

# 202

MAGAZINE

*Keeping the East Valley in the Loop*

## HOLE FOODS

Meet the **Mesa Family**  
Growing Eatables in  
their Pool

## Fresh Press

**QUEEN CREEK**  
OLIVES DO A  
BODY GOOD

*Eat This*  
**TOP CHEFS  
DISH ON  
FOOD IN THE  
EAST VALLEY**

**HEAD TO HEAD**  
Standout Perry  
Tennis Players

## *Blind Faith*

CHAPLAIN SEES  
WITH HIS HEART,  
NOT HIS EYES

# Boy Wonder

**CHANDLER'S EMERY MILLER COMBATS  
HEART DISEASE ONE BATTLE AT A TIME**

*Premier  
issue*

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Before



After

Lisa | Digital Mammogram Patient

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Affordable*



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# Introducing a new kind of magazine...

**IT'S MY DISTINCT PLEASURE** to unveil *202 Magazine*, a publication exclusive to the East Valley. Bursting with personality and flavor, *202 Magazine* covers the people literally connected by the Loop 202 but also, more importantly, the heart and soul of each area, as well as the shared values important to us all: family, community, and health.

At the core of our existence is family. Without family, we wouldn't exist, much less be able to enjoy the simple pleasure that we derive from spending time with relatives who've stuck with us through the best and worst of times. With this in mind, at *202 Magazine*, we strive to celebrate the familial bonds that serve as the framework of our lives by featuring local families and useful information for every member of the brood.

Meanwhile, without a sense of community, our homes would cease to be warm places of refuge. Our neighbors and, on a larger scale, our neighborhoods, offer a sense of security and connectedness, while local businesses provide the goods and services needed to live comfortably. In these pages, we seek to showcase the people and companies who help to create the vibrate community we've chosen to call home.

As for health, where would we be without it? One of the greatest blessings in life is good health. In *202 Magazine*, you'll find relevant, local information to get you on the right track towards a healthier, happier life. Who doesn't want that?

As we were putting *202 Magazine* together, some people asked us "why" – why now, why 202, why a new magazine? Simply put, we saw a need for a different type of publication, one that brought the best hyper-local coverage to your door. Please enjoy the results. By the way, our ears and eyes are always open; feel free to send us suggestions, criticisms, story ideas, you name it – we want to hear from you.

Cheers,

Sondra Barr

EDITOR IN CHIEF

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/family/community/health/

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Keeping the East Valley in the Loop

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*mesa*

**BANNER HEALTH ESTABLISHES FIRST HEART RHYTHM CENTER**

A new and extensive array of services for patients with cardiac rhythm disturbances are now available at Banner Heart Hospital. Coined the Heart Rhythm Center, patients can receive complete diagnosis, treatment, and education for heart rhythm issues in one facility that uses cutting-edge research and advanced technology. This ranges from heart device implants, such as pacemakers and defibrillators, to treating irregular heartbeats

using sophisticated robotic procedures.

Community physicians also benefit from education on heart arrhythmia issues through special training at the Heart Rhythm Center. The center also treats all types of cardiac arrhythmias, and especially focuses on managing atrial fibrillation. Patients or physicians who need a referral or information from the Heart Rhythm Center should call (480) 854-5918.



**TWO MESA TEACHERS EARN TOP RODEL HONORS**

The Rodel Foundation of Arizona honors top teachers and matches them with the next generation of extraordinary educators to maximize student achievement in Arizona's high-poverty schools, one classroom at a time.

This year's 13 Rodel Exemplary teachers

include two from Mesa: Linda Knoblock, a first-grade teacher at Taft Elementary, and Phyllis Sunkett, who teaches fifth grade at Stevenson Elementary. Each will receive \$10,000 in savings bonds, attend an awards banquet in March and mentor six promising student teachers over the next three years beginning next fall.

*gilbert*



**GILBERT RODEO PARK CLOSES**

Gilbert Rodeo Park, a long-time fixture for the local equestrian community and the location of the 10-day Gilbert Days Rodeo and carnival closes on Feb. 15. Located near Val Vista Drive and Ray Road, the park sits atop a Maricopa County landfill. Gilbert was leasing it from the county and subleasing it to Gilbert Promotional Corp., the operator of the park.

Due to environmental problems that would run in the millions to remediate, a substantial sum neither the town nor GPC could afford, the lease is being terminated. Efforts are underway to find a new venue to salvage Gilbert Days, an event that harkens back to Gilbert's Western heritage.



*This Valentine's*

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*chandler*



**FASTEN YOUR SEAT BELTS**

Chandler police officers are keeping a close eye on seat belt usage during traffic stops as part of increased time spent monitoring some of the city's major intersections. Their extra efforts stem from a \$30,000 grant from the Governor's Office of Highway Safety that will be used to pay overtime for traffic officers.

While drivers will not be stopped if their only infraction is not wearing a seat belt, if they get pulled over for another infraction, they'll be slapped with an \$84 ticket if they're not buckled up. According to police spokesman Detective Frank Mendoza, the idea behind the seat-belt enforcement is to prevent injuries.

**LEARN HOW TO PROPERLY INSTALL A CHILD SAFETY SEAT**

Chandler Regional and Mercy Gilbert Medical Centers, in collaboration with the Phoenix Suns Charities, are hosting Safe Journeys classes to educate parents and caregivers on how to properly install their child's safety seat. The Certified Child Safety Technicians will ensure that the car seats are installed correctly and are appropriate for the

age, height, and weight of the child. Classes will be offered on Saturdays, Feb. 19 and Mar. 19 from 9 to 11 a.m. at the Mercy Gilbert Medical Office Building on the 3rd floor, McAuley auditorium, 3420 S. Mercy Rd., Gilbert. Cost is \$5. Registration is required. For more information or to register, contact ResourceLink at (877) 728-5414.

*tempe*

**FREE KINDERGARTEN CONTINUES IN KYRENE SCHOOL DISTRICT**

The Kyrene School District Governing Board has opted to continue to fund all-day kindergarten at all 19 elementary schools, after a close vote. A similar vote occurred last year after the state Legislature cut full-day funding for the 2010-11, and only paid for less costly half-day kindergarten. To keep free, all-day kindergarten, the Kyrene district spent \$2.5 million.

**TEMPE YOUTH SPORTS COMPLEX TO GET \$50,000 FACELIFT**

The popular, 20-acre Benedict Sports Complex will get a \$50,000 renovation thanks to an NCAA Football grant. Yearly, NCAA Football donates through its Youth Initiative and legacy program to the host city of the BCS National Championship Game. While this year's championship game was in Glendale, the Fiesta organization has ties across the Valley. The grant will help to update the park's baseball, soccer, and softball fields.

*queen creek*

**QUEEN CREEK-BASED FARM SIGNS ON WITH GILBERT FARMERS MARKET**

The Gilbert Farmers Market features an expanded line of goods thanks to Queen Creek-based One Windmill Farms. The farm signed on to sell produce, including tomatoes, onions, lettuce, garlic, and peppers, in Gilbert. They join the roughly 25 vendors in the lineup. The growing popularity of the market translates into about 1,000 visitors from 9 a.m. to 1 p.m. each Saturday at 222 N. Ash St., Gilbert.



# Managing Your Pain

## Get Back into Life

Chronic pain can be challenging and, at times, leave you feeling hopeless. Our mission at the Pain Center of Arizona is to provide compassion and hope to hurting patients and their families. We do this using a comprehensive approach that has made us the leader in the Valley and a center for excellence in the diagnosis and treatment of people with chronic pain disorders.

To get back into life, there is a Pain Center of Arizona near you. For information about our Wellness Program, please call **888 PAIN CENTER** or visit us at [www.ThePainCenter.com](http://www.ThePainCenter.com).



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## The Pain Center

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## To Godiva For

Take your honey something sweet to eat from the purveyor of all things chocolate: Godiva Chocolatier. To cover all your bases, play cupid with any number of their heart-shaped, melt in your mouth delights. From chocolate heart lollipops to cherry infused truffles, you're sure to set hearts aflutter. [godiva.com](http://godiva.com).



## Handmade with Care

Crafted by local artisan, Kari Myers, Adam's Blankie is a collection of modern and unique baby gifts, children's accessories, and whimsical accessories for particular moms. The products include bib & burp cloth sets, binky clips, bubble skirts, and much more; plus, items are available in over 40 fabrics. The line also features gifts for mom, like an adorable Statement Rosette necklace. [adamsblankie.com](http://adamsblankie.com).



## Hostess with the Mostess

This adorable kitchen cover-up by Jessie Steele is the perfect "flair" for any hostess worth her salt. With fresh blue flowers and blue and white ticking stripes, this apron is vintage looking, yet modern and offers a flattering silhouette. The bonus: matching detachable terry wash towel. [jessiesteele.com](http://jessiesteele.com).





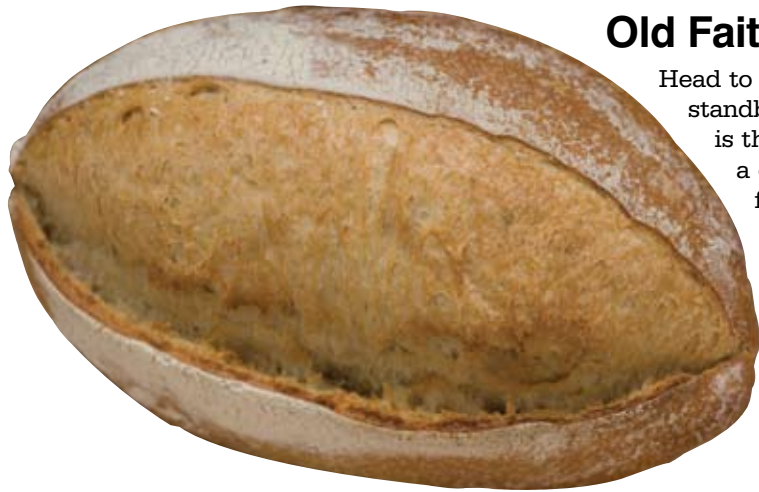
## Your Carriage Awaits

Looking for a decidedly different sort of ride to take your sweetie out? Well, KC's Classic Carriage Company delivers the "wow" factor of having a horse-drawn mode of transport pull up to your front door. Select from a variety of different carriages and wagons, including the Cinderella Carriage, which was used for a romantic date on *The Bachelor* reality show. [horsencarriage.com](http://horsencarriage.com).



## Old Faithful

Head to your nearest AJ's Fine Foods to indulge in an old standby that's anything but stale. Simply Bread's Old Faithful is the perfect all-purpose loaf to accompany any meal. With a crisp crust revealing a moist, flavorful interior, its long fermentation with wild sourdough results in a refined, upper-crust taste. This month, also check out Simply Bread's Chocolate Baguette, made with dark European cocoa, sweetened with local Arizona honey and peppered with chocolate bits. [simplybread.com](http://simplybread.com).



