ARCADIA NEWS

VOL. 26 NO. 10 — ARCADIA • BILTMORE • CAMELBACK — JANUARY 2019



#UPSSAFETYRELAY

Local UPS driver creates worldwide safety campaign with a relay baton.

PAGE 34

ARCADIA FAMILY ROCKS

The Boylevards prepare for their 16th straight Rock ‘n’ Roll Arizona Marathon.

PAGE 25

TAVAN GETS AN ‘A’

Tavan Elementary has earned an A from the Arizona Department of Education.

PAGE 48



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From the halls of Ingleside to the stage at Valley Bar, musicians Riley Knapp and Casey Barth embark on their new tour, which kicks off on January 26.

COVER IMAGE:
The Boyle family band also made the cover in February 2005.

2019 COVER: RAY ARTIGUE
2005 COVER: CHRISTINE JOHNSON


ARCADIA NEWS
FREE
Vol. 12 No. 11 www.arcadianews.com February 2005

THIS ARCADIA FAMILY ROCKS!

If you're looking for some fun and unusual gift ideas for your Valentine, be sure to check out Tracy's story on *Page 11*

A new Phoenix ordinance has banned the use of the motorized scooters/ skateboards/coasters that have become so popular on our city streets. Read more on *Page 58*

Now that the severe valley rainstorms have passed, the Arizona Registrar of Contractors (ROC) warns homeowners of repair scams in their neighborhoods. Unlicensed workers have been going through areas offering services for jobs such as roofing repair, driveway sealing and painting. See story on *Page 14*

I scarcely know where to begin, but love is always a safe place.
—Emily Dickenson

The Boylevards performed street side in Arcadia at the Rock 'N Roll Marathon in January. From left to right: Paul (Dad), and kids Kaleigh, Ryan, Patrick and Makenna. *See story on page 9.*

YOUR SOURCE FOR NEIGHBORHOOD NEWS SINCE 1993





FROM THE PUBLISHER'S DESK

I think the tendency to make changes when the calendar flips over is an unavoidable human trait. This seems to increase as we age, when we peel the wrapper off a new calendar and wonder where the last year went. While we don't have any huge changes planned with your neighborhood newspaper, there's always room for improvement.

This issue is chock full of great articles. My favorite story this month involves our UPS driver, Jeremy Giles, who came up with an idea of relaying a "safety baton" through UPS centers around the world. This creative safety campaign contributed to the prevention of injuries and may have even saved some lives. UPS has more than 450,000 global employees delivering over five billion packages and documents per year, with 130,000 vehicles and 550 airplanes in over 220 countries. Clearly, safety is near the top of their list of concerns. *Around the world in 183 days* starts on page 34.

As always, we encourage you to reach out to us with any story ideas, suggestions or feedback. Many of our best neighborhood stories are made possible by our readers. Reach our editorial team here: editor@arcadianews.com.

Our readers and advertisers are the foundation of this paper and we are very grateful for all of you. I wish you all the best with your own "improvements" in 2019. Thank you for reading the *Arcadia News*!

— Greg A. Bruns, Publisher

P.S. – The Arcadia News has an opening in our delivery department. It's a part-time job that requires four weekdays per month. *See the Help Wanted ad on page 58.*

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THIS MONTH'S WINNER:

Brighton Demerest-Smith — 3rd grade teacher at Archway Veritas
Nominated by: Robbyn Salganick

ARCADIA NEWS TEACHERS we love

How long have you been teaching?

This is my sixth year teaching with Great Hearts Academies. In my first year I taught kindergarten, 1st grade and 6th grade art and 5th grade writing and spelling. In my second through fifth years, I taught 6th, 7th, 8th, 11th and 12th grade art. This is my first year in a 3rd grade classroom.

I had such wonderful teachers growing up, and many of them invested so much time and energy in me, it changed my life. Teaching really is a life-changing profession, for both the student and the teacher, and I wanted to be a part of that.

You're also a professional artist. Do you incorporate art into your teaching?

I don't directly incorporate art into my teaching style, but I do incorporate a love for beautiful things and try to explore the beauty in each subject.

Where did you grow up?

I grew up in Southern California and moved to Arizona six years ago to teach with Great Hearts Academies. I still travel to California regularly to visit family and friends and I appreciate many things about both places, but my wife and I both enjoy the Arcadia area.

Do you use a particular teaching style or technique?

My teaching philosophy is to begin with love and care for each of my students. It is important to me to remember that each of my students is someone's child. Their child is their most prized possession and I am responsible for caring and for teaching them to read, write and love learning.

Another part is to teach my students how to be virtuous human beings, which is a great responsibility. Often the temptation is to tell the student what they did wrong and focus on the negative when they make a mistake. But I try to lead with the positive and ask questions of them that help them realize where their mistake was. I ask them how they would like to correct this mistake and I build them up by expressing how proud I am of them.

What is your favorite part about being a teacher?

My favorite part of my day is getting to read to my students. I not only love art but I also enjoy acting. My fondest memories were listening to audio books and I try to bring that experience to my classroom by reading our books with many different voices. The students seem to take a greater interest in the books and are more invested in the characters when they can hear them and visualize them.

Winning teachers receive Arcadia News gift items, a gift certificate for the Phoenician Spa 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.

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Arcadia Real Estate Stats

2018 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2018-11/30/2018)

Active Homes -	140 homes
Homes Sold -	291 homes
Average Sale Price -	$1,277,000
Average Sold $ Per SF -	$353
Average Days On Market -	134 days

There is currently 6 months of home inventory. (based on 2017 sales results)

2018 home sales have increased 13% this year. (based on 2017 sales results)

2018 home prices have increased 11%. (based on 2017 sales results)

2018 $ Per Square Foot prices have increased 6%. (based on 2017 sales results)

2018 homes are taking 13% more time to sell. (based on 2017 sales results)

2017 HOPI SCHOOL DISTRICT SALES RESULTS

Homes Sold -	276 homes
Average Sale Price -	$1,140,000
Average Sold $ Per SF -	$332
Average Days On Market -	116 days

2018 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2018-11/30/2018)

Active Homes -	86 Homes
Homes Sold -	205 Homes
Average Sale Price -	$638,000
Average Sold $ Per SF -	$270
Average Days On Market -	85 days

There is currently 4 months of home inventory. (based on 2017 sales results)

2018 home sales have decreased 1% this year. (based on 2017 sales results)

2018 home prices have increased 4%. (based on 2017 sales results)

2018 $ Per Square Foot prices have increased 5%. (based on 2017 sales results)

2018 Homes are taking 8% more time to sell. (based on 2017 sales results)

2017 TAVAN SCHOOL DISTRICT SALES RESULTS

Homes Sold -	241 Homes
Average Sale Price -	$612,000
Average Sold $ Per SF -	$257
Average Days On Market -	78 days

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OPEN IN MID-JANUARY!

Arizona's top-rated allergists are expanding into the Arcadia neighborhood!



Dr. Neal Jain and Dr. Jennifer Hill are board-certified specialists in Allergy and Immunology. Both trained at the #1 Respiratory Hospital in the world, National Jewish Health, which is also the only facility dedicated exclusively to the treatment of respiratory, cardiac, allergy, and immune related disorders. Both Dr. Jain and Dr. Hill are nationally recognized experts in their field who remain actively involved in research and believe in using the latest scientific evidence and technology to guide their treatment decisions in order to provide you and your family the best care possible.

Both Dr. Jain and Dr. Hill are Arizona natives and Arcadia residents who are looking forward to sharing their experience and expertise with their neighbors. They will continue to provide individualized, high quality allergy care at their sister affiliate practice, San Tan Allergy & Asthma, in Gilbert.

Opening on January 14th, 2019, Arcadia Allergy & Asthma will be the first of its kind with a dedicated food allergy center, a severe asthma clinic, and an eczema clinic. Come join us for an open house on January 16th between 6 and 8 p.m.!

Both Dr. Jain and Dr. Hill are accepting new pediatric and adult patients.

ARCADIA Allergy & Asthma

Arizona Allergy & Immunology Research

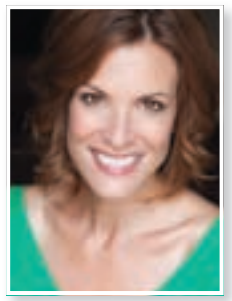
FOOD ALLERGY CENTER of Arizona

For more information, visit our website at arcadiaallergy.com. Call 480-626-6600 to make an appointment today!

4840 E Indian School Rd. #101

In memory of Sara Kay Lemons Vaules

Dear Readers:



I am very sorry to report that Sara Lemons Vaules – the author of the column that normally appears in this space – passed away on December 8, 2018. Sara was 45 and was blessed with two children, Riley, age 14 and Kyra, age 11. She was an active volunteer at their school, Archway Veritas, and she was involved with the women's ministry at Redemption Arcadia Church.

Sara penned her column "Chem-Free Life" for almost two years. In that time, she educated her fellow Arcadians with a variety of natural and organic alternatives to encourage a chemical-free lifestyle. Sara brought her unique expertise to us and crafted a column that was a reader favorite.

All of us at the *Arcadia News* extend our deepest condolences and sympathy to the Lemons and Vaules families. A celebration of life service will be at 2:00 p.m. on Saturday, January 5, 2019 at Redemption Arcadia Church, 3330 E. Camelback Road, Phoenix 85018.

To honor Sara's memory, a college fund has been established in the names of her children.

Visit Ugift529.com
Donation codes:
Riley Vaules J9U-M0E
Kyra Vaules 80Q-P7U

— Greg Bruns, Publisher

PRINCE OF PEACE
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Preschool Registration

for Fall 2019 begins on February 1 for New Families

Prince of Peace Preschool is ideally located in the heart of the Arcadia neighborhood. Established in 1967, we value our rich history and are honored to serve the families of the close-knit Arcadia community. We appreciate the generations of families that have passed through our school and we look forward to watching future generations grow and learn with us during their precious preschool years.

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We welcome you to our school and invite you to call us at 480-947-5645 to schedule a tour during January or February.

Registration forms received in February have priority placement in our Fall 2019 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!

3641 N. 56th Street, Phoenix • 480-945-9537 • poppreschool.com
Northeast corner of 56th St. and Indian School

IT'S GLEANING TIME

By Mallory Gleich

The beginning of the year is prime time for citrus gleaning, and the Arcadia neighborhood has no shortage of citrus trees ripe for the picking.

Gleaning – the process of removing abundant ripe fruits from citrus trees – has become a familiar event for Arcadia residents. From January until March, neighborhoods collect their excess oranges, limes, lemons, grapefruits and tangerines and donate them to local food banks.

The importance of gleaning was recognized after the discovery of roof rats back in 2001 and prompted Arcadia's Citrus Program, which was a group of volunteers who would come out and collect citrus from the surrounding neighborhoods.



Unfortunately, the program was suspended in 2015 after the *Asian Citrus Psyllid* was found in fruits and trees in western Maricopa County. The group had previously collected more than 3 million pounds of citrus during the years they were in service and donated them to food banks all around the Valley.

The *Asian Citrus Psyllid* is a little bug that can carry bacteria called Citrus Greening, which destroys the production of fruit, eventually killing the tree.

Some food banks will still accept citrus donations, although there may be some restrictions. Before heading to the donation centers, make sure to check whether the fruit will be allowed.

St. Mary's will be accepting donations this year as well providing gleaning services starting January 14. For information about St. Mary's, visit firstfoodbank.org. HonorHealth Desert Mission Food Bank in Phoenix will also be accepting donations. For more, visit desertmission.com.

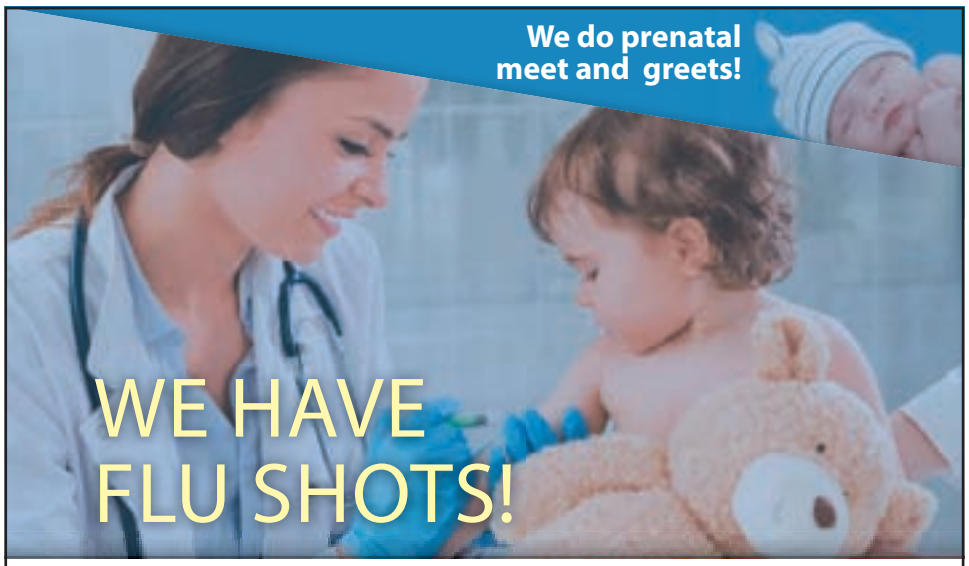
United Food Bank and Paradise Valley Emergency Food Bank will not be accepting citrus donations this year.



ROOF RAT TIPS

- The roof rat is dark brown or black and measures 13 to 18 inches including the tail. They weigh 5-9 ounces and are slim, nearly hairless and have large ears.
- Common signs of roof rat activity include hollowed-out fruits, damage to plastics on electrical wires and unsettled pets.
- Roof rats are most commonly found around swimming pools, laundry rooms, attics, garages and patios. They spend 90 percent of their lives four feet or more off the ground.
- Roof rats nest outside in trees, woodpiles and in dense vegetation like oleander bushes. Inside, roof rats prefer to nest in the upper levels of a building in the attic and ceiling.

For more information about roof rats and preventative measures in the Arcadia neighborhood, visit roofrat.net.



Call now to schedule a same-day flu shot or sick visit.


Christopher Spiekerman, DO


Ann Oland, MD


Kristen Stanley, DO

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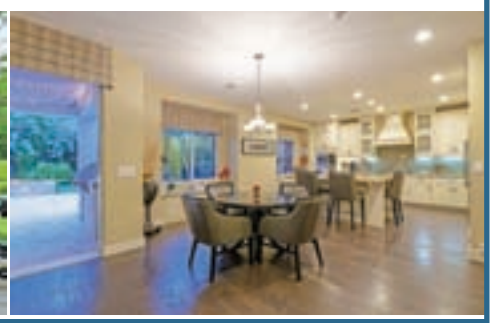
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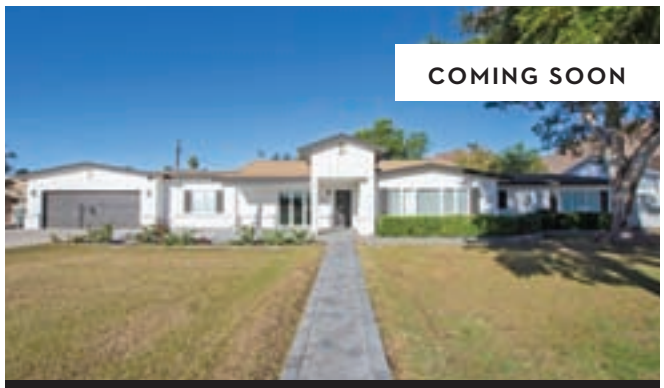
Gorgeous, builder model home in popular Arcadia area gated community! Gourmet chef kitchen sports large island with breakfast bar, granite countertops, Restoration Hardware-style stacked cabinets, gas cooktop and high-end stainless steel appliances. Wood & travertine flooring, box window seats & entertainment bar with wine fridge. Fully retractable sliding glass door leading from family room/kitchen to gorgeous backyard. Professionally landscaped front & back, built-in BBQ, huge covered patio, solar heated pool/spa combo with water feature, gas fire pit & travertine sun deck. Spectacular master suite with three customized walk-in closets, walk-in shower, separate tub & double sinks. 2 car garage with Tesla/EV charging receptacle & 1 car garage with built-in workshop. Owners have put over $100,000 in improvements into the home since purchasing it in 2012! This home is also energy star certified with far lower electric bills than a normal home of this size. This is a must see! Listed for $899,000. MLS#5835282


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4545 E SOLANO DR - $875,000
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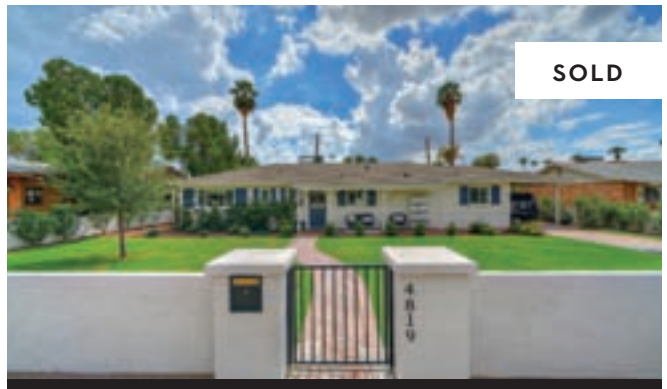
8 BILTMORE ESTATE #205 - $859,000
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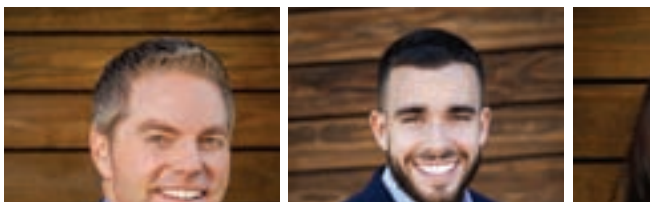
We believe in local!

At The Brokery, we believe in local! We know Jerry at Sinclair, Tiffany at Hava Java, Peter and John at 56th Street Deli, Ricky and Mickey at the Village, and the list goes on. Your people are our people.

We don't just sell homes....we sell the neighborhood, the people, the schools, the restaurants, and every other aspect that makes our area the best in the Valley. In our eyes, the neighborhood doesn't have any trivial details. Every aspect of the community creates a meaningful selling point that we leverage to bring more value to our clients, ultimately leading to a more rewarding outcome.

As the only real estate brokerage that owns real estate in the neighborhood, we have skin in the game. We invest in the neighborhood so that when life changes, you have a local professional just down the street that you can turn to for immediate guidance. In 2018, we were fortunate enough to serve over 100 families in the Arcadia and Biltmore neighborhoods. Without your trust in us, we would not be where we are today or have the opportunity to grow and serve a greater number of families in the area. In 2019, we are investing in you even more as we break ground on our second Arcadia location. This second office located near 56th Street will give our community even more leverage in the marketplace as we showcase your properties in the brightest of lights....not from our "home" offices, but rather in state of the art local showcases that are easily accessible to all.

We greatly appreciate the support that you all have shown through 2018 and we look forward to serving the community further in 2019. Please keep an eye out for our real estate market reports that will be inserted into the Arcadia News on a quarterly basis. We are always around should you have any questions regarding your home or other real estate in the area. From our family to yours,
Happy New Year!



