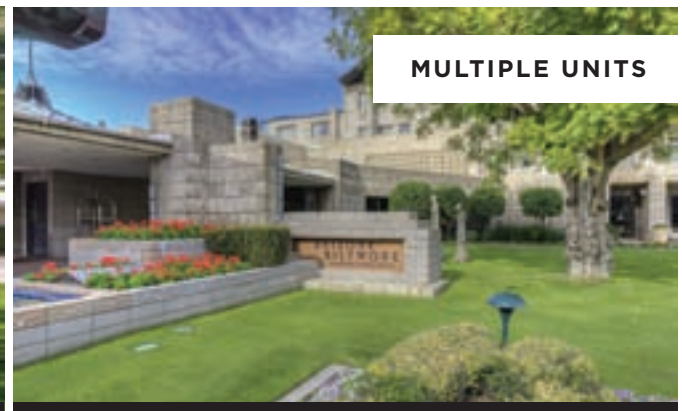
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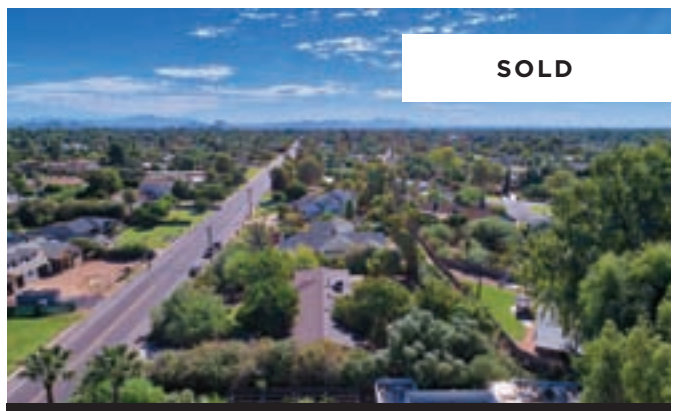
3837 N 59TH PL - $1,595,000
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6259 N 31ST PL - $799,000
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2211 E CAMELBACK RD #206 - $689,000
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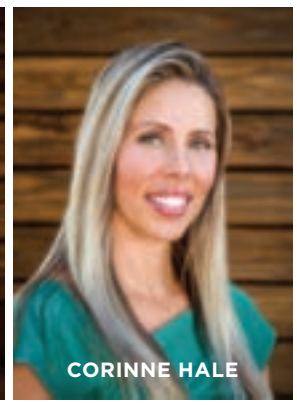
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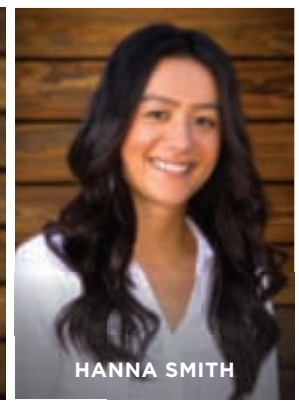
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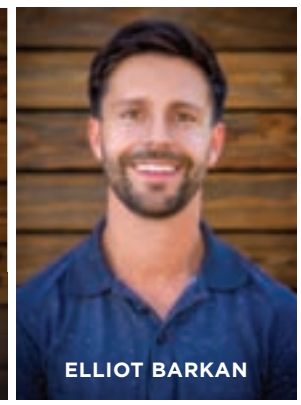
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YOUR ARCADIA AND BILTMORE REAL ESTATE SPECIALIST

Happy New Year!

On behalf of The Brokery, I wanted to thank everyone that has supported us and helped us to become the #1 boutique brokerage in the Arcadia and Bitmore neighborhoods. In 2017, we were able to help over 150 families navigate the market to achieve their real estate goals. With another year in the books, the bonds that we have with our clients and communities only continue to grow stronger.

Some of our company transaction highlights from the past the year were....

-Helping 14 first time home buyers, 7 military veterans, and 52 referral clients

-Sold one of the last remaining vacant lots on the prestigious Biltmore Circle

-Sold 5543 N 25th St - a record breaking sale in the Taliverde community at The Arizona Biltmore

-Sold 4528 N 40th Place, an architectural gem by Clifford May, after the first broker was unsuccessful for 247 days

As we enter 2018, the prospects for Arcadia and Biltmore have never been better. People from all over the valley are returning to central by the droves because they are finding value in the walkability, entertainment, and family environment that our neighborhoods provide. We have something very special going on in this area and you can thank all of the local businesses for creating an incredible culture that people want to be a part of. In addition to local residents buying and selling their own homes, we have experienced an uptick in buyers from North Scottsdale and retirees who have changed their retirement destination to Phoenix because of the natural disasters in other locations.

Going forward, the 2018 political and tax landscape will be one to watch. There are two big tax reforms that are currently being voted on which may have an impact on real estate transactions in the near future: the reduction of mortgage interest write offs and the change to the capital gains rule. While neither of these reforms is the death knell to owning real estate, it may slow down some buyers of higher end properties and those who bounce around every two years taking advantage of tax free gains.

Our team at The Brokery is excited to serve the community in the new year. We will continue to be relentlessly focused on serving the residents of both the Arcadia and Biltmore communities. Furthermore, we will remain steadfast in our boutique approach and continue to reinvest back into the neighborhoods that we serve. Our goal for 2018 is to create more raving fans and to measure our successes in terms of satisfied clients.

We look forward to adding you to our client list in 2018 and will be ready to serve you when the time is right.

Here is to a happy and healthy New Year!



TUCKER BLALOCK

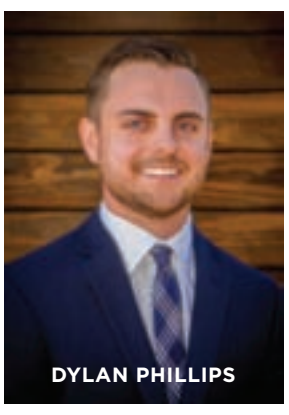
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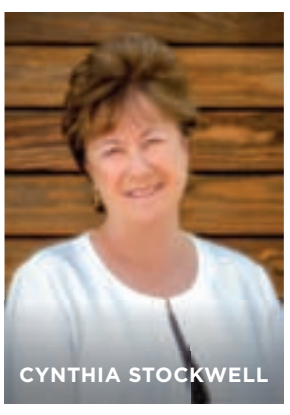

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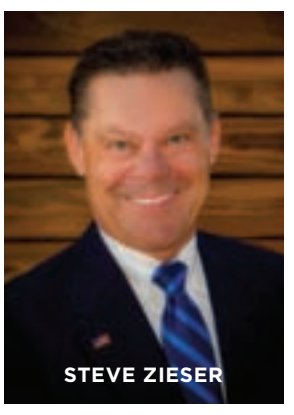

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WHAT'S HAPPENING, *ARCADIA?*

TUESDAY 1/2 – FRIDAY 1/5

Winter Break Camp

9 a.m. – 4 p.m. at the Children's Museum, 215 N. 7th St., Phoenix. Looking for something to keep your child busy during winter break? The Children's Museum presents New Year's Voyagers, a camp dedicated to exploring how the New Year is celebrated around the world. Discover new traditions and take part in various games and activities all while learning about a world different than ours. Members are $190, nonmembers are $225 for the week. For more: childrensmuseumofphoenix.org.

WEDNESDAY 1/3

Movie Trivia Night

8 p.m. at FilmBar, 815 N. 2nd St., Phoenix. If movie trivia is your thing, you won't want to miss this event! Hosted the first Wednesday of every month, FilmBar presents Movie Trivia Night. Hosted in the screening room, this event will be hosted by Mike McHale. Bring your trivia A-game and win prizes which include free movie tickets. This is a free event. For more: thefilmbarphx.com.



Harry Potter in Concert *at the Phoenix Symphony Hall.*

FRIDAY 1/5

Harry Potter in Concert

7:30 p.m. at the Phoenix Symphony Hall, 75 N. 2nd St., Phoenix. Calling all Muggles and Wizards! The Phoenix Symphony Hall presents the Harry Potter Film Concert Series. Audiences will experience the "Chamber of Secrets" film in a whole new light. While the film is projected on a 40-foot screen, the Phoenix Symphony will be performing each note and musical number while the movie plays. Tickets are $30-$99. For more: phoenixsymphony.org.

SATURDAY 1/6

Red Skelton: Red Sails into the Sunset

7:30 p.m. at the Higley Center for the Performing Arts, 4132 E. Pecos Road, Gilbert. Lynn Roberts, winner of the Bea Fogelman Lifetime Achievement Award, will grace the stages of the Higley Center for a tribute to one of the kings of TV comedy, Red Skelton. Set in a 1980s TV variety program, Roberts and guests will have the audience in stitches for his farewell performance. Tickets are $20-$40. For more: higleycenter.org.

Night of the Three Kings

5:30 – 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time for Noche de Reyes Magos, or Night of the Three Kings. This Latin holiday celebrates when the three wise men went to give their gifts to baby Jesus. Celebrate with Mariachi music, specialty food, games, activities, and even meet the three kings when they arrive on camels just like they did that special night. Tickets are $25 for adults and $15 for kids. For more: phoenixzoo.org.

Glitter and Glow Block Party

4 – 10 p.m. at Murphy Park, 7010 N. 58th Ave., Glendale. Light up the night at Glendale's 23rd Annual Glitter and Glow block party! There will be air balloons, 1.5 million twinkle lights, live music, food, rides and more entertainment to start your year off right! More than 80,000 people attended the previous event, so make sure you claim your spot early. For more: glendaleaz.com.

Debbie Frazelle
HOMES OF DISTINCTION

Call about 4 new Arcadia, Paradise Valley, Scottsdale & Biltmore listings coming on the market soon!

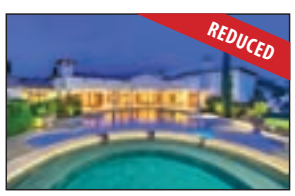
5507 E Arcadia Lane

Charming quintessential Arcadia ranch home at just under 5000 sq feet on a commercial acre this floor plan is perfect for families and entertaining. Beautiful hardwood and honed slate floors in main living areas; 5 bedrooms, which includes a split guest suite with separate entrance; 4-1/2 baths, office, library, media/rec room, and exercise room. Gourmet kitchen on the only double Cul De Sac street in Arcadia! Offered at $1,995,000.



8 Car AC Garage with Motor Court

This 6B split /7BA house has an open floor plan and amazing curb appeal. A warm family home with an appealing open floor plan that's great for entertaining. Gourmet kitchen, oversized master suite with fplc, huge custom closets, elegant office & large laundry. Separate GH w/fully equipped kitchen/living room. Billiards room, bonus room. Resort-style backyard pool, spa, built-in BBQ. Circular drive w/fountain leads to gated motor court w/8 car AC garage. 180° views of Camelback & entire Mummy Mtn. Range. Offered at $2,950,000.



Nestled into Camelback Mountain

This exquisite home has 270 degree views of downtown Phoenix is just under 4000 sq ft 3 BR, 2.5 BA. Gourmet kitchen opens to the great room. The terraced front yard which overlooks the whole city has a resort like pool, ramada & numerous patios. One of the very best view properties at this price $1,350,000.





Debbie Frazelle, ABR
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WHAT'S HAPPENING, *ARCADIA?*

SUNDAY 1/7

Resolution Run

7:30 a.m. at Papago Park east of Galvin Pkwy, Phoenix. Head to Papago Park for a 5K run/ walk along the canal, past the zoo and botanical gardens; enjoy the beauty and get a workout in. Participants will receive a commemorative t-shirt and there will be medals for those who place. Plus, proceeds will go to Arizona Pet Project – two good deeds in one! Registration is $35. For more: fieldworksevents.com.

FRIDAY 1/12

Opus Cactus

7:30 p.m. at the Orpheum Theatre, 203 W. Adams St., Phoenix. Watch the landscape of the Southwest come to life in this illusionistic performance. Desert Botanical Garden and Ballet Arizona team up to bring you Opus Cactus, where the dancers become the flora and fauna of the desert. This act was once a 20-minute performance that has now transformed into an evening of beauty and wonder. Tickets are $35-$85. For more: balletaz.org.

Arizona Fine Art EXPO

10 a.m. to 6 p.m. at 26540 N. Scottsdale Road Renowned artists from across the globe will make the beautiful Sonoran Desert in north Scottsdale home for ten weeks beginning January 12. The EXPO will run through March 25, and will feature 115 studios within a 44,000 square-foot space, where guests have a rare chance to meet the artists, see them in action, and learn about their passion, inspiration and techniques. Season passes cost $10 and parking is free. For more: ArizonaFineArtEXPO.com.



SHUFFLE Concert *at Kerr Cultural Center in Scottsdale.*

SATURDAY 1/13

Fine Art and Wine Festival

10 a.m. – 5 p.m. at the Surprise Recreation Center, 15960 Bullard Ave., Surprise. What's better than a day of art and wine? You won't have to search far, for the Surprise Fine Art and Wine Festival is here. More than 100 juried artists in various mediums will display their works of art while you browse and listen to live music performances. You'll also be able to taste test more than 40 types of wines. Tickets are $3. For more: thunderbirdartists.com.

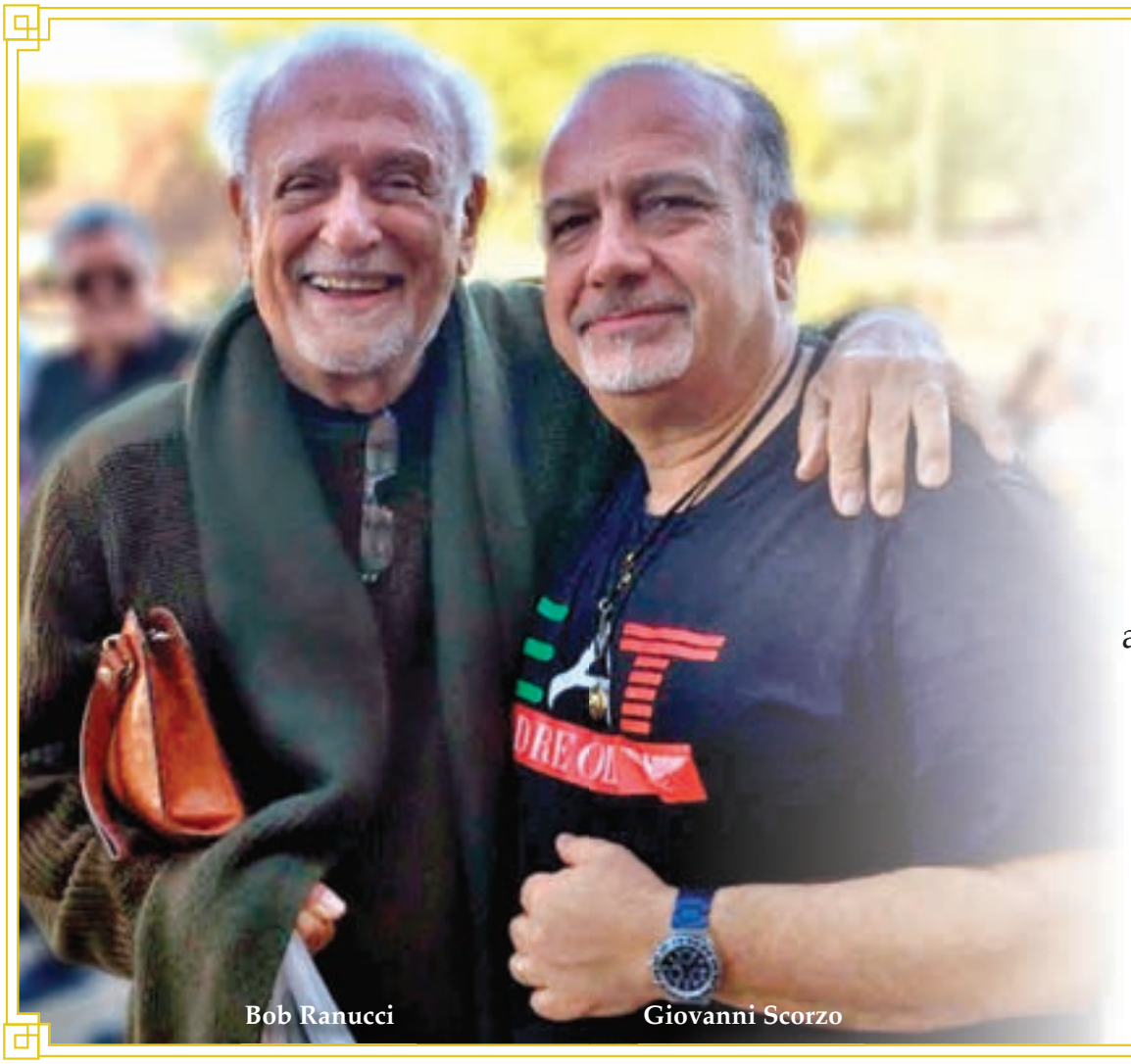
SHUFFLE Concert

7:30 p.m. at Kerr Cultural Center, 6110 N. Scottsdale Road, Scottsdale. Experience a concert where you choose the music! At the Shuffle Concert, audiences are asked to choose which pieces the ensemble will perform. From Classical to Pop, there will be more than 30 works from 15 styles to choose from, and this time the audience will be in control. Tickets are $30-$45. For more: asukerr.com.

SATURDAY 1/13-SUNDAY 1/14

Rock N' Roll Arizona Marathon

7:30 a.m. at CityScape, 1 E. Washington, Phoenix. The 15th Annual Rock N' Roll Marathon and Half Marathon are back and ready to rock! Saturday will be the half marathon, and Sunday will have both the full and half marathons available. There will be live music by more than 70 bands, cheer squads and a free headliner concert. You can also attend the Health and Fitness expo before you race. Registration is $30-$110 depending on the race. For more: runrocknroll.com.



Bob Ranucci Giovanni Scorzo

The family of the late
Robert J. Ranucci M.D.
extends their everlasting gratitude to
the Scorzo family Giovanni & Linda
Francesca, Gian Paul & Angelino
and the entire team at

Andreoli Italian Grocer
(8880 E. Via Linda, Scottsdale)

for their love and friendship to Bob
and for graciously hosting a warm and
memorable reception following Bob's
Funeral Mass on November 17, 2017.

Here's to continuing the tradition of eating well and making memories at Andreoli's!

WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 1/13-MONDAY 1/15

ACE Comic Con

Saturday Noon, Sunday 10 a.m., Monday 11 a.m. at the Gila River Arena, 9400 W. Maryland Ave, Glendale. Comic Con fans rejoice! ACE Comic Con is here with an all-new immersive experience. Actors Chris Evans, Tom Holland and Marvel's Stan Lee will be on site, along with various other panelists, 30 hours of programming, 90 vendors, master art classes, and more. Plus, live programming on the JumboTron so you don't miss out on a thing! Ticket prices vary. For more: aceuniverse.com.



***ACE Comic Con** at the Gila River Arena in Glendale.*

TUESDAY 1/16

Talk Cinema

7 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St., Scottsdale. Feel like you're part of Hollywood's "It" crowd at the Talk Cinema event. This event offers sneak previews of new independent and foreign films, but the surprise is that you won't know beforehand what you're about to see. After the movie(s), there will be a discussion led by film scholars and special guests. Be the first to see a new movie before it even hits previews! Tickets are $14. For more: scottsdaleperformingarts.org.

FRIDAY 1/19

Breaking Ground

7:30 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy., Tempe. Breaking Ground 2018 comprises 25 choreographers and digital artists for a combination of dance and art. There will be Tiny Dances as well as main stage performances, as well as some of the most popular contemporary dance instructors on the scene. Tickets are $18-$28. For more: conderdance.com.