## Fun Type

Looking for a different way to display your type? Try the ABC Love canvas, definitely an out-of-the-ordinary "type" of romantic gesture. The canvas was created by Made By Girl artist Jen Ramos, who turns her love of colors and typography into custom canvases and artwork utilizing recycled, post consumer paper with the hopes of creating a positive change in others. [madebygirl.com](http://madebygirl.com).



## Love, Maybe

If you've ever wondered why the multi-layered emotion of love so often gets messy, pick up *A General Theory of Love* by San Francisco psychiatrists Thomas Lewis, Fari Amini, and Richard Lannon. Delving into the natural history of our deepest feelings, they explore why our brains have evolved to require consistent bonding and nurturing and why love confounds even the most grounded heart. [amazon.com](http://amazon.com).

# Fun-filled Night at Chandler Rec Center

Kids and their parents flock to the Tumbleweed Recreation Center for an evening of family fun every Wednesday. On Jan. 5, families participated in a Dance Dance Revolution Challenge, along with engaging in other games and activities with staff. Tumbleweed Recreation Center is located at 745 E. Germann Rd., Chandler. For info, and to learn more about their events, visit [chandleraz.gov/tumbleweed](http://chandleraz.gov/tumbleweed).



Ashley Lyons, Bailey Seminara



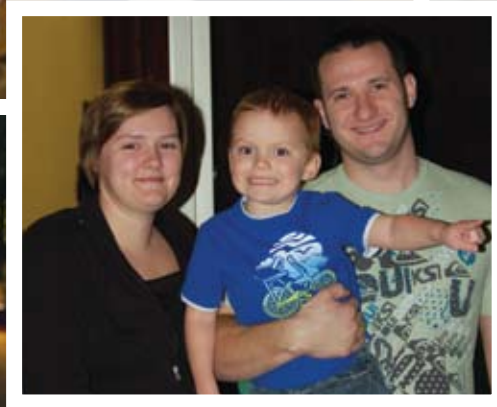
Brianne Marr



Sreedhar and Srija Desai



Liam O'Mahony



Christina, Kai, and Iestyn Dulais



Tony, Hayden, and Lisa Crain



Eve Cayey

PHOTOS BY SAMMY EVANS

# Amazing Arizona Comic Convention Hits Mesa

The weekend of Jan. 8 – 9 was all about fantasy as fans descended upon the Mesa Convention Center to see more than 100 exhibitors and gain access to some of their favorite comic book creators at the Amazing Arizona Comic Con. Also visiting the event were a number of costume groups, including Arizona Avengers, an exclusive costuming group based on Marvel Comics' *Avengers*.



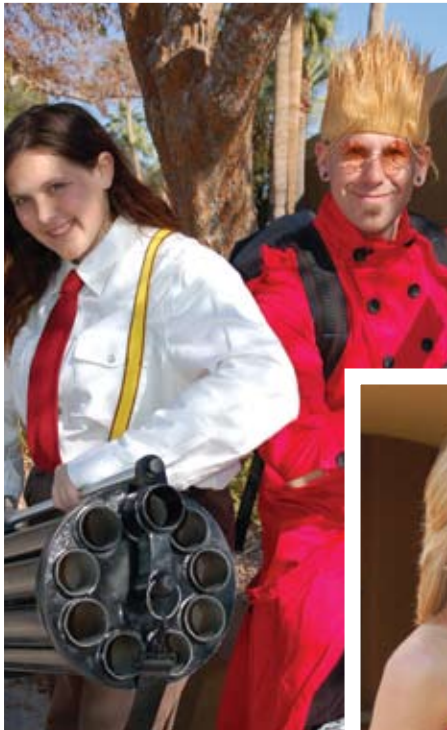
Coral and Kaiba Mitchell



Robert Kirkman creator of *Walking Dead*



Jeff Mallary



Autumn and Mike Syfritt



Matt Noteboom, Tiffany Angeny, Christian Cut



Bria Italia, Isis Still (Laughing Moongirls)



Allen Amis, Anabel Martinez, Victoria Frias

# Gem and Minerals Shine in Mesa

The 38th Annual Flagg Gem and Mineral Show ran Jan. 8 – 10 at Mesa Community College. Sponsored by The Arizona Mineral and Mining Museum Foundation and the Mesa Community College Geology Club, one of the highlights was a 480-pound piece rock, which fluoresces in red, blue, and other colors.



Jewelry by Judith and Sweet Art  
Designs by Candy



Daniel Kramer -  
Rockology



Bob and  
Giovanni  
Ortega



Lisa Gagne - Antero  
Minerals & Jewelry



Lloyd Butterfield



Adam Frus and Olivia



Janet Myers

PHOTOS BY SAMMY EVANS

# Multicultural Festival Wows Crowd in Chandler

On Jan. 15, Chandler sponsored the Multicultural Festival to highlight the cultural diversity of the city through music, dance, art, storytelling, and more. The event drew more than 4,500 people for a day of friendship and fun.



Valencia Delavega,  
Kasey Maslonka



Kadin, Kurt, and Kaleb Wasinger



Moontee Sinquah



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Lenny Constantine



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FEB. 12 – APRIL 3: A medieval village teeming with costumed characters, live shows, rides, shops and other attractions, including a 12-stage theater, a 30-acre circus, an arts and crafts fair, and jousting. \$11 – \$21. 12601 E. Highway 60, Apache Junction. (520) 463-2700. [royalfaires.com/arizona/](http://royalfaires.com/arizona/).

# February 2011

**EAST VALLEY CAR SHOW**

EVERY FRIDAY: Check out the wheels, from classic oldies to smoking 'vettes and everything in between, or bring your cool car and put it on display. 6 – 9 p.m. Free. Fulton Ranch Towne Center, Arizona Ave. and Ocotillo Rd., Chandler. (623) 582-9599. [fultonranchshopping.com/townecenter/](http://fultonranchshopping.com/townecenter/).

**GILBERT FARMERS' MARKET**

EVERY SATURDAY: Happening every Saturday of the month, the newly opened Gilbert Farmers' Market is your place for fresh produce, arts and crafts, and a great way to enjoy your neighbors. Free. 8 a.m. – 2 p.m. Located at the downtown Park and

Ride, 222 N. Ash St. [gilbertfarmers-market.com](http://gilbertfarmers-market.com).

**MILL AVENUE FARMERS' MARKET**

EVERY SUNDAY: The Mill Avenue Farmers' Market is a weekly showcase of unique perishable and consumable goods located in the heart of Tempe. They offer a festive, lively, friendly, and happening open-air market where growers, residents, and businesses come together to offer fresh products to a local audience. Free. 9 a.m. – 2 p.m. 6th Street Plaza, Mill Ave. and 6th St.

**BARRIO GRRRL!**

FEB. 8: Spunky 9-year-old Ana is faced with a very big decision. On

the one hand, as her alter ego Barrio Grrrl with her invisible sidekick Amazing Voice, she's pretty busy preserving justice in the barrio and protecting her neighborhood. On the other hand, in the world where Ana lives with her abuelo (grandfather) and misses her mom who is far, far away in Iraq, reality is sneaking up on her. It's time for Ana to decide what's most important: being a superhero or a girl who works little miracles in real life. Target audience: grades 4 – 8. \$5. 9:45 a.m. and 12:15 p.m. Higley Center for the Performing Arts, 4132 E. Pecos Rd., Gilbert. Visit [higleyarts.org/shows-students.html](http://higleyarts.org/shows-students.html) for reservation info.

 Peach Blossom Festival



**MATT & BEN**

FEB. 9 – FEB. 20: The true story of Matt Damon and Ben Affleck, when they were in their mid-20s, just before they hit it big with “Good Will Hunting.” Played by two women. It’s got singing! It’s got fighting! It’s got Gwyneth Paltrow! Come join us for the Arizona premiere of this fast, funny satire of 1.5 of Hollywood’s biggest stars! \$25. Call for times. Mesa Arts Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com or class6theatre.org.

**2ND FRIDAY NIGHT OUT**

FEB. 11: Come celebrate the month of love at the popular monthly “2nd Friday” event where downtown Mesa will be filled with shopping, dining, and several entertainment options. Free. 6 – 10 p.m. Festivities on Main Street between Center Street and Country Club in downtown Mesa. 2ndfridaynightout.com.

**PEACH BLOSSOM FESTIVAL**

FEB. 11 – 13; FEB. 18 – 20; FEB. 25 – 27: Orchards will be open for picking. Festival includes peach foods sampling, peach pit toss, arts and crafts, demonstrations and live entertainment. Free. 7:30 a.m. – 4 p.m. weekends. 24810 Rittenhouse Rd., Queen Creek (480) 987-3100. schneppffarms.com.

**TWELFTH NIGHT**

FEB. 11, 12, 14: “Twelfth Night” is a comedy about appearance, perception and the path to true love. In

one of William Shakespeare’s most acclaimed comedies, the play opens on our heroine Viola, shipwrecked on the strange land of Illyria. Believing her twin brother to be dead, she disguises herself safely into the Duke’s court – comedy ensues. \$7. Call for times. Queen Creek Performing Arts Center, 22149 E. Ocotillo Rd., Queen Creek. (480) 987-7469. qcpcac.com.

**SKIRT CHASER 5K**

FEB. 12: Skirt Sports, leader in the running skirt world, believes fitness should be fun. With the Skirt Chaser 5k Race Series, they’re mixing racing, flirting, and social fitness. Women get a three-minute head start and invite the men to “Catch Us If You Can.” From \$35. 1:30 p.m. Tempe Beach Park. (480) 522-2475. Solesports.com.

**DANCING ON ICE**

FEB. 12 – 13: Ice-skating in a theatre? The Chandler Center for the Arts stage will be transformed into a winter wonderland for this ice show extravaganza! Dancing On Ice celebrates the speed, excitement and sensuality of ice dancing in an intimate theatre setting. \$48 – \$58. Call for times. Chandler Center for the Arts, 250 N. Arizona Ave., Chandler. (480) 782-2680. chandlercenter.org.

**SPAMALOT**

FEB. 15 – 16: Winner of the 2005 Tony Award for Best Musical, Monty Python’s “Spamalot” is the outra-

geous new musical comedy ripped off from the film classic “Monty Python and the Holy Grail.” Based on the Tony award winning direction of Mike Nichols, flying cows, killer rabbits, taunting Frenchmen, and more await audiences. From \$32. 7:30 p.m. Mesa Arts Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com.