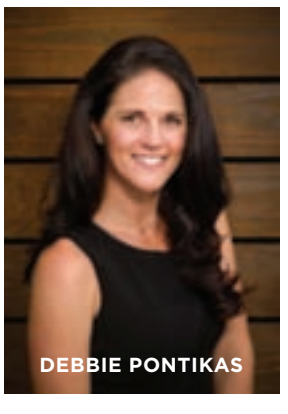
TUCKER BLALOCK

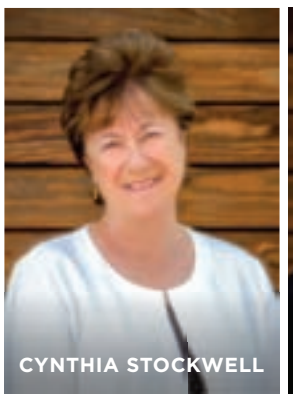
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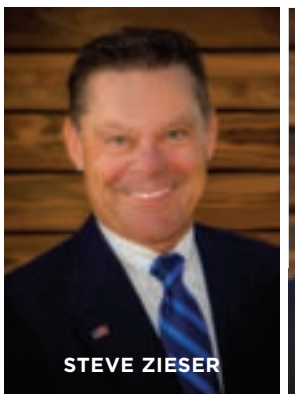


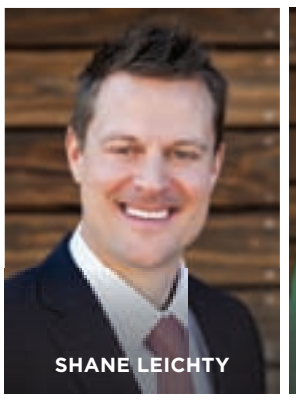

MATT KELLY

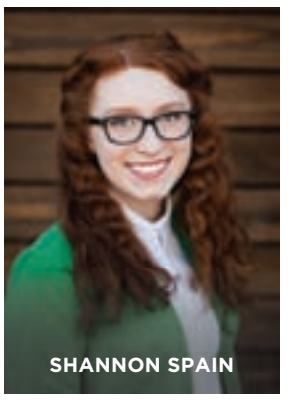

SAM LEVY


DEBBIE PONTIKAS


CYNTHIA STOCKWELL


STEVE ZIESER


SHANE LEICHTY


SHANNON SPAIN

WHAT'S HAPPENING, *ARCADIA?*

WED. 1/2 – FRI. 1/4

Winter Break Camp

9 a.m. – 4 p.m. at the Children's Museum of Phoenix, 215 N. 7th St., Phoenix. Have you run out of entertainment for the kids on the last few days of winter break? Never fear, winter camp is here. The Children's Museum has three days chock full of New Year's activities, games, arts and crafts and play time set up for kids ages 5 - 8. One day for non-members is $65; for three days, it's $170. For more: childrensmuseumofphoenix.org.

SATURDAY 1/5

Jurassic Winter Wonderland

10 a.m. at OdySea of the Desert, 9500 E. Via De Ventura, Scottsdale. The Land of the Dinosaurs is getting a makeover this holiday season with the Jurassic Winter Wonderland. This "dino" mite winter showcase will feature thousands of twinkle lights, real snow, caroling classes, snowman building, and you can even meet Dino "Santa Claws" and his friend Rudolph "The Red Nose" Raptor. The holidays are over but we can keep the spirit alive for a little longer. Tickets are $13 for adults and $17 for kids. For more: pangaealandofthedinosaurs.com.



Jurassic Winter Wonderland *at OdySea of the Desert in Scottsdale.*

SUNDAY 1/6

Night of the Three Kings

5:30 – 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. Christmas has passed, but that's no reason not to continue the celebration. Night of the Three Kings is a Latin holiday celebrating the night that the three kings followed the star to Bethlehem. To commemorate this event, attendees will follow luminarias to Neely Center and watch as the three kings arrive on camels. There will be photo opportunities, arts and crafts and live music. Tickets are $25 for adults and $15 for kids. For more: phoenixzoo.org.

WEDNESDAY 1/9

Lights of the World

5 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. Driving around and looking at Christmas light displays is one of the traditions of the season, and the Lights of the World display is not one you want to miss. There will be over 10 million lights on 65 different displays, each with a different theme. There are also carnival rides, acrobat shows, games and food available for purchase. Tickets are $20 with a $10 parking fee. For more: lightsoftheworld.com.

FRI. 1/11 – SUN. 1/13

Maricopa Home and Garden Show

10 a.m. – 6 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. The New Year always means big changes, so why not change up your home or garden – or both? The Home and Garden Show is your one-stop shop to find all your home improvement needs. There will be a vendor marketplace, seminars, pet training, make and take projects, and even a free wine tasting. Tickets are $8. For more: maricopacountyhomeshows.com.

SATURDAY 1/12

Glendale Glitter and Glow Block Party

4 – 10 p.m. at Murphy Park, 7010 N. 58th Ave., Glendale. Light up the night and start your year off right at Glendale's Glitter and Glow block party. There will be hot air balloons, 1.6 million twinkle lights, live music, food, rides, drinks, and fun for 16 blocks of downtown Glendale. More than 80,000 people attended the previous event, so make sure you claim your spot early and set the night aglow. For more: glendaleaz.com.

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WHAT'S HAPPENING, *ARCADIA?*

WEDNESDAY 1/16

MLK Celebration Dinner

5 p.m. at the Embassy Suites Scottsdale Resort, 5001 N. Scottsdale Road, Scottsdale. It's time to celebrate diversity with the 25th annual MLK Celebration Dinner. This year's featured speaker is Carmen Perez, a criminal justice expert who has advocated for civil rights, including mass incarceration, women's rights and gender equity. There will also be a raffle after dinner. Tickets are $75 per person. For more: ccdarizona.org.

THURSDAY 1/17

Lit and Sip

7 – 10 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. It's a light bright dance party. This 21 and over event is all about the lights, sounds and vibes of the desert. Grab a cocktail and stroll through the dazzling trails, then head to the dance floor where you choose which music you want to hear at the Silent Dance Party – the music is in the headphones. Tickets are $35. For more: dbg.org.



Dogs' Day in the Garden *at the Desert Botanical Garden in Phoenix.*

SATURDAY 1/19

Carefree Fine Art & Wine Festival

10 a.m. – 5 p.m. in downtown Carefree, 101 Easy St., Carefree. The 26th annual Fine Art & Wine Festival is here and ready to show off. Over 155 juried artists from the United States and abroad will be onsite with their masterpieces; from photography and jewelry to sculptures and paintings, there's an art form for everyone. Browse through the beauty while you sip on domestic and imported wines and enjoy the live music and entertainment. Tickets are $3 for general admission, plus $10 for wine tasting. For more: thunderbirdartists.com.

After Lunch Art Bunch

1 – 4 p.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. Looking for an after-lunch activity to keep the yawns away? Head to the Heard Museum for a family fun story and activity event. The After Lunch Art Bunch is perfect for kids 4 and up. Listen to a storybook reading while creating a paper parka for your own Yup'ik paper doll. This event is free with museum admission; $18 for adults, $7.50 for kids. For more: heard.org.

SATURDAY 1/19

Dogs' Day in the Garden

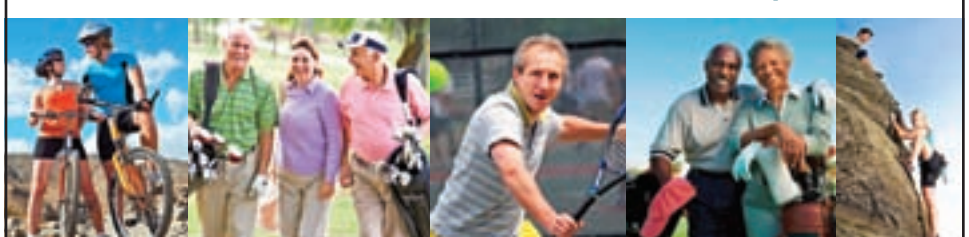
8 a.m. – 2 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. It's a dog day afternoon at the Desert Botanical Garden. Bring the whole family (dogs included) for a walk on the trails. Meet new friends, pose for photos, learn about pet nonprofits, shop and enjoy samples for you and your pups.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

Garden Day at Grow House

10 a.m. – 12 p.m. at Grow House, 1025 N. 2nd St., Phoenix. It's time to grow. The Roosevelt Grow Collective Garden is a volunteer-based program in the Roosevelt Row arts district. They are looking for volunteers to help with garden projects such as preparing garden beds, planting, weeding, building garden structures and irrigation. Let's keep our neighborhoods beautiful. Ages 8 and up are welcome to volunteer. For more: themissioncontinues.org.



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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 1/19

Spark after Dark

8 – 11 p.m. at the Mesa Arts Center, One E. Main St., Mesa. Spark after Dark happens every third Saturday of the month, where the Mesa Arts Center gets taken over by a new artist with their own theme – you never know what you're going to see and hear. There will be an art show, live music, food and drinks available for purchase with a bar for 21 and older, activities and an all-around good time. This is a free event. For more: mesaartscenter.com.

SUNDAY 1/20

Experience Spain

9 a.m. – 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Expand your knowledge of Spain with the Musical Instrument Museum. There will be educational talks and discussions, music and instrument performances, workshops, arts and crafts, dancing and Spanish cuisine to tempt your taste buds. Tickets are $20 for general admission. For more: mim.org.

Rock 'N' Roll Arizona Marathon

7:30 a.m. at CityScape, 1 E. Washington, Phoenix. Get ready to run and rock. The 16th Annual Rock 'N' Roll Marathon and Half Marathon are back and better than ever. Saturday will be the half marathon, and Sunday will have both the full and half marathons available. There will be live music, cheer squads, kids marathon and the headliner this year is the Plain White T's. You must attend the Health and Fitness expo on the 18th to pick up your race information. Registration is $30-$110. For more: runrocknroll.com.



Spark after Dark *at the Mesa Arts Center.*

THURSDAY 1/24

Wine Series

6:30 p.m. at Pizzeria/Bar Bianco, 609 E. Adams St., Phoenix. Calling all wine lovers. The 2018 Wine Series is back featuring Vineyard Brand wines. Join Bar Bianco for a four-course meal complete with wine pairings for each course. All of the food is sourced from local farmers, so you'll be supporting them while enjoying a gourmet meal and drinks. Tickets are $100 per person. For more: pizzeriabianco.com.

FRI. 1/25 – SUN. 1/27

Arizona Balloon Classic

7 a.m. – 8 p.m. and 10 a.m. on Sunday at the Goodyear Ballpark, 1933 S. Ballpark Way, Goodyear. The 8th Annual Arizona Balloon Classic is here and friends, it is time to fly. Up to 30 hot air balloons will be on site floating into the Arizona sky during the day and at night. 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.

SATURDAY 1/26

Tacolandia

1 – 5 p.m. at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Taco lovers rejoice, for Tacolandia is here. This event promises to deliver the best in taco artistry from around the Valley. It's an outdoor taco sampling heaven, with 30 of the Valley's taqueria's on site serving up samples ranging from crazy ingredients to authentic street style. There will also be live entertainment, drinks and an awards ceremony. And the best part? The samples are unlimited. Tickets are $25 for general admission. For more: tacolandiaphx.com.





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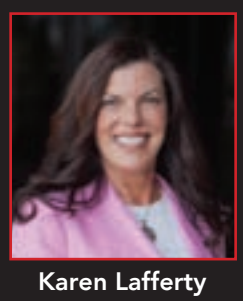
Robert Joffe



Bob Bullock



Jonathan Friedland



Karen Lafferty



Meredith Lane



Andrew Mehlman



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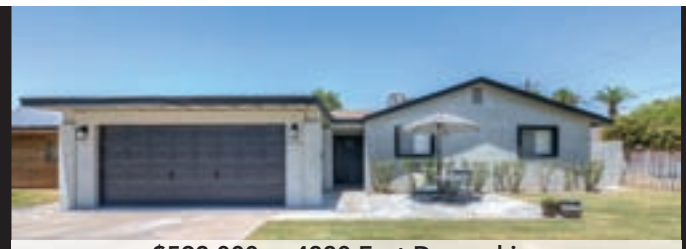


Jen Sheedy

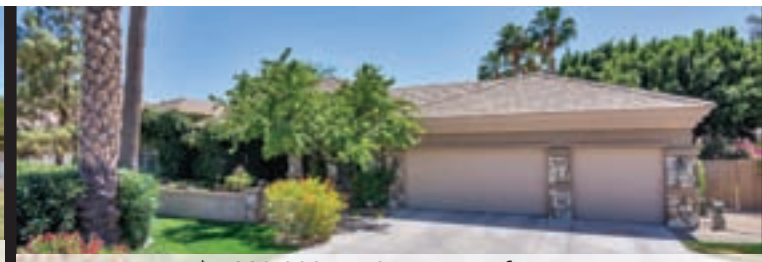
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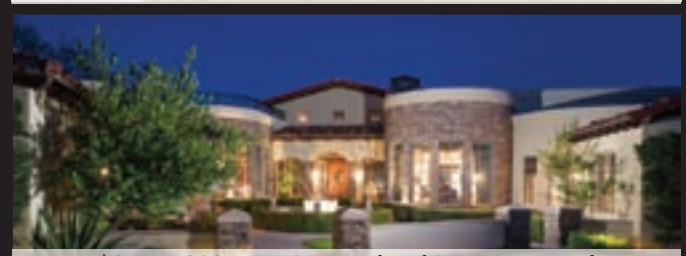
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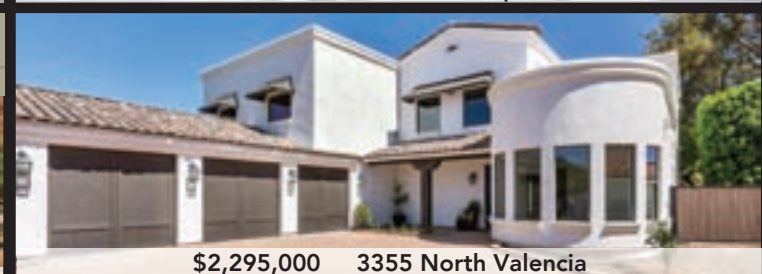
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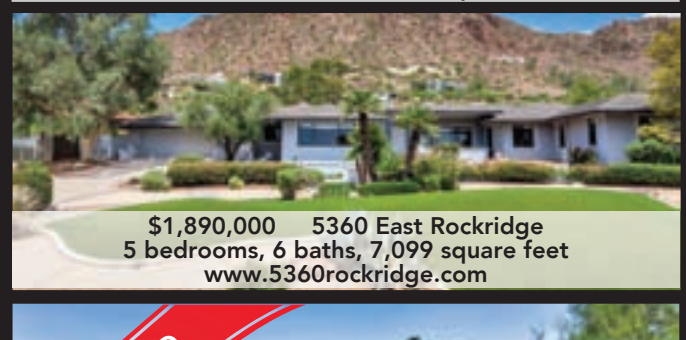
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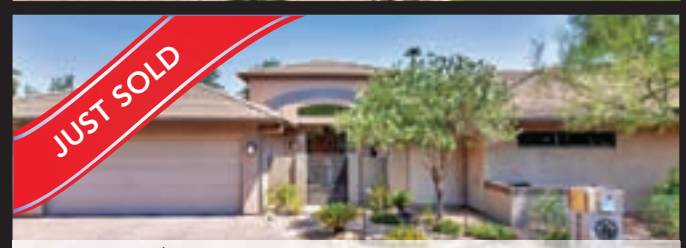
$2,295,000 3355 North Valencia
5 bedrooms, 6 baths, 5,712 square feet
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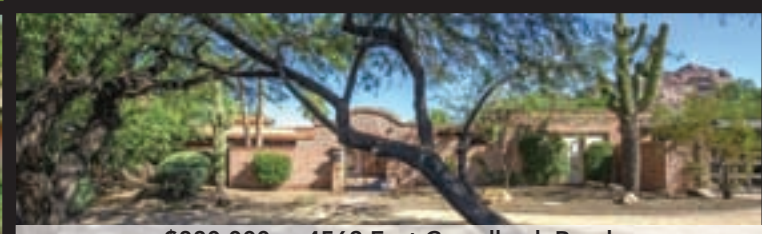
$1,890,000 5360 East Rockridge
5 bedrooms, 6 baths, 7,099 square feet
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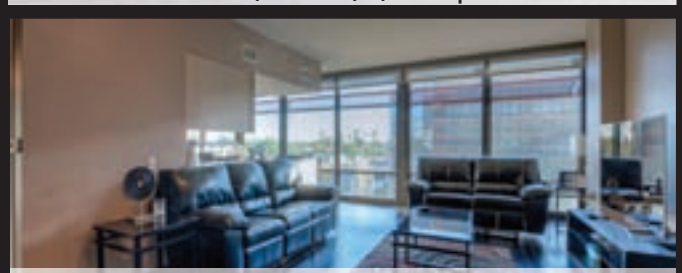
$2,495,000 4465 North 56th Street
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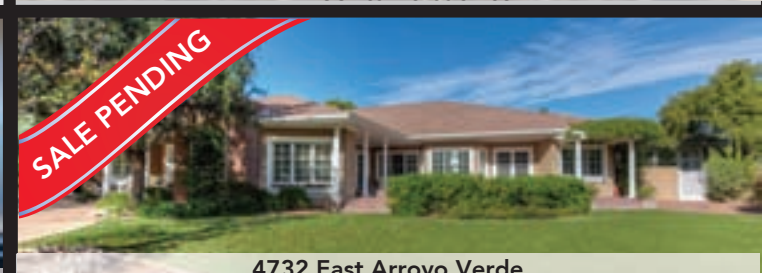
$1,199,000 4538 East Vermont
3 bedrooms, 3 baths, 3,584 square feet



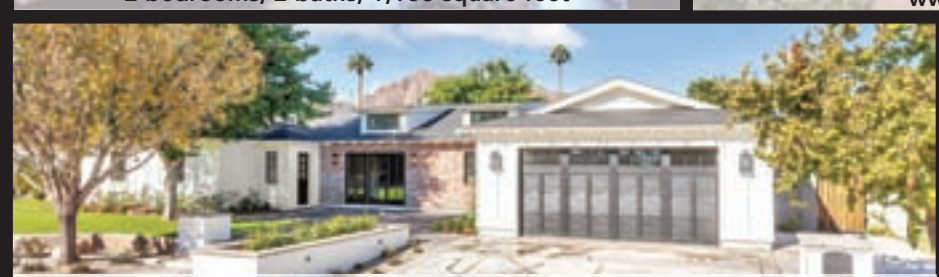
$880,000 4562 East Camelback Road
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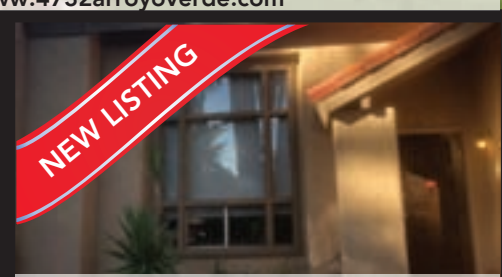
$339,000 4808 North 24th Street, #307
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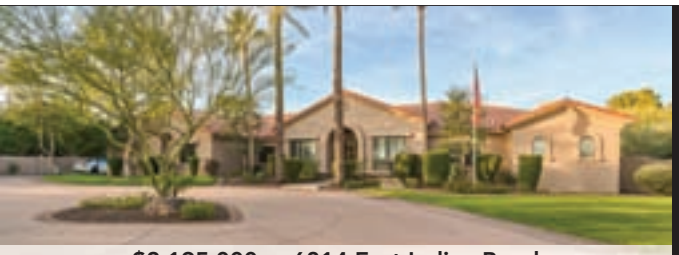


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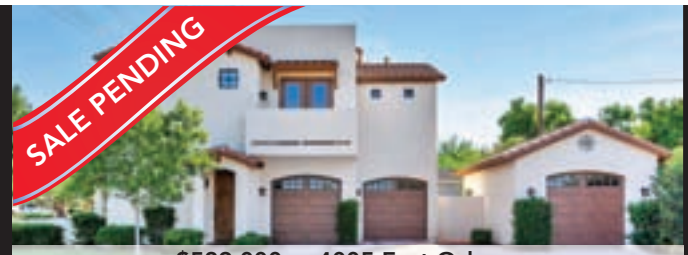


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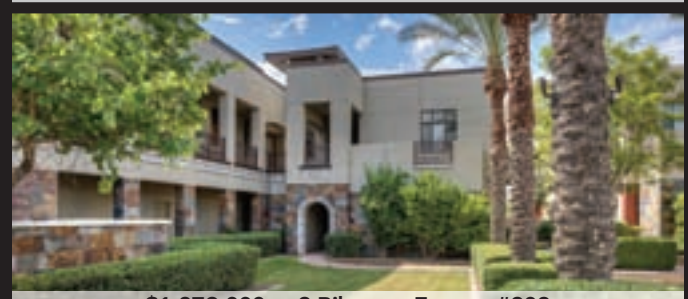
4524 North Rubicon
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5217 East Calle Redonda
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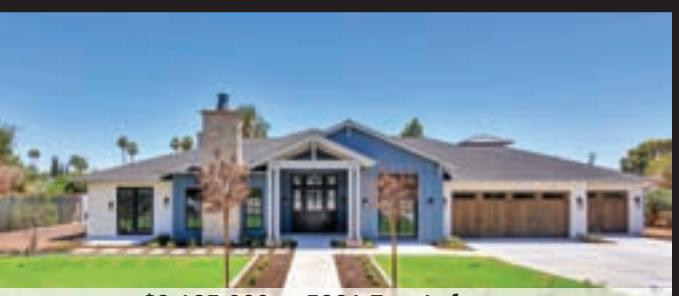
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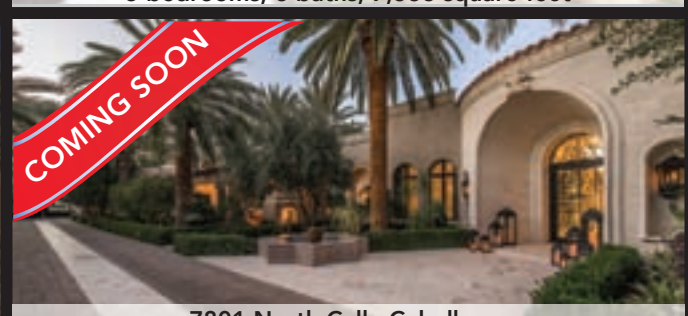
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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 1/26

Doggie Street Festival

10 a.m. – 4 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. Head over to Steele Indian School Park for the 4th annual Doggie Street Festival and adoption event. Learn about the newest pet foods, services, fashion, health, travel and vet care. Plus, there will be live music, food, contests, and auctions with prizes. Bring the pup for a day of fun. This event is free. For more: doggiestreetfestival.org.