SATURDAY 1/20

Seven Things I've Learned: An Evening with Ira Glass

8 p.m. at the Orpheum Theatre, 203 W. Adams St., Phoenix. The creator, producer and host of "This American Life" will grace the Orpheum Theatre. Ira Glass will share lessons from his life and career using audio clips, music and video. Come learn all about the creative process of one of America's best loved programs from the storyteller himself. Tickets are $29-$69. For more: scottsdaleperformingarts.org.

Dogs' Day in the Garden

8 a.m. – 2 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. It's a dog day afternoon at the Desert Botanical Garden. Bring the whole family (dogs included) for a walk on the trails. Meet new friends, pose for photos, learn about nonprofits, shop and enjoy samples for you and your pups. Tickets are $22 for humans and $4 for four legs. For more: dbg.org.

Phoenix Writer's Club

Noon -2 p.m. at Bluewater Grill, 1720 E. Camelback Road, Phoenix. Come out and enjoy lunch and a guest speaker at the Phoenix Writer's Club. This month's speaker is Laura Orsini, who will be talking about marketing your book; tips and tricks on how to get your book published and spread the word about it. Lunch is included with the presentation. Tickets are $25. For more: phoenixwritersclub.com.

Doggie St. Festival

10 a.m. – 4 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. Once you're finished walking the trails, head over to Steele Indian School Park for the 3rd annual adopt-a-thon! Learn about the newest pet foods, services, fashion, health, travel and vet care. There will also be live music, food and auctions with prizes. This event is free. For more: doggiestreetfestival.org.

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Thank you to all of the sponsors and players that came out to support the 6th Annual Hopi Golf Tournament and OHSO After Party. Special thanks to Nate Nathan and the MacDaddy-O's for the live music and support.

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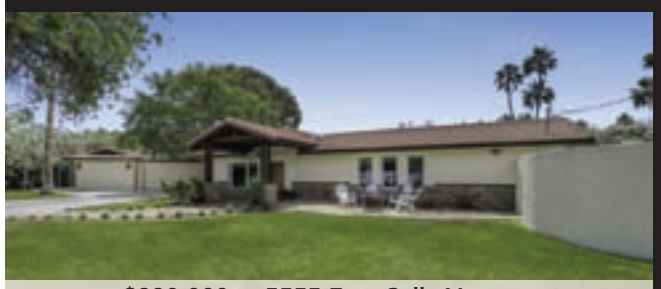
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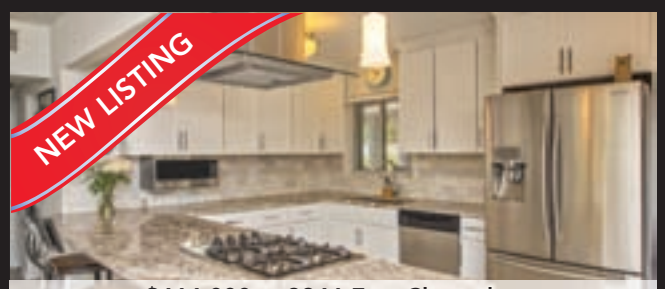
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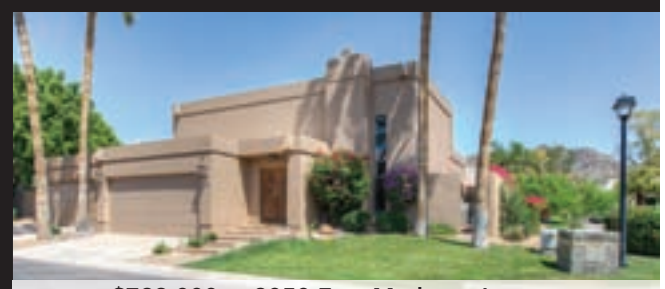
OUR FEATURED LISTINGS UNDER $1,000,000



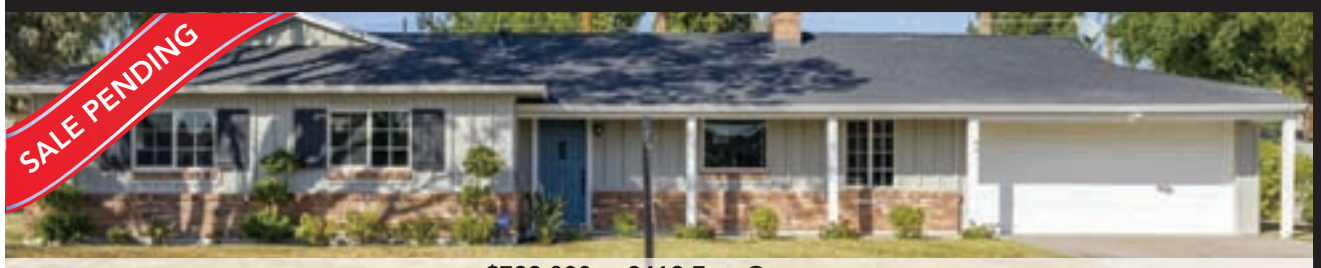
$980,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet



$464,000 3346 East Clarendon
3 bedrooms, 3 baths, 1,941 square feet



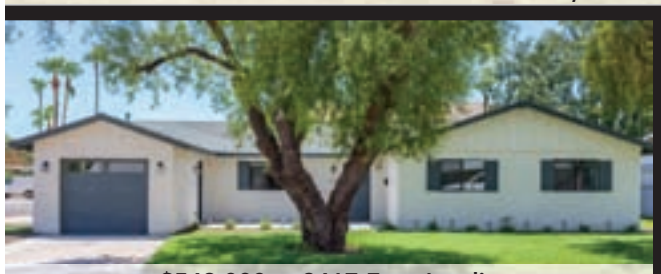
$799,000 3050 East Marlette Avenue
4 bedrooms, 4 baths, 3,270 square feet



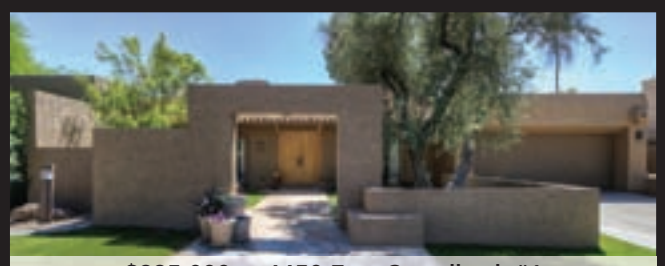
$739,000 3412 East Oregon
4 bedrooms, 4 baths, 2,919 square feet



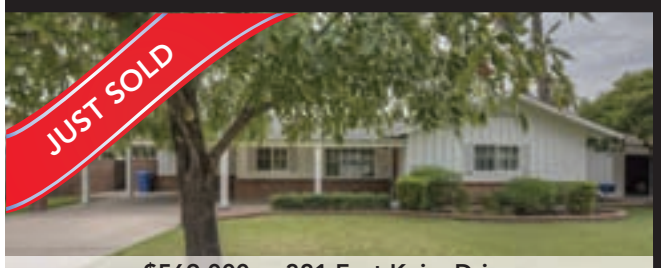
$929,000 4808 North 24th Street #1321
3 bedrooms, 3 baths, 2,393 square feet



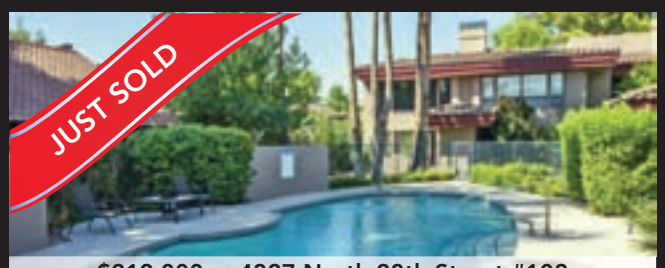
$549,000 3417 East Amelia
4 bedrooms, 4 baths, 2,175 square feet



$995,000 4450 East Camelback #1
3 bedrooms, 5 baths, 4,000 square feet



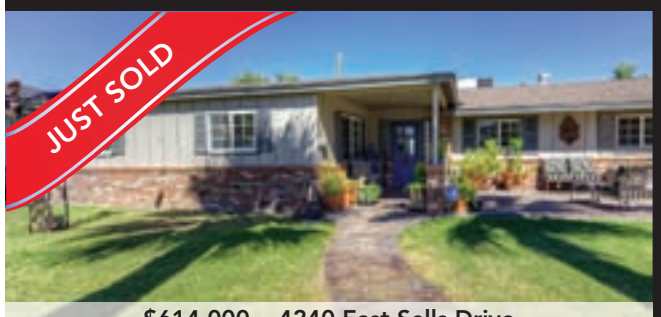
$569,000 321 East Keim Drive
4 bedrooms, 3 baths, 2,344 square feet



$212,000 4327 North 28th Street,#102
2 bedrooms, 2 baths, 1,088 square feet



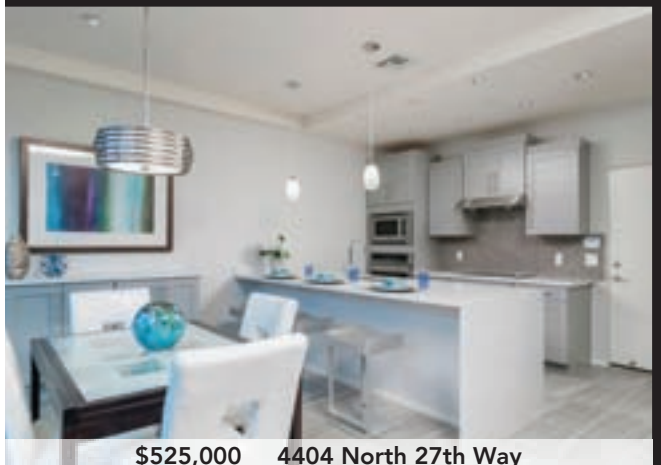
$369,000 4930 North 42nd Way
3 bedrooms, 2 baths, 1,628 square feet



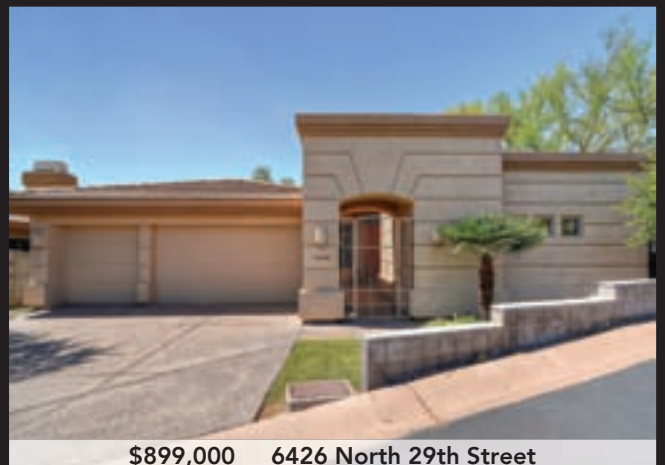
$614,000 4240 East Sells Drive
4 bedrooms, 3 baths, 2,111 square feet



$315,000 6417 North 77th Way
3 bedrooms, 2 baths, 1,263 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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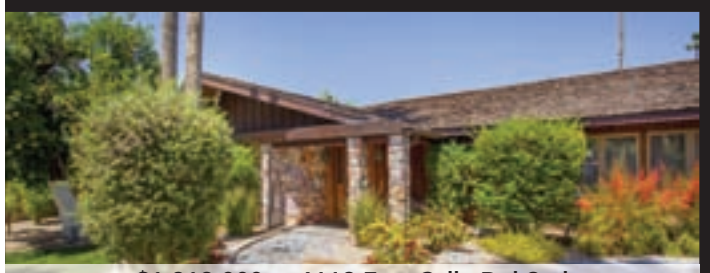


Robert Joffe

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Arcadia's Premier Real Estate Group

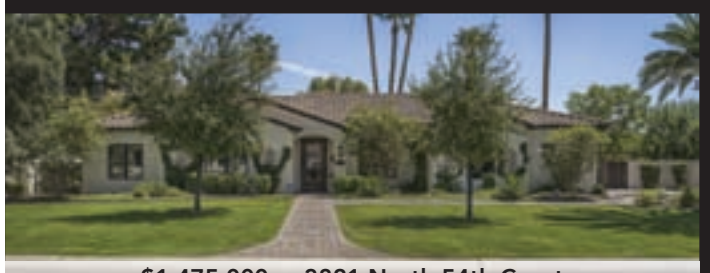
OUR FEATURED LISTINGS $1,000,000 – $3,000,000



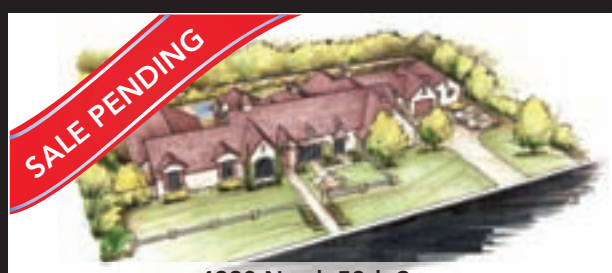
$1,319,000 6112 East Calle Del Sud
4 bedrooms, 5 baths, 4,256 square feet



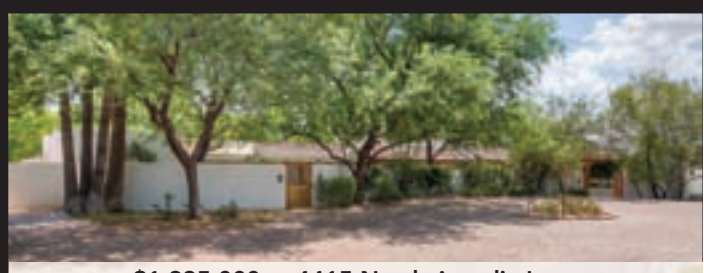
3836 North 60th Place
CALL FOR PRICING & INFORMATION.



$1,475,000 3821 North 54th Court
5 bedrooms, 5 baths, 4,766 square feet



4220 North 58th Street
CALL FOR PRICING & INFORMATION.



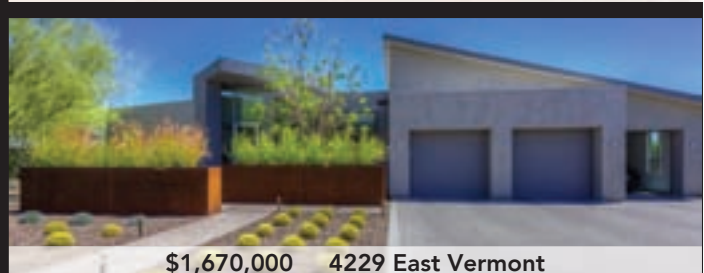
$1,995,000 4415 North Arcadia Lane
LOT ONLY – CALL FOR INFORMATION.



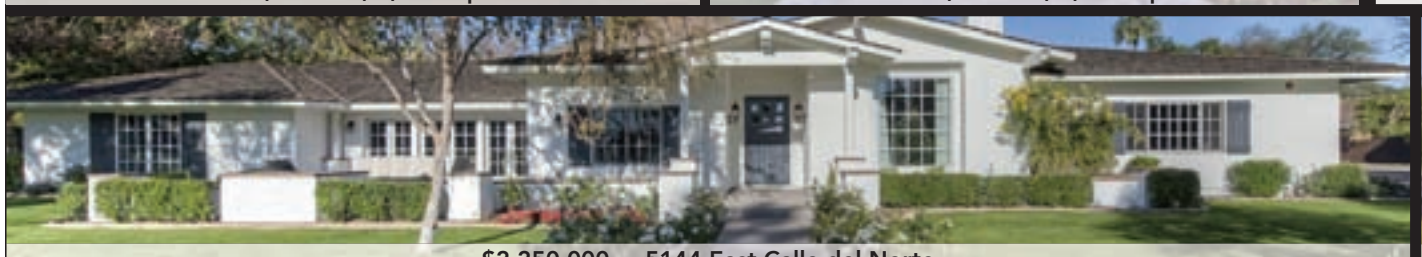
$1,899,000 6064 East Jenan Drive
5 bedrooms, 6 baths, 6,008 square feet



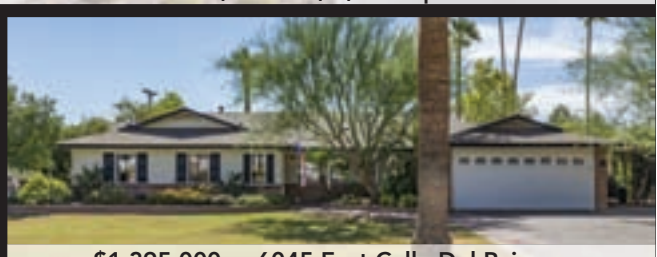
$1,795,000 5510 North 23rd Place
5 bedrooms, 6 baths, 5,726 square feet



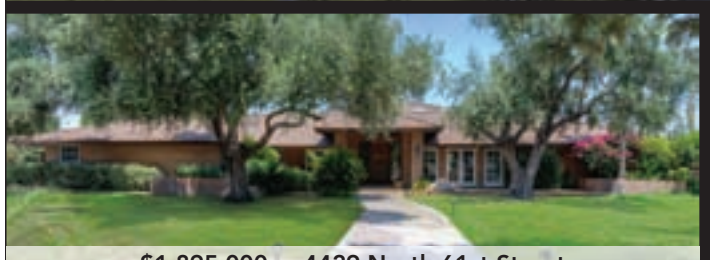
$1,670,000 4229 East Vermont
4 bedrooms, 4 baths, 3,600 square feet



$2,250,000 5144 East Calle del Norte
5 bedrooms, 4 baths, 5,156 square feet



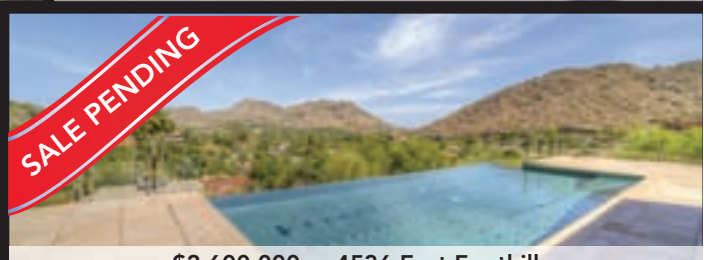
$1,395,000 6045 East Calle Del Paisano
5 bedrooms, 4 baths, 4,089 square feet



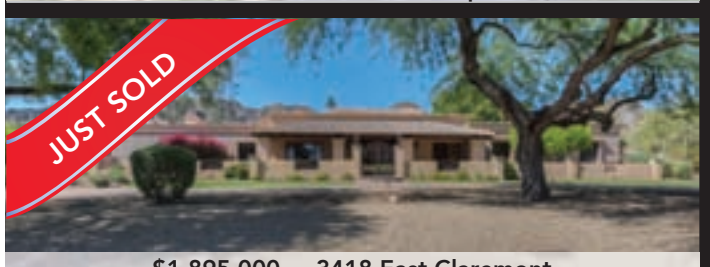
$1,895,000 4429 North 61st Street
4 bedrooms, 4 baths, 4,562 square feet



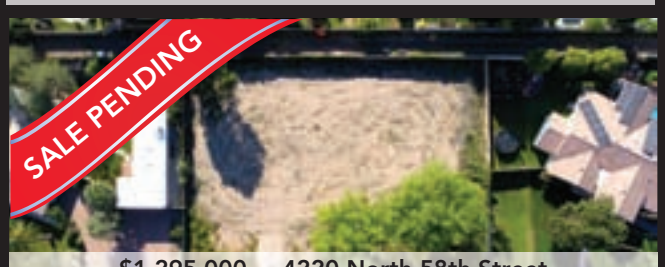
4218 North 57th Way
CALL FOR PRICING & INFORMATION.