**JAZZ AT LINCOLN CENTER WITH WYNTON MARSALIS**

FEB. 17: Making Mesa Art Center their home in the Valley, the Jazz at Lincoln Center Orchestra, composed of 15 of today’s finest jazz soloists and ensemble players, has been the Jazz at Lincoln Center resident orchestra since 1992. Under Music Director Wynton Marsalis, the big band performs a vast repertoire, from rare historic compositions to Jazz at Lincoln Center commissioned works. \$46 – \$66. 7:30 P.M. Mesa Arts Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com.

**LAKESHORE JAZZ SERIES: LORRAINE FEATHER AND SHELLY BERG**

FEB. 18: Feather is a gifted lyricist known for her full-bodied, traditional vocal style. Berg is one of the most notable jazz pianists on the scene. Berg has performed, recorded, and arranged for Patti Austin, Nancy Wilson, Bobby McFerrin, among others. \$35. 7:30 p.m. Tempe Center for the Arts, 700 W. Rio Salado Parkway, Tempe. (480) 350-2822. tempe.gov/tca/.

**THE MUSIC MAN**

FEB. 18, 19, 24, 25, 26: A Broadway sensation when it opened in 1957, this family-friendly production has continued to delight audiences of all ages for over 50 years. Grammy winning songs and more! “The Music Man” continues to affirm the value and joy of music and dance while communicating the importance of honesty and responsibility. \$12 – \$15. Call for times. Higley Center for the Performing Arts, 4132 E. Pecos Rd., Gilbert. (480) 699-1655. coppers-tarrep.org.

**CHANDLER SYMPHONY ORCHESTRA CHAMBER CONCERT**

FEB. 19: Esteemed Conductor, Jack Herriman, and Associate Conductor, Alex Zheng, lead a wide range of volunteer musicians from across the Valley of the Sun, providing quality symphonic and orchestral music to delighted audiences. In keeping with the underlying premise of the Chandler Symphony, concerts are provided to the public free of charge, so that live classical music remains accessible to everyone. Free. 2 p.m. Chandler Center for the Arts, 250 N. Arizona Ave., Chandler. (480) 782-2680. chandlercenter.org.

**RITA COOLIDGE**

FEB. 19: The acclaimed, two-time Grammy award-winning vocalist brings a unique and elegant evening of music that includes all of her hits and more. \$26 - \$38. 7:30 p.m. Chandler Center for the Arts, 250 N. Arizona Ave., Chandler. (480) 782-2680. chandlercenter.org.

**HISTORIC DOWNTOWN CHANDLER MARDI GRAS CELEBRATION**

FEB. 19: Downtown Chandler Community Partnership is celebrating Mardi Gras. Grab your masks and costumes and get ready for an authentic New



Orleans party with parasol processions, gambling, Creole and Cajun cuisine, and a costume contest prize. 21 and over. \$75.

6 p.m. 1 San Marcos Plaza, Chandler. chandlermardigras.com.

**BRAHMS SYMPHONY NO. 2**

FEB. 20: Hear Brahms' magnificent (Symphony No. 2) live, along with works written for the king of instruments - the organ. Organ virtuoso Paul Jacobs returns to the Valley for this powerful concert. \$28 - \$58. 2 p.m. Mesa Arts Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com.

**10TH ANNUAL LOST DUTCHMAN MARATHON**

FEB. 20: Running from Gold Canyon to Apache Junction, the Lost Dutchman follows a scenic, point-to-point, USATF-certified course. The event is a favorite of serious marathoners and casual runners alike. \$85 - \$95 for marathon runners. 7 a.m. Apache Junction Rodeo Park, 1590 E. Lost Dutchman Blvd., Apache Junction. (480) 983-1500. lostdutchmanmarathon.org.

**IMAGINATION MOVERS**

FEB. 25: Disney's Emmy Award-winning "Imagination Movers" will kick off their "In a Big Warehouse" concert tour in early 2011. The wildly popular New Orleans-based rock band of all ages will travel coast to coast playing their most popular songs and bringing the magic of the "Imagination Movers" television series' Idea Warehouse to life performing in a series of shows across the nation. Concert

goers can expect special appearances from Nina, Warehouse Mouse and other characters from the TV series. \$30 - \$36. 4 p.m.



Rita Coolidge

and 7 p.m. Mesa Arts Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com.

**8TH ANNUAL CHANDLER CLASSIC CAR SHOW**

FEB. 26: The Chandler Classic Car and Hot Rod Show was founded in 2003 by the late Jerry Biondi and Maury Williamson to bring awareness and give back to the downtown area, raise money for local nonprofit organizations, and have car enthusiasts enjoy some good old classic cars. Free. 10 a.m. - 4 p.m. 52 S. San Mar-



Chandler Classic Car Show





Center, 1 E. Main St., Mesa. (480) 644-6500. mesaartscenter.com.

2250 S. McQueen Rd. (480) 963-4571. ostrichfestival.com.

**CHANDLER OSTRICH FESTIVAL**

MARCH 11 – 13: Celebrate ostriches in Chandler’s history with ostrich races and other attractions, including **UPCOMING** two stages spotlighting a diverse sampling of great music. \$7 – \$10, general admission; \$20, all-day carnival ride pass. Fri, 2 p.m. – 12 a.m. Sat. and Sun., 10 a.m. – 11 p.m. Tumbleweed Park,

**ABOUT THIS GUIDE**

*Calendar listings include public events and attractions from around the East Valley. Confirm information before making plans by calling the listed phone number. Submissions must arrive, via [sondra@202magazine.com](mailto:sondra@202magazine.com), at least eight weeks prior to issue date. While we strive to include all submissions, inclusion is not guaranteed.*

cos Pl., Chandler. (480) 389-7709. chandlercarshow.com.

**LOST DUTCHMAN DAYS**

FEB. 25 – 27: This is the 47th Annual Lost Dutchman Days, three days of professional rodeo action, a carnival featuring 30-plus rides, and carnival attractions. Apache Junction Rodeo Park, 1590 E. Lost Dutchman Blvd., Apache Junction. Free. Call for times. (480) 982-3141. [lostdutchmandays.com](http://lostdutchmandays.com).

**THE GROWN & SEXY TOUR COMEDY SHOW**

FEB. 26: Come join us for a night of good laughs and great music, all to benefit Hope for Women Arts. The talented lineup of artists include: Fel Davis of Public Announcement; Terron Brooks from NBC’s mini-series “The Temptations”; Swayde; comedian Marvin Lee, as seen on BET, NBC, and Starz; Comedy Central’s Jason Cooper; and Reo. Special guests feature local artist Tha WIKID One, and local Improv comedian Tim Sauer, as your host. \$30 – \$47. 8 p.m. Mesa Arts



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WORDS BY SONDRA BARR  
PHOTOS BY MARK SUSAN

# Boy Wonder

EMERY MILLER IS COMBATTING CARDIOVASCULAR  
DISEASE ONE BATTLE AT A TIME

“He pushes the limits. He’s very competitive and as he’s gotten older, that’s becoming more of a challenge.” – Lori Miller

**A**fter four open-heart surgeries and numerous operations, Chandler’s Emery Miller is battling cardiovascular disease on a different front. Over the past few years, Emery’s raised hundreds of thousands of dollars for heart disease research and is the top fundraiser for the American Heart Association’s signature local February event, Heart Walk. Now, with the opening of the revamped Halle Heart Children’s Museum in Tempe, Emery, 12, has another tangible reminder of his efforts.

The first museum of its kind in the U.S., the Halle Heart Children’s Museum has spread the message of health and wellness since 1994. Thanks to a \$2.2 million renovation, it will continue to do so well into the future. With a slew of new interactive, one-of-a-kind exhibits geared towards teaching students and children how to live heart-healthy lives, kids are educated about heart disease. For Emery, who’s been a spokesperson for the American Heart Association since the age of 4, it’s one more step towards eradicating the number one killer in the U.S.

### GROWING PAINS

Emery was born with congenital heart defects. “We found out about it the morning after he was born, when the doctor told us he had severe valve issues, aortic stenosis, ventricular septal defect (VSD – a hole in the wall separating the two lower chambers of the heart), and rhythm issues,” explains his mother, Lori Miller. “The hole has been fixed twice, and he has a

cadaver valve, so it doesn’t grow with him – that’s been replaced twice so far.”

“I asked the doctor when he was little, will there be enough valves to see Emery through life and the doctor straightened up and said, “There are lots of parents who don’t feel their kids need to wear helmets and those kids make great valves for him,”” recalls Lori of the many worries she’s juggled during the years.

### PUSHING THE LIMITS

Throughout Emery’s young life, he’s been in and out of hospitals across the nation. Besides the two valve replacements and several heart catheters, Emery’s condition exacerbates many run-of-the-mill ailments such as the common cold and even broken bones, which means he needs to be extra careful what activities he participates in.

But, that hasn’t stopped Emery, a sixth grader at Horizon Charter School in Chandler. “He pushes the limits. He’s very competitive and as he’s gotten older, that’s becoming more of a challenge,” explains Lori. Emery plays on a traveling baseball team, so he’s required to wear a heart protector to shield the brunt of a ball strike and needs to stay mindful on the field – not always easy during the heat of competition. Indeed, Emery was rushed to the hospital after he collapsed during a school fun run. “He tried to keep up with his friends and his heart couldn’t keep up with him. Internally his body has very little endurance or aerobic function,” his mom says.

# GALLERY of HEARTS



Halle Heart Children's Museum exhibit "Up to Par" teaches the importance of heart health.

## A BEACON OF HOPE

Yet, Emery's debilitating condition has strengthened personality aspects unusual for a boy his age. He's developed an internal strength and purpose honed from years spent as a beacon of hope for people battling similar medical circumstances. And then there's his fundraising: over the course of eight years, Emery has helped raise over \$150,000 for the American Heart Association.

"When I was six we raised \$20,000 for the Heart Walk. That

same year, I was the spokesperson for the event and got to stand up in front of everyone and talk about it. I'm pretty sure I've been the only kid who's ever done that," explains Miller, who year after year has proven effective in moving people, including the many sports figures, celebrities, etc., he meets as part of his long stint as a spokesperson.

This past April, he went with the American Heart Association to Washington DC to lobby for funding for the association. He's also spoken before the Arizona Cardi-

## Heart Walk

LET YOUR FOOTSTEPS BE HEARD

February is American Heart Month. Join Team Emery and celebrate those who have made lifestyle changes and encourage people to take the pledge to live healthier lifestyles, all while raising dollars for much-needed life-saving research and initiatives.

### Event Info

Date: Saturday, February 26  
Location: Tempe Beach Park

Time: Opening Ceremonies begin at 8:30 a.m.; Walk begins at 9 a.m.

The Route: 3-mile Heart Walk and a 1-mile Stroke Walk.

### The Festivities

At 10 a.m. the Heart Healthy Festival begins! When the walk is over, head back to the park and visit each of the American Heart Association villages - Create Hope, Inspire Change, and Celebrate Success - to learn more about your heart health.

