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November 2011 • Volume 7 Issue 11

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AZ-LIFESTYLE MAGAZINE az-lifestyle.com

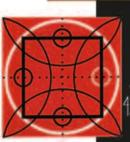
480.924.7010 PH 480.323.2163 FAX

Circulation: AZ-LIFESTYLE Magazine is published monthly and distributed locally in Scottsdale, Paradise Valley, the Camelback Corridor including Central Phoenix, the Biltmore area, Arcadia, and the Waterfront; as well as select areas in the East Valley. To view an expanded version of the magazine visit www.az-lifestyle.com









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FEATURES



Race To The Finish Holiday Shopping By Lynette Carrington

'Twas the day after Thanksgiving, when all through the house Everyone was ready for shopping, even the reluctant spouse. The coupons and gift vouchers were ready to go To get the most from retail's annual big show. Out of the house in a Flash To be part of the holiday shopping mad dash. Big crowds and long lines, who cares, come what may, Hooray they all say for November's Black Friday.

'Tis The Season To Be Giving

By Emma Zang-Schwartz

Want to make a difference this holiday season? One of the best ways to support our local charities is to give of yourself. Not only will you be appreciated, but it will make you feel good. This time of year is the perfect time to volunteer and help those in need. Here are 10 organizations that will be grateful for your support.





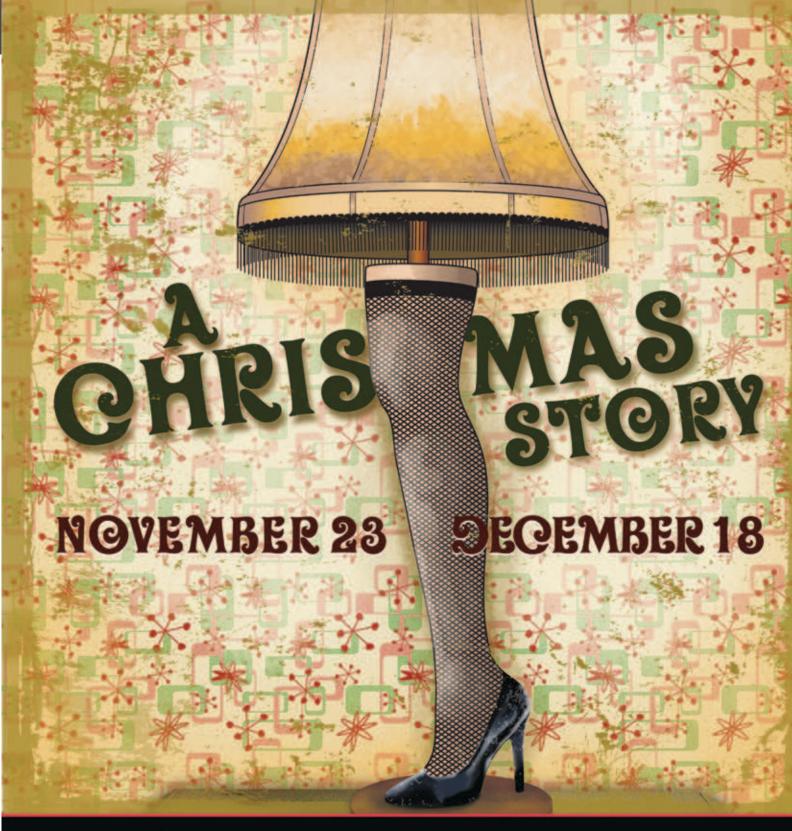
Stress Less

By Reisha Zana

It doesn't matter which holiday you celebrate, this time of the year means "more" for everybody. More family and friends, more food and wine, more shopping and celebrating, more decorating and entertaining – all wonderful, exciting things according to the songs, movies and books of the season. However, this season also means more stress, in the form of family and friends, food and wine, shopping and celebrating, decorating and entertaining.

ON THE COVER

Joseph Young, Resident Conductor of The Phoenix Symphony. Photo by Jared Platt.



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By Geoffrey Nauffts

Oct. 28 - Nov. 13

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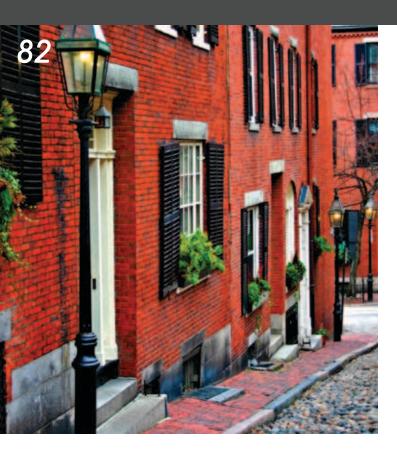
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Delicious Twists On Tradition





RACE TO THE FINISH HOLIDAY SHOPPING

'Twas the day after Thanksgiving, when all through the house Everyone was ready for shopping, even the reluctant spouse. The coupons and gift vouchers were ready to go To get the MOST from retail's annual big show. Out of the house in a Flash To be part of the holiday shopping MAD DASH. Big crowds and long lines, who cares, come what may,

HOORAY they all say for

November's Black Friday.

THE BEAUTY OF BLACK FRIDAY AND CYBER MONDAY IS THAT DEALS AND BARGAINS ARE OFTEN ANNOUNCED WELL IN ADVANCE.

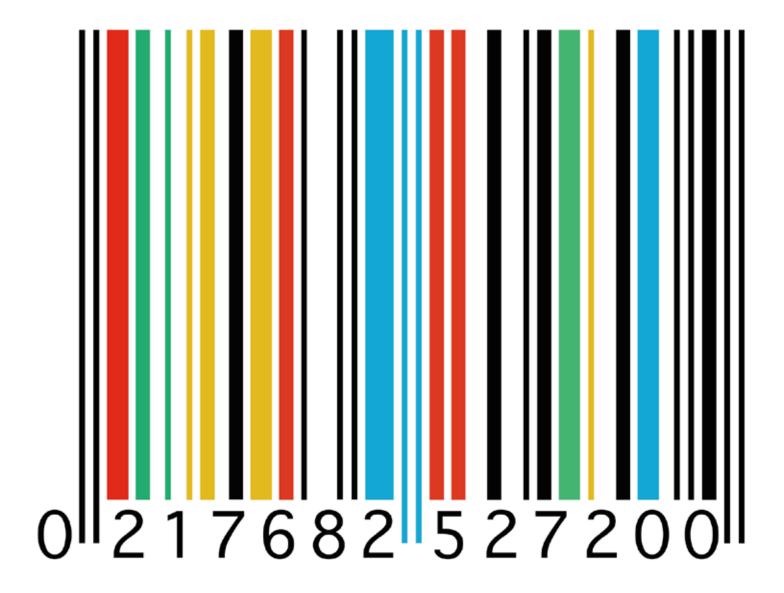
If this scenario sounds familiar, that's because it is once again almost time to don your running shoes and personal protection equipment, arm yourself with an arsenal of credit cards and battle the masses for the best deals on clothes, toys, electronics, jewelry, shoes, handbags and even gift cards. Black Friday is an annual event that marks two important milestones. It is the day when most people do the majority of their Christmas shopping and it is also typically known as the day where retailers get out of the "red", in to the "black", and start seeing profits.

In its earliest incarnations, Black Friday had a notoriously "busy" connotation about it. Earliest records of the use of the 'Black Friday' name cropped up in Philadelphia in 1966. The term was used to describe the heavy traffic and pedestrian crowds that were notably present the day after Thanksgiving. The name continued to be used and began to migrate to areas outside of Philly in the mid 1970's. Although Black Friday typically generates the biggest shopping crowds of the year, it doesn't always wind up as the biggest day for sales. Often, the busiest day comes the Saturday right before Christmas. According to Consumer Reports, 66% of shoppers on Black Friday are

shopping for themselves. A more recent phenomenon has found that many people "window shop" and find deals, but don't actually make purchases. Rather, they wait and go home to make purchases online.

Not to be outdone by the more established shopping juggernaut day of Black Friday, Cyber Monday has emerged as the day where, instead of hitting the brick-and-mortar stores, shoppers grab their credit cards and go to their computers. Although most people are back to work on the Monday following Thanksgiving, Cyber Monday is known as the benchmark online shopping day leading up to Christmas. With no traditional "store hours" to follow, Cyber Monday is an online free-for-all with amazing bargains presented by all types of retailers. Plus, shopping in your jammies can be quite fun.

In 2005, the National Retail Federation (NRF) officially coined the term 'Cyber Monday'. It has since come to be the most lucrative day of the year for e-commerce. CNN reported that Cyber Monday sales in North America alone can draw 4.3 million visitors per minute to online retailers. Shop.Org conducted a survey in 2010 and found that nearly 55% of people with internet access said they were planning to buy gifts online that year. They also found



that nine out of ten retailers were offering specific Cyber Monday promotions. It is possible that Cyber Monday shoppers could eventually edge out Black Friday shoppers in sheer numbers. Is one shopping event better than the other? That depends on how you shop.

In recent years, the two weeks prior to Black Friday and Cyber Monday have retailers seeing an increase in sales. This could be for sales in advance of the "official" holiday shopping season, or it may be for those trying to avoid the crush of shoppers. The beauty of Black Friday and Cyber Monday is that deals and bargains are often announced well in advance. Shoppers who want to adequately budget or strategize only need to do a bit of online research and look through the mailers and advertisements to get a cornucopia of ideas for holiday gifts. Often, retailers will match other stores' prices, so if you think a store is being a

"Scrooge", just ask. You may catch "Bob Cratchit" in the perfect holiday spirit.

One cautionary word to holiday shoppers whether you are Team Black Friday or Team Cyber Monday: be careful with purchasing phones, computers and other electronics. There may be a screaming deal advertised on a particular item that just seems too-good-to-be-true. Older model items or models with only basic features can be advertised

to lure in shoppers, but they are sometimes not equipped with all the bells and whistles. If there was a particular phone, laptop or computer you had your eye on when a holiday special was announced, it pays to do your homework before purchasing. While most retailers and websites have a pretty liberal return policy after Christmas, why buy or give a gift that isn't exactly what you wanted in the first place?

Our Valley's biggest and brightest shopping meccas are owned and operated by Macerich (formerly Westcor); among them are Scottsdale Fashion Square, Biltmore Fashion Park, Kierland Commons, Paradise Valley Mall and Borgata of Scottsdale. Macerich Vice President of Marketing, Sherry DeCovich lends some insight in to the Black Friday rush. "In years past, we have seen vast crowds come early and line up and experience the rush of a midnight opening on Black Friday," DeCovich says. "We know in speaking with our retailers and shoppers that Black Friday shopping is a family tradition and really the 'kickoff' for many for the holiday season. Many come [to] enjoy the amazing deals, and many come to just enjoy the rush."

There are pros and cons with product selection and availability on Black Friday and Cyber Monday. Some items are plentiful and can be had at every store location. Other gift items are designed to be "loss leaders" that lure shoppers in (or to a website) with an amazing bargain, but there are only a handful of those items available. It never hurts to ask for a rain check, but often it is first come, first serve. If you are serious about that fabulous leather coat, plan to get there early or be online as soon as the offer is available.

Starting Black Friday, some fun events and perks are available to Macerich shoppers. At Scottsdale Fashion Square, shoppers will be greeted at major mall entrances by white-gloved doormen (during designated hours) and, with a small charity donation, there will be a lounge in the Neiman Marcus Court where shoppers with or without children can get extra assistance with shopping and relax or take part in holiday activities. The Classic Santa Breakfast takes place Saturday, December 3, with gourmet

breakfast bites, gifts and other special surprises. "This holiday season, Scottsdale Fashion Square is working hard to make the shopper's experience smoother with little luxuries of time, convenience and ease," says Kate Birchler, senior manager of marketing with Scottsdale Fashion Square.

At Biltmore Fashion Park, 'Movies in the Park' will again feature holiday films on Dec. 2 and Dec. 9. The traditional Poinsettia Tree has also been a staple for the past 20 years and shoppers and visitors often capture their holiday portraits in front of the arbor icon. Senior Property Manager at Biltmore Fashion Park, Karen Litton says, "Biltmore Fashion Park will continue to deliver a one-ofa-kind shopping and dining experience on the day after Thanksgiving. The day has traditionally been a day for family and friends to shop together, preserve memories with a picture taken at the 25-foot Poinsettia Tree on the center lawn and enjoy each other's company during lunch on the patio at one of the many diverse restaurant offerings."

For Black Friday retailers, the influx of shoppers is a welcome sight and

"THIS HOLIDAY SEASON,
SCOTTSDALE FASHION SQUARE
IS WORKING HARD TO MAKE THE
SHOPPER'S EXPERIENCE SMOOTHER
WITH LITTLE LUXURIES OF TIME,
CONVENIENCE AND EASE"

Kate Birchler, Senior Manager of Marketing with Scottsdale Fashion Square





"WE ARE ALWAYS IN CLOSE
COMMUNICATION WITH OUR
RETAILERS AND EVERYONE PREPARES
AND PLANS ACCORDINGLY FOR THE
MASS CROWDS THAT CELEBRATE
WITH US ON BLACK FRIDAY.
COMMUNICATION IS KEY WITH
FINDING THE PERFECT BALANCE TO
HAPPY SHOPPERS."

Sherry DeCovich, Vice President of Marketing, Macerich

Macerich is ready. "We are always in close communication with our retailers and everyone prepares and plans accordingly for the mass crowds that celebrate with us on Black Friday," notes DeCovich. "Communication is key with finding the perfect balance to happy shoppers." Likewise, DeCovich gives holiday shoppers some great pointers. She suggests a strategy of checking the specific shopping centers' website to get an idea of what stores you want to visit, plan for a good parking spot and write it down someplace. "I also carry energy bars in my bag, just so I can rejuvenate. Share the day with a friend, enjoy the holiday décor and music," she suggests, "I always come with a shopping list as well... you might not always stick to it as you walk the mall, but a list is a great starting point."

At the end of the day, with all their packages in tow, keeping in mind, not much more to go.

The mall Santa wishing, as they drive out of sight, "Happy Shopping to all, and to all a good-night."



MOVIES IN THE PARK

EVERY FRIDAY | 7:30PM | CENTER LAWN -

Enjoy classic favorites under the stars. Movies in the Park are complimentary.

Nov. 4	Indiana Jones and the Temple of Doom	Nov. 25	No Movie
Nov. 11	_		Christmas Vacation
Nov. 18	Annie	Dec. 9	It's a Wonderful Life

Enjoy Movie Dining Deals from participating restaurants – find the menus on the Events page of our website.

Movies are shown in their original, unedited format. Alcoholic beverages are not permitted at Movies in the Park.

Center Hours: Monday – Saturday 10am-8pm • Sunday 12pm-6pm

Make Biltmore Fashion Park Your Holiday Tradition

For more than 20 years, Biltmore Fashion Park has displayed its beautiful poinsettia tree over the center lawn fountain; make it a must-see this holiday season. We also offer one-of-a-kind shopping and dining for every fashionista and foodie, including our newest: White House | Black Market, J. Crew, Stingray Sushi, Seasons 52 and Black Chile Mexican Grill.

Holiday Events

FRIDAY, NOVEMBER 25: BLACK FRIDAY

Wake up with us at 8am on Black Friday! Enjoy special offers, music, holiday treats and take your family photo in front of the poinsettia tree.

FRIDAY, DECEMBER 2: MOVIES IN THE PARK

Tonight's feature - the much loved Christmas Vacation.

FRIDAY, DECEMBER 9: MOVIES IN THE PARK

Tonight's feature - the time-honored classic It's a Wonderful Life.

FRIDAY, DECEMBER 9: SONORAN LIVING

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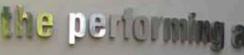
More than 500 hundred guests turned out on October 2 for the 6th annual DINE OUT WIT

More than 25 of the Valley's top chefs dished out some of their most delicious creations to benefit the Scottsdale Center for the Performing Arts. Guests mingled with renowned culinary masters and enjoyed their signature dishes and decadent desserts. The evening also included live entertainment, fine wine and tequila tastings, cooking demonstrations and a book signing with Pamela Swartz, event organizer and author of Dine Out Phoenix: Where to Eat from Chic to Unique.

China Mist Iced Tea, Wells Fargo, Casino Arizona and SRP Earthwise Energy sponsored this event to raise funds for the Center's youth education, outreach initiatives and programs. Scottsdale Center for the Performing Arts is recognized for its diverse, high-quality presentations of classical and world music, dance,

jazz, theater, film, educational programs and festivals, which serve more than 200,000 people annually. For more information about their programs, visit www. scottsdaleperformingarts.org.







- Event organizer and award-winning author Pam Swartz.
 Left to right; Kristina Koonez & Kelly Beeby, VP of operations Julia Baker Confections.
 Hungry guest enjoying fine cuisine, wines and tequila.
 The more than 30 chefs from the Valley's top restraunts who participated.





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AROUND TOWN 19th ANNUAL SUSAN G. KOMEN RACE FOR THE CUR

bu Reisha Zana





More than 25,000 people hit the streets of downtown Phoenix on Oct. 9 to participate in the 19th annual SUSAN G. KOMEN PHOENIX RACE FOR THE CURE®. This year's theme, 'Step Up and Help Deliver Our Promise' inspired participants to raise nearly \$1.8 million. The event included a one-mile family fun run and walk, Breast Cancer Survivors' 5K Run, 5K Run and 5K Walk in the State Capitol District. This year's race also featured a Survivor Parade prior to the first race.

This one-day event has a significant impact on the local community. Seventy-five percent of the net proceeds raised remain in Arizona to fund education, screening and treatment projects. The remainder funds breast cancer research through the Komen Research Grants and Awards program. Since the first race in 1993, the Komen Phoenix Affiliate has been committed to fighting breast cancer and has raised more than \$20 million to support local breast health and breast cancer awareness projects in central and northern Arizona, in addition to breast cancer research. The 20th Annual Komen Phoenix Race for the Cure will take place on Oct. 14, 2012. Join the fight by calling 602-544-CURE(2873) or visiting www.komenphoenix.org.

- 1. Racers at the starting line.
- 2. Traci's Team Ta Ta.
- 3. Team Fry's.
- 4. Racers crossing the finish line.





AROUND TOWN

RENDE-ZOO AN EVENING OF CONVERSATION AND CUISINE

by Susan Kricun







When the sun went down and the stars sparkled in the night sky on Saturday, Oct. 15 the Phoenix Zoo came alive for an exotic adventure of dinner, drinks and dazzling experiences for it's second annual RENDE-ZOO, An Evening of Conservation and Cuisine.

Nearly 700 guests attended this year's event in support the Zoo and its more than 200 endangered or threatened animals.

As the pinnacle fundraiser for the Phoenix Zoo, Rendez-Zoo allows the Zoo to clearly extend its message for continuing its mission: To provide experiences that inspire people and motivate them to care for the natural world.



Guests who attended experienced one of Arizona's finest treasures first hand, while helping to sustain the Zoo's world class conservation efforts, contributing to the care of its animals, and assuring that the Zoo can continue to offer a wide range of engaging educational programs which inspire and promote stewardship of the natural world.

- 1. 2012 Rendez-Zoo Chair Michelle Clarke, Vice Chair Jean Bingham and Phoenix Zoo President/CEO Bert Castro.
- 2. Eddie Matney, Executive Chef & Owner of Eddies House.
- 3. One of nearly 70 centerpieces created by students from ASU's Design School and Art Institute of Phoenix.
- 4. GM Bret Borshell of Amangiri Resort and his wife Nicole.



