

FALL 2015

# DESERT RIDGE

The Official Community Magazine of the Desert Ridge Community Association

*Lifestyles*

*Welcome  
the Season*  
WITH FALL ACTIVITIES

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BARNES & NOBLE • CHARMING CHARLIE  
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## Desert Ridge Lifestyles

Desert Ridge Lifestyles magazine is the official community magazine of Desert Ridge, brought to you by the Desert Ridge Community Association. It is designed to keep you informed about what's happening in your community, from clubs, activities and community programs to school information, special events and more.

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## MANAGEMENT TEAM AND BOARD OF DIRECTORS

### Desert Ridge MANAGEMENT TEAM

Photos by Tina Dickson

Professionally Managed by FirstService Residential

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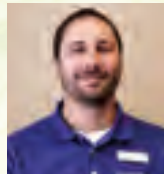
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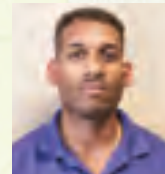
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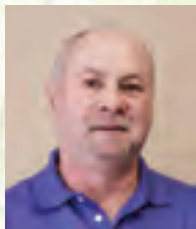
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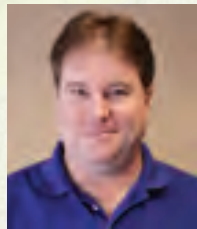
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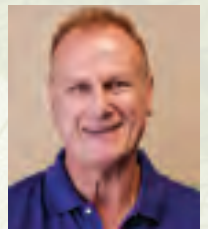
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# From the President



Doug Dickson

## DRCA Fees Reduced by \$114 Per Year?

As Desert Ridge residents, we have high expectations for our community. We want safe, highly desirable neighborhoods that are well maintained; lifestyle activities that build a spirit of community, and the enforcement of our governing documents to protect and increase our property values.

Our Board focuses on these priorities and accomplishes all of it, with an annual fee of just \$372. We want you to understand how these funds are spent, so we've prepared a detailed illustration on page 16.

From 1995 – 2004, our Association was under the control of the master developer and Association fees increased five times.

Since 2004, our Association has been under homeowner control and fees have never increased since.

The table below illustrates our fees if they had been raised each year for inflation. As you can see, fees would have risen to \$486 per year. Fortunately, the DRCA Board and FirstService Residential have worked hard to keep fees fixed, saving each of us \$114 per year.

## Adjusted for Inflation, DRCA Fees Would Have Risen to \$486

Not only have we been successful in keeping the lid on Association fees, we have also dramatically increased the services we provide including: Off-duty Officer Patrol, overnight parking enforcement, Farmer's Markets, Holiday Lights, Lifestyles Magazine, website and monthly lifestyles events.

Thank you to everyone who serves as a

Year	CPI (Inflation)	Real Cost of Inflation	Inflation Adjusted DRCA Fees
			\$372
2004	2.70	\$10.04	\$382
2005	3.40	\$12.99	\$395
2006	3.20	\$12.64	\$408
2007	2.80	\$11.41	\$419
2008	3.80	\$15.93	\$435
2009	-0.40	\$1.74	\$433
2010	1.60	\$6.93	\$440
2011	3.20	\$14.09	\$454
2012	2.10	\$9.54	\$464
2013	1.50	\$6.96	\$471
2014	1.60	\$7.53	\$478
2015*	1.60	\$7.65	\$486
<b>Totals</b>		<b>\$113.98</b>	

\*Inflation rates as published by the Bureau of Labor Statistics. The CPI is not yet available for 2015. An average of the two previous years was used for the 2015 calculation.

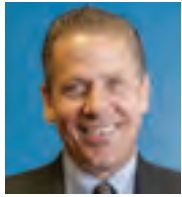
board member in Desert Ridge, the staff of the various management companies within our community and to every member of our Association who has contributed to our success. You are appreciated!

Desert Ridge is a terrific place to live and I hope to see you in the neighborhood!

Doug Dickson  
President  
Desert Ridge Community Association

Cashman Park, 22222 N. 44th Street, Phoenix, AZ 85050  
For more details for all the above events, go to: [desertridgelifestyles.com](http://desertridgelifestyles.com) or contact Mallory Pell at 480.551.4559

## Communications Chair



**Brad Slager**

Growing up in places other than the valley, Fall marks the end of summer. Winterizing the house, putting the patio furniture away, and pulling out

clothes that keep us warm are all rituals of the season. For those of us who now call Arizona home, we know the opposite to be true. The Fall brings cooler (not cold) temps that have us racing out of the house, exploring all the activities off-limits due to our sweltering summer heat.

I think most of us who are transplants, still love the places we once called home, but can agree there is no better place to live than right here in beautiful Arizona. After deciding to relocate from Chicago over 16

years ago, I distinctly remember my real estate agent suggesting I look at homes with one bedroom larger than I had asked to see. She said, "You'll need an extra bedroom, for the guests who will visit Jan.-April. Her explanation is one that still resonates today. So true, as I don't think a year has passed, since moving here, when we didn't have a visitor from a cold weather city visiting.

Over the years, I have known several friends who have completed the sport enthusiast, single-day triecta of snow skiing, water skiing and golf. Not many places in the world can you do that!!! Those of us with less-lofty aspirations tend to focus our outdoor activities on after school and weekend sports for the kiddos, hiking, biking and finally simply spending time outside!!!

Every week, there are literally hundreds of

things to do in Arizona. In this edition of the, "Desert Ridge Lifestyles Magazine," we've highlighted a few familiar activities for you and your family and suggested a few new places to visit this Fall. With the ever-growing events lineup planned by your very own, "Desert Ridge Lifestyles Committee," look to this magazine, monthly e-blasts and the DesertRidgeLifeStyles.com website for all the latest information.

As always, we welcome your comments, suggestions, feedback and contributions. Please contact us at: [communications@desertridgelifestyles.com](mailto:communications@desertridgelifestyles.com), with anything you wish.

**Brad Slager**  
*Communications Committee Chair*  
 Desert Ridge Community Association

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## AUTUMN IN NORTH CENTRAL ARIZONA THE VERDE VALLEY HAS A LOT TO OFFER

Autumn is family time in the Verde Valley. Out of town guests are impressed with real Arizona experiences. Mom and dad, grandmas and grandpas, aunts, uncles, and children of all ages, delight in exciting attractions such as Verde Canyon Railroad, Out of Africa Wildlife Park and Blazin' M Ranch Chuckwagon Dinner show. Intriguing museums, galleries, pre-Columbian Sinagua ruins, an abundance of national monuments, state parks and historical highlights fill the scenic valley.

The Verde River winds its way through the Verde Valley and is home to catfish, bass and trout. Magnificent views of Sedona's red rock country and the forests and canyons of Mingus Mountain await the hiker. Challenging trails and natural beauty stretch

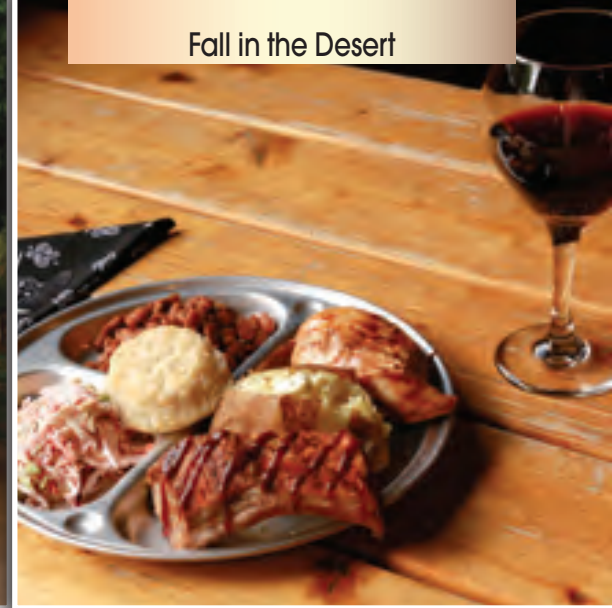
across the valley as do wine tasting rooms, fun dining options and a wide range of overnight accommodations.

Fans of golden foliage come from near and far to participate in Verde Canyon Railroad's *Fall Color Tours* during October and November. A striking mosaic of scarlet, amber, crimson and gold, brilliant blue sky, red canyon cliff faces and a cool green river provide limitless photo opportunities at every turn. Berries ripen and autumn hues tint the already vibrant landscape as the branches blaze brilliantly along the Verde River near Sedona. Arizona's verdant summer season winds to a close as the days shorten and a welcome chill grows in the evening air.

On heritage rails built in 1912, Verde

Canyon Railroad has operated as a scenic wilderness excursion since 1990 and celebrates its 25<sup>th</sup> anniversary in 2015.





Fall in the Desert

The train's vintage FP7 locomotives are both proudly outfitted with bald eagle motifs; the national bird's visage leads the passenger cars through the winding, wild canyon. Comfortable first-class accommodations lavish passengers in a relaxed living-room setting, including an abundant selection of appetizers and attentive beverage service right to the comfy seats. Coach-class is redolent of vintage-style passenger-car charm with a well-stocked snack bar. Both classes have easy and direct access to open-air viewing cars, a favorite

aspect to this rail journey, which immerse passengers into the sights, sounds and scents of this remote western canyon.

Verde Canyon Railroad is just a stone's throw from the hillside mining town of Jerome, nicknamed "The City in the Sky." Jerome was at one time the most talked about mining camp in America. The entire town is listed on the National Historic Register. Its population went from 15,000 in its heyday to a "ghost town" of under 50 people after the mines closed in the mid-1950s. Perched mile high atop Cleopatra

Hill, below the 7,800 foot summit of Mingus Mountain, the fabled town twinkles during the evening hours as it surveys the entire Verde Valley below.

This diverse destination is about an hour drive north of Phoenix and encompasses a cluster of unique communities including Jerome, Clarkdale, Perkinsville, Camp Verde, Cottonwood, Village of Oak Creek, and Sedona. All nicely blend together in an open valley of north central Arizona known as The Verde Valley.



Get ready to go!

**VERDE CANYON RAILROAD**

[www.verdecanyonrr.com](http://www.verdecanyonrr.com)  
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# Phoenix is a mecca of hiking and exploring

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*Phoenix is home to tens of thousands of acres of untouched desert lined with majestic saguaro and cholla cactuses, home to coyotes, great horned owls and gila monsters — all just minutes from downtown Phoenix. It's no surprise Phoenix is one of National Geographic's best hiking cities and has been recognized by AARP and TravelNerd as one of the Top Urban Destinations for Nature Lovers.*

**Dogs are allowed, however they must be on a leash at all times. In addition all waste must be picked up by the owner. Trails are open from sunrise to sunset.**

## REACH 11 TRAIL

There are approximately 18 miles of multi-use recreational trails in the Reach 11 Recreation Area. The trails run the entire length of the Recreation Area from Cave Creek Road, east to Scottsdale Road. Trail access points include: Cave Creek Road, Tatum Blvd., 56th Street and Scottsdale Road.

All trails (except the Barrier Free Access

Nature Trail) are multi-use (foot, bicycle & horseback) trails and motorized travel is prohibited. The trails are a hard, stable gravel surface and 7'-8' wide. (except the Barrier Free Access Nature Trail) The terrain is relatively flat with minor grade changes at wash crossings.

There are 5 primary trails running east and west through the park. The trail numbers

## Hot weather Hiking Advisory

We have entered the hot weather season in the Sonoran Desert. Please use extra caution if you're planning on using trails. During hot weather months, try to wait for shade when hiking as full sun temperatures can be more than 20 degrees higher than the official shade temperature. So hike in early morning or near dusk when there's more shade and less intense heat. Remember, even if you are hydrated you can still suffer from heat-related illness on the hottest summer days. During excessive heat warnings, consider whether it's safe to hike at all. Follow our full safety guidelines for staying safe on the trail.

are W-211S (4.5 miles, north trailhead to HLP trail head) & W-211N (1.1 miles west of Tatum Blvd.; .7 miles - Dback facility to Hummingbird Trail) and E-211S (1.3 miles Tatum -Cottontail Tr. & 2.2 miles 56 St. - Scottsdale), E-211N (1.0 miles east of Tatum Blvd. to 56 St. & 2.2 miles -56 St & Scottsdale Rd., & E210 (1.2 miles) & W210 ( 1 mile). There are 17 connector trails that connect the north and south



The symbols to the left of each trail name represent difficulty ratings. Click on any icon to see full descriptions of the rating categories.

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There are 5 primary trails running east and west through the park. The trail numbers are W-211S (4.5 miles, north trailhead to HLP



trails. From west to east they are; Cardinal (.2 miles), Inca Dove (.2 miles), Cactus Wren (.4 miles), Roadrunner (.2 miles), Gambel Quail (.5 miles), Great Horned Owl (.1 miles), Jackrabbit (.3 miles), Coyote (.5 miles), Javelina (.4 miles), Cottontail (.1 miles), Badger (.3 miles), and Ringtail (.3 miles). Coopers Hawk Loop (.3 miles), Kestrel (.2 miles), Red tail Hawk (.4 miles), Hummingbird (.2 miles), Meadowlark (.2 miles), Muskrat (2.2 miles). The Barrier Free trail is .75 miles.

### Trails 1-17 & 19-25

Various Lengths (7 miles total from Cave Creek to Scottsdale Road). Trails open for pedestrians, bicycles and horses

#### Difficulty - Easy

Trails in the Reach 11 Recreation area are wide compact dirt paths that allow for easy participation of all levels of walker to athlete. Grade is consistently level with minimal dips and rises. These trails follow the CAP canal from Cave Creek Road to Scottsdale Road. No crossing area of Tatum Boulevard is provided so extreme caution must be used. Underpasses are in place for all other roads. Trail heads with parking are located North of Deer Valley

trail head) & W-211N (1.1 miles west of Tatum Blvd.; .7 miles - Dback facility to Hummingbird Trail) and E-211S (1.3 miles Tatum -Cottontail Tr. & 2.2 miles 56 St. - Scottsdale), E-211N (1.0 miles east of Tatum Blvd. to 56 St. & 2.2 miles -56 St & Scottsdale Rd., & E210 (1.2 miles) & W210 (1 mile). There are 17 connector trails that connect the north and south trails. From west to east they are; Cardinal (.2 miles), Inca Dove (.2 miles), Cactus Wren (.4 miles), Roadrunner (.2 miles), Gambel Quail (.5 miles), Great Horned Owl (.1 miles), Jackrabbit (.3 miles), Coyote (.5 miles), Javelina (.4 miles), Cottontail (.1 miles), Badger (.3 miles), and Ringtail (.3 miles). Coopers Hawk Loop (.3 miles), Kestrel (.2 miles), Red tail Hawk (.4 miles), Hummingbird (.2 miles), Meadowlark (.2 miles), Muskrat (2.2 miles). The Barrier Free trail is .75 miles.



Road (South of the Cemetery), East side of Tatum Boulevard (2 locations) as well as West of Tatum just off of the entrance to the Horse Lovers Park. Other walking entrances are marked with a hollow square on the trail map.

Dogs are allowed, however they must be on a leash at all times. In addition all waste must be picked up by the owner. Trails and trail parking are open sunrise to sunset.

***Please don't be a trailblazer!  
Stay on designated trails only!***

There is trail access on the east side of Cave Creek Road, east and west side of Tatum Blvd., east and west side of 56th Street, and the west side of Scottsdale Road. Trail parking areas are located on

the east side of Cave Creek Road, near the Water Treatment Plant, at the Arizona Horse Lovers Park on the west side of Tatum Blvd., and on the east side of Tatum Blvd.

### Trial 18 - Barrier Free Trail

Length: .75 mile. Walking trail only, NO BICYCLES OR HORSES.

#### Difficulty - Easiest

The Reach 11 Barrier Free Trail is located 1/2 mile to the East of the Tatum Trail Head off of Trail #3 (which is concrete for this 1/2 mile). While on this trail you can see various wild life including birds, fish and turtles at a pond located at the SouthEast corner of the loop. Many trees canopy over the trail creating dappled shade.

#### Barrier Free Access Nature Trail

Also in the recreation area is a Barrier Free Access Nature Trail. The trail is a 3/4 mile long paved trail that travels through some of the most unique desert habitat in the area. Twenty different locations along the trail provide information signs on the flora and fauna that a visitor may encounter while enjoying the trail. The loop also features a small pond and picnic area. Use of this trail by horses or bicycles is prohibited. Access to the trail is from the east side of Tatum Blvd.