# Halle Heart Children's Museum

Expect a healthy message at the new Halle Heart Children's Museum. Recently reopened after a \$2.2 million renovation, the revamped space features a slew of interactive features to engage and educate children on heart health.

Named after philanthropists Bruce and Diane Halle, the museum features more than 16,000 square feet and 14 permanent exhibits promoting cardiovascular health. The space evokes childlike awe, no surprise considering the exhibits were developed by renowned exhibit designer Andrew Gartner, a technology guru with experience in theme park, film, television and set design.

"It's not so much that the info changed, but the nature of how kids learn has changed," explains Gartner of the renovation. "It's now like an adventure center. We've developed things in a language that is more kid friendly. In all the exhibits you see kids. Everywhere you go you should see a kids' face, which is representative of a kids' voice."

Among the kid-friendly exhibits: "The Marketplace," a grocery store simulation where children can scan food items to see which foods are healthiest. "All Crea-



tures Great and Small," an area where children can learn about and compare the human heart to hearts of other animals and "The Beat Goes On," where kids see their heartbeat in action.

For Pat Leach, senior vice president of the American Heart Association and founder of the Halle Heart Children's Museum, the museum has always been close to her heart, "No male member of my father's family lived beyond the age of 52, besides a baby

brother who benefitted from heart research," she explains. "These diseases are starting very early in children. You need to reach children at a young age. And, while this museum gives a very powerful message, it doesn't give it negatively. It doesn't say to kids you're fat; it conveys choices."

For more information on the Halle Heart Museum, located at 2929 S. 48th St., Tempe, call (602) 414-2800 or visit [heart.org/halleheartchildrensmuseum](http://heart.org/halleheartchildrensmuseum).



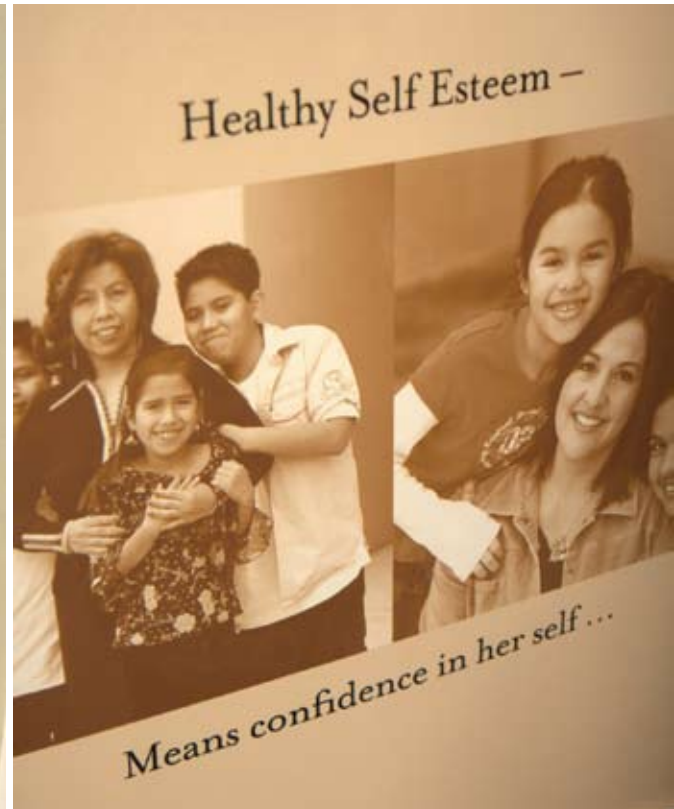
nals, as part of a sponsorship with United Way. According to Emery, when he went to speak to the team a few years ago, his story even moved Kurt Warner to tears.

"People just gravitate towards him," says Lori. "We've never treated this as a negative thing and his attitude reflects that."

As for the new Halle Heart Museum, Emery considers himself blessed to have played even a small part in bringing the new facility to fruition. Now, he has

his sights on this month's Heart Walk. As usual, he's planning on being the top fundraiser. It's an important event to him, as funds raised go to help fund a summer camp for special heart patients like him.

"I have the confidence that anything that comes my way, I can overcome. The (doctors) said I probably wouldn't be able to skate, play baseball, or do a lot of things. I want to prove them wrong," says Emery. "I wouldn't be who I am today if not for my heart." **202**



WORDS BY EMILY SEPULVEDA

# Helping Hands

FRESH START WOMEN'S FOUNDATION FINDS A HOME IN THE EAST VALLEY

**THE FRESH START WOMEN'S FOUNDATION** has been a beacon of light for women in Phoenix since 1992, when sisters Pat Petznick and Beverly Stewart created the organization as a nonprofit dedicated to serving women. The foundation was intended as a tribute to the sisters' paternal grandmother, and has since then tirelessly devoted itself to helping women in need. Through fundraising, community events and more, the FSWF has been able to help hundreds of thousands of women in the Valley, and currently sees more than 500 new women in their centers each month.

## THE SEARCH FOR AN EAST VALLEY FACILITY

The FSWF has a bustling facility in Phoenix, the 22,000-square-foot Jewell McFarland-Lewis Fresh Start Women's Resource Center,

where the foundation's invaluable services are provided (legal services, career skills training, mentoring, and personal development are just some of the offerings the foundation puts forth). Located at McDowell and 12th Street, the JMLFSWS Center is accessible through most Phoenix bus lines, but much more difficult to get to from the East Valley, particularly if the woman seeking help from the foundation is without a car.

Dara Gibson, FSWF's East Valley manager, describes some of the difficulties in getting to the center. "There are so many barriers," she says. "Particularly if you don't have a car, or access to child care." When Fresh Start partnered with some East Valley businesswomen to do more outreach, they ran headlong into those barriers. "They were having a difficult time referring women for services in Phoenix."

## Katie Couric to Host 15th Annual Fresh Start Fashion Gala



Katie Couric hits the Valley on Feb. 12 to host the 15th Annual Fresh Start Fashion Gala. The anchor and managing editor of the *CBS Evening News with Katie Couric*, a 60 Minutes correspondent and anchor

of *CBS News* primetime specials, she is dedicated to empowering women.

"I applaud the work of Fresh Start and know how important this organization is to women starting over in a myriad of difficult ways. Often a hand up and a little guidance can mean the difference between a life of despair and a future filled with hope," says Couric.

The event is underwritten, which allows every dollar donated to go back into the Jewell McFarland Lewis-Fresh Start Women's Resource Center. The generous contributions made that evening will impact the lives of thousands of women.

The Fresh Start Fashion Gala is presented by Saks Fifth Avenue and features the renowned and timeless designs of Oscar de la Renta – a fitting nod to a designer that was present at the first Fashion Gala in 1995.

The Fall 2011 Oscar collection is said to be influenced by the upcoming nuptials of Prince William and Kate Middleton.

Tickets and sponsorships for the event are available online at [wehelp-women.com](http://wehelp-women.com) or by contacting Dara Gibson at [dgibson@fswf.org](mailto:dgibson@fswf.org).

The foundation tried to find a way around those barriers by bringing its services to the East Valley, and for a while was quartered in an unused classroom at Gilbert Elementary. But they were actively looking for a larger space. "They wanted someplace we could duplicate all the services we offer in Phoenix," says Gibson.

### EVIT PROVIDES A CONVENIENT MESA LOCATION

Enter the East Valley Institute of Technology (EVIT). The EVIT's Superintendent Sally Downing caught wind of FSWF's search for an East Valley home, and immediately thought EVIT's Mesa campus was a perfect fit. She and EVIT Director of Adult Education Janice Parker immediately got to work to set up a partnership with the foundation. "We heard they were looking for a central location to house their services in the East Valley," says Parker. "We spent a couple of months getting the terms negotiated, and were able to offer them very affordable accommodations."

Gibson agrees that the EVIT campus was a logical choice for an East Valley location. "We scoped all around the East Valley," she says. "Of all the places we looked at, it made the most sense."

### GETTING EAST VALLEY WOMEN BACK ON THEIR FEET

The EVIT location is ideal for Fresh Start for a number of reasons. The 80-acre campus is located at the end of the light rail, and has bus service, making it accessible for women who don't have access to reliable transportation. Furthermore, the EVIT campus offers many options for adult education and short-term job training, services

that are often needed by the women with whom Fresh Start works.

"Fresh Start is trying to get women on their feet with jobs," Parker explains. "They offer resume writing, and job interview classes. But if you don't have a job skill..." EVIT offers adult GED programs, often a first step for women trying to enter a career field, as well as many options for women looking to enter the medical profession, including certified nursing assistant and phlebotomy programs.

Both Parker and Gibson are also excited about the potential for a partnership between Fresh Start and the Maricopa County Head Start program, also housed on the EVIT campus. "We envision childcare," says Parker. The Phoenix center already offers women a "child-watch" program; a similar program is in the works at the East Valley center.

Since the ribbon cutting in September, the center has been very active, offering monthly Fresh Start orientation services in English and Spanish, as well as weekly personal development classes, family law services, and much more. Parker is thrilled with what the center brings to the East Valley. "They've been a great asset to the Phoenix area," she says. "And now they have a great central location here in the East Valley to help women become an independent part of the community."

Gibson agrees. "We're very, very pleased with the partnership," says Gibson. "Our services have definitely grown in the East Valley."

For more information on the Fresh Start Women's Foundation, please visit [wehelpwomen.com](http://wehelpwomen.com). To learn more about the programs offered at EVIT, please visit [evit.com](http://evit.com). **202**

# Ask the Family

**202 Magazine** caught up with Gilbert's Gifford family to find out how they'd react to this situation:

Your 8-year-old son told you he saw a classmate being bullied. What do you do?