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TEXT BY COLIN COLUMNA PHOTOS BY TIM TRUMBLE

GIVING BACK

On Thursday, October 20, at 10:30 a.m. the world premiere of Ballet Arizona's *Cinderella* made its debut. In place of pumpkin coaches, bright orange school buses carried close to 1,500 elementary school children to Phoenix Symphony Hall for the student matinee. Escorted by their teachers and guardians, the excited and wide-eyed children entered single file, some holding hands in conga line fashion. Despite the performance's early morning curtain call, many of the young arts patrons arrived attired in princess dresses, tutus and smartly knotted bow ties.

A more understated group of adult guests gathered on the mezzanine level to celebrate the launch of Act One Foundation, which provided the resources and made it possible for over 600 of the students to attend the matinee. Russ and Linda "Mac" Perlich, the publishers of ON Media, created the foundation to bridge the widening gap in student access to experiential arts learning due to the lack of funding. The non-profit provides underserved schools, in Phoenix, with resources to add arts education into the curriculum. Sponsorships underwrite the costs of school buses, performance tickets and distribution of study guides and other supplementary materials for pre- and post performance in-classroom instruction. Act One's mission reflects the founders' belief that quality arts experiences, like Cinderella, not only entertains, but contributes to the development of student creativity and critical thinking.



Mac Perlich with students from Faith North Elementary School.

The reception was attended by inspired educators, arts administrators and community and business leaders who value the vital role arts and culture play in the community and classroom. Teniqua Broughton, Director of Programs for Free Arts of Arizona, enjoyed the opportunity to socialize outside of a conference room with fellow Act One board members, Pearl Esau, President and CEO of Expect More Arizona, and Daniel Schay, Executive Director of Phoenix Theatre.

Jon Teeuwissen, Executive Director of Ballet Arizona, joined the founders in welcoming the guests to the breakfast reception. Julie Prusak, Ballet Arizona Board Member, shared her exciting vision and strategic goals as the incoming Education Committee Chair. Mac recalled how her own public school field trips, in buses very similar to the fleet parked outside of Symphony Hall, "opened the curtain on a new world. Russ and I both benefited from school trips to museums, concerts and dance performances. These experiences contributed to the level of education we received and to our lives today. Our wish is for all of Arizona school children to have the same opportunity."

Arizona Broadway Theatre's Kiel Klaphake, Executive Producer and James Rio, Artistic Administrator, braved the early morning commute from the Theatre's Peoria home to discuss future Act One education partnerships.

Alex Nelson and Patrick Fanning, of Arizona Commission on the Arts, thoughtfully made time in their very demanding calendar to stop by. The Commission staff provided invaluable assistance and mentorship in the development of the foundation's mission and its alignment with state education standards.

Guests entered the hall to take their seats as Ballet Arizona dancers Elye Olson and Breanne Starke expertly fielded students' questions on the de-





Phoenix students fill Symphony Hall for Ballet Arizona's Cinderella.



This page: Pre- performance Q and A.

Opposite page: (clockwise) Teniqua Broughton, ACT ONE Board Member; Pearl Esau, ACT ONE Board Member; Daniel Schay, ACT ONE Board Member & Executive Director of Phoenix Theatre; John Teeuwissen, Executive Director of Ballet Arizona.

manding life of a ballet dancer. With wit and grace, Elye patiently answered questions on men's dance slippers and ballet tights. Offstage, Elye is the real life Prince Charming to the company's Marketing and PR Manager, Katrina Olson.

After the last question was answered, the magic began as Ib Andersen's gorgeous new ballet came to life. Even in the abridged version presented at student matinees, the dancers captivated the audience, the stage glistened in fairy dust and the children were enchanted.

Equally charmed, Arizona Republic noted in its review of the full length production "At curtain call, the audience didn't just applaud, they hooted and howled. This was one of the best things I've ever seen in Phoenix. Period."

As the last school bus drove off, Mac expressed a thought that may become the motto of Act One "I believe what they experience on stage may inspire their lives."











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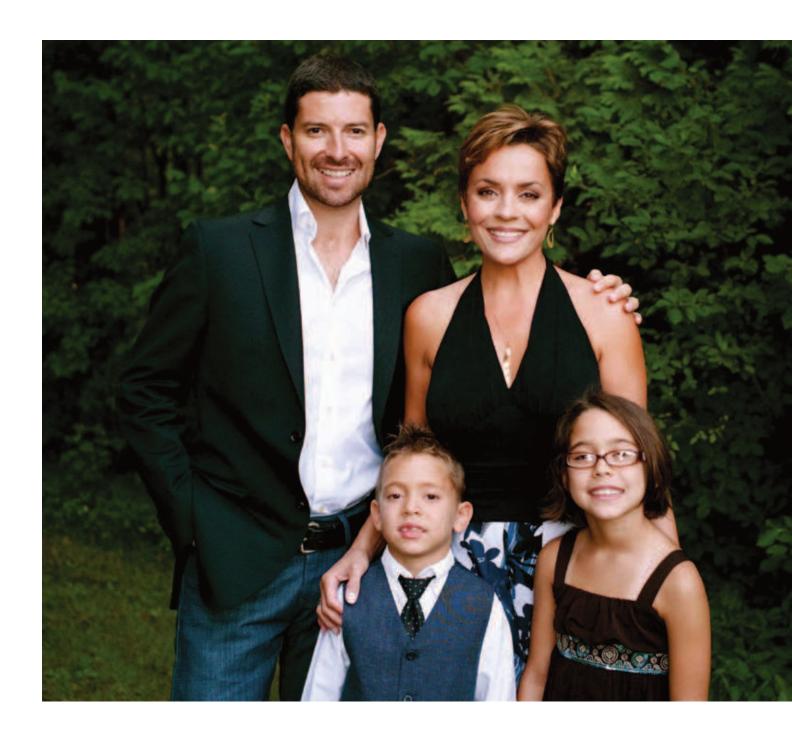
KARI LAKE

Anchored in Arizona

BY DAVID BROWN

On a summer day in 1994, Kari Lake packed up her Volkswagen with everything, including her dreams, and drove southwest to start a job at Channel 12. "It was the greatest road trip ever. When I made my way into Phoenix, it was a Saturday, 113 degrees, sunny and gorgeous!" says Lake, who co-anchors "FOX 10 News @ 5pm" and "FOX 10 News @ 9pm" with John Hook — the Valley's longest running news team.

This wasn't Iowa anymore.



"It was the greatest road trip ever. When I made my way into Phoenix, it was a Saturday, 113 degrees, sunny and gorgeous!" says Lake, who co-anchors "FOX 10 News @ 5pm" and "FOX 10 News @ 9pm" with John Hook — the Valley's longest running news team.

"I loved it from the minute I arrived, and, within a few days, I knew I'd found my new home," adds the Emmy Award-winning newscaster. Her oldest sister and dad were living here at the time, so they helped her acclimate to the very different Valley lifestyle from the one all of them knew in lowa.

Today, she lives in the Biltmore area with her husband of 13 years, Jeff Halperin, and her two children, Ruby, 8, and Leo, 6, and three adopted dogs, Kiki, an orange Lab, Tre, a three-legged miniature pincher, and a pug named Bug. For all who know her, she's a superlative professional, a great family member and a neighbor rooted in her community.

"lowa is a great place to grow up and live," Lake recalls. "However, for some reason as a kid, I always knew I'd leave some day."

The youngest in a family of nine children - eight girls and a



Family life comes first for Kari: **LEFT:** with husband, Jeff Halperin, and their children, Ruby and Leo; and, **ABOVE:** on a recent vacation. Jeff Halperin images

Kari's worked with almost all of the local charities - not because it's expected of her but because she expects it of herself.

boy — she was born in Rock Island, III. but spent most of her time across the Mississippi River on the lowa side of the Quad Cities. When she was 10, the family moved from Bettendorf, one of those cities, out to farm country: "the middle of nowhere, lowa," she says with a characteristic smile.

This was formative, as she has never left the work ethic, simplicity and transparency of the Midwest. "We had farmers as neighbors and occasionally would wake up to cows in our yard," she recalls. "My parents made us work pretty hard around the house and in the enormous garden, but I always

knew the farm kids worked harder."

Her dad taught U.S. government, history and foreign affairs classes and was a football and basketball coach at the high school where she was a cheerleader and talked too much in class. Accepted at the University of Iowa when she was 16, she moved into an apartment near the campus in Iowa City.

"I've always been very independent and self-sufficient," Lake says. "I moved out of my parents' home and never moved back." She went on to earn a Bachelor's of Arts in Communications and Journalism.



Today, her colleague, Dave Munsey, FOX 10 weather anchor, says that their friendship is based in these shared breadbasket roots and values. He was also raised in a family of nine children in Jamestown, N.D., also a farming community. In a computer world of nanosecond career and lifestyle changes, he's been with the station since 1975 and been married to Bunny for 30 years.

"I've worked with a lot of anchors in my time, and Kari is very special. I respect her for the way she raises her children, too," he says. "Not only is she good on the air, she's as real off the camera as she is on — one of the most professional people I have ever met. She's funny, too!"

Over the River and into the Lens

Lake's first job was in radio sales at WMT in Cedar Rapids, lowa, and she did internships at KWQC in Davenport, lowa,

and KRVR radio. At KWQC, she had her first paid television job, working behind the camera, lining up stories, editing, ripping scripts and doing anything else that needed to be done in time for air.

At WHBF, in Rock Island, Ill., she became weekend weatherwoman and weekday reporter. "I'm from a Mississippi River town, with half the population on the lowa side of the river and half on the Illinois side. So, I went from one side of the river to the other to take my first on-air job."

A year and a half later, Sean McLaughlin, the new weatherman at Channel 12, called. Recently promoted to the main weather position at Channel 12 after the late Bill Austin retired from television to do radio full-time, McLaughlin wanted Lake to fly to Phoenix to interview for a weathercaster/reporter/news anchor position at the Phoenix NBC affiliate.

"I almost fell off my chair. Within a week, I was interviewing in



OPPOSITE PAGE & LEFT:
One of Kari's most memorable assignments was traveling to Cambodia to cover The Halo Trust's work with clearing land mines. Jeff Halperin images

Phoenix. Within a month, I was living here," she says. "I always told Bill Austin that he was responsible for me coming to Phoenix. Had he not retired from TV, I might still be in Iowa. Except for a brief year that I spent in Albany, New York, I've lived here ever since."

That was in 1998. She and Jeff married — they "eloped" to Sedona — and moved to Albany, New York, for her first Monday-through-Friday main news anchor position.

"It was a wonderful experience, I loved my co-anchor," she recalls "We had a successful show, but my hubby and I felt like fish out of water — actually, like fish on ice! We were not used to the cold weather, and we really missed Arizona."

Her boss at FOX 10, Doug Bannard, called and asked if she was interested in the 9 p.m. female anchor position — her dream job. "I had always considered that show on FOX to be the best news program in town," she says. By December, she

was back in Phoenix to partner with John Hook.

In the Valley, she's learned from her associates. While at Channel 12 in 1994, for example, she worked with Mesa resident Ron Hoon on the weekend morning show.

"I was so 'green' and rough on the set then," she says. "I just hadn't anchored enough before getting the job. Ron always made me feel like I belonged there. He had a way of teaching me how to do things without making me feel like I needed to be taught. I love that man. He's never said a bad word about anybody in all the years I've known him." Hoon is now also with Fox 10.

She also learned from Lew Ruggiero, the former Channel 12 investigative reporter who today works as a private investigator for a local detective agency: "He was always willing to sit down with me when I started and give me guidance when I was nervous or unsure of how to go about telling a story."



ABOVE & CENTER: Kari prepares for and appears at a recent Debbie Gaby's 'Catwalk for Charity' event. Courtesy Ben Arnold Photography (make-up) and Sergio R. Dabdoub Photography & Design (runway) **RIGHT:** Kari enjoys her Emmy awards. Courtesy The Emmy Awards



Keeping Her Balance

The Kari Lake story is about balance: about being a good wife and mother, a loving, helpful friend, a colleague and a community participant.

"The greatest challenge for any working mom is finding a balance that allows you to feel that you are doing the best you are capable of doing while at work and being a good mom and wife, too. So, my job doesn't pose any more difficult challenge than any other mom who's pulling it off out there."

There's good and not-so-good: Mom works nights, so that means she's not home when Ruby and Leo complete their school day and can't tuck them in at night. "The plus side is that I get to take them to school in the morning and, in the summer months, spend all morning playing with them."

And, almost every weekend is for family cocooning: "There's no one in the world I'd rather hang out with than my husband and two kids," she says. "I could stay home with Jeff and the kids all weekend and be happy as can be. That's our time to recharge."

The children have changed her in many ways. "Your per-

spective changes," Lake comments. "When I do a story including children, I often look at it from a mom's perspective, which gets me thinking how it might be if I were in that situation as the parent."

For these and every story she covers or broadcasts, Lake wants to touch people: "I love it when people stop me to tell me that something they saw on our news made them happy or gave them a lump in their throat or moved them to take action in some way."

She loves to travel with the family and on assignment, often to out-of the-way destinations such as Colombia, Mexico, Negril, Jamaica (for cliff jumping with the family) and Cambodia, where, in January 2007, she joined Cindy McCain for a story on land mine removal by the HALO Trust and had a few hours to visit the World Heritage Site, Angkor Wat.

"As a family, we aren't looking for the typical tourist experience or seeing the usual sites but rather meeting locals and staying in small out-of-the-way places," she says. "I've stayed in a hut, on a bamboo cot, in a tent — even in a hotel that caught fire in the middle of the night."

Owner of a video production company, Jeff is "the absolute



perfect man for me — a very kind, funny, understanding man who doesn't mind being called Mr. Lake!"

Says Jeff, who met her while he was an editor at Channel 12: "I don't know how she does it. She has the patience of Mother Teresa, getting the job done at work and at home and putting up with me. She is a wonderful spirit — an all-around good person."

Best friend Lisa Dale celebrates the same excellence: "Kari may speak for a living, but it's her actions that make her so amazing. She is one of the most genuine and giving of anybody I know. She is unbelievable at managing her time. Her balance between family, work and fans is amazing.

Because of their full schedules, they don't have lots of time to get together nowadays, but they laugh a lot when they do: "As her friend, I can tell you she is truly the funniest person I know!" Dale says.

Lake's favorite volunteer opportunities are those that involve her children such as helping in their classrooms and elsewhere in their school. "They are my pride, and joy, and I love to spend time with them," she says.

Since moving here, she's worked with almost all of the local

charities — not because it's expected of her but because she expects it of herself.

Her favorites are those groups that help children, families and pets: Save The Family, Phoenix Children's Hospital and the AZ Humane Society, for example.

She often emcees the Arizona Humane Society's annual Compassion with Fashion event, most recently in 2010. "She was gracious, kind and perfect for the role as the proud pet parent of an AHS dog," says Susan Wissink, a local attorney who co-chaired the event.

"Kari is well known and well respected in the community, so she lends a lot of credibility to our cause by supporting it. With her help, we raised a lot of money to help the animals in our care."

Lake reiterates that she's like any successful working mom, shifting among many roles. Her goal: to try to do her best each day. "I'm proud of the work I do as a newsperson. I feel a special connection to the Valley and my neighbors here. It has a small-town feel to me," she says. "But I'm most proud of the job I'm doing as a mom."

MARK YOUR CALENDAR

Local charities play a vital role in providing programs and services to so many in the Valley. Take a moment to check your calendar to see if you are able to support any of these special events. When you do attend, know that you are making a difference in your community.

By Stephanie Sanders

10 EVENTS TO REMEMBER



Experience the unique Southwestern tradition of Las NOCHES de las LUMINARIAS with 8,000 hand-lit luminarias lining the trails, buildings and courtyards of the Desert Botanical Garden. Running through Dec. 30, every evening includes live musical entertainment, food and the luminarias casting a soft glow on the Garden's world renowned plant collection. www.dbg.org



The Phoenix Art Museum League, Phoenix Theatre Guild and Phoenix Youth Symphony present the 26th annual Holiday Prelude XXIV. This luncheon at the Phoenician Resort features a Kathleen Kidd couture fashion show, gift boutiques and raffle drawings. The proceeds from this collaborative event will benefit all three organizations. www.phxartmuseumleague.org



ARTrageous 2011 Gala: An Evening on Broadway, at the Scottsdale Center for the Performing Arts, stars composer Marvin Hamlisch with singer Linda Eder and tenor J. Mark McVey for an unforgettable evening of music benefiting Scottsdale Center for the Performing Arts and Scottsdale Museum of Contemporary Art. VIP ticket includes cocktail reception, silent auction, dinner, premium concert seating and dessert reception. www.scottsdaleartsfestival.org



The 3rd annual Cancer Connections Walk, is open to individuals with any type of cancer in any stage. Walkers will enjoy a leisurely 2K or 3K stroll down 3rd Street to raise funds for The Wellness Community. A highlight of the event is the annual Hope Café which celebrates survivorship through music, art and cancer resource fair. www.twccaz.org



Spend the evening in support of inclusion for all at the Be a Fan Gala for Special Olympics Arizona. Distinguished guests will include City leaders and professional athletes including Robin Yount and Luis Gonzales. Jason & Jordan Rose will host the event at their Paradise Valley home with a cocktail reception, silent auction, dinner and entertainment. www.specialolympicsarizona.org



Candlelight Capers Ball, now in its 57th year, will be held at the Arizona Biltmore Resort & Spa. This elegant black-tie fundraising affair will include entertainment and auctions to support the Banner Good Samaritan Poison and Drug Information Center, a vital community resource providing poison information and first aid treatment recommendations. www.bannerhealth.com/ Giving+Back/Banner+Foundations/



Ballet Arizona's annual Nutcracker Family Party will be held at the Phoenix Convention Center. The event features festive appetizers, desserts and a thrilling performance of The Nutcracker. Guests will have the option of attending a matinee or evening performance. Proceeds will support the education, outreach and performance programs of Ballet Arizona. www.balletaz.org

10



Scottsdale Ballet Foundation is hosting a festive Nutcracker Sweets Tea at the Phoenix Country Club. This family-friendly event is the perfect way to begin the holiday season. Proceeds from the Tea and the ballet performance go to the Scottsdale Ballet Foundation and support ballet performances, scholarship and education in our community. www.scottsdaleballetfoundation.org



White Christmas, a holiday evening to benefit Ryan House will be held at the Arizona Biltmore Resort & Spa. Celebrate the season at this black tie event with dinner, drinks, dancing and entertainment. Funds raised will benefit children with life-threatening medical conditions. www.ryanhouse.org



The Poincettia Tea will be held at the Hyattt Regency Scottsdale Gainey Ranch. Enjoy a traditional afternoon tea, compete with sandwiches, scones and desserts. Proceeds from this event benefit Duet, an organization that helps older adults and their families cope with challenges related to aging. www. duetaz.org

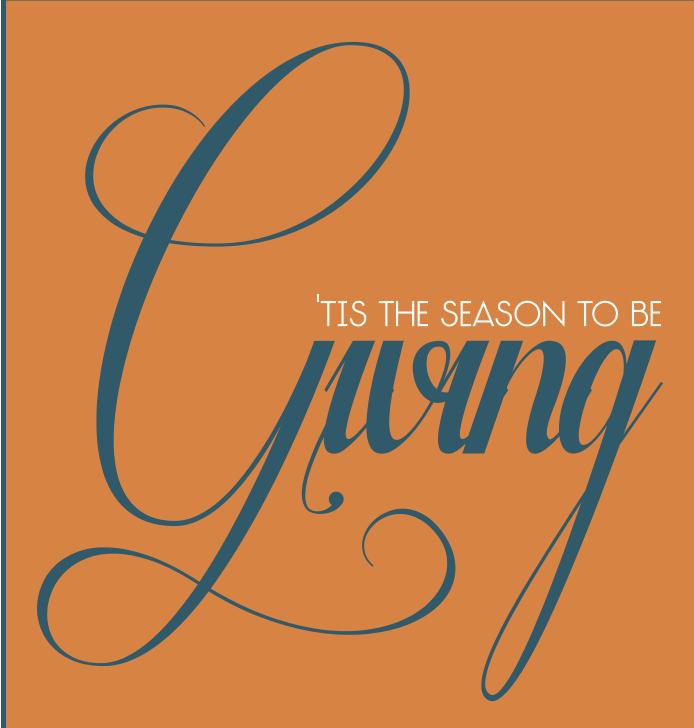
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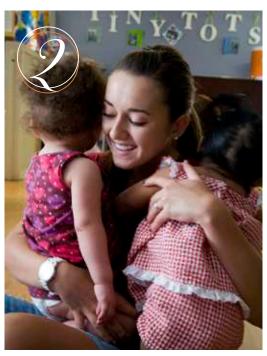
Want to make a difference this holiday season? One of the best ways to support our local charities is to give of yourself. Not only will you be appreciated, but it will make you feel good. This time of year is the perfect time to volunteer and help those in need. Here are 10 organizations that will be grateful for your support.