$2,600,000 4536 East Foothill
4 bedrooms, 6 baths, 7,957 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.

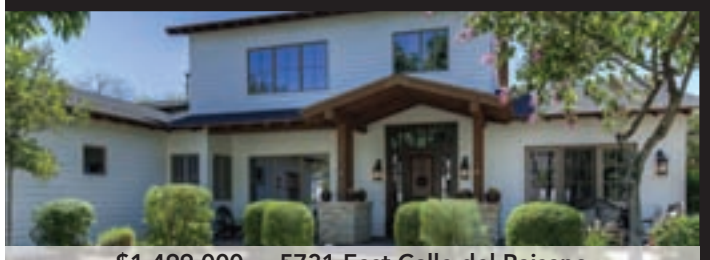
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$1,499,000 5731 East Calle del Paisano
4 bedrooms, 5 baths, 4,013 square feet



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

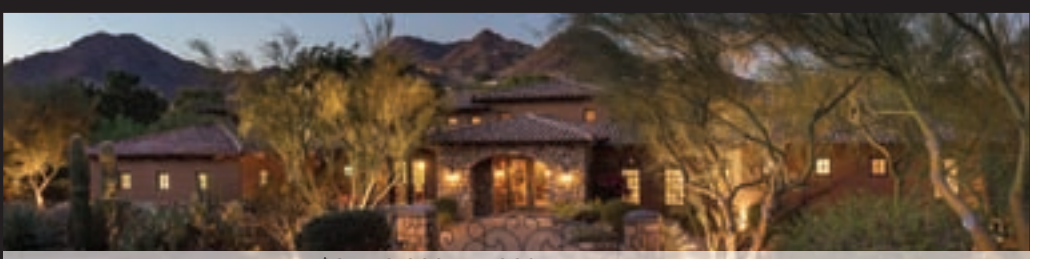
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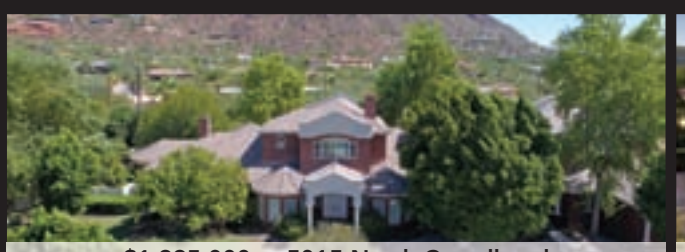
4455 East Calle Del Norte
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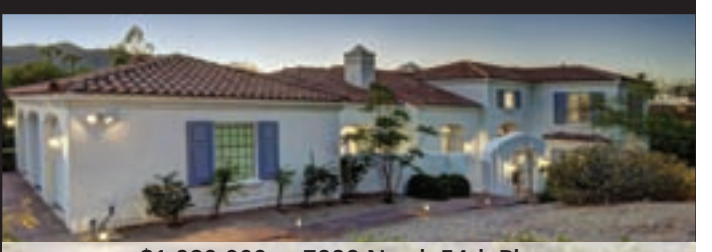
$2,549,000 4320 East Rose Lane
7 bedrooms, 8 baths, 7,685 square feet



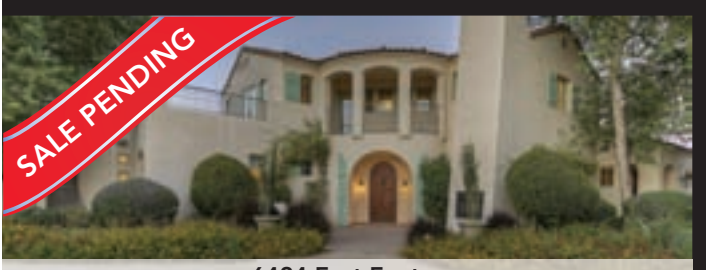
$2,095,000 4635 East Exeter
4 bedrooms, 5 baths, 3,862 square feet



$1,995,000 5015 North Camelhead
5 bedrooms, 7 baths, 6,884 square feet



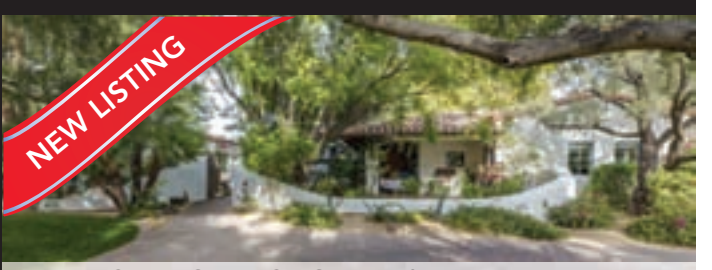
$1,890,000 7838 North 54th Place
4 bedrooms, 5 baths, 4,697 square feet



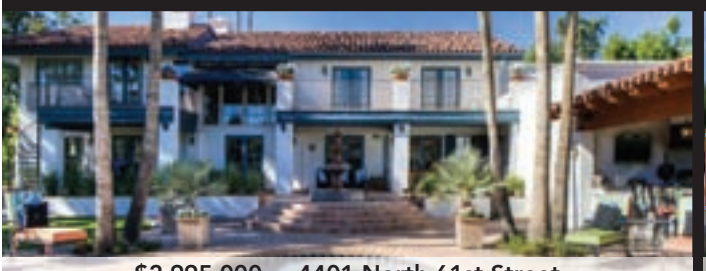
6424 East Exeter
CALL FOR PRICING & INFORMATION.



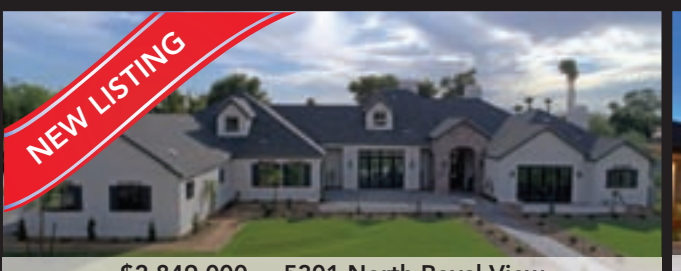
CALL FOR PRICING 5414 East Lafayette
5 bedrooms, 6 baths, 5,150 square feet



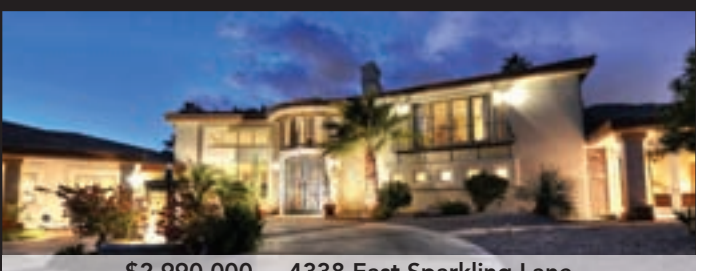
CALL FOR PRICING 6740 East Taza Way
5 bedrooms, 5 baths, 3,400 square feet



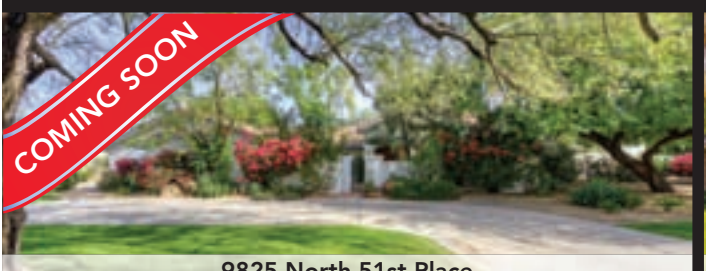
$2,995,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



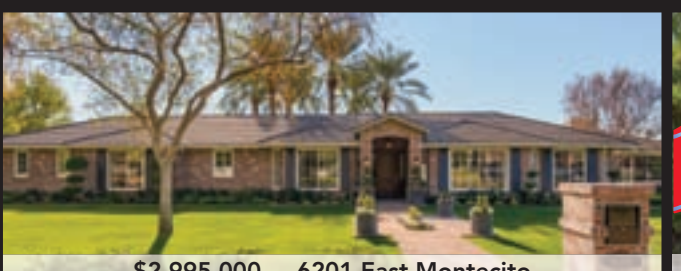
$2,849,000 5301 North Royal View
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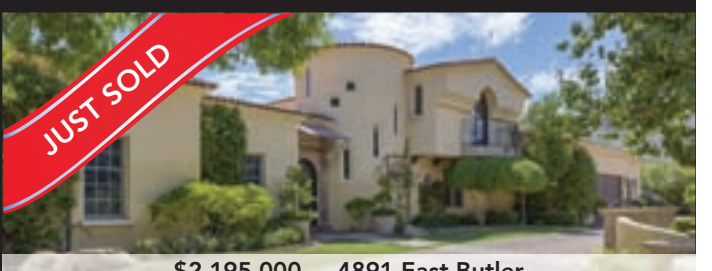
$2,990,000 4338 East Sparkling Lane
4 bedrooms, 7 baths, 7,959 square feet



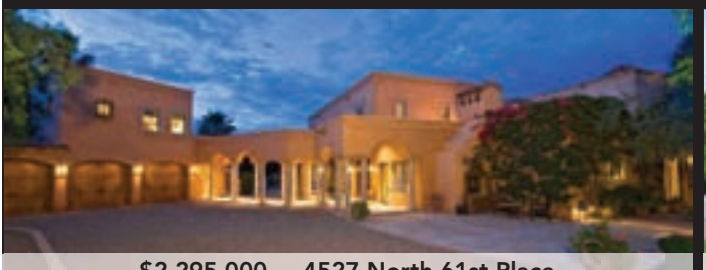
9825 North 51st Place
CALL FOR PRICING & INFORMATION.



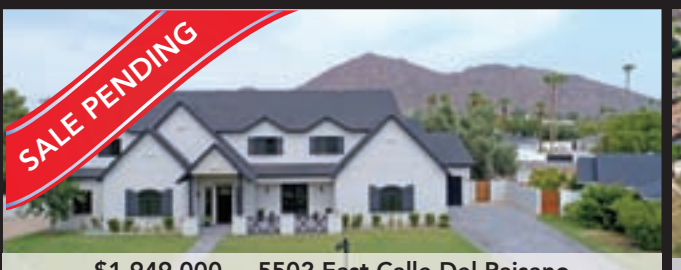
$2,995,000 6201 East Montecito
6 bedrooms, 7 baths, 7,275 square feet



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



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



$1,949,000 5502 East Calle Del Paisano
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$1,575,000 6235 East Montecito
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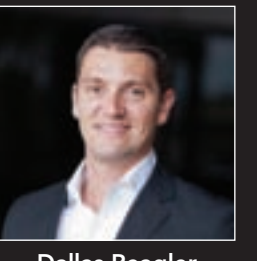
Karen Lafferty



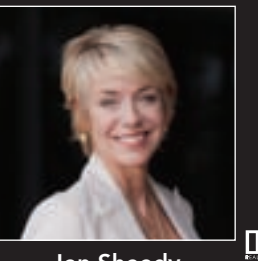
Meredith Lane



Andrew Mehlman



Dallas Peagler



Jen Sheedy

WHAT'S HAPPENING, *ARCADIA?*

SUNDAY 1/21

Fine Art and Wine Festival

10 a.m. – 5 p.m. in downtown Carefree. Take the day, relax and stroll through more than 155 juried fine arts displays in downtown Carefree. Artists from the U.S. and abroad will be on site showcasing their painting, sculptures and photography while you sip domestic and imported wines. For $10 patrons will receive a commemorative wine glass, tastings, as well as live musical entertainment. Tickets are $3. For more: thunderbirdartists.com.

TUESDAY 1/23

Keyboard Conversations

7:30 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St., Scottsdale. It's like a concert and a talk show rolled into one. Acclaimed pianist Jeffrey Siegel returns to the Scottsdale Performing Arts Center for the 39th season. His concerts combine famous melodies from the likes of Chopin and Beethoven with remarks and a fast-paced question and answer session. Tickets are $29-$49. For more: scottsdaleperformingarts.org.



Blind Wine Tasting *at Valley Bar in Phoenix.*

THURSDAY 1/25

Art in Motion: A Video Experience Art Walk

6:30 – 9:30 p.m. at the Scottsdale Arts District on Scottsdale Road, Scottsdale. Get ready for a new way to experience art! Multiple artists will display their images and shows on the exterior walls of buildings, vacant storefronts and in galleries; there will be street musicians and entertainers performing along the walk, capturing a new and different age of visual mediums. This is a free event. For more: scottsdalegalleries.com.

SATURDAY 1/27 – SUNDAY 1/28

Arizona Balloon Classic

7 a.m. – 8 p.m. and 10 a.m. on Sunday at the Goodyear Ballpark, 1933 S. Ballpark Way, Goodyear. It's the 7th annual Arizona Balloon Classic! Up to 30 hot air balloons will be on site floating into the Arizona sky. Participants can also enjoy air balloon rides, a family fun zone, a free breakfast (Saturday only), live entertainment and a vendor village. Tickets are $15 for one-day entry. For more: abcfest.com.

SUNDAY 1/28

Sur La Table Cooking Class

1 – 3:30 p.m. at Sur La Table, 7122 E. Greenway Pkwy., Scottsdale. It's time to focus on the best part of dinner: dessert! This class will teach participants about three desserts every cook should know. You'll learn how to cook Dark Chocolate and Cherry Truffles, Fruit Tartlets and Pavlova with Winter Fruit, plus tips and tricks to keep the family wanting more. This class is $69 per person. For more: surlatable.com.

WEDNESDAY 1/31

Blind Wine Tasting

6 – 9 p.m. at Valley Bar, 130 N. Central Ave., Phoenix. Think you know your vinos? Test it out and see with a blind taste testing. Staff will be on site pouring wines and discussing each; by the end you'll know the difference between the best of the best. Plus, you'll be able to buy a bottle if you find one you really like. Attendance is $10 per person. For more: valleybarphx.com.

Have an event to announce?
Send it to editor@arcadianews.com





OUT OF THE AREA, *BUT WORTH THE DRIVE*

WEDNESDAY 1/10

Savor Yuma

5:30 – 8:30 p.m. starting at City Hall, 180 W. 1st St., Yuma. Experience the deliciousness Yuma has to offer. Leave the cooking up to the many different restaurants and eateries in the Yuma area – plus, you won't have to drive to each one. Guests will sample treats and bites from various places, from taco trucks to restaurants with special surprises mixed in. Tickets are $55 per person. For more: visityuma.com.

FRIDAY 1/12- SUNDAY 1/14

Buses by the Bridge Car Show

7 a.m. at the Lake Havasu State Park, 699 London Bridge Road, Lake Havasu City. We're going back in time at the Buses by the Bridge Car Show! Spectators are invited to come out and see vintage Volkswagens and partake in all the activities along with it. There will be live entertainment, a kid's zone, bounce houses, a corn-hole tournament, air balloon rides and a chili cook off. Take the weekend and camp out! Tickets are $2 per person. For more: golakehavasu.com.



Buses by the Bridge Car Show *at Lake Havasu State park.*

FRIDAY 1/12

Good Rockin' Live

7 p.m. at the Prescott Elks Theatre, 117 E. Gurley St., Prescott. Lonely St. Productions presents Good Rockin' Live, a Salute to Sun Records. Get ready to dance all night as this concert transports you back to 1952 in a place where Elvis Presley, Johnny Cash and B.B. King all got their start! Hear all the classics and leave the show with a good feeling all the way to your toes. Tickets are $22-$25. For more: prescottelkstheatre.com.

SAT. 1/13 – SUN. 1/14

Superstition Mountain Heritage Days

9 a.m. – 4 p.m. at the Superstition Mountain Museum, 4087 N. Apache Trail, Apache Junction. It's the 9th annual Superstition Mountain Heritage Days and Apacheland Reunion! Attendees can watch the Yellow Bird Indian Dancer performances and learn about Western days from entertainers telling stories and adventures. There will also be live music and food for purchase. Admission is $5. For more: superstitionmountainmuseum.org.

FRI. 1/19 – SUN. 1/21

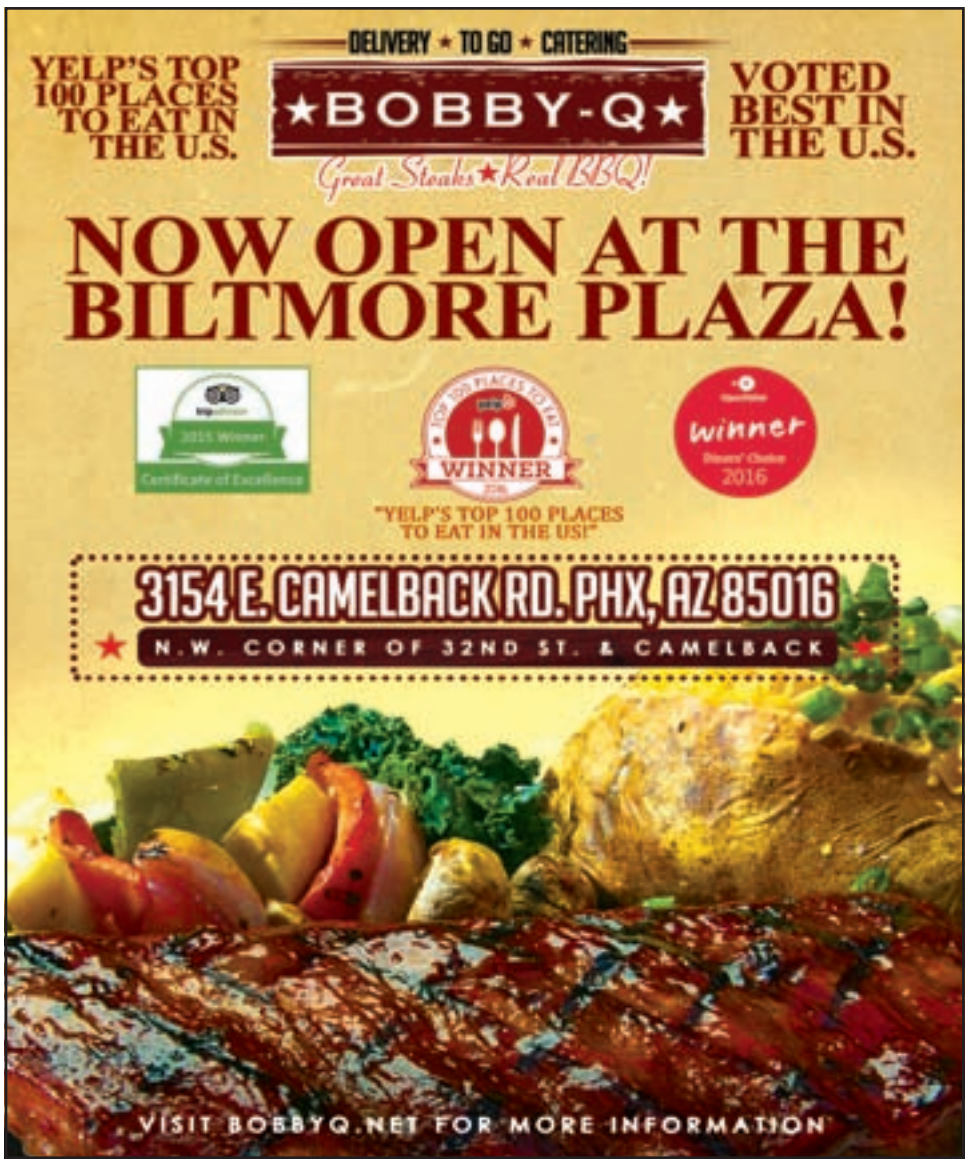
Balloon Festival and Fair

6 a.m. – 9 p.m. at the Lake Havasu State Park, 699 London Bridge Road, Lake Havasu City. This is one balloon event you won't want to miss. There will be a mass balloon rising event and nightly balloon "glow," sky divers, classic car show, carnival rides, dog shows, kids zone, music, food and drinks. Tickets are $15 for a three-day pass. For more: golakehavasu.com.