### KEEP THE PRESERVES SAFE - OBSERVE TRAIL ETIQUETTE

Phoenix mountain preserves are open, undeveloped desert areas. Hikers can encounter rocky terrain, rattlesnakes and other potential hazards native to the Sonoran Desert. Staying on trails and observing trail etiquette will help to ensure that your preserve outing is a safe one.

- ALWAYS stay on a designated trail. Phoenix city ordinances prohibit trailblazing.
- Learn to share the trails with all other users.
- In general, bike riders yield to both hikers and horseback riders; hikers yield to horseback riders. However, for all trail users, downhill yields to uphill. Use common sense and courtesy while on the trails.
- Announce your intentions and slow your pace when passing someone on the trails.
- Do not litter.
- Destruction or removal of plants, animals, historical, prehistoric or geological sites are prohibited.
- Do not chase or harass wildlife.
- Avoid putting your hands and feet anywhere you cannot see.
- Remember the 3 C's: Courtesy, Communication and Common Sense.



# Valley Restaurants Heat Things Up for Fall Arizona Restaurant Week

## Whet Your Appetite

Food lovers are invited to whet their appetites as the local dining scene preps for the culinary extravaganza known as Fall Arizona Restaurant Week (ARW). For 10 days, from September 18 through 27, diners can experience special menus at their favorite local restaurants and give new hot spots a try at a great price.

Nearly 70 restaurants have already signed up to participate in the Fall Arizona Restaurant Week, and that number will continue to climb to well over 150 restaurants. During ARW, participating restaurants will offer a three course prix fixe menu for just \$33

or \$44, per person, excluding beverages, tax and gratuity unless otherwise noted. Regular menus are still available during this time, so diners can get their fix of their favorites. But the special offerings allow local chefs to show off their culinary chops with some truly unique dishes.

## Discover Your Favorite

Fall Arizona Restaurant Week is the ideal opportunity for local food lovers to eat their way around the Valley on a dining tour unlike any other. Some of the state's finest five-star restaurants as well as some one-of-a-kind hidden gems that diners

may have not yet discovered participate in ARW, making the choice of where to eat a tough one.

Arizona has certainly made its mark on the national culinary map in the past several years and ARW has done its part to make that mark permanent. The local foodie scene is only getting hotter as the Valley becomes home to more and more world-renowned chefs.

Arizona Restaurant Association president and CEO Steve Chucris says, "Arizona's food scene is thriving, thanks in no small part to the trailblazing chefs, mixologists and restaurateurs who make certain that it never gets stale. It's that excitement and energy that helps fuel the dramatic growth of our industry. We're honored for the second consecutive year to see Arizona's restaurant industry lead the rest of the country in restaurant sales and jobs growth."

## For More Information

Those anticipating ARW's Fall arrival can check out updates on [www.ArizonaRestaurantWeek.com](http://www.ArizonaRestaurantWeek.com), on which participating restaurants and their menus will be continually added, and follow ARW on social media sites including Facebook, Twitter, Pinterest and Instagram.

Sedona's Art  
History  
Established in  
Centuries Past  
Enriches its  
Modern-Day  
City Culture

# Celebrating the Arts in the Stunning Scenery of Sedona

**SEDONA, Ariz.** (July 10, 2015)—One of the oldest pillars of society that captivates the spirit and personality of Sedona is its vibrant arts community. No matter the aesthetic or medium, art finds itself in every realm of Sedona.

Sedona's early art roots were established in 1958, when Egyptian sculptor Nassan Gobran and fellow artists established "Canyon Kiva," what is today the Sedona Arts Center. This transformed into the community center of local artists and visionaries relishing in the culture of the area.

In 1965, a group of western artists settled in the city. Joe Beeler, George Phippen, Charlie Dye and friends gathered around a local saloon to form the original Cowboy Artists of America. The institution was established as a way to perpetuate the memory of the Old West and authentically represent the lives in the region, which they uphold to this very day.

Though the rich and diverse arts community may be considered fairly new in terms of age, the ancient Native American

cliff dwellers that called Sedona home created some of the most beautiful ruins and petroglyphs that date back thousands of years. Today, the vibrant arts and culture scene boasts more than 200 local artists who create one-of-a-kind, handcrafted pieces. Visitors can enjoy creations from local and national artists, spanning jewelry adorned in turquoise and onyx, hand-woven rugs, bronze sculptures, still-life paintings and much more.

Today, arts and culture permeates every aspect of life. This fall, three events will delight and inspire visitors and residents seeking arts and culture in Sedona.

## 42<sup>nd</sup> Annual Fiesta de Tlaquepaque

The annual Fiesta de Tlaquepaque event is a celebration of Mexican Independence Day, held on Saturday, September 12, 2015. Continuing a long tradition of food, music, dancing and entertainment for all, this year's festival promises arts and crafts exhibits that give insight into the traditional and present artistry of Mexico.



## Sedona Arts Festival

The Sedona Arts Festival will be held October 10-11, 2015. A favorite in the Southwest, the festival showcases nearly 130 juried artists, an international guest artist, a "gourmet gallery," and plenty of activities for family members of all ages to enjoy. This festival is the primary fundraiser for arts education in Sedona and to date has raised more than \$300,000 in scholarship and education funding.

## Sedona Plein Air Festival

From October 18-25, 2015, award-winning artists are invited to Sedona to participate in the 10<sup>th</sup> annual Sedona Plein Air Festival. Plein Air artists paint outdoors, standing the tests of Mother Nature and physical stamina to capture the ever-changing landscapes of the areas around them.

There are plenty of sights and attractions when it comes to exploring the arts and culture scene in Sedona. For more information on what to explore, view our Press Kit or visit [www.visitsedona.com/arts-and-culture/](http://www.visitsedona.com/arts-and-culture/).

# DESERT RIDGE

## Community Association

In Partnership With



# REWARD

## Up to \$2,000

**"Crime Doesn't Pay In Desert Ridge... Reporting It Does!"**

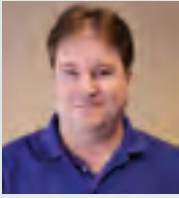
- TYPE OF CRIME:** Felony Crimes in the Desert Ridge Residential Community  
**VICTIM:** Desert Ridge Residential Community  
**LOCATION:** Prescribed Locations in the Desert Ridge Community  
**DATE/TIME:** 2013 to Present

The Desert Ridge Community Association of Phoenix has entered a partnership with Silent Witness to provide up to \$2,000 for any felony crime targeting the Desert Ridge Residential Community. Please contact Silent Witness at 480 WITNESS (480-948-6377) or on our website at [silentwitness.org](http://silentwitness.org), with any information about any crime in this targeted area

If you have any information regarding this case you may contact Silent Witness at W-I-T-N-E-S-S, that's 480-948-6377, or toll free at 1-800-343-TIPS. You can also leave an anonymous tip on the silent witness website at [silentwitness.org](http://silentwitness.org). Remember, you remain completely anonymous and could earn a cash-reward for information leading to the arrest and/or indictment of the suspect/s of this crime.

**You must contact Silent Witness prior to arrest or indictment to be eligible for any reward.**

# I'M CALLING THE COPS



Steve Burns

**Steve Burns**  
Community Awareness  
Committee Chair  
Desert Ridge  
Community Association

It's estimated that more than 5 million crimes go unreported in the

United States every year. Unfortunately, it seems that trend is also occurring right here in Desert Ridge. Many victimized residents will post stories about property crimes such as vandalism or attempted break-ins of cars and homes on Facebook, or the Next Door app. Some of those people will also email or call into the Desert Ridge Community Association office to complain.



At a recent Community Awareness Committee meeting, several of the committee members relayed stories of neighbors and fellow residents who had experienced problems. Community Action Officer Centenius Billingslea, who was in attendance, was surprised to hear of some of the incidents that had occurred but were not

reported to the Phoenix Police Department. This began a conversation on how and when to contact the police. Officer Billingslea made clear to us that first and foremost, whether something already occurred, or if you just see something out of the ordinary, you need to report it to the police.

There are several numbers and methods to contact the police depending on the situation or circumstance. Here are some suggested guidelines:

- **911** – When there is a crime in progress or even when suspicious activity is going on. When you describe the situation to the operator, they will determine where (if anywhere else) the call needs to be routed.
- **Crime Stop** – Non-Emergency crime reporting or reporting after a crime has taken place. (602) 262-6151. You may also visit [www.phoenix.gov](http://www.phoenix.gov) and click on the “Report It” tab. The first selection should be “Citizen’s Online Police Reporting System”. Click on the link and follow the instructions.
- **Silent Witness** – When you have information regarding a felony or serious crime. You may even earn a reward if the information leads to an arrest or indictment. (480) 948-6377
- **Graffiti Hotline** – If you have information on a possible graffiti suspect. (602) 262-7327

All of the above methods have one thing in common; you can use any of those services anonymously. In fact, if you want to be contacted for a follow-up you can request that it's done by phone rather than have the squad car pull up in front of your house.

Having covered the when and how to contact the police, let's look at *why* it is important to do so. This includes reporting even after an attempted break-in or other incident has occurred. According to a survey of people who were victims of property crimes, many only found it necessary to

file a claim with their insurance company and stated they felt that the crime wasn't important enough to bother filing a police report. Where it's true that the police typically have higher priority calls, it's still very important to report everything from suspicious vehicles on your street to someone knocking on your door and asking for someone who doesn't live in your home.

The main reason why reporting everything is important is that those reports help to maximize the efficiency and effectiveness of the Desert Ridge Phoenix Police Off-Duty Program. Through this program the Desert Ridge Community Association pays the city of Phoenix to have off-duty, uniformed Phoenix police officers patrol Desert Ridge in marked police vehicles. Reporting *all* activity helps the off-duty patrols know which areas of the community need more attention.

Another very important reason to file a report is that multiple misdemeanors perpetrated by an individual, or group of individuals, can become a felony when damages reach a certain level. With that latter reason, a victim not reporting even one of the misdemeanors can prevent the perpetrator(s) from being punished to the full extent of the law. If we all do our part by keeping our eyes open and reporting to the police, we can help them to make Desert Ridge a better place to live.

As I always state in closing, Phoenix police officers do a fantastic job but they can't be everywhere all the time. That is why it is so important to know and communicate with your neighbors and to keep looking for things that are out of place in your neighborhood. You can help make Desert Ridge a safer and better place to live by starting or participating in a neighborhood block watch program.

If you're interested in learning how to start a neighborhood block watch program, please contact the Desert Ridge Community Association office at 480-551-4553.

Desert Ridge

Keep a lookout for more details via eblast

# SAVE THE DATE

## Holiday Trolley Tours

### Coming In December

Come join us with your family and friends for a fun-filled night and tour the Desert Ridge Community by Trolley and see the wonderful Holiday displays. These Trolleys are fully enclosed with glass viewing. Seats are limited and on first come basis.

DESERT RIDGE COMMUNITY ASSOCIATION

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DUSTIN WATKINS  
DRCA Compliance Coordinator

**LANDSCAPE MAINTENANCE**

With all the activities and fun to be had this time of year, it can be easy to forget that there are common landscape maintenance issues that may need to be addressed. Common issues we see this time of year are trees that begin to hang too low over sidewalks or on common area walls which may cause damage. Trees also begin to drop debris that can dry up quickly and will need to be cleaned up. This time of year another common compliance tip is to ensure that portable basketball hoops are stored out of sight from neighboring properties. We have included the guidelines for residents wanting to install a basketball hoop.



**INSTALLATIONS**

All installations require prior DRC Approval. Portable basketball goals are prohibited. Basketball goals mounted on the dwelling unit are prohibited. Permanent basketball backboards shall be installed on permanent pole structures only. The backboard color shall be white, clear plastic, or painted to match the color schemes of the Dwelling Unit.

No logos shall be added beyond the manufacturer's logo. All backboards, located in the front yard shall be on the interior side of the driveway (the side closest to the front door). Rear and side yard goals are not permitted. Backboards, poles, and mounting hardware shall be maintained in a safe and attractive condition, including the rims and nets.

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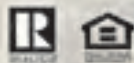
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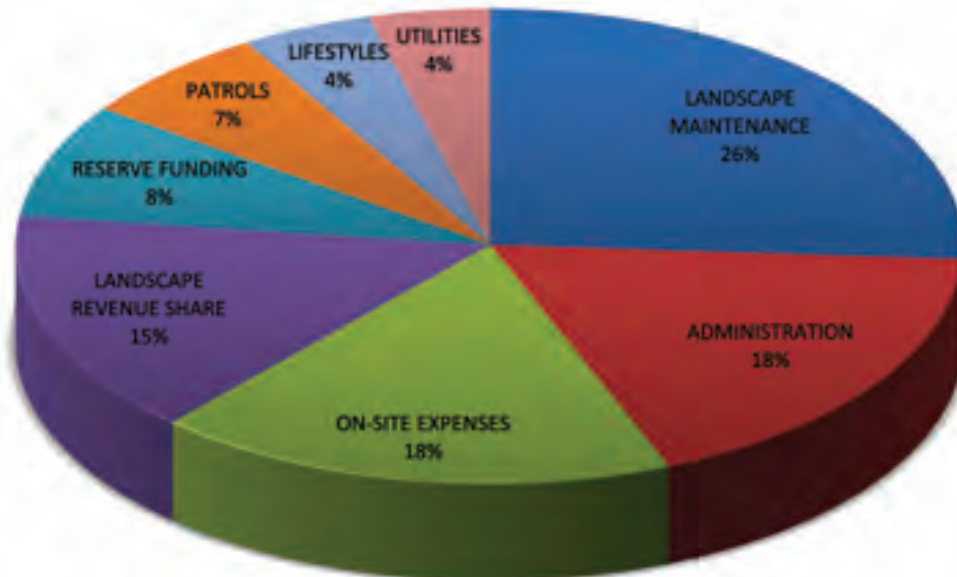
## YOUR COMMUNITY ASSOCIATION ASSESSMENTS - WORKING FOR YOU

As a resident of Desert Ridge Community Association (Master Association), you may be uncertain about what is covered by your master association annual assessment of \$372.00 (paid semi-annually in the amount of \$186.00 each January and July).

The following expense allocations are based on the approved DRCA 2015 Budget illustrating how the Master Association typically applies your annual assessment of \$372.00

Landscape Maintenance	\$96.52 (25.95%)	For the contracted landscape services related to the common areas streetscape, maintenance services, irrigation repairs, tree trimming, weed control, etc.
Administration	\$66.73 (17.94%)	For expenses related to the annual audit, taxes, licenses, insurance, legal services, consulting, postage, statements, reserve study, website, meetings, bad debt, collection costs and management fees.
On- Site Expenses	\$66.03 (17.75%)	Contracted staffing costs for the five (5) on-site staff working for the master association and office rent.
Landscape Revenue Share	\$56.97 (15.32%)	For the landscape maintenance assessments paid to to both Aviano and Fireside HOA from the Master Association to maintain the common area within these two neighborhoods that is the maintenance responsibility of the Desert Ridge Community Association.
Reserve Funding	\$29.02 (7.80%)	For capital reserves that includes future replacement of capital items in the master association common area for monuments, bollard light fixtures, decomposed granite, Central Irrigation Controller System, walls/fencing, etc.
Community Patrols	\$24.59 (6.61%)	For common area community Off-Duty Phoenix Police Patrols Patrol, overnight parking enforcement, vandalism, etc.
Community Lifestyles	\$16.70 (4.49%)	For expenses related to Desert Ridge Lifestyles events, programs, socials, sponsorships, outreach, magazine, promotion and advertising, and recreational activities.
Utilities	\$15.44 (4.15%)	For water, sewer and electric expenses related to the common area streetscape, medians, washes and monuments.