PHOTO BY MARK SUSAN

**Kevin H. Gifford, 33**

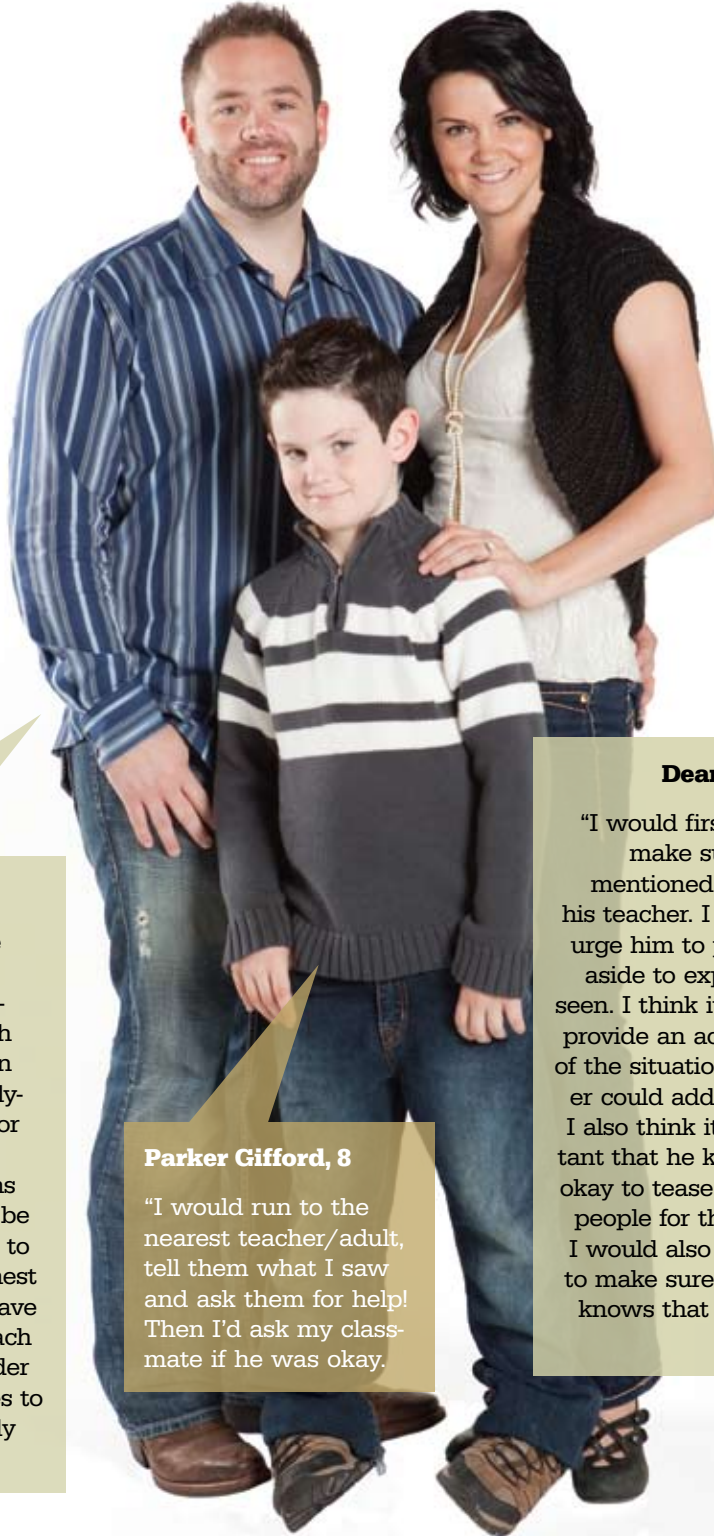
"I would ask my son about the situation, what were the kids doing, saying and was it physical or just words. I would teach him that it's okay to take action and stop the children from bullying his classmate, to stick up for his classmate and to show the bully how unpopular his actions are. The very next step would be to escort the bullied classmate to the teacher and to give an honest recount of what happened. I have taught and will continue to teach my son that actions speak louder than words, and when it comes to bullies, actions may be the only thing he/she understands."

**Parker Gifford, 8**

"I would run to the nearest teacher/adult, tell them what I saw and ask them for help! Then I'd ask my classmate if he was okay."

**Deanna Gifford, 31**

"I would first and foremost make sure that he had mentioned the incident to his teacher. I would strongly urge him to pull his teacher aside to explain what he'd seen. I think it's important to provide an accurate account of the situation, so the teacher could address it properly. I also think it's VERY important that he knows it's never okay to tease or make fun of people for their differences. I would also encourage him to make sure that classmate knows that he has a friend in Parker."





WORDS BY SONDRA BARR

# Mom *Life*



## Go Ahead, Put on a Little Black Dress

A new women's club made its debut last month in the East Valley. The Little Black Dress Club held its first event at Blue Wasabi at SanTan Village and has a host of exciting events planned going forward, including a Wine & Cupcake pairing at Vine Expressions Wine Bar on Feb. 8 at 6 p.m. A national women's social club that was established in 2006, the LBDC specializes in friendships. Queen Creek resident and Chapter Director Janae King's goal is to bring business professionals, stay-at-home moms, single women, etc., together to enjoy cultural, fun experiences. For more info, visit [lbdclub.com](http://lbdclub.com) or contact [janae@lbdclub.com](mailto:janae@lbdclub.com).



### **HOT BLOG:** [thepioneerwoman.com](http://thepioneerwoman.com)

Join Ree Drummond as she takes you on an intimate tour of her life on the ranch. A wife, mother, chef, author, photographer, and all-around rustic bon vivant, her blog is an assortment of tasty tidbits guaranteed to make you hanker for life on the range.



## 5 Tips for the Working Mom

Who are we kidding? All moms are working moms. But, for moms facing the additional challenge of working outside the home, here're some tips to help navigate a busy day.

### 1. WRITE DOWN ACTIVITIES & TASKS

You don't need to be superwoman and carry the weight of the home on your shoulders. Write down each activity & task you do daily, including how long each one typically takes to accomplish. Next, number your activities and eliminate unnecessary time wasters.

### 2. DELEGATE CHORES

You're not the only one in the family. Start delegating basic chores that other members of your household can perform. Create a chore chart with names, days of the week, and times. Place it in an area for everyone to see and make sure others pull their weight.

### 3. PRE-PREPARE MEALS

Home-cooked meals don't have to take hours. Block some time each week to chop and season all your meats for the week, or pre-prepare items to store in your refrigerator and freezer.

### 4. MAP YOUR ROUTE

For working moms, a lot of time is spent driving to work, appointments, the grocery store, or to activities. To maximize your time behind the wheel, strategize your driving plan by mapping out a route beforehand. If a certain section of the freeway is busy in the evenings, take an alternative route that offers proximity to another necessary stop.

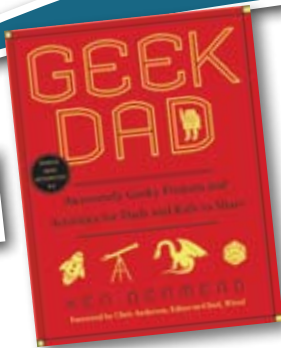
### 5. LEARN HOW TO SAY "NO"

The biggest challenge for most working moms is saying "no." If saving time is a struggle for you, taking on more projects, activities, etc., will only add more burdens. If you can't successfully include more on your plate, don't take on more.

# Dad *Life*

## Calling all Daddy Types

Connect with other dads at daddytypes.com. This weblog for new dads is a hilarious assortment of witty blogs, cool product info, and nifty photos spanning decades of fatherhood. Think we're kidding? Well, check out their recent posts on hipster denim diaper covers and the niftiest kids' beds, EVER!



### Look what we found

#### **Geek Dad: Awesomely Geeky Projects for Dads and Kids to Share**

Are you the kind of dad who'd rather play *Call of Duty: Black Ops* over throwing a baseball around? Then we have the book for you. Check out *Geek Dad: Awesomely Geeky Projects and Activities for Dads and Kids to Share*. Enter author, supergeek, and father of two, Ken Denmead. An engineer and editor of the insanely popular GeekDad blog on wired.com, Ken has created the ultimate, idea-packed guide guaranteed to help dads and kids alike enjoy the magic of "tech" playtime together. Check out the book at [geekdadbook.com](http://geekdadbook.com).

## 5 Tips to Protect a New Dad's Health

Moms aren't the only ones at risk for health problems before or after birth. Fatherhood is a challenging gig, even before a kid actually shows up. With that in mind, here are five tips to help new dads stay healthy.

### 1. Talk to other fathers

A strong support system keeps your stress levels down.

### 2. Get a check-up and make sure you're vaccinated

Schedule a doctor's appointment in tandem with your partner to get an up-to-date snapshot of your health.

### 3. Take time off

Oftentimes, new dads feel the need to shore up finances by working overtime or working more – don't over do it.

### 4. Watch your weight and eating habits

Pregnant women are commonly

told to consume more calories.

Avoid being tempted to match her bite for bite.

### 5. Get help if you feel stressed or depressed

Stress levels are highest six months after a baby's birth. Seek help if you become overwhelmed.

WORDS BY SONDRA BARR

# Kid *Life*

## Star Player

Higley High School senior Dimitri Jones was featured as 3TV's Athlete of the Week last month. The same week, Dimitri led the Higley Knights to a 60 - 51 win over Seton Catholic with 27 points and two monster dunks. As the Higley Boys Basketball team captain, he averages around 18 points and eight rebounds per game. According to Higley's head basketball coach, Sean Lively, "Dimitri is definitely one of the best players in our region, East Valley, and in the state of Arizona."



## *Miracle* for Marissa

Marissa Molina was diagnosed with bone cancer in December. A former Gilbert resident, she's currently being treated for osteosarcoma in her right leg and malignant fibrous histiocytoma (a type of soft tissue cancer) at Cardon Children's Medical Center in Mesa. Fourteen-year old Marissa needs

all the prayers and help she can get as she undergoes 24 to 74-hour chemo treatments. To read more about her cancer fight and to contribute to her cure, please visit *Miracle for Marissa* on Facebook.



## Tongue Tied

Turns out, the trickiest tongue twister in the English language is "Sixth sick sheik's sixth sheep's sick." Give it a try and see for yourself.

## Video Games: How much is too much?

It's no surprise there are ill effects to excessive screen time. The American Academy of Pediatrics recommends no more than two hours of TV viewing or video games for children aged 2 and older. According to a recent study in *Pediatrics magazine*, more time in front of the screen can threaten attention span. From an inability to stay on task, to interrupting others, exceeding the AAP recommendation translates into kids being "1.6 times to 2.2 times more likely to have greater than average attention problems."



# Meet

## Tracy Werner, 42

**I live in:** Val Vista Place, in Gilbert

**What gets me out of bed during the week:**

As the mom of five adopted children and four foster kids, sleeping in is never an option! What puts a smile on my face, though, is knowing that all the early mornings make a real difference in my children's lives. I also own a party planning site, LetsPartyMagazine.com; although it can be challenging to nurture a business amid such an active family life, I really enjoy the interaction with other entrepreneurs in the community.