FRI. 1/19 – SAT. 1/20

Dillinger Days

Times vary, at Hotel Congress, 311 E. Congress St., Tucson. Travel back to the 1930s and start your night with a classic speakeasy event on Friday! Dinner, dancing, whiskey tasting, live music, all in honor of one of the most notorious mobsters! Then on Saturday, enjoy a reenactment of Dillinger's capture, a vintage car show, arts and crafts, and historical tours! Tickets are $35 for the speakeasy. For more: hotelcongress.com.



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OUT OF THE AREA, *BUT WORTH THE DRIVE*

SAT. 1/20 – SUN. 1/21

Street Fair and Car Show

10 a.m. – 5 p.m. and 4 p.m. on Sunday on Main Street in Casa Grande. More than 200 exhibitors will be on site selling their art, pottery, jewelry, clothing, and more. Plus, there will be a classic car show with unique, vintage and custom-built cars for all the car lovers out there. Food and drinks will be available plus live music and entertainment. This event is free. For more: cgmainstreet.org.

Sedona VegFest

8 a.m. – 5 p.m. at the Sedona Performing Arts Center, 995 Upper Red Rock Loop Road, Sedona. Educate and celebrate the plant-based lifestyle! Healthy World Sedona presents VegFest, a two-event focusing on the education of plant-based diets. There will be cooking demos, presentations, featured speakers and an art show and exhibitors. The theme is "Peaceful plates, peaceful world." Tickets are $15 per day or $25 for both days. For more: healthyworldsedona.com.



***BrewHaHa** at the High Country Conference Center in Flagstaff.*

SATURDAY, JANUARY 20

BrewHaHa

2 – 6 p.m. at the High Country Conference Center, 201 W. Butler Ave, Flagstaff. If the word BrewHaHa doesn't get your taste buds going, then this is not your event! Flagstaff's 8th annual beer festival is back with more than 50 local, regional and western breweries and more than 100 different beers to try! There will also be live jazz, appetizers and a wine tasting. Food and drinks galore. Proceeds will benefit Habitat for Humanity. Tickets are $40-$45. For more: flagstaffbrewhaha.com.

THURSDAY, JANUARY 25

Gem and Jewelry Show

10 a.m. – 6 p.m. at the Tucson Expo Center, 3750 E. Irvington Road, Tucson. This is the premiere event for people interested in jewelry and gems – designers, decorators and hobbyists alike! The Tucson Gem Show has the largest selection of jewelry designers, miners, wholesalers and liquidators from all around the globe. Browse for the special piece or check out something brand new, and meet other people who share your passion. This event is free. For more: jogsshow.com.

FRIDAY, JANUARY 26

Diamond Rocks

7 p.m. at the Prescott Elks Theatre, 117 E. Gurley St., Prescott. If the name hasn't given it away, then you aren't a true fan! Diamond Rocks celebrates one of the most well-known artists of our time – Neil Diamond. Presented by TAD Management, Barrie Cunningham will dazzle audiences with his tribute to the Diamond Man by singing the classic songs we know and love, and he won't mind if you sing along! Tickets are $22-$25. For more: prescottelkstheatre.com.

SATURDAY, JANUARY 27

Winterfest

10 a.m. – 2 p.m. at the Black Canyon Heritage Park, 33955 S. Black Canyon Hwy., Black Canyon City. Head out to Black Canyon City and discover cultural, historical and environmental experiences at the 2nd annual Winterfest. Exhibitors from various places such as the Heritage Park Zoo, Audubon Arizona, the Sierra Club and more will be on site educating attendees about the environment around us. There will also be arts and crafts, food, and refreshments. This event is free. For more: blackcanyonheritagepark.org.

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Registration forms received in February have priority placement in our Fall 2018 Classes. Those received after February may go into a "Wait List" status.

Thank you for your interest and we look forward to meeting your family!

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HAPPY NEW YEAR!

I'd like to thank all of the wonderful clients I've had the privilege of working with in 2017. It was an extremely busy year in real estate and I was fortunate enough to sell 40 homes in and around the Arcadia neighborhood. And 2018 shows no sign of slowing down.

I know you have many options when choosing a Realtor. I pride myself on connecting great people with great places and treat the sale or purchase of your home as if I'm doing it for my own family.

That's why I work alone. Just me working my hardest for you. So if this is the year you plan to make your move I'd love the opportunity to be of help. And I hope that 2018 is everything you want it to be. - *Kelly*



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Options for senior drivers that assist with safety, well-being

By Michelle Donati-Grayman

From pedal extensions to seat cushions, older drivers have a number of options available to make their vehicles safer and enable them to stay behind the wheel longer.

Unfortunately, nearly 90 percent of senior driver in a recent AAA Foundation for Traffic Safety study report not making these adaptions to their vehicles.

AAA urges drivers older than 65 – who are 17 times more likely than younger ones to be injured or killed when involved in a crash – to consider these options.

"Crash prevention is critical for this population, and this research suggests that most are not taking advantage of simple and inexpensive devices," said Dr. David Yang, AAA Foundation for Traffic Safety executive director.

The report is the first phase in the AAA Foundation's groundbreaking Longitudinal Research on Aging Drivers (LongROAD) project gathering data on drivers 65 and older.

Vehicle adaptions can benefit seniors' mental health by extending the time they are able to remain licensed drivers. Previous AAA Foundation research shows that older people who have stopped driving are almost twice as likely to suffer from depression and nearly five times more likely to enter a long-term care facility than those who remain behind the wheel.

Conditions impacting a driver's muscles or bones are of particular concern. In the LongROAD study, more than 70 percent of senior drivers had experienced health conditions impacting muscles and bones such as arthritis, hip/knee replacement, and joint pain conditions. The installation of products such as steering wheel covers can help lessen the impact of arthritis. Larger mirrors and assistive devices on seats, meanwhile, can help reduce the impact of limited neck mobility.

In collaboration with the American Society on Aging, AARP and the American Occupational Therapy Association, AAA developed CarFit, which trains professionals to conduct a comprehensive, 12-point check of a senior's vehicle and make recommendations for needed adjustments. You can sign up for an event online at www.car-fit.org.

AAA also offers the Smart Features for Older Drivers tool, which can help aging drivers identify inexpensive devices and vehicle features to optimize comfort and safety. This tool and other helpful resources for seniors and their families can be found at seniordriving.aaa.com.



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Hoarding can be deadly

By Jeff Pearson, Tom Helms and Jonell Sloekers



ASK THE APPRAISERS

My mother loved my father very much. They wed in the mid-1960s and aside from work, I don't think they were ever apart. November 12, 1988 was a day that changed my mother forever. In addition to being the day that my father passed away, it also marked the start of the disease that would take my mother 25 years later.

That disease – hoarding – affects more than 250,000 of our fellow Arizonans.

Following my father's passing, we downsized from our two-story, four-bedroom, 1888 wood-framed home to a newly remodeled apartment over the flower shop my father had purchased eight years prior. It was smaller but newer, and a new experience with just my mother and I.

The new place felt crowded initially. Although time typically makes a place feel more familiar and comfortable, as years passed and rooms began to slowly disappear, the crowded feeling morphed into something much, much worse.

Mother started by hoarding simple items including newspapers, "Woman's World" magazines, and anything printed or literature-related that should have been disposed of after being read. Before we knew it, three years had passed, and I felt as if I worked in a printing factory. We had no coffee table, no table on which to dine, nor did we have access to mother's closet. If just one magazine was moved, the mountain of paper it was supporting would instantly become a cascade of literary chaos.

After about four years of living in the apartment, I realized we did not have a washer and dryer anymore. Well, we physically possessed the machines, but the clothing mom wanted to keep and sort got to be so much I almost forgot there was a selection of headlines and gossip columns underneath the array of pastel and holiday sweatshirts and never-before used denim jeans.

Thanksgiving feasts became a thing of the past as the stove shrunk from four burners and an oven, to three burners, to two burners and eventually no cooking and baking capabilities whatsoever due to the pile of random rubbish piled high in the middle of the kitchen. I did not want to attempt any kind of holiday feast, which was a shame. My mother was a wonderful cook.

Mother passed away in 2013 from respiratory problems due to black mold, mildew and "giving up". She was 69. The house was the monster. It was a week before a holiday and the last words I remember saying to her was "I love you" in a phone conversation. "I love you too" was the last of her voice.

For some, especially with the New Year, it is a chore to purge and get organized; however, for others it becomes impossible. Pieces of the past accumulate year after year, and some do not know how to, or want to, get rid the mountains of stuff. It becomes overwhelming.

When possessions accumulate to the point that they impede the regular function of areas of one's house, it is a "hoarding" situation. I encountered it first-hand growing up, and still do with family members who have the same disease and, occasionally, as an appraiser.

Helping loved ones who may be hoarding begins with understanding how the disease, which affects more than 22 million people nationwide, is defined. It is categorized in five levels:

Level 1: Clutter is not excessive; all doors and stairways are accessible with one room/garage that is no longer usable for its original purpose.

Level 2: Excessive clutter, two rooms unusable, light mildew in kitchen and bathrooms, limited evidence of housekeeping.

Level 3: Extensive clutter, three rooms including one-bathroom unusable, unsanitary kitchen, strong odors; visible clutter outdoors.

Level 4: Hazardous clutter with bug and rodent infestation; most of the house is unusable; dangerous electrical, sanitary and living conditions; noticeable outside neglect.

Level 5: Severe clutter with dangerous levels of rodent and bug waste; house is uninhabitable with no utilities; this level makes the news due to animal hoarding.

Which level was my mother? Believe it or not, in two years (1989-1991) she went from Level 1 to Level 3. Any attempt to help, clean or organize would make her angry. I tried, but I could not tame the behavior. She would say, "How can I find anything as it is already in its rightful place?" Everything had a place and purpose in her mind, and that was her organization.

After I graduated from high school, her hoarding progressed (or regressed) to Level 5 and by 2013, led to her death.

Do you recognize yourself or others in this situation? It is estimated that 2.5 percent of the world's population are hoarders. TV shows have helped cast light on this phenomenon.

As appraisers, we know we have worked in every hoarder level listed. We also have the desire, answers and resources to help. Please feel encouraged to reach out to us.

— Do you have an appraisal question or would you like more information on hoarding? Email us at editor@arcadianews.com. We look forward to hearing from you.

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AN Equine touch

Church partners with horse therapy program

By Rachael Bouley

A local church has gone above and beyond to connect those in need with a valuable form of therapy.

The Bridge United Methodist Church, nestled in the heart of Arcadia at 49th St. and Thomas Road, has completed the construction of a new facility on one acre of its property for Envision Therapeutic Horsemanship, Inc. This is a much-appreciated resource for the Phoenix non-profit organization, as it connects horses and humans in a powerful way.

What was once an overgrown, vacant field on the north edge of the church's six-acre property is now a safe place to bring horses and humans together to empower and encourage positive change in the lives of people and their families.

Named 'The Healing Post,' this facility allows people with special needs and victims of trauma or emotional, mental or physical abuse to experience the powerful, life-changing remedies of equine therapy.

It all started several years ago, when the congregation was brainstorming ideas for a new program that would give back to the community. None of the possibilities seemed to be the right fit, until an attorney for the church came for a visit and introduced the congregation to the world of equine therapy. As Russ Perry, chairman of the Board of Trustees and project/property manager, showed



her around the property, she inquired about their plans for the empty lot, which was once a busy recreation area before falling into disuse years ago. Perry and his fellow congregation members didn't have any plans — yet.

"I could see a glimmer in her eye," Perry said. She started telling him about Envision and the incredible work it does with Equine Therapy — and the rest is history.

Envision already had a facility in north Phoenix and was searching for something closer to the heart of the city, so it could bring horses to more people.

After dozens of meetings and a detailed planning process, the Bridge broke ground on construction in March. They worked fast as a team, building two 60-foot arenas, six stalls and a shed. They also installed fencing and planted 30 trees around the property.

"It's a whole different look back there, and people who knew it when it was a dirt patch can't believe we've done it so fast," Perry said.

By October, it was time for Envision to start bringing horses and clients to the Healing Post. The congregation quickly observed just how big of a difference they were making. "It's really incredible to see the bond between the horses and humans – it is a really effective, healing



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PHOTOS BY WESLEY WORDEN

ministry," Perry said.

Oftentimes, clients are nervous and hesitant before their therapy sessions, but this all changes when they begin interacting with the horses. By the time they leave, they are relaxed and smiling, chatting enthusiastically about all the things they accomplished with their horses. While many feel uncomfortable sharing their stories and pain with other people or therapists, they can let their guard down with horses, telling their secrets and taking the weight off their chest.

Grooming, riding and even just spending one-on-one time with the horses can have a major impact. One of the therapeutic techniques allows clients to finger paint their horse. They paint any word, number or symbol that represents something in their past they want to forget.

"When they finish and go wash it all off, they are washing away those things, and it's really powerful," Perry said. "It seems to be really effective in reaching the patients and having a long-term effect on their lives."

Not many other churches have a program like this, and the Bridge hopes to one day expand its facility and program to reach more at-risk and in-need groups. For the congregation, it's so rewarding to see its property being used to benefit others' wellbeing.

"We feel like it's a very good investment," Perry said. "We've already seen lives changed and people empowered through it, and that's exactly the kind of thing we were looking for."

This partnership has been an incredible gift for Envision, as it is now able to serve more groups, giving a powerful and expensive therapeutic intervention to people that otherwise wouldn't be able to afford it.

"It really helps build self-esteem, self-confidence, and leadership skills," said Lisa Pewe, Founder and Executive Director of Envision. "Horses help them understand healthy, positive ways to express emotions and rebuild trust."

Humans who have been hurt in the past can learn to open up with their horses – an incredibly eye-opening experience for everyone involved. "I love seeing how this changes the trajectory of their lives. It's amazing." Pewe said. "When a horse nuzzles them and shows that they are lovable, valuable and trustworthy, it just changes everything."

The Bridge is inviting the Arcadia community to see the facility and horses for itself at the Grand Opening celebration on Saturday, February 10 from 10 a.m. to 2 p.m. This fun, family-friendly event will offer demonstrations so guests can see firsthand how the program works. The Bridge is located at 4900 E. Thomas Road.







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Brigsby Bear

Top 10 movies for 2017

REEL *TALK*

By Eric Luse



Boiling down all the movies of 2017 to a list of 10 favorites is an agonizing task and yet a challenge I will always accept. Here's my list of the best of last year.

10. Brigsby Bear – A comically outlandish look into fandom and healing from past trauma that has its heart in the right place. SNL's Kyle Mooney portrays a grown man who discovers nearly every aspect of his life was a lie, including his favorite TV show. In a healing process, he sets out to adapt the non-existent show into a movie. Mark Hamill also shows up in a delightfully odd supporting role.

9. Gifted – Newcomer McKenna Grace and Chris Evans turn in top-notch performances as a child math prodigy and her uncle fighting for custody of her. Gifted builds on strong character development that allows for multiple perspectives to be seen and has immense heart and care without getting too sentimental.

8. Star Wars: The Last Jedi – There are a lot of risks taken here by director Rian Johnson. Not all of them pay off but it's exciting to see the galaxy far far away not afraid to burn down the old tropes and traverse into new territory.

7. Dean – First-time director Demetri Martin creates a genuine and good-natured exploration of grief and familial love. Martin is well-placed as the director and title character while Kevin Kline gives a strong performance as Dean's widower father.

6. The LEGO Batman Movie – It dances upon that perilous line of existing as an outright parody of the Batman franchise and being creatively thoughtful enough to contribute new ideas to the Batman film history.

5. Mother! – It cannot be overstated that Mother! is not for everyone. This is a raw and overwhelming execution of a director's singular vision. Javier Bardem, Jennifer Lawrence and director Darren Aronofsky deliver a disturbing allegory that is likely unique to anything else you've experienced from a movie.

4. Coco – With care and appreciation, Pixar utilizes the cultural traditions of *Dia de los* Muertos to build a story founded on the urgency and importance of honoring family ties. An emotionally potent soundtrack and staggeringly beautiful animation help this vibrant narrative earn its place among Pixar's very best efforts.

3. Baby Driver – The style and energy given to each scene warrants a second viewing simply to comprehend all the tricks director Edgar Wright pulls out of his sleeve. This solidifies Baby Driver as a cut above other summer movies and a wholly unique crime caper that functions like a musical with car chases and shootouts in place of dance numbers.

2. Lady Bird – A warm and sharp-witted chronicle of a rebellious teen girl in her senior year as she navigates a turbulent relationship with her overbearing but well-meaning mother. The movie features some of the best performances this year as it lovingly observes mother/daughter dynamics. Actress Greta Gerwig brings new insight to the coming of age story in her first time as a director.

1. Get Out – The directorial debut of comedian Jordan Peele is a clever and poignant dissection of the layers in modern racism wrapped in a premise worthy of the Twilight Zone or Black Mirror. Get Out is a bizarre and unnerving horror/thriller with a lot more than jump scares on its mind.

A few titles I desperately wanted to fit in: *Thor: Ragnarok, Wonder Woman, Logan, Blade Runner 2049, IT, The Big Sick and War for the Planet of the Apes.*

— Eric Luse was born in Boston and raised in Arizona. He has worked as a screenwriter, casting director, producer and actor in the independent film industry. He is the proud instructor of the Arcadia High School Film and TV program.



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PHOTO BY JAMES MARTIN

MARCH ON



Arcadia high marching band takes first in state

By Elaina Verhoff

To say 2017 has been a banner year for the Arcadia High School Marching Band would be a major understatement. Its success this year has been nothing short of historic.

In 2012, Arcadia had no marching band at all.

In November, the school's marching band earned First Prize State Title in the Arizona Band and Orchestra Directors Association (ABODA) State Division III Championships at ASU's Sun Devil Stadium. The achievement is made even more impressive because, while competing against top bands in the state, the Arcadia marching band earned the top prize with the highest first place score in Division III history. A week earlier, the band also claimed first place in the Arizona Marching Band Association (AZMBA) 2A State Competition at Campo Verde High School.

"It was a great feeling (to win)," said band director Jan Gardner said. "I probably held back the tears a little bit. I was ecstatic for them."

This program has come a long way from its humble beginnings not too long ago.

So how did a concert band who used to show up and play on the side of the field at district marching exhibitions just four years ago become an award-winning marching band? The answer is hard work, dedication and a creative and inspiring band director, Mr. Jan Gardner, who found a way to connect with his students and inspire them to dream big.

"Gardner is an amazing director," said Sharon Flint, Arcadia instrumental booster president, and mother of Arcadia juniors and marching band members Brady and Ryan. "His talents are endless and his dedication to the program and these kids is way beyond anything I have ever seen. Without him, there would be no show."

Gardner says it was a gradual process to transform the young musicians into a competitive marching band. He started by bringing the members to watch other marching bands perform and compete, so the students could see what they were looking to do.