Military Vehicle Show

9 a.m. – 5 p.m. at the Tempe Diablo Stadium, 2200 W. Alameda Dr., Tempe. For those of you who are interested in all things military, this event is for you. The 28th annual Arizona Military Vehicle Show is presented by the Arizona Military Vehicle Collector's Club and boasts a variety of Jeeps, trucks, tanks and more. There will also be vendors on site selling their parts, tools and supplies. This is a free event for all ages. For more: armytrucks.org.

SUNDAY 1/27

SHE Power Half Marathon

7:30 a.m. starting at the Chandler Stage



Military Vehicle Show *at the Tempe Diablo Stadium.*

Park, 78 E. Commonwealth Ave., Chandler. Sorry, no boys allowed for this one. It's all about the girl power at the SHE Power half marathon and 5K, which follows through downtown Chandler. The theme is "Brave, Strong, and Fierce" and if you're ready to conquer the miles, you can be all of the above. Registration is $80 for the half marathon, $45 for the 5K. For more: 131events.com

String Garden Workshop

12 – 2 p.m. at The Farm at South Mountain, 6106 S. 32nd St., Phoenix. Looking for a new craft idea to experiment with this month? The Farm at South Mountain presents the Kokedama String Garden workshop. Kokedama is an art form of floral design originating out of Japan. Learn how to make your own string garden to take home with you. This class is geared toward beginners, so you'll be able to learn all the tips and tricks starting from the bottom. This class is $45. For more: thefarmatsouthmountain.com.

WEDNESDAY 1/30

Parties of Note

6 p.m. at the home of Drs. Jacque Sokolov and Mitzi Krockover, Paradise Valley. The Phoenix Symphony presents Parties of Note, an evening of gourmet food, music and art. Dr. Sokolov and Dr. Krockover will open their home to guests to enjoy a meal prepared by one of the Valley's renowned chefs while they take you on a tour of their "International Treasures," artifacts from Asia and Africa that they have collected. Enjoy an evening of beautiful music, art and food while supporting the symphony. Individual tickets are $200. For more: phoenixsymphony.org.

THURSDAY 1/31

Friendly Pines Information Session

7 – 8:30 p.m. at the Courtyard Marriot, 5201 N. Pima Road, Scottsdale. Friendly Pines, a summer sleepaway camp in Prescott, is holding an information night for parents who have questions not only about the camp itself, but also the benefits of attending a sleepaway camp for kids. Kevin Nissen, the director of the camp, will be presenting. There will also be gifts and giveaways and refreshments will be served. This presentation is free to attend. For more: friendlypines.com.

SEND EVENTS TO
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- Wespac Construction
- Wincline

OUT OF THE AREA, *BUT WORTH THE DRIVE*

SATURDAY 1/5

Polar Bear Day

12 – 2 p.m. at London Bridge Beach, McCulloch Blvd., Lake Havasu City. This event is for those of you who aren't afraid of a little cold water. Grab your swim trunks and leave the wetsuits at home, then take a leap into Lake Havasu. Those who submerge all the way will earn their Polar Bear patch. Afterward, warm up with heaters and a bowl of soup and join the party happening on London Bridge Beach. All ages are welcome, but it's $5 to swim. For more: golakehavasu.com.

Everything Men's Festival

9 a.m. – 4 p.m. at the Yuma Civic Center, 1440 W. Desert Hills Dr., Yuma. This shopping spree is for the men. The Everything Men's Expo will have vendors ranging from electronics, automotive, games, fitness, grooming, health, and hunting – all geared toward the manliest of men. There will be raffles, giveaways and a barber competition. Ladies, you're also welcome to come along. This event is free. For more: visityuma.com.



Balloon Festival & Fair *at Lake Havasu State Park.*

San Tan Scramble

7 a.m. at the San Tan Mountain Regional Park, 6533 W. Phillips Road, Queen Creek. Get a good start on that New Year's fitness resolution with the San Tan Scramble. Test your endurance through the foothills and mountain ranges of San Tan with a 50K, 26K, 17K or a 9K. Participants will receive a race t-shirt and post race breakfast, plus a finisher award pint glass you can use at the Huss Brewing beer garden. Registration is $55-$105. For more: aravaiparunning.com.

THURS. 1/10 – SUN. 1/13

Balloon Festival & Fair

12 p.m. at Lake Havasu State Park, 171 London Bridge Road, Lake Havasu City. Designated as one of the top 100 events in North America, this balloon festival is quite a sight to see. Not only will there be balloon launches, but also a vendor village, art displays, live music and entertainment, food and beer gardens, carnival and balloon rides, demos and parachute races. There's no end to the fun. Tickets are $15 for general admission. For more: havasuballoonfest.com.

SAT. 1/12 – SUN. 1/13

Native American Fine Art Festival

10 a.m. – 5 p.m. at the Litchfield Park Library, 101 W. Wigwam Blvd., Litchfield Park. Come out and learn about Native American culture through the arts. There will be live demos and presentations as well as over 100 Native American artists showcasing their specialties. Representing several tribal affiliations, there will be traditional and contemporary pieces, including beadwork, clothing, jewelry, paintings and pottery. This event is free. For more: litchfieldparkgathering.com.

THURSDAY 1/17

Science on Tap

6:30 p.m. at the Green Room, 15 N. Agassiz Road, Flagstaff. What's more fun than learning? Learning with a beer, of course. The Green Room Flagstaff holds monthly meet-ups with science professionals who present timely and relevant lectures to the masses – all with specials on drinks. Lectures range from mirror neurons to valley fever and everything in between. This event is free. For more: flagstaffgreenroom.com.





OUT OF THE AREA, *BUT WORTH THE DRIVE*

SEND EVENTS TO
editor@arcadianews.com

FRI. 1/18 – SAT. 1/19

Dillinger Days

7 p.m. on Friday, 11 a.m. on Saturday, at the Hotel Congress, 311 E. Congress St., Tucson. History buffs and outlaw fans, get ready for the 25th annual celebration of Tucson's most notorious criminal. Dillinger Days starts off with a speakeasy party on Friday complete with costumes, whiskey and live entertainment. Then, on Saturday, get a front row seat to the Dillinger capture reenactment and enjoy brunch afterward. Tickets are $40 for the speakeasy and $30 for the reenactment. For more: hotelcongress.com.

SATURDAY 1/19

Vegfest

8 a.m. at the Sedona Performing Arts Center, 995 Upper Red Rock Loop Road, Sedona. If you're into plant-based eating or looking to learn more about it, this is the event for you. Vegfest is a two-day festival dedicated to the education of plant-based and vegan lifestyles. There will be a speaker series, panel talks and demos, a vendor village and lunches available for purchase. Tickets are $40. For more: healthyworldsedona.com.



***Vegfest** at the Sedona Performing Arts Center.*

German Festival

12 – 8 p.m. at the Desert Sun Stadium, 1440 W. Desert Hills Dr., Yuma. Oktoberfest is a long way away but that doesn't mean we can't celebrate early. The German Festival will have everyone's favorites – bratwurst and other cuisine, folk music, dancing, polka, games, contests, and of course, beer. Grab your lederhosen and beer stein and head to the German Festival. Admission is $1. For more: yumaaz.gov.

FRIDAY 1/25

Scottish Burns Supper

5 – 9 p.m. at the Yuma Civic Center, 1440 W. Desert Hills Dr., Yuma. Perhaps Scottish culture is more to your fancy? That's okay, Yuma has something for that, too. Presenting the Scottish Burns Supper, a four course Scottish feast complete with glasses of whiskey, plus poetry readings and a special presentation of the Pipes and Drums from Yuma's own Firefighters. Tickets are $35 for single, $65 for couples. For more: yumaaz.gov.

SATURDAY 1/26

Trout Fishing Derby

6:30 a.m. at the Tierra Verde Lake Park, 301 S. Old Litchfield Road, Litchfield Park. Pack up that fishing rod and get ready for those fish to bite. Tierra Verde Lake will be stocked to the brim with trout ready for catching. Equipment is not included, so make sure you bring plenty of bait and lures and something to snack on. There will be awards given for longest and shortest trout and most trout caught for the day. Registration is $4 a pole for age 15 and under, $6 for 16 plus. For more: Litchfield-park.org.

Winterfest

10 a.m. – 2 p.m. at Black Canyon Heritage Park, 33955 S. Old Black Canyon Hwy., Black Canyon City. Travel to where it actually feels like winter for the 3rd annual Winterfest. There will be a vendor village, arts and crafts, food booths and activities. Take part in the Arizona History Bookfest while you're there and meet with authors and illustrators of Arizona's history. This event is free. For more: blackcanyonheritagepark.org.

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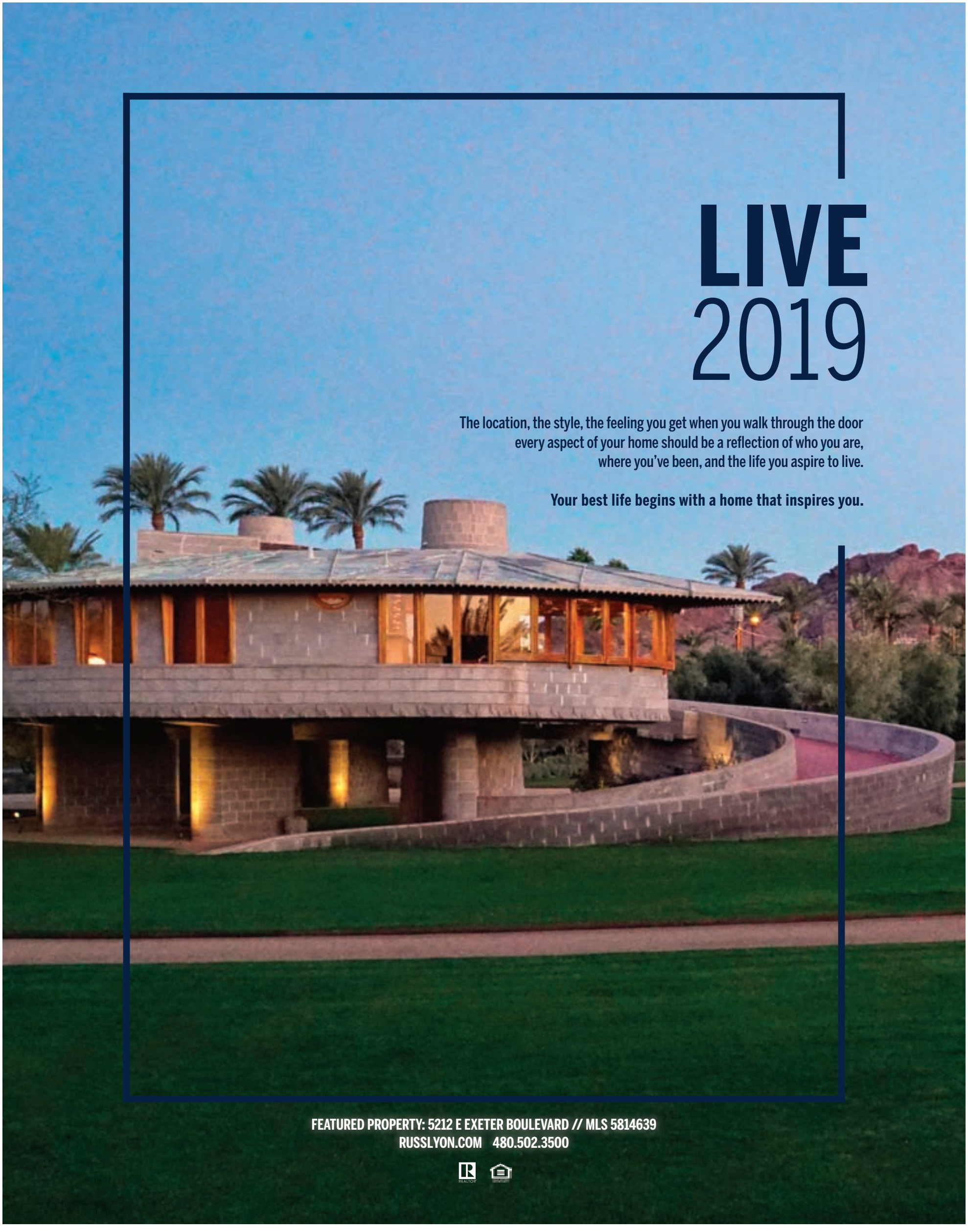


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Arizona Highways Television coming to Arizona's Family

By Robin Sewell



Whether you enthusiastically stayed up past midnight to kiss, toast and mumble your way through "Auld Lang Syne," or were quite happy to fall asleep before the ball dropped, 2018 is behind us and it's time to say hello to 2019.

Like many of us, I've always been someone who is somewhat comfortable with the status quo and can be a little apprehensive to change. However, I have made monumental changes all my life, some planned, some unexpected, and yet in the end, they have always pleasantly surprised me and turned out to be the road I was meant to travel.

After 14 years, I am about to once again shake things up! But before I do, I would like to reflect upon what has been a great decade plus four.

Back in 2003, after seven years as the main anchor for ABC15, I left my job to explore another passion, creating programing for film and television. My first concept was to produce a television show all about the state I had fallen in love with, Arizona.

So, with this newfound passion and excitement, I approached my friend Win Holden, the former publisher of *Arizona Highways* magazine and said, "I have this brilliant and unique idea, I want to create the *Arizona Highways Television* show." Win looked at me with a half-smile and said, "Sewell, if I had a nickel for everyone who wanted to do the *Arizona Highways Television* show, we'd be rich."



Arizona Highways *debuted in 2004 and 14 years later it has expanded to two television channels.*

I quickly discovered that my idea was not so unique. However, despite all the inquiries and attempts to make it happen, no one had followed through with their big intentions.

It was a risk, a challenge and a big departure for this former TV news gal. I could always look for another news job and I would always look back and be thankful I wasn't afraid to try or to fail. In other words, I would have no regrets that I didn't pursue my dream.

The road to making this show a reality was not only uncharted, but it was full of bumps. First, I had never produced a syndicated television show and at the time, I couldn't find anyone else here in town that had either. There were more naysayers and detractors than supporters and I remember that feeling of being overwhelmed as I searched for sponsors, a television station, a team and a crew who were as passionate as I was about this new and unproven production.

Fortunately, I found my people – believers and visionaries who were willing to take a chance and who had the guts and imagination to envision the state's very own television show that showcases all that is beautiful and magical about Arizona.

Thanks to all of them, Win could now tell the next person that approached him about doing a show based on the famed and spectacular *Arizona Highways* magazine that it was already "in production."

In 2004, *Arizona Highways Television* debuted on 12 News. Since then, we've expanded to Tucson, Yuma and a version of the show even appeared on the Travel Channel. To this day, people still ask me, "After all this time, aren't you going to run out of stories?" And I always say, "The magazine has been around since 1925, we have plenty of catching up to do."

Starting in February, *Arizona Highways Television* is moving to Channel 5 and Channel 3 to partner with Arizona's Family. Instead of only being seen on one station, we will now harness the power of two. This gives us more opportunities to travel the state and share with our viewers all the treasures that dot Arizona highways and the stories of the people and places that make the Grand Canyon State unique and unforgettable.

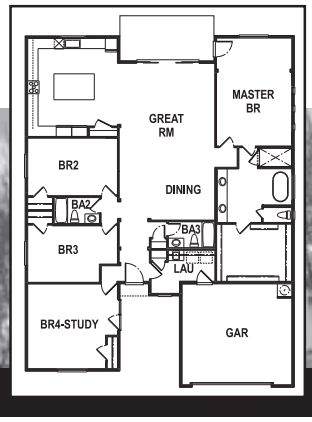
I'm looking forward to a new year and a new beginning and I hope all of you will join us for the journey to our new destination.

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

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Deborah Garland
Clinical Ayurveda Specialist

The dangers of multiple medications in older drivers

By Michelle Donati-Grayman

It's not just alcohol and illegal drugs that can impair driving – legally prescribed medications can also present dangers to safe vehicle operation, taken alone or in combination with each other.

Almost half of adults 65 and older report using seven or more medications while remaining active drivers, according to new research from the AAA Foundation for Traffic Safety. Nearly 20 percent of older drivers are using medications that have very limited therapeutic benefit, pose excess harm, or both.

These types of drugs are called potentially inappropriate medications, or PIMs. Most of them, such as benzodiazepines and first-generation antihistamines, are known to cause impairing effects such as blurred vision, confusion, fatigue or lack of coordination. They can increase a driver's risk for a crash by up to 300 percent.

This research is from AAA's groundbreaking multiyear LongROAD study. The project supports in-depth research on senior driving and mobility to better understand risks and develop effective countermeasures.

Previous research from the AAA Foundation for Traffic Safety found fewer than 18 percent of older drivers report ever receiving a warning from their health care provider about how their prescriptions impact driving safety.

Considering the large number of medications used by older drivers, AAA urges seniors and their families to ask a few simple questions during doctors' visits to fully understand prescriptions and their potential impairing effects:

Come prepared: Write down any prescribed or over-the-counter medications you take and bring that list with you to every medical appointment. Don't forget to include vitamins or supplements.



Ask questions: Ask your doctor and pharmacist as many questions as necessary to ensure you understand why you need the medications prescribed to you and how they can affect your driving, especially if you are taking multiple medications.