RONALD MCDONALD HOUSE CHARITIES (RMHC)



Ronald McDonald House Charities (RMHC) strives to ultimately change the world by helping to make a child's life better. RMHC looks for ways to directly improve the health and well-being of children. They can't do it alone. Volunteers are crucial to the assistance that they provide; from cooking meals to gardening to teaching arts and crafts lessons, you can choose how involved you would like to be. On a one-time basis, you can create a "penny war" at your child's school to collect loose change or sponsor a room at the Ronald McDonald House with coworkers to paint, furnish and decorate. If you are able to devote more time, consider serving on a committee or helping with a golf tournament, auction or other fundraising event. For locations and other volunteer opportunities, visit rmhc.org.

EAST VALLEY CHILD CRISIS CENTER



The Child Crisis Center works to prevent child abuse and neglect through education and intervention. They have a Safe Haven Shelter for children who are abused, neglected or whose well being is in jeopardy. To help the children at the Child Crisis Center, you can become a volunteer. It requires a commitment of at least one two-hour shift a week for at least one year. If you are looking for something just around the holidays, you can hold a collection drive or donate items from their "Wish List." Frequently requested items include diapers, baby food, towels, child-safe lotion and gift certificates for Target, Wal-Mart, and grocery stores. To see other ways to get involved, go to childcrisis.org.



INTERFAITH COOPERATIVE MINISTRIES

IMC is a food and clothing bank that helps over 100 families a day by providing food, clothing, medical care, toiletries and job assistance. They are always looking for donations of food, clothing, toiletries and money. If you want a more personal experience, they also need volunteers who work with clients to assess their needs, sorting and distributing clothes in the "clothing boutique," supervising children in the "Love Corner" while parents meet with interviewers and help sorting toiletries. Medical professionals are also welcome to help at their free monthly clinic. To contact ICM, go to their webpage at icmaz.org or call 602-254-7450.

AZ HUMANE SOCIETY



The animals in our community need help too, and the Arizona Humane Society ensures that they are taken care of in many ways. Volunteers at the Humane Society share a compassion for the homeless animals in the Valley, a commitment to create a brighter future for the animals and offer consistent care for the animals. Volunteers help with administrative tasks, admitting animals and even offering foster care to the dogs, cats and other critters including bunnies and guinea pigs. Of course, adopting a pet is always another way to help and will provide the animal with a new, permanent, loving family. To view adoptable animals, make a donation or to learn more about volunteering, check their website at azhumane.org.

PACKAGESFROMHOME.ORG



Help brighten up the troops' days this holiday season by donating to Packages from Home. Based in the greater Phoenix area, this local charity collects, packs and ships care packages to soldiers who are stationed overseas and in harm's way. This grassroots organization started in 2004 with the sole purpose to send non-perishable food, personal toiletries, books, games, CDs and DVDs at no cost to our deployed troops. There are many ways to help. Some donate money, which goes towards mailing costs or the purchase of special items; others donate items or their time to help pack the donations for shipping. To find out what, where, and ways to donate, visit packagesfromhome.org.

ST. MARY'S FOOD BANK

SCOTTSDALE SENIOR SERVICES



Scottsdale Senior Services, through their Granite Reef and Via Linda Senior Centers, provides social services and resources to senior adults and their families in order to improve lives, neighborhoods and the community. They host peer support groups and provide social services and health and wellness programs. Volunteers are always appreciated to help seniors with transportation, deliver meals to homebound patients and to assist at other service points. Your pets can even make a difference by visiting local health care centers for an hour. To learn about other ways to help, visit scottsdaleaz.gov/seniors.



St. Mary's Food Bank distributed over 72 million pound of food last year to hungry people in Arizona. They rely on volunteers to help with the Food Bank's operations and in raising awareness of the realities of hunger and poverty. Opportunities include office work, emergency food box sorters and packers and kitchen assistance. Hosting a food drive is a great way to get your friends, family and coworkers involved. St. Mary's makes it easy with boxes ready to be picked up and filled with nonperishable food items. Flyers, participation forms and a "Most Wanted" list are ready to be printed from their website. You can even host a Diaper Drive. Monetary donations are always welcome as a way for you to contribute to the cause. For more information, their website is firstfoodbank.org.

PHOFNIX RESCUE MISSION



The Phoenix Rescue Mission provides meals. toiletries and relief from the elements to homeless people in the area through emergency services, recovery programs and the Changing Lives Center for Women and Children. Help is greatly needed and much appreciated and can come in many forms. Volunteer options include serving meals, helping prepare the meals as a sous chef in the kitchen, creating sack meals to be delivered by the Hope Coach or creating a toiletry tote. Through prayer, hope and hard work, the Phoenix Rescue Mission makes life better for people without a home. For more ways to support the mission, go to phoenixrescuemission.org.

RED CROSS BLOOD DONATIONS

Currently the nation is experiencing a critical blood shortage. The best way to make a difference is to find a blood drive near you and roll up your sleeves. The whole process takes about an hour and fifteen minutes but the pint of blood that you donate can be used to help three people. Donations from a healthy donor can be made every 56 days, so donate now and donate often. To learn more about the requirements and to make a donation appointment, go to the American Red Cross website at redcrossblood.org.



HABITAT FOR HUMANITY



Habitat for Humanity builds simple, decent and affordable housing for low income families around the world. Habitat doesn't give the houses to families; the new homeowners make a down payment and pay a monthly mortgage. These fees are used to build other Habitat houses. The organization also relies on volunteer labor and donations of money and materials for building. With projects here in Arizona or in faraway places like Malawi, there is a project that could use your help wherever you desire. Volunteers build the homes under trained supervision, but there are also other types of jobs such as in their ReStores. To volunteer or find out more information about their projects, visit their website at habitat.org.

CANDIDA OR THRUSH INFECTIONS

by Carlos Vallecillo And Rossana Menna

If a white soft creamy deposit develops on the tongue and cheeks it could signal the development of a Thrush or Candida infection. It can also appear on the roof of the mouth, gums, tonsils, or the back of the throat. These lesions, which may have a "cottage cheese" appearance, can be painful and may bleed slightly when scraped or brushed off. In severe cases, the lesions may spread into the esophagus, or swallowing tube, causing difficulty during swallowing and pain, fever and a feeling of something stuck in the throat area. Young infants and the elderly are frequently affected. Patients who wear dentures or partials may also be affected and the tissues under the partials or dentures take on a bright red color with a velvety to pebbly surface texture. Another form of candida or thrush is called angular cheilitis which affects the corners of the lips. The corners of the lips become painful, fissured, eroded and encrusted.

Candida or thrush infections are very common since a small amount of the Candida fungus is present in the mouth, digestive tract, and skin of most healthy people and are normally kept in check by other bacteria and microorganisms in the body. However, when we experience stress, illnesses, or take certain medications we can disturb the delicate balance, allowing the Candida fungus to grow out of control causing an infection. Candida infection is not limited to the mouth. It can cause causing diaper rash in infants or vaginal yeast infections in women.

Medications which affect the immune system, such as corticosteroids, or antibiotics which destroy bacterial cells can upset the balance of microorganisms in the mouth and may cause candida infections or thrush. Illnesses that make Candida infection more likely to develop include uncontrolled diabetes, HIV infection, cancer, and dry mouth. Pregnancy causes hormonal changes which can cause candida infections. In addition, babies can pass the infection to their mothers during breast-feeding. People who smoke or wear dentures that don't fit properly also are at increased risk for candida infections. Individuals who sleep with their dentures nightly are at increased risk.

"Medications which affect the immune system, such as corticosteroids, or antibiotics which destroy bacterial cells can upset the balance of microorganisms in the mouth and may cause candida infections or thrush."

The lactobacilli are part of the "good" bacteria that can help eliminate the yeast or candida fungus in the mouth. Adding yogurt with lactobacilli to the daily diet could help decrease the recurrence of Candida in healthy individuals. Other ways to decrease recurrence are daily good oral hygiene such as flossing nightly and brushing your teeth and tongue twice daily. It is important to treat all carious lesions (decayed teeth) and if you have been diagnosed with gums disease work together with your dentist to control it in order to create a healthy bacterial oral environment.

A dentist can diagnose candida infections or thrush by examining your mouth. Symptoms include the distinctive white lesions on your mouth, tongue, or cheeks. Lightly brushing the lesions away reveals a reddened, tender area that may bleed slightly.

While healthy children and adults can be effectively treated for thrush, the symptoms may be more severe and difficult to manage in those with weakened immune systems. Antifungal medications, which are generally taken for 10 to 14 days, are often prescribed to treat thrush. These medicines are available in tablets, lozenges, or liquids. Your dentist will have a specific treatment approach designed for you based on your age and the cause of the infection. Because the presence of Candida infection can be a symptom of other medical problems, your dentist may suggest you seek care from a medical doctor as well so that any underlying health problems you may have can be treated.

Carlos Vallecillo, DDS and Rossana Menna, DDS, are a husbandand-wife team practicing at their office, Mona Lisa Dental, in Gilbert. Dentistry as a work of art.

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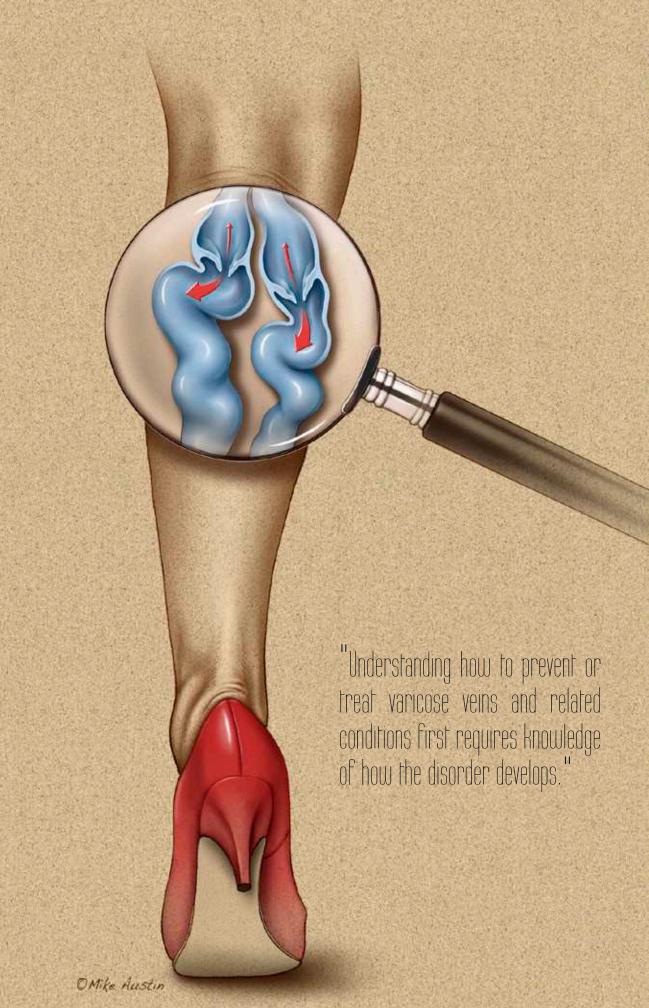
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Do you have the blues? The facts about vein disorders

HEART BEAT * By Dr. Rajagopalan Ravi



With the holiday approachseason ing, parties and festive gatherings are being added to calendars, along with opportunities to dress up for a night on the town. But for many women, holiday style is hampered by the unsightly veins. They stare longingly at that coveted party dress hanging in the closet and instead opt for long pants, feeling as blue as the veins on their legs. What's worse, these varicose veins and their small-

er, less problematic relative, the spider vein, aren't just a cosmetic concern. These stretched, swollen veins can cause other serious health problems, including pain, itching, night cramps, skin discoloration and impaired mobility. Thankfully, with today's medical advancements, treatment options are available to help women feel confident about their legs while improving their vascular health.

Understanding how to prevent or treat varicose veins and related conditions first requires knowledge of how the disorder develops. Veins are the blood vessels responsible for carrying blood to the heart from all parts of the body. Valves in the veins function like doors spaced along the inside wall of the vein, opening to carry blood toward the heart and closing to prevent blood from flowing backward. When these valves are healthy, they close tightly, but if they are unhealthy, they do not close completely.

When this occurs, blood accumulates behind the valves and weakens the walls of the vein. This "ballooning" of the vein, called dilatation, can occur anywhere from the ankle to the groin. The medical term for these vein disorders is venous disease, and examples include spider veins, varicose veins and venous stasis disease.

Spider veins are the least serious form of venous disease and appear as red or purple clusters of veins near the skin's surface. Varicose veins are the stretched, swollen veins, usually blue or purple, that appear because the valves have not closed correctly, and blood has pooled behind the valves. If varicose veins are neglected or go untreated, venous stasis disease can develop and cause ulcers through the skin. Venous stasis disease can also be caused by other vascular conditions.

Venous disease can affect anyone, though women are three times more susceptible to the condition than men, and heredity plays a significant role. Spider and varicose veins often appear as we grow older or after a pregnancy. Varicose veins also affect those suffering from obesity, individuals with extreme height, and people whose jobs require them to stand for significant periods of time.

People who develop varicose veins may experience a feeling of heaviness in the legs; fatigue or aching in the leg muscles; swelling, skin discoloration, tenderness or soreness; and leg cramps at night. Symptoms may subside and then recur over time. Venous stasis disease is typically found in the lower leg and its symptoms are similar to varicose veins. Venous stasis disease may also include dry, scaly, itchy skin, skin ulcers, and pain while standing which is relieved with elevation. Diagnosis usually involves a physical exam and evaluation of medical history, review of the legs while standing and the

use of ultrasound imaging for further assessment.

Treating varicose veins and related vein disorders is not only appealing from a cosmetic perspective, it is also an important step toward good vascular health. Basic treatments for varicose veins include wearing elastic bandages and support stockings; elevating legs periodically; avoiding leg crossing; regular exercise, including walking and swimming, to promote circulation; avoiding prolonged standing; and choosing loose clothing. When the vein disorder has progressed or these preventative measures are no longer effective, simple, minimally invasive procedures like laser ablation and ultrasound-guided foam sclerotherapy are highly effective and can typically be performed in an office setting with minimal discomfort and downtime.

Laser ablation has been used to treat other forms of vascular disease for years, and now is becoming a treatment of choice for spider and varicose veins. Lasers can remove spider veins from the surface of the skin easily. This same technology is used differently for varicose veins, where a small catheter with a laser tip is inserted into the affected vein and then "fired" to cause the vein to collapse. This minimally invasive procedure requires only local anesthesia, is performed in an outpatient setting, and recovery is

quick. The laser ablation approach is extremely safe, FDA-approved and covered by most insurance companies when medically necessary.

Ultrasound-guided foam sclerotherapy is an alternative to laser ablation. Through this process, a solution is delivered to the vein which closes it off completely. The procedure requires tiny needles, which cause a pricking sensation, but discomfort is kept at a minimum. More than one treatment session is typically required, and compression bandages are worn for a specified number of days following the procedure.

Varicose veins and other vein disorders should be treated for what they really are – medical problems. If you are suffering from varicose veins, a board-certified specialist who is trained in the most comprehensive, innovative techniques can improve the appearance and condition of veins so those fancy dresses can be worn with confidence.

Don't let veins cramp holiday style this year. Understand more about vein disorders and the leading-edge treatments available by visiting www.azheart.com

Dr. Rajagopalan Ravi is a vascular surgeon at the Arizona Heart Institute. To schedule an evaluation at the Arizona Heart Institute Vein Center, call 602-707-3511.

Tips for preventing vein disorders

- Stay active. Regular exercise promotes good circulation, maintains ideal weight, and improves overall vascular health.
- Stain in Circulation: Avoid crossing your legs which inhibits blood flow.
 When flying or on long car rides, rotate ankles and stop/stand up and walk around.
- Avoid injury to the legs and feet. If you are injured, seek medical assistance to treat the injury correctly.
- Inspect your legs and feet daily. Check for redness, blisters, dry skin and cracks, which can allow bacteria to form and cause infections.
- Keep legs and feet clean, soft and dry. Wash daily and apply gentle creams without alcohol. Control perspiration and regularly change socks.
- Choose appropriate clothing. Wear support stockings as directed by a physician, and do not wear tight clothing or shoes that might restrict circulation.
- Don't smoke. Tobacco use narrows blood vessels and limits blood supply to the skin.



Normal valve, closed



Leaky valve, allows blood to back flow



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by Reisha Zang by Reisha Zang off before you even think about tackling the

It doesn't matter which holiday you celebrate, this time of the year means "more" for everybody. More family and friends, more food and wine, more shopping and celebrating, more decorating and entertaining – all wonderful, exciting things according to the songs, movies and books of the season. However, this season also means more stress, in the form of family and friends, food and wine, shopping and celebrating, decorating and entertaining.

It is important to realize that holiday stress is real.

Whether you are taking the kids to school, caring for your parents, going to work or a combination of all three, it can be unimaginable to layer on the extra work it takes to make the holidays special. There is the cooking, shopping, decorating, entertaining and visiting to be done on top of projects for school, household chores and deadlines for work. It all adds up to more work and more stress.

"Stress comes from the environment, time pressures, noise and weather; it is all around us, year-round," explained Dr. Sari Roth-Roemer of Arizona Medical Psychology. Illness, age, lack of exercise, poor nutrition and sleep loss are all factors that can increase stress. Add the effort of preparing for the holidays and it becomes worse, sometimes unbearable. Holiday stress comes from physical demands, family pressures and financial burdens. "How you respond to stress is what matters," she said.

Dr. Roth-Roemer stresses that focusing on the task at hand can keep you from feeling overwhelmed. "Do one thing at a time, and finish it before moving on to the next thing," she said. "Make a list and cross things

off before you even think about tackling the next job." This practical, time-planning strategy can help manage the physical strain that the holiday season places on us. Running around in all different directions and not completing tasks will leave you feeling frustrated, pressured and physically and mentally exhausted. The more jobs there are to be done, the more important it is to finish each one at hand.

"The way you look at things really can make quite a bit of difference this time of year," said Roth-Roemer. With more things to do and more family to deal with, how you think about things becomes more important. She explained: "Your thoughts are very powerful – how you label, interpret and perceive your present experience and what you predict from your future." It boils down to the little voice in your head that tells you how things are going. If you tell yourself that things are terrible, that you're so stressed out and that there is no possible way you can handle it all, "Guess what," said Roth-Roemer, "you won't be able to manage it." Instead, you should tell yourself, "I have a lot to do, but if I plan it correctly, I'll be able to manage everything." "You'll feel better to do it and are better prepared to handle things," she said.

Having more family members around can also add to holiday stress. This stress might come from seeing your extended family more often than you are used to or having too many family members at a celebration. It can also be more pressure or higher expectations that you, your parents or your children set to create a holiday that is unrealistic. Old family conflicts may resurface, criticisms may fly back and forth across the table or relatives may just behave badly. Our grief may also become more pronounced when we find ourselves missing a loved one that is unable to be with us for whatever reason.