"The first year was about trying to get them to look like a marching band," he explained. "We modified existing uniforms to make them like we wanted. We changed the hat, removed the gauntlet, and made it a sleeker looking uniform."

Coordinated marching came next. Gardner had to get the students to understand first that they had to move, and next, how to move. He got them to feel the beat, and to march onto the field, but they weren't quite ready to play and march at the same time.

"We were taking baby steps and doing what we could," he said

The second year, the band got into competition.

"That was the year I tried to make it a little more interesting for them," Gardner said.

The perceptive director got the kids excited to compete by choosing an Egyptian themed show and swapping out the band uniform for an Egyptian costume from Party City. Props and a Color Guard were added, and on competition day, the band missed going to the state competition by just three points, earning a score of 57 instead of the required 60.

Year three, Gardner developed a show set





"It was a great feeling (to win). I probably held back the tears a little bit. I was ecstatic for them."

— Jan Gardner, AHS band director

to music from the video game World of Warcraft. Although another score of 57 haunted the team, momentum was building. In year four, the director stepped it up and bought a more elaborate production and the kids were thrilled with the space-themed show. Arcadia came in 2nd place at the ABODA competition, setting the stage for this year.

This year's award-winning program, "Statuesque" featured a scene set in a serene European garden with six marble statues on pedestals, played by the Arcadia Color Guard. As the band plays, and the music builds with intensity, the statues come to life, play, dance, and fall in love, ultimately returning to their pedestals to the gentle sound of the vibraphone from the front ensemble.

"All along, I have been telling them you are capable of anything," said Gardner. "You have to just trust me because I know how to get you there. We need to work hard to get to the level we need to be."



Arcadia High School went from having no marching band at all in 2012, to five years later winning the state championship.

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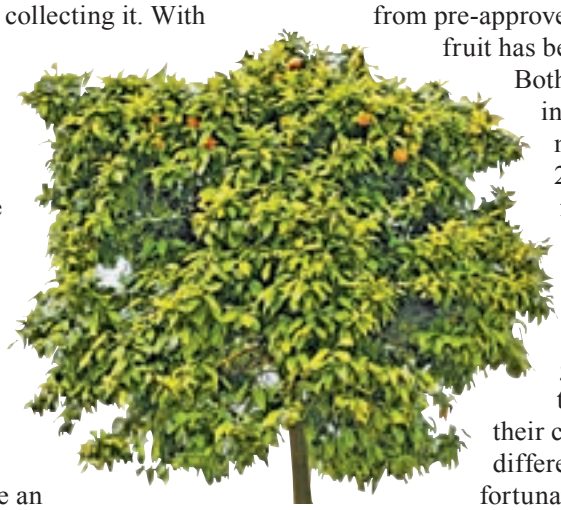
Gleaning

Collecting citrus for the community

By Rachael Bouley

The neighborhoods of Arcadia are lined with citrus trees, ripe full of delicious and healthy fruits, such as oranges, grapefruit, tangerines, lemons and limes. The start of a new year means that citrus has to go somewhere.

January through March is the prime time for gleaning, the process of removing all the abundant ripe fruits from the citrus trees and collecting it. With thousands of trees bursting full of ready-to-pick fruit, gleaning has become a tradition in Arcadia, with locals doing their part to help others and donating their extra citrus to local food banks and those in need. Every year, citrus donations from generous Arcadia residents and local organizations make it possible for low-income families to get their fill of healthy, nutritious produce.



The discovery of roof rats in 2002, a common pest that are attracted to the fruit and often make an appearance when citrus is left uncollected, spurred Arcadia's Citrus Program. Through the program's annual collections over the past two decades, over 2 million pounds of citrus has been collected and donated, making a huge difference to those in need.

St. Mary's Food Bank in Phoenix has been one of the main recipients of citrus donations in years past. United Food Bank has also picked up citrus in the past from pre-approved gleaning sites after the fruit has been gleaned by homeowners. Both places will have information coming out this month on citrus drop-offs in 2018. For more: firstfoodbank.org and unitedfoodbank.com.

Arizona, with its warm climate, boasts ideal weather conditions for growing citrus. By taking the time to glean and donate their citrus, residents can make a difference in the lives of those less fortunate.

WHAT TO DO WITH TANGERINES

Tangerine Sherbet

- Zest of 3 Tangerines
- 4 cups Tangerine Juice
- ¾ cup sugar or Corn syrup
- Pinch of salt
- ⅔ cup half and half
- 1.5 tablespoons orange flavored liqueur (cointreau, grand marnier)*

** liqueur is optional, but if leaving out, may want to use corn syrup to reduce formation of ice crystals for creamier texture.*

Heat zest, half the sugar and salt together in small saucepan over medium heat until sugar is dissolved. Add remaining tangerine juice and stir. Chill until cold about 30 minutes. Add half and half and liqueur. Freeze in ice cream maker as per manufacturer's instructions. Transfer to container and freeze for 4 hours.

— Recipe contributed by Arcadia resident Aida Hatem.

WHAT TO DO WITH LEMONS

Limoncello

- 4 ½ pounds of lemons
- 4 ¼ cups pure alcohol (1 Liter Everclear)
- 4 ½ cups water
- 4 cups sugar

Remove yellow peels from 4 ½ pounds of lemons, leaving the bitter white pith.Using sealable glass container like a mason jar, steep peels in 4 ¼ cups pure alcohol for 21 days in cool & dark place. Boil 4 ½ cups water with 4 cups sugar for 5 minutes. Let water return to room temperature. In separate bowl, strain/filter alcohol from peels. Combine alcohol with sugar water. Discard peels. Put concoction into sealable glass container and let sit for 30 days in cool & dark place. Bottle the Limoncello.

— Recipe contributed by Arcadia resident Jimmy Fox.



FUN CITRUS FACTS



- Did you know Arizona is one of only four states in the U.S. that provides citrus for consumption? The other three are California, Texas and Florida.
- One whole lemon contains a full day's supply of vitamin C. (However, about 33% of it is in the peel.)
- Citric acid in lemons is said to help dissolve kidney stones and maintain liver health.
- A single lemon tree can produce between 500 and 600 pounds of fruit in a year.
- Oranges originated in southern China and northeastern India, but the Spanish introduced them to Arizona. Missionaries began to cultivate oranges in what is today southern Arizona in the early 1700s.
- Most Arizona oranges bloom October through December.
- After chocolate and vanilla, orange is the world's favorite flavor.
- A grapefruit is a hybrid of a sweet orange and a pomelo, a mild Asian citrus variety that is not commercially popular in the U.S. The pomelo is the world's largest citrus fruit.
- Grapefruit can be yellow, pink, white, or ruby in color. Arizona mostly grows the Foster variety, a seedy but juicy type with tender pink pulp.
- Grapefruit grows in clusters on the tree. These clusters resemble bunches of pale grapes on the vine. This is how the fruit got its name.
- Grapefruit can help lower cholesterol.
- The tangerine is a variety of mandarin orange.
- Japan and China have been cultivating mandarin oranges for over 3,000 years.
- Tangerines are named for Tangier, Morocco, where they were first shipped to Europe.
- Oil from the aromatic skin of the tangerine is used in several orange-flavored liqueurs.

— Source: www.arizonaexperience.org

Rattus Rattus Linnaeus, aka Roof Rat

By Greg Bruns

In early 2002, phone calls to the *Arcadia News* turned from the usual neighborhood queries to the alarming discovery of roof rats in the area. There was a little panic in the air, as the rats were definitely not welcome in Arcadia. Sightings increased over the next few months as Arcadia worried about whether these interlopers carried disease, or what they might do to property values.

Enter Maricopa County Vector Control, which held a neighborhood meeting in the Hopi Elementary School cafeteria. It was standing room only. Some neighbors expressed anger and some expressed fear, but all of us walked away from that meeting with a sad truth: we got rats.



Vector Control promised swift action and they followed through with bait stations. *Six thousand* bait stations, actually – nailed to every single telephone pole in Arcadia, and other public land areas. The return on the bait stations was less than 1%. Turns out, it's tough to get the rats to eat poison in the middle of a ripe fruit orchard.

As time went on, Arcadians learned the best way to deal with roof rats is prevention:

1. "One of the top things you can do is ensure your trees and bushes are well manicured and cut back from the roof line and foundation of your home," said Jon Anderson, who works for Green Home Pest Control in Phoenix.

Trimming trees and bushes remove travel paths that allow rats access to all parts of your property.

2. Seal the holes and cracks around your property. Paul Curtis, a manager at Terminix, says rats can also get into homes "through turbines, box vents or cables leading into homes; most people may not think to take preventative measures toward these areas."

"Steel wool- or wire mesh-reinforced sealant along any holes or cracks larger than a quarter inch can help keep rats from entering your residence," Curtis said.

Rats like to nest in attics during the winter, for the warmth, shelter and safety. Plus, there's plenty of wires and other stuff they can nibble on in between fruit snacks.

3. Clean up and remove food sources. Gleaning your trees is good, but make sure the ground is free from dropped fruit at all times. Rats also like pet food, so keep pet dishes and pet food supplies inside or in sealed containers.

If the roof rats still show up and attempt to setup a citrus snack shop, it might be time for setting your own traps or calling in rodent removal professionals.

More in-depth information is available at roofrat.net.


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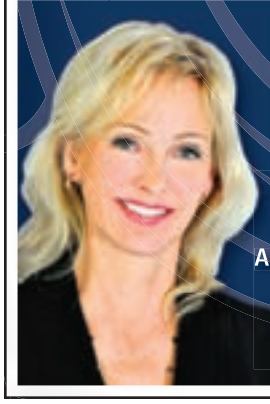

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A memorable trip full of favorite things

By Robin Sewell



As early as I can remember, I adored musicals. Those larger than life films where they would break into some big, random song and dance number whether it made sense or not. They allowed you to suspend your disbelief, so that a family with seven children, who never knew they could sing, turns out to have perfect pitch and just happens to sing and frolic their way though the town of Salzburg. Seems normal.

But regardless of that suspension of disbelief, "The Sound of Music" is one of my favorite musicals. I'm certain I've watched it at least 20 times and I must know every line of dialogue by heart. As a little girl, I imagined myself twirling on that same hill outside the Abbey, just like Maria did in the beginning of the film. It's probably no big surprise that my daughter was singing "doe a deer" before her ABCs.

One day, as we were watching the film for probably her 10th time, I said, "we should go to all the places where they filmed Sound of Music." My daughter replied, "a movie studio?" and I said, "no, Austria!" Lo and behold, I did the search and discovered that the ever-so-charming town of Salzburg, where Captain Von Trapp and his seven children resided, has become a haven for cult movie fans like me because many of the scenes were filmed on location versus a back lot or a green screen in Hollywood.

So, I convinced one of my best friends with a 12-year-old daughter that when our girls are "16 going on 17," they might reject this type of trip. Let's seize the moment and go now!

First of all, Salzburg is a picture postcard town as quaint as it is beautiful, with cobblestone Streets, colorful architecture and set against a backdrop of the most majestic mountains I have ever seen. Let's just say, it far exceeded my expectations.

The day after we arrived, we hopped aboard our big, red, Panorama Sound of Music tour bus and settled in for what turned out to be 4 to 5 hours of memory making. We laughed so hard we were brought to tears, sang loudly with no fear of being tone deaf and got all the "insider" behind the scenes scoop on the film that felt like fodder for the tabloids.

Our fearless tour guide was a man named Peter, with a movie star accent and whose knowledge, dry sense of humor and corny jokes made the tour ever so much more fun and amusing. We visited all the most famous movie sites like the Von Trapp house, the lake where the boat tipped over, the gazebo where Liesel and Rolph danced in the rain and the church where Maria and the Captain got married. Peter told us anecdotal stories about movie mishaps, as well as the story of the real Von Trapp family.

The following day, we opted for yet another tour, but this time instead of four wheels, we choose two and went on the Fraulein Maria bicycle tour. Although we saw a few of the same sites as the bus tour, this one was much more up close and personal. The bike can get you to places that the bus cannot and so we "climbed every mountain" to the gates of the Abbey, stood on the famous town steps where the Von Trapp children belted out their notes and then we clicked our heels like Julie Andrews on the path outside the Von Trapp house.

People asked me if the tours were corny and I answered with a resounding, yes, but that's what made it so much fun. The "hills were most definitely alive with the sound of music" and I couldn't ask for a more perfect mother/daughter experience.

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



Sewell, her daughter and her friend, celebrate visiting the Von Trapp family house.





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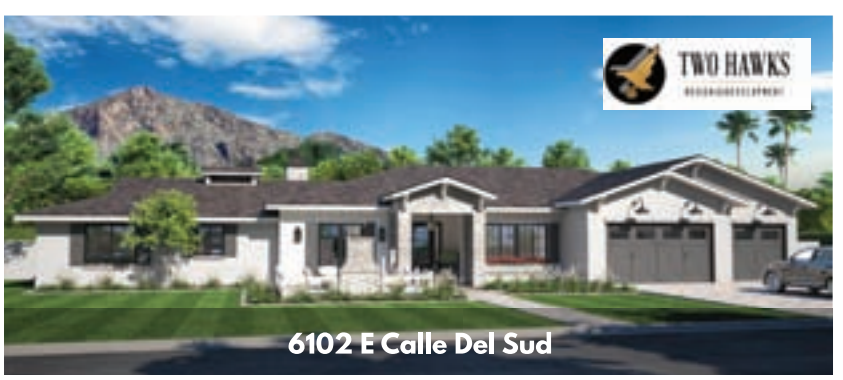
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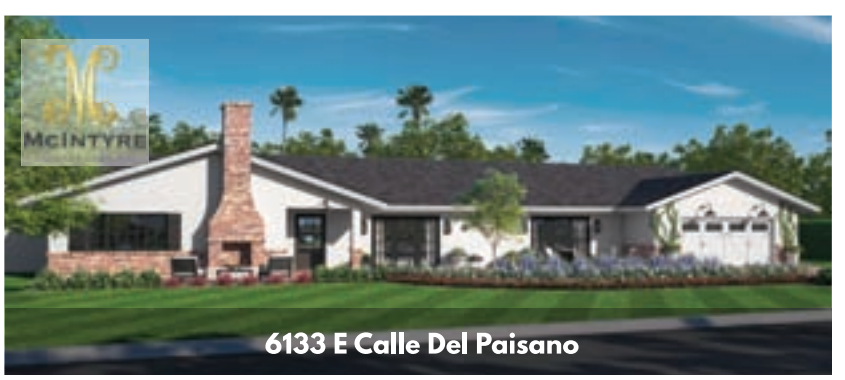
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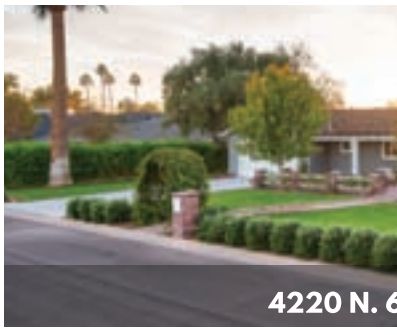
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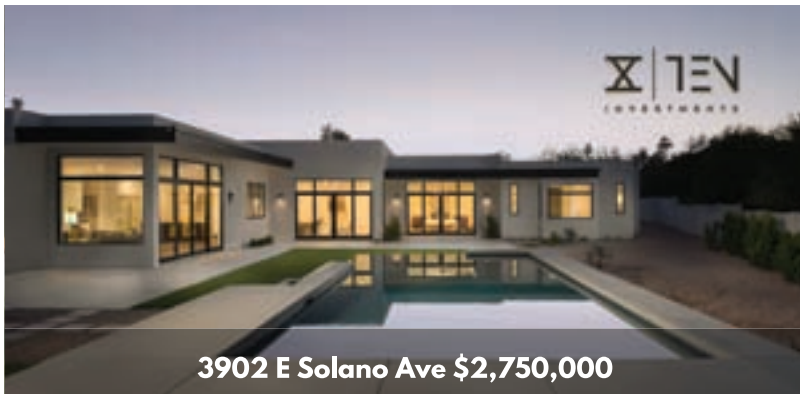
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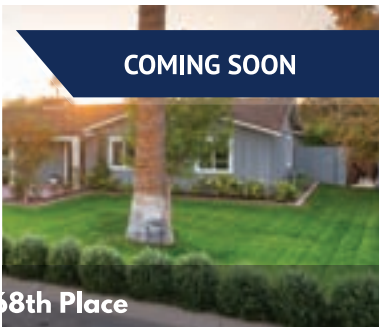
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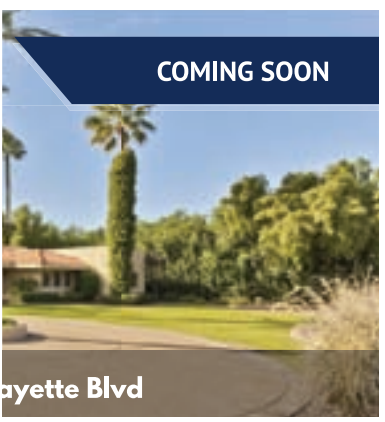
















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Refugee family welcomed to Arcadia neighborhood

By Mallory Gleich

Jill Thomas and Nola Enge have been very busy.

Thomas had just returned from her seventh trip overseas delivering baby carriers and necessities to refugees in Greece.

Enge was running the preschool program at Shepherd of the Hills Church in Arcadia.

Both women were continuing their careers in education. But late last year, they decided it was time to do more.

Thomas and Enge, along with another friend from Shepherd of the Hills, decided to join the church in sponsoring and welcoming a refugee family to the Arcadia neighborhood. Since the family's arrival, the ladies have helped them grow and blossom into their new lives.

Thomas works as the baby bed coordinator for Carry the Future, which is a nonprofit organization dedicated to caring for infants in Europe and the Middle East. Since its inception two years ago, 50,000 baby carriers and 600 baby beds have been donated to refugees.

Knowing the refugees who arrive in America need a great deal of support, Thomas decided to pair up with Enge, as well as Welcome to America and Refugee Focus, to bring another family to Phoenix.





The Mohammadi family arrived in Phoenix and moved into an apartment in Arcadia in March of 2017 and are settling into their new lives. (right) Rohullah and Abdul Mohammadi work at the Safeway on 48th St. and Indian School. Although their language barrier was a challenge, they are learning English quickly and enjoy their work at the store.

The ladies were matched up with a family from Afghanistan that included a single mom and her four children. They had been living in Pakistan for five years and had survived the tragic accident of losing their father and husband.

"The only thing we knew about this family was their ages," Thomas said. "It really put a face on the refugees I've worked with."

Zakia, Razia, Abdul, Rohullah and Zabi Mohammadi arrived in Phoenix in March of 2017. They were able to move into an apartment in Arcadia, and with the help of Enge, Thomas and Shepherd of the Hills, have settled into their new lives.

Two of the children, Rohullah and Abdul, recently started working at the Safeway on 48th St. and Indian School.

"The boys are amazing and have worked up to their potential here at Safeway. Working through their transition was not troubling at all and they are so helpful," said Manager Robin Clemens.

Rohullah and Abdul started work in September and although it's been a big change, they really like their work.

"We do bagging and cart checks. The language barrier was hard, but once we got used to it, everything is good," Abdul said.

One of the most important parts of acclimating the Mohammadis into the culture was education. Before arriving in America, Rohullah and Abdul hadn't been to school in four years.

"The boys have a really strong work ethic and really wanted to start working when they arrived," Thomas said.