Discuss alternatives: There are often ways to reduce risks through alternative medications or changing the doses or the timing of the doses. Don't be afraid to question health care providers. It's their job to help you. And it may help save your life.

To learn more about medications, drivers can use AAA's Roadwise Rx. This free online tool helps drivers and their families understand common side effects of prescription drugs, over-the-counter medications and herbal supplements. It also flags interactions between these medications that can impact safety behind the wheel.

Print the free list and report, then discuss the confidential results with your doctor or pharmacist to learn how to mitigate risks.

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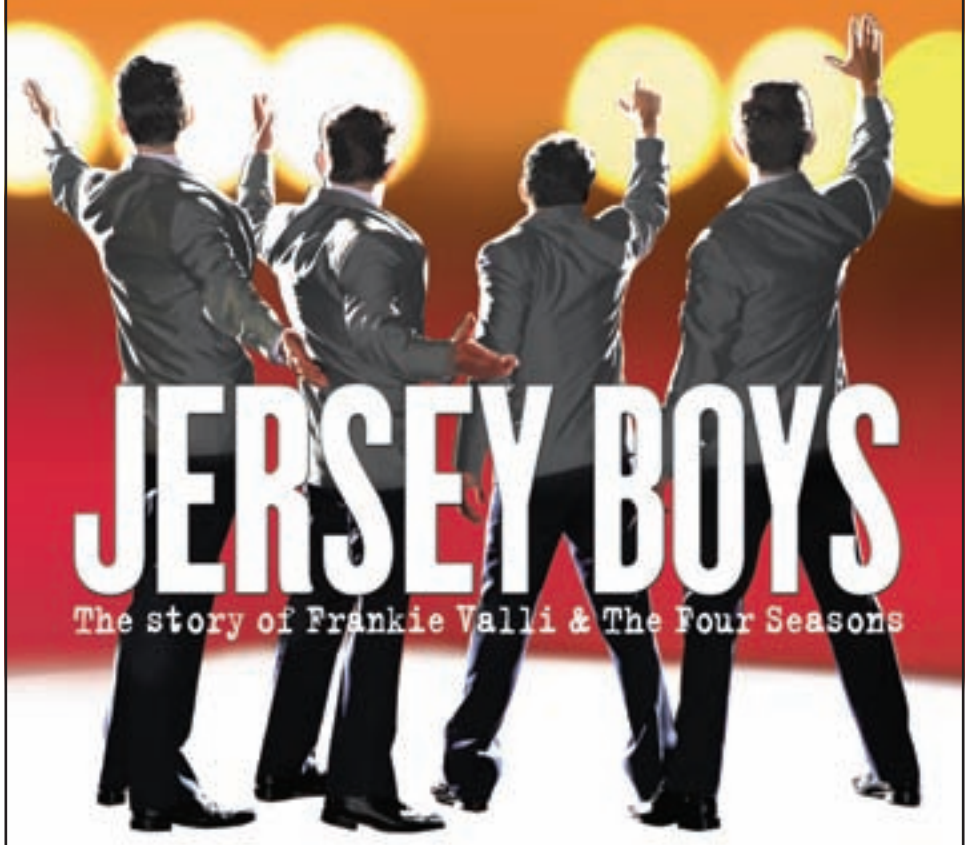
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"Meet Mr." | Ray Artigue

Joe Prewitt

By Ray Artigue

To say that Joe Prewitt has Arizona in his blood would be a real understatement.

His family roots go back to his great-grandmother who was born in Yuma in 1870. That's five generations of family folklore. Their history and heritage have done much to shape this man.

"My grandfather was a real inspiration to me and much of what I've done in my adult life was to honor him," says Prewitt. "Both my father and grandfather worked in the food and restaurant business and I suppose that influenced me to do the same."

That led him to follow a similar career path and a life of service to community. Joe worked for Proctor and Gamble and other food companies for nearly 40 years, selling fats and oil products to restaurants. He likes to joke that he was just a "fat salesman."



My father, also an Arizona native, profiled Joe's grandfather, Joe Donofrio in his "Meet Mr." column in the Phoenix Gazette *in 1952.*

Years later, Joe served on the board of the Arizona Restaurant Association and he – just as his grandfather – was a longtime member of Phoenix Rotary 100, the oldest Rotary Club in Arizona.

"Rotary is all about 'service above self' and that's what makes it so special to me. It also provides a community of people with similar values," says Prewitt, who recently served as the centennial chair (2014) and club president (2016).

During the 2014 celebratory year, and under Joe's irrepressible leadership, the club raised money and helped build a World War II Memorial at the State Capitol that features guns from the warships USS Arizona and Missouri. "This was the best way we could celebrate 100 years of Rotary in Arizona... saying thanks to those who served us," he said.

Joe and his wife, Lynda, have a daughter, Kathryn, who they adopted when she was just two weeks old. He calls that his life's "aha moment" as he came to truly understand what his parents and grandparents had done for him. "Parenting is a gift to be had and treasured," he says with a bit of emotion.

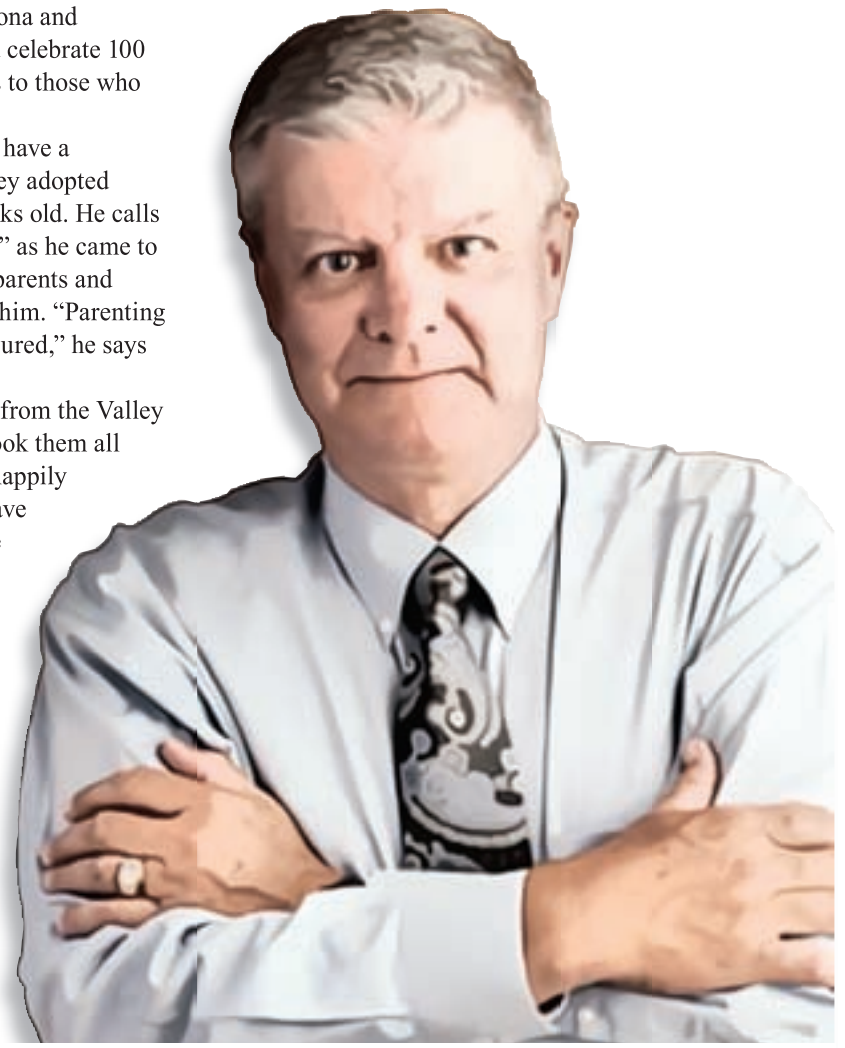
The Prewitts were away from the Valley for a time as Joe's career took them all around the country. They happily moved back in 1993 and have no plans to leave. "We love Arcadia and all that it has to offer to families."

Accordingly, Joe now sells homes and promotes the iconic neighborhood above all others.

When asked what wakes him up in the morning, the avid-golfer says, "a really good challenge."

"I can be relentless when I think I have a good idea and especially if someone tells me that it can't be done," Prewitt admits with a steeled look. "And something I never want to hear is that 'we've always done it that way.'"

So fair warning to anyone who questions the resolve of this "fat salesman" to get something done, or stands in his way. Fat chance you'll succeed!



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PA's finest: Griswold cast iron

ASK THE APPRAISERS

By Jeffrey Pearson, ISA, CAPP

From 1865 until the late 1950s, the Griswold Manufacturing Company of Erie, Pennsylvania made various cast iron implements for home use. Its selection of cookware, including skillets, muffin pans, roasters, bread molds, waffle irons, kettles and miniatures have stood up to the test of time and are the cast iron items most often found by collectors today.

Collectors can easily recognize the items, which were typically made from black iron. A distinctive mark on the back of each piece frequently confirms a Griswold find, but the company actually used several varying signatures during its time. In fact, Griswold is the most collectible cast iron in today's market.

Collectors look for the words "Erie," "Erie PA" or "Erie PA USA" under the Griswold logo to confirm that their newly-found treasures were indeed made in Pennsylvania.

Ardent collectors typically favor pieces made in the late 1800s. For example, skillets featuring #12 and #14 on the back are readily available in the market, but the #13 is more difficult to find. Many collectors look for the cherished #13 to complete a Griswold skillet collection. The most sought-after piece is the Griswold Dutch oven, ranging in value from $50 up to $200 or more. The larger the piece, the greater the value.

Now, let's try something a little different! Normally I write about items and situations I come across every day as an appraiser. Instead, it's your time to shine. I would like to know what questions you have about your own items or pieces that have intrigued you.

I'd like to write my next article about what you, dear readers, want to know as opposed to what I think should be the focus for the month. Are there family heirlooms lingering in your home? Do you keep asking yourself "What is this thing?" Well, now you can get answers.

For example, last week I had an email from a young man asking me about a framed Disney cartoon of Mickey Mouse with an illegible signature from the artist. After doing some research, I came to the conclusion that the piece the man had was in fact a fake and the only way to see this difference was to compare the size of the real cartoon drawing against the fake cartoon drawing.

I enjoy the hunt. I consider my profession to be a down-tempo version of an Indiana Jones movie. I am an adventurer in search of treasures. And every once in a while, I do find a few. There might just be one in your home, too.

— Email Jeffrey at damshill@yahoo.com or write Ask the Appraiser, c/o Jeffrey Pearson; 5525 North 12th Street, Phoenix, Arizona 85014.



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12 noon - Silverado Stage Awards
1 pm - Trails End Celebration
Sat & Sun - Arizona Indian Festival

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Arcadia family still rocking after 16 years

By Carol Rose

Most families spend their holidays eating, drinking and spending time together, but for the Boyle family, it also means rocking and rolling as they prepare for their latest gig.

This January marks the 16th year the Boyle family band, better known as The Boylevards, will perform during the 2019 Humana Rock 'n' Roll Marathon and Half Marathon.

Since the Rock and Roll's inaugural run in 2004, Paul Boyle has rallied his four kids and serenaded runners and neighbors alike with classic rock. Of course, those "kids" are now full-fledged adults. Patrick, 30, Makenna, 28, Ryan, 27 and Kaleigh, 24 dutifully pick up their instruments and join dad to perform as The Boylevards every year.

Ryan was in seventh grade the first year the family played along the marathon route. "In the beginning, I would rather have been playing sports, but as I have gotten older, I've come to appreciate it so much more," he says.

Life is pulling each of the Boyles in different directions as they focus on careers, and in the case of Makenna, marriage. But playing the Rock 'n' Roll Marathon is the Boyle siblings' yearly standing appointment.

"It keeps us all close. It's fun to slow down and jam with everybody," Ryan says.

Band leader and father, Paul, says The Boylevards had to adjust rehearsal schedules over the years.

"We used to start rehearsing in October. Now, we have the week between Christmas and New Year's and that's about it. We pretty much have the music down. At this point, the challenge is to get everyone together," Paul says.

Music has been a lifelong love for Paul and something he handed down to his kids. Each of the Boyle children has taken music lessons since they were young. Patrick plays drums and guitar. Makenna and Kaleigh play piano and keyboards and Ryan plays guitar.



The Boylevards will perform on the corner of Lafayette Boulevard and Arcadia Drive at this year's Humana Rock 'n' Roll Marathon.

Paul and the kids would practice songs and play together at school events such as the Arcadia Pride Picnic and Hopi Hullabaloo. When the 2004 Rock 'n' Roll Marathon was initially announced, promoters asked for local bands to send in video tapes to be considered as on-route entertainment.

Paul sent in a video of The Boylevards and heard nothing back. Then, Paul realized his neighbor's house faces 44th Street, which was on the original route. He asked them if The Boylevards could set up on his driveway and perform during the marathon and the family band has been a part of the entertainment ever since.

Typically, The Boylevards will perform three hours for the runners with classics from the Beatles, Bob Dylan, Peter Frampton and more. One of the family's go-to songs is Archie Bell and the Drells' *Tighten Up*. Everyone gets a solo on that one.

This year, The Boylevards will split their performance time with The Boyle Band, a group Paul and his oldest son Patrick perform in regularly.

Over the past 16 years, the Boylevard driveway concert has evolved into a block party. Paul says there are runners who have participated in the Rock 'n' Roll Marathon every year and make an annual stop by Boylevard "stage."

"They always stop by to acknowledge us," Paul said. "Though their paces are noticeably slower than when they first started running by 16 years ago."

This year, contestants and those on the sidelines can catch The Boylevards performing at Lafayette and Arcadia Drive on January 19 and 20.



PHOTO: CHRISTINE JOHNSON PHOTOGRAPHY

The Boylevards have been entertaining runners along the marathon route for 16 years.

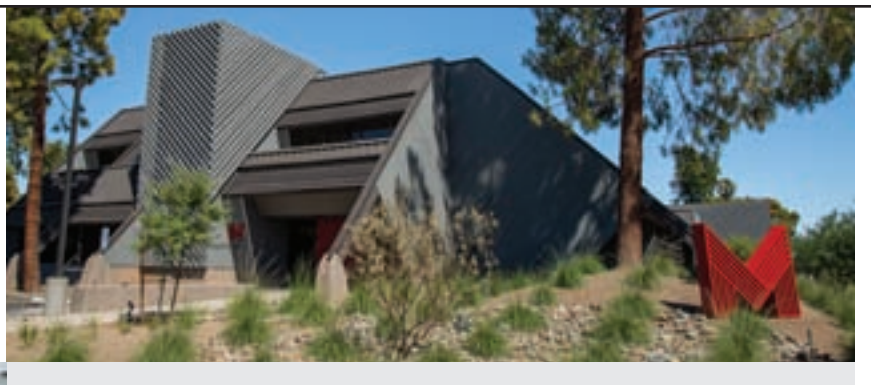
HUMANA ROCK 'N' ROLL MARATHON ARIZONA

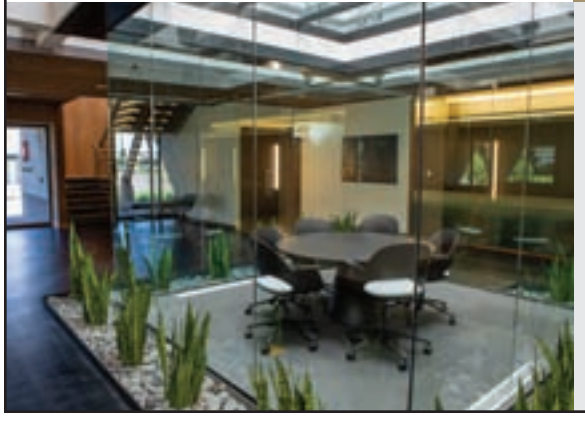
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The goal of the Speak Up, Stand Up, Save a Life conference is to facilitate sometimes-difficult discussions among youth about challenging issues such as mental health, bullying, suicide prevention, eating disorders and other topics. Motivational speaker Jeremy Anderson (foreground) lends his voice to the cause.

Speak Up, Stand Up, Save a Life

By Megan Forrester

Tragedies in schools seem to be occurring at an increasing rate. There seems to be no avoiding it. What if there was a way to jump in before the word "crisis" ever falls off someone's lips?

That is exactly what Speak Up, Stand Up, Save a Life aims to do. This third-annual youth conference focuses on facilitating those sometimes-difficult discussions among youth about mental health, bullying, suicide prevention, eating disorders and many other topics that could stop a tragedy like suicide, personal harm, or even a school shooting.

Gina Godbehere, one of the conference's three co-founders, says one factor that contributes to tragedies in schools is the "tattletale mindset," which deters kids from informing adults about someone who may be in desperate need of help.

"Kids are told that if they see something, say something, but the reality is we have also told everyone from a young age to mind your own business," Godbehere said. "So, we wanted to try to change that mindset and let everybody know that if somebody is in trouble, it is their business."

> *"We want to inspire our youth that every one of them has the power to be a Difference Maker."*

One aspect of the conference is the #DifferenceMaker initiative. A "Difference Maker" is defined as someone who wasn't silent and took a step toward dissolving the "tattletale mindset" and made an impact on someone's life.

"We want to inspire our youth that every one of them has the power to be a Difference Maker," Godbehere said. "If someone is being bullied, they depend on the bystanders, and if the bystanders stood up and helped the person being bullied it changes everything."

The conference, which will be held on January 22 at Grand Canyon University, will emphasize its latest initiative, #CareEnough, through performances and qualified speakers. Another co-founder, Dr. Lilly DeBliuex, hopes this knowledge will encourage awareness in each and every attendee and help them detect warning signs from others in their community.

"I think they leave with this hope that they're going to make it because there are all of these resources ready to help them," DeBlieux said. "And yet they also have all these strategies to go back and help others in their schools, homes and families."

Another challenge which deters young adults and teens from speaking up is concern over the reaction from their parents. "While it is completely normal for parents to freak out and add more drama to the situation, kids don't want to feel even worse than they already do about their struggles," DeBlieux said.

Also, parents tend to mute conversations about topics such as suicide and bullying. Parents should engage their kids in conversations about these and other tough subjects rather than avoiding them.

"Once they go to the conference, they find a kindred spirit – that's who they want to listen to, that's who they want to talk to," says DeBliuex.

Another characteristic of Speak Up, Stand Up, Save a Life is its diversity. Although most of the attendees come from different backgrounds, communities, and schools, the way they come together to collaborate and listen to one another is unlike anything else.

"It doesn't matter if you're black, white, yellow, orange or if you're LGBTQ – they all come together as one united force," DeBlieux said. "It is the most beautiful thing to see kids walking out of there with a smile and with the belief that things are going to be okay."

The goal of Speak Up, Stand Up, Save a Life is to build a better, safer and more communicative future for the youth. The organization intends to continue spreading its message and grow into a statewide movement.

"If together we all help the students and together we all speak the same language, we'll save a world of kids," DeBlieux said. "That is our goal, that is my hope."





PHOTOS COURTESY OF GINA GODBEHERE

Left: One of the greatest strengths of the Speak Up, Stand Up, Save a Life conference is the diversity of the attendees. The cofounders say the conference attracts people of all races, identities and backgrounds and that they all come together to share experiences and make connections. Right: Cofounders Jennifer Vogel Rogers (left), Lilly DeBlieux (second from left) and Gina Godbehere (far right) incorporate their #DifferenceMaker initiative into the conference.

SPEAK UP, STAND UP, SAVE A LIFE

Where: Grand Canyon University, 3300 W. Camelback Road, Phoenix 85017
When: January 22, 2019
Time: 9 a.m. to 2:30 p.m.
To register: speakstandsave.com.