**My favorite East Valley spot is:**

SanTan Village. With so many options to shop,

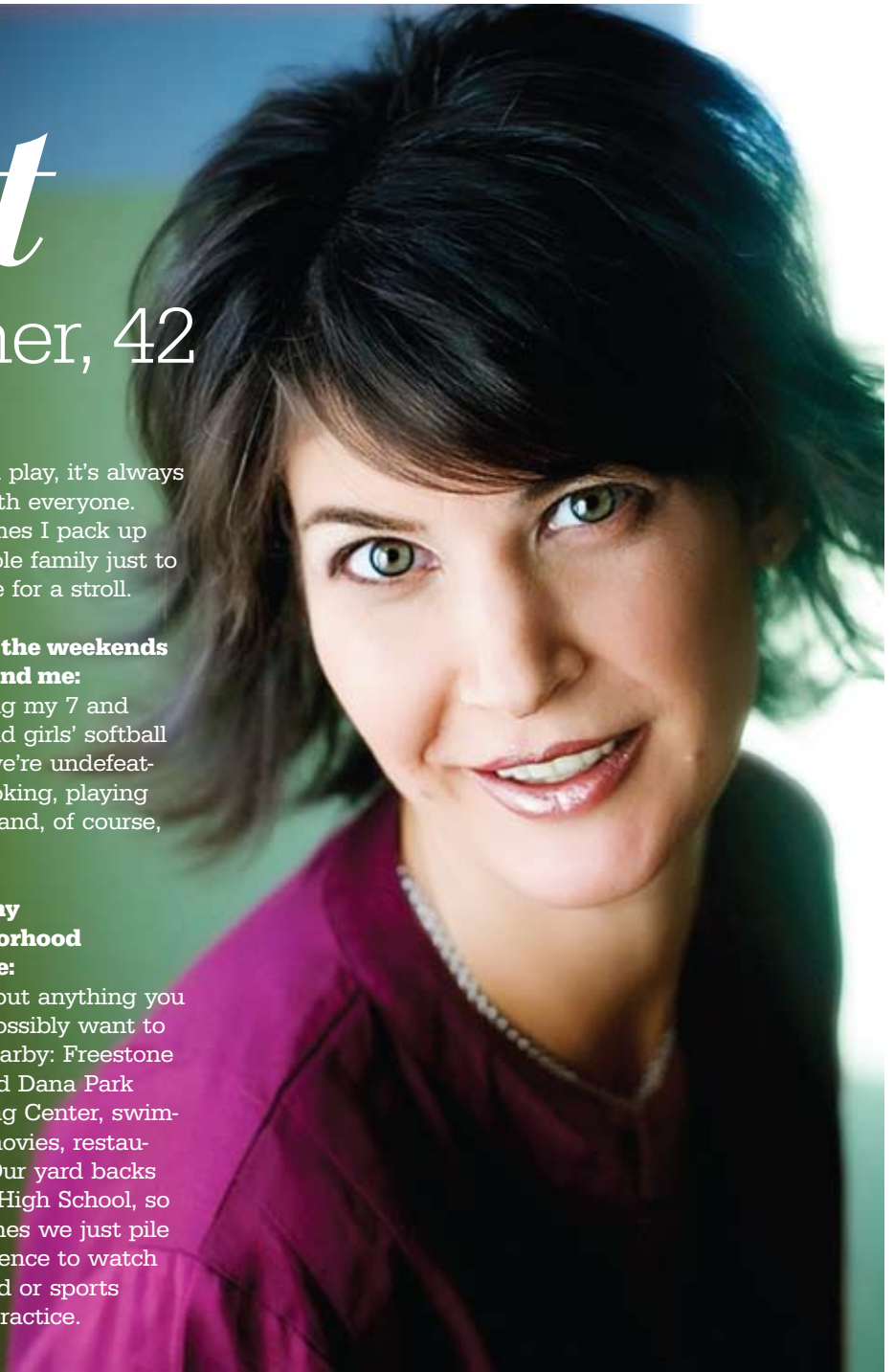
eat, and play, it's always a hit with everyone. Sometimes I pack up the whole family just to go there for a stroll.

**During the weekends you'll find me:**

Coaching my 7 and 9-year-old girls' softball team (we're undefeated!), cooking, playing games, and, of course, laundry.

**I love my neighborhood because:**

Just about anything you could possibly want to do is nearby: Freestone Park and Dana Park Shopping Center, swimming, movies, restaurants...Our yard backs Gilbert High School, so sometimes we just pile on the fence to watch the band or sports teams practice.



### GET TO KNOW: VAL VISTA PLACE

*a little bit about  
this community...*

Val Vista Place is bordered by Elliot and Val Vista. Many of its residents have lived there since it was built in 1995.

Nearby Gilbert High School has a tiger as a mascot. The school colors are black and gold.

In the early 1900s, Gilbert was known as the Hay Capital of the World; it is now one of the fastest growing cities in the nation.

Gilbert was named one of the best places to raise a family by *Business Week* in 2009!

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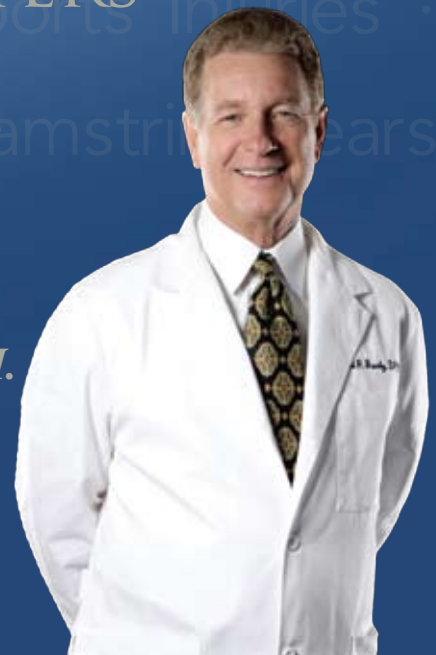
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# Head to Head

THIS MONTH, MEET 3 STANDOUT P.H.S. VARSITY TENNIS PLAYERS

PHOTOS BY CARLEE KOMAR

## Perry High School

**Mascott:** The Pumas

**Varsity Tennis Coach:** Angela Gardner



[ DAN FISHMAN ]


**BIGGEST RIVAL:**  
Myself - I tend to be critical of myself.

**WHAT DO YOU LIKE ABOUT YOUR SPORT:** Individuality in a team sport.

**WHAT KEEPS YOU MOTIVATED:** Winning a long match

**WHAT DO YOU DO TO UNWIND:** Work out and keep a clear mind during matches.

**GOAL AFTER GRADUATION:** Go to college, either ASU or UofA - not sure of major yet



[ XAVIER ORTIZ ]

**BIGGEST RIVAL:** I believe that my biggest rival would have to be myself. I believe this to be true because during tennis matches, I often find myself giving up on myself.

**WHAT DO YOU LIKE ABOUT YOUR SPORT:** I think my favorite thing is knowing that the game was played by me, and not by other players (excluding doubles).

**WHAT KEEPS YOU MOTIVATED:** My family keeps me motivated. They are, without a doubt, the best motivators when it comes to me doing anything.

**WHAT DO YOU DO TO UNWIND:** I try to take my time and not rush during my matches. I stay focused and try to keep a cool head.

**GOAL AFTER GRADUATION:** Of course, I want to go to college and ultimately end up teaching, and would love to be an ESL teacher.



[ DERRICK DOK ]

**BIGGEST RIVAL:** Myself – when I don't succeed, it's because I kept myself from doing so.

**WHAT DO YOU LIKE ABOUT YOUR SPORT:** When I play tennis, I enter this zone, and I lose all of my worries. I only focus on playing my best and trying to be the best.

**WHAT KEEPS YOU MOTIVATED:** My love for the sport and my competitive attitude help keep me motivated. I am also willing to learn and face new challenges, and that keeps me motivated as well.

**WHAT DO YOU DO TO UNWIND:** To unwind, I either exercise or play my guitar. Music and sports are my biggest passions and when doing either of the two, I forget about everything else and relax.

**GOAL AFTER GRADUATION:** I would like to go to college and then pursue a career as a pharmacist, and I'd also like to continue to play tennis competitively.

**CATCH A P.H.S. VARSITY  
TENNIS MATCH!**

Home games @ Perry High School  
1919 E. Queen Creek, Gilbert.

**2/22**

Perry vs. Alhambra @ 3:30 p.m.

**3/3**

Perry vs. Mesquite @ 3:30 p.m.

**3/8**

Perry vs. Chavez @ 3:30 p.m.

**3/24**

Perry vs. Casa Grande @ 3:30 p.m.

**3/29**

Perry vs. Skyline @ 3:30 p.m.

**4/7**

Perry vs. Westwood @ 3:30 p.m.

WORDS BY RITA TEMPLETON  
PHOTO BY MARK SUSAN

“CECI’S CLIMB” RAISES MUCH-NEEDED AWARENESS FOR THE NATIONAL DONOR REGISTRY



# Reaching *New Heights*





Carolyn "Ceci" Christenson's brother, Ryan Christenson, helped save her life.

**FOR A WHILE, GILBERT HIGH SCHOOL** freshman Carolyn "Ceci" Christenson didn't worry about the large bruises popping up or the mind-numbing fatigue she was experiencing. After all, she was 15, and typically busy: school, sports, friends, and a new puppy kept her on the go. But then there was the weight loss, and the unusual paleness. With all those symptoms combined, Ceci says, everything "just felt so off." Finally, she reached a point where she just couldn't take it any more.

Some lab tests at Phoenix Children's Hospital confirmed that not only was something "off," but that Ceci actually had a very serious problem. Her body only contained about half of the blood it was supposed to – and it took a while to figure out why. Doctors speculated that she had a variety of conditions, from Influenza A to leukemia. But finally, months after the mystery ailment had begun ravaging Ceci's body, it was no longer an unknown: it was Myelodysplastic Syndrome, or MDS. And the only thing certain was that Ceci's life was undergoing a dramatic change.

MDS is a disorder in which a person's bone marrow doesn't produce enough healthy blood cells. For people with MDS, and other syndromes affecting bone marrow, a stem-cell transplant is often necessary to keep them alive. Ceci was unbelievably lucky to have not one, but two perfect matches – her brothers – and was able to have a successful transplant, from which she's still recovering. Her battle with MDS, however, opened her eyes to the fact that not everyone in similar situations can be so lucky. "Sixty percent of the people who need transplants don't get them," she says.

That's why Ceci has poured her heart and soul into spreading the word about the National Donor Registry, where those in need of a lifesaving transplant can be matched with a willing donor. What started out as a simple fundraiser has blossomed into a media campaign; through Ceci's Climb ([cecisclimb.com](http://cecisclimb.com)), people learn more about the desperate need for donors, and what they can do to help. Ceci – along with her friends, family, and Southwest Airlines, who heard her story and wanted to help – recently sent 8,500 emails to Oprah in hopes of getting the word out there: they are still awaiting a response.

With her MDS, Ceci says, "I feel like I can control so little. But we do have control of the National Donor Registry, and I hope everyone will jump at the chance to do something." Getting on the registry requires only a simple cheek swab, and in most cases, donation is as easy as giving blood. But for people whose lives depend on a donation, it's the most precious gift anyone could ever give.