With that in mind, the family entered into intense English language classes. Thomas and Enge knew it would be important for the boys to work in an environment where they would be speaking English.

Thomas and Enge also wanted the community to help get the family accustomed to their new lives. With the help of Shepherd of the Hills, the family was provided with necessities for their home, rides to work and school, as well as classes to continue their education. This is the third family that Shepherd of the Hills has sponsored in the past 20 years.

"We really want to continue to encourage others to do this. Anybody can do this and there is a great need," Enge said.

For more information about donating, sponsoring and how you can help, visit learnloveserve.org and carrythefuture.org.

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How Arcadia students can access exclusive scholarships

By Laura Stoddard

While the sheer number of scholarships available to prospective college students is a good thing, it also means a lot of competition, which can be overwhelming.

That's why Susan Metzler, of Arcadia High School's College and Career Center, helps students and parents access some exclusive scholarships that are a little more within reach.

"Arcadia High School is fortunate to have local businesses, community groups, and individuals who have scholarships that are only for Arcadia High School students," Metzler says. "I promote them in a variety of ways; students and families are sent a newsletter from me every few weeks that includes current scholarships, they are read on our daily news show, I post them on the Arcadia High School College and Career website, and I have students who express an interest in scholarships complete a Google form that I use to try to match them to incoming scholarships."

Some of the scholarships the school received last year were the Ameriprise Financial Scholarship, the Titan Teacher Scholarship and others from local families. The Arcadia News also gives out a $500-$1000 scholarship to Arcadia High School students who are interested in pursuing journalism or media degrees.

"College is so expensive," Metzler says, "and most scholarships we receive are in the $500 to $2,500 range—so while they won't allow a kid to afford their dream school, they will help pay their tuition for a semester or pay for their books."

Whether they're applying for the Arcadia High exclusive scholarships or any others, Metzler hopes students will reach out to her for guidance on the entire process.



"A few years ago," she says, "we had a student who applied for almost everything that came through the College and Career Center and won several of them. His plan was to attend a vocational program at a two-year residential college in Arizona, and his winnings paid for everything."

Obviously, it takes more than just being liked by your teachers to earn scholarships—in fact, it takes a lot of work. Unfortunately, Metzler isn't seeing nearly as many students as she'd like applying for scholarships. She attributes this to a couple things, but it really all boils down to time and effort.

Even though it gets busy at the end of the school year, and scholarships just become available in the spring, Metzler highly encourages students to start thinking about them now, because the process requires a lot of work; from researching and filling out applications, to writing essays and asking mentors for letters of recommendation.

Students of Arcadia High School are fortunate to have a valuable resource in Metzler, as well as those special scholarships available just to them.

"When talking to my colleagues at the other SUSD (Scottsdale Unified School District) high schools," she says, "they are always surprised by the scholarships the Arcadia community offers our kids, because they don't have anything like that at their schools."

BUSINESS BRIEFS

D'LITE – D'Lite has opened a new location near Arcadia. Specializing in on-the-go healthy eats, D'Lite already has multiple locations across the Valley. The newest one will be on the northeast corner of Indian School Road and 32nd St.

CAMELBACK FLOWERSHOP – There's a new location for Camelback Flowershop. The store has moved a little farther down Indian School Road, just east of 42nd place on the north side of the road.

TITLE BOXING CLUB – Title Boxing Club has opened a nearby location. The gym is located on the south side of Indian School Road, just west of 32nd St., east of the Lindstrom Family Car Wash.

NEW NECK NOW – At 3115 E. Indian School Road, Suite 2 of the Salon Boutique Arcadia, offering nitrogen gas plasma skin regeneration.

TRI-PHYSICAL THERAPY – Now opened at 3333 E. Camelback Road, Suite 230. Offers a variety of physical therapy, Pilates and massages.

EAT FIT GO HEALTHY FOODS – The spot to get healthy individually portioned meals is now open at the 44th and Indian School Road shopping center. The new address is 4325 E. Indian School Road #145.

PIECE & STORY – Piece & Story vintage goods is now opened in Old Town Scottsdale. The store is located at 7142 E. 5th Ave.

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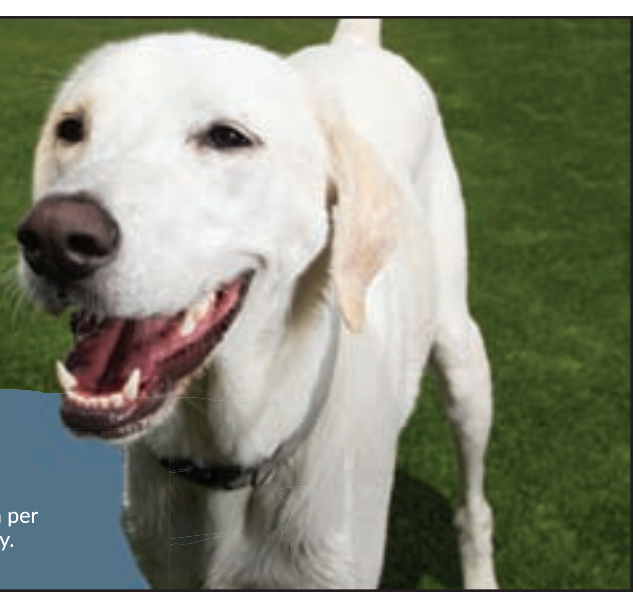
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Echo Canyon School program turns students into gardeners/chefs

By Megan Forrester

Fifth graders eating curry is not an everyday experience at most schools, but it is one of the amazing opportunities that students at Echo Canyon School have in their garden program.

This program, headed by University of Arizona master gardener Lou Rodarte helps the students not only plant seeds and a majority of edibles, but also teaches them about the importance of soil as well as the key aspects that allow a garden to thrive.

"This program gives the kids the opportunity to understand where their food comes from, taste different foods that are fresh from the garden, and to expand their knowledge and appreciation of different foods," Rodarte says.

Since the students plant mainly edibles, when those plants are ready for harvest, Rodarte's wife, Ann, welcome chefs from all across the Valley to come to the school and teach the students how to make a dish with the fruits and vegetables that they have grown in the garden.

The students have made countless dishes, including a chocolate lavender cake with Chef Vincent Guerithault from Vincent's on Camelback, as well as curry with broccoli and squash with Chef Charleen Badman from FnB in Scottsdale.

"All of these kids tasted the food [curry] and all of them liked the food," Rodarte says. "These kids have been through this program for about five years now, so they are in a position where it is not unusual for them to try new foods and to try something different. That was a really enjoyable moment to see those kids trying this food without any hesitation."

The principal of Echo Canyon School, Kat Hughes, is immensely impressed with the program and its benefits to students.

"We can use the garden as an outdoor learning space for students and allow them to connect what they are learning in the classroom to real world situations in the garden," Hughes says.





Students at Echo Canyon are taught how to plant and take care of their gardens.

As for the future, Hughes is aiming to turn the garden program into a nationally recognized school garden.

"Part of our goal right now is to maintain what we are doing in the garden, but really working with our district office curriculum department in the science area and really using our garden to supplement our science lessons and getting those down on paper so that they can be replicated elsewhere, which is one of the key tenants of a nationally recognized program," Hughes says.

Both Rodarte and Hughes have the same hopes for the students in the program: Not only do they learn to have a healthy lifestyle, but also learn the impact of this program on how they should live their lives.

"I hope it [the garden] helps them to understand patience. Things are instant in this world. So I'm hoping it helps them to really get a grasp that there are things in this world that take time and are worth the time," says Hughes. "The fruits of your labor when you take your time can be really yummy."



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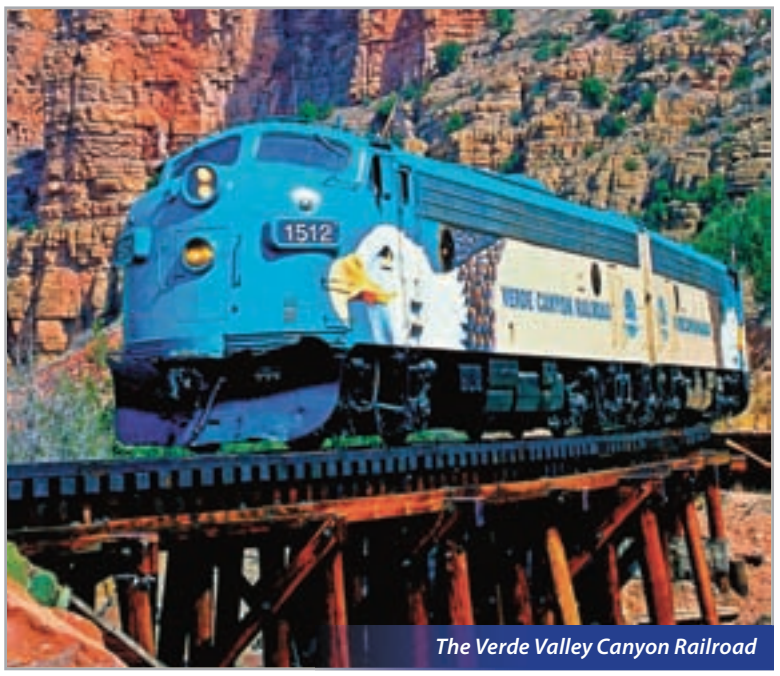
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Resolve to make Arizona memories in 2018

By Laura Cafiso

With the holidays in the rearview mirror, what lies ahead in 2018? Adventurous memories! Break out of the rut of just doing the same old, same old. Discover new ways to experience and explore our extraordinary state with those who mean the most to you. As a family, group of friends or even a couple, brainstorm new venues to check out and spend time together in novel ways.

TAKE A TRAIN RIDE

See the high country by riding **The Verde Valley Canyon Railroad**, a four-hour train ride that harkens back to simpler times. This excursion train departs from Clarkdale at 1 p.m. and travels the two-hour ride to Perkinsville, a former station. At that point, the vintage FP7 locomotive stops, disconnects from the train's front, drives parallel to the main train and reattaches to the end of the train. Then it's another two hours back to Clarkdale. Don't worry though – you're not going to be sitting for four hours!

The train's open-air cars give riders the option to leave their seats and hang out in a different train car, safely open on the sides and top. Barely out of the station, passengers are soon singing along to "Last Train to Clarksville" and "The Gambler." They also immediately hit the refreshment counter to buy beer, wine and snacks.

The majority of riders then venture outside to the open-air cars, the true appeal of this experience. Open-air cars give folks the opportunity to admire the beautiful countryside, feel the wind on their faces and make new friends. Limited cell phone service turns out to be a blessing in disguise as everyone disconnects from their electronics and interacts.

Valley resident Nikki Colletti has been catching the train in Clarkdale since 2002.

"I love how relaxing the ride is. Everyone on the train is friendly and visits with each other," Colletti said.

Coach passenger Deborah recommends packing a picnic lunch to eat at the station before boarding. Get to the station early, before the train departs at 1 p.m., to sit outside and enjoy lunch. "Then make sure to line up at 12:40 when they suggest. Coach seating is not reserved seating, so if you wait until the last minute to board, you'll get the last choice of seats."

First Class provides a buffet lunch and champagne toast, in a less crowded car. However, one repeat passenger says the extra cost may not be worth it, depending on where you like to spend your time. "We traveled by First Class last year. While the seating is more spacious, we spent the majority of our time in the open-air car, so this year we opted to buy coach seats instead," the passenger said.

Another insider tip? Bring a separate camera to take photos. Since cell service is spotty, don't plan on using your cell phone to take pictures.

Basic Coach Seating $64.95. First Class Seating $89.95. Caboose rental for party of six or less $700. verdecanyonrr.com

Prefer a shorter train ride? A mere hour east of Phoenix lies Goldfield, Arizona, "The Gateway to the Legendary Superstition Mountains." Former mining town, Goldfield Ghost Town features **The Superstition Scenic Narrow Gauge Railroad.** A vintage Plymouth diesel train transports visitors on a 20-minute jaunt around town and departs every 35 minutes. Other attractions include Goldfield's Mine Tour, Eagle Eye Shooting Gallery and Gold Panning at Prospector's Palace.

Train ride $8 Adults, $5 Children. goldfieldghosttown.com

INDOOR SKY DIVING

No jumping out of a plane just yet! Get warmed up at **Sky Venture AZ** in Eloy, about an hour south of Phoenix. Flying in the indoor skydiving wind tunnel gives newbies a chance to practice in the safety of an indoor setting. Packages for adults and children include flight training class, one-on-one with an instructor, two one-minute flights, all necessary gear and a souvenir T-shirt.

$50 Adult Package. $40 Kids (12 and under) Package. skyventureaz.com

SKY DIVING

Once you've gotten your feet wet at **Sky Venture**, graduate to the real thing at **Adventures in Skydiving** at the same Eloy location. Jump out of a perfectly good plane at 13,000 feet strapped to a world class instructor. Plan on being there for about six hours, weather permitting. Must be 18 years of age or older.Other requirements as well.

$199. adventuresinskydiving.com

ZIP LINING

Experience the thrill of flying through the Ponderosa Pines, suspended 15-80 feet off the ground, at **Flagstaff Extreme Adventure Course**. Staff outfits you with all the necessary equipment – helmet, harness and gloves – and gives you a brief lesson on how to use it to control your speed as you zip. Everyone in the family will absolutely enjoy this exhilarating outdoor adventure. Book reservations online.

Adults & Children 12 & up: $65. flagstaffextreme.com

When reflecting on their life, people are rarely heard wishing they'd bought more things. Instead, they usually wish they'd taken more chances, spent more time with loved ones, traveled to that fantasy destination. What are you waiting for? Make it happen this year!








(left) Virginia Anderson's booth "Gigi's Purses" won the booth with the most potential award. (middle) JayLeigh Lawson's booth "Best Pet Ever" won most original award. (right) Leyla Blackwell's booth "Best Body Beautiful" won the best presentation award.

Inventive imaginations rule Arcadia Kids Business Fair

By Kaylee Sumpter

From Pixie Bubbles to paper pets, a variety of unique businesses were introduced to the Arcadia community last month during the Kids Business Fair.

4 to 7-year-olds:

JayLeigh Lawson created a business called Best Pet Ever, where she draws and cuts out pets made of paper. All pets come with an accompanying paper bowl, food and leash also designed by JayLeigh.

Leyla, Cameron, and Carter Blackwell created a business called Best Body Beautiful, where inspirational messages about valuing yourself and your body are written on items.

Virginia Anderson also received an award for her business, Gigi's Purses, which sells purses that have been refashioned from baby clothes.

8 to 10-year-olds:

Gwen and Flora Carter created a business called Cookie Dough Carter, which sold edible cookie dough in both cups and cones.

Karsen Serenity Moore-Countryman and Joy Skinner received an award for their business, K. Serenity, which sells natural body products.

Ceridwen McElhinny won an award in the category for Pixie Bubbles, a business that sells "Pixie" bubble wand necklaces.

11 to 13-year-olds:

Sam Espinosa introduced his business, P.O.E.M. Sam's business provides custom poems, written by Sam, for any occasion.

Abigail Lutz, Adalyn Endicott and Faithlyn Endicott won an award for Lovely Scents. Their business sells homemade bath and beauty products such as soaps, bath bombs and lotions.

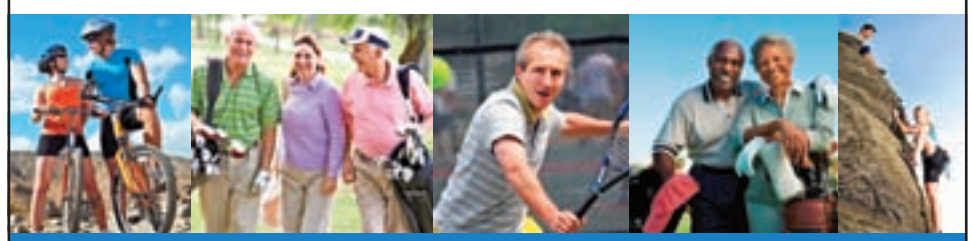
Sage Morganstern won for Sage Art. Sage Art provides custom art made from nails and string. This string art is made by wrapping colored string around nails on a board to create a specific image.

For more: childrensbusinessfair.org/phoenix/.

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PLACES *WE LIKE*

LO-LO'S CHICKEN AND WAFFLES

3133 N. Scottsdale Road,
Scottsdale, 85251
loloschickenandwaffles.com

By Nick Smith

There are several things that are immediately identified with the city of Phoenix: Heat. Mountains. Cactus. One thing that isn't usually mentioned as a local staple is soul food. But believe it or not, there is a well-known soul food hotspot that has its roots right here in the Valley!

Lo-Lo's Chicken and Waffles was the brainchild of Larry "Lo-Lo" White, an Arizona native. White grew up in the business, helping out as a kid in his grandmother's restaurant. He opened the first Lo-Lo's in 2002.

Lo-Lo's now has five different locations around the Valley, including one at Sky Harbor. The Scottsdale location sits on Scottsdale Road, just right of the fork that turns into Drinkwater, after previously being located on the southeast corner of Scottsdale and Thomas Road.

If you were familiar with the old location, one visit to the new spot tells the entire story. There seems to be roughly four times more space, with three different sections of tables surrounding a bar to the back of the restaurant. Lo-Lo's food isn't exactly a secret, and odds are that you may have to wait for a table before digging into the food.

Although the food is the star of the show, it would be a real waste to visit Lo-Lo's and not partake in some of their famous "Drank". Served in mason jars, these cocktails are the definition of dangerously smooth, as it would be very easy to down several of these without even really thinking about it. The most famous selection is probably Lo-Lo's Punch, which has red berry vodka mixed with red Kool-Aid and pineapple juice. But there's a chance it might be outclassed by the Purplesaurus Rex and its combination of gin, grape Kool-Aid and lemonade.



Fried green tomatoes



Chicken and waffles

What almost everyone comes to Lo-Lo's for is in the name: the chicken and waffles. There are several different combinations, but if your mouth is truly watering, the Lo-Lo's is the way to go. This option will get you three pieces of southern style chicken, with two golden waffles, each around the size of your face.

The crispy chicken is seasoned with spices to begin with, but the way to take it up a notch is by dousing the three pieces with Lo-Lo's secret hot sauce. It's no joke, your mouth will feel the heat, but the syrup from the waffles works as the perfect pairing.

The teasers work as shared plates for the table, with the fried green tomatoes being a particular standout. Green beans may not be a favorite for some, but Lo-Lo's version may change minds. They are, of course, fried.

The rest of the menu is a seemingly endless list of entrees, salads, desserts, and even all-day-breakfast. Whatever direction you decide to go, Lo-Lo's is worth the wait.







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Arcadia News 25th Anniversary Feature

Locker room etiquette for dudes

Publisher's note: *This column is what brought me in the door at this newspaper 20 years ago, when the owners at the time graciously offered me a humor column. I wrote about 150 of these, and as part of our celebration throughout this 25th anniversary year, we're re-printing some of the favorites. This "SUWAT" was originally published in September 2007. It was a fan favorite and I later learned it was cut out and taped in at least two different locker rooms, including the one where this story was born.*

STRAIGHT UP with a TWIST

By Greg A. Bruns

At the first of the year, I started an exercise regimen in order to prep for the cheerless 40th birthday that awaits me in September. I'm in pretty good shape after nearly nine months, but it has come at a high price: having to endure the men's locker room at the gym.

I'm pretty sure it's not just me – or just my gym for that matter – because I think these points of concern could apply to any men's locker room anywhere. It's not so much that the locker room smells – it does – it's more the other dudes in there who do stuff that falls outside the realm of what I would call publicly acceptable behavior. I understand that it's a dude's place where we can do dude stuff, but somebody needs to bring this to your attention.