RESOURCES

- **Arizona Department of Health Services:** muststopbullying.org
- **Childhelp's Speak Up Be Safe for Athletes:** childhelp.org/subs/speak-safe-athletes
- **Gurian Instititute for Teachers:** gurianinstitute.com
- **Aurora Behavioral Health:** www.auroraarizona.com
- **Crisis Response Network:** crisisnetwork.org
- **Teen Lifeline:** teenlifeline.org

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New year, new you: unique fitness trends to try in 2019

By Elaina Verhoff

We all know that the new year means making New Year's resolutions, and chances are exercising, getting fit and losing weight have been on the list once or twice. If you're tired of the same old routine and that boring treadmill, check out the newest trends in the fitness world here in the Valley:



***Yoga Wall** is a new trend that is making its way to the Valley.*

SPENGA

If you're continually torn between going to Orange Theory or a yoga class, why not do both? The new franchise concept gym offers a workout that includes a hard-core spin session followed by 20 minutes of strength training and 20 minutes of revitalizing yoga.

Arizona has one SPENGA location in Chandler, and there are plans to open a new location in Scottsdale in 2019. Prices start at $69 for four monthly classes and go up to $129 for unlimited monthly classes. For more: spenga.com.

BODI

With classes called Sweat, Strength, Boxing, Stadium Stairs, and Track and Run club, they want you to get fit at the Scottsdale BODI gym. Located on 5th Avenue in Scottsdale, BODI offers a variety of membership packages and classes, all geared toward building strength. Judging from the abs on its trainers, the BODI approach gets serious results. Drop-in classes are $25 and unlimited monthly classes are $145. For more: scottsdalebodi.com.

Lagree Fitness at The Body Lab

If you peek into The Body Lab every time you walk up to AJ's on Camelback and are curious about what's going on inside, let 2019 be the year you satisfy your curiosity.

This studio offers Lagree Fitness – a workout performed in very slow and controlled moves using constant tension from the megaformer (a more customizable reformer than those offered in most Pilates classes).

The low-impact, high-intensity workout targets each muscle group with extreme precision, working your slow twitch muscles to increase the endurance and toning. There are locations in Arcadia and North Scottsdale. For more: thebodylabus.com.

Eat the Frog Fitness

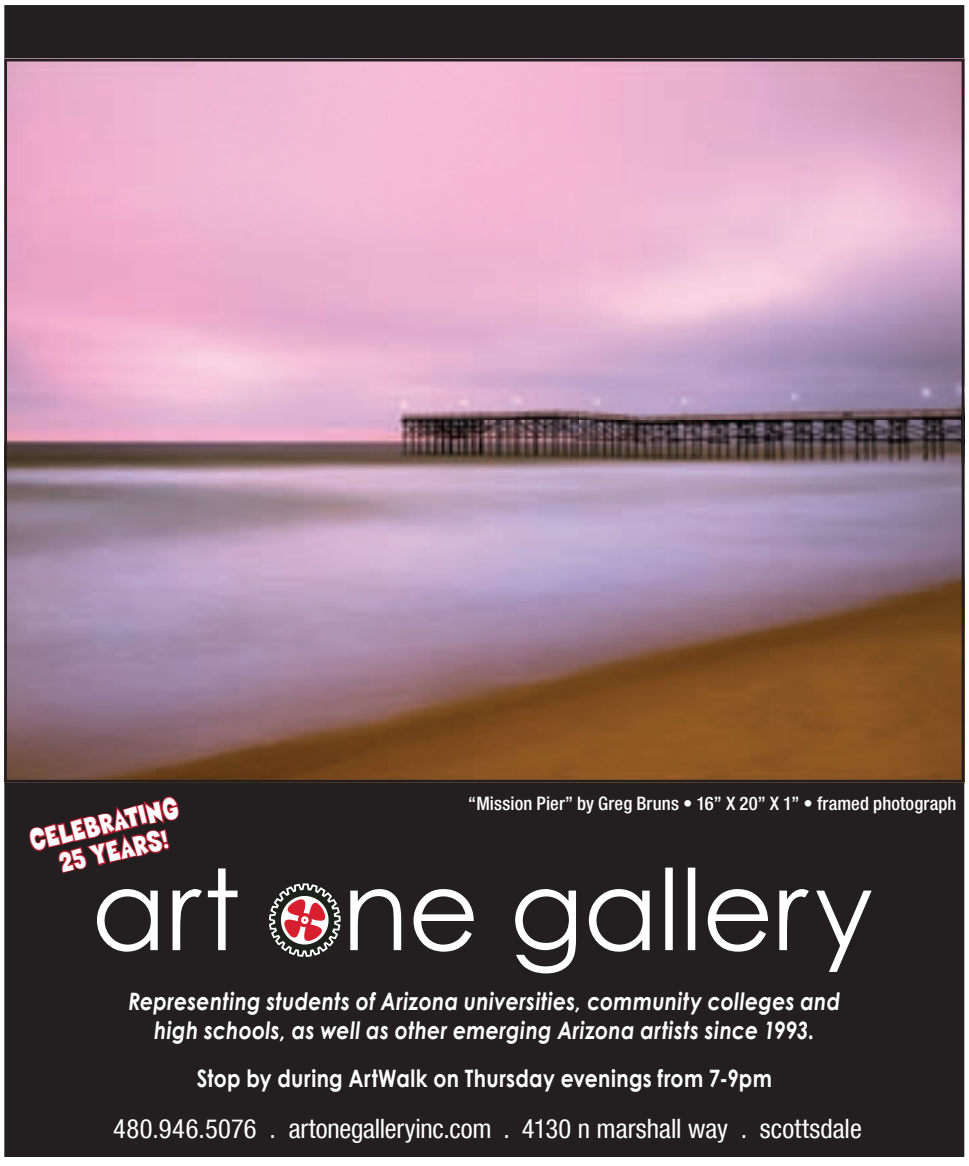
Mark Twain once said "If it's your job to eat a frog, it's best to do it first thing in the morning," meaning if you get your hardest job taken care of, the rest is cake. It's that concept that drives Eat the Frog Fitness, a new gym with locations around the country.

Co-founded by an Olympic decathlete, Eat the Frog promises "Olympic-inspired training, cutting-edge technology, and the science of your body for the most advanced workout in the market." All membership packages, ranging from $69.95 to $149.95 per month, include access to unlimited virtual classes. Eat the Frog has locations in Ahwatukee, North Scottsdale, and one coming soon to Paradise Valley. Your first class is free. For more: eatthefrogfitness.com.

Yoga Wall

At first glance, a yoga wall or a yoga rope wall may look like an ancient torture device, but the system of wall-mounted straps is actually designed to achieve proper alignment and maximize energy flow while experiencing yoga poses.

If you're a beginner, a yoga wall offers support as you move your body in new ways. And if you're an experienced yogi, the yoga wall enables you to experience a different practice and deepen your asanas. Remember… you're only as old as your spine. Yoga wall classes are available locally at Modern Yoga in Scottsdale, Spirit of Yoga in Tempe and Living Stone Yoga in Gilbert.







Lisa M. Butler, D.M.D.

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ACMNA paves way for neighborhood construction

By Anthony Wallace

Considering the area's climbing property values and renowned status, it should come as no surprise that Arcadia is teeming with construction projects. Arcadians are happy to see improvements made to the community, but occasionally construction can be disruptive and conflicts can arise between builders and residents.

There are official city hotlines in place to resolve disputes, but they can get backed up and result in unnecessary headaches for everyone. With this in mind, the Arcadia Camelback Mountain Neighborhood Association (ACMNA) set out to establish a clarified list of construction guidelines for the benefit of both residents and builders.

The list of guidelines is designed to be posted at construction sites and kept for reference by neighborhood residents. It draws on official city construction ordinances and common-sense courtesy, and includes points pertaining to parking, noise and trash.

The list was vetted and approved by the City of Phoenix.

ACMNA vice president Tristahn Schaub led the recent jobsite regulations effort. He has fielded occasional complaints for years, but it was one recent, particularly ugly builder-resident conflict that he saw as an opportunity to make life easier for everyone.

"We look at it as a win-win for neighbors, the builder, the community, and for the city because if this is posted on the gate, it's right there and you don't need to call the hotline and use city resources on the weekend to resolve an argument," Schaub said. "You just go to the sign, and that's it. These are the rules we're going to follow, don't pick up the phone."

Within the past few weeks, custom home builder Green Street Communities became the first to adopt the signs and Tristahn has already noticed a boost in their reputation within community.

"People are like 'Wow, Green Street's stepping up here. This is really a good move, this is cool. A+ Green Street, A+ ACMNA,'" Schaub said.

Other businesses including Arcadia Builders, Bent Nails, Blackhawk Building, Construction Plus, Gather Projects, Rafterhouse and R.J. Gurley have followed suit.

The rules are posted here as well as on ACMNA's website: www.acmna.org/job-site-rules.

ARCADIA JOB SITE/CONSTRUCTION RULES

1 - Construction on this site is allowed on weekdays during the following times: May 1 - September 30 between 6 a.m. to 7 p.m. and from October 1 - April 30 between 7 a.m. to 7 p.m. Construction work outside of these times, on weekends and on legal holidays is NOT allowed. ONLY if an approved extended construction work hours application is posted may work take place outside of these hours.

2 - Proper dust mitigation practices must be employed during any and all earth moving events.

3 - Parking is allowed on the street unless otherwise noted by City of Phoenix signage. Please be respectful and do not block any resident driveways.

4 - If the contractor or property owner has chosen to gate/fence the site, please close and secure all gates if you are the last to leave.

5 - Refuse containers should be kept on the construction site and trash should be properly disposed of at the end of each day.

6 - All job-site materials should be delivered and stored ON the property. Any materials deposited on the street must have a permit and proper perimeter cones.

7 - All questions, comments or complaints should be directed towards (Developer/Permit Holder) FIRST. This is the fastest means of getting results.

RESOURCES AND CONTACT INFORMATION

City of Phoenix Planning and Development – 602-262-7811

Maricopa County Air Quality Dust Complaints Hotline – 602-372-2703

Public Street/Right of Way Parking Complaints – 602-262-6151

After-Hours Construction Noise Complaints – Call or text 602-320-1071, or email constructionnoisecomplaints@phoenix.gov.

If submitting via text or email, please attach a photo of the construction work being conducted. Complaints related to noise issues that do not meet the above criteria should be directed to the Phoenix Police Department non-emergency line at 602-262-6151.



PHOTO: MEGHAN WALLACE

Despite a host of ongoing medical challenges and learning obstacles, Jack Ahern puts his strong curiosity and technical skills to good use, from woodworking to working at ACE Hardware.

Jack Ahern: Neighborhood 'project manager'

By Anthony Wallace

If you ask him, Scottsdale resident Jack Ahern will proudly proclaim with a half-smile that he is a "project manager," a job that he has being doing for years, but a title he has only recently started using.

"I've been fixing stuff since I was 10 years old," Ahern says.

Whether it's making stained and painted crosses to give as gifts, dismantling an entire car out of curiosity, serving as an usher for a neighbor's funeral reception, or repairing an air compressor at his best friend Charlie's house, Jack is always working on something.

From early on, various health challenges including severe epilepsy, dyslexia, and cognitive processing issues made school very difficult for Jack and have precluded him from living on his own.

"Jack started experiencing medical issues within his first year of life. By the time he was school age, a host of medical diagnoses and learning challenges were present," said Jack's mother, Patti.

Despite these life-long obstacles, Jack has made a busy and fulfilling life for himself. Now in his twenties, he works a few days a week at ACE Hardware, and fills the rest of his time putting his aptitude for fixing things and being helpful to good use.

If Jack spots a neighbor working in their front yard, he approaches and asks how he can help. Over time, this approach has resulted in him being a faithful friend and handyman for everyone on the block.

Neighbors Barbara and Bob Fraley have been utilizing his services for nearly 10 years.

At the Fraley's house, Jack has, among other things, put up Christmas lights, assisted with lawn maintenance and set up and cleaned up after events. The Fraleys are deeply thankful for Jack's practical assistance, as well as his loyalty and infectiously positive attitude.

"Jack's a good kid. He's very pleasant, very helpful, and he'll do anything in the world for me. I'll say 'Hey Jack, I need you to do this' and he's right there to do it," Barbara said.

In addition to his technical skills, Barbara loves Jack's generosity. She says that whenever she pays Jack for his work, he informs her that he plans to use the money to buy something for someone else, usually his parents or his sisters.

"We love Jack. He's a loving kid," she says.

A couple of years ago, in a gesture of thanks, Barbara and Bob gave Jack a new golf cart.

The vehicle is his primary mode of transportation and an essential part of his handyman operation. Its back-cargo container is packed full of tools and emblazoned with a decal that reads, "Jack Ahern – Project Manager."

When he's not fixing things, Jack likes to play guitar, listen to "really old school" rock 'n' roll on his classic tube radio in his shed, hit golf balls in his backyard or watch *The Office*.

Jack takes his job seriously and considers all of his clients to be his friends. While his life may not resemble that of most of his peers, Jack is as content and proud of his work as anyone can hope to be.



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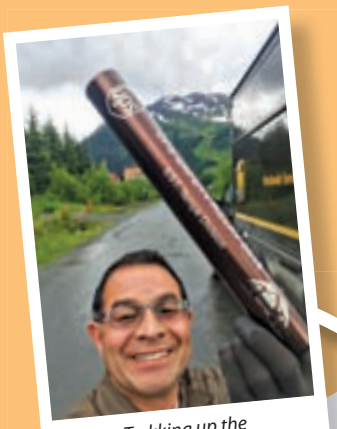
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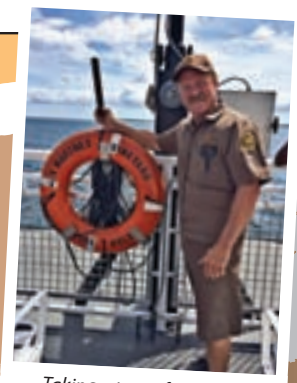
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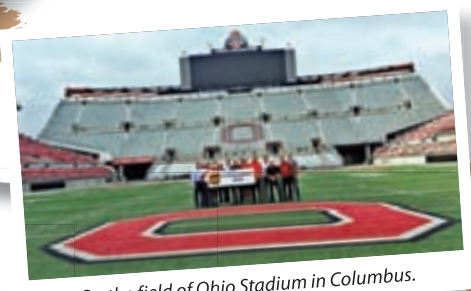

Trekking up the mountains in Alaska.



Taking in all the greenery in the Big Sky Country of Montana.


Measuring up at the Cosmodome in Montreal, Canada.


Taking a tour of Martha's Vineyard, Massachusetts.

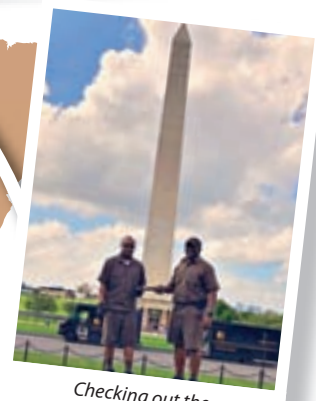

On the field of Ohio Stadium in Columbus.


Heading toward the Golden Gate in San Francisco.


T-Rex can't reach the safety baton in San Fernando.


Getting ready for the game at Petco Park, San Diego.


Cooling down in Lake Pleasant.


Checking out the Washington Monument in our nation's capital.

AROUND THE WORLD IN 183 DAYS

UPS' globe-trotting safety batons started in Arizona



PHOTOS: UPS OPS CENTERS (#UPSSAFETYRELAY)

UPS driver Jeremy Giles (5th from left) started the UPS Safety Relay as a fun and engaging way to challenge his associates to work for one full week without accidents or injuries.

By Mallory Gleich

We've all seen them. Those men and women in brown uniforms working night and day to deliver packages to our homes and businesses. It's hard not to get excited about a UPS person coming to your door.

What we don't see is the importance of safety in the day-to-day experiences of a UPS worker. Sometimes the job can get pretty dangerous. This concern is what sparked Jeremy Giles, a local UPS delivery driver based out of Tempe, to start the UPS Safety Relay.

The Relay began as a challenge to UPS associates to make it one week without any accidents or injuries. Giles, knowing that his coworkers were competitive, came up with the relay as a fun, engaging way to compete for safety.

"Whether it was football or parking spots or lines at the bank, we're just competitive," Giles said.

Immediately after the idea came to mind, Giles went to one of his partners, Rod Palmer, and they put together a plan to pass a safety baton from center to center to see how far the baton would travel.

Giles had five aluminum batons custom made online with the idea of "passing them around" from team to team, all in the name of safety.

"We were doing the same textbook safety demos. We wanted to switch it up, so after we talked to management, we decided to send out the batons," Palmer said.

"I reached out on Twitter; I sent 40 messages to people and six got back to me. Those were the first people to get batons," Giles said.

And these six people were not just UPS drivers. In addition to the drivers, a UPS district safety manager, part-time supervisor and center manager also expressed interested in taking part in the safety relay. And the participants extended well beyond Arizona.

"It was kind of neat. One was from Washington, one from Wisconsin, one was in Iowa; also, Kansas and Pennsylvania. We created a web," Giles said.

If a center went a week without any accidents or injuries, their name and location would be etched into one of the batons. The relay started in June of 2018 with five batons and ended in November with three more batons added on to accommodate the large number of etchings. Giles' safety relay idea was embraced quickly, especially by members of the corporate office



Visiting the Atomium sculpture in Belgium.



Standing outside the Hungarian Parliament building in Budapest.



Admiring Moscow's Kremlin from the Red Square in Russia.



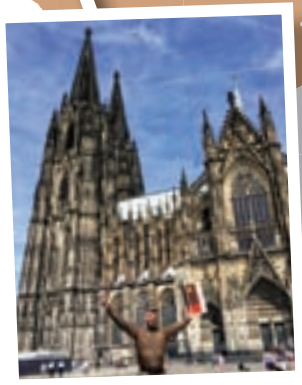
Hanging ten in Hawaii.



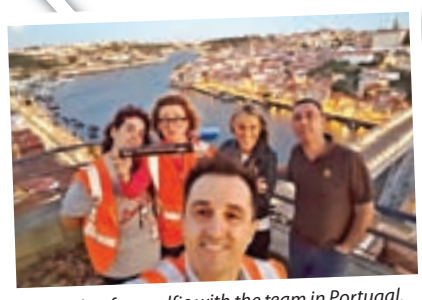
Taking speed seriously at the Nürburgring Grand Prix Race Track in Germany.



Taking in the beauty at one of Indonesia's temples.



In Germany with the Kölner Dom Cathedral.



Stopping for a selfie with the team in Portugal.



The southern-most stop on the tour, Sydney Opera House in Australia.

and the head of the UPS Worldwide Corporate Health and Safety Commission.

"The head guys from corporate health and safety in Georgia came down and presented me and Rod with Louisville baseball bats with our names engraved on them. He told us 'You never know how many lives have been saved because of the relay' and it hit me pretty hard," Giles said.

The relay has brought management and hourly employees closer together.

"One of the communications coordinators, Becky Biciolis, was putting together a weekly recap of different safety baton videos from around the country, and it just gave me chills. It's so neat to see other places coming together for the relay," Palmer said.

In the weeks after the first Twitter posting, the popularity of the Safety Relay challenge grew immensely to almost five million impressions driven by the #UPSSafetyRelay hashtag. Giles used Twitter because of the massive amount of people and ideas that flow through the media outlet on a daily basis.

"It's really connected us. I mean, 30 countries and we can go on their Twitter pages and see what they're doing to prevent a certain kind of accident or injury," Giles said. "We've also gotten ideas for other safety recommendations from groups."

"Out of the blue, Asia called us and wanted to be a part of the relay. It was just amazing," Palmer said.

Giles makes the schedule of where the batons will be shipped to and where they will go next.