### DRCA 2015 OPERATING EXPENSES







## DESERT RIDGE COLLECTION POLICY

ITEM	VALUE	COMMENT
Assessment Frequency	Semi-Annually	January 1 and July 1
Late Date	15th	
Late Charge	\$15.00	
Late Interest	N/A	
Rebill Date	15th	
Rebill Amount	\$20.00	
Pre-legal Demand Letter Date	Sent at 45 days	
Pre-legal Demand Letter Amount	\$50.00	Demand is always sent 30 days after the rebill and account assessment is delinquent
Pre-legal Final Demand Letter Date	Sent at 60 days	Final Demand is sent both Standard USPS Mail and Certified Mail with a review of the account to verify assessment is still delinquent
Pre-legal Final Demand Letter Amount	\$150.00	Fee includes any/all postage and handling
Lien Date	Prepared at 75 days	Lien is sent to the Desert Ridge Collections Attorney for review/signature and then sent back to FirstService Residential in order for FirstService Residential to record the lien with Maricopa County
Lien Amount	\$300.00	This includes the recording of lien and the release of lien when delinquency has been cured
Collection Date	77-80 days	Once lien is recorded, account will be transferred to the Association's collection Attorney for any collection work needed
Collection Attorney	Sent at 80 days	Maxwell & Morgan
Attorney Legal Demand Letter	\$225 + \$100	Due diligence search – Letter requesting payment or lawsuit will be filed
Summons & Complaint	\$338	Money Judgment/Justice Court Processings-Attempt collection of the delinquency

Revised & Adopted: 1/28/15

## TIPS FOR CITIZENS WHEN REPORTING AND DEALING WITH GRAFFITI ISSUES

☛ Dial 9-1-1 for all graffiti in progress. If possible, keep an eye on the suspects, relaying all information to the 9-1-1 operator. NEVER place yourself in a dangerous position! Be willing to be a good witness.

☛ If you are a victim of graffiti not in progress:

- 1) Call Crime Stop 602-262-6151 and make a police report.
- 2) In all arrest situations, the detective will need a damage estimate.
- 3) If you have a digital camera, take photos of the graffiti and email them to meagan.patterson@phoenix.gov. Include your report number and address in the email.
- 4) If you require assistance removing the graffiti, call Graffiti Busters 602-534-4444. This is a free service. If you have a homeowners association, call them first to see if they have a volunteer to remove the graffiti.

☛ If you see graffiti in your area:

- 1) Get the location or address if possible.



- 2) Make note of what type of structure it's on (block wall, wood fence, power pole, utility box, etc.).
- 3) Call Graffiti Busters 602-534-4444. Give them the information and they will place it on their list for removal. Keep in mind, Graffiti Busters must obtain permission from the property owner which may delay removal.
- 4) If it is known approximately when the graffiti occurred, i.e. it wasn't there Friday but Saturday it is, you can make a police report by calling Crime Stop 602-262-6151.

☛ If you have information on a possible graffiti suspect, call the Graffiti Hotline 602-262-7327. We will need:

- 1) The suspect's name
- 2) Where we can contact them (home, work or school)
- 3) How you know they are doing the graffiti
- 4) Is the graffiti currently present somewhere? (so the detective can take a photo)
- 5) Rewards are available from \$75 - \$250



## A NEW TEAM MEMBER

*Did you know we have a new Community Coordinator?*



**SHARON HOOKS**  
Community Coordinator

Sharon Hooks is originally from Texas and has lived in Arizona for 15 years. She has been married

for over 25 years to her high school sweetheart Anthony. They have two beautiful children Anthony II, Taylor and a grandson Braylon.

Sharon joined the Desert Ridge Community Association team on May 18, 2015 as our Community Coordinator. She has been with FirstService Residential since January 12, 2015 as an Account Receivable Representative.

Sharon brings an extensive background and 11 years of experience to the position from her previous positions working as a Customer Service Representative, Administrative Assistant, Accounts Receivable Coordinator and Accounts Payable Coordinator within the community management industry.

Sharon is an active hiker, enjoys working out, and skydiving. She also enjoys going to the movies and spending quality time with her family and friends. She enjoys doing volunteer work with St. Mary's Food Bank and doing various community service activities around the Phoenix area.

She is excited to be working with the Desert Ridge Community Association team and serving the residents as well.



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# Events at Desert Ridge Marketplace



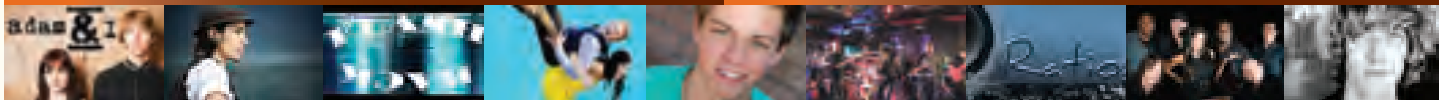
[www.shopdesertridge.com/events/live-music/](http://www.shopdesertridge.com/events/live-music/)

## DISTRICT STAGE

Performance times are from 7:00 PM to 10:00 PM

## AMC FOUNTAIN STAGE

Performance times are from 7:00 PM to 9:00 PM



## AUGUST

### Raquel Rodriguez Band

Friday, August 14 ■ District Stage

#### Soul/Funk/R&B

Backed by a young and versatile team of heavy hitters, Raquel Rodriguez and crew deliver music with a soulful, gritty groove that people want to dance and party to. Commanding the stage, Raquel's live show is engaging and a crowd favorite at clubs and festivals.

With a potent blend of femme and aggression, she serves up saucy, heartfelt vocals which caught the ears of FX Networks hit show Sons of Anarchy. This led to her song "Already Beat" being featured in the season 6 premier. The LA soul rebel has also received airplay and support from music and culture tastemaker Garth Trinidad, DJ at top ranking NPR station KCRW and music editor for LA Canvas. Grateful for the television, radio and festival love, Raquel is energized and ready for more. She's currently in the studio working on a new single and video for late spring, and a new album to coincide with her 2015 summer tour. For details, visit [rqlrod.com](http://rqlrod.com)

### Joshua & Nicki

Friday, August 14 ■ AMC Fountain

#### Acoustic Duo

"Josh & Nicki" perform locally and tour along the West coast.

Josh plays both acoustic and electric guitar; writing original music and singing covers of many of today's popular artists. His style and range varies from Marc Cohn to John Mayer, blending perfectly with Nicki's silky vocals.

Singer/songwriter, Nicki Park plays several instruments with heavy influence on keyboard. Her range and vocal versatility are reminiscent of the late Karen Carpenter reaching to the hugely popular Sara Bareilles.

The fusion of these two incredibly talented artists creates an experience that offers something everyone. For details, visit [facebook.com/joshandnicki](http://facebook.com/joshandnicki)

### Ratio

Saturday, August 15 ■ District Stage

#### Funk, Soul, Jazz and R&B Band

Ratio is one of Phoenix, Arizona's premier bands specializing in Rhythm and Blues, Jazz, Funk and Pop.

Recognized as the "Best Jazz Band in Phoenix" by the Phoenix New Times Magazine and the "Best

Blues Band" by the Arizona Republic, this versatile band led by founder Larry Rhymes is comprised of some of the best musicians in Phoenix. Their repertoire contains 60's and 70's Funk, 80's Jams, Smooth Jazz, Classic Soul and Motown. For details, visit [ratioband.com](http://ratioband.com)

### Tiger Heist

Saturday, August 15 ■ AMC Fountain

#### Singer/Songwriter

Tiger Heist is an indie/pop/reggae singer songwriter from Phoenix Arizona. His style is similar to artist such as Jack Johnson, Jason Mraz, and Passenger. His passionate vocals set him apart and give him a unique style all its own. For details, visit [facebook.com/tigerheist](http://facebook.com/tigerheist)

### Outside The Line

Friday, August 21 ■ District Stage

#### Soulful Dance Band

Outside The Line, formerly known as Digital Blues, has transformed because of the diversity of music they perform. While most American music is rooted in blues, they felt the name did not represent their diversity. As a group they each bring something unique to the table—it's what they each contribute that takes them Outside The Line. Combining Rock/R&B/Motown/Pop and Blues - they have put their own stamp on their sound and enjoy doing it. For details, visit [facebook.com/outsidethelinemusic](http://facebook.com/outsidethelinemusic)

### Matt Kahler

Friday, August 21 ■ AMC Fountain

#### Acoustic Guitarist/Singer/Songwriter

Matt Kahler is a local Phoenix, Arizona singer-songwriter. He's been playing guitar for seven years, and began writing his own soft acoustic-rock-inspired songs in 2010, centered around guitar rhythms and catchy vocal hooks. Matt draws influences from nearly all types of music, but most prominently rock, blues, pop, and jazz. His dedication to putting everything into writing and performing, along with his smooth style and catchy songs are sure to capture and entertain any audience. For details, visit [reverbnation.com/mattkahler](http://reverbnation.com/mattkahler)

### Rhythm Edition

Saturday, August 22 ■ District Stage

#### Top 40 Cover Band

Since 1990, The Rhythm Edition has been entertaining the Valley with a wide range of

musical styles. The Rhythm Edition's main goal is to play music that people can dance to and music for all ages to enjoy.

"Our band gets great joy from entertaining. We strive to be far more than just a bunch of wedding singers. We are music entertainers, and we love what we do." - Dennis Fike. For details, visit [rhythmedition.com](http://rhythmedition.com)

### Blue Rose Revival

Saturday, August 22 ■ AMC Fountain

#### Guitar and Percussion Duo

Growing up in the Smoky Mountains of Tennessee, Tucker Blue's sound is heartfelt and relate-able. It manages to convey a tropical twist from time spent abroad in Hawaii and Latin America. His vocals are a happy mix between Kings of Leon, Mumford and Sons, and Jack Johnson. Tucker Blue has performed internationally for such charities as Ocean Symphony. He has performed in a concert showcase at the Hard Rock Cafe in San Jose, Costa Rica alongside his wife Emily Rose (together they make up the folk duo "Blue Rose Revival"). Tucker has also performed in the city of Calgary, CANADA for charitable organizations such as Servants Anonymous and Child Haven. He has recently finished touring from the West Coast of Canada to the Canadian Prairies as part of "Blue Rose Revival". Currently he is performing solo shows in the Southwestern United States. For details, visit [tuckerblue.weebly.com](http://tuckerblue.weebly.com)

### Flash Back

Friday, August 28 ■ District Stage

#### Cover Band

Arizona's premiere cover band, flashing you back to your old favorites as well as modern hits. For details, visit [facebook.com/flashbackarizona](http://facebook.com/flashbackarizona)

### Adam & I

Friday, August 28 ■ AMC Fountain

#### Acoustic Indie Duo

Adam & I are Adam & Andrea Melia, a compellingly fresh young duo from Nashville, TN. Capturing the unique energy of current americana styles, while giving a joyful nod to the sounds of the 50s and 60s, Adam & I make a music all their own. They weave with ease universally heartfelt lyrics through catchy and beautiful melodies, reminding us that "the song" is alive and well. "We're songwriters," says the duo. "We work really hard on our craft, and we love to challenge ourselves. We're constantly trying to improve." Their first EP,

Amelia's Living Room Volume 1 spent a week in the top 10 of NoiseTrade's "Top Downloads" list in September 2012, and Adam & I quickly gained a reputation around Music City as "the best band you've never heard of."

Adam & I's debut record is out now, featuring "We Have Love", "If I'm Taken", and "Honey I'll Take the Fall for Loving You". The tunes are spirited and liberating while maintaining a simple, strait-up quality, as their "We make music. You might like it" slogan suggests. Adam explains, "Make no mistake. We want people to dig our music. We want people to love it! Still, the courage to be yourself, to be honest... that's what we've poured into our music. It feels like a huge risk

sometimes, but it's worth it." "I'm not sure I can tell you what to expect," says Andrea. "Who do we sound like? We sound like us." For details, visit [adamandimakemusic.com](http://adamandimakemusic.com)

**Pat Roberts and the Heymakers**  
**Saturday, August 29** ■ **District Stage**  
**Rock, Rockabilly, Blues**

Pat Roberts and the Heymakers play authentic rockabilly/honky tonk music influenced by musicians such as Roy Orbison, Jerry Lee Lewis, Elvis Presley, Hank Williams and Faron Young.

The band released its 1st album in September 2011 called "Lonesome and Blue"—a stunning record mixing great traditional influences with Pat

Roberts' warm and passionate vocals in creative songs that make for an elegant and authentic roots-music masterpiece! For details, visit [electriclotuslabel.com](http://electriclotuslabel.com)

**76th Street featuring**  
**Haley & Spencer**  
**Saturday, August 29** ■ **AMC Fountain**  
**Indie Singer/Songwriters**

We believe that a song is an opportunity to tell a story in a way that relates an experience to a melody. These are our stories, and you give them a chance to be heard. For details, visit [facebook.com/haleyandspencer](http://facebook.com/haleyandspencer)

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**LADIES NIGHT OUT**

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September, October, November and December



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Join in on the fun and check your email or go to [desertridgelifestyles.com](http://desertridgelifestyles.com) for upcoming locations

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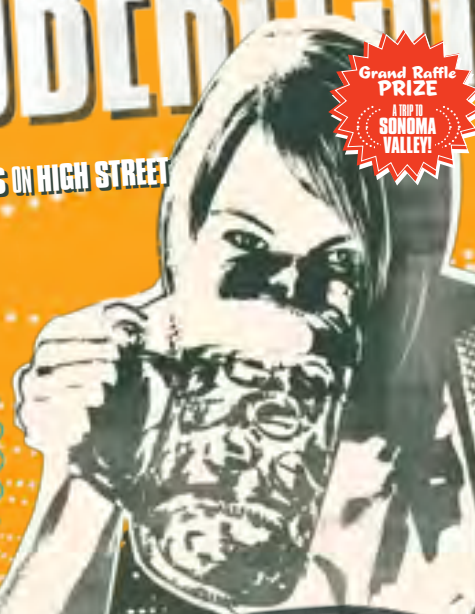
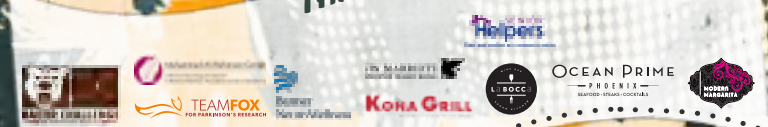
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Ruby

## Adopt a sweet and gentle older dog

**Jennifer Birney**  
PIO Intern  
Maricopa County Animal Care and Control

PHOENIX -- Puppies, kittens and baby animals OH MY! The world is crazy about them and it's understandable, they're adorable. What Maricopa County Animal Control (MCACC) finds though, is with so many puppy and kitten-crazed adopters, the senior pets often get overlooked.

"When people come into our care centers, often times they ask us where they can find puppies, kittens or animals 2 years and younger," Linda Soto, Shelter Division Manager, said. "We're at a loss as to why so many people pass up our sweet, gentle and patient old timers."

Old timers are most often just that: sweet, loving and gentle additions to families looking for lower-energy animals. While senior pets are generally classified as seven to ten years old for dogs and eleven to fourteen years old for cats, MCACC considers a senior animal to be a dog or cat five years or older.

"This is the age that we start to see these guys sticking around at the shelter for longer periods of time," Agency spokes, Melissa Gable said. "Once they hit this age we see them start having a tougher time getting adopted."

MCACC sees many benefits of adopting a senior pet, but don't just take it from them.

After having recently lost their beloved Coonhound, Amanda Nelson and nine-year-old daughter, Sophie had been wanting to adopt, but waiting for the perfect pet. They saw seven-year-old dog, Spring

(now Ruby), featured on Channel 12 as MCACC's pet of the week.

"I looked at Sophie and said, "Should we go see if we can adopt her?" Nelson said. "The look on her face said it all."

Nelson described Ruby as the "perfect combination of laid-back and playful" in the shelter and after her transition at home. Ruby loves to play with their other dog and snuggle up with, or watch out for her people at home. Nelson explained that she is well-trained, knows how to sit and shake, walks well on a leash and has not had a single accident in their home.

"Ruby's age was not a concern," Nelson said, "I absolutely would adopt another senior dog. They are generally calm, already trained and make for an easy transition."

Describing Ruby as "perfect," the Nelsons have a loving new addition to their household and Ruby has a forever family.

MCACC suggests you consider these benefits of senior pet adoption when thinking about adopting a new furry friend:

- **Older pets are usually trained:** A lot of older dogs know commands such as sit, stay and lay down. If they don't, you can train them yourself through obedience school or with a trainer. Many senior pets are already housetrained or litterbox trained, this lends to an easier transition period after adoption.
- **They are more gentle/calm/patient:** Older pets create a more serene and calming atmosphere. They are good for almost any type of home, but MCACC suggests they go

to homes looking for lower energy animals.

- **They still have a little spunk in them:** Don't let them fool you; older pets are calm, but they still have spunk and personality. You won't be getting a boring old dog, you'll be getting a furry friend who will slowly begin to show you their personality and who they are.