No matter what, the holidays are still coming and we can't avoid it. Roth-Roemer reminds us: "Keep expectations reasonable, even though it is hard, it is easy to set yourself up to fail without meaning to." Don't expect to resolve long-standing family conflicts over a holiday meal. Try to overlook differ-

ences and accept your family members for who they are - they are probably dealing with their own stress as well. If you are heading into the holidays missing someone, "it is OK to feel sad," said Roth-Roemer. "However, if you find yourself getting lost in it, talk to someone or ask for help from friends, family or a doctor." She suggests spending time with family and friends getting support and sharing happy memories. It might be time to start a new tradition to honor your loved one's memory or keep an old tradition alive in their honor.

Tradition is really what this season is all about. Think back to holidays when you were growing up. Is it the Cabbage Patch doll you remember the most or the delicious spice cake your mom only made in December that filled the entire kitchen with an amazing aroma? The roller skates you got as a gift when you were 10 or snuggling on the couch watching the Charlie Brown special with your siblings year after year? Spending time together baking cookies, decorating the house for Christmas or watching a favorite movie are all wonderful traditions that can strengthen bonds and make the holidays more memorable. More is a good thing when it involves

doing things that you enjoy with people you care about.

This effort can also help combat the financial pressures of the season. Somewhere along the way, shopping became a big part of the holidays and a big part of why so many people feel extra pressure during this time of the year. The effects of overspending for the holidays can cause stress long after the sea-

son ends. Holiday parties are fun and are a wonderful way to reconnect with family and friends, but they can become very costly for the host. Here is one simple suggestion to lighten the load: Involve your guests in the party. Everyone always asks, "What can I bring?" Take them up on their offer; let them bring their favorite dish and be part of creating the party. Sharing some of the effort and expense can help lessen the pressure.

Also, think about different ways to give gifts to your family and friends. Consider putting names in a hat and buying a slightly nicer gift for only one of the group, instead of a gift for each person. It might feel awkward at first,

but in addition to the savings, everyone receives an extra present: the gift of time for not having to shop for so many items. For those people who you would like to give something special, instead of the predicatable perfume or tie, give an afternoon of babysitting or a hand car wash as a gift. It feels good to do something for someone else, and who wouldn't appreciate a break after the hectic holiday season? Gift giving should be a pleasure, not one more thing you need to do and pay for.

Remember, the holidays should be about happiness and sharing good times, not about pressure and stress. However, there are so many different factors at work that it is nearly impossible to not feel stressed at one time or another. Ignoring it is not the answer. Recognize that it is occurring and take steps to manage it.

"People can't function as well under stress," said Dr. Jeffrey Sellers, an interventional pain management specialist with Alliance Pain Care in Mesa. "Stress increases muscle tension, decreases flexibility and slows down metabolism," he said. A walk is one of the best treatments Dr. Sellers can offer. "Walking is a great stress reliever - it affects the

self are all helpful in reducing stress.

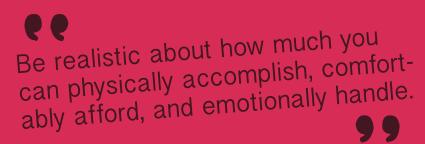
Reducing stress should be a priority of the season. Some of the most basic behaviors in combating stress seem to be the first behaviors we lose when stress levels rise. Because they seem so simple, we tend to minimize their importance. Getting plenty of rest, exercising and eating right are the first line of defense against stress. Roth-Roemer said, "It's all common sense, but we forget about how helpful a good night's sleep is." Be certain to take breaks throughout the day and a deep breath whenever you start to feel anxious. "You can even imagine that as you inhale, you breathe in calmness, and when you exhale, you breathe out tension," she said. She also feels it is important to pay attention to what you are saying to yourself and make certain that the message is something helpful. Always be positive and make sure to give yourself encouragement.

Another tip involves planning your day. Prioritize the tasks ahead of you, and make certain that the most important thing on your list is the first thing you do. When it is accomplished, it takes some of the pressure off and makes it easier to focus and move on

to the next item, because that one crucial thing isn't hanging over your head. Save the less important tasks for the end of the day, the ones that could easily be done tomorrow, or maybe not at all. Ask yourself the question, "If this doesn't get done, will anyone

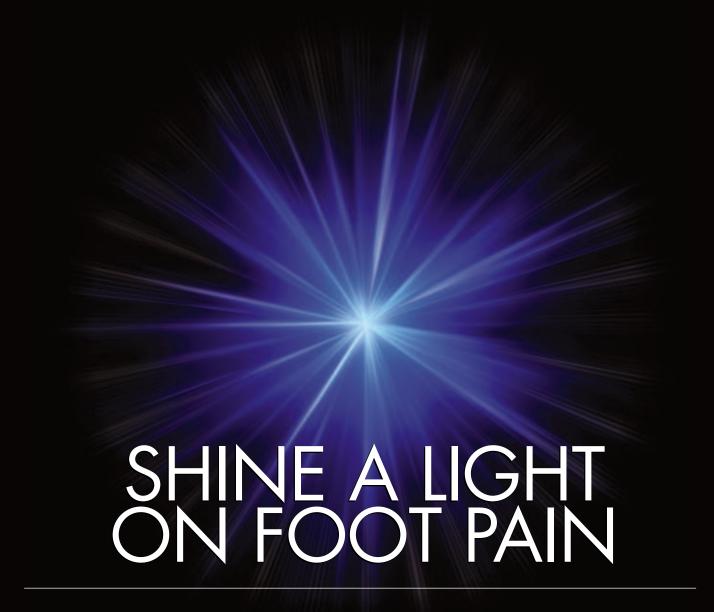
notice or mind?" Is it really that important? It's OK to give yourself a break and remember to focus on the true spirit of the season.

Before the holidays overtake you, think about what you really want. Is it more gifts and more parties or more peace and togetherness? Be realistic about how much you can physically accomplish, comfortably afford and emotionally handle. When the pressure builds, acknowledge it and try some of these tips to help lessen it. If the stress becomes too much, talk to someone or ask for help from friends, family or a doctor. Don't let stress take over your holidays. Focus on making more better.



cardiovascular system, muscle toning and burns calories," said Sellers. If you can, he suggests treating yourself to a massage. It can decrease muscle tension and increase circulation.

Roth-Roemer agrees. "If left unaddressed, stress can lead to chronic illness because it actually causes hormonal, nervous and vascular system changes in the body," she said. Your body will tell you when your stress level is rising. Stress presents itself in many different forms: depression, anxiety or stomachaches, backaches and headaches. Roth-Roemer advises paying attention to the signals your body is sending. Listen to your body and react. Stretching, exercising and pacing your-



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ESTATE PLANNING FOR LASSIE

by Mark Wiegenstein, CFP®

"Pets are people, too!" claim veterinary services, grooming services and a host of other pet-related businesses across the nation. Of course they're not, but approximately 72 million households – 62% of the total – in the United States have pets, according to an American Pet Products Manufacturers Association, Inc., survey, and most are regarded as important members of the family.

In the nature of things, it is not unusual for pets to be left behind as their owners pass from the scene. So the question often arises about what should be done to ensure the care and feeding of the pet during the rest of its natural life. Dog and cat life expectancy is generally in the 10- to 18-year range, but more exotic pets can live longer. An African grey parrot can live to 60; someone's pet tarantula might make it to 30. It is estimated that two to four million pets are euthanized every year because they were left homeless when their owner died. The luckier ones are still enjoying life because the owner established a pet trust.

Estate planning for pets gained momentum during the 1990s, and pet trusts are now legal in most of the 50 states.

A Smooth Transition

If you die or become incapacitated, what will happen to that special "member of the family"? Legally, a pet is your tangible personal property. It would pass to your heirs or the beneficiaries of your estate unless you have a will or trust stipulating otherwise. Even if you have a will, it doesn't likely address who is actually the best person to care for your pet, nor does it address the immediate problem of care, which pets will need at once. They can't wait until after the will is through probate.

The pet trust is your chance to smooth the transition for your pet while providing the funds for its care and any special needs during its natural life. Details of such trusts vary by state, but no matter how you establish one, there are basic decisions to make before you act.

Selecting a Caretaker

Perhaps the most difficult step is finding the most suitable caretaker – someone not only able, but also willing to take on

the care of your pet. Relatives and friends may enjoy visiting with your pet, but that doesn't necessarily translate into a willingness to provide for its daily care. Choose as carefully as you would designate the executor of your estate.

Let that person pet-sit for several days. Discuss what financial provisions should be made to reimburse the caretaker for actual expenses for food, toys, walking, veterinary care and any special needs. When deciding whether additional compensation is called for, experts in this field suggest bearing in mind that being compensated may foster a sense of responsibility, but too much compensation could have unintended consequences. There have been incidents of pet caretakers mercilessly prolonging the life of a suffering pet in order to keep the compensation rolling in.

If you have no relatives or friends willing to accept possible pet-care responsibilities, you could investigate the fairly large number of non-profit organizations willing to do it.

Pet Information

Whether a person or an organization, your pet's designated caretaker will need comprehensive information – both short-term (suppose you are hospitalized for a limited time) and long-term. This could include registration papers, if they exist, and descriptions that amount to reliable ways of identifying your pet – the story is told of a caretaker of a black dog who kept finding other black dogs to keep the trust income coming in long after the original pet had died. Markings are obvious identification points, but beyond that, you might consider DNA identification or micro-chipping.

Other essential information includes a veterinary history, details of any medical conditions, dietary requirements, sleeping and exercise habits, even social preferences – especially any negative reactions your pet has to certain types of persons.

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Modern Hacienda





Built for a couple from New York, this three-bedroom Modern Hacienda, plus one-bedroom semi-attached casita, is meticulously sited in north Phoenix on a one-acre triangular lot, delivering both imposing Southside views of Camelback Mountain and a sense of privacy. "We love the mountain in the early morning and with the lights onitat night," the wife says of the master bedroom suite, which faces the landmark site. "It makes it easy to have sweet dreams."

Valley residents since 2001, they call their one-level custom

"Hacienda del Sueño," "Dream Home": It beautifully fulfills the couple's daily living needs and easily flexes for their multi-faceted desert lifestyle. The home is also a few minutes walk from the historic Royal Palms Resort and Spa.

Started in June 2007 and completed in December 2008 by Scottsdale's La Casa Builders, the 7,248-square-foot luxury home was designed by the Phoenix firm of Drewett + Brenden Architects so that the semi-retired couple could feel comfortable every day as well as when their four children and two grand-children visit on the holidays and for frequent entertaining.

"We wanted a home that was warm and cozy, inviting, colorful and welcoming," says the wife, who grew up on Long Island, where her parents had a home on the water in the Hamptons. "We didn't want a home in which our grandchildren would feel uncomfortable," she adds, noting that she worked closely with Phoenix interior designer, Kim Alonzo, ASID, to only use, for example, washable and durable fabrics. For the work, her KA Designs won First Place at the 2010 ASID Design Excel-

lence Awards in the Residential over 6000 Square Feet category.

In addition, "We used furniture that was sturdy, such as the mesquite dining room table from Taber and Sons down in Tucson, so as not to worry about the amount of use it would get. It's meant to be used — and used in order to create memories. We did not want a home that was 'frilly and fussy,' nor did we want a house where family or friends were afraid to touch anything."

In addition, the layout of the house, in particular the openness of the main rooms — kitchen, dining room, wet bar, great room and outdoor patio — facilitate entertaining inside and

out. Often, she explains, she'll start a party with appetizers at the entry courtyard, continue with main courses at the large kitchen island (with the "pull-out drawer without end") and then serve dessert on the adjacent outdoor patio, where guests can swim or relax while enjoying changing mountain moods.

"I love the outdoor covered patio; most of the year we can entertain our friends and families there," the wife explains. "My husband can barbecue, and there can be friends around him

so he doesn't feel so lonely while he's cooking. Likewise, others surround me in the kitchen. It's one big room, which is exactly what we wanted to accomplish."

"Our clients wanted a home that would live well on an intimate level, with private places to curl up with a book and glass of wine or visit over coffee with a friend,' says Ron Steege, who with La Casa partner Tim Larson has been building custom homes in the Valley since 1991. "I can say without reservation that the 'outdoor-room' solution for this residence is the best Arizona lifestyle room of any home I have built in my 30year luxury-home career."

The success of the home began with the couple's vision and continued with the right team, who came together by chance, or, perhaps, by destiny. Architect Drewett is a nephew of a family friend, and Alonzo met the couple through a furniture craftsman she was working with on another project. Alonzo's hus-

band had helped one of the builder's clients in business, and he, in turn, invited her and the couple to see the craftsmanship La Casa had brought to his and his wife's Paradise Valley home.

Besides the camaraderie essential to its building, the home interweaves various styles, textures and influences without appearing forced or inappropriate. Drewett and La Casa combined traditional elements, including flagstone and granite walls, with contemporary materials and technology, such as copper bargeboard sheathing and, between the great room and the outside patio, a rarely seen retractable electronic wall system on a radius















In the same way, shopping together for more than a year with the wife, Alonzo discovered traditional Southwestern and Mexican accessories as well as contemporary artworks, which provide color panache throughout. Hence, Modern Hacienda.

"Our clients had a very bold vision for the residence that included a unique mix of modern 21st- century architectural features mixed with organic hand-made finishes, set off by a very

intense color palette," Steege says. "The results are quite extraordinary; every room, every space is a visual treat."

Back East, the wife had been devoted to contemporary architectural and furniture styles: crisp lines, large windows, metal finishes, and minimalist inspirations. They first visited the Valley more than 25 years ago — the second marriage for both; they've been married for 32 years and loved the sun, the desert and Southwest culture and traditions. In 2001, they bought a home in nearby Arcadia Estates. In the interim, they monitored the current lot until the owner was ready to sell it about four years ago.

"When we first thought about building this home, we looked at some very contemporary designs, but we didn't think that they belonged here," she explains. "We thought that because this was the Southwest, our home should express that — in its styling, hand-crafted elements and colors."

Throughout the home are reclaimed Douglas fir beams and corbels created from these — such as in the main hallway. "The beams are salvaged from old saw mills and buildings built in the early 1900s," Steege explains. "We work with local craftsman and wood carvers to integrate them in our clients' homes." Overseeing their installation, and

the overall project for La Casa, was Todd Dymond. Hand-carved woodwork is everywhere. The distressed-alder front door, with floral themes, is by Scottie Reid of Scottsdale, and the cabinetry and interior doors, most created in knotty alder, was crafted by Russ Kory's Phoenix-based Finely De-

signed. Much of this woodwork reveals floral themes. A favorite motif of the wife, floral patterns also appear on the red-fabric cornices, bedding and wool carpet in the master bedroom.

Ornamental iron also celebrates the Southwestern spirit: In the central hallway, the wife helped design long sconce supports which contrast with the corbelled beams and provide verticality to the winding space of sandblasted concrete tiles.

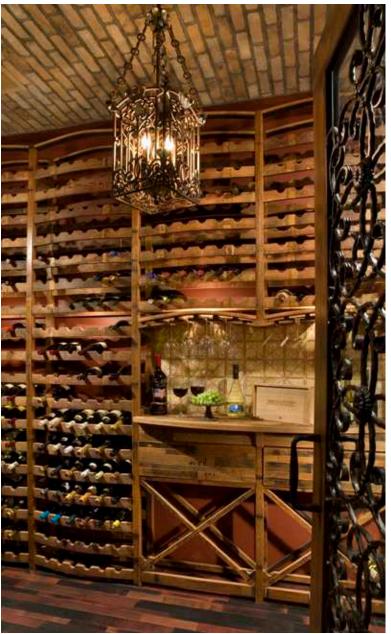
Off the hallway, her office has a highly crafted iron gate rather than a door, creating openness.

Antique and contemporary accessories inside and out reiterate the regional inspiration: handpainted Talavera dishes from Nogales, Mexico, in the kitchen; a large garden planter from Guadalajara, which tilts on iron bracing to show at 45 degrees; deep-red Tarahumara pots above the pool, with its red-tiled raised spa; gas lanterns at the pool fireplace; a chandelier synthesized from items purchased in Mexico, India and America; and, in a guest bathroom, pieces of an aged screen, with fading multi-colors, insetting the contemporary alder door and serving as covers for the adjacent cabinets.

This tranquil space the wife calls her "Ocean Bathroom," with its aquamarine and other bluetoned porcelain tiles. So, in their new desert home, there are memories of the water and Long Island: This appears again in Cave Creek sculptor Alan Hochman's en-

try water wall of scored New Mexico granite, which the husband loves listening to, and the outdoor shower, a step out from the master shower — a treat for the wife.

"Our dreams have become our reality," she says of her Phoenix hacienda. "Every time we walk into it we smile."



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BOSTON IS A CITY OF CONTRASTS; historic landmarks amongst a modern, urban landscape. A place where you can journey back in time to the site of the Pilgrims' first Thanksgiving, then enjoy a meal by a renowned chef at a hip, new restaurant. Or stroll the Freedom Trail, to the Museum of Fine Arts.

From authentic American treasures to everything contemporary, you'll find plenty to explore and enjoy in Boston.

escapes by reisha zang



the freedom trail

Made up of Boston's sixteen distinct historic sites, the Freedom Trail is on the list as one of the Nation's "must see" places to visit, representing some of America's most valuable historic and cultural artifacts. "In this sophisticated city, Boston's Freedom Trail connects the history dots from yesterday to today," says Mimi La Camera, president of the Freedom Trail Foundation. "It invites people, young and old, to Boston to listen to the dramatic stories of brave men and women who risked everything to establish this country. It's fun and full of rich experiences. It's American history, but not the same old story." Costumed guides lead the two and a half mile redbrick walking trail that includes stops at The Boston Common, Old North Church, King's Chapel and Burying Ground, Faneuil Hall, Bunker Hill Monument, Old State House and Paul Revere House.

faneuil hall

The meeting place for the Sons of Liberty and the site of the anti-slavery rallies in the 1840's, this landmark, known as "the Cradle of Liberty," has played a vital role in politics over the years. It is where Samuel Adams and politically minded Americans lead cries of protest against the Sugar Act and the Stamp Act, and continued to gather for town meetings. Originally built to service the citizens of Boston as a market-place, the stalls on the first floor are still used for commerce today. In addition to retail shopping, Faneuil Hall now houses a museum and Quincy Market.

john f. kennedy presidential library and museum

The Library and Museum is located on Boston's waterfront and was designed by architect I.M. Pei. The exhibits at the center give an inside look at the life and work of our nation's 35th president. A visit will take you on the Campaign Trail and into the Briefing Room, Attorney General's office and the Oval Office. There is also an exhibit highlighting JFK's challenge for the U.S. to keep up in the "Space Race." The JFK Library is also home to the world's largest collection of Ernest Hemingway archival materials.

bunker hill monument

For a little exercise, a lot of history and a fabulous view of the city, head to Monument Square in Charlestown. The Bunker Hill Monument is 221-foot granite obelisk on Breed's Hill, and has 294 steps leading to the top. It is the site of the

first major battle of the American Revolution. The battle is popularly known as "The Battle of Bunker

Hill" although most of the fighting actually took place on Breed's Hill. The climb to the top takes some effort, but the view is worth it.

the new england aquarium

If history isn't your thing, you might want to interact with penguins, sharks and turtles. Exhibits include a giant four-story ocean tank, a marine mammal center, tanks of sea dragons and a shark and ray touch tank. The aquarium also offers whale watching tours with three to four hour trips available from April to October. Tours head to Stellwagen Bank Marine Sanctuary, which is home to humpback, finback, minke and pilot whales, and sightings happen on nearly all of their outings. The New England Aquarium is also well known for its conservation and research projects.

museum of fine arts, boston (mfa)

The MFA houses one of the world's most comprehensive art collections. Exhibits range from Egyptian treasures and Asian art to the finest collection of Monets outside of Paris and an extensive collection of American art including Paul Revere's silver Liberty bowl. The MFA just opened the first museum exhibition dedicated exclusively to Edgar Degas' nudes. The installation, Degas and the Nude, runs through February 5, 2012 and highlights 160 paintings, drawings, pastels, prints and sculpture drawn from renowned International collections. Organized in conjunction with the Musee D'Orsay in Paris: "It will offer a number of surprises—for instance, we'll reunite several of Degas's black-and-white monotypes with the corresponding pastel 'twins' for the first time since they left the artist's studio," says Malcolm Rogers, Ann and Graham Gund Director of the MFA.