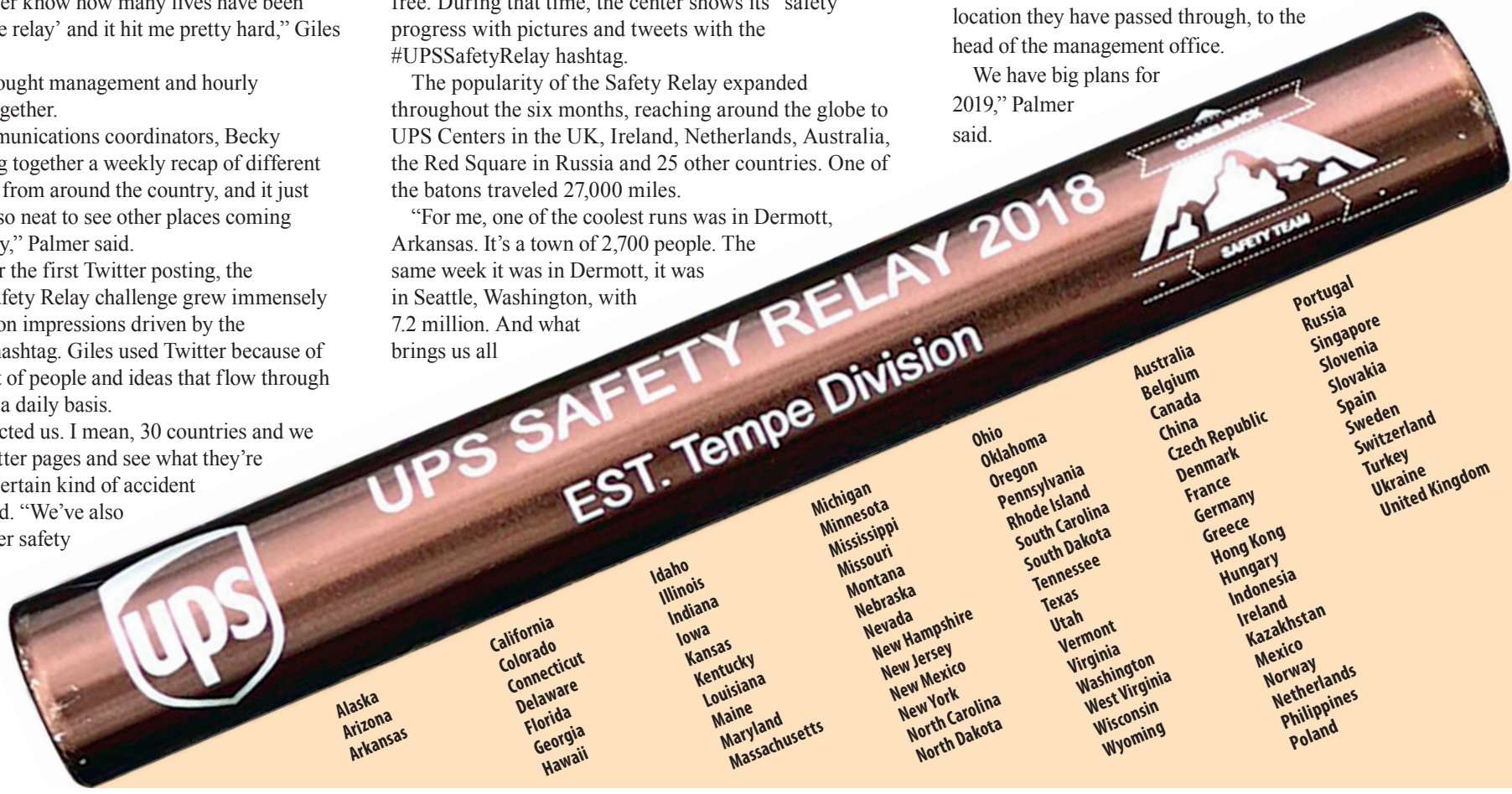
Each location keeps the baton for a week while challenging themselves to remain accident and injury-free. During that time, the center shows its "safety" progress with pictures and tweets with the #UPSSafetyRelay hashtag.

The popularity of the Safety Relay expanded throughout the six months, reaching around the globe to UPS Centers in the UK, Ireland, Netherlands, Australia, the Red Square in Russia and 25 other countries. One of the batons traveled 27,000 miles.

"For me, one of the coolest runs was in Dermott, Arkansas. It's a town of 2,700 people. The same week it was in Dermott, it was in Seattle, Washington, with 7.2 million. And what brings us all together is safety," Giles said. "We ask people to show us where they're from. 'Show us what you're proud of, and what you're doing for safety.'"

Giles has hopes that in March he and Rod will be able to present all of the batons, etched with each location they have passed through, to the head of the management office.

We have big plans for 2019," Palmer said.



Rage Release Room a smashing good time

By Mallory Gleich

Generally, breaking glass is never a good thing. It makes a loud noise, it's hard to clean up and it's just a real pain when it happens.

But at the Simply Smashing Rage Release Room, breaking glass is encouraged. In fact, breaking *everything* is encouraged. That's the purpose of the Rage Room; it's a unique way to let go of all of the things stressing you out.

Here's the concept: once you sign a waiver, you don a paper body suit, gloves and a protective mask. You are given 20 breakable items (extras are available for purchase) such as glass bottles, cookie jars, keyboards, televisions, toilets, light fixtures, picture frames and figurines. You name it, you break it. You also have the option of using "tools of destruction," which include a baseball bat, a sledgehammer, a tire iron and a golf club.

You head into a room with no windows and concrete walls, one of which is covered in permanent marker writing – people's stressors are written almost to the ceiling. If you want to play music, there's a speaker in the corner. You have 20 minutes to throw, break, hit, scream, cry and cause mayhem, all in the name of stress relief.

"It's almost a form of therapy," says Stephen Wilk, owner and creator of Rage Release Room. "People come in and let it all out."

So, I put on my bodysuit and got to work. At first, it felt weird to just throw bottles at a wall, but once my adrenaline kicked in, I was all about creating the biggest mess I could. And at the end, I felt calm. Sweaty, but calm.

The idea behind the business is a humorous one, to say the least. Wilk's inspiration came from the classic 1980 film "Blues Brothers." In the film, there is a scene where Dan Aykroyd and John Belushi drive their 1974 Dodge Monaco through a shopping mall and destroy everything in their path.

"I thought, 'wouldn't it be cool if people could go somewhere and do the same thing?' And that's what I did," Wilk said.

The Simply Smashing Rage Release Room opened a year ago in Tempe on University Drive. Most of the customers are women in their late 20s and early 30s.

Wilk says some people come in for "recreational destruction" but for a lot of people, it's more like "therapeutic destruction," where they can deal with the stress of work, home and family life.

And if 20 minutes doesn't seem like a long time, believe me, it is. Once I finished my session, I was worn out and breathless.

Fortunately, there are couches in the main room where you can hang out and get yourself together before leaving. It was exhausting, but as weird as it may seem, breaking stuff is a great way to let go of all the things getting you down.

For more: simplysmashingrageroom.com.



PHOTO: JOHN GLEICH

Grab a bat, put on your suit and get ready to let off some steam.

Lack of ice is no problem for hockey popularity in the Valley

By Rachael Bouley

Ice hockey is a quintessential winter activity throughout much of the country. Lacing up a pair of skates, grabbing a stick and shooting a puck around can entertain players of all ages for hours on end. Although the Valley of the Sun doesn't have the traditional climate for the sport, hockey is still very popular.

In fact, hockey has blossomed here considerably during the past 20 years, due in large part to the arrival of the NHL's Winnipeg Jets in 1996, who were renamed the Phoenix Coyotes that year. The team became known as the Arizona Coyotes in 2014.

And from 2013-2018, participation in registered hockey leagues in Arizona has jumped 109 percent, crowning the Grand Canyon State as No. 1 in hockey growth for states with NHL teams.

When the heat of summer shows up, many Phoenicians take a break from the sunshine and high temperatures and head into a much cooler ice rink for a few hours.

What was once a niche sport here has grown substantially, thanks to community rinks which provide people of all ages opportunities to hit the ice and give hockey a real go. Arcadia is lucky enough to have an ice rink in our own backyard.

Arcadia Ice Arena, located at the Desert Palms Power Center, near 40th Street and Thomas has been welcoming skaters of all ages and abilities for more than 50 years.

Public skating and figure skating sessions are available seven days a week. The public skate lasts up to two hours and times vary throughout the day. Figure skating is freestyle based and offered for skaters to come out and work on their skills in a more open area. Sessions last up to 70 minutes.

Well-known to the hockey players in the area, Arcadia Ice Arena runs multiple hockey leagues for adults and children, from recreational to advanced. They also serve as one of the primary destinations for numerous club hockey teams in the Valley.



PHOTO COURTESY OF MORIAH HERNANDEZ

The Isotopes are one of the adult hockey teams that play in a league at Arcadia Ice Arena.

"As hockey has become more popular over the years, it has helped the leagues grow in leaps and bounds," said Hockey Director Justin Rogers. "We have players who are in it for the game, players looking for exercise, players in it for the friends and, of course, players in it for the beers after the game."

There are three youth hockey programs ranging from age 3 to 15. Arcadia Ice Arena has also partnered with the Arizona Coyotes for the one of the programs, Little Howlers, for ages 5-9.

The adult leagues range from beginner classes to tournaments, with a 35+ and an "Old Timer" League also available. Open Hockey and Stick/Puck sessions last an hour and allow skaters to join in a pick-up game or practice on their own. Private lessons are also available.

The arena can also proudly proclaim to be the former home of one of the best hockey players in the world, Auston Matthews, who plays for the Toronto Maple Leafs. As of 2018, the rink is also home to the Division II Grand Canyon University 'Lopes Hockey team.

For more: azice.com/arcadia.



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Gofetch & Barkalott lets dogs be dogs

By Anthony Wallace

Although dogs have been loyally serving humanity as pets for at least 14,000 years, their current role as highly supervised house dwellers is a relatively new phenomenon, according to Brian Willis, who owns a daycare center for dogs called Gofetch & Barkalott.

"In the late 70s and early 80s, dogs became members of the household," Willis explained. "They moved inside, slept inside, ate inside, and they were also modeled beyond the home as a symbol of social status or fashion accessory."

Willis also said that dogs were no longer used to perform practical functions such as protecting property, herding, or working on the farm. This loss of purpose was less than ideal from the dog's perspective, especially for those breeds that thrive on running free and performing stimulating tasks.

Gofetch & Barkalott offers dogs the opportunity to reclaim their true "dog hood." Each morning, Willis fires up his van to pick up his canine clients for an enriching excursion into the Sonoran Desert, just beyond Phoenix's sprawling metropolis.

A typical Gofetch & Barkalott jaunt consists of unleashed running, hiking, swimming, and fetch, followed by a nap, bath, socializing, some training exercises and a ride home.



Brian Willis with (from left) Brophy, Ronnie, Pancho, Daisy, Dunbar, Winston, Boomer, Tillman, Tiberius and Dingo. PHOTO: BRIAN WILLIS

People are often surprised to hear that the dogs aren't on a leash while hiking and running through the wilderness, but Willis has never misplaced a dog in the 10 years that he has operated Gofetch & Barkalott. He says that being off the leash is a key part of the experience.

"They're able to really explore what the true meaning of being a dog is, to explore and experience their natural environment with no restrictions," Willis said. "They're fully engaging their senses. Dogs that experience that on a regular basis become great citizens and great family members."

Beyond the physical exercise and adventurous stimulation, the dogs are also integrated into a familiar group of friends that give each a sense of belonging. You may be thinking that a dog park accomplishes these very things, but according to Willis, this is not the case.

"It's a really different experience for the dogs than what we humans intended it to be. It's an arena for power struggle. Your dog is having to re-establish its role in its environment each time it goes and that can be a real stress on a dog," Willis said.

Willis offers a special brand of dog training by appointment in addition to his daily excursions. According to its website, Gofetch & Barkalott's belief is: "dogs learn more from love than they do from fear."

You have to work with your dog and reward the behavior you seek. That's how Willis approaches his dogs. This, he claims, makes for a much happier dog and much closer bond between pet and owner. Unlike some dog walkers and doggy day cares, Willis is not merely working the dogs to where they're too tired to act out. He is eliminating the angst that builds up when a dog is not allowed to stretch its legs and explore its full potential.

Arcadia resident Wendy Dickerson, who has used Gofetch & Barkalott for nearly 10 years, says the effect on her two Great Danes' behavior and well-being is dramatic.

"I think the time outdoors in nature really lets them 'be dogs' and brings them so much joy. Our dogs are all rescues, which comes with issues. They have learned to be well mannered with other dogs and people and they are very well behaved at home," Dickerson said.

"Our dogs are cooperative, relaxed, confident, and easier to deal with," Willis says. "Everyone wants that perfect dog but not everyone has the time or the ability. It really does exist, it's just a question of whether or not the dog is given the opportunity to develop it."

Gofetch & Barkalott welcomes new dogs into its crew and Willis will pick them up from anywhere in the Arcadia area. For more: gobark.org.

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Mr. Stanton goes to Washington

Arcadia News *caught up with the new District 9 Congressman as he prepares to serve the nation*

Did you always know you wanted to be in politics?

I grew up in a household where my parents taught my siblings and me that if there's a need in your community you fill it – essentially that there is nothing more important than serving others. I never had any specific plan of pursuing politics; my plan was just to always have a career animated by service to others, which subsequently led me into politics.

How did your time as a Phoenix Councilman affect your introduction to politics?

I loved my time serving as a Councilman for District 6. My staff and I worked hard to be responsive to the people I represented and to be present at thousands of community events. I learned that it takes time to build a strong trust relationship with the people you represent, but that the effort is well worth it.

What inspired your decision to run for Mayor? For a Congressional seat?

Throughout my campaign for Congress, I repeatedly said that it's time that we got Washington back to work for Americans. Like many of those reading this, I am incredibly frustrated by the state of our politics – where partisanship and short-term political gains are prioritized over simply getting things done. As Mayor, I wasn't concerned about giving a nice speech or getting on a talk show, I was only focused on delivering results that made people's lives better. That's exactly what we need in Congress and that's exactly how I will be.

Your pursuit of giving back to the community includes a time when you lived on the street as a homeless person for two days in order to find out first-hand what life is like for those who have no home. You've supported numerous causes, organizations and community issues. What advice would you give those families looking to get started and instill this same dedication to giving back with their own family?

While it may have made our family's living room a city code violation, my parents' running of our service organization out of our home ensured that our family was always involved in service together. If I could advise anyone on instilling the value of service in their kids, I would say that finding a way for all of you to give back together regularly is key.

What are your favorite aspects of the Arcadia neighborhood?

My favorite part of Arcadia is the people.



District 9 Congressman Greg Stanton.

Arcadians are some of the most active leaders in our city and they work hard for their schools, churches, Scout troops, neighborhoods and their city. They possess a "can-do" attitude and a desire to help their neighbors. Every time I work with an Arcadia community group, it's a positive experience with a successful outcome.

What was your reaction when you won the Congressional race? Did you celebrate?

When we found out our numbers, I immediately turned to my campaign team and we started talking about what I will do in Congress. Every time I vote to advance the interests of Arizonans will be my celebration. I enjoy rolling up my sleeves and working.

Do you have a favorite part of the "political scene," so-to-speak?

There is nothing better than going door-to-door talking with people about their concerns. In the last few weeks of our campaign I knocked on over 500 doors. I plan to do the same once I'm in Congress.

What do you do for fun?

Both of my kids play basketball and I try to go to as many of their games as possible and cheer them on.

Describe your perfect day in office.

A perfect day is anytime you're able to accomplish something that makes someone's life a little better. Whether that's ensuring someone gets their Social Security check on time or helping pass a bill that provides more affordable healthcare to millions – it's all about serving others.

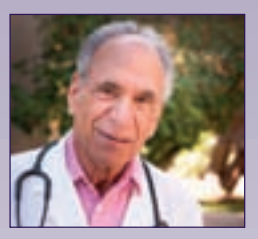
Any parting words?

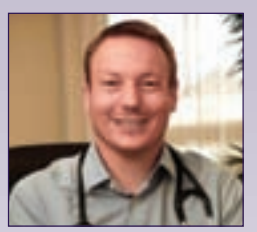
I'm proud to continue representing the people of Arcadia in Congress as you are in the 9th district. I will be taking over Senator-elect Sinema's old office located at 2944 N. 44th St., Suite 150 Phoenix, AZ 85018. Come see us anytime!

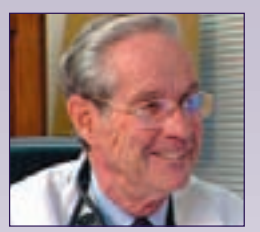
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BUSINESS BRIEFS



LUXURY FITNESS FACILITY COMING TO BILTMORE

Retail property development company Macerich announced it will build an 80,000 square-foot Life Time Fitness Resort in the Biltmore Fashion Park, set to open in 2019. The resort will offer a full-service salon and spa, hair and nail services; LifeCafe, a full-service restaurant and bar, a rooftop pool, plus a kids' program, group fitness studios, yoga studios, cycle studio, Pilates studio and a basketball court. The new facility is being constructed on the east surface parking lot.

MANE ATTRACTION CELEBRATES 20TH ANNIVERSARY

Kendall and Beate Ong are celebrating their 20th anniversary as owners of the Mane Attraction Salon, which has been in the Biltmore area for more than 40 years. They've also hosted the Beauty to the RESCUE fundraiser for 18 years, which helps the Phoenix-based non-profit organization in its efforts to end pet euthanasia in Maricopa County. Mane Attraction is located on the northwest corner of Camelback Road and 32nd Street in the Biltmore Plaza shopping center.

INGLESIDE ANNIVERSARY PARTY

Ingleside Animal Hospital will be celebrating its 10-year anniversary in their "new" building. The hospital, which has been in business since 1958, is welcoming the public to come out and celebrate with the staff at their open house on February 9 from 2 to 5 p.m. They will have games and activities, a "kiss the pooch" booth, prizes, food trucks and tours of the facility. In addition to veterinary care, Ingleside offers boarding and obedience classes. Ingleside Animal Hospital is located at 4855 E. Thomas Road.

VELOCITY STYLEBAR COMING SOON

Locally owned and operated Velocity stylebar is coming to the Arcadia Commons plaza in late January. Services offered include blowouts, shampooing, scalp massage and braiding. Pricing ranges from $25 to $45 with membership packages available. Services are also available for kids. "We are very excited and have our hearts and passion into

starting with and maintaining quality, consistency, and an uplifting/relaxing environment," owner Mendy Hoffman said. The grand opening celebration will offer giveaways and drawings for a free membership.

MOJAVE COFFEE

Located at the southwest corner of 48th and Thomas Road, Mojave Coffee doubles as a record store and gift shop. Along with espresso, cappuccinos and lattes, Mojave sells vinyl records, CDs, books, record players and speaker set-ups. The shop opened in December 2018 and is a part of Revolver Records.

ARCADIA ALLERGY & ASTHMA

Doctors Jain and Hill, Arizona natives and Arcadia residents, have opened the second location of Allergy and Asthma at 4840 E. Indian School Road. The location will also boast a food allergy center, a severe asthma clinic and an eczema clinic. Join the doctors at their open house on January 16 from 6 – 8 p.m. for a tour, information about special clinics/services and refreshments. For more: arcadiaallergy.com.

ETERNAL RADIANCE AT YOUR FINGERTIPS

Arcadia welcomes Deborah Garland and her ayurvedic practice to 44th Street near Campbell Avenue. Originating in India, Ayurveda is a healthcare science to restore and maintain balance of mind, body and spirit with yoga, breathing exercises, steam, and massaging. This spa offers 11 different treatments that focus on stress reduction, weight loss, digestive health and relaxation. For more: eternalra.com.

NEW FARMERS MARKET

The Brokery is hosting a community farmers market the second Saturday of every month through May. Running from 9 a.m. to 1 p.m., they have about 14 local vendors participating. Check it out at 4546 N. 40th Street – just north of Campbell Avenue.