- **They generally won't destroy your personal belongings:** Puppies, while they are cute, get into everything. They chew furniture, clothes, shoes and more. Older dogs and cats are generally past this phase. They are content with laying around, getting love and attention and don't need to destroy the house to feel accomplished.

- **You will know exactly what the pet looks like:** Older dogs are full grown, you will not have any surprises as to how big they will grow as you do with younger dogs/puppies. Same with cats, no surprises there.

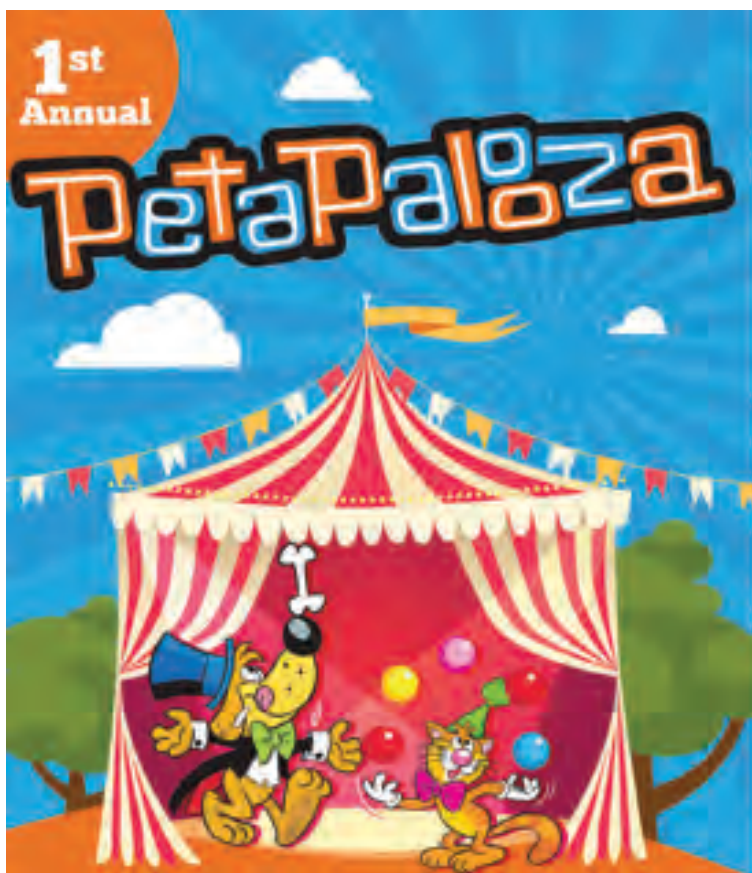
**You can be a hero:** Older dogs have a tougher time getting adopted, by giving one a home you take them out of the shelter environment and allow them freedom and a loving home. THAT will feel good, and they will make sure you know it.

"If you come in looking for a puppy or kitten and don't find what you're looking for, we ask that you don't just go home," Gable said. "Take a look around at all of our pets and broaden your requirements. Who knows, you just may fall in love with a grey-haired little guy, don't rule anything out."

Adopting dogs five years or older is just \$20, and cats five years or older have their adoption fee waived. All pets are spayed and neutered, and dogs over three months of age are rabies vaccinated and go home with their county dog license.

MCACC has hundreds of dogs and cats in their animal care centers and all need loving homes. Follow MCACC on twitter (@MCanimalcare) and Facebook (Maricopa County Animal Care and Control) or visit [www.maricopa.gov/pets](http://www.maricopa.gov/pets) to keep up with news and updates on adoptable dogs and cats.

Consider adopting a senior pet today, their wrinkles and adorable greying noses are hard to resist, trust us.



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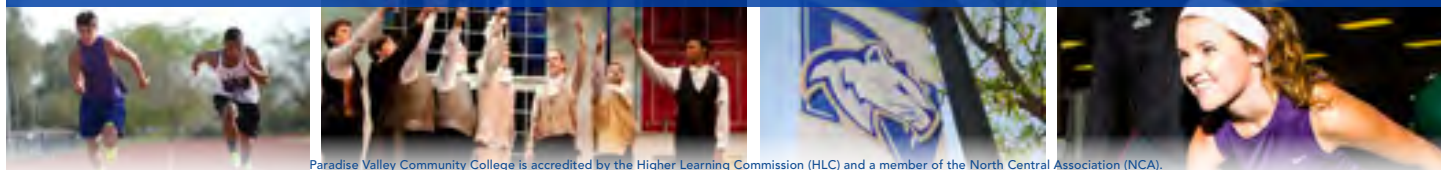
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Visit [www.DRPGonline.com](http://www.DRPGonline.com) to learn more, check out our events calendar and to become a member online.

## Desert Ridge® Parents' Group (DRPG)

The Desert Ridge® Parents' Group (DRPG) is a fun-filled organization for parents and children in the North Phoenix area. All families in the Desert Ridge® community are invited to check out our activities and events! Founded in 1997, the not-for-profit Desert Ridge® Parents' Group (DRPG) hosts weekly playgroups, monthly kids' and family activities, seasonal events and parents-only nights for residents in Desert Ridge and surrounding areas. Membership dues are only \$30 per year.



# THE IMPORTANCE OF COMMUNITY

**“Without a sense of caring, there can be no sense of community.”**

By Amber Roelofs

One definition of community is a sense of cohesiveness among a group of people. For generations, an individual's community served a vital role in terms of offering camaraderie and acting as a support system. Phoenix is a newer city that has only recently encountered explosive growth. Desert Ridge has been a community for less than twenty years. With there being so many transplants to this area, and therefore, less generational ties, it is important for community members to get involved in order to nurture the natural human instinct to be together as a group. As our current society moves at a quicker pace than ever before due to technology, packed schedules, and the commonness of changing homes, cities, states, and jobs, our ability to create a sense of community suffers. It is incredibly easy to become isolated in our homes, especially with the all-consuming effort that children require, which can lead to a sense of loneliness.



There are so many ways to foster a sense of community just by supporting and interacting positively with other people who share a vested interest. Desert Ridge Parents' Group (DRPG) believes we can cultivate a strong community by our everyday actions including acknowledging a passerby in your neighborhood, attending community events such as DRPG's upcoming Boo and Brew and Fall Festival, volunteering, meeting your neighbors, buying from local merchants, supporting schools, which tend to be cornerstones in a thriving community, making an extra effort to talk with someone who may have a different background or perspective than your



own, and participating in random acts of kindness.

DRPG has numerous opportunities to encourage and further community ties with not only our big events such as the Boo and Brew and Fall Festival, but also frequent Moms, Dads and Parents Nights Out, staycations, a book club, crafts for parents and kids, volunteer opportunities, Bunco and weekly playgroups among other fun opportunities to mix with a smaller section of our overall community.

A strong community benefits the individual and the community as well as the greater society. Both parents and children who feel a sense of belonging tend to lead happier and healthier lives, and strong communities create a more stable and supportive society.



Visit [www.DRPGonline.com](http://www.DRPGonline.com) to learn more, check out our events calendar and to become a member online.

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# Civic Leaders Sponsor '30 Days of Shopping' for 1,000 Local Youth

By Alison Balin Batz


For 1,000 local children, the thought of going back to school is now very cool thanks to the generosity of Paradise Valley couple Michael and Ellie Ziegler. Civic and community leaders, the Zieglers teamed up with the Boys & Girls Clubs of Greater Scottsdale earlier this year with a singular mission: *to give children, regardless of socio-economic factors, the opportunity to*

*start the school year off on a positive note and on an even playing field as their peers.*

"From that mission, the Boys & Girls Clubs of Greater Scottsdale's first-ever '30 Days of Shopping' initiative was born," says Ellie Ziegler.

During the '30 Days' events, which kicked off with a lively shopping spree for 180 Club kids on July 12 at Kohl's in Desert

Ridge and will continue with similarly sized sprees through August, selected youth from the Clubs will each receive a \$100 Kohl's gift card to pick out clothing and other needed items for the new school year. Youth selected for the events are Club members and identified to participate in the events based on greatest need. The events will also include helping members at the Club's Peach Springs Branch,

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Photos courtesy of Josh Mundy, Prospect Research and Stewardship Director, Boys & Girls Club of Greater Scottsdale

which are located on the Hualapai Indian Community, who will shop at the Kohl's Flagstaff location in August.

As well as helping prepare children for the upcoming school year, the events allow community partners and businesses to engage directly with youth from the Boys & Girls Clubs of Greater Scottsdale.

“Volunteers from organizations such as Kohl’s, Scottsdale Active 20-30 Club and Valley of the Sun Active 20-30 Club have participated in this important community event for more than 10 years,” says Steve Davison of the Boys & Girls Clubs of Greater Scottsdale. “This year, to have one couple step up and ensure so many greater-Scottsdale children – from Paradise Valley to Scottsdale to Fountain Hills and even on the Salt River Pima Maricopa Community – get what they need for the new school year is truly inspiring.”

The Boys & Girls Clubs of Greater Scottsdale provides a positive, safe and fun environment to help 17,500 youth



of all ages and backgrounds develop the qualities needed to reach their full potential. The Club offers more than 100 youth development programs at the organization’s nine branches and

multiple outreach sites located in Scottsdale, Phoenix, Mesa, Fountain Hills and the Salt River Pima-Maricopa and Hualapai Indian Communities. For more information, visit [www.bgcs.org](http://www.bgcs.org).



# MEGA COMMUNITY-WIDE YARD SALE

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Community Association

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Visit [www.desertridgelifestyles.com](http://www.desertridgelifestyles.com) for additional information including best practices for yard sales.

**FOR ADDITIONAL INFORMATION 480.551.4559**

# MOVIE IN THE PARK

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# EXAMINING A SWING CHANGE



By Matt Keel

As a golf instructor, I come across golfers who are very frustrated with their golf games and have a belief that they will never improve. I'll ask these golfers what they are doing to improve. Most of the time, the frustrated golfers are "trying" several different things without a clear direction and with little effort to making real improvement. The truth is that real improvement requires making effective swing changes.

The difficulty people have in making a swing change is that they have to make a change. What I mean by that statement is that in life, human beings often resist change. Change in any area of our lives can be uncomfortable and takes time. Making a swing change is no different. Just like any change, a swing change involves feeling uncomfortable and requires time before the change becomes more permanent.

However, there is good news in changing your golf swing. First, some swing changes are easier than others. Since everybody is unique, what is difficult for some people may be easy for others. There is no one size

fits all. Second, it is the job of the instructor to make sure that you see improvement right away. Improvement happens quickly, but consistency takes time and practice. Third, you will be creating a better swing which leads to better ball striking and lower scores.

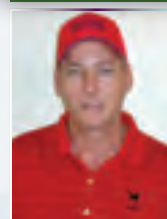
In making a change to your golf swing, all you are really doing is creating a new habit. Your goal should be to commit to the change until it becomes a new habit. Once you create a new habit, the old way of doing things becomes uncomfortable. There are three stages to creating a new habit. You begin by first having to think about the change with each swing. Next, that thought becomes a feeling. You begin to feel how your new swing should be. Last, the feeling becomes a new habit and is more automatic.

You play the biggest role in how quickly you can turn a swing change into a new habit. There is an effective method to accelerate the change process. First, do your drills either at home or on the driving range. I always make sure my students know effective drills to practice that will create the desired result I am looking for

in their swing. Second, there is no substitute for practice on the driving range. When practicing on the range, focus specifically on the new change. Rather than just hitting balls, use your range time to create that new habit. Third, take the change to the course. The golf course is the true test to whether or not you have ingrained the new habit. The key is to stick with the change throughout your entire round of golf. Golfers will often revert back to their old swing once they play on the golf

course. The more you revert back to the old swing, the more difficult it will be to create the new swing.

Swing changes can be uncomfortable and frustrating. Remember that in making a swing change you have to be willing to change. By understanding how swing changes occur and working your way through the process, you will be on your way to lower scores and happier times on the golf course.



Matt Keel is the Lead Golf Instructor at Wildfire Golf Club located at the JW Marriott at Desert Ridge. For any questions or information about golf lessons email Matt at [Mattkeel@pga.com](mailto:Mattkeel@pga.com) or visit the website [www.Mattkeelgolf.com](http://www.Mattkeelgolf.com).

# MOVE? IT HURTS!

## Getting Back to Health in Motion after Breast Cancer Diagnosis

Lauren Hasquet PT, DPT, CAFS  
 Spooner Physical Therapy – Desert Ridge  
 480-502-5510  
[www.spoonerphysicaltherapy.com](http://www.spoonerphysicaltherapy.com)

After getting the diagnosis of breast cancer, the following months of information regarding your cancer treatment becomes white noise in the background. By the time your treatments are initiated or finished the white noise begins to clear, your arm may feel tender, stiff, and/or swollen. Early detection and treatments for breast cancer are saving more lives, but treatments such as surgery, radiation, and chemotherapy can result in life-changing side-effects.

The goal of cancer treatments is to get you cancer free. But cancer free does not return you to your old self. That is where physical therapy comes in: the goal of physical therapy is to get you back to your normal everyday activities. Research shows women who received physical therapy after breast cancer surgery, demonstrate improvements in range of motion, pain, and swelling faster than those who do not. (1) Not all physical therapists are trained the same. Therapists who have been trained in oncology and breast cancer treatments can help develop a customized plan of care to address your needs.

After breast cancer related treatments, some women experience shoulder pain, swelling, stiffness, and/or webbing in their under arms. Axillary webbing or lymphatic cording is a thick rope like tissue under the skin. Axillary webbing typically is in the underarm, but can spread to the hand if untreated. (2) This can occur after a lymph node biopsy, lumpectomy, and/or mastectomy. Your physical therapist can guide you through gentle exercises to prevent shoulder pain and range of motion restrictions.

Ask your medical team when it is appropriate to start with an exercise routine. The American Cancer Society recommends a patient initiate an exercise routine during the first 3-7 days. This includes simple tasks like using your affected arm as you normally do when you bathe, comb your hair, get dressed, and eat. (3) Other simple activities include:

1. Prop pillows under your arm so your hand, wrist, elbow and shoulder at an incline to help decrease upper extremity swelling;
2. Deflate swelling in the arm by raising your affected arm above heart level and pumping the hand up to 20 times. Progress to bending and straightening your elbow 20 times, three to four times per day to decrease swelling in the arm. If you have pain in the arm, perform this exercise in a pain-free range;
3. After surgery, your chest may feel tight.

### HEALTH IN MOTION!

1. Anderson RT, Kimmick GG, McCoy TP, et al. A randomized trial of exercise on well-being and function following breast cancer surgery: the RESTORE trial. *J Cancer Surviv.* 2012 Jun;6(2):172-181.
2. Axillary Web Syndrome (Cording). [http://www.breastcancer.org/treatment/side\\_effects/aws](http://www.breastcancer.org/treatment/side_effects/aws). Accessed on 6/28/15.
3. <http://www.breastcancer.org/tips/exercise/treatment/surgery>. Accessed 6/28/15.
4. McNeely ML, Campbell K, Ospina M, et al. Exercise interventions for upper-limb dysfunction due to breast cancer treatment. *Cochrane Database Syst Rev.* 2010 Jun 16;(6):CD005211.



Take deep breaths utilizing your diaphragm can assist with maintaining chest and rib mobility. Also try lying on your back and breathe in slowly filling your belly first. Try to progress to taking multiple slow breaths. Repeat this exercise 4-5 times per day.

After the initial couple weeks after therapy, getting your arm back to normal ROM is imperative. Again, ask your medical team when it is appropriate to initiate stretching and strengthening the affected arm.

1. Standing next to a wall, stretch the arm overhead and walk your fingers up the wall. You can also use a towel to slide up a wall in front of you and out to the side of you. Perform 10 times three times per day;
2. Some women demonstrate guarded posturing without even noticing. By performing shoulder rolls and focusing on squeezing the shoulder blades back and down, the chest can open up and the tops of the shoulders decreasing shoulder and neck pain.

If you or someone you know has shoulder pain or tightness in their arm or chest when reaching overhead, swelling in the hand or breast, and/or weakness in the arm after breast cancer treatment, physical therapy may help. Go to the [Spoonerphysicaltherapy.com](http://Spoonerphysicaltherapy.com) to locate a breast cancer specialist in your area to get started today.