The USS Constitution and USS Constitution Museum

The Charlestown Navy Yard is home to the USS Constitution, the world's oldest commissioned warship. Visitors are given a hands-on experience to learn about the history of "Old Ironsides" and how it symbolizes freedom. The ship was built to show American's willingness to defend their newfound independence through the development and support of a navy.

shopping

Boston is a great place for shopping. There is antiquing on Charles Street and upscale boutiques on Newbury Street



left to right, Shopping on Newbury Street. Photo by Tim Grafft/MOTT. Paul Revere Statue in front of North Church. Photo by Greater Boston Convention & Visitors Bureau

and at Copley Place. The Back Bay is famous for The Shops at the Prudential Center. Faneuil Hall Marketplace is home to a unique variety of shops and pushcarts, while Harvard Square in Cambridge offers a mix of shopping, dining, culture and history all in one place. Just outside of the city bargains can be found at the Kittery Outlet or Wrentham Village Premium Outlets

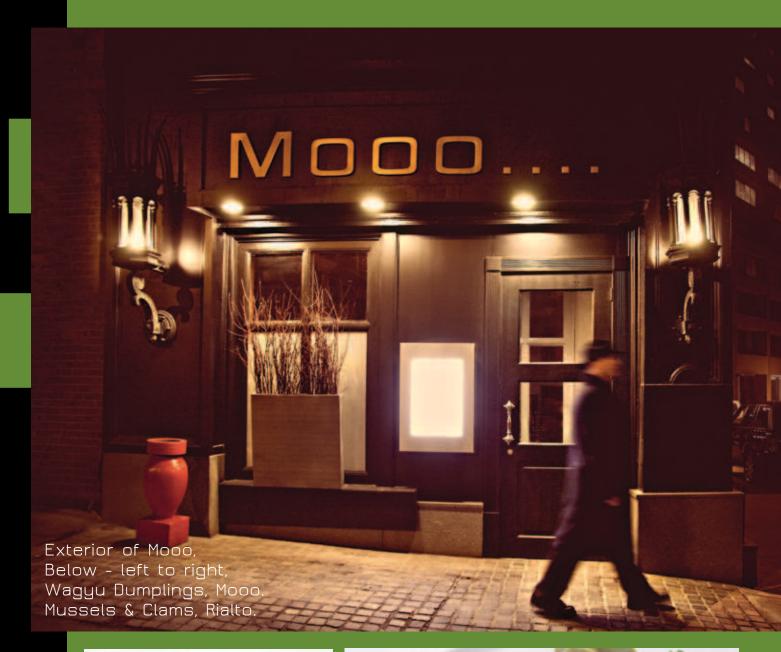
the concord museum

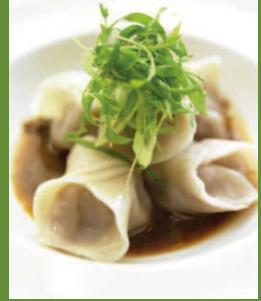
This museum houses a remarkable collection of American artifacts. It features Concord-made clocks, silver and furniture; Native American stone tools; the 1775 lantern ordered by Paul Revere to be hung in the church steeple and made famous by Longfellow's poem "Paul Revere's Ride;" a replica

of Emerson's study where he wrote his influential essays; and the world's largest collection of Thoreau's possessions, including the desk on which he wrote "Civil Disobedience" and Walden.

fenway park

Home of the Boston Red Sox, this ballpark is worth a visit whether it is baseball season or not. You can take a guided tour of Major League Baseball's oldest stadium and learn about its geometrically peculiar shape, including the only ladder in play in the majors, and manually operated scoreboard, and explore the Green Monster (the park's 37- foot-tall left-field wall), the dugout, press box and pristine baseball diamond.









mooo...restaurant, beacon hill

Located in Beacon Hill, Mooo...Restaurant offers a contemporary take on a classic steakhouse. The atmosphere is "sophisticated, warm and romantic. The dining room glows at night with warm amber hues and tones," says Alexa Demarco, general manager of Mooo. "Never leave hungry" is Chef and Owner Jamie Mammano's philosophy and his modern menu is sure to satisfy—from appetizers including East Coast oysters, beef sirloin Carpaccio and New England Littlenecks to main course items of bone-in Delmonico steak, pepper crusted prime sirloin au poivre and dry aged rib eye, all served with roasted garlic and bone marrow butter. The most popular dish is "our signature Beef Wellington." It is traditionally served with Puff Pastry, but we put a modern spin on it by adding Foie Gras, Spinach and Duxelle," says Demarco. "Our American Wagyu Dumplings are also popular."

rialto restaurantbar, harvard square

Rialto is home to James Beard award-winning chef and Bravo T.V.'s Top Chef Masters contestant, Jody Adams. Chef Adams "is known for her regional" Italian cuisine prepared from the finest local New England ingredients," says spokesperson Rebecca Fetner. "Rialto's menu changes monthly with the bounty of the season and the ever- changing regional focus. Guests enjoy a combination of signature dishes like the Lobster Buccatini and Long Island Roast duck paired with an award-winning wine list." The bar menu offers small bites including fried olives with salami and parmesan, house pickles, smoked char with capers and duck liver pate. "Rialto's dining room is designed to create an open and airy atmosphere with intimate gathering spaces throughout," explains Fetner. "It's comfortable and romantic with floor to ceiling windows overlooking the bustling Harvard Square."







rest

xv beacon, 15 beacon street, boston, massachusetts

"XV Beacon is an elegant 62-room hotel, housed in a turn-of-the-century ten-story Beaux Arts building. The façade embodies the history of the Boston neighborhood, while the interior boasts modern amenities and rooms that exude an abundance of comfort," explains General Manager Amy Finsilver. The hotel is centrally located in a historic neighborhood full of culture, history and stylish boutiques. It is in walking distance of the gold-domed Statehouse, legendary Boston Common and Public Garden and the hotel offers Lexus courtesy house cars to drive guest to other Boston destinations. What sets the XV Beacon apart from other hotels in the area? "Our exceptional, sincere service in a sophisticated and intimate atmosphere, and in addition, we are offering NEW green initiatives such as new complimentary Lexus hybrids, and XV Beacon was also the first hotel in Boston to use a FDA-cleared device in our hypo-allergenic room," says Finsilver. "The in-room fireplace, rain forest shower head, plush cashmere bed throw and our roof deck are amenities guests rave about." Guests keep coming back for the "attentive and knowledgeable staff who are proactive in attending to guests' needs and requests, plus the location of the hotel which is in the heart of city life, but is private and peaceful," she says. ■





BROADWAYPALM DINNERTHEATRE

November 17-December 25



The spectacular Broadway version of the classic Christmas tale.
A marvelously told story and a beautiful score.

DECEMBER 1-28



A musical revue in the intimate Marquee Theatre.

November 25 - December 23



Just \$16 for all ages includes a kid-friendly luncheon buffet.

DECEMBER CONCERTS







December 19



3 International Tenors (and a guy from Detroit)

December 5

(480) 325 6700

5247 East Brown Road Mesa, AZ BroadwayPalmWest.com

DATEROOK

by: Emily Bell,
Sam Brebner,
Courtney Foltz,
Gabby Hirneise,
Hayley Mann,
Erika Mionis,
Sarah Robins,
Alex Shea,
Matt Wall,
Julie Woudenburg

Dance with the Dancers

November 11th, 8 pm
"Meet Us at the Bar(re)," will
be held at Ballet Arizona's
future home in downtown
Phoenix. Join the fun for an
evening complete with hors
d' oeuvres, drinks and, of
course, dancing. DJ Decipha
sets the pace for this warehouse party. For more info,
visit www.balletaz.org.





ARTS & ENTERTAINMENT ARTS & ENTERTAINMENT OF THE PROPERTY OF

by Reisha Zang

The Datebook highlights some of the events going on in the Valley. For more information or verification of dates and times, be sure to call ahead. For a more complete listing, visit our website www.az-lifestyle.com.

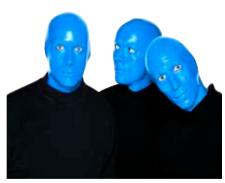
COMMUNITY SHOPPING DAY NOV. 12

Shop, save and make a difference at Macy's at the Biltmore Fashion Park and Scottsdale Fashion Square. Donate \$10 for a shopping pass with exclusive savings, and the chance to win a \$500 Macy's gift card. One hundred percent of the sale each savings pass goes directly to The Phoenix Symphony. E-mail nholverson@phoenixsymphony.org for more information.



SERCIO MENDES NOV. 5

This Grammy award winning artist will perform as part of La Gran Fiesta: A Celebration of Latin and Hispanic Culture at Scottsdale Center for the Performing Arts. The evening will include highlights from Mendes' recent release, Bom Tempo, an invigorating mix of color, texture and street-derived energy, highlighting his mastery of authentic Brazilian rhythms. For more information, visit www.scottsdaleperformingarts.org.





NOV. 1-6

Blue is back and better than ever. This theatrical tour features classic Blue Man moments as well as brand new experiences to delight audiences. The crowd at Gammage Auditorium will be on the edge of their seats enjoying the new hi-tech visuals, along with a live band to add to the excitement. Tickets are available online at www.asugammage.com.

NASCAR: KOBALT SERIES 500

NOV. 10-13

The checkered flag is up at Phoenix International Raceway. This weekend of fast cars opens on the 10th with practice rounds, continues on the 11th with qualifying rounds, then on the evening of the 12th offers an exciting NASCAR K&N Pro Series West Race (125 laps, 125 miles). The big event is on Sunday with cars logging 312 miles. Tickets can be purchased online at www. phoenixraceway.com.



Who will survive this evening of comically explosive bad behavior at the Arizona Theatre Company? Watch as a civilized evening of coffee, cake and conversation about their kids disintegrates. Winner of the 2009 Tony Award for Best Play, God Of Carnage is a hilariously harrowing look at the minefield of modern marriage. To reserve your seat go to www. arizonatheatre.org.



FORD IRON MAN NOV. 20

The most grueling endurance event comes to Arizona. Athletes race to swim 2.2 miles in Tempe Town Lake and bike 112 miles before running a marathon to reach the finish line. Spectators can line the streets to cheer on participants or visit the activities at the Ironman Village. For information, visit www.ironmanarizona.com.





NATIONAL THEATRE LIVE: THE KITCHEN

NOV. 13

If you enjoy dark British humor, you will enjoy this unique opportunity. As part of the National Theatre Live series, The Kitchen will be recorded live in London and simulcast to the Phoenix Art Museum. The Museum is the exclusive Phoenix-area venue for this thrilling series of great plays. For show times and tickets visit www. phxart.org.



ARIZONA OPERA: FAUST

NOV. 11-13

Don't let the Devil keep you away. Internationally-acclaimed Bass-Baritone Greer Grimsley steals the spotlight as Mephistopheles, the satanic conjurer who gives the old, regretful Dr. Faust another chance at love. As Dr. Faust experiences love for the second time as a youthful man, his fate and the fate of his lover are thrown into uncertainty. Visit www. azopera.com for tickets.

ZOOLICHTS NOV. 24 - JAN. 9

Come celebrate wildlife in wild lights at the 25th anniversary of ZOOLIGHTS. For this special anniversary, 3.5 million lights and 600 light displays will be displayed. Don't forget about the polar slide, a 160-foot long polar slide, while listening to fantastic music. For tickets and information, visit www.phoenixzoo.org.

A CHRISTMAS STORY

NOV. 23 - DEC 18

Be prepared to duck. This play is a treat that everyone can enjoy - unless someone shoots their eye out! Phoenix Theatre brings this beloved motion picture to life this holiday season, complete with bullies, grown-ups, who don't understand, a terrifying Santa and mishaps galore. To reserve your seat, visit www. phoenixtheatre.com

BACK TO BASS TOUR: STING NOV. 22

There's no hurt in this sting, so come experience the legend of Sting's performance at Comerica Theatre (previously known as the Dodge Theatre). Sting will perform songs from his original 1985 solo debut, The Dream of the Blue Turtles, to his most recent release, Live in Berlin. Tickets at www.livenation.com.



JORNOVEMBER

GLENDALE

NOV. 25 - 26

It may not be gold, but this glitter is still worth its weight in enjoyment. Glendale Glitters is the place to be for anyone wanting to bask in the holiday spirit. The stunning display of 1.5 million lights illuminate 16 blocks of Historic Downtown Glendale, making it the largest free holiday light display in Arizona. For more information, go to www.glendaleaz.com/events/



MAX & RUBY: BUNNY PARTY

NOV. 26

Shhh, you are invited to a surprise party. Join the fun as Max & Ruby get ready for the big event. This live show will have the whole audience singing and hopping along at the Comerica Theatre (formerly Dodge Theatre). Go to www.livenation.com for tickets.

MUSIC & DANCE

November 1 THE FELICE BROTHERS

A little bit of folk, a little bit of country, a little bit of rock – these sons of a carpenter first started playing in New York City's subways in 2006. Come witness the guitar-picking, accordion playing ensemble playing their newly releases single, *Ponzi* and other selections at the Rhythm Room. Go to www. rhythmroom.com for tickets.

November 2 & 7 SOCKHOP

To enjoy a blast from the past, you can join in on some 1950's dancing while seeing the Skye's Sock Hop. The event takes place at SKYE, Peoria, and features live music from The Realtones. The dancing doesn't stop on Nov. 2, but is coming again on Nov. 7. For tickets and more information, go to www. liveatskye.com/sockhop.

November 3 FALL CONCERTS IN THE PARK

Pack up the family and head over to Gilbert's Freestone Park for a fun Thursday night of country music, featuring the Arizona band Desert Dixie. The five-person band includes several native Arizonans and includes a set of both original and classic songs. For more information visit www.gilbertaz.gov

November 3, 10 &17 OUT TO LUNCH CONCERT SERIES

Add a soundtrack to your lunch this month. Come on down to the Wells Fargo Garden to listen to local bands perform while taking a break from a hectic workday. On Nov. 3, you can enjoy the The Hungry Five performing various Polkas and Waltzes, and on Nov. 10, come hear our very own Arizona Veterans Band performing a "Tribute to Veterans". And on Nov. 17, The Arizona Trio will entertain you with folk-style music. For more information and tickets go to www.mesaartscenter.com.

November 5 & 6 Dia de los Muertos at MIM A CELEBRATION OF LIFE THROUGH MUSIC

Celebrate Dia de los Muertos in traditional fashion at the Modern Musical Instrument Museum. The festivities feature musicinspired activities for all ages, a tribute honoring American and Mexican musicians, live performances by traditional solo artists and bands, and Mexican-inspired food and drink. The event is free with museum admission. For more information, visit www. themim.org.

November 5 PHANTOGRAM

The Crescent Ballroom, a venue with character like no other, presents Phantogram, an American electronic rock duo. Enjoy the intimate setting as you listen to this lively band perform songs from their recently-released album Nightlife. For tickets and more information, visit http://www.crescentphx.com





November 5 SÉRGIO MENDES

This Grammy award winning artist will perform as part of La Gran Fiesta: A Celebration of Latin and Hispanic Culture at Scottsdale Center for the Performing Arts. The evening will include highlights from Mendes' recent release, *Bom Tempo*, an invigorating mix of color, texture and street-derived energy, highlighting his mastery of authentic Brazilian rhythms. For more information, visit www.scottsdaleperformingarts.org.

November 9 BLACK JOE LEWIS & THE HONEY-BEARS

Have a soft spot for honey bears? This blues/rock band will be performing songs from their new album, *Scandalous*, a refreshing mix of rock, soul and the blues. Visit www.blackjoelewis.com for tickets and information.

November 9 CITY AND COLOUR

Add a little vibrancy to your night, and come see acoustic and folk musician City and Colour perform. The singer-songwriter, Dallas Green – a name from which he derived the city and color reference – has toured with artists such as Pink. Though he is sure to sing hits such as *Sleeping Sickness*, it is doubtful you will catch such an illness watching his performance at the Marquee Theater. For ticket prices and additional information, go to www.luckymanonline.com.

November 11, 12 & 13 ARIZONA OPERA'S FAUST

The devil made me do it. Or at least that's Dr. Faust's excuse. Internationally-acclaimed Bass-Baritone Greer Grimsley steals the spotlight as Mephistopheles, the satanic conjurer who gives the old, regretful Dr. Faust another chance at love. As Dr. Faust experiences love for the second time as a youthful man, his fate and the fate of his

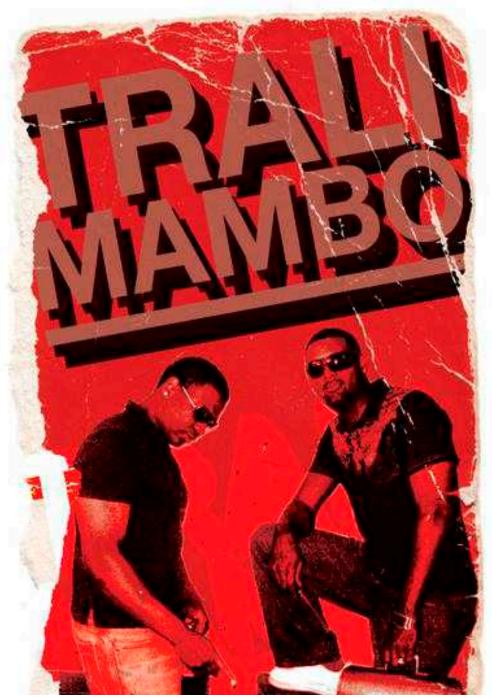
lover are thrown into uncertainty. Visit www. azopera.com for tickets.

November 17 OWN THE NIGHT: LADY ANTEBEL-LUM

Grab your cowboy boots and hats because Country sensation, Lady Antebellum, is coming to town. Hosted at the Grand Canyon University Arena, they will be performing their hit song, *We Own the Night*, and many more. Country singers, Josh Kelley and Randy Montana open for the show. To find out more information or to purchase tickets, visit www.ladyantebellum.com

November 17 & 18 OUR WORLD DANCES

Enter the unique world of dance to be fascinated by the Fall Dance Concert for the Dance Department of South Mountain Community College. The concert features local high school dancers and dance companies as wells as the South Mountain dancers. The event takes place at South Mountain Com-



Music in the Garden, November 11 - 18

munity College Campus. See http://finearts.southmountaincc.edu/ for more information.

November 18 UNDERLAND

Not only do entertainers produce dancing as entertainment, they produce dance to express the uniqueness of human character. The choreography of Stephen Petronio proves captivating with his fascinating work of art *Underland*. The performance takes

place at the Scottsdale Center for Performing Arts and introduces a soundtrack by Australian alternative rock artist Nick Cave. For more information and tickets, visit www. scottsdaleperformingarts.org.

November 18 & 19 CHANDLER GILBERT COMMUNITY COLLEGE DANCE SHOWCASE

For those who appreciate various forms of dance the Gilbert Community College Performing Arts Center is the place to be.

The students will perform dances choreographed by the college faculty. For more information, go to www.cgc.maricopa.edu.