To wit:

1. Dude doing the massive "farmer blow" in the shower. Even though I'm wearing shower shoes, being in a shower stall after someone did a power sinus purge is like sleeping in a room where someone was murdered. Use a tissue – or by the sound of it, a *fistful* of tissues.

2. Nude Dude who came dripping wet out of the shower and almost sat on the leather couch in the TV area – but then noticed the glaring shock in the eyes of those around him, so he opted to put down a *hand* towel so he wouldn't stick to the cushion. Dude, this is not *your* home; it's *our* home *away* from home. And I'd really rather not see some naked old man air-drying his junk on the couch in *our* home. Plus, you're dripping all over the couch, man. And I *know* you leaned back and smothered that cushion with your wet back after we all left... you were getting too engrossed in the Golf Channel and you clearly had nothing else to do that day. Grab an extra towel or two – there's plenty to go around.

3. Dude blow drying his pubic hair. C'mon, man. Seriously.

> **"Being in a shower stall after someone did a power sinus purge is like sleeping in a room where someone was murdered."**

4. Dude who popped the cap off his hemorrhoid cream and then braced for application before I staggered out of there like a hammered Angus. I would think you'd want to be a bit more discreet, chief. Would you wear a tee shirt that reads "I HAVE A PROLAPSED RECTUM!" I didn't think so. Use one of the bathroom stalls, *please*.

5. Completely Nude Dude who props one foot up on the bench in an awkward half "Thinker" pose while engaging others around him in light conversation. Yep – I see you are proud of your family-maker there. Good for you, man. It takes a special kind of person to 'air dry' in the locker room. But you knowingly hang one leg out while your fishing tackle dangles there, so we have to do this weird thing where you talk and I stare at your face until my eyes start to water. Can you go waggle that thing in front of someone else?

I understand it's a men's locker room and there will always be nakedness. But with nakedness comes responsibility – and some of you are owning this like a bunch of teenage girls with cell phones in a Hollister store. We're all adults here, so let's just write some anonymous, passive-aggressive notes (this column) and tape them to the shaving mirrors when no one is around. And if you do, let me know where so I can keep a tally.

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

Dates to remember:

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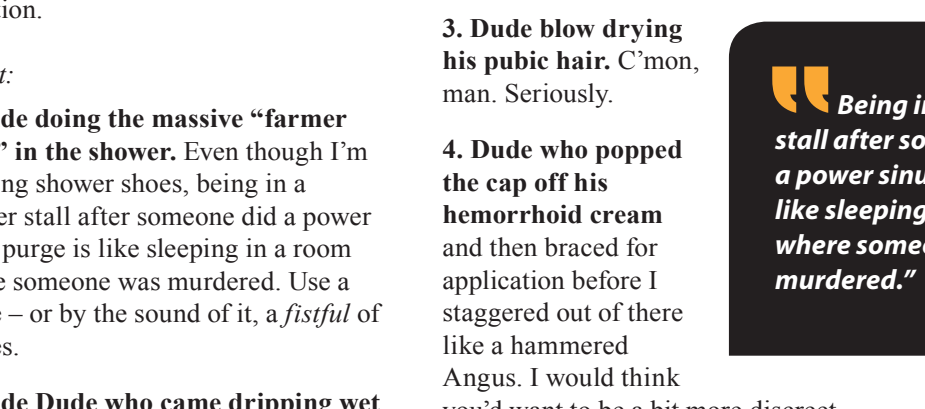
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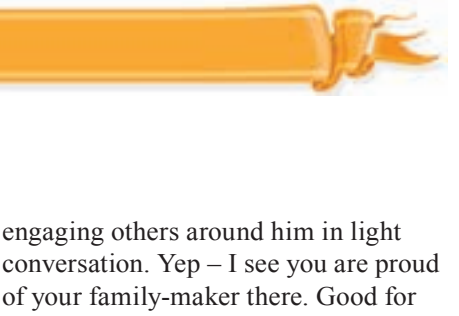
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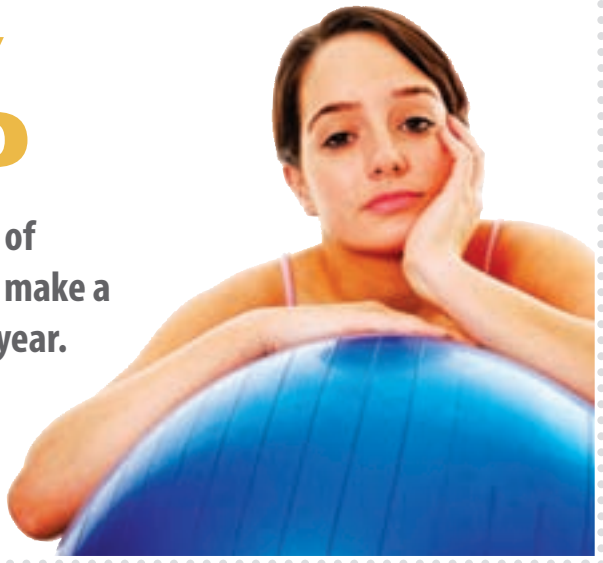
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DID YOU KNOW?

HOW MANY?

45%



On average, about 45% of Americans consistently make a resolution for the new year.

Around 38% of people claim to NEVER make a resolution.

#1 GOAL



The most common resolution made is to increase the amount of exercise that one gets (it is estimated that 37% of resolutions are this one!)

1 MILLION



Every year over 1 MILLION people gather in Times Square, NY to watch the famous ball drop to ring in the new year + welcome in their resolutions – but a whopping 1 BILLION people are estimated to watch it on television!

HOW MUCH?

360 MILLION BOTTLES



Americans alone drink an estimated 360 MILLION bottles of champagne which is ironic considering that cutting back on alcohol consumption is consistently the second most popular resolution made.

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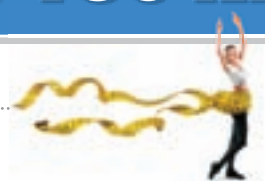
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DID YOU KNOW?

FUN FACTS: TOP RESOLUTIONS

- DIET, EXERCISE AND WEIGHT LOSS
- GET A NEW JOB
- LEARN SOMETHING NEW
- SAVE MONEY
- BE A NICER HUMAN
- READ MORE
- GIVE MORE TIME AND MONEY TO CHARITY
- DRINK LESS
- SLEEP MORE
- MAKE NEW FRIENDS









SAY WHAT?

Who started the tradition of making New Year's resolutions?

Possibly the ancient Babylonians, about 4,000 years ago. The ancient Babylonians celebrated the New Year on the first new moon after the spring equinox. They called it Akitu, and it was a major festival that lasted 11 days. During the festival, the Babylonians made New Year's resolutions to keep themselves in good standing with the gods. But kale juice cleanses and the like were unknown back then, of course. So, they often resolved to get out of debt or to return borrowed farm equipment. Much more sensible, probably.

NEW YEAR



AULD
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SYNE
BALL
BALLOONS
BUBBLY
CALENDAR
CELEBRATION
CHAMPAGNE
CHEERS
CLOCK
CONFETTI
COUNTDOWN
DECEMBER
EVE
EXTRAVAGANZA
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Simplify your life through decluttering and donating

By Elaina Verhoff

If you've ever tried *Kondo-izing* your home, then you know we should only keep things that bring us joy. Marie Kondo, the best-selling Japanese author of decluttering and organizing books, says cleaning out the clutter can free up space in our homes and our hearts.

But where to take all the old furniture, clothes, books and "stuff" that's weighing us down?

Fortunately, we've got plenty of options for places where our old "junk" will spark joy for others, or perhaps be recycled and given new life. Here are a few nonprofits that will gladly accept (and in some cases, even pick up) your unwanted items.



PHOTO BY OTTILIE YEE

CHILDREN'S MUSEUM OF PHOENIX

The Children's Museum of Phoenix is asking visitors to bring in their recyclables and other materials for use in its new Maker Space, located in the Museum's 3rd floor Art Studio. The Museum's wish list includes bottle caps, plastic food containers, plastic lids, packing materials, cardboard materials, yarn, string, any plastic gizmo, hardware odds and ends, cork, egg cartons, shredded paper, paper towel rolls, fabric scraps, felt, ribbons, lace, buttons, trim, notions and bubble wrap.

Drop-off Details: 215 N. 7th St., 85034, (602) 253-0501, Tuesday - Sunday 9 a.m. - 4 p.m.

CROSSROADS ARCADIA

Gently used men's dress clothing and casual clothing is needed at Crossroads locations across the Valley. Crossroads, the largest residential substance abuse treatment facility in the Southwest, helps people beat addiction and get their lives back. New wardrobes help Crossroads residents dress for job interviews, and start their next chapter on the right foot.

Drop-off Details: 5116 E. Thomas Road, 85018, (602) 281-6574, call in advance to arrange drop-off.

STARDUST BUILDING SUPPLIES

A not-for-profit reuse warehouse, Stardust accepts a variety of items including furniture, cabinetry, appliances, doors, windows, lighting and other home improvement items. Items are resold at 50 percent to 80 percent to support its eco-friendly services and programs that annually divert more than 4 million pounds of usable items from landfills.

Drop-off/Pickup Details Mesa: 1720 W. Broadway Road, 85202; Glendale: 5150 W. Northern Ave. Glendale, AZ 85301. Drop off items Monday - Saturday from 8 a.m. - 5 p.m. and Sunday from 10 a.m. - 3:30 p.m. Stardust also offers a free donation pick-up service for donations that meet a minimum retail value of $100. To schedule call 480-964-0177.

JUNIOR LEAGUE OF PHOENIX

The Junior League of Phoenix (JLP) Rummage Sale is coming up February 24 and it is looking for items from the community to sell at the largest indoor garage sale in Arizona. JLP will take everything from furniture to household items, clothes, toys, sports equipment and art. All proceeds go directly back into the community to fund local community programs and training.

Drop-off/Pickup Details: JLP members will come pick them up. Visit https://www.jlp.org/ or email jlp.rummage@jlp.org to schedule.

ST. JOSEPH THE WORKER

The St. Joseph the Worker Career Clothing Closet provides hygiene and clothing to men and women to help them transition into quality employment. Items are given to clients preparing for job interviews, starting new employment, or attending job training.

Drop-off Details: Donations may be dropped-off Monday through Friday from 7 a.m. to 4 p.m. at 1125 W. Jackson St., (602) 417-9854 info@sjwjobs.org.

GOODWILL OF CENTRAL AND NORTHERN ARIZONA

Each year, Goodwill diverts millions of pounds of material from going directly into Arizona landfills. It is the ultimate recycling operation in Arizona. Items that don't sell go to a clearance center where they are sold by the pound or broken down to be sold to recycling companies. Items needed include clothing, furniture and housewares.

Drop-off/Pickup Details: Goodwill Donation Center (602) 840-3238, 3912 E. Camelback Road, 85018.

ST. VINCENT DE PAUL

Gently-used furniture, appliances, clothing and household items will either go directly to families in need, or sold at St. Vincent de Paul thrift stores to generate funding.

Drop-off /Pickup Details: Fill out the donation form online at https://www.stvincentdepaul.net/give/schedule-pickup. A coordinator will call within two business days to schedule a time for pick-up.

WELCOME TO AMERICA PROJECT

The Welcome to America Project furnishes the homes of refugee families settling in Phoenix, making their house a home. Items needed include dressers, night stands, end tables, coffee tables, kitchen tables and chairs, area rugs, clothes drying racks, stock pots, twin sheets, towels, microwaves, rice cookers, floor lamps and bikes.

Drop-off/Pickup Details: The Welcome to America Project accepts donations Wednesday 8 a.m. - Noon or Saturday 8:30 a.m. - 9:15 a.m. at 2420 W. 1st St. #67, 85281. You can also email info@wtap.org to schedule another time or request a pickup.

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Arizona Science Center CEO driven to help people succeed

By Mallory Gleich

"Be the change you wish to see in the world."

These words, originally said by Mahatma Gandhi, are words that Arcadia resident Chevy Humphrey sees every day when she arrives at the office. They remind her of the responsibility that comes with leadership.

Humphrey has served as President and CEO of the Arizona Science Center since 2005.



Chevy Humphrey

Originally from Houston, Humphrey moved to Arizona in 1995 with her daughter. The only Arizonan she knew at the time was her new boss.

"My first job in Phoenix was as the development director at the Phoenix Symphony. Moving to Phoenix has been a great adventure," Humphrey said.

Humphrey earned her degree from Northeastern University in Marketing and Entrepreneurship. She moved to Phoenix and later became CEO at the Science Center.

"I was very humbled to be chosen as CEO and also felt a heavy weight on my shoulders. It is a huge responsibility to lead an organization that serves the community," Humphrey said.

It was one of Humphrey's life goals to become a CEO. She says she loves to mentor people and help them achieve their professional goals.



The Arizona Science Center's newest exhibit is Pompeii: The Exhibition, which examines life before and after the eruption of Mount Vesuvius in 79 A.D. Guests are invited to learn about the times when Pompeii was a commercial port and a military trading center.

"Every day is different at the Center and I love that about my job," Humphrey said.

The Center, which has been a memory maker for Phoenix families for decades, was started in 1980 as a pilot science center by the Junior League of Phoenix. In 1984, it was just a 10,000 square-foot space in the parking garage level of the downtown Phoenix Hyatt.

In 1993, construction began on the current building in Heritage and Science Park, and it opened its doors in 1997. The building is a landmark by renowned architect Antoine Predock. It was designed to mimic the landscape of Arizona with its combination of ramps, hallways, galleries and terraces.

The first year of operation saw more than 87,000 guests. Today, more than half a million people visit the center annually.

Part of Humphrey's work at the Center includes onsite touring and discussing the newest educational initiatives to help students in Arizona become more successful. She also travels internationally representing Arizona and the Science Center.

Some of Humphrey's other accomplishments include acceptance into the Inaugural Piper Fellowship Class of the Virginia G. Piper Charitable Trust and holding the chair of the Global Association of Science and Technology Centers from 2013-2015.

Humphrey's favorite part about working at the Center is the people inside and outside of the organization. She is proud to be fulfilling the mission of the Center and hopes that when people visit, their lives are impacted in a positive way.

"I also love seeing the faces of the people who visit the Center and watching them have an 'ah-ha' moment where something about science starts to make sense," Humphrey said.

The mission of the Center is to "inspire, educate and engage curious minds through science." There are eight permanent gallery spaces with more than 300 hands-on exhibits. There are also temporary exhibits that come several times a year.

The most recent exhibit is Pompeii: The Exhibition, which examines life before and after the eruption of Mount Vesuvius in 79 A.D. Guests are invited to learn about the times when Pompeii was a commercial port and a military and trading center. It will be open until May 28.

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Step off the treadmill to get fit in a whole new way

By Laura Stoddard

Did you let your gym membership lapse in 2017? It's okay — you aren't the only one. Numerous factors could be the culprit: you didn't have time to go to the gym; the classes didn't meet your needs; you felt uncomfortable or intimidated; or maybe you just felt stuck in a rut and lost interest.

If one of your New Year's goals is to jump back on the fitness bandwagon, consider checking out something new, like hot yoga or boxing. Arcadia has numerous workout facilities with a wide variety of options. Here are just a few.


Pure Barre

SOL CROSSFIT

3647 E. Indian School Road #110
480.272.3832

Even though Crossfit is considered the ultimate, hardcore workout, the Sol gym focuses on family and community just as much as fitness. Trainers want everyone to feel comfortable and reach their goals in a supportive environment. Sol offers group and private coaching, yoga, cryotherapy and special classes. Take advantage of the free, two-week trial to see if this high-octane experience is right for you.

Open Sun-Sat: *Hours Vary*

PURE BARRE

4219 E. Indian School Road #101
480.545.3198

Barre has gained a lot of popularity in the past few years thanks to it being a low-impact, full-body workout that rewards practitioners with amazing muscle tone. Teacher Stephanie Moe explains, "Pure Barre uses a ballet barre to perform small isometric movements for a total-body workout that burns fat, lifts your seat and tones your thighs, abs and arms." Because of the modifications offered, Moe says they have students from 18 to 80.

Open Sun-Sat: *Hours Vary*

RADI8 HOT YOGA

3950 E. Indian School Road #110
602.888.2288

Hot yoga is exactly what it sounds like; traditional yoga poses done in a room heated to 98-105 degrees. The idea may seem odd (or even torturous) to some, but the health benefits of incorporating heat are plentiful: it makes muscles more pliable, burns fat more effectively, allows more oxygen to your cells, thus detoxifying your body through sweat, and increases your immune system.

Open Sun-Sat: *Hours Vary*

TITLE BOXING CLUB

3031 E. Indian School Road, #19
480.712.3490

If you want the Rocky Balboa experience, try your hand, or fist rather, at boxing. TITLE aims not only to strengthen and tone your muscles, but also to strengthen your confidence. The gym offers three basic forms of exercise: boxing, kickboxing and mixed martial arts (MMA). The workouts are intense and dynamic, but participants –especially beginners – are encouraged to move at their own speed and comfort level.

Open Mon-Fri: *5 am-9 pm*
Sat-Sun: *8 am-1 pm*

THE MADISON IMPROVEMENT CLUB

3802 E. Indian School Road
602.296.7118

This fun, welcoming studio offers yoga and spin classes, one of the most popular being the 'party on a bike' class, which takes place in a pitch-black room, while loud music and colorful laser lights explode all around. Members also have the opportunity to lounge and visit in this modern, trendy environment, and enjoy healthy eats and drinks from the in-house S.E.E.D. Café.

Open Sun-Sat: *Hours Vary*


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WHY YOU SHOULD INVEST IN SECURITY LOCKING MAILBOXES

Every day, more and more people fall victims to identity theft.

With so much personal information readily available both online and offline, it's easier than ever.

Have you ever considered that your mailbox may be frequently visited by people other than your mailman?

Identity thieves looking for valuable personal information regularly check unlocked mailboxes to steal your bank and utility bills.

They'll grab hold of anything that'll give them access to your personal data. So if you've been missing some of your mail lately, it's time to investigate into the matter.

The best way to prevent this is to get a security locking mailbox. They're a little more expensive than regular mailboxes, but you get a peace of mind and mail safety. So read on to discover why you should invest in locking mailboxes and how to find the right one for you.

Preventing Identity Theft

Identity theft is considered one of the fastest-growing crimes in the USA. In fact, over 9.9 million Americans have been victims of ID thefts, and have suffered huge financial losses.

A lot of these crimes take place online, when people enter sensitive personal information on various websites. Offline, thieves go around neighborhoods and vandalize residential mailboxes to steal the mail.

At first, you may not notice some of your mail is missing. But if your utility bills stop coming in or you stop receiving packages, you should start to worry.

Getting a locking mailbox is a perfect solution to this problem. Not only will you have complete control over your mail, but you'll also deter the thieves. Picking the locks on these mailboxes is very hard. Most potential thieves will give up before they even try.

But not all locking mailboxes are made equal. Below, you'll discover how to choose the best one for your type of mail.

How to Pick the Right Locking Mailbox for You

Before you buy a new mailbox, consider the type and size of the mail you receive. For example, if you mainly receive envelopes or magazines, you'll need a standard-sized mailbox.

If you receive packages or lots of mail, you may need a more spacious mailbox. Look for one that can hold several days' or weeks' worth of mail.

Although you're the only person who'll have the keys to your mailbox, the mailman will still be able to deliver your mail through the incoming mail slot. This is why locking mailboxes are safer than regular ones.