# Preventing Swimming Shoulder Pain

Ryan Lasley, PT, MPT, FAFS

Spooner Physical Therapy – Desert Ridge  
www.spoonerphysicaltherapy.com  
480-502-5510

With the end of summer upon us and Phoenix valley temperatures still on the rise, there is an increase of people retreating to the comfort of their pools for much needed relief. The increased frequency and time spent in the pool commonly results in an increase in shoulder related pain and complaints. The pool has historically been seen as a great medium for exercise with low impact on the total body. People are strongly encouraged to use the pool for its positive health benefits, along with its ability to decrease the effects of the heat. With regular swimming sessions, many positive effects can occur to the cardiovascular and muscular system but sometimes the shoulder gets over worked.

The shoulder is a very complex joint and has the most available motion when compared to any other joint in the human body. Swimming is a repetitive overhead activity and with each stroke taken and each lap performed, comes increased wear on the shoulder. The structures within the shoulder are very sensitive and when not properly conditioned, it can be injured. With injury, can come large amounts of pain and with pain can come unwanted doctors' visits and time spent away from training. The rotator cuff has historically gotten the largest amount of focus from health care providers due to its significance for motion. However, not much attention is focused on the muscles that stabilize the scapula which houses the rotator cuff muscles. By strengthening the muscles that stabilize the scapula there is a reduction in strain on the rotator cuff with resulting less pain. It is important for those whom partake in swimming on a regular basis to strength these muscles on a weekly basis to deter injury onset. One of the most important

muscles to address is the trapezius muscle. The trapezius muscle is broken into three parts with an upper, middle, and lower segment making it a large and powerful scapular stabilizer. The trapezius is shown in figure 1 below.

Most people have consistent activation of the upper trapezius negating the need to strengthen this portion of the muscle. The upper trapezius is activated with most shoulder strengthening exercises and rarely needs to be isolated for strengthening. It is more important to stretch this aspect of the trapezius muscle to decrease the effects of frequent overuse. The most important and

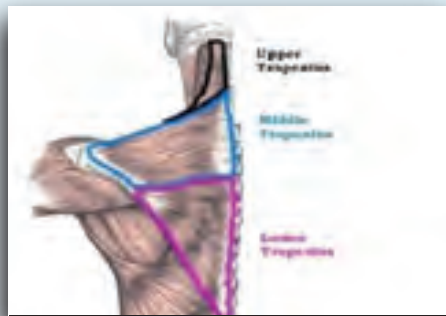


Fig. 1

most neglected portions of the trapezius muscle are the middle and lower sections. It is very important to strengthen these portions of the trapezius muscle to allow them to control the scapula and to decrease the strain experienced by the rotator cuff and other sensitive structures experienced with swimming. Below in Figure 2 and 3 are examples of two strengthening exercises that all people who swim should perform as injury prevention to help stabilize the shoulder complex. Performance of these exercises 2-3 times per week with 2-3 sets and high repetitions, 3 sets of 15 reps is encouraged. These exercises will not require heavy weights and usage of 1-5 pounds of weight is recommended. Never sacrifice weight gains for form with any strength training exercises. If shoulder pain is already present or presents itself, we strongly encourage you to contact your medical provider to determine the causation and severity of the pain and complete the appropriate pathway for healing.

To your Health in Motion with summer workouts!

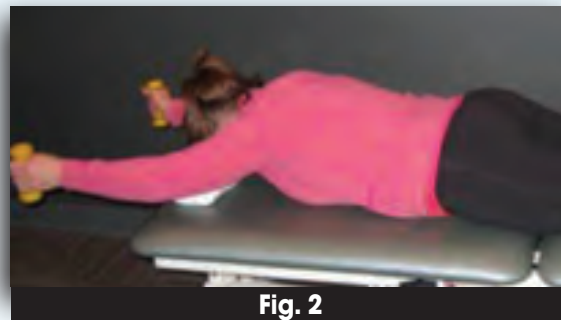


Fig. 2

*Lay on your stomach with your arms into a "V" position while holding light weights in each hand. Maintain your head and neck in a neutral and stable position. Squeeze your shoulder blades down and back and simultaneously elevate your arms up off the ground or table. Return to the starting position and then repeat.*

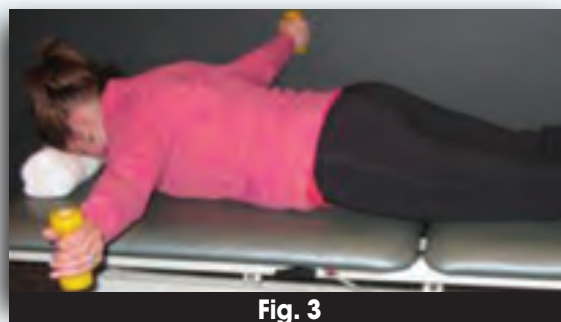


Fig. 3

*Lay on your stomach with your arms out from your body with elbow extended into a "T" position while holding light weights in each hand. Maintain your head and neck in a neutral and stable position. Squeeze your shoulder blades inwards towards the spine and simultaneously elevate your arms up off the ground or table. Return to the starting position and then repeat.*



# NEW SCHOOL YEAR

## DRUG PREVENTION & INTERNET SAFETY

By Officer Tim Mitten, Community Action Officer, Black Mountain Precinct, Phoenix Police Department

The new school year brings on many changes for both parents and students. It's a time for many students to meet new friends and teachers, learn new school rules and procedures or make a jump into a completely new school or age group. For parents, it could be learning about a new school as well, maybe a new neighborhood or new procedures but mostly parents will see their child growing up and the challenges that brings with it, whether it's moving from pre K to K, elementary school to middle school, high school and even college. Our children today face many things we did not have to as kids, many which send parents into shock.

I am a firm believer in parents being educated about what is potentially out there as a threat to your child, not to scare or bring concern over every person they see, but common sense education about things you may not know about. This article is not a parenting "how to" but some prevention training in a couple areas we in law enforcement feel are serious enough to educate parents about. This information is brief and I ask you to go further in your research and education.

### DRUG PREVENTION

First item of discussion is going to be drug prevention. This needs to start early and is not necessarily about illegal drugs but includes legal substances like alcohol and prescription drugs which are readily available for kids from their own homes. As law enforcement officers, we see this devastation on a daily basis, from the impact on neighborhoods in the form of thefts and burglaries, increased officer safety issues and the destruction of a person's life from drug use, whether it is addiction, incarceration or even death. Through partnerships with schools, parents, neighborhoods, community organizations, faith based groups and many others, law enforcement can help in trying to educate as many people as possible on the dangers of drug use.

Recent statistics show how prevalent substance abuse is among our children

and that through some education and parental involvement, the use of drugs can be reduced. In Arizona, alcohol is the most common substance abused followed by cigarettes and marijuana. Alcohol kills 6 ½ times more teens than all other illicit drugs combined and 13.6 years is the average age AZ kids report first using marijuana. 40% of those who started drinking at 13 or younger developed alcohol dependence later in life and 10% of teens who began drinking after 17 developed dependence. Teens that drink are 50 times more likely to use cocaine than those who don't drink and 63% of youth say they initially got the alcohol from their own or a friend's house. Teens whose parents talk to them on a regular basis about the dangers of drug use are 42% less likely to use drugs than parents who don't talk to their kids.



A question I get asked many times is "When should I start talking to my kids about drugs?" and the best answer is as early as possible. Now you do not need to tell your kindergartener or early elementary school kids everything about all drugs but start by introducing them to the dangers of poisonous and harmful substances found in most homes, like bleach, cleaners etc. By the 3rd grade, children should know that medicine, poisons, food and illegal drugs differ and that medicines given by a doctor or other responsible adult can help with sickness but can be harmful if used improperly and that they should stay away from any unknown substance.

Pre teens is a critical age for children to begin learning about the dangers of drug use since they may be exposed to it on TV or on the internet through shows, celebrity news, or other events in society. They are able

to be told facts about drugs, their impact on the body and the results and dangers of its use, whether they are illegal drugs or medicines taken in excess. Their friends are also important at this age and peer pressure is strong so being an involved and educated parent is very important. This informed and anti drug attitude is very important for your child to have prior to entering middle and high school. Do not be afraid to discuss this issue, kids are very in tune to their parents attitudes about topics so do not ignore or rely on someone else to teach your children. Make sure the children can separate the myths from the realities of drug use and make sure to give positive reinforcement to them for good behavior and thinking.

Middle school and high school are the battleground. This is the most critical part of drug prevention since they will be pressured from peers, exposed in the media and movies to drug use and exposed more than ever before. Their decision making processes and anti drug attitudes will be challenged and they must make good decisions at this point. Try and arrange to have your kids looked out after school; kids left alone are susceptible to pressure. I know it is not easy to do that sometimes, but if they are left alone, make sure they feel your presence through giving them a schedule, limit their behavior, enforce rules, assign chores and check in constantly. Get to know your kids friends parents, exchange addresses and phone numbers and make sure the parents know your stance on alcohol and drug use. Discuss with your teens easy ways for them to vacate from a place where drugs are being used, and make sure they know it is okay for them to call you at anytime of the day or night to help get them out. Make sure curfews are set and enforced.

Adolescence is a tough time for children as they change physically and emotionally and even though they may seem unreceptive to parents, they do need parental support, involvement and guidance. They may not tell you or thank you but they do appreciate it. They are smart enough now to know the

dangers of drug use, have probably seen some friends use drugs and maybe even seen the tragic consequences but constant education and enforcement of the anti drug message must continue. You can now talk more deeply about the effects of alcohol, smoking, drugs and other substance and its long term effects on their bodies and potentially to the health of their own future children. Keeping them active and involved in things they are interested in, (whether you like the sport or activity or not is irrelevant) they like it and support for this activity helps keep their self esteem and involved allows less time for bad decisions. It is vitally important that parents encourage teens for the good things they do and give kudos for the positive decisions they make. They may not respond but knowing you appreciate their good decisions is motivating to teens and will help keep their self esteem up.

Some things you should educate yourself about on the different types of drugs are "black tar heroin", "spice", "bath salts", "molly", prescription drugs like oxycontin, xanax, percocet, hydro marijuana, ecstasy, GHB, and many others are things parents should know about besides the common illegal drugs most hear about like meth, crack, LSD or cocaine. Educate yourself as to the signs and symptoms of drug use and where to go to get help if someone needs it. Some websites to get more information on drug use, trends, etc are phoenix.gov/police, maricopacountyattorney.org, safekidsaz.org, safeteensaz.org, are just a couple but if you do an Internet search using any of the drug types listed above you will be able to be linked to many sites that can provide information.

### **INTERNET SAFETY**

Second area I want to discuss is Internet safety and cyber bullying. The Internet is a good tool, providing us access to a wealth of knowledge, keeping us in touch with family and friends, online shopping and much more. It is also a very dangerous place for

continued on page 38



## New School Year

continued from page 37

our children who can be exposed to sexual predators and bullying. The problem is serious; a study found that 71% of teens ages 13-17 reported receiving online messages from someone they did not know, 40% reported that they reply and chat with that person and only 18% of those would tell an adult. 45% of teen's report that they have been asked personal information from someone they don't know, 30% considered meeting someone they have chatted with online and 14% have actually had an encounter.

Online predators target anybody, using information gathered from online chat rooms, blogs or social networking sites. They will pose younger than they are to gain trust, provide a sympathetic ear and offer praise, gifts and other things that the teens desire. The predator's ultimate goal is to get a face to face meeting, avoiding all contact with parents since a proactive parent is a shield to predators.

Cyberbullies use chat rooms, instant messaging, texts, social networking sites with messages and sometimes video and pictures to embarrass, threaten or intimidate a child. This technology allows the bully to spread gossip or lies; distribute embarrassing pictures or videos to a wide audience while remaining anonymous. It may start out as a joke but once it is launched into the cyberspace of the Internet it has serious and even tragic consequences.

There are some warning signs that parents can look for; the child withdraws from family and friends, isolating themselves and spending more and more time online. The child may hide or turn off the screen when a parent enters the room, you find pornography on the computer and your phone or their phone has calls to unknown numbers. In bullying situations, parents should look for children avoiding school, being withdrawn or a sudden interest or avoidance of the computer. Many children do not report to their parent's difficult online situations out of fear of being embarrassed or thinking they did something wrong.

There are several things that parents can do to watch out for their children's online activity and to safeguard them. The first and foremost thing is to talk openly to your child and be available to answer questions they may have and let them know that they can feel safe coming to you with an online problem, whether it be unwanted contact from an unknown person or harassing messages from a known source. Let them know the Internet is full of people that pretend to be anyone and that there are people out there with bad intentions. Place the computer in an open area in the home so that parents can monitor the child's online activity. Use a filtering software, web browser control, key stroke software and monitor the Internet history. There are several free and pay software programs out there that can help parents watch the child's activity, many run in the background and are never able to be seen by the user. Parents should become

educated about computers, the Internet, social media, online language, cell phone capabilities and cell phone usage plans. Get involved in their online life, ask questions, set reasonable expectations and boundaries and be supportive but if they do something inappropriate, punish them in an appropriate and manner equal to the action.

If your child becomes a cyberbully victim from a fellow student or former student, inform the school and if the school has one, the School Resource Officer. You should also save any messages in case you need the proof later, you should change your child's email and online accounts, contact the web site or Internet Service Provider for assistance in removing the offending pictures, videos or messages. If needed, contact the police department if there are threats or harassment and in some cases get an injunction from a court preventing contact.

There is a lot of information out there on this subject and most of what I teach on this subject is gathered from the Arizona Attorney Generals Office, ([www.azag.gov](http://www.azag.gov)), Arizona Internet Crimes Against Children Task Force, ([www.azicac.org](http://www.azicac.org)) and ChildhelpUSA ([www.childhelpusa.org](http://www.childhelpusa.org)). Links to these and other websites can also be found at [www.phoenix.gov/police](http://www.phoenix.gov/police).

I hope that this information will help you get started in educating yourself and help protect your children. Our world can be a dangerous place but with education and prevention, you can eliminate many potential problems that may occur. These topics are sometimes never even given a thought by many people as they feel they are insulated by their location in a city, unfortunately that is not the case in our world.

If anyone has any questions about this or any other topic, please feel free to call me at 602-495-5238 or by email at [tim.mitten@phoenix.gov](mailto:tim.mitten@phoenix.gov). Thank you for all that everyone does in partnering with us to improve your neighborhood and to improve the quality of life in the City of Phoenix.

# BUDDING ENGINEERS

## DESERT TRAILS ELEMENTARY SCHOOL OFFERS STEM PROGRAM

By Penney Pfeiderer  
STEM Teacher Desert Trails Elementary

**They built mechanical hands, hydraulic bridges and model hearts. And not a one of them was old enough to drive.**

These budding engineers were participating in a creative and innovative STEM program being offered at Desert Trails Elementary School for the first time this year. This new Science, Technology, Engineering and Math rotation gave students opportunities for hands-on learning to expand their creativity, increase engagement and develop problem-solving skills in a fun and stimulating environment.



the sail cars. After we made them we had races! It is always good to have some healthy competition! These are the reasons I love STEM!"

Gianna, in third grade, agreed. "STEM was fun because we got to do lots of experiments. Some of the experiments were so cool, like building a model heart! STEM lets you be creative and be you. STEM is fun because you learn some really cool things. I'm really looking forward to STEM next year."

Paradise Valley School District is building a solid foundation through STEM education for students to compete and thrive in a global community. Committed to nurturing tomorrow's adults into competent and capable citizens that can effectively contribute to our technology-driven society, Paradise Valley Schools offers a balanced

program that also includes music, art and physical education.

As a STEM educator, I want to equip my students with the skill set needed to become adaptable innovators, resourceful researchers and solution generators. Learn more about our projects and activities via the Desert Trails Elementary School website next year and click on the STEM link. Follow the fun!



Only one of five elementary schools to offer STEM, students from kindergarten through sixth grade at Desert Trails Elementary School were involved in projects that included building 3D shape cities, buoyant foil boats, tall straw towers and triangular catapults. And they loved it.

Megan, a fourth grader, wrote, "In STEM I made many projects and learned many things. My favorite was my hydraulic bridge. For this project we needed to use all of our creativity! Another project I enjoyed was

# FOLLOW THE FUN!

# Pinnacle High School WRESTLING

By Wendy Levey

## WHY WRESTLE?

Wrestling is a unique sport that anyone can compete in regardless of size, shape or speed. You are part of a team but once you step out on that mat, it is just you and the opponent. It is one of the best sports to enhance your overall fitness level since it emphasizes the development of strength, flexibility, balance, endurance and agility. Wrestling helps develop many qualities to succeed in life including self-confidence, independence and discipline. To quote the great Dan Gable "Once you've wrestled, everything else in life is easy!"