November 18, 19 & 20 EMERGING ARTISTS

Don't miss this opportunity to watch new talent take the stage at the Margaret Gisolo Dance Studio. The ASU Institute for Design and the Arts present this event which consists of dancing works by Whitney Waugh and Karryn Allen, where the natural movement of the body enters the world of dance. See http://dance.asu.edu for further information.

November 18 - December 3 LE NOZZE DI FIGARO

One of Mozart's most successful works comes to Tempe's Evelyn Smith Music Theatre. Le Nozze Di Figaro, otherwise known as The Marriage of Figaro, is a dramatic Italian opera, at one time banned in Vienna because of its satire of the aristocracy. The Lyric Opera Theatre performs this spectacular show at the Evelyn Smith Music Theatre. For more information, visit http://music.asu.edu.

November 20 MORRISSEY

Arguably one of the most influential artists of our day, former member of The Smiths, singer songwriter Morrissey hits Phoenix's Orpheum Theater. Come see the native Englishman perform hits from his 30-year plus musical career. For more information, visit www.livenation.com.

November 22 BACK TO BASS TOUR: STING

There's no hurt in this sting, so come experience the legend of Sting's performance at Comerica Theatre (previously known as the Dodge Theatre). He will perform songs from his original 1985 solo debut, *The Dream of the Blue Turtles*, to his most recent release, *Live in Berlin*. For more information or tickets visit: www.livenation.com

THEATER

November 1 - 6 BLUE MAN GROUP

Blue is back and better than ever. This theatrical tour features classic Blue Man moments as well as brand new experiences to delight audiences. The crowd at Gammage Auditorium will be on the edge of their seats

enjoying the new hi-tech visuals, along with a live band to add to the excitement. Tickets are available online at www.asugammage. com.

November 10-13 & 18-20 MUSIC MAN

A scheming traveling salesman and a respectable librarian are an unlikely pair, but throw them together and add some music, and you have yourself a recipe for a fun family night at the theater. Desert Foothills presents the classic musical that is sure to strike a chord. Reserve your tickets now at www.desertfoothillstheater.com.

November 13

NATIONAL THEATRE LIVE: THE KITCHEN

If you enjoy dark British humor, you will enjoy this unique opportunity. As part of the National Theatre Live series, The Kitchen will be recorded live in London and simulcast to the Phoenix Art Museum. The Museum is the exclusive Phoenix-area venue for this thrilling series of great plays. For show times and tickets visit www.phxart.org.

November 17 - December 4 GOD OF CARNAGE

Who will survive this evening of comically explosive bad behavior at the Arizona Theatre Company? Watch as a civilized evening of coffee, cake and conversation about their

kids disintegrates. Winner of the 2009 Tony Award for Best Play, *God Of Carnage* is a hilariously harrowing look at the minefield of modern marriage. To reserve your seat go to www.arizonatheatre.org.

November 23 - December 18 A CHRISTMAS STORY

Be prepared to duck. This play is a treat that everyone can enjoy - unless someone shoots their eye out! Phoenix Theatre brings this beloved motion picture to life this holiday season, complete with bullies, grownups, who don't understand, a terrifying Santa and mishaps galore. To reserve your seat, visit www.phoenixtheatre.com



EVENTS

On Thursdays, Now - November 10 BUTTERFLIES AT THE DESERT BO-TANICAL GARDEN

Come and be surrounded by hundreds of butterflies this fall. At the Desert Botanical Garden they will be having an event that you will never forget, an exhibit that has beautiful live monarchs. You can come to this event on every Thursday. For more information please visit http://dbg.org/events-exhibitions/mariposa-monarca-monarch-butterfly-exhibit

November 2 NEW MEMBER'S NIGHT

It's time to renew your memberships to the Phoenix Art Museum, ladies and gentlemen, and fast, because Phoenix Art Museum is holding a New Member's Night with food, four different exhibition tours, and a separate Under 21 poetry workshop. Artists involved include fashion designer Giorgio di Sant' Angelo and photographer Gordon Parks. For more information about times and membership fees, visit www.phxart.org

November 3 EARTH AND SPACE EXPLORATION DAY

Pack up your car and take your family to college...for the day. ASU's Tempe Campus

is hosting a day full of activities for anyone interested in Earth and Space. Activities include 3D tours of Mars, hands-on lessons from the Mars Outreach Team, meteorite collections, and more. For more information, visit www.sese.asu.edu for more information.

November 3 - 6 ARIZONA CLASSIC JAZZ FESTIVAL

Arizona is jazzing up its style. Enjoy a variety of jazz sounds at the Crown Plaza San Marcos Golf Resort. On Nov. 4-5, you can even enjoy live jazz concerts from 5-9. On Friday you can expect to hear Dick Curtis and Buddy Apfel, and on Saturday, enjoy a return performance by Dick Curtis and then Tom Fischer. For more information, go to www.azclassicjazz.org.

November 4, 5 & 6 CAREFREE FINE ART & WINE FES-TIVAL

Leave your worries behind as you sample global wines and peruse artwork. View over 5,000 original masterpieces through the streets of downtown Carefree. Call 480-837-5637 or visit www.thunderbirdartists. com for more information.

November 4, 11, 18 & 25 FRIDAY NIGHT FRANKS



Woofstock, November 19

There's no beating \$2 hot dogs, \$3 beers, and free entertainment every Friday night in November. Bring the family to Fort McDowell Adventures from 5-10 p.m. for their various festive nights. Enjoy live Native American entertainment like Stephanie Kniffin and the Mountain Spirit Dancer and Miles Lester. For more information, visit www. fortmcdowelladventures.com.

November 5 WALK TO END ALZHEIMER'S™

The Alzheimer's Association® Desert Southwest Chapter is inviting Valley residents to join the walk, a movement to reclaim the future for millions. The walk will take place at Wesley Bolin Plaza starting at 9:00 a.m. For details, visit www.alz.org.

November 5 THE pARTy 2011

The Phoenix Art Museum's friends and supporters invite you to join them for their annual black tie gala. It is an elegant evening of cocktails, gourmet dining and entertainment by Steve Shelto and the Peter Duchin Orchestra. Don't miss the Valley's premier social event to benefit the Museum's education programs and exhibition schedule. For more information, visit www.phxart.org.

November 5 A MCNIGHT TO REMEMBER IN WONDERLAND

Ronald McDonald House Charities of Phoenix is hosting this party at the Sheraton Phoenix Downtown. Guests will partake in a whimsical evening of fun and festivities and will delight in a chance to look at the world through a child's imaginative eye. Go to www.rmhcphoenix.com for details.

November 5 TREK BICYCLE 12 & 24 HOURS OF FURY

Avid Mountain bikers come one, come all to the valley's premium endurance mountain biking event. This magnificent event challenges participants on who can ride the longest in 12 and 24 hours in order to win all the glory. The grand prize for each gender is 500 dollars so get riding today. For information and cost, visit www.4peaksracing.com/.

November 6 GRAND TOUR OF HOMES

Phoenix Home & Garden will be hosting its annual Grand Tour of Homes in the Valley. The tours will be of five of the homes featured and proceeds will go to benefit the Heard Museum. For more information about ticket discounts and pricing go to www. heard.org.



November 6, 13 & 20 EL PEDREGAL FALL WINE & JAZZ CONCERT

Jazz is like wine. When it gets older, everybody wants it. Spend your Sunday at El Pedregal, tasting wines of different regions and flavors while listening to performances by the Beatles tribute band Marmalade Skies, Dominique Amato, a Phoenix-based saxophone player, and Jodi Light and Shining Star, known for their amazing jazz variety. Information can be found at www.elpedregal.com.

November 7 KNOCK OUT PARKINSON'S JAZZ AND BLUES FESTIVAL

Come for a silent auction and a not-so-silent jazz concert at this Jazz and Blues Festival hosted by the Parkinson Network of Arizona. Performances include Stan Sorenson and Khani Cole and proceeds go to the Muhammad Ali Parkinson Center. Visit www.parkinsonaz.org for more information.

November 7 OLD BAGS LUNCHEON

Arizona's original Old Bags Luncheon will be held at the Arizona Biltmore. There will be a silent auction for Fashion savvy to browse, bid and buy over four hundred designer, vintage and celebrity bags. This event will benefit Homeward Bound, Arizona's largest transitional housing facility for families with children fleeing domestic violence. For details, go to www.hbphx.org.

November 8 TALK CINEMA

Get ahead with this preview of upcoming films. The second of eight nights, this screening will include award-winning indie and foreign films selected by critic Harlan Jacobson and followed by a discussion led by distinguished guest speakers. For tickets, dates, and more information, visit http://www.scottsdaleperformingarts.org

November 8 2011 BROPHY FASHION SHOW

The Brophy College Prep Mother's Guild is once again hosting this annual luncheon and fashion show. It will take place at the Camelback Inn, and raises money for the Brophy College Preparatory Financial Aid Fund. The event will include a special presentation by Brophy's seniors. Approximately 20 percent of the students receive some form of aid based solely on financial need. To purchase tickets visit, www.brophyprep.org.

November 10 SIGNATURE CHEFS AUCTION

The March of Dimes is hosting this event at the Arizona Biltmore. It is one of the most anticipated "Foodie" events of 2011. Enjoy an evening of culinary masterpieces created by the Valley's top chefs including Beau MacMillan, Roberto Madrid, honorary chef Vincent Guerithault and visiting New York chef Rock Harper. The evening includes a live auction, all to benefit the March of Dimes. For more information, contact lbeglin@marchofdimes.com.



November 11 DANCE WITH THE DANCERS

"Meet Us at the Bar(re)," will be held at Ballet Arizona's future home at 28th Street and Washington. You don't want to miss this unique opportunity to spend an intimate evening with Ballet Arizona dancers. This sneak peek at the Company's new home will include hors d' oeuvres, dancing, and signature drinks. To support this event, visit www.balletaz.org.

November 11, 12 & 13 FOUNTAIN FESTIVAL OF ARTS AND CRAFTS

Fountain Hill's Chamber of Commerce invites you to come out for the weekend and indulge in family, friends, food, and fun with over 500 artists coming from around Arizona. This outdoor festival offers a chance to try new foods, listen to great music and get ahead on your holiday shopping. For directions or information on parking, please visit www.fountainhillschamber.com

November 11 - 18 MUSIC IN THE GARDEN

This garden is blooming with more than flowers. The Desert Botanical Garden brings another season of live local music to the most enchanting venue in town. On Nov.11, Fuerza Caribe brings Latin and Caribbean beats to the garden. Nov. 18, Traveler, featuring strong vocals and multicultural instruments, brings a blend of world music and rock. For more information and tickets go to www.dbg.org.

November 12 COMMUNITY SHOPPING DAY

Shop, save and make a difference at Macy's at the Biltmore Fashion Park and Scottsdale Fashion Square. Donate \$10 for a shopping pass with exclusive savings, and the chance to win a \$500 Macy's gift card. One hundred percent of the sale each savings pass goes directly to The Phoenix Symphony. E-mail nholverson@phoenixsymphony.org for more information.

November 12 NOCHE DE GOURMET

This year marks the 28th anniversary of this semi-formal evening of live music, dining, dancing and silent auction. It will also include an exclusive Art Exhibit and a Prize Raffle presented by the Active 20-30 Club of Phoenix to benefit the Children In Need Foundation. This year's event returns to the Tempe Center for the Arts. For details, go to www.phoenix2030.com.

November 12 WALK TO SAVE THE ANIMALS

The Animal Welfare league is asking all animal lovers to come out and walk. Sponsored by Petco Foundation this is a great family event to bring your dog and all your friends. This fundraising event takes place at Tempe Town Lake. Enjoy a 2 or 5k Walk, good food, raffles, games and entertainment. For more information, visit www.aawl.org.

November 12 HIDDEN GEMS LUXURY HOMES TOUR

Mesa Arts Center is hosting a fundraiser for their arts education programs, so come out to tour some of the finest houses in the Mesa area. These homes can be viewed with an emphasis on their art collections, interior design, landscaping, or architecture so there's a little something in it for everyone. For more information, please visit www. mesaartscenter.com

November 12 & 13 PODCAMP AZ

If you're a geek, want to be a geek, or are just interested in learning about blogging, video, podcasting, social media, or new media, PodCamp AZ is the place to be. This "un- conference" is perfect for bloggers, video-casters, writers, musicians, and journalists whether it's for business, pleasure, or both. And, it's free! For more information and to register, go to www.podcampaz.org

November 12 & 13 HEARD MUSEUM SPANISH MARKET

¿Están listo para bailar, cantar, y comer? Because Heard Museum is hosting a market to celebrate Spanish traditions with a vast selection of pottery, weaving, and paintings available to buy from over 75 artists from around the Arizona and New Mexico. This two day event will have performances from mariachi bands and dancers and marks the end of the biannual Celebración Artística de las Américas. For more information, visit www.heard.org.

November 14 - 17 ARIZONA INTERNATIONAL AUTO SHOW

The hottest cars on the road will be displayed at the Arizona International Auto Show at the Phoenix Convention Center. Car enthusiasts will be in heaven seeing the expanse of automobiles. From Chevrolet to Aston Martin's, no car is held back. To get additional information or tickets and pricing, go to www.motortrendautoshows.com.

November 16 IN CELEBRATION OF LIFE

This fall fashion luncheon will be held at The Arizona Biltmore benefiting Face in the Mirror Foundation. Each day Face in the Mirror visits cancer patients with an outreach program that promotes healing by helping to improve their appearance and boosting their energy levels, all while lifting their spirits and providing hope. To learn more about attending this luncheon, visit www.faceinthemirror.

November 18 FRESH START CHARITY GOLF CLASSIC

The Fresh Start Men's Board of Directors is holding this golf tournament to benefit the Jewell McFarland Lewis Women's Resource Center. Golfers have 12 chances to win a new vehicle, participate in the Skills Challenges and putting competition while enjoying a day of golf, great food and drinks and live entertainment at Kierland Golf Club. For details about this event, visit www.wehelpwomen.com.

November 18-20 & 25-27 HIDDEN IN THE HILLS ARTIST STU-DIO TOUR AND SALE

Looking for some home décor? Well look no further because for two consecutive weekends Sonoran Arts League is hosting its 15th annual art studio tour with 45 studios to check out with over 140 artists involved. The walk is a mix of outdoor and indoor exhibits so bring a light jacket and your wallet because you will not want to leave without one of these pieces! For information go to www.sonoranartsleague.org.

November 19 MAD MUD RUN

Lace up your running shoes and be ready to get your hands dirty. MacDonald's Ranch in Scottsdale is transformed into a four mile course full of obstacles for this boot camplike experience. Bring a team or go by yourself and enjoy this day of fun in the mud. For sign up details and more information visit http://www.madmudrun.com

November 19 PHOENIX HEART BALL

"Passion with a Purpose," will be held at the Phoenician Resort. The evening begins at 6:30 with cocktails and focuses on prevention through education and action. The goal is to raise money for research, education and community programs of the American Heart Association. For information about this event, go to www.Phoenixheartball.com.





November 19 & 20 ARTFEST OF SCOTTSDALE

One trip to the Scottsdale Civic Center Plaza during this festival and it is sure to become a holiday tradition. Bring the family and spend the weekend exploring and experiencing literature, visual art, food, and music at their finest. For more information, visit http://www.888artfest.com

November 21 MAKE-A-WISH FOUNDATION GOLF CLASSIC

Troon North Golf Course is home to this 10th annual golf tournament. Make-A-Wish Foundation® has enriched the lives of children with life-threatening medical conditions through its wish-granting work. To learn more about this event, visit rsvp@wish.org.

November 30 FLAMENCO NIGHT

Put on your dancing shoes because the 2nd Annual Flamenco Night is back with performances by the Latin American Art Alliance and the Chris Burton Jácome, an acclaimed flamenco guitarist. For more information or to buy tickets for the event, accurately called FlaMéxico, please visit www.phxart.org

SPORTS

November 13 NASCAR: KOBALT SERIES 500

Come one come all to the NASCAR Sprint Cup Series event, hosted by the Phoenix International Raceway. This semi-final cup race is to be one for the ages. Any rookie or veteran is sure to enjoy this incredible race. For tickets and information, visit www.phoenixraceway.com.

November 17 - 20 NAPA AUTO PARTS LUCAS OIL WORLD FINALS

Ladies and Gentlemen: start your boats. Boat racing comes to Phoenix for a quarter mile drag race down Firebird Lake. The winners will be crowned world champions, and new records are sure to be made. To purchase tickets, visit FirebiredRaceway.com

November 20 FORD IRON MAN

The most grueling endurance event comes to Arizona. Athletes race to swim 2.2 miles in Tempe Town Lake and bike 112 miles before running a marathon to reach the finish line. Spectators can line the streets to cheer on participants or visit the activities at the Ironman Village. For more information, visit www.ironmanarizona.com

HOLIDAY EVENTS

November 24 THANKSGIVING DAY HARVEST FEAST

Families are encouraged to come on out to the Heard Museum to learn about the history of Thanksgiving through traditional American Indian Cuisine and celebrate traditions passed down through the generations, not to mention skipping out on all the stresses of cooking for yourself. To save your seats, go to www.heard.org.

November 24 - January 9 ZOOLIGHTS

Come celebrate wildlife in wild lights at the 25th anniversary of ZOOLIGHTS. For this special anniversary, 3.5 million lights and 600 light displays will be displayed. Don't forget about the polar slide, a 160-foot long polar slide, while listening to fantastic music. For tickets and information, visit www.phoenixzoo.org.

November 25 & 26 GLENDALE GLITTER

It may not be gold, but this glitter is still worth its weight in enjoyment. Glendale Glitters is the place to be for anyone wanting to bask in the holiday spirit. The stunning display of 1.5 million lights illuminate 16 blocks of Historic Downtown Glendale, mak-

ing it the largest free holiday light display in Arizona. Stroll along the streets admiring the spectacular show. For more information, go to www.glendaleaz.com/events/

November 26 FANTASY OF LIGHTS PARADE

This is an annual fantasy you will want to continue. The Fantasy of Lights Parade on 3rd and Mill Avenue is holiday tradition for the whole family. Cars, balloons, and local bands light up the parade, both literally and figuratively. And at the end of the parade, Santa Claus makes a guest appearance. Admission is free. For more information, visit http://millavenue.com/events/fantasyoflights

KIDS

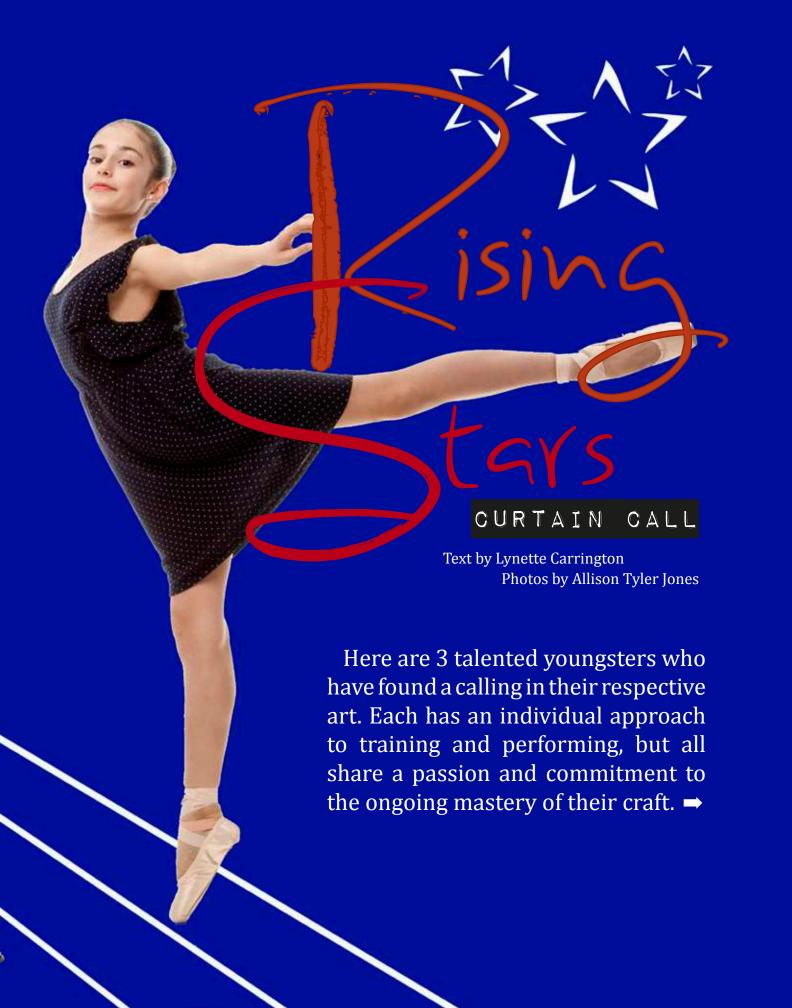
November 13, 19, 20 & 26 CHILDSPLAY: "LYLE THE CROCO-DILE"

Ready for a night full of fun and laughter with the kids? Then "Lyle the Crocodile" is the perfect event. Based on the children's book written by Bernard Waber, Tempe for the Performing Arts is proud to make the book come alive. Although aimed at a younger audience, parents will surely have a great time too. To buy tickets or find out more information, visit www.tempe.gov/tca

November 19 WOOFSTOCK

Come join the City of Chandler for the second annual Woofstock, includes a gigantic dog walk, a silent auction and a raffle. It is sure to be a memorable event for the whole family. The event will also feature a concert for the animals, a pet psychic, and even a dog massager. For tickets and information, visit www.chandleraz.gov.