Ceci's immune system is still so compromised that she can't attend school, go to sporting events or the mall or even the grocery store. But she's devoted to spreading the word about the National Donor Registry, so that others can have a second chance at life like she has. Currently, she's organizing a donor drive with several local churches, and has no plans to stop there; even the smallest steps count. "My aunt has a saying," laughs Ceci. "How do you eat an elephant? One bite at a time." **202**

WORDS AND PHOTOS BY EMILY SEPULVEDA



Ansel, a 5-year-old yellow lab guide dog

Chaplain Timothy Burdick

# Blind *Faith*

CHAPLAIN TIMOTHY BURDICK SEES WITH HIS HEART, NOT HIS EYES

**CHAPLAIN TIMOTHY BURDICK** spends six days a week walking through the long and twisting corridors in Mesa's Banner Baywood Medical Center and neighboring Banner Heart Hospital. He visits with patients and their families, sits with those ailing and healing, and prays alongside individuals who are facing both life and death. And as he roams the hospital, doing his good work, his floppy-eared, long-tongued, friendly-faced companion, Ansel, ever accompanies him.

Chaplain Timothy is blind, and Ansel, a 5-year-old yellow lab, is his guide dog. Blind since the age of three months, Timothy has lived without sight his entire life, and uses his own disability as a way of connecting with patients during their hospital stay, a time that is often challenging, uncertain, and frightening.

"God has given me the ability to connect with people," he says humbly. "I'm able to

show people that you can walk an unknown path, like I do every day."

David Yanez, Banner Baywood's staff chaplain, says this unique viewpoint makes Chaplain Timothy a valuable asset to the hospital. "Obviously he brings a different perspective," he says. "Chaplain Timothy is able to listen to people we might not be able to listen to in the same way." Chaplain David is also admiring of Chaplain Timothy's abilities to navigate the complex hospital, despite his lack of sight. "He's able to get around, no problem. He has a determination, a dedication you don't often see in people."

Chaplain Timothy is quick to point out that he's part of a team. He laughingly refers to Ansel as his "Chaplain's Assistant," and insists that the friendly dog is as helpful to the patients and staff as he himself. "He gives the kind of unconditional love only an animal can." In addition to his role as Chaplain Timothy's

guide dog, Ansel is also a certified therapy dog, and roams the hospital sporting his own ID badge. Chaplain Timothy often uses Ansel as an example for patients. "God wants to guide you through this part of your life," he says. With Ansel sitting quietly by, the analogy is clear.

Chaplain Timothy is also admiring of Ansel's abilities with patients. "Sometimes when I'm talking," he laughs, "Ansel is sitting with the patient, connecting with them, and I tell myself 'Awww, just shut up, he's doing a better job than you are.'" Chaplain Timothy insists that Ansel has a sense of when a patient is close to death. "He does a really good job with people who are dying. He seems to know somehow, and he does a really good job in comforting them."

The duo's popularity extends to the staff as well. Chaplain Timothy laughingly describes Ansel as a ladies' man, noting that he has a "girlfriend up on the fifth floor, a social worker that he just loves." And while Ansel is the model of a som-

ber service dog while in harness, as soon as the gear comes off he turns into a typical, bouncy, boisterous, enthusiastic goofball.

"He's a character," Chaplain Timothy laughs. "His attention span

**"God has given me the ability to connect with people. I'm able to show people that you can walk an unknown path, like I do every day."**

- Chaplain Timothy Burdick

is definitely short." Ansel is Chaplain Timothy's fourth guide dog, and while he says they've all been amazing in their own right, Ansel is definitely something special. And walking through the hospital, it's clear that the staff agrees. Hospital Unit Coordinator Sherri

Maddaugh greets Ansel with an enthusiastic hug, and refers to him as "My hairy dog-faced boyfriend." She says that the entire unit perks up when Chaplain Timothy comes to visit, and that having Ansel along "adds that special touch to patient care."

Hospital PIO Corey Schubert agrees, and adds that Chaplain Timothy and Ansel are a unique unit that make an uncommonly precious contribution to the hospital. "They bring inspiration and hope and strength for patients and their families, as well as for the staff. They're a terrific team."

As for Chaplain Timothy, while he's quick to express his pride in Ansel and the work he does, he's remarkably modest about his own contributions to the hospital. "We're all working together," he insists. "Chaplain David, the nurses, other chaplains; we're all working together."

Learn more about Chaplain Timothy and his New Vision Ministries at [mynvm.org](http://mynvm.org). 202



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# BIG LOSER

CHANDLER'S ROSEMARIE ZIMBELMAN GAINS A NEW OUTLOOK ON LIFE

WORDS BY SONDRA BARR

**ROSEMARIE ZIMBELMAN**, a nutritionist for dairy cows, started putting on weight when she turned 16 and gained even more weight in college. "By 21, the weight had really crept up on me," says Rosemarie, 28. "When I moved to Tucson in 2004 to get my masters, I gained even more and couldn't fit in working out with the ungodly hours I was keeping." When Rosemarie got married in 2006, she was carrying the cumulative weight of years spent eating fatty foods, while foregoing regular exercise.

## THE REVELATION

In 2008, Rosemarie gave birth to a healthy baby, but it was only after taking custody of three older children from relatives a short while later when she decided her years spent yoyo dieting wouldn't cut it any longer. "My 14-year-old son was overweight, and I felt I couldn't support his weight loss without taking control of my own. I also recognized, I'm a habitual eater and I was only going to get fatter without taking some action," she says.

## THE CHANGE

Rosemarie had tried all sorts of diets: Atkins, South Beach, and NutriSystem, among others. She'd also been to lots of personal trainers over the years. The problem was, they all became more like friends and didn't really push Rosemarie to make the right choices. This time, she realized



BEFORE  
188 lbs

AFTER  
140 lbs

she needed a different sort of trainer, and a concrete plan.

## THE LIFESTYLE

Rosemarie's confidence was at its lowest point when she started training with Brenda Bark, owner of Focus on Fitness. "I was very unhappy heavy," she says. "Brenda got my head out of the clouds and didn't sugar coat what I needed to do to lose the weight." Initially, Rosemarie spent five days a week at Focus on Fitness doing a combination of cardio and weights. During the four-month program, Brenda would mix up the training with suicide drills, cardio blasts, jump roping, etc. Coupled with a moderate diet that eliminated junk food and focused on healthful foods, she saw the weight come off.

### SHARE YOUR WEIGHT-LOSS STORY

If you've shed excess pounds, you could be featured in 202 Magazine. Contact [sondra@202magazine.com](mailto:sondra@202magazine.com) with your story.

## Drink This, Not That!



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Nix the Mint Chocolate Latte and opt for a cappuccino. Cappuccinos have less milk, so they have fewer calories. Stay away from adding syrups and whipped topping, which add fat and calories. The worst offenders, frozen coffee drinks with heavy doses of sugar and dairy. These frozen follies are often 1,000-plus calories a cup!

**THE REWARD**

After losing more than 40 pounds, Rosemarie now makes fitness a priority. "I used to huff and puff with any sort of exertion," she says. Competing in the Snowflake Sprint at Fulton Ranch in December, she was able to keep up with her 10-year-old. And, Rosemarie's weight-loss has also served as inspiration for her 14-year-old. "He get's on the elliptical machine and has lost about 30 pounds," Rosemarie points out.

**ROSEMARIE'S TIPS**

**Moderation.** Don't eliminate everything. Do something as simple as switching from white bread to whole wheat.

**Don't pay for a trainer to be your friend.** Find a professional trainer who isn't just looking for a paycheck – one who'll be honest and motivating.

**Keep the faith.** Don't give up on yourself and keep your eye towards results. "Get back to who you really are." **202**

**Q&A**



"I am in great physical shape, I workout with weights, and I do cardio five to six days per week, and I eat healthy. Do I need to spend this much time doing cardio to maintain?" – Josephine N., Chandler.

"Josephine, the answer is no, you don't need to do cardio five to six times per week if you're working to maintain – you will start to burn muscle. For maintenance, you need to continue to eat healthy/clean, and maintain your weight lifting regimen. But, be sure to keep it fresh and change up your routine for muscle confusion every few workouts. Cardio should be done at least three times per week for 30 – 45 minutes."

"Can my daily food intake consist of just daily protein to lose weight?" – Jenn C., Chandler

"No, you need to eat a protein and a carb every meal, protein is for your muscle, and carbs are primarily for your energy. You need good carbohydrates. Your body is not designed for protein alone, and I don't agree with the Atkins diet or other similar diets out there, or diets in general. Hopefully, you are eating five small meals per day consisting of a protein and a carb, and making smart choices. Also, without carbs you will not have the energy to workout with weights. To lose weight you need weight training, cardio, and at least five small meals per day consisting of protein and a carb."

**Ask the Expert**

SEND BRENDA YOUR WEIGHT-LOSS QUESTIONS AT [BRENDA@MYFOCUSONFITNESS.COM](mailto:BRENDA@MYFOCUSONFITNESS.COM).



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# Local flavors

**QUEEN CREEK  
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GROWN OIL**

**WORDS BY RITA TEMPLETON**

**DISCERNING PALATES HAVE** been known to go to great lengths for exquisitely crafted olive oil. But area foodies need not look to the Mediterranean exports – in fact, not even as far as California. Nestled in the fertile soil at the base of the San Tan Mountains is the Queen Creek Olive Mill: the only family-owned, working olive farm and mill in the state. And you couldn't find fresher olive oil than the kind that comes from your own backyard.

While the word “olives” may not immediately bring Arizona to mind, the climate here is actually ideal. The olive tree's native landscape is similar; the long, warm days and

cooler nights provide the perfect atmosphere for Queen Creek Olive Mill's grove. More than 2,000 trees, in over a dozen different varieties, flourish there. Because the Arizona climate presents no mold or pests to bother the trees, the Olive Mill is able to grow its crops completely free of pesticides – an important component of its steadfast commitment to sustainable, eco-friendly farming. Water-conserving irrigation, organic composting, and the use of locally grown foods in their on-site eatery are also in line with that philosophy.

The olives are hand harvested when optimally ripe, from mid-October

# OLIVE OIL DOES A BODY GOOD

Olive oil is more than just tasty: it's packed with nutritional benefits to boot.

Saturated and trans fats (butter, animal fats, and partially hydrogenated oils) can seriously increase your risk of heart disease. Replacing those with the heart-healthy monounsaturated fats found in olive oil actually reduces the levels of LDL – or “bad” cholesterol – in your blood. Not only that, but olive oil is full of polyphenols: powerful antioxidants, which also promote heart health. And if it's your outside you're worried about, olive oil also makes a great moisturizer – try a couple of tablespoons in a bath for silky-soft skin.

tober through mid-December, but only the ones directly from the tree; fallen olives are never used. The harvest is then cold-pressed – meaning the oils are extracted without the use of heat or solvents – within 24 hours, preserving quality and ensuring freshness. Some of the oils are then infused with creative and sometimes unexpected essences, such as chili, blood orange, even chocolate. Besides being sold in the Olive Mill's own gourmet marketplace (which also features stuffed olives, tapenades, fresh breads and pastas, wines, and other locally produced products), the oils are used in the wares of more than 200 area restaurants and bakeries. Including, naturally, their own Tuscan-inspired café – del Piero – whose menu items are comprised of not only the Olive Mill's own bounty, but from fresh, area-grown produce, herbs, and meats.