SEE YA, JACK. HELLO, PANERA.

A new Panera Bread drive-thru will be finished soon, going in the old Jack in the Box spot on the south side of Camelback Road, just west of 44th Street. Panera also recently opened a location in the Camelback Colonnade, at 1949 E. Camelback Road.

HASH KITCHEN

The long-awaited breakfast/bar establishment will reportedly be open in February 2019. This is the fourth location for the hip and modern eatery, and will be located in the Arcadia Gateway center at 44th Street and Indian School Road.

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Happy Holidays Arcadia and Thank You.
This has been the best year for my family and me and it is all thanks to you and your families. For without my Arcadian neighbors' support and trust I would not be where I am today. I am excited for this coming new year and wish you and your families a prosperous and healthy new year. All my best wishes to you in 2019! Your neighbor, Troy.

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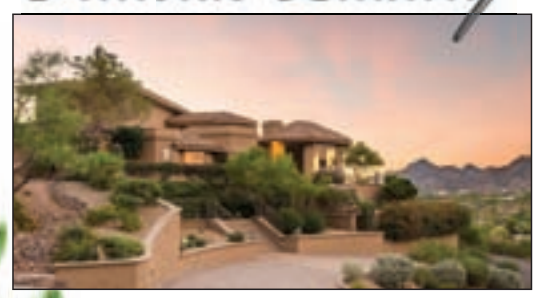
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Arcadia native brings his music home

By Cody Kennedy

Riley Knapp has been surrounded by music since he was a kid. The Arcadia native attended Hopi Elementary, St. Theresa's, Ingleside Middle School, and Brophy Prep before heading to Thornton School of Music at the University of Southern California.

Today, Knapp and the other half of the musical group RKCB, Casey Barth, have collided with the music scene and are preparing to depart on a 21-stop tour around the United States and Canada. The tour kicks off at Valley Bar in Phoenix on January 26.

Knapp and Barth met while they were both attending USC and realized they both have an intense passion for music.

"We met while studying popular music. The dean pulled a few select students into a private master class with hip hop legend Young Guru one day, and we were able to play each other music we had written/produced. After hearing each other's songs, we decided to work together," Knapp said.

The duo's first two songs were written in Barth's apartment and uploaded to SoundCloud.

From there, RKCB was on the scene and ready to make moves. And fans are listening, as RKCB has more than 120 million "streams" on Spotify. A stream is counted when a song is played for more than 30 seconds.

"There is ever-changing inspiration for us, but we glean a lot from the real world. Whether it's a rhythm we hear as a car passes by, or a life event that sparks a story, the real world always seems to be our greatest muse," Knapp said.

RKCB's music has been called "electronic soul," and is described on various websites as "R&B with pop melodies, synth loops, impassioned vocals and a perfectly-pitched falsetto."

After the tour kick-off at Valley Bar, RKCB will head to the east coast and Canada before concluding with a stop at the Troubadour in West Hollywood on March 9.

"We are probably the most excited for this tour of any tour we have been on. We are really getting to experiment with different lighting set ups as well as rearranging the live show sonically. There is also a good amount of new music we get to play, which always excites us," Knapp said. So, what will RKCB be doing in the future?

"Making music, curating music, and hopefully having an impact on as many people as possible while we do so," Knapp said.



PHOTO: MANNY CANSECO

Riley Knapp (right) and collaborator Casey Barth tour as the music duo RKCB. The group will kick off a U.S. tour with a show on January 26 at Valley Bar.

RKCB TOUR KICK-OFF

Where: Valley Bar, 130 N. Central Ave., Phoenix

When: January 26

Time: 7:30 p.m.



Mama Bears serves up all things Arizona

By Michelle Donati-Grayman

When Salon Boutique opened last year, it was filled with more than 70 suites offering nail, salon, skin care services and more.

One customer, Tina Aghassi, knew that if the boutique's patrons were anything like her, they were in a rush to get to their appointments and didn't have time to grab food or a drink on their way.

That's what inspired her to leave her job at a private golf course and open Mama Bears Espresso Bar in Salon Boutique, located at 3115 E. Indian School Road, last January.

The coffee shop is open Tuesday through Saturday from 9 a.m. to 3 p.m. Mama Bears offers coffee, specialty drinks, pastries and other food options to boutique patrons, suite owners and other shoppers. It prides itself on supporting local products and services.

"We have something for everyone," Aghassi said. "In addition to those who stop by before, during or after getting services, we get a lot of people who come in after finding out we serve Peixoto coffee."

The Peixotos have owned a coffee plantation in Brazil for over a century, bringing their specialty beans to their Chandler-based coffee shop where they roast them to order.

In addition to its coffee menu, Mama Bears serves scones and croissants from Picket Fence Pastries, as well as pre-cooked and packaged food from Feast Mode Meal Prep. Its food menu changes with each delivery.

The shop also includes a small retail section that features products from Arizona such as Madalyn Nault Accessories, which makes purses and accessories, and Crooked Cactus, which specializes in concrete and woodworking.

"There are a lot of local, talented people here," Aghassi said. "I love supporting them."

With a year of business under her belt, Aghassi is expanding her coffee shop by offering catering and exploring the idea of a second location.

"I've always been a people person," Aghassi said. "Mama Bears has allowed me to meet so many great people in our community."

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HOW MANY?

5,000



Blind hiker Bill Irwin completed the Appalachian Trail with the help of his seeing eye dog, after **falling 5,000 times**.

HOW LONG?

1 mile



The US Government has rigorous specs for the pens it buys. They have to be assembled by blind people. **The pens must be able to write for a mile** and in temps 160°F to -40°F, and fit undetected into uniforms. They should be able to stand in for a two-inch fuse, and should be able to be used for an emergency tracheotomy.

HOW MANY?

1.4 billion

After making **1.4 billion crayons**, the senior crayon maker for Crayola admitted that he was color blind.







DID YOU KNOW?

FACTS ABOUT THE BLIND

Blind people can get issued a guide horse. Miniature horses are used instead of guide dogs if the person is afraid of, or allergic to, dogs.



No one born blind has ever developed schizophrenia.

Red color blind monkeys who underwent gene therapy by having their eyes injected with a red cone had their color blindness cured, potentially opening a door for curing color blindness in humans.



Blind people have four times more nightmares than sighted people.

One time, the US Army used color blind people to spot camouflage colors that fooled those with normal color vision.



SAY WHAT?

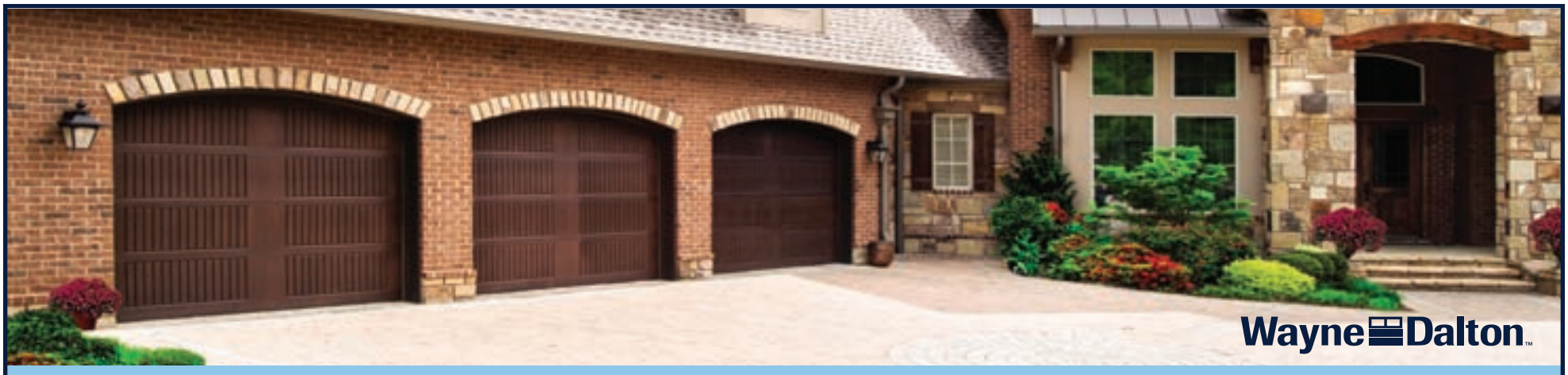
ECHOLOCATION IN HUMANS

People exist who can locate objects through echolocation, making it possible for blind people to ride bicycles through traffic. A blind American man named Daniel Kish taught himself to navigate using echolocation. His hobbies include hiking and mountain-biking, and he has now trained over 500 students in his "tongue-click" technique.

BLIND SEARCH

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The RO Luxury Group joins the North&Co. community.

After moving from Albuquerque, New Mexico, and starting a family, Robin Orscheln wanted to find a career that enabled a flexible, kid-friendly lifestyle and the freedom to guide her own future. She soon found herself drawn to the opportunities that the real estate profession offered. It wasn't long before she discovered what would become an empowering career. Committed to helping build both relationships and community, she can often be found at the center of elevated business and real estate conversations. She regularly contributes insight and perspective into the development of two of the hottest, most desirable neighborhoods in Arizona, known as Arcadia and Paradise Valley. "The areas are comprised of savvy and affluent residents that are devoted to the growth of their communities," she says. "Both Arcadia and Paradise Valley hold to a lot of my own values in relation to lifestyle, connections to the inner workings of a city, local restaurants, and an overall feel of true community." As for how locals are buying, selling, and investing, Orscheln says they aren't looking for a quick deal if it means sacrificing the amenities and quality they desire. Interestingly, she notes that this outlook is also shared by her growing millennial client base. In partnership with Brian North, who she shares a common vision with, Orscheln is the owner of the RO Luxury Group at North&Co. Given Orscheln's mission to replace the industry's long-held "me" culture with a "we" culture, it is unsurprising that she is recognized as a real estate industry influencer.



> ***"Both Arcadia and Paradise Valley hold to a lot of my own values of an overall feel of a true community."***

Robin Orscheln *Owner & Real Estate Influencer*

The RO Luxury Group is centered on the core values of growth, innovation, and collaboration. Last year, I created the Arcadia Mastermind Group which is comprised of talented industry leaders, from a myriad of brokerages, who share in my philosophy of "each one, teach one." The goal is to share our individual strengths and experiences in order to amplify everyone's individual business practices. The group has collectively, and consistently elevated the overall experience for the client which has contributed to a positive shift in our industry.

Describe the philosophy behind your brand.

How important is a realtor in helping someone find the home of their dreams?

On the outside, finding a house online appears to be a quick and easy process. However, my experience working with discerning buyers, sellers, and investors tells a different story. Despite the internet being a leading source of information, what it lacks is the knowledge that only a market expert can provide. The internet can't provide the real-time insight into the neighborhood lifestyle, local and national market trends, insider data, off-market property access, and the ability to be protected throughout the entire contracting process. I am dedicated to immersing myself in my market-place so that I can provide the highly sought-after data to ensure my clients are informed and supported throughout the entire process. Because I believe in protecting my clients first, I always pre-strategize five ways into, and out of, a potential real estate sale.

What is your most prized possession?

While there are so many things I am grateful for in my life, I certainly love my books. I am an avid learner, and I am always eager to expand my knowledge-base. My favorite book right now is The Untethered Soul by Michael A. Singer...a must-read for anyone wanting to experience life at a high-level of consciousness. ■

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Tavan gets an 'A' on their report card

By Megan Forrester

The words "be kind" seem so simple, but they are often forgotten and fall through the cracks.

Scottsdale Unified School District's Tavan Elementary used those two words as the basis for a program to help the school improve. Along with other changes, this initiative has helped Tavan increase its scholastic letter grade from a C to an A in the past year.

Tavan Principal Margaret Serna was thrilled to announce the improvement to her students, referred to as "scholars," that all their hard work paid off.

"It's nothing short of a miracle," Serna said.

The letter grades, assigned by the Arizona Department of Education, are based purely on numbers and are calculated by looking at overall growth in the classroom on a four-level scale (Mildly Proficient, Partially Proficient, Proficient and Highly Proficient).

Tavan Elementary students boosted their rating from Proficient to Highly Proficient. One example of their immense growth is one fourth grade class achieving 100 percent Proficient in science, with 25 of the 26 students in the class receiving a Highly Proficient rating.

The school's single year jump is impressive, due in part to the challenges the educators and students face. Students at Tavan speak 18 languages and nearly 70 percent of them qualify for free and reduced lunches.

"We have many factors that go against us," Serna said. "I like to think of my school as the little engine that could – we beat every odd there is."

So how did Tavan progress from a C to an A? The school made a number of changes, but the one that seems to have stuck with the students the most is to increase their confidence with the Be Kind Project.

Serna believes that many factors can stop a student from excelling at school, like not getting enough sleep or not doing their homework, but by addressing those struggles, students can begin to take care of themselves and come to the classroom more prepared.



Kindness and equality are two things that helped Tavan earn an A from the ADE.

"If they can't be kind to themselves, they can't be kind to others," Serna said. "We only have two rules – be kind and follow directions."

Tavan received a significant amount of money from Governor Doug Ducey from the Results-Based Funding initiative, which rewards schools showing success.

Tavan placed first in all Scottsdale Unified schools that qualified for this money. Tavan has used the funding to establish a guided reading program, hire retired reading specialists and strengthen their teachers with workshops and staff development opportunities.

The A letter grade has led to an immense increase in parents' interest in sending their kids to Tavan. That is due both to the new grade and the message of equality central to Tavan's identity.

"All means all," Serna said. "All our children are going to learn and all our children are going to be treated equally."

Although it may come with challenges, diversity is one of the most important concepts for a child to learn in the early stages of education. It allows them to feel comfortable anywhere life may take them in the future, Serna said.

"Our diversity is our greatest gift," Serna said. "We consider it enrichment for our students so that they are prepared to go out into the world and know how to get along."

As for the future of Tavan, Serna would love to maintain the A-rating, but more importantly to make sure each child continues to make progress, no matter how big or small. Plus, they should keep the foundational aspects of kindness and equality close as they grow and lead their lives.

"Engage every child every day, meet their needs, and success follows," Serna said.

HOW SCHOOL LETTER GRADES WORK

Federal and state government require that each school in Arizona is assigned a letter grade. The federal Every Student Succeeds Act requires states to measure school performance based on a range of quantitative measures, including the AzMERIT test.

The purpose of the letter grade is so that parents can compare schools and school leaders can be on the lookout for where they are doing well and where they might need improvement.

THE FIVE DECIDING FACTORS ARE:

- Student growth from year to year.
- Proficiency on AzMERIT.
- English language proficiency and growth.
- Indicators that an elementary student is ready for success in high school, and that high school students are ready for success in a career or higher education.
- High school graduation rates.

WHAT EACH LETTER GRADE MEANS:

A: Distinguished performance on the statewide assessment, significant student growth, high four-year graduation rates, students on track to proficiency; overall performance is significantly higher than state average.

B: High performance on statewide assessment and/or significant student growth and/or higher four-year graduation rates and/or moving students to proficiency at a higher rate than the state average.

C: Adequate performance but needs improvement on some indicators, such as proficiency, growth or graduation rate.

D: Inadequate performance in proficiency, growth and/or four-year graduation rate relative to the state average.

F: Systematic failures in proficiency, growth and graduation rates (below 67%); performance is in bottom 5% of the state.

SUSD ARCADIA - COMPLEX LETTER GRADES, 2018

Arcadia High School: B
Ingleside Middle School: B
Echo Canyon Elementary School: B
Hopi Elementary School: A
Tavan Elementary School: A

— Stats from Arizona Department of Education

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DONUT BAR

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Assorted donuts



An assembly line of deliciousness

By Cody Kennedy

Stepping through the doors at Donut Bar, the first thing that hits you is the donut. Not literally, but the far wall has a massive donut with wings painted on it, like you're entering a donut haven – and if you like donuts, this very well may be a haven for you.

On Saturday and Sunday, Donut Bar opens at 8 a.m. I got there at 8:04 and there was already a line out the door, with the owner of the shop passing out Cookie Monster cupcakes to the kids, their faces full of blue frosting.

Once you get inside the building, you can see an array of about 30 different donuts, and a chef at the start of the line, on the grill. Yes, there's a grill, and on this grill is made… or maybe created… a grilled cheese donut sandwich.

The shop also offers French toast and a Monte Cristo sandwich, which is how I began my morning. Two slices of French toast, American and gruyere cheese, ham and strawberry jelly, topped off with powdered sugar. Don't knock it until you try it.

Donut Bar makes around 60 types of donuts. The variety changes each day, so there's always something new to try. Among the assortment is: a Nutella-stuffed donut, birthday cake, crème brulee, red velvet, strawberry split, Samoa, maple bacon, unicorn (yes, there's a candy unicorn horn on it), and banana caramel. And those are just the ones that I could see. The shop also offers a pretzel donut and the Homer's Classic – a real, edible version of the sprinkled donuts Homer loves on "The Simpsons."

But the place is called Donut BAR, right? That's because it is actually also a bar. There are eight beers on tap, all of which are from local breweries including Four Peaks and Huss Brewing. There are also mimosas available. I tried mango – because champagne and donuts, what more could you want on a Saturday? There's also a traditional orange juice mimosa and a pineapple one.

Behind the wall of donuts and enthusiastic donut-slingers, there's a window where you can see into the kitchen, where all the magic happens. I attempted to take a photo, but apparently that's frowned upon because I was scolded by one of the employees. I was told that the donut-makers are at the shop baking for around 22 hours, with the decorators coming in at 4 a.m. to embellish the tasty treats, so they are not to be bothered.

Donut Bar has three open locations. The inaugural Donut Bar was opened in San Diego, then to Las Vegas. The Scottsdale location opened in November 2018, and expansion is in the near future.

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Tips for throwing an all-star football party

By Elaina Verhoff

It's football season and what better time to gather family and friends for a cozy afternoon at home while cheering on your favorite team? Here's a few tips on making it special by adding football-themed decorations, activities, and most importantly, food.



DECORATIONS

Keep it simple and get brown helium-filled balloons the morning of your party.

Pick up some white first-aid tape while you're there, and add some football laces to your balloons, with one vertical stripe and four intersecting horizontal stripes. Wrap water bottles with brown construction paper and use a white paint pen to lace up your bottle "cuffs" too. Plastic brown cups can also get the football treatment with a white pen. If you're not into DIY, head to the store for a selection of football-themed party decorations.

If you have time and you're feeling crafty, you can take your football party decor to a whole new level by making an artificial turf table runner. You'll need a piece of artificial turf cut slightly narrower than your dining table. Score white duct tape with a utility knife and tear into half-width strips that can be used to mark the yard lines. Apply adhesive numbers to yard lines, and your football field table is ready to be decked out with a delicious spread.

FOOD

Pizza, nachos, grilled burgers and hot dogs are always a hit, but why not take the opportunity to whip up some adorable football-themed treats and snacks?

Create your own concession stand and fill brown paper lunch sacks with an assortment of hot soft pretzels, peanuts and popcorn. Impress everyone by carving a watermelon into a football helmet and filling it with fruit salad.

Not sure how to begin? YouTube has some great ideas. Surprise the crowd with tater tot kabobs and sliders for fuss-free noshing. Meat, cheese and cracker trays arranged in a football shape are sure to disappear. Deviled eggs with chive laces are squeal-worthy cuteness on a plate.

When it comes to bowl game treats, you can never have too many.

Shape cocoa rice cereal treats into mini footballs and lace up with icing. Make a pan of brownies and use a football cookie cutter to divvy up the pan into football-shaped bites. Stick popsicle sticks into ice cream sandwiches and add icing laces.