Peter Eom describes his love of music as a relationship. When he was eight years old, Eom received a gift that completely transformed his life. "My mother gave me a cello as a life-long friend," he says. Discovering that the instrument had a "natural" voice approaching that of a human in tone, complexity, and range, the bond was formed. As the saying goes, the rest is history.

When Eom was 10, he moved with his family from Korea to Arizona. In the fifth grade, he auditioned for the Metropolitan Youth Symphony, and was accepted and served as its Division I principal. Eom then moved to the Phoenix Youth Symphony in the seventh grade, and has served as its principal cellist since the eighth grade. One year later, he won the Clotilde Otranto Prize in the Concerto Competition, which allowed him the honor to perform with the Phoenix Symphony. Eom has also recently performed with the MusicaNova Orchestra, based in Scottsdale, playing two concerti – a beautiful work composed by the famous Hugh Downs, and a challenging endeavor arranged for cello and orchestra by Warren Cohen, from Rachmaninoff's famous Sonata for Cello and Piano.

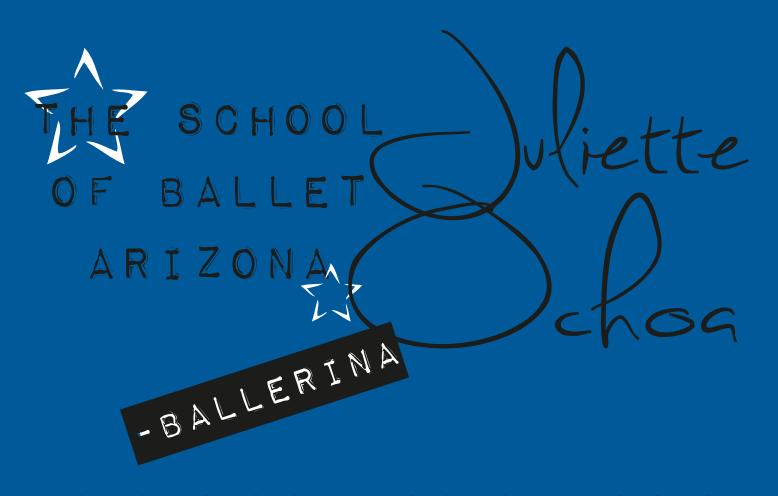
"Music is the essence of emotion and imagination," he says. "It expresses the inexpressible." Eom sees himself, not as a performer, but more of a conduit

to translate music from the page and touch each listener's heart.

As a way to give to others, Peter has formed a non-profit organization comprised of 33 musicians that share orchestral music with those who may not otherwise experience it. "We play for homeless people, at hospitals for patients, in nursing homes," he shares. "The least we can do is warm their hearts and make them happy."

Currently a junior at Highland High School, Eom is a straight-A student. He loves all subjects but singles out physics and math as areas that pique his interest. "Math is divine because it's so wonderfully philosophical," he says. His life is also dominated by art. Eom remarks that he sometimes arrives late to school because he was busy writing down a melody or a poem that he imagined in his sleep. Given his exceptional musical talent and scholarly accomplishments (currently he is taking six AP courses), college is certain. He is considering Harvard-New England Conservatory (NEC), Columbia-Juilliard and University of Pennsylvania-Curtis as potential colleges where he might double major.

His mother, Kate, reflects that when Peter plays the cello "he comes alive." Everyone who has seen Peter perform will agree.



Juliette Ochoa is destined to be a prima ballerina. With the poise of someone well beyond her years, it is evident in how she carries herself. The excitement in her voice when she speaks of her love of ballet is exhilarating. Her undeniable talent completes the package.

She began her early dance training at a Valley studio called Footprints. "I started when I was three," Ochoa says. Her mother, Maria, enrolled her in ballet class because it just made sense. "When she was starting to walk, she was tiny, so she walked on her toes...She was so small and wanted to see everything."

Juliette is keenly aware of her talent, yet displays the eagerness of a student always willing to learn more. At the School of Ballet Arizona she studies five days a week, which includes two hours a day in technique and pointe class On making her pointe milestone at the age of 11 Juliette says, "I really like to be on pointe. I feel pretty and graceful."

Fridays are a special day of instruction where she gets to do a "character" class, training in other forms of expression and explore other dance styles.

Juliette has participated in BAZ performances including Sleeping Beauty, Don Quixote, A Midsummer Night's Dream, and just last month, Cinderella. "Performing is so exciting. I am nervous and excited at the same time. I love being on stage doing what I love to do," she says.

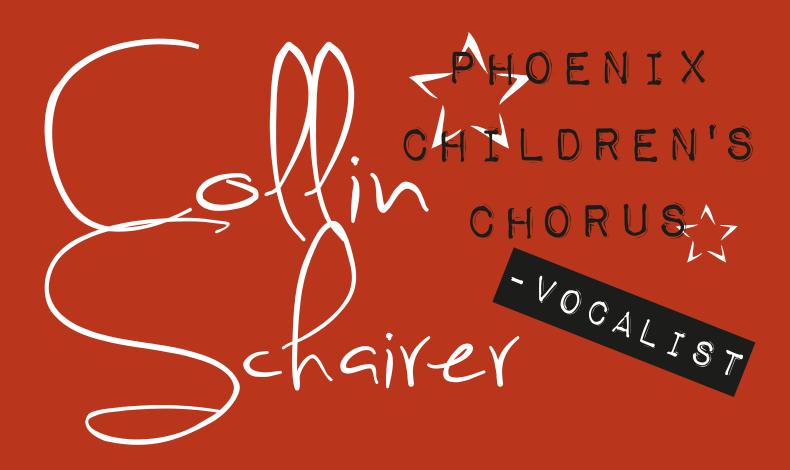
Last season, in Ib Andersen's Nutcracker, "New York Times" dance critic, Alastair Macauley recognized Juliette's portrayal of Clara as "first rate." Next month she will reprise the role in six performances.

Even with a demanding training and performing schedule, Juliette manages to juggle challenging school studies at Veritas, a charter school whose curriculum is based on teaching the great books throughout history. Beyond high school, Juliette entertains the thought of continuing ballet at Ballet Arizona, Juilliard, or even the Royal Ballet.

This petite powerhouse has identified her calling; "Ballet is what I really want to do," she says with great conviction.Lucky for us.







Vocalist. Guitarist. Pianist. Violinist. It's hard to identify just one skill that classifies Collin Schairer, but his vocal talent is standout. "Singing to me is free, like talking, but with melody," he says.

His mother, Laura, isn't sure where Collin got his singing talent, although she notes his grandmother used to sing. As a preschooler, Collin began belting out tunes for his parents. His favorite was the rock anthem, 'Sunday, Bloody, Sunday' by U2. He would often sing for family and friends, and he was a regular shower singer. He has since moved his vocal styling out of the shower stall and done extremely well.

On is first attempt in joining Phoenix Children's Chorus, Collin made the grade. "Out of 100 kids who auditioned, I was the only one chosen for the touring portion of the chorus," he says. "I normally sing alto, but also pick up baritone parts."

Since joining Phoenix Children's Chorus just over a year ago, he's learned many genres of songs and mastered selections in Latin, Spanish, and French. In June 2012, the chorus will embark on an international adventure, "We're singing in Italy," says Collin. The 10-day whirlwind tour includes performances at a U.S. Naval Base, several opera houses and hopefully singing for the Pope. A cultural exchange performance in Catania, a sister city to Phoenix, is also scheduled.

As a sixth grader at Arizona School for the Arts, Collin is a member of the choir, studies violin and piano, as well as balancing a full academic load. He also plays guitar but singing, by far, is his favorite performance choice. And, a new business endeavor keeps Collin cooking. Literally.

In a name befitting to Collin's wink-and-a-smile attitude, he's named his brownie business, Collin's Back Alley Brownies. The name refers to the fact that he had to pick a less-than-ideal place to sell his personally homemade brownies to his schoolmates. He now sells his brownies on the internet via www.BackAlleyBrownies.wordpress. com. So if we don't find Collin singing at Carnegie Hall one day, we'll definitely see him on the Food Network.



APPLAUSE text by KENNETH LAFAVE sketches courtesy of ARIZONA OPERA

MAN





Faust lived in Medieval Germany. He also lived in 19th century France. Courtesy Arizona Opera, he haunts the nightclubs of 21st century America.

Faust is always Right Now.

"It is really a timeless challenge to avoid the temptation of earthly delights," says Scott Altman, general director of Arizona Opera.

"The original story of Faust took place in Medieval Germany, and the opera was composed in 19th century France. It seems natural for us to update it to today."

French composer Charles Gounod wrote the opera Faust, based on Johann Wolfgang von Goethe's play in 1859. After a shaky start, it achieved enormous international success. New York's Metropolitan Opera opened its doors in 1883 with Faust and produced it so often in the next few decades it became known as the "Faust house." It ranked as the most-performed opera in the repertoire at the turn of the 20th century. George Bernard Shaw joked that, of his 12 years writing music criticism, he spent 10 of them watching Faust.

The opera's popularity endured, though by the end of the 20th century it had long lost its place beside the likes of Carmen and La Boheme at the top of the repertoire list. Arizona Opera has produced Faust only twice previously in 37 seasons: 1977 and 1990. The gap of 21 years since the last production speaks to the opera's second- or third-tier status these days. But if any director can bring it back to the front ranks, it would be Bernard Uzan.

"I've directed Faust 14 times, and it is still one of my favorites," says Uzan, the French- born director who has staged Turandot, Tosca, Macbeth and Threepenny Opera for Arizona Opera. His Faust will play Phoenix Symphony Hall Nov. 11, 12 and 13. The production features Raul Melo in the title role, Emily Pulley as Marguerite and Greer Grimsley as Mephistopheles. (Go towww.azopera.com for more information.)

Rather than set the Faust story in the Medieval Ger-

many of Goethe's original (and of the opera). Uzan decided to bring it into the present. Arizona Opera's Faust will take place today, in a kind of eternal Now that just happens to look like contemporary urban life. No

quaint tavern for this Faust; a hip nightclub will stand in. And when the soldiers return from battle, they will be coming back from...Iraq? Afghanistan? Or...?

"I've updated it for many reasons. First, the story does not belong to any specific period, not the 18th century or the 19th century or any other century. So why not do it today? Second, that way it is more immediate. Seeing people in a nightclub speaks more to an audience today than seeing them in a little German town," Uzan says.

Uzan says the story speaks directly to him: Faust regains his youth, only to bring disaster and downfall to his beloved Marguerite.

"It is one of the most important questions of humanity, 'How can I age?' I think everyone would sell their souls to the devil, just to have youth again," Uzan says.

Goethe's German-language drama, draped in Gounod's flowery French Romantic music, can seem a little incongruous. The director notes:

"Staged in the original historical period, it can look a little passé because of the style. Goethe's story takes place in the Middle Ages, but Gounod's music has nothing to do with the Middle Ages."

Here is where Uzan's updating comes to the opera's rescue. A Medieval story flowing with anachronistic waltzes and marches does indeed look "passé." But throw in the third element of a contemporary setting, and the result can feel post-modern, like an assemblage of disparate elements that deliberately clash for the purpose of underlining the importance of the Eternal Story.

Uzan, 66, studied at the University of Paris, earning PhDs in theater, literature and philosophy, and his productions show the intellectual bent of those disciplines. His Faust incorporates a design in which certain key words show up at intervals on the stage as set pieces. Uzan explains:

"The original story of Faust took place in Medieval Germany, and the opera was composed in 19th century France. It seems natural for us to update it to today."

- Scott Altman, General Director of Arizona Opera



"You won't see the words all at once. From time to time they will come to light in an abstract manner, to symbolize the major preoccupations of humanity: hell, angels, fears, old age, youth, desire, et cetera. I wanted to use these words to comment on the action, to show the basic meaning of each scene. For instance, at the beginning, when Faust is alone and old, I will certainly use words like 'old age' and 'loneliness.' It has to do with what's happening inside the heads of the characters."

Do these concerns reflect the director's background in philosophy? He is reluctant to say they are conscious applications of his intellectual background, but cedes that he is made of "all that I have done" – including his early studies.

"When I was young, I was interested in

Schopenhauer, Kant, Descartes, et cetera. Am I conscious of this? Or am I using this without being conscious of it? Jean-Paul Sartre said, 'Culture starts when you have forgotten everything.' It's a result of what you are."

Following performances in Phoenix and Tucson, the Arizona Opera production of Gounod's Faust will travel to Opera Ottawa and Lyric Opera Baltimore.

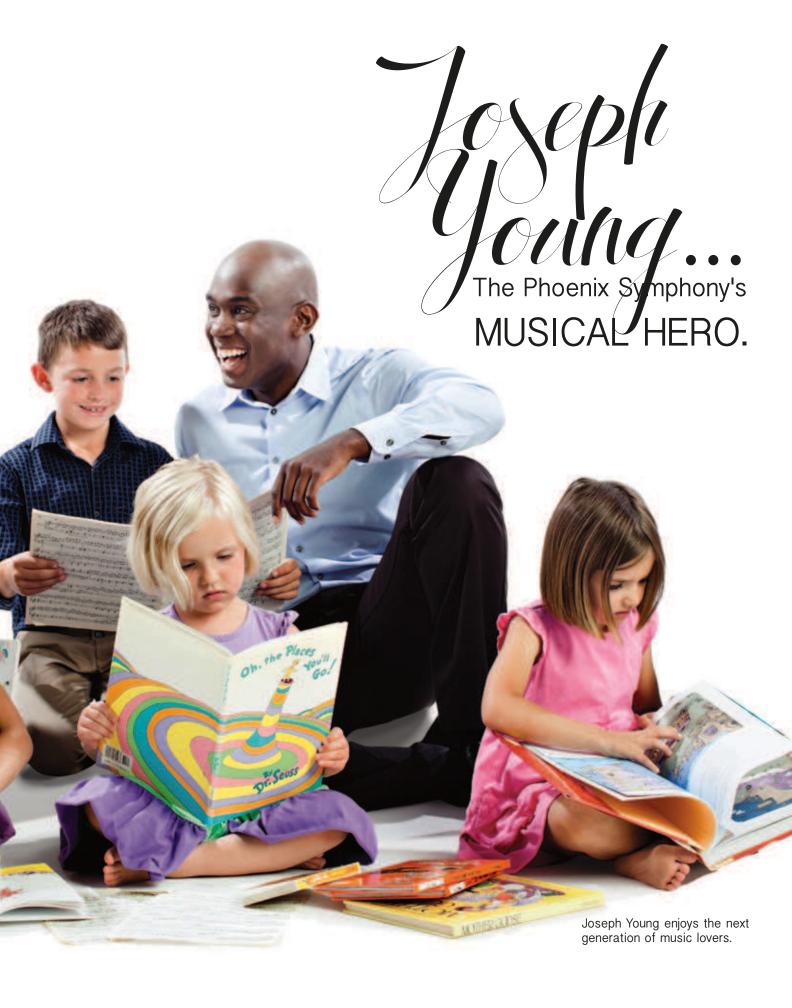
"This is really another notch in the belt for Arizona Opera's international status," says Altman.

"It's very important for us as a well-established regional house to have this kind of integrity in our product. Everything in the production was built here in Arizona."

No souls were sold to make it happen.









Young knows how to capture the young for classical music:

"Live performance. It makes all the difference." He knows, because it made a difference to him.

"I played trumpet in my high school band and never saw an orchestra – never saw a violin or a harp -- until I was 16," Young recalls.

He'd heard symphonic music in recordings, but it wasn't the same.

"Hearing recordings of orchestras can be daunting. But when you see this group of people engaged with each other onstage and the conductor leading them, it's a completely different experience."

Young remembers going to his first orchestra concert, and immediately falling in love with the music.

"Recorded music – that's just music coming out of speakers. But when I saw people making music together, I wanted to part of them." Not long after that, Young decided to become a conductor.

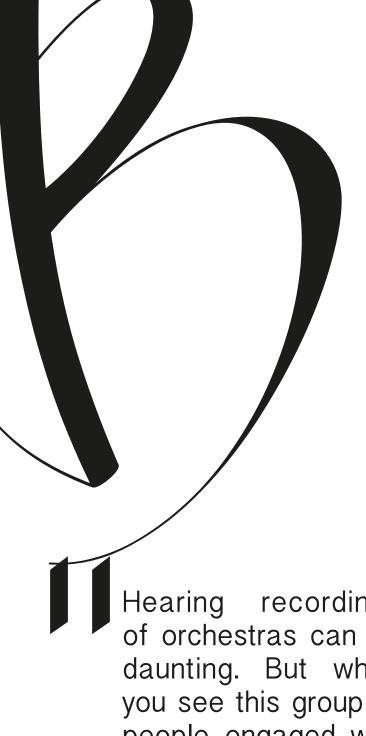
Fast-forward to 2011, and after a three-year detour teaching high school band, Young is Resident Conductor of The Phoenix Symphony. It's a step up from his position last year as Assistant Conductor, though as Young puts it...

"Basically, it's the same thing, but with more responsibilities. I conduct the Pops Concerts and the Family Series, plus I cover Michael Christie, the Phoenix Symphony's artistic director, in his Classic Series concerts."

That last bit means Young is required to prepare all the music Christie conducts in a TPS season, just in case Christie is indisposed. Young also gets to conduct one of the Classics Series concerts himself, at the end of the season. His program will feature Bartok's Concerto for Orchestra.

So, where do all those hordes of Young's young come in? In the Family concerts, of course. This year they are: Dec. 3, "Holiday Celebration"; Jan. 7, "Beethoven Lives Upstairs"; March 17, "Dr. Seuss'





Hearing recordings of orchestras can be daunting. But when you see this group of people engaged with each other onstage and the conductor leading them, it's a completely different experience.

- Joseph Young

'Green Eggs and Ham,'"; April 28, "Musical Fables," and May 26, "Cirque de la Symphonie."