Whatever model you choose, make sure it complies with the USPS mailbox regulations.

Bottom Line

More and more people are choosing to install locking mailboxes in lieu of unlocked ones.

If you want to protect your personal information from curious eyes and thieves, invest in a high-quality locking mailbox.

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Treat job interviews more like dating, less like a test

By Angela Copeland

CAREER *ADVICE*



Interviewing for a job is a nerve-racking process. When else do we want others to judge us? We spend so much time preparing — finding the perfect clothes, organizing our resume, and sneaking out of our job. We ask for recommendations from our old bosses.

Not only are we judged during the interview process, but, if we're rejected, the company doesn't even owe us any explanation. And, very often, they don't give any additional information about why we weren't picked.

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That leaves our brain to wonder what happened?

We spent so many hours preparing. Where did we go wrong? Did the hiring manager not like us? Did we fail a test? Were they looking for someone with more experience or a better education? Trying to sort through these possibilities is stressful. It can take days, and have no answer.

In reality, it's possible we weren't selected for reasons that had little to do with us. Really, this can happen. For example, the hiring manager may have already had a candidate preselected. Or, perhaps the job has been put on hold — and nobody was hired. Rarely will the company fess up to these details.

But, an equally important (but less considered) question is — what did you think about the company? Did you feel that you were a good fit with the hiring manager? Are you excited about the job? Do you want to work for the company?

Think of interviewing a little more like dating, and a little less like taking a test. Sure, you're not looking for someone to marry, but you are looking for people you'll spend a considerable amount of time with. You may even see them more than your spouse.

We would never go on a first date hoping the person might marry us — without knowing much about them. Then, why would we ever approach a job interview this way?



If you already have a bad job, why would you want to potentially find another bad job? The best job is always one where there's a mutual match. The company likes you, and you like the company.

So, rather than spend all of your time worrying about whether the company likes you, shift your focus to whether or not you like them. Decide if you really do want to spend more than eight hours a day with these folks.

And, if you do get rejected, don't assume it's the end of the line. The company probably doesn't really dislike you. Maybe the timing wasn't right. Or, perhaps they see you in a slightly different role than the one that was available when you applied.

In fact, because they have met you and know you now, they may be even more likely to talk to you again when a future opportunity rolls around. Keep your eyes open for other jobs that may be a better fit. But, if you are called back in, be sure to find out if the company is a good fit for you.

— Angela Copeland is a Career Coach and Founder of Copeland Coaching and can be reached at CopelandCoaching.com or on Twitter at @CopelandCoach.

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For a copy of this report call the *Arcadia News* at 602-840-6379 or e-mail: greg@arcadianews.com.
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*Source: September 2017 CVC Publication Report Audit.

ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

Local athletes look to the future at college signing days

By Rachael Bouley

The Arcadia neighborhood's abundance of talented young athletes is no secret, and last month, several students from local schools took the next steps in their sporting careers.

Seniors from Xavier, Arcadia High School and Veritas Prep signed national collegiate letters of intent, cementing their college plans and confirming where they will be competing next fall.

XAVIER PREP ACADEMY

Six talented young women announced their next moves at Xavier's signing day – a celebration complete with family, friends and lots of college spirit. Six seniors signed on the dotted line, including:

- ***Caroline White**, beach volleyball, Texas Christian University (TCU)*
- ***Kaitlyn McCoy**, swimming, Boise State University*
- ***Montana Oltrogge**, basketball, Idaho State University*
- ***Kailey Klein**, beach volleyball, California State University, Northridge*
- ***Melissa Fedorka**, softball, Lehigh University*
- ***Alyna Draper**, volleyball, Virginia Commonwealth University (VCU)*

These girls have dedicated their high school years to balancing their athletics and academics – an ability that will come in handy as they start their new college adventures.

"I'm excited to represent our school and trying to be the best team in the country," said White, who will be continuing her beach volleyball career at TCU.



Standing (left to right) Caroline White, Kaitlyn McCoy, Montana Oltrogge. Seated (left to right) Kailey Klein, Melissa Fedorka, Alyna Draper.

White said she fell in love with the campus when she visited Fort Worth, and felt an immediate connection with her coach. Her friends and family showed up for signing day decked out in purple and cowboy hats.

"I'm super proud of her," said White's mother Joan. "I want her to enjoy college, do well and be able to balance sports and schoolwork. I think she'll have a good time."

McCoy, another soon-to-be Gator Graduate, said she is excited to continue swimming competitively, something she's been doing for more than 11 years.

"I love swimming because I love the people. One of the best things I've gotten from swimming is probably the friendships," she said. "When I went to Boise on my recruiting trip, I could tell that everybody on the team genuinely liked each other and that was something I was looking for."

The Arizona native is anticipating her first move away from home, but she already has plans to return.

"My eventual goal is to come back and teach English and coach the swim team at Xavier," she said. "I love the community there and how faith-oriented it is."

ARCADIA HIGH SCHOOL

Nine Titans announced their collegiate commitments:

- ***Morgan Ash**, softball, University of Connecticut*
- ***Haley Denning**, softball, University of Utah*
- ***Kelly Flynn**, softball, University of California Los Angeles (UCLA)*
- ***Madeline Forshey**, softball, Georgetown University*
- ***Regan Kerr**, softball, University of Maryland*
- ***Bryce Nixon**, basketball, University of Arizona*
- ***Hannah May**, golf, Southern New Hampshire University*
- ***Sloan Van Zanen**, golf, Stonehill College*
- ***Rylie Satran**, beach volleyball, San Jose State University*

"I am looking forward to the new opportunities and new relationships in college. I can't wait to train with the coaches at San Jose State," Satran said. "I am incredibly blessed to have gotten the chance to play for them."

"It's amazing to see these young women making their next moves by signing with their top colleges," said Cher Fesenmaier, athletic director at Arcadia.

Satran noted that signing day at Arcadia High was a great time, especially surrounded by other dedicated female athletes.

"It is so awesome to see girls really making big pushes in athletics. I really loved my journey through Arcadia's program."

VERITAS PREP ACADEMY

The Falcons had two of their top volleyball players sign letters this fall.

- ***Jacalyn Sharko**, volleyball, Phoenix College*
- ***Katie Coulter**, volleyball, Eastern Washington University*

As Coulter heads north, she'll keep her favorite Veritas memories close to her heart, especially their big comeback win from down two sets during the quarterfinals this year.

"The friendships that have formed on the court have contributed to some great wins and fights against strong teams," said Coulter, who was the 2017 Veritas Prep State tournament MVP Award winner. "My high school career was better than I could have asked for. Nothing compares to signing and looking at my parents and family, thinking this is a dream come true."

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Former WNBA star returns to coach Xavier Prep basketball

By Megan Forrester

Xavier is bringing back its own glimmer of gold to its girls' basketball team.

Former star of the WNBA's Phoenix Mercury and two-time Olympic gold medalist Jennifer Gillom is returning to coach Xavier College Prep's girls varsity basketball team. Gillom, now a member of the Women's Basketball Hall of Fame, began her coaching career at Xavier in 2004.

"I have always had great memories here [Xavier] and I feel like I can make a better impact on these kid's lives than I could in the WNBA," Gillom says. "I use basketball as a platform to help others and reach others, so to me this is living out something I have always wanted to do."

Gillom's dream of coaching, has rested in the back of her mind since she was a young player. She says what attracted her to coaching was the possibility of helping others by sharing her knowledge of the game.

"I felt like I had something to give back," Gillom says. "I eat, breathe, live the game, so I always wanted to be a part of it and to be able to share my talents with others."

Gillom is one of only four women in the world to have won Olympic gold medals as a player and a coach. Perhaps surprisingly, she believes that her background as a player aids her in coaching high school students even more than her coaching experience.

> *"I have always had great memories here [Xavier] and I feel like I can make a better impact on these kid's lives than I could in the WNBA."*

"High school is where I got my start and now that I have reached the pro level, I wanted to come back to give back," Gillom says. "As an Olympic player or coach, it did not help me when getting a high school job, but retiring as a player and coming from [being] a player helped me get my first start as a high school coach."





Jennifer Gillom is into her second stint as coach of Xavier College Prep's girls' varsity basketball. Gillom's basketball pedigree is deep, as she has played and coached in the WNBA and won one Olympic gold medal as a player and one as a coach with USA Basketball.

Gillom teaches physical education at Xavier along with her varsity coaching duties. Although she loves the X's and O's, her primary goal of coaching goes beyond the court.

"Being able to be an inspiration in their lives and making an impact in their lives to me is more important than coaching basketball," Gillom says. "I really enjoy seeing the overall reward of these kids becoming not only good student-athletes, but good citizens as well."

When Gillom previously coached the Gators, the varsity team achieved an amazing 135-25 record in the span of six seasons, but never won a state title. This season, the team is striving to win its first state championship. After winning eight of its first 11 games, it looks as though the Gators are on the right track.

"That [state championship] is a huge goal for us. I feel like it's something these players can achieve if they just put their minds to it," Gillom says. "It's all up to them."

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First Arcadia wrestling team in 25 years takes to the mat

By Mallory Gleich

High schooler Nathaniel Shepherd wanted to wrestle. There was just one problem: his school did not have a wrestling team. So, he decided to start one. With the help of his brother Gabriel and another friend, he took his proposal to the principal and the school district.

After some discussion between parents and the school board, Shepherd was set with the challenge of finding kids who shared his passion and wanted to try out for the wrestling team. Around 30 students showed interest and Arcadia High School's wrestling team was formed, its first in 25 years.

The first order of business was to build a brand-new room where the team could practice. With the help of Waltz Construction, the team soon had its own space to hone its wrestling skills. The approximate total construction cost was more than $30,000 and the project took about three weeks.

"We are excited to see wrestling return to Arcadia. We know that offering students another opportunity to excel outside the classroom will have lasting effects both for them personally and our school and community as a whole," said Cher Fesenmaier, the athletic director at Arcadia.

The Arcadia wrestling season runs from the end of October through the beginning of February. Coach Clifford Nafrada has been teaching biology at Arcadia High for five years and has been coaching wresting for nine years at a high school level. He also taught and coached at Coronado High.

"Most of the kids on our team are starting their first year of wrestling. They are doing great and having a lot of fun," Shepherd said.



Replace the current cutline with this: Wrestling was brought back to Arcadia High School this year after a 25-year absence, joining other winter sports such as basketball and soccer.

Generally, there are two ways to win a high school wrestling match. A competitor must either pin their opponent's shoulders to the mat for two seconds or must score more points than their opponent during the match, if no pin is achieved.

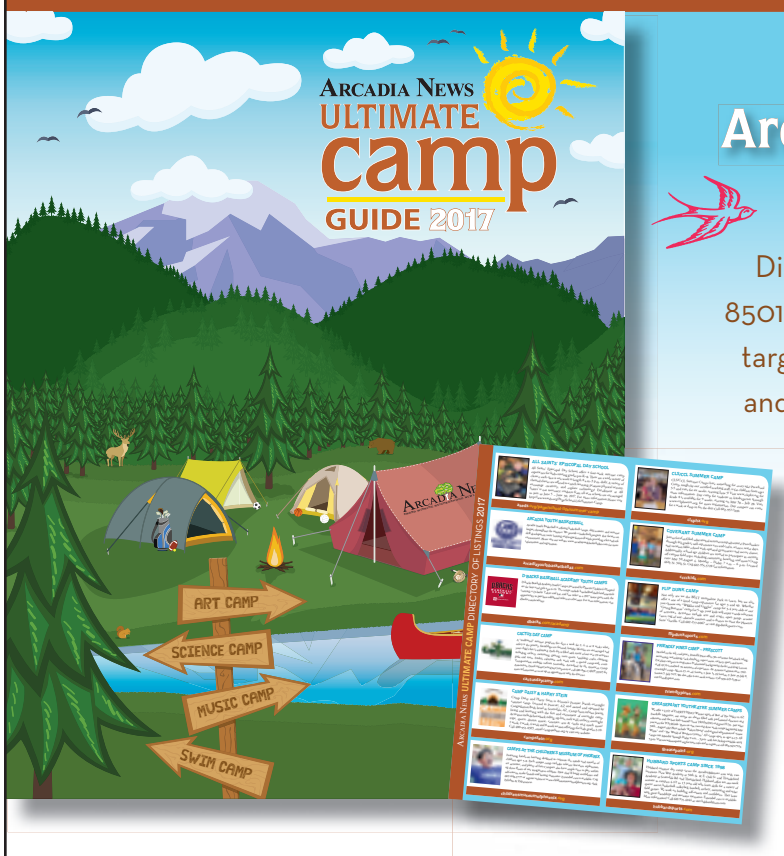
Matches are six minutes; three periods with two minutes for each. Wrestlers gain points by taking down their opponent, escaping their opponent or for reversing their positions.

"During a match, you want to think about all of your set ups to take down your opponent and pin him," said Shepherd, who was named team captain this season.

Although Arcadia wrestling is still in its beginning stages, the staff and students are proud to have a wrestling team to call their own.

"Adding a wrestling team at Arcadia this year creates new opportunities for students to learn, grow, and find a sense of belonging on campus," said Principal Todd Stevens. "Having a wrestling team this year adds value to the students of Arcadia. I am excited to watch the program and our student-athletes grow in the coming years."

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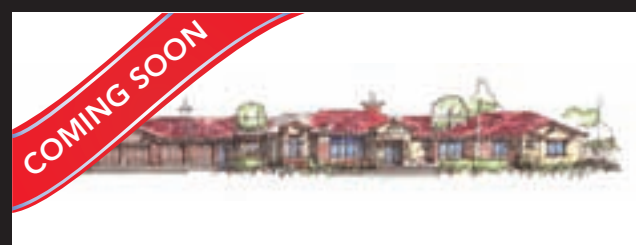
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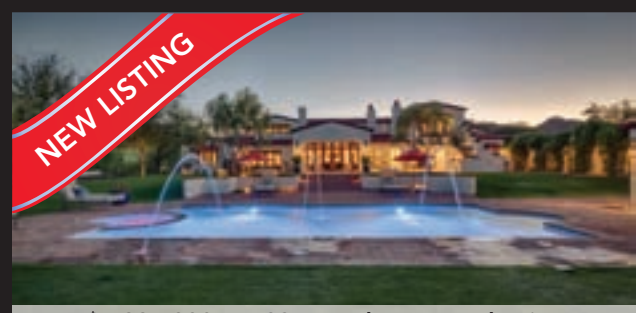
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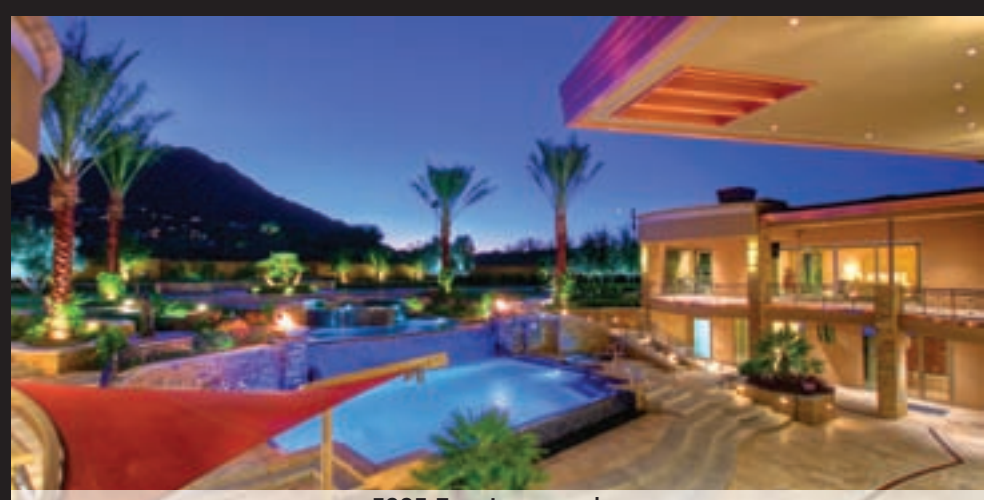
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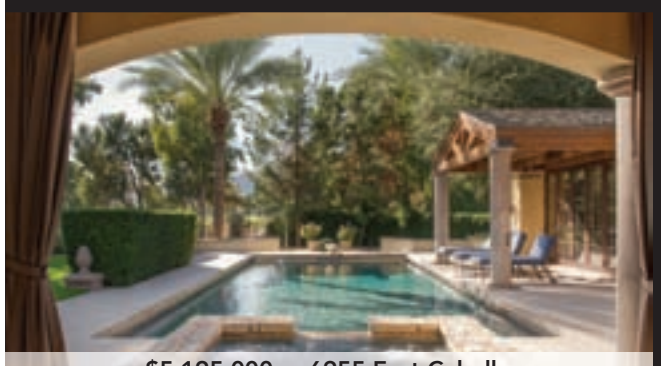
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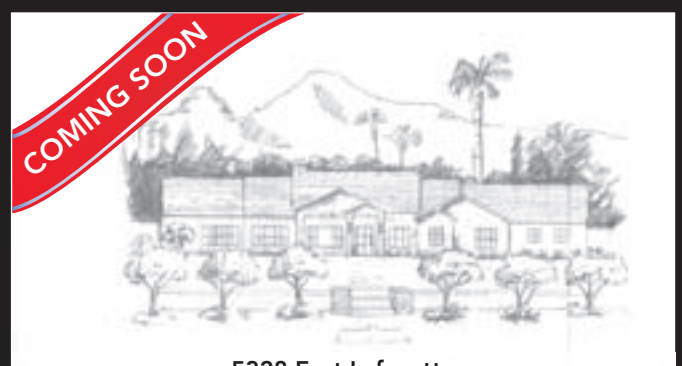
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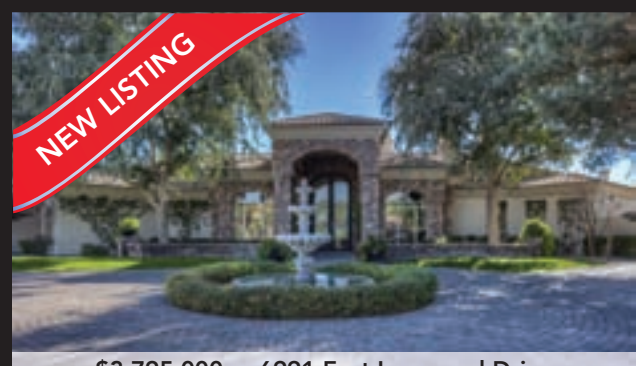
5335 East Invergordon
CALL FOR PRICING & INFORMATION.



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



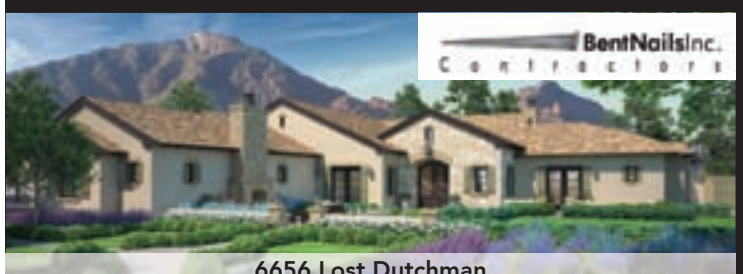
5328 East Lafayette
CALL FOR PRICING & INFORMATION.



$3,795,000 6991 East Ironwood Drive
6 bedrooms, 6 baths, 8,908 square feet



7317 North Red Ledge
CALL FOR PRICING & INFORMATION.



6656 Lost Dutchman
CALL FOR PRICING & INFORMATION.

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