## OUR TEAM

During the 2014-2015 season our wrestlers achieved success on and off the mat:

- PHS Wrestlers volunteered at St. Vincent de Paul to feed the homeless and collected back-to-school supplies in conjunction with Aviano Community Center.
- PHS Wrestlers are members of numerous other athletic teams, clubs, and honor societies.
- Numerous wrestlers reached academic success with a GPA of greater than 3.0.
- PHS Wrestling was named a "Team Rockin'Refuel" High School, a group of top-level high schools ([www.rockinrefuel.com](http://www.rockinrefuel.com)).
- 3 - 1st place Champions and 8 placers (almost 80% of participating wrestlers) at the Joseph City Invitational Tournament in 2015.
- Multiple tournament placers at Paradise Valley JV Tournament, Moon Valley Invitational, Buckeye Invitational, Pack Invitational and Section III Championship.
- AZ State Championship 4th Place Winner in 132 lb class.
- 2 graduating wrestlers became part of the Warrior Class, the brave few who have wrestled all four years of high school.

Numerous PHS team records were broken

- HS Wrestler Jayce Clary will join the Grand Canyon University wrestling team in the fall of 2015.
- Jayce Clary - 132 won the Outstanding Wrestler Award (one of 3 total given

out) at the Joseph City Tournament.

This was the second year in a row that one of our team has won the award.

- The Pinnacle High School Athlete of the Month Designation (one male and one female per month) was awarded to one of our wrestlers all 3 months of our 2014 -2015 season (DEC/JAN/FEB). No other sport has swept during their season.
- For the past 5 years, PHS Wrestling has placed at EVERY tournament we have attended.
- Over the past 3 seasons, we have increased our total Team points by over 500%.

## WE ARE PINNACLE WRESTLING

### "We Can't Be Broken"

**Pinnacle Wrestling means total domination.**

Physically and mentally we take control of every drill, every practice, and every match. We accomplish this domination through total support for each and every team member.

**Pinnacle Wrestling means pride in being a part of something special.**

We show that pride in the way we move fast into each drill, in the way we help each other nutrition, weight management, and academics. When we think of this team, every one of us is proud to say, "I'm part of that".

**Pinnacle Wrestling means faith in every aspect of the program.**

We believe in our coaches, our program and most importantly ourselves. We show this faith in the way we respond to our coaches and teammates with enthusiasm and eagerness.



**Pinnacle Wrestling means an "In Your Face" attitude that is part of everything we do.** We show this through our aggressiveness in the room and in competition. Each practice and match is a spectacle of constant motion, of precise angles, of correct position, and of all out intensity.

We accept that we will be challenged to live up to this through the entire season, but that is what our commitment to excellence means. We take responsibility for our preparation, to work smart and always act on our priorities. By letting go of criticism, by showing trust in ourselves, and by showing respect to every team member we balance the hard work with fun.

We have a hundred reasons to believe that this is our season. We have the talent. We have the desire. We have the work ethic, and the coaches, and the great facilities. Most of all, we know what it means to dominate and we will do it as a team.

"We Can't Be Broken" We are Pinnacle Wrestling

Visit us at [pinnaclewrestling.shutterfly.com](http://pinnaclewrestling.shutterfly.com) or on facebook.

## OUR COACHES

**Head Coach** - Coach Ben Braasch

Coach Braasch has been with the Pioneers since 2009. Coach Braasch grew up in Portland, Maine where he wrestled for Deering HS. While wrestling at Deering, he was a 4x state qualifier, 3x state finalist, 2x state champion and Academic All-American. After graduating, Coach Braasch wrestled at Wyoming Seminary Prep School in Pennsylvania, winning several tournament titles. Coach Braasch went on to wrestle D-I at the United States Military Academy at West Point.

**Assistant Varsity Coach** - Coach Chris Reid  
Coach Reid joined the Pinnacle Wrestling team in 2013. Coach Reid was a very successful high school wrestler in Arizona at Glendale's Cactus HS and went on to wrestle collegiately at Ohio Northern University. Before becoming the





## 2015-2016 WRESTLING CALENDAR

- Sept 15 Pre-Season Practice Begins, Tues/Thurs 5:30pm
- Nov. 2 First Practice, Mon-Fri 5:30pm
- Nov. 14 Annual Mountain Run and Season Kick-off party
- Nov. 24 Dual Meet Pinnacle vs Chaparral at Pinnacle HS
- Dec. 1 JV/Frosh Quad Meet at Sandra Day O'Connor HS
- Dec 2 Varsity Quad Meet at Deer Valley HS
- Dec. 4-5 Buckeye Invitational Tournament
- Dec. 9 Tri Meet at Mountain Ridge HS
- Dec. 14 Tri Meet at Brophy
- Dec. 18-19 Moon Valley Invitational Tournament
- Jan. 6 Dual Meet Pinnacle vs Desert Mountain at Pinnacle HS
- Jan 14 Dual Meet at North Canyon HS
- Jan 20 Tri Varsity Meet with Boulder Creek/Kellis at Pinnacle HS
- Jan 21 JV/Frosh Quad Meet at Kellis
- Jan 29-30 Pack Invitational
- Feb. 3 Senior Night, Pinnacle vs. Horizon at Pinnacle HS
- Feb 6 Section III Championship
- Feb 12-13 DI State Championship

assistant coach at Pinnacle, Coach Reid spent the prior ten years as an assistant wrestling coach at Peoria's Sunrise Mountain HS.

**Head JV Coach and Team Statistician - Coach Jonathon Wetzel**  
 Coach Wetzel has been with the Pioneers since 2010. Coach Wetzel was on the varsity soccer and basketball teams for Pope John XXIII Regional HS in northern New Jersey. Coach Wetzel went on to play D-III basketball for Rhode Island School of Design. Coach graduated with honors from ASU.

**Assistant Coach - Coach Pat Hurley**

Coach Hurley has been with the team for three years. He is our on campus liaison for any wrestler's needs during the school day as well as our logistical transportation planner for away meets and tournaments. He brings a depth of experience and strategic planning to our team from his work coaching multiple sports from Football to Track.

## PINNACLE HIGH SCHOOL 2015 FOOTBALL CALENDAR

Games begin at 7pm.

- Aug. 20 ..... Chandler
- Sept. 4 ..... @ Saguaro
- Sept. 11 ..... (Mesa) Mtn. View
- Sept. 18 ..... Brophy
- Sept. 25 ..... @ Mtn. Pointe
- Oct. 2 ..... @ Liberty
- Oct. 8 ..... Boulder Creek
- HOMECOMING**
- (Cox 7 Featured Game of the Week)**
- Oct. 16 ..... @ Centennial
- Oct. 23 ..... @ Chaparral
- Oct. 30 ..... Horizon

\*games are subject to change

For more details please visit our website at [pinnaclefootball.com](http://pinnaclefootball.com)



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# KEEPING UP WITH PVCC

## Where Education Meets Innovation

By Candace Oehler  
Director of Marketing and Communications

### ACADEMICS

As usual, exciting things are happening at Paradise Valley Community College (PVCC). The award-winning college, honored as one of the top 150 community colleges nationwide, is launching a new cutting-edge program – Healthcare Technology Systems (HTS) – that will meet evolving workforce demands and put students in careers that will influence the future of healthcare.

Medical professionals have turned to fully computerized charting and billing, and all of us rely more and more on provider web portals for access to our medical records. Hospitals, insurance companies, billing services, medical practices, and public agencies all depend on technology to support efficiency, financial stability, and patient satisfaction. Goldman Sachs recently issued a report that stated “a digital healthcare revolution is coming” with technologies that “bridge the digital and physical worlds to change physician and patient behavior.”

This is creating a huge need for health information technology experts.

To meet that need, PVCC is partnering with Glendale Community College to pioneer an AAS degree and short-term certificate in healthcare information technology. The first class – HTM 150 | Introduction to Healthcare IT & Systems – will be available online fall semester (beginning August 22). Subsequent courses will include a mix of business, IT and healthcare-related curriculum, covering programming, data integration, web design and database management, and more – all to prepare students for what’s coming next in healthcare IT.

For more information, contact Abigail.  
Rusu@paradisevalley.edu



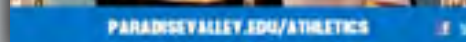
### ATHLETICS

PVCC continues to rack up athletic achievements on and off the field. Five PVCC student athletes earned academic recognition from the National Junior College Athletic Association (NJCAA) for the 2014-15 year. To qualify for the award, student athletes must have a minimum 3.60 GPA while earning at least 12 credit hours. More than 50 Pumas are transferring to four-year institutions next fall, from ASU to University of Hawaii!

In addition to the individual awards, 11 of 14 PVCC teams received academic honors for having an average team GPA of 3.00 – Golf (W), Indoor Track/Field (W/M), Outdoor Track/Field (W/M) Soccer (W), Softball, Tennis (W/M), Cross Country (W/M).

Puma baseball ended the year as conference co-champions, with a 38-15 overall record and a 30-10 Arizona Community College Athletics Conference (ACCAC) record. The college hosted the Region I – Division II baseball tournament and lost to Scottsdale CC. But overall, it was a fantastic effort and a proud Puma season. Four baseball players earned All-Region honors and RHP/OF Brick Paskiewicz was named to the All-ACCAC first team. And Puma baseball coach Victor Solis received ACCAC Baseball Coach of the Year honors.

Athletics Director Greg Silcox was named an Under Armour Athletic Director of the Year, and also earned the annual NJCAA Loyalty Award for his leadership in an athletic program that exemplifies excellence both on the field and in the classroom.



### PERFORMING ARTS CALENDAR HIGHLIGHTS

(SUBJECT TO CHANGE)

View complete calendar at  
[paradisevalley.edu/cpa](http://paradisevalley.edu/cpa)

#### First Saturday

Concert Series | 6 pm | FREE

#### August 8

An Evening in Brazil with Grupo Liberdade

#### September 5

The Cal Tjader Tribute Band

#### October 3

Rebel Heart (country rock)

#### Saturday, Sept. 12, 7:30 pm

Center for the Performing Arts  
10<sup>th</sup> Anniversary Concert

#### Oct. 9-11; 16-18

The Outlaw Robin Hood by Moses Goldberg.

An exciting classic for all age groups.

#### Saturday, Oct. 10, 1-4 pm

Fine & Performing Arts Open House

Keep up with PVCC – Your Community College – on the Points of Pride Blog at  
<http://www.pvpride.blog.pvc.maricopa.edu/>

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# MIM

## MUSICAL INSTRUMENT MUSEUM



Purchase tickets online at [MIM.org](http://MIM.org), in person at MIM, or by calling the MIM Ticket Office at 480.478.6000. For the most updated event information, please visit [MIM.org](http://MIM.org) or 480.478.6000. Musical Instrument Museum Music Theater, 4725 E. Mayo Blvd., Phoenix, AZ 85050. General Admission: \$18 ■ Teens (ages 13-19): \$14 ■ Children (ages 4-12): \$10 ■ Children 3 and under: Free

Programming subject to change

### About MIM

The Musical Instrument Museum (MIM) enriches the world by collecting, preserving and making accessible a wide variety of musical instruments and performance videos from every country in the world. We offer our guests a welcoming and fun experience, incomparable interactive technology, dynamic programming and exceptional musical performances. MIM also fosters appreciation of diverse cultures around the globe by showing that we all innovate, adapt and learn from each other to create music—the language of the soul.

Find MIM on Facebook: [facebook.com/MIMphx](https://facebook.com/MIMphx)

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Subscribe to MIM on YouTube: [YouTube.com/MIMphx](https://YouTube.com/MIMphx)

## AUGUST, SEPTEMBER, OCTOBER, NOVEMBER & DECEMBER CONCERTS AND EVENTS

### Special Exhibition: Beyond the Beat: Drums of the World

EXTENDED!

OPEN THROUGH OCTOBER 11

Tickets: \$7 with museum admission  
\$10 for exhibition only

“Beyond the Beat: Drums of the World” explores the immeasurable cultural and historical significance of drums around the world through the presentation of more than 100 drums of all shapes, sizes, materials and uses from Asia, Oceania, Africa, the Middle East, Europe, Latin America and the United States. The collection is accompanied by dozens of videos, photographs and other multimedia content selected by our curators from sources around the globe. This unique exhibition also highlights themes ranging from performance techniques to the role of drums in rituals, military events and even systems of nonverbal communication.

### Event: Experience the Andes

Saturday, August 1 | 9 a.m.-5 p.m.

Sunday, August 2 | 9 a.m.-5 p.m.

Tickets: Activities and performances included with paid museum admission

Experience the music and culture from this famous South American mountain range, which extends from north to south through Venezuela, Colombia, Ecuador, Peru, Bolivia, Chile and Argentina. Enjoy dance and musical performances, try your hand at instrument-making crafts and more!

### Concert: George Brooks & Bombay Jazz featuring Larry Coryell

Friday, August 7 | 7:30 p.m.

Tickets: \$32.50-\$38.50

Saxophonist George Brooks, guitar legend Larry Coryell, Indian bamboo flute master Ronu Majumdar and tabla virtuoso Aditya Kalyanpur join forces to create the finest Indian-inspired jazz and jazz-flavored raga. These world music visionaries blend the ancient improvisational art of Indian classical music

with jazz to create a soul satisfying, original music filled with rich melodies and dynamic rhythms.

### Concert: Eric Johnson: An Evening of Acoustic Guitar and Piano

Monday, August 10 | 7 p.m.

Tickets: \$37.50-\$42.50

Eric Johnson's stature as one of the premier guitar players in contemporary music is his artistic trump card, backed by a Grammy Award and five nominations, platinum album, Top 10 hits like “Cliffs Of Dover,” praise from critics and the esteem of his peers. But the full hand of his talents marks him as well as a gifted songwriter, dynamic live performer, singer, pianist, song interpreter and creator of a rich and diverse musical legacy.

### Concert: Villalobos Brothers

Wednesday, August 12 | 7 p.m.

Tickets: \$29.50-\$35.50

The Villalobos Brothers have been acclaimed as one of today's leading contemporary Mexican ensembles. The group's original compositions and arrangements masterfully blend and celebrate the richness of Mexican folk music with the intricate harmonies of jazz and classical music. Delivering an intoxicating brew of brilliance, cadence and virtuosity, the music of the Villalobos Brothers awakens the senses and mesmerizes the listener.

### Jackie Greene

Friday, August 14 | 7:30 p.m.

Tickets: \$32.50-\$37.50

Back to Birth, Greene's seventh album and his Yep Roc Records debut, is more than worthy of some serious attention. The eleven-song set showcases the multitalented artist's uncanny knack for synthesizing his deep affinity for American roots styles into timeless, personally-charged music. Armed with a persuasive voice, vivid songwriting skills, and an instinctive mastery of several instruments, Greene has carved out a unique musical niche. Produced by Los Lobos

member and frequent Greene collaborator Steve Berlin, Back to Birth underlines Greene's remarkable evolution as a performer and writer.

### Event: Musical Icon: Elvis

Saturday, August 15 | 9 a.m.-5 p.m.

Sunday, August 16 | 9 a.m.-5 p.m.

Tickets: Activities and performances included with paid museum admission

In honor of Elvis Week, join MIM for a celebration of the life of the “King of Rock and Roll.” Come and hear gallery talks near the Elvis Presley display, participate in hands-on activities, view the classic film “Jailhouse Rock” on the big screen and more!

### Concert: Asleep at the Wheel

Tuesday, August 18 | 7 p.m.

Tickets: \$37.50-\$42.50

Over the last 42 years, nine-time Grammy-winning group Asleep at the Wheel has boldly defied the lures of the mainstream by sticking to its cause of keeping Western Swing alive and kicking.

### Concert: Tinariwen

Thursday, August 20 | 7 p.m.

Tickets: \$37.50-\$42.50

Tinariwen's history of “desert blues” is deeply embedded with the conflicts that plagued the Tuareg people of the southern Sahara, and it shows in the group's hypnotic, politically charged music. Influences from across the region merge with elements of psychedelic rock and blues, creating an entirely unique sound.

### Concert: Khani Cole & Friends featuring Arnold McCuller & Vivian Sessoms

Saturday, August 22 | 7:30 p.m.