But the Family Concerts are only the tip of the TPS commitment to reaching children with the information that music can be made by someone other than Lady Gaga and Justin Bieber. With \$600,000 of its annual budgeted budget dedicated to education, The Phoenix Symphony performs for some 80,000 children every year, most of them in two programs: "Symphony for the Schools," which brings school children from around the Valley into Symphony Hall for special daytime concerts; and the Classroom Concert Series, which sends the various sections of the orchestra – the strings, the woodwinds, and the combined brass and percussion – into K thru 8 schools.

Helena Elling, a music teacher at Phoenix's Longview Elementary School, has hosted visits from all three TPS Classroom Concert groups.

"I teach at a Title One school. A third of our population is technically homeless, and for many of my kids, the Phoenix Symphony's educational programs may be their only opportunity to hear symphony musicians. I want them to see the level of discipline and focus that goes into producing high quality music," Elling says.

The effects of the 40-minute classroom concerts have been measurable, she says:

"When we started these, a lot of the kids were bored. But there's been a shift. More kids look forward to the next Symphony appearance."

Elling also takes classes to the Symphony for the Schools programs.

"It's exciting for them to go into the theater. I took the 6th grade and we were lucky enough to get seated in the second row. I planted myself between two of the most difficult boys, but they were so blown away by what they saw and heard they were no problem at all."

One of the things that surprises kids about the Symphony experience is that Young is so...well, young.

"They expect to see an old person, because it's classical music. Then this very young man comes out and leads them," Elling says.

Young's ambitions to become a conductor almost went unfulfilled. During his years as a band director, he applied to various conservatories for graduate work but was declined. Finally, one of America's best-known conductors, Martin Alsop, noticed him at a workshop and offered to mentor him. Today, at 29, he stands poised at he edge of what could be a major career.

But while his future may lie in conducting Brahms symphonies and Stravinsky ballets, Young's present is the business of capturing the minds of children with the magic of music. How does he do it? Says Young:

"You can hook them with the familiar, the things they know about. And then you can expand them with what they don't know about. They know about Green Eggs and Ham. But what about hearing Green Eggs and Ham performed as a mini-opera? Opera might intimidate them, but with a familiar story they'll think, 'Maybe opera's okay.'

FAMILY SERIES SCHEDULE

"Holiday Celebration", December 3

"Beethoven Lives Upstairs", January 7

"Dr. Suess" ' Green Eggs and Ham ' ", March 17

"Musical Fables", April 28

"Cirque de la Symphonie", May 26



"Kids' minds are open to anything. We try to hit that in our Family concerts."

Kids also have questions – lots of them. So Young's Q-and-A following Family concerts, classroom performances and Symphony for the School appearances are key to the process.

"They come up with the most intelligent questions. 'How do the reeds vibrate?' 'Where do the instruments come from?' 'How long do you have to play to be this good?'"

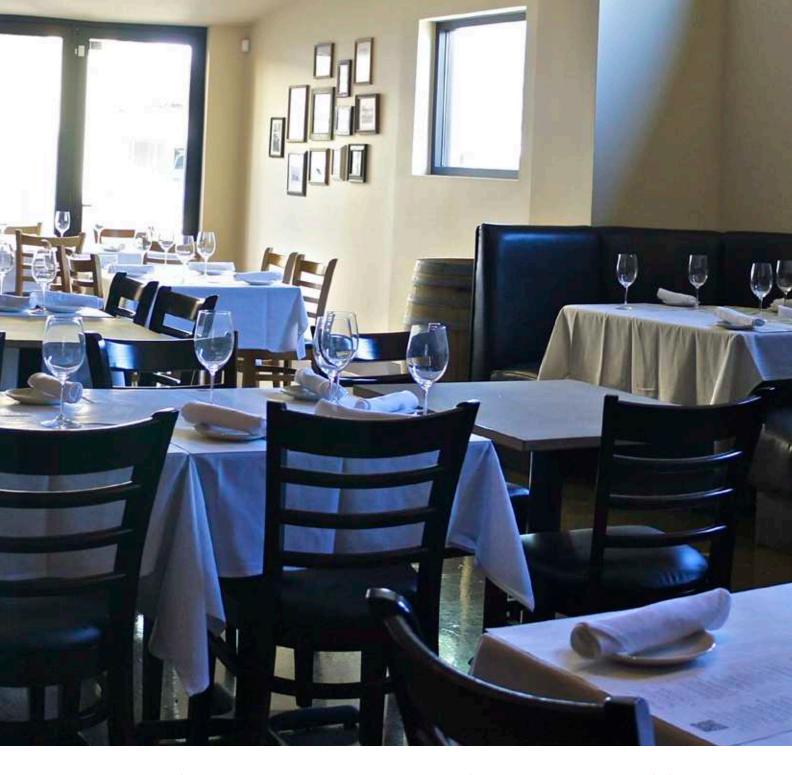
Are there new Youngs among the young? Perhaps. Elling says she heard one of her students say, following the latest

classroom concert, 'I want to be a conductor.' But opportunities for high quality music education are rare. Just ask Young.

Whether the children who hear the TPS educational concerts – from Family to in-school services – go on to hear other classical music is open to speculation. The concert experience is not just about music, Young says, but about the process:

"Live music in front of you is about people being engaged with each other, about people making music together. That's what gets their attention."





It is your civic duty as an Arizona citizen to visit Phoenix's newest smash hit on the dining scene. Citizen Public House is locally owned by Chef Bernie Kantak, General Manager Andrew Fritz and Master Mixologist Richie Moe. Together these three celebrated entrepreneurs combine eclectic tastes and a comfortable vibe to provide extraordinary experiences for your palate in daring new ways.

This new establishment opened its doors on Jan. 16, 2011 to critical acclaim and wondrous reviews. It is located in Old Town Scottsdale on the corner of Craftsman and Fifth Avenue amid the boutique shops and the original home of the first Trader Vic's. Previous ventures for the space were Scottsdale nightclub Next, and even earlier, it housed the jazz club, The Velvet Room.

The focal point for these restaurant veterans is a concept uniquely centered around an "upscale tavern" that showcases stylistic and

delicious variations of American comfort food. A "public house" is the root of what we know colloquially as a "pub" or "tavern." Chef Bernie's menu simply says this: familiar ingredients in unfamiliar ways. "I like to be challenging yet approachable in my style," he notes.

Entering the restaurant through glass doors, you are immediately taken in by the setting. It lends to a crisp, airy and modern décor that offers a sleek, urban comfort easily balanced with touches of dark wood furnishings. The

interior design is unlike any restaurant I have seen in the Valley. It balances an industrial chic steel-topped bar with soft white linen-covered table tops. Elegance meets casual in a completely accessible way. "I really liked the bones of this place," Kantak comments when discussing the décor. "This was the original design and it really spoke to us, so we modeled the interior around the character and integrity the building already possessed." A lounge area with an overstuffed couch and comfy armchair seating is on the immediate left-a perfect locale for an intimate cocktail party. The massive, rectangular bar area makes a comfortable home for partner and Master Mixologist Richie Moe and his team of up-and-coming apprentices in the beverage world. You can find hightop seating in the bar area to observe these magicians create flaming cocktails. A few tables of outdoor patio seating is available that faces Craftsman. Upstairs is an intimate event space for private parties to entertain up to 40 guests. The room possesses the same casual and comfortable experience as the main floor space downstairs.



The original chopped salad

What is not present in the décor creates just as much impact; the décor has no television anywhere. According to Andrew Fritz, partner and general manager, that conscious choice was not to detract from the redeeming qualities of their establishment. He says, "We want you to be engaged by our food and beverage program, and we want to interact with our patrons to provide greater experiences." According to Fritz, "The simplicity of the design leaves your imagination to be enticed by what's truly important-it's what we're here to do!"

Citizen opens for dinner every day at 3:00 p.m. and recently rolled out a new late night menu on Thursday, Friday and Saturday nights from 11:00 p.m. until 1:30 a.m. Here, Chef Bernie gets to create new weekly menus with unique themes offering menu staples and additional little noshes. There was a "Hungarian night" featuring stuffed cabbage and then "school lunches" featuring sloppy joes and grilled cheese sandwiches (with flair of course).

Kantak, Fritz and Moe had all previously worked for Peter Kasperski at Cowboy Ciao and Kazimierz World Wine Bar. Kantak, the Executive Chef, really put Ciao and Kazimierz on the map during his tenure there with some of his award-winning dishes. (The Original Chopped Salad–Kantak's major claim-to-fame—has found a new home on the menu of CPH and was I ever so delighted). Richie Moe was the Assistant General Manager for Kazimierz and developed his wine knowledge and beverage program tremendously during his time there. Fritz was



CPH offers a wide variety of cocktails, wines & beers.





previously the Manager for Ciao and worked hard to continually grow and develop the wine program there.

Timing is Everything

According to Kantak, the CPH truly evolved once they found their new home. "We had this whole vision of opening up a place with a couple different ideas of what we wanted to do, and we knew some concepts were going to lend themselves better than others in certain spaces. Once we found this building, we ran with the concept and it evolved around this place. We wanted the concept to be sort of an 'upscale tavern' that focused primarily on American comfort food."

Kantak's culinary influence originates from a deeply rooted family history. He grew up in upstate New York, and his dad's father was a German butcher. His grandmother, who lived in Ohio, was Hungarian and ran a kitchen. That was his first job, washing dishes at 10 years old. "I grew up having all sorts of unusual things like head cheese and pickled pig's feet," he says. He worked in restaurants all through school and did everything a person could do but never truly thought about making it a career. He was an art major in college with a primary focus in sculpture, and it was his ceramics professor who suggested he try expressing his artistic talents in the kitchen. "He was really into his food and wine, and at the end of the year, he would host a huge pig roast for his graduating students. We celebrated with bourbon and bread pudding. It was partially due to his influence that I started thinking of culinary school, and after that, I enrolled in Scottsdale Culinary Institute," Kantak shares.

What really sets CPH apart from other establishments is that the entire experience is





Lamb burger with pickled cucumber and tzatziki.

something fun and creative. "But more than our food and beverage program, this place really makes me feel at home; I even have vintage pictures of my family members on the wall. All of these things make us a little unique."

Chef's Choice

I asked Bernie to narrow down his 29 item menu to suggest only four must-have dishes for new diners yearning for the full CPH experience. His number one pick is the pork belly pastrami. It is his take on a pastrami sandwich, and he swears he could eat it every day. "The pork itself is from Tender Belly; a friend of mine owns a pork company that really produces beautiful specialty breed pigs. The pork itself is really beautiful, and we cure it, smoke it and then it is

whimsically put together," he says. "Of course everybody loves the original chopped salad;" laughing, he jokes, "It even has its own Facebook page with about 300 fans!" Additionally he says his newest favorite is the Mirliton Chopped Salad, featuring heirloom popcorn, grilled halloumi cheese, chayote, a cucumber-onion salad and a parsley-garlic dressing. The pan-seared scallops are a must have, served over roasted corn grits and then finally the lamb burger with pickled cucumber and tzatziki. "I think with those choices you would really experience a taste of what Citizen is trying to accomplish."

American food with flair is what CPH promises. Chef Bernie Kantak is one citizen who delivers on his promise. ■



UNVEILING THE OBSCURE

CRUSH by ANDREW FRITZ

Imagine you find yourself in a popular wine bar one Friday night. You pony up to the bar where the bartender greets you and hands you a wine list. You scour the list compromised of some recognizable wines and some not-so recognizable ones such as Grüner Veltliner, Cinsault and Grignolino. Then the bartender casually asks, "What'll it be?" Now, whether you realize it or not, here is your fork-in-the-road moment.

You could order something you're familiar with, something you've had before. Or, you could try something you've never had, even something you've never heard of before. I'm a proponent of the latter and appealing to the former.

Even though varietals such as Grüner Veltliner, Cinsault and Grignolino sound obscure, albeit funky, these grapes have their own histories, defining characteristics and even popularity in other parts of the world. Moreover, there are American wineries making their own state-side interpretations of these Old World staples.

Armed with a little information about these obscure varietals, your inner wine geek will take you to new places and new experiences.

If we're to start with white wine, look no further than Grüner Veltliner (pronounced: GROO-ner FELT-lih-ner). This is the perfect wine-geek's wine. Formalities aside, you may hear a

resident sommelier call it simply Grüner. In its native Austria, Grüner is the most widely planted white varietal. And, in many other areas of Eastern Europe Grüner is used to make high quality white wine.

The Grüner grape produces pale and crisp, light to medium bodied wines. And, oddly enough, spiciness is a key characteristic of a grüner wine. Many call it the 'spicy white'. The underlying aroma of cracked white pepper lends itself to this moniker. Recently, winemakers across the globe are starting to catch on to the Grüner craze. It is after all an approachable and versatile, extremely food-friendly wine. California Central Coast producer Zocker (owned and operated by the Niven Family) is producing an especially well made domestic version of Grüner. The Zocker Grüner Veltliner is coming from Jack Niven's famed Paragon vineyard in the Edna Valley where the soil and climate are ideal for imparting distinct tones of high acid and minerality to the wines.

Moving onto red wines, we should familiarize ourselves with Cinsault (pronounced: SAN-soh). To be sure, Cinsault is not necessarily rare. For centuries Cinsault has perhaps been as important to French wine as rye has been to American whiskey. And, although typically used as a blending grape that adds balance and acidity, Cinsault is the fourth most widely planted grape in France. Cinsault has all the necessary attributes of a grape destined for popularity among warm climate growers; it has the ability to withstand hot temperatures, and it actually grows best with only limited amounts of water. During France's colonial expansion, Cinsault became a staple grape in the arid regions of North Africa and the Middle East, most notably Lebanon. It is a rare occurrence to find a wine predominately made from Cinsault, but lucky for us, cult-wine behemoth Turley is cranking out some impressive 100 percent Cinsault bottles made from 130 year old vines. Make no mistake, this Cinsault does not come close to resembling the palate puckering zinfandels that have made Turley a household name in the wine-consuming world. Fragrant, floral, light and racy, this Cinsault is an excitingly easy drinking red wine.

Then there is Italy's native Grignolino (pronounced: gree-nyoh-LEE-noh), the Piedmont Region's best kept secret. Grignolino is truly unique in that it has almost no resemblance to the big, bold reds of Asti, where it is grown. In the majority of cases, Grignolino is modeled after French Beaujolais wines. That is,

Grignolino wines are meant to be drunk young, and particularly while waiting for the maturity of bigger, richer reds such as Nebbiolo or Barbera. A well-made version will display bright scarlet color and fruity aromas, making Grignolino the perfect picnic wine.

Here in the States, we have one notable producer, Heitz Cellars, who cranks out magnificent Grignolino in rose, port and light-bodied red form. Many Cabernet drinkers will recognize the name Heitz Cellars. They produce spectacular wines year after year, but few may know about their Grignolino, which offers an exciting change of pace. For years the Heitz family has been proud of their 'little strawberry,' as they call it. It has been said that Joe Heitz even calls the Grignolino wine his 'Thursday night' wine, asserting its status as casual wine.

Overall, these three varietals may be better known in other parts of the world, but here at home, they face an uphill battle. We've been making our own high-quality wines from the likes of Merlot, Cabernet Sauvignon and Chardonnay for tens of years. Now, I don't know about you, but if I ever find myself drinking the same wine for tens of years, I'll probably have regrets.

More and more, we're starting to see experimental winemakers pushing the envelope and trying new varietals. So in the spirit of trying something new, when your next fork-in-the-road moment comes, maybe you'll throw your hands in the air and yell GRÜNER. I'm sure your inner wine geek will feel proud.

Andrew Fritz is the managing partner of Citizen Public House in Old Town Scottsdale

Wine Guide

WHO: Zocker

WHAT: Grüner Veltliner WHERE: Edna Valley, Central Coast, California

WHEN: 2009 HOW MUCH: \$18

WHO: Turley WHAT: Cinsault WHERE: Lodi, Central Valley, California WHEN: 2009 HOW MUCH: \$24

WHO: Heitz Cellars
WHAT: Grignolino

WHERE: St. Helena, Napa

Valley, California WHEN: 2007 HOW MUCH: \$19 eat drink & be happy



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SQUASH THOSE SWEETS (AT YOUR OWN RISK).

While there's no end to the number of sweet potato alternatives you might try this year, only you know how far you can go when it comes to tampering with your family's yams. LaVilla offered a few options: Exchange sweet potatoes for plain in a traditional scalloped recipe or bring in butternut squash and use it as you would sweet potatoes. However, LaVilla cautioned, "Squash is watery, so don't crowd the pan or you'll wind up with soup."

RETHINK GREEN BEANS.

If you're looking to take a break from the crunchy canned onions and layered green bean casserole, LaVilla recommends paring down the fuss factor with a tasty switch like green beans almondine. Just brown a little butter in a saucepan, add slivered almonds and gently boiled green beans for an appetizing side dish. This recipe is not only easy to make, it doesn't need much prep time and can be prepared on Thanksgiving Day.

TOP YOUR STUFFING.

Why go another round with humdrum, bread-based stuffing when you can dress this dish up with sausage? Crumble bits of sweet Italian sausage into your usual recipe and get ready for a savory side that will have your guests lining up for thirds. The key ingredient to this flavorful addition is fennel. "It adds a savory quality and fuller flavor that one would associate with holiday meals," said LaVilla.

DELICIOUS TWISTS ON TRADITION

By Kriste Peoples

Ah, Thanksgiving. The perfect time to cherish those near and dear to us, celebrate our overall good fortune and dazzle dinner guests with the best holiday fare our humble kitchens can muster. Arizona's own Chef Jim LaVilla has a few suggestions for jazzing up traditional recipes while keeping dinner deliciously simple. As a lead chef and culinary instructor at the Art Institute of Phoenix, when LaVilla talks turkey, it's serious business.

MOVE OVER CRANBERRY SAUCE

If your guests are good with whole cranberries, consider a spicy variation on this theme: chutney. "The thing about chutney," LaVilla said, "is tangy." Whether you mix in vinegar and sugar or cracked pepper and cloves, this dish is going to be chunky and tart, a perky departure from unadulterated cranberries. Then again, if your folks are keen on the jellied kind and won't go for anything so bold as whole berries, try homemade cranberry sauce with the delicious addition of seasonal pureed pears.

SWAP SALAD FOR SOUP.

According to LaVilla, "Soup kind of slows things down and allows for more family time" by making dinner a multi-course affair. LaVilla recommended a simple pureed pumpkin soup or bisque with crème for added richness. To make this easy dish even more simply, LaVilla encouraged the use of canned pumpkin. "That's the one canned ingredient most chefs don't mind because who wants to fight with a real pumpkin?" Try this twist and you'll be glad you bagged salad this year.

THE ART OF THE MOMENT

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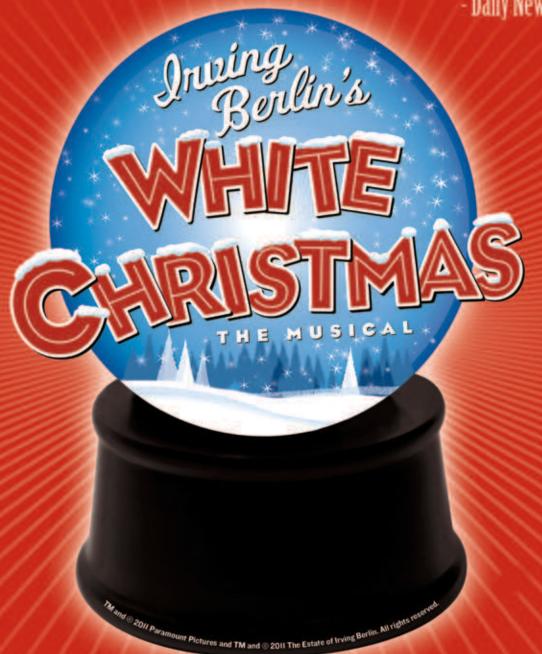


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