Featured on both *Food Network* and *The Discovery Channel*, the Queen Creek Olive Mill and del Piero have basked in the well-deserved glow of the limelight. For a reasonable \$5, tourists can experience all aspects of the olive oil-making process, literally from tree to table. Through its exposure, the Olive Mill has helped to put Queen Creek on the map as a destination for agritourism – and given a boost to the local economy to boot.

Its one-of-a-kind status and location may set the Queen Creek Olive Mill apart, but a passion for quality and a commitment to community support is what makes it shine. And its success has been as gloriously unexpected – but as pleasantly surprising – as, well ... an olive mill in the middle of the Arizona desert. **202**

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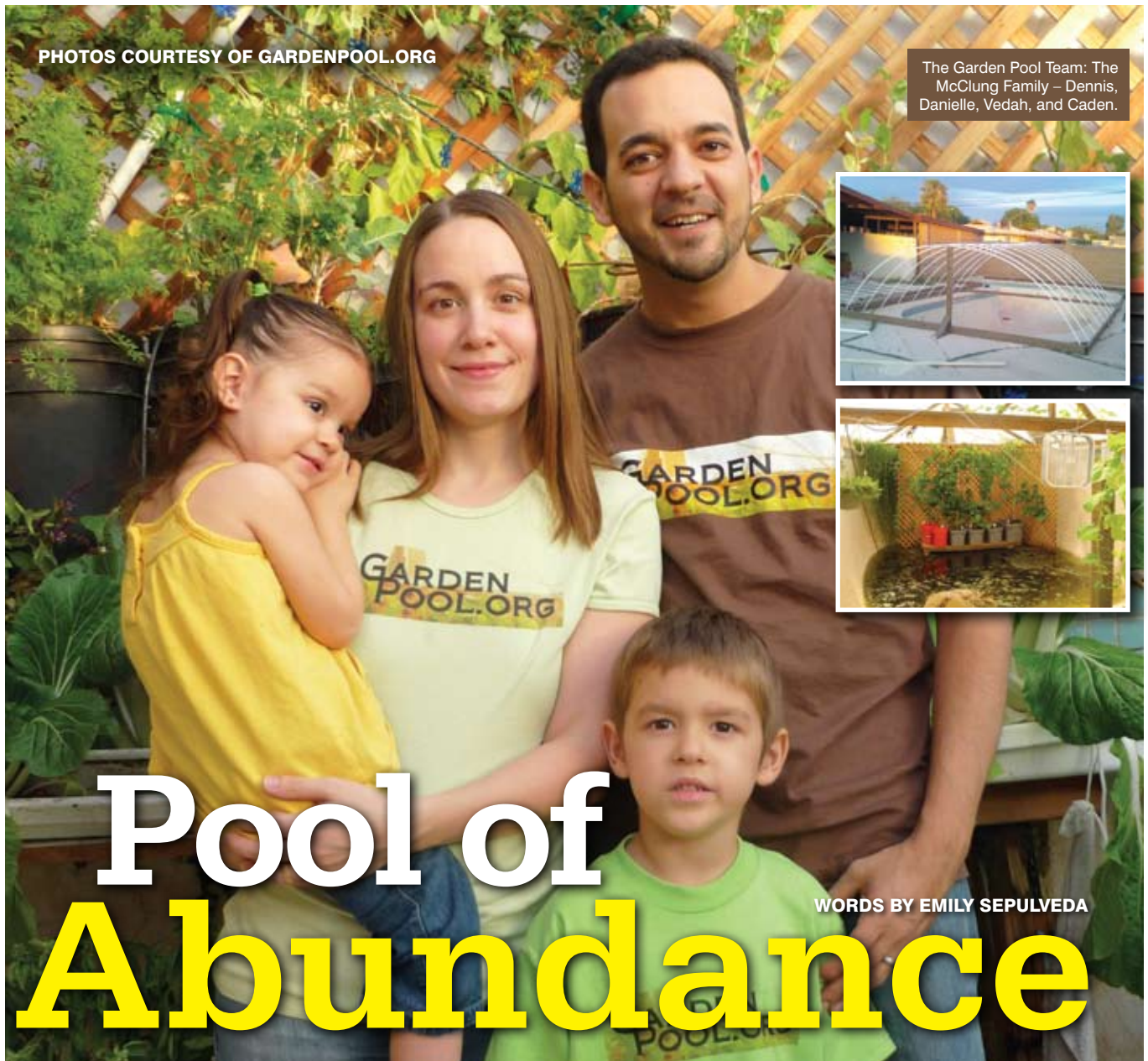
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## AN EMPTY BACKYARD MESA SWIMMING HOLE BECOMES A SELF-SUFFICIENT ECOSYSTEM IN THE DESERT

**ASK DENNIS MCCLUNG** what his children consider a treat, and he won't hesitate to tell you. "Broccoli," he says. "They're really excited about broccoli right now, because we haven't had it since last year." But maybe it's not a surprise; the McClung children are growing up with a backyard that has been gaining nationwide attention.

Dennis, 31, and his wife Danielle, 24, took a hold of the American dream in October of 2009. Foreclosures were cheap and abundant, and the young McClung family was able to purchase their first home, a typical suburban house in northwest Mesa. The house was in relatively good condition, but the bare backyard was dominated by an empty and unused nine-foot-deep swimming pool.

With two small children (ages 2 and 4), Dennis and his wife Danielle were hesitant to restore the swimming pool and use it for its intended purposes. Instead, the McClung family turned the structure into an enclosed greenhouse, and began growing tomatoes, greens, and kitchen herbs. Before long they added hydroponics, then a fishpond stocked with tilapia, and finally chickens. These elements come together to create a self-filtrating, self-sustaining food production system, which the McClung family have dubbed "the garden pool."

The rewards of this endeavor are tangible and delicious. Right now, while most of the country is covered in

## The Garden Pool combines:

**Solar Power** – harnessing and storing the sun's energy  
**Water Conservation** – using less water and recycling waste water

**Poultry Farming** – raising chickens

**Aquaculture** – raising tilapia fish

**Hydroponic Gardening** – growing

fruits, veggies, & herbs without soil

**Organic Horticulture** – using natural

methods to control garden pests

**Aquaponics** – the symbiotic cultivation of produce and fish in a recirculating hydroponic environment.

**Biofiltration** – natural water filtration method using biochemistry and duckweed.

**Thermal Mass** – thousands of gallons of water that is warmed by the sun and being surrounded by earth and concrete provides “inertia” against temperature fluctuations.

**Permaculture** – Garden Pool systems mimic relationships found in natural ecologies. It is a miniature self-sufficient ecosystem.



snow, the McClungs are eating fresh picked heirloom tomatoes, several varieties of basil and other herbs, corn, strawberries, peppers, bok choy, and more. The family harvests all the fresh fish they like, with the solid knowledge that those fish are clean and healthy, as well as mercury free. This time of year, they collect half a dozen eggs a day, eggs they can be confident are organic and salmonella free. Most families have very little idea of the journey their food makes from field to table; the McClung's know that journey intimately: it's just a few steps through their backyard.

“Everything we eat is vine ripened,” Dennis says. “It tastes much better, sweeter; even the fish.” The McClung children are so happy with all the fresh veggies, they've taken to grazing directly from the greenhouse. “They love it,” Dennis explains. “Every time the kids go in the pool, they pick something and eat it.” All the produce grown in the pool is free of pesticides and chemical fertilizers.

The garden pool really is an amazing sight, so much so that Dennis and his family have opened their home up for tours, and offer instructional classes in getting started with at-home food production. The pool has been featured during segments on many of the Valley's morning news programs, and has been written up in urban gardening and hydroponics trade publications.

The pool has also had a measurable effect on the family's grocery bill. “I'd say it's at least cut in half,” Dennis estimates. “Mostly we buy coffee, cooking oil, things like that. Everything fresh comes out of the pool.” Growing and harvesting their own meals has also given the family a new perspective on food. “We have a much greater appreciation for it, and we don't waste nearly as much as we used to,” Dennis laughs. “Not now that we know what it takes to produce it!”

Learn more about the garden pool at [gardenpool.org](http://gardenpool.org). 202

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# Tender Hearts

Youthful spirits  
transform vintage  
styles for a  
fresh twist

Set Stylist/Party Designs: Kim Stoegbueur, The TomKat Studio  
Photographer: Laura Winslow Photography  
Coordinator: Jami @ The Savvy Socialista

Models:

Gilbert's Audrey Esposito, 4  
Chandler's Cade Croskey, 4  
Hair Stylist: Traci Rogers (480) 228-0384  
Shot on location at: Designer Boulevard

Furnishings – Designer Boulevard  
Paper products – The TomKat Studio



On Audrey: Red pettiskirt – Pink Taffy Designs  
Love tank top – Finley & Oliver





Vanilla Cupcakes

Red Velvet Cake Pops







# Camping Goes Glam

LOCAL RANCH-STYLE SOIREE BRINGS THE INDOORS OUT

WORDS BY KIM STOEGBAUER



Feeling cooped up from being indoors all winter? Spring is almost here and before the Arizona heat sets in, why not head outdoors for a ranch-style glam camping get together! A perfect gathering for both kids and adults! Here are a few tips for creating a gathering inspired by ours.

## 1 :: Bring the Indoors Out

Find a nice space in your backyard (turn off the sprinklers!) and pull out some furniture, blankets and pillows from your home. Have plenty of seating for everyone. A fire pit is a must for a camping themed soiree.

## 2 :: Sweets & Treats

Offer your guests a smores bar with various types of chocolate! Cupcakes, candy apples and cookies are always popular at any party. Hot cocoa is a perfect beverage to offer for this theme.

## 3 :: Finishing Touches

Nothing pulls together a party with a theme more than paper goods (via TomKat Studio) to label your display and adorn cupcakes and party favors!

Local Credits:

Words and styling: Kim Stoegbauer, The TomKat Studio (thetomkatstudio.com) - Chandler

Photos: Laura Winslow Photography (laurawinslowphotography.com) - Gilbert

Location: Earnhardt Estate in Queen Creek

Hair Accessories: Dolce Vita Mia (dolcevita-mia.com) - Gilbert

Candy Apples: Rocky Mountain Chocolate Factory - Phoenix

Cookies: Paradise Bakery - Chandler

Decorative Accessories: HomeGoods - Chandler

Clothing: Oh Fiddlesticks!

About the author/stylist: Kim Stoegbauer