ACTIVITIES

Set up corn hole and Nerf footballs in the backyard to stay active during half time and commercial breaks. For an indoor activity, create a football-themed pin-the-tail on the donkey style game. Cut out a football goal and tape it up on the wall. Blindfold contestants and give them football-shaped cutouts that they will try to place within the goal posts. *Hint: Have them write their names on their football before sticking on the wall.*

Google "football party printables" and you'll find everything from bowl game bingo cards to football word search games and coloring pages. Everyone loves a selfie, so set up a photo booth with props including football helmets, signs cheering on your favorite team, and pom-poms.

Use a Polaroid-style camera and take guests' pics as they arrive, then send them home with souvenirs of your super-fun football party. Then kick up your feet and proclaim yourself hostess of the year!





Time to start on your New Year's resolution

By Angela Copeland

CAREER *ADVICE*



Happy 2019! It's time to start fresh and focus on an awesome New Year's resolution: finding a new job. This is perfect timing, because unemployment is at a record low. Jobs are being added. For the first time in a long time, it's a job seeker's market.

So, let's get to it: the place to start is your resume and cover letter. These are crucial to your job search success. Combine all of your accomplishments into a one or two-page document. Go through the details carefully. Review it many times and ask friends to proofread. Then, make sure your LinkedIn profile is updated with your latest skills, title and accomplishments.

Once you have your updated resume and LinkedIn profile ready, it's time to run with your job search. First and foremost, you have to get into the right mindset. Job searching is a numbers game; you've got to start with volume. Set a goal and stick to it. I recommend aiming to submit 10 job applications per week.

Of course, you're not going to hear back from everyone. In fact, you may only hear back from 10 percent (or less). You must prepare yourself for this and be determined to keep going, even when it seems that you're getting nowhere. Remember the process takes time. If you keep putting in effort, good things will happen. Keep going.

> *"To increase your chances of hearing back, apply online and email the hiring manager."*

To increase your chances of hearing back, apply online and email the hiring manager. This person is likely the one who will be your future boss. They aren't typically all that hard to find. You can search LinkedIn for the company for which you'd like to work. You can look through the employees who already work there. You can even sort by location and title. Once you've located your future boss, send them a copy of your cover letter and your resume.

Just remember, you won't hear back from them every time either. Don't take it personal, just keep applying. When you're looking for work, finding a job *is* your job. Focus on the wins. Be happy every time you get an interview, rather than focusing on every time you get a rejection email. You have no idea why you've been rejected. It's possible nobody was hired. It's possible they had an inside candidate who was preselected. Don't focus on this. Keep moving.

Applying for jobs is an imperfect process. It's like trying to win a stuffed bear at a carnival. The game could be rigged. There could be outside factors impacting you that you don't know about. Keep playing and shooting and hoping for the prize. But if you don't win, don't let it ruin the experience. Get going on your search now, so you can start 2019 off strong.

— Angela Copeland, a career coach and founder of Copeland Coaching, can be reached at copelandcoaching.com.

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(Photo: Arcadia Race Car Driver Matt McMurry was the cover story in July 2017)

Ingleside varsity girls achieve perfect season

By Rachael Bouley

The 2018 season may be over for the Ingleside Varsity Girls Volleyball team but it will live on for years to come in fond memories and discussions of players and coaches for the one thing that never happened: a loss. The team had a perfect 8-0 record en route to becoming Scottsdale Unified School District champions.

Although the middle school team started out strong and achieved an exceptional result for a young and developing squad, Varsity coach D'Anne McDaniel went into the season wary, with only three returning varsity players.

However, the team pulled together as returning players Mackenzie Bream, Maddison Malatesta and Ryan Sheedy encouraged others to hit the court and join in the fun. From there, the roster transformed into a well-rounded team that worked well as a group and never lost sight of its goals.

"The work ethic for the team definitely contributed to their success," McDaniel said. "They went above and beyond in practice, even mentoring the junior varsity team as they remained unbeaten including a community game against St. Theresa."

It was all looking up once the girls proved to themselves that they could win consistently, a huge confidence boost as they faced some tough competition.

"One strength of the volleyball season was that the girls never gave up," McDaniel added. "They played as a team and were determined to be undefeated."

The support of the skilled veterans coupled with the enthusiasm and willingness to learn from newer players helped the team set up for success. By striving for a perfect record and keeping their eyes on the prize, the girls were able to realize their goals and finish out the season in style.



PHOTO: SHELLY BREAM

(from left to right) Avery Porter, Maddy Malatesta, Ryan Sheedy, Mackenzie Bream, Chloe Argall, Sophia Candelaria, Arsema Abraham, Sage Morganstern, Coach McDaniel, Ellie Broucek, Tatum Longnecker, Chauntel Taylor, Kelly Dawson, Taite Lockett, Zoey Leonard.

> ***"One strength of the volleyball season was that the girls never gave up. They played as a team and were determined to be undefeated."***

McDaniel said the unwavering commitment and motivation of team leaders such as Mackenzie, Maddison, Ryan and Tatum made other players want to improve and be the best they could be. Such strong team cohesion made the coach's job easier, as the players got along easily and genuinely enjoyed playing alongside one another.

Closing the books on this amazing season, McDaniel is hoping for a repeat performance next year.

"Next season, we have a great group of athletes coming up on both varsity and junior varsity," she said. "If the girls can maintain this high level of play and further develop their abilities, the sky's the limit for Ingleside next season and beyond."

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Future looks bright for AHS senior athletes

By Rachael Bouley

Arcadia High School is known for having some of the state's best athletes, and every year these students and sports lovers have the opportunity to secure spots on college teams. On November 14, AHS held a Signing Day celebration for eight talented athletes who have confirmed their post-graduation plans by signing national letters of intent to compete at the next level.

Here's who they are and where they're headed.



Chaz Aurilia | *Jordyn Pender* | *Avery Stauffacher* | *Lexi Sweeney* | *Sydney Carlson* | *Alexa Teneyck* | *Isabella Fratesi* | *Carter Murphy*

Men's Golf: Chaz Aurilia, University of California Los Angeles (UCLA)

After a successful career that has included a 2017 State Championship with the AHS golf team and a 2016 title in the Boys Division of the AJGA Junior All-Star at Bentwater, Chaz is heading onwards and upwards to UCLA. He has his sights set on continuing his strong showings on the course.

"I'm looking forward to playing against the best collegiate players in the nation while making my own game better with my coaches and team," he said. While he pursues his goals of earning a college degree, making a run at national collegiate championships and finding his way to the PGA Tour, he will always remember his time as a Titan. "My favorite part of high school golf was the new friendships you make within your own team and with kids from other schools."

Women's Softball: Jordyn Pender, University of South Dakota

Jordyn is looking ahead to her next step, but she'll always carry her AHS memories with her. "Every season was super fun and I always looked forward to playing in the spring. The best part of it all was meeting new people every season and becoming so close with my team," Jordyn said.

Despite the nerves of signing day, she says it was great to know her hard work paid off, and she's feeling confident about what lays ahead. "I am beyond excited to get to play at the collegiate level. I can't wait to experience something different and meet the new team," she added.

Women's Gymnastics: Avery Stauffacher, University of Arizona

This gymnast will become a Wildcat for her college experience. At the 2018 Arizona State Championships, she finished second on the beam, third on vault and all-around, and fourth on uneven bars and floor. She's also competed in the 2017 and 2018 regionals where she came in fourth on beam and uneven bars.

Women's Beach Volleyball: Lexi Sweeney, Arizona State University

This senior captain is staying close to home and accepting an opportunity to suit up for the Sun Devils. The middle hitter has made a big difference to the AHS squad over the past four years, and she'll be missed as she takes on this new opportunity to play the game she loves at a higher level.

Women's Swim: Sydney Carlson, University of Alabama

This Titan swimmer is planning on hitting the pool competitively during college. With strong showings at the state championships under her belt, Sydney will be a welcome addition to the Crimson Tide. She says she really enjoyed swimming throughout high school. "The best part was being able to win state relays with my sister and winning D2 state my senior year," Sydney said. As she heads off to college, she's thrilled about the chance to be a part of another successful, dedicated team. "My goals are to continue to drop time in my main events and eventually make it to NCAA's."

Women's Swim: Alexa Teneyck, University of Idaho

A year-round swimmer for Scottsdale Aquatic Club as well as AHS, Alexa is thrilled about her move to Idaho and this opportunity to swim for the Vandals. She's a four-time Arizona Division II State Championship finalist, and she'll have plenty of chances to beat her personal records when she starts college.

Women's Swim: Isabella Fratesi, Columbia University

Isabella was able to achieve an opportunity to swim for an Ivy League school. She's been a devoted member of Phoenix Swim Club while also playing a major role in the AHS girls' 2018 Division II State title, an improvement on the team's third place finish the year before. She made a big splash with her win in the 100 breaststroke with a time of 1:03.36 to beat her personal best.

Men's Basketball: Carter Murphy, United States Air Force Academy

He's still got plenty of time on the court for his senior season, but Carter is also excited about the upcoming opportunity to play against talented competitors at the next level.

"I have enjoyed building chemistry with teammates on and off the court, grinding in practice, and competing for championships," Carter said. "The best part of high school basketball has been playing in playoff games in front of large crowds."

His primary goal during his collegiate career it to win a Mountain West Conference championship and play in the NCAA tournament.



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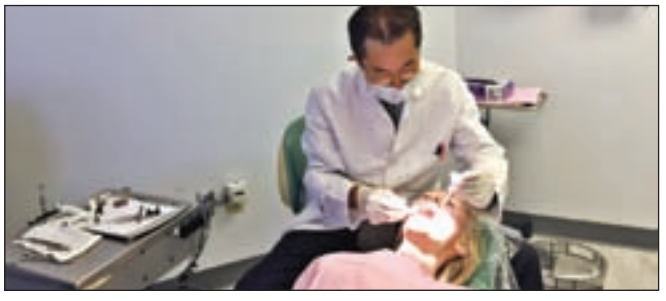
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"After watching the dental profession change," said Dr. Heng, "I felt it had to be done a different way: 'A Non-insured Way.' We use the latest technology and treatment, yet we keep our facility modest and control our business overhead, which allows us to offer lower fees to serve the people in the community."

For example, Dr Heng's office charges $599 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. There is never a charge for a so-called crown build up. Other dental offices could customarily run from $800 to $1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, $599 for a root canal, $499 for immediate denture (each), cleaning starts at $30.

Patients often remark they find Dr. Heng's office a breath of fresh air in an age where profit and greed driven corporations and "banksters" are invading every aspect of our lives, including our health care. "We have had a great response from all of our patients and we have met so many wonderful and appreciative people." said office manager Channa. "We treat all of our patients like we would our own family."



"We explain to our patients that we don't cut corners on care, treatment or materials," said Karen, dental assistant. "We pride ourselves in treating people not just their teeth. We love dentistry and feel great about providing excellent care. We are driven by our desire to help others."

Many of Dr. Heng's patients are young adults and seniors who have no dental insurance or have only a limited policy that gives them a few benefits and then charges more for their other needs. There is never a charge for an exam and x-ray, consultation and second opinions. Dr Heng offers no gimmicks, just modern quality dentistry at an affordable cost.



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PHOTO COURTESY OF ARCADIA LACROSSE CLUB

The Arcadia lacrosse season starts in November and runs through early May.

AHS Titans Lacrosse Club and youth teams take to the field

By Mallory Gleich

Practices began in early November for the Arcadia Titan Lacrosse Club and youth programs, and the players and coaches are eager for the games to commence.

The club, which is entering its sixth year, was originally started to develop the sport throughout the Camelback Corridor and Arcadia neighborhoods. Since the sport is not sanctioned by the AIA in Arizona, it is considered a club program and not an official school sport.

Arcadia's lacrosse team was established by Grant Loftin, an Arcadia graduate who now attends West Point. Grant worked with the AHS administration over the years to establish a lacrosse club at school. He got permission from former AHS Athletic Director Kevin Mooney to form a team that could practice on the AHS football field and wear the school name on the jersey.

Coach Kyle Mason started playing lacrosse in sixth grade and still participates to this day. Mason is excited to continue being a part of the lacrosse family in Arcadia and help develop this season's team.

"My favorite part about coaching is watching players grow and develop as athletes, but more importantly as people," Mason said. "Being able to watch a freshman athlete grow into a young man through sport is one of the most gratifying feelings in the world."

The Arcadia Lacrosse Youth Team will also start playing this month with a new coach, Aaron Frishkorn, at the helm. Before coaching in Arcadia, Frishkorn grew up playing lacrosse and coaching youth and high school lacrosse in Elizabethtown, Pennsylvania.

"Learning and growing your skill of the game is important, but I think the skills that team sports instill in young athletes helps them succeed in life. As a coaching staff we focus on the philosophy where respect, hard work, and accountability are paramount in our success this season," Frishkorn said.

"This is all while respecting each other and opponents, working hard on and off the lacrosse field, and being accountable to the team and lacrosse-family that is Arcadia Lacrosse Club," he added.

Games begin in late January. For more information, including schedule and registration, visit arcadialax.com for high school and arizonalacrosseclub.com for the youth team.



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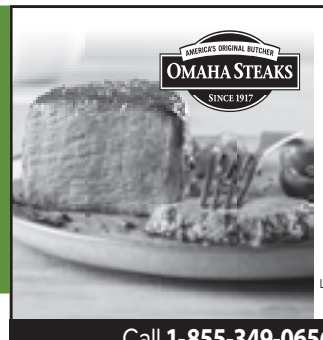
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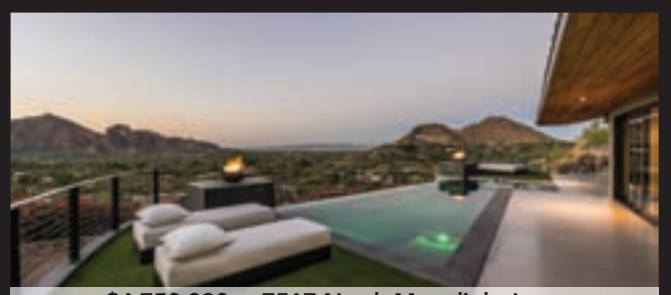
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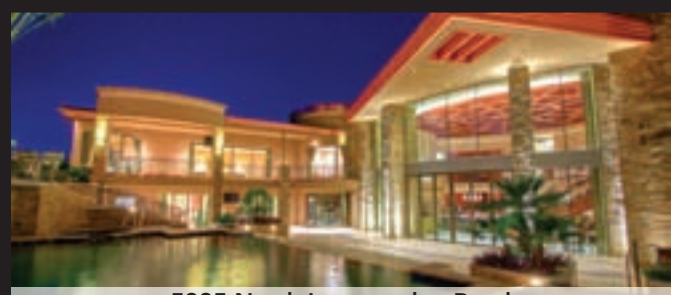
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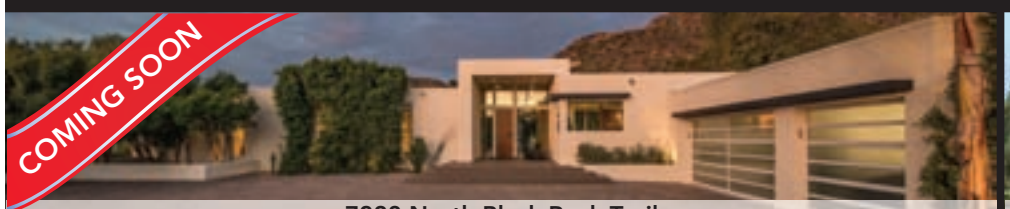
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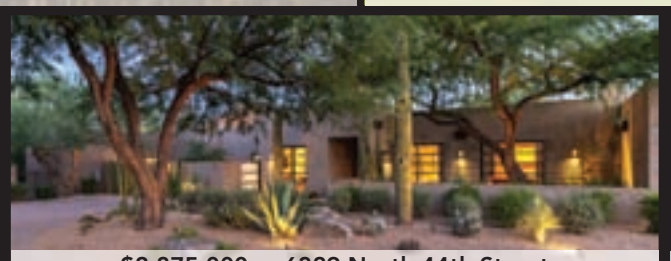
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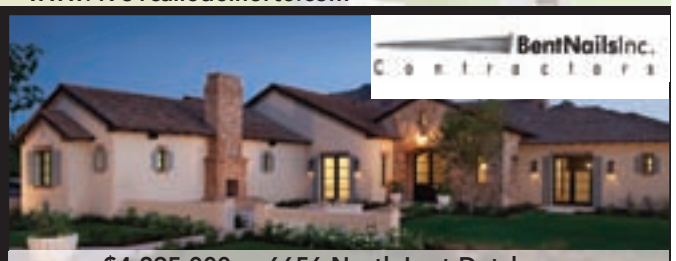
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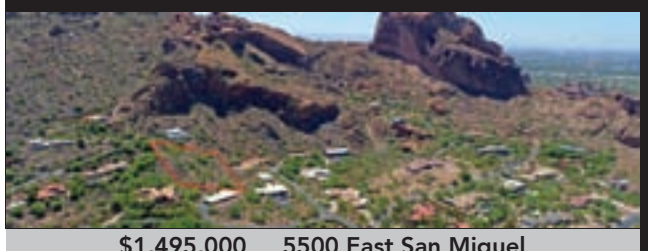
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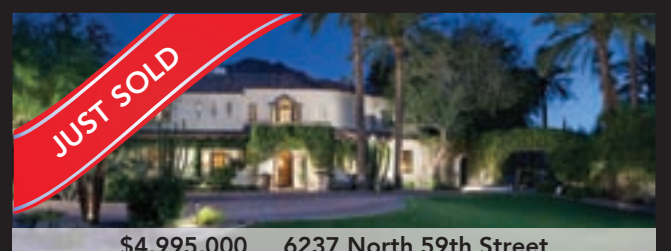
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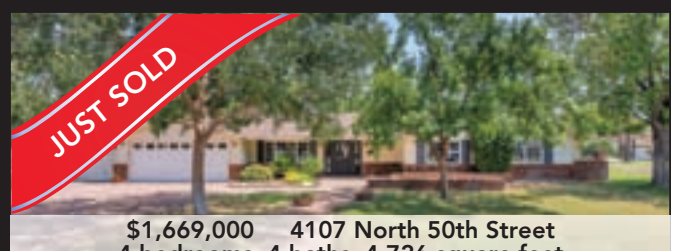
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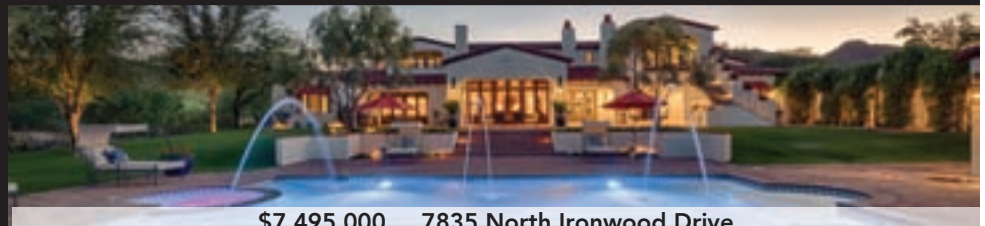


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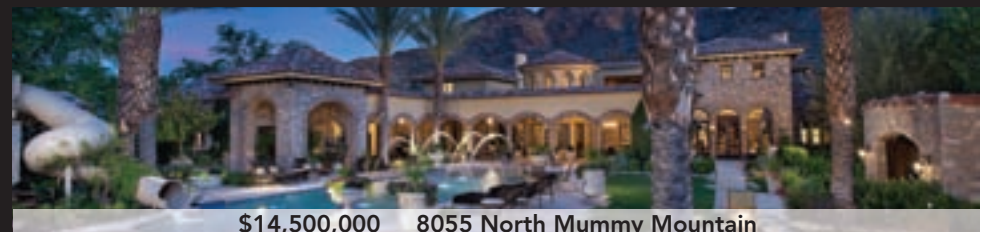
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