Tickets: \$34.50-\$39.50

Valley-based vocalist Khani Cole has been a fixture in the greater Phoenix area since relocating from her native Milwaukee, Wisconsin in the early '90s. Cole returns to MIM Music Theater with special guests Brooklyn-based singer-songwriter/pianist and Valley native Rachel Eckroth and Obadiah Parker.

### Concert: Cyrus Chestnut Trio

Sunday, August 23 | 7 p.m.

Tickets: \$27.50-\$32.50

With the release of his latest album, Journeys, pianist Cyrus Chestnut affirms his position as an artist among musicians, thanks to his mastery of one of the most challenging formats in contemporary music. The piano trio is hardly a new concept in jazz. Certainly Chestnut has established himself as a giant in that format, through albums stretching back to his 1990 debut Nut and in countless appearances at clubs, concert halls and festivals throughout the world. Even so, Journeys, his sophomore release for the Jazz Legacy Productions label, marks a watershed moment in his ongoing growth as a pianist, composer and bandleader.

### Concert: An Evening with Jerry Douglas with Very Special Guest Sam Bush

Tuesday, August 25 | 7 p.m.

Tickets: \$47.50-\$52.50

The Earls of Leicester is an all-star “who's who” of bluegrass and roots music banding together to recreate the wonderful music of Lester Flatt and Earl Scruggs and the Foggy Mountain Boys. Led by thirteen-time GRAMMY-winner Jerry Douglas, the Earls of Leicester features the talents of some of Nashville's most talented musicians, including hit songwriter Shawn Camp, Tim O'Brien, bassist Barry Bales, fiddler Johnny Warren and acclaimed banjo player Charlie Cushman.

### Concert: Willy Porter

Friday, August 28 | 7:30 p.m.

Tickets: \$27.50-\$34.50

This singer-songwriter's live shows are electrifying guitar-driven events with equal parts grit, soul and muscle.

### Event: Experience India

Saturday, September 5 | 9 a.m.-5 p.m.

Sunday, September 6 | 9 a.m.-5 p.m.

Tickets: Activities and performances included with paid museum admission  
Join MIM for its third annual celebra-

tion of East Indian music and culture. Discover the diversity of Indian music and how styles vary between the northern and southern regions of the country. See vibrant musical and dance performances, participate in hands-on activities and try henna body art.

**Concert: Carbon Leaf**  
Monday, September 14 | 7 p.m.  
Tickets: \$27.50-\$32.50

Virginia natives Carbon Leaf weave their signature indie-rock blend of Celtic, Appalachian, folk and country into a rousing new brand of music best described as "ether-electrified" porch music.

**Concert: Marty Stuart and the Fabulous Superlatives**  
Tuesday, September 15 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Concert: Lizz Wright**  
Sunday, September 20 | Time TBD  
Tickets: TBD  
Description: TBD

**Concert: Doyle Bramhall II**  
Tuesday, September 22 | Time TBD  
Tickets: TBD  
Description: TBD

**Concert: Lera Lynn**  
Tuesday, September 29 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Concert: Cimarron**  
Thursday, October 1 | 7:30 p.m.  
Tickets: TBD  
Description: TBD

**Concert: The Lone Bellow**  
Friday, October 2 | 7 p.m.  
Tickets: \$33.50-\$38.50

"Then Came the Morning," the second album by the Southern-born, Brooklyn-based indie-folk trio The Lone Bellow, opens with a crest of churchly piano, a patter of drums and a fanfare of voices harmonizing like a sunrise.

**Concert: Emily Bear**  
Saturday, October 3 | 7:30 p.m.  
Tickets: TBD  
Description: TBD

**Event: Experience the Alps**  
Saturday, October 3 | 9 a.m.-5 p.m.  
Sunday, October 4 | 9 a.m.-5 p.m.  
Tickets: Activities and performances included with paid museum admission

Make plans to experience the Alps at MIM. Enjoy music, crafts, dancing and more; it's a perfect way to celebrate Oktoberfest!

**Concert: Solid Soul Featuring Mavis Staples and Joan Osborne**  
Tuesday, October 6 | Time TBD  
Wednesday, October 7 | Time TBD  
Tickets: TBD  
Description: TBD

**Concert: Joey Alexander**  
Thursday, October 8 | 7:30 p.m.  
Tickets: TBD  
Description: TBD

**Event: Musical Icon: John Lennon**

Saturday, October 10 | 9 a.m.-5 p.m.  
Tickets: Activities and performances included with paid museum admission  
MIM will honor the life of the legendary John Lennon on the occasion of what would have been his 75th birthday. Enjoy a special day of activities and music celebrating Lennon's legacy of peace and love.

**Concert: Joan Armatrading**  
Thursday, October 15 | Time TBD  
Tickets: TBD  
Description: TBD

**Family Weekend: Music in Disguise**  
Saturday, October 17 | 9 a.m.-5 p.m.  
Sunday, October 18 | 9 a.m.-5 p.m.  
Tickets: Activities and performances included with paid museum admission

Discover the what, why and where of the outrageous, beautiful and (sometimes) scary outfits at MIM all through the instruments and music of the world! Wear your favorite (weaponless) costume; play a game of matching examples of traditional dress, masks, regalia and ceremonial costumes with musical instruments; make a costume accessory; and see some special attire in action. Don't miss this chance to dress up!

**Concert: Patricia Barber**  
Saturday, October 17 | 7:30 p.m.  
Tickets: TBD  
Description: TBD

**Concert: David Bromberg**  
Sunday, October 18 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Concert: Jon McLaughlin**  
Monday, October 19 | 7 p.m.  
Tickets: \$19.50-\$27.50  
Description: TBD

**Concert: Gypsy Soul**  
Friday, October 23 | 7:30 p.m.  
Tickets: TBD  
Description: TBD

**Concert: The Danish Quartet**  
Monday, November 2 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Concert: Nicki Parrott**  
Wednesday, November 4 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Event: MIMfest**  
Saturday, November 7 | Times TBD  
Sunday, November 8 | Times TBD  
Tickets: Adults \$35, Teens (ages 13-19) \$20, Children (ages 4-12) \$15, Children (ages 3 & under) free  
MIMFest is a two-day music festival set against the backdrop of the stunning Arizona desert and inspired by MIM's commitment to celebrating musical traditions of the world. The festival will bring together extraordinary musical acts, dancers, street performers and festive food and will transform MIM into a mecca of exceptional entertainment, culture and culinary delights.

**Concert: Matt and Gunnar Nelson's Christmas Show**  
Wednesday, December 2 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Concert: The Bad Plus + Joshua Redman**  
Thursday, December 3 | 7 & 9 p.m.  
Tickets: TBD  
Description: TBD

**Concert: Dmitri Matheny's the SnowCat**  
Saturday, December 5 | 11 a.m. and 1 p.m.  
Tickets: TBD  
Description: TBD

**Event: Experience Scandinavia**  
Saturday, December 5 | 9 a.m.-5 p.m.  
Sunday, December 6 | 9 a.m.-5 p.m.  
Tickets: Activities and performances included with paid museum admission  
Make plans to experience Scandinavian music and culture! Join MIM for a celebration of Norway, Sweden, Denmark and Finland. Enjoy musical performances, traditional dances, a regionally inspired menu at Café Allegro, hands-on crafts and much more.

**Concert: Mariachi Los Camperos de Nati Cano "Fiesta Navidad"**  
Sunday, December 6 | Time TBD  
Tickets: TBD  
Description: TBD

**Concert: Irish Christmas in America**  
Wednesday, December 16 | 7 p.m.  
Thursday, December 17 | 7 p.m.  
Tickets: TBD  
Description: TBD

**Event: Hear Them Ring**  
Saturday, December 19 | 9 a.m.-5 p.m.  
Sunday, December 20 | 9 a.m.-5 p.m.  
Tickets: Activities and performances included with paid museum admission  
Chimes and jingles will fill the halls at MIM to celebrate instruments that ring! See performances featuring handbells, vibraphones and more. Try your hand at gamelan and learn how these instruments make their unique sounds. The weekend will also highlight a special menu at Café Allegro, gifts for purchase at the Museum Store, face painting and so much more.

**Concert: Marty Ashby's 6th Annual Holiday Jazz Celebration Featuring Ann Hampton Calloway**  
Friday, December 18 | 7:30 p.m.  
Saturday, December 19 | 7:30 p.m.  
Tickets: TBD  
Description: TBD



**LOOK  
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NEW**

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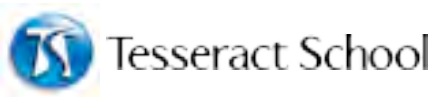




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## RESTAURANT REVIEW



4-3/4 stars

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Phoenix, AZ 85054

Phone: 480.535.8833

Mon-Thurs: 4 p.m.-Midnight

Fri-Sat: 11-2 a.m.

**CALENDAR OF  
PERFORMANCES**
[countrybarphoenix.com](http://countrybarphoenix.com)

*“Everything was excellent, but the fried bologna sandwich was an unexpected trip back to childhood comfort food.”*

In April, Toby Keith added line dancing, live bands and down-home cooking to the entertainment menu in Desert Ridge. Complete with an 85-foot guitar shaped bar, two private indoor “barns” (VIP areas), dance floors and a

stage, this is a fun and friendly atmosphere inspired by the “Big Dog Daddy”, country star Toby Keith.

Weekends are packed, so if you’re interested in just a meal or simply watching a ball game, come early and avoid the weekends.

While the music and beer served in Mason jars are the main attraction, the food was far better than the typical bar & grill. The menu is extensive, with choices for everyone.

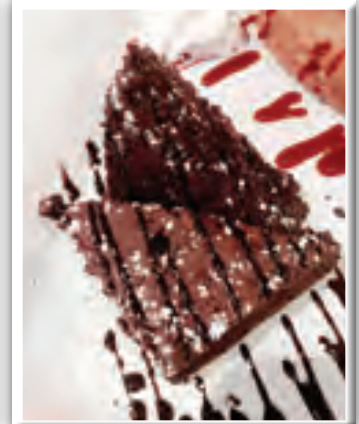
*Here are the highlights:*

Our appetizers, including Spinach Artichoke Dip, Whiskey Girl Chicken Wings, Fried Pickle Chips and Loaded Freedom Fries, were absolutely delicious. There are also lighter choices including critic favorites of Atlantic Salmon, Grilled Chicken Wrap and Country Cobb Salad (ask for the dressing on the side).

For a homestyle dinner you’ll enjoy Chicken Fried Steak, Chicken Mac & Cheese or Jambalaya Pasta. The critics

also raved about the Fried Bologna Sandwich, with its thick cut of meat, American cheese, tangy mayonnaise dressing and Freedom Fries – the best fries in Desert Ridge.

For meat lovers, there are delicious smoked BBQ meats, hand cut steaks and monstrous sized hamburgers. If you like a little heat, try the She’s A Hottie. It’s a spicy burger topped with pepper jack cheese, Hatch chilies and crispy onion rings.



## Desert Ridge Marketplace

**BJ'S RESTAURANT AND BREWHOUSE.....480.538.0555**

Serving Chicago-style pizza with generously portioned salads, sandwiches, soups, entrées & desserts.

**CAFÉ ZUPAS .....480.339.8038**

Café Zupas specializes in gourmet soups, salads and sandwiches using fresh and exotic ingredients in a fast-casual setting. The menu offers ten homemade soups, twelve exotic salads, seven Panini's, and five Gourmet Sandwiches. In addition, the Café Zupas Drink Bar offers sixteen different types of soda, Crystal Light, and Italian Soda flavorings.

**CALIFORNIA PIZZA KITCHEN .....480.473.3336**

Authentic California-style cuisine! Try one of their hearth-baked pizzas such as The Original BBQ Chicken, Thai Chicken, and Jamaican Jerk Chicken, cooked in an open kitchen or indulge in distinctive pastas, salads, soups, appetizers and desserts. You can order online and curbside pickup is available.

**COLD STONE CREAMERY .....480.585.7952**

From unique ice cream creations to smoothies, cakes and shakes – nobody serves up the ultimate indulgence like Cold Stone. It starts with using the highest quality ingredients and ends with our signature process for preparing your custom creation on a frozen granite stone.

**DAVE AND BUSTER'S .....480.538.8956**

The ultimate group entertainment destination with the best games, food, drinks, billiards, bowling, music, & video all under one roof!

**EINSTEIN BROS. BAGELS.....480.585.3920**

Einstein Bros. is your Neighborhood Café with fresh-baked bagels, Darn Good Coffee® & Espresso, made-to-order sandwiches, and fresh salads.

**GARBANZO MEDITERRANEAN GRILL .....480.397.9510**  
[www.eatgarbanzo.com](http://www.eatgarbanzo.com)

Garbanzo uses only the freshest, quality ingredients for its made-from-scratch recipes, and provides several vegetarian, vegan and gluten-free options. Enticing options, including flavor-packed pitas and laffas filled to order with crisp veggies and freshly-grilled shwarmas combined with signature sauces and accompaniments making endless amounts of craveable combos. Tender and savory kabobs atop fluffy Mediterranean rice and hummus, and nutritious and delicious Mediterranean-style soups and salads round out the menu that will leave diners feeling fresh and satisfied.

**IN-N-OUT BURGER .....480.563.9021**

Quality you can taste - classic made burgers, hand-diced french fries & creamy shakes.

**ISLANDS FINE BURGERS & DRINKS.....480.513.7231**

Gourmet burgers, Island fries, chicken sandwiches & fresh salads served in a casual, tropical atmosphere.

**IT'SUGAR .....480-513-1902**

IT'SUGAR is a trendy sweets shop where you'll experience an unpredictable sense of excitement and wonder along with the sights, smells and especially the tastes of all your favorite treats.

**JIMMY JOHN'S .....480.321.8052**

Jimmy John's definition of fresh is worlds apart from

# DINING GUIDE

everyone else's. Bread is baked in-house everyday and served fresh. Meat and veggies are sliced fresh in-house every day.

**THE KEG STEAKHOUSE & BAR .....480.419.7772**

When it comes to steak, The Keg serves only the finest cuts. They are aged for tenderness and a very special blend of seasonings is added to lend unique flavor while still allowing the natural properties of the high quality. This ensures that a tender, succulent, flavorful steak is guaranteed off the grill every time.

**MACARONI GRILL.....480.538.8755**

More than 35 Italian specialties prepared in an exhibition kitchen. Recipes are made with the finest ingredients such as imported artisan pastas, vine-ripened tomatoes, colorful vegetables, extra virgin olive oil, fresh lemons, select seafood, grilled meats and fresh, fragrant Italian herbs. Life is delicious.

**MIMI'S CAFÉ .....480.419.5006**

Classic, made-from-scratch American dishes served in a friendly, French New Orleans-atmosphere.

**NORI .....480.515.9777**

An elegant and fun destination to enjoy cutting edge sushi and craft cocktails.

**PANDA EXPRESS .....480.502.8399**

High-quality Chinese food at a very reasonable price.

**PARADISE BAKERY & CAFÉ .....480.538.8406**

Freshly-baked cookies & muffins, soups & made-to-order gourmet sandwiches.

**PARIS GOURMET .....480-404-6378**

French macarons, flaky croissants, pastries including cannelés and madeleines and seasonal surprises are sure to satisfy. Pair your preferred delicacy with chocolates or gelato for the perfect treat.

**PORT OF SUBS/SMOOTHIE KING .....480.502.7962**

Made-to-order subs & refreshing smoothies.

**ROCKY MOUNTAIN CHOCOLATE FACTORY.....480.342.9993**

Hand-dipped chocolates & assorted candies. Packaged coffees, cocoas & more.

**RUBIO'S FRESH MEXICAN GRILL .....480.473.9225**

Rubio's food is a combination of our south of the border roots and the influence of California's coastal waters, farm-fresh ingredients and friendly people.

**SANDBAR .....480.585.5900**

Known for its spicy Mexican menu and array of tropical drinks and ice cold cervezas.

**SLICES.....480.513.1861**

Choose from a selection of pizzas already prepared with a crispy crust and any number of topping combinations, at affordable prices.

**SMASHBURGER .....480.664.6210**

Where smash. sizzle. savor means a dedication to

creating the best-tasting "cooked-to-order" burger. They start with 100% Angus Beef, smashed, seared and seasoned on the grill, placed on a butter-toasted artisan bun and topped with the highest-quality cheeses, freshest produce and condiments.

**STARBUCKS COFFEE .....480.502.4761**

High quality roasted whole bean coffees & fresh, rich, Italian-style espresso beverages.

**SWEET TOMATOES .....480.473.3233**

Offering an all you care to eat dining experience featuring fresh cut produce, specially prepared salads, hearty made from scratch soups, original recipe hot pasta dishes and more.

**WOLFLEY'S .....480.515.2424**

Wolfley's Neighborhood Grill is a place you can count on for quality food, value pricing and personalized service.

**YARD HOUSE.....480.563.9273**

Yard House is an upscale-casual eatery known for great food, classic rock music and 130 tap handles of domestic, imported and craft beer.

## JW Marriott Desert Ridge Resort & SPA

**STONEGRILL .....480.293-3636**

American southwest cuisine. Breakfast, lunch, dinner with daily breakfast buffet. 6:30 to 11 am (breakfast buffet until 1 pm on weekends)

**TUSCANY .....480.293.3988**

The modern Italian menu at Tuscany is all about authentic Italian comfort flavors featuring handmade pasta, seasonal ingredients, the freshest seafood and superb and affordable wines with exceptional service in a warm, inviting atmosphere. Guests of all ages are encouraged to share in a journey of Italian cuisine, using an array of menu combinations comprised of mouth-watering small plates, generous sharing dishes, and individual entrees. Specializing in creating hand-crafted pizzas, pastas, and cheeses, as well as delightful house-made desserts prepared by the resort's National Pastry Champions, the seasonal menu focuses on locally-grown produce and products, fresh from local farms as well as the resort's own organic herb garden. Tuscany features an open exhibition kitchen, wood-fired oven, indoor and outdoor fireplaces and patio seating. Tuscany is open for dinner.

**MERITAGE STEAKHOUSE .....480.293.3988**

Where fine wines meet prime aged steaks. Meritage Steakhouse is located at the resort's championship 36-hole Wildfire Golf Club featuring award-winning courses designed by Arnold Palmer and Nick Faldo. Meritage's hearty menu, alongside prime steaks, also features chicken, seafood and a selection of signature



side dishes in a cherry wood country club like setting. A bold selection of wines by the glass, half and full bottles encourage diners to sample from the steakhouse's fine wine cellar. The restaurant offers a scenic outdoor patio with welcoming fire pits and sweeping views of Wildfire Golf Club's green fairways. Flat screen TVs are tuned into the latest sporting events. Meritage Steakhouse is open for lunch and dinner.

**ROY'S HAWAIIAN FUSION CUISINE.....480.419.7697**

Famed Hawaiian restaurateur Roy Yamaguchi's renowned Hawaiian Fusion Cuisine is sizzling in flavor and style. First founded in Honolulu in 1988, the highly regarded dining establishment features locations throughout the nation serving innovative Asian-influenced cuisine that makes the most of fresh local ingredients with "Aloha-style service." An impressive wine list allows diners to sample a wide selection of varietals with their meal. Outdoor dining, appetizers or drinks near a welcoming fireplace make this restaurant a favorite among Resort guests. Open for dinner. Reservations recommended.

**TWENTY6 .....480.293.3726**

Amazing new lounge with fresh juice crafted cocktails, featuring drinks from JW's around the world. Entertainment Fridays and Saturdays 6 pm to 10 pm. Menu features bites, charcuterie, flatbreads. Best patio with firepits around!

**REVIVE SPA BISTRO ..... 480-293-3700**

Featuring an out-of-this world menu, eating healthy never seemed so indulgent. Located in our Revive Spa and open to all guests, enjoy our chef's fresh, organic creations in serene indoor or outdoor settings.

## High Street

**BLUE MARTINI LOUNGE..... 480.638.2583  
bluemartinilounge.com**

Enjoy happy hour, private parties, ladies night and more at Arizona's premier live entertainment club. No one stays thirsty at the upscale Blue bar, which boasts 42 specialty martinis and an extensive fine wine and spirits collection. Blue Martini has quickly become a Phoenix hot spot for music and dancing with great live local and regional talent. Blue Martini's tapas menu is the perfect complement to an exciting night out.

**FIREHOUSE SUBS .....(480) 471-8185  
firehousesubs.com**

Founded by real firefighters, this sub shop extraordinaire is known for their quick service, fresh ingredients and a list of sandwiches under 500 calories.

**KONA GRILL.....480.289.5707  
konagrill.com**

Indulge in sensational flavors by sampling any of Kona's modern American cuisine - prepared in their scratch kitchen. Offering their guests fresh ingredients and entrees made with passion, Kona Grill has fresh fish flown in daily to deliver outstanding sushi quality. Its energetic bar, lounge and patio are the perfect location for their designer cocktails and award-winning happy hour.

**LA BOCCA WINE BAR &**

desertridgelifestyles.com

**URBAN KITCHEN .....480.840.1799  
laboccanorth.com**

Drink, dine & celebrate at this sophisticated, fun and casual wine bar with a mouthwatering menu of small plates, zesty salads, homemade pastas and regular 'off-menu' specialties prepared by the Executive Chef. Savor 150+ hand-selected wines, craft beers & cocktails, full bar, house-made limoncellos and sangrias. Cozy up at La Bocca and share a bottle with good friends or bring a date for an unforgettable dinner.

**MELLOW MUSHROOM.....480.889.0999  
mellowmushroom.com**

While well known for their fresh stone-baked pizzas to-order, their expansive selection of craft beer is also quite impressive. Mellow Mushroom on High Street's décor is unlike any other location, creating an entertaining, laid-back atmosphere for local pizza and beer aficionados. It provides an experience filled with colorful art, eclectic music and an extensive menu with food that comforts the soul.

**MODERN MARGARITA .....602.795.8111  
modernmargarita.com**

Modern Margarita offers patrons a fresh spin on the traditional margarita. This Fork & Dagger Restaurant Group concept, from Valley restaurateur Julian Wright, features a large selection of freshly made margaritas, gourmet street tacos, burgers, fresh guacamole and additional sharing-plate options. Visitors appreciate Modern Margarita's high-quality, locally sourced food and beverages in a lively atmosphere.

**MOJO YOGURT & COFFEE .....480.584.5865  
mojoyogurt.com**

The fat-free goodness of Mojo Yogurt comes in several delicious flavors. Customize with a plethora of scrumptious toppings for a taste-bud-pleasing masterpiece created just for you. If you're looking for a morning, or mid-afternoon pick-me-up, Mojo also serves up premium coffee, espresso, cappuccino, lattes and hot chocolate.

**OCEAN PRIME.....480.347.1313  
ocean-prime.com**

This Cameron Mitchell restaurant combines an elite steak and seafood menu, award-winning cocktails, timeless elegance and take-your-breath-away service to create an extraordinary supper club experience. Here, guests are greeted by name and invited on an adventure in great food, wine and libation. Think Ocean Prime for your next event. Whether it's an elegant dinner or rolling out the red carpet, Ocean Prime will help you create something special.

**RICK BRONSON'S HOUSE OF COMEDY .....480-420-3553  
houseofcomedy.net**

Rick Bronson's House of Comedy delivers more than the nation's top touring comedians such as Jay Pharoah (SNL), Bobby Lee (Mad TV), Bryan Callen (The Hangover) and Joey 'CoCo' Diaz (The Joe Rogan Experience and Grudge Match). They also offer a complete menu of share plates, appetizers, soups, sandwiches and tortas, gourmet burgers, flat bread pizzas, salads and deserts to enjoy before and during the show.

**SPROUTS EXPRESS MARKET 602.682.3200**

This is the first, one-of-a-kind Sprouts Express Market! It's a quick and convenient shop with a variety of unique natural products. Come see what we have in-store for you!

**TEA2GO .....480.248.0911  
tea2go.us**

**TOBY KEITH'S I LOVE THIS**

**BAR & GRILL .....(480) 535-8833  
tobykeithusa.com**

Start your meal off with Fried Macaroni Triangles, T.K.'s Smokehouse Nachos or the Whiskey Girl Wings, move on to its famous BBQ St. Louis Style Ribs or Whiskey Bottle New York Steak and top the meal off with a slice of All American Apple Pie or its impossible-to-resist Deep Fried Twinkies. Toby Keith's also offers a wide selection of soups, salads and sandwiches, plus lighter options for those looking to dance right after their meal.

## West of Tatum

**HUMBLE PIE.....480.502.2121**

Featuring a medley of starters, salads, pastas, sandwiches, and pizzas with fresh ingredients and a crust to crave.

**ONE STOP NUTRITION ..... COMING SOON**

One Stop Nutrition offers all-natural fruit nutritional shakes, gourmet coffee, free internet access, flat screen TV viewing, tanning, and much much more.

**PITA JUNGLE.....480-473-2321 | PITAJUNGLE.COM**

An eclectic blend of fresh ingredients, creative energy, and good times. Take your family or meet your friends and discover the art of eating healthy

**STARBUCKS COFFEE .....480.342-8231**

High quality roasted whole bean coffees & fresh, rich, Italian-style espresso beverages.

**SUBWAY .....480-513-6978**

Whatever you're in the mood for, SUBWAY has a wide variety of subs, salads, and sides to choose from and every one of their Subs is made fresh in front of you, exactly the way you want it!

**SUSHI STATION .....480-513-8699  
SUSHISTATION88.COM**

The popular "Kaiten Sushi" (Revolving) Japanese concept is now available. You will enjoy quality sushi and fresh ingredients from all over the world. Fun for the family and available for special events.

**TRYST CAFÉ.....480-585-7978 | TRYSTCAFE.COM**

Breakfast, lunch, and dinner featuring organic, natural and locally grown products; extensive gluten free menu and full bar all in a friendly, urban environment. Dine in or carry out.

**YOGURT PLUS+ .....480-502-4200 | YOGURTPUS.US**

An exciting self-serve yogurt shop with 12 rotating flavors and over 70 different scoops of toppings!

## The MIM

**THE MIM CAFÉ & COFFEE SHOP**

The Musical Instrument Museum Cafe & Coffee Shop is open to non-museum patrons. Hours: Cafe, 11-2; Coffee Shop, Normal Museum Hours

# MEETINGS & EVENTS

**DRCA OFFICE**, 5415 E. High St., Suite 220, Phoenix, AZ 85054 (Parking Garage on 54th Street)  
**CASHMAN PARK**, 22222 N. 44th Street, Phoenix, AZ 85050

**\*MEETINGS AND EVENTS DATES ARE SUBJECT TO CHANGE. ASSOCIATION MEMBERS AND/OR MEMBER REPRESENTATIVES ONLY.**

## MEETINGS

### DRCA BOARD OF DIRECTORS

WEDNESDAY, AUGUST 26  
 THURSDAY, SEPTEMBER 24  
 WEDNESDAY, OCTOBER 28  
 6 p.m. at DRCA Office

### COMMUNITY AWARENESS COMMITTEE

TUESDAY, SEPTEMBER 29  
 6:30 p.m. at DRCA Office

### FINANCE COMMITTEE

TUESDAY, AUGUST 25  
 TUESDAY, SEPTEMBER 22  
 TUESDAY, OCTOBER 27  
 8 a.m. at DRCA Office

### DESIGN REVIEW COMMITTEE

TUESDAY, AUGUST 18  
 TUESDAY, SEPTEMBER 1  
 TUESDAY, SEPTEMBER 15  
 TUESDAY, OCTOBER 13  
 TUESDAY, OCTOBER 27  
 4:30 p.m. at DRCA Office

### LIFESTYLES COMMITTEE

TUESDAY, AUGUST 18  
 THURSDAY, SEPTEMBER 17  
 THURSDAY, OCTOBER 8  
 8:30 a.m. at DRCA Office

## EVENTS

### LADIES NIGHT OUT

MONDAY, SEPTEMBER 14  
 MONDAY, OCTOBER 12  
 MONDAY, NOVEMBER 9  
 5 p.m.  
 Locations vary

### COMMUNITY NIGHT OUT

TUESDAY, SEPTEMBER 15  
 TUESDAY, NOVEMBER 17  
 5 p.m.  
 Locations vary

### COMMUNITY WIDE YARD SALE

SATURDAY, NOVEMBER 7  
 7 a.m. - 2 p.m.

### MOVIE IN THE PARK

SATURDAY, OCTOBER 24  
 6 p.m. at Cashman Park

### FARMERS MARKET CASHMAN PARK AT DESERT RIDGE

SUNDAY, OCTOBER 11  
 SUNDAY, NOVEMBER 8  
 10 a.m. - 1 p.m.  
 at Cashman Park

### VETERANS DAY BREAKFAST

WEDNESDAY, NOVEMBER 11  
 More details to come

# COMMUNITY CONTACTS

## ASSOCIATION

Desert Ridge Community Association ..... 480.551.4300  
 24/7 Customer Care Center ..... 480.551.4300

## PUBLIC SERVICES

Phoenix Water Department  
 M-F, 7:30 a.m.-5 p.m. .... 602.262.6251  
 Weekends, holidays, after 5 p.m. .... 602.261.8000  
 Phoenix Police Department  
 Non-Emergency Crime Stop ..... 602.262.6151  
 Vacation Watch ..... 602.495.5002  
 Desert Ridge Silent Witness ..... 480.WITNESS  
 Phoenix Public Works  
 Trash/Recycling/Bulk Pick-up ..... 602.262.7251  
 Parks Forestry Department  
 Downed Trees in Right of Way ..... 602.262.9440  
 City of Phoenix Parks & Recreation,  
 Northeast Division  
 (Cashman Park) ..... 602.262.6696  
 Malfunctioning Traffic Signals .... 602.262.6021  
 Streets/Street Sweeping ..... 602.262.6441  
 Southwest Gas  
 Customer Service ..... 602.861.1999

APS  
 24 hour line ..... 602.371.7171  
 (Includes Street Light Outage)  
 Cox Communications ..... 623.594.1000  
 Centurylink ..... 800.244.1111  
 Green Pools ..... 602.506.6616  
 Maricopa County  
 Graffiti Busters ..... 602.495.7014

Southwest Wildlife  
 Conservation Center ..... 480-471-9109  
 Dispatch-City  
 24/7 Street Maintenance  
 Concerns ..... 602.262.6441

## BOYS & GIRLS CLUB

Vestar Branch ..... 480.585.0170

## SCHOOLS

Fireside Elementary ..... 602.449.4700  
 Principal, Wendy Allen  
 wallen@pvschools.net  
 Wildfire Elementary ..... 602.449.4300  
 Principal, Sherry Stillman  
 sstillman@pvschools.net

Desert Trails Elementary ..... 602.449.4100  
 Principal, Sheri Duggan  
 sduggan@pvschools.net  
 Explorer Middle School ..... 602.449.4200  
 Principal, Barbara Newman  
 banewman@pvschools.net  
 Pinnacle High School ..... 602.449.4000  
 Principal, Dr. Troy Bales  
 tbales@pvschools.net

## DRCA COMMITTEES

Communications Committee  
 communications@desertridgelifestyles.com  
 Lifestyles Committee  
 lifestyles@desertridgelifestyles.com  
 Community Awareness Committee  
 communityawareness@desertridgelifestyles.com  
 Design Review Committee  
 designreview@desertridgelifestyles.com  
 Finance Committee  
 finance@desertridgelifestyles.com  
 Nominating Committee  
 nominating@desertridgelifestyles.com  
 Public Affairs Committee  
 publicaffairs@desertridgelifestyles.com

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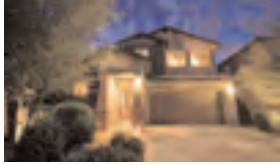
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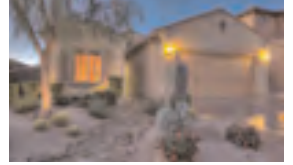
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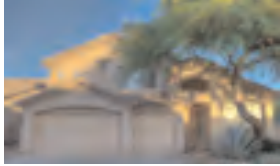
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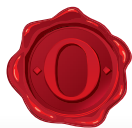
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**Desert Ridge Residents!**  
**Desert Ridge Experts!**  
*The Henbest Team*

**Holly Henbest, Realtor®**  
(480) 266-8785 Holly@Henbest.com

*Check out Holly's Real Estate Advice  
weekly on NBC Channel 12's 4:00 EVB Live!*

**Tom Henbest, Realtor®**  
(480) 323-0751 Tom@Henbest.com



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**Taylor Morrison Sanctuary at Desert Ridge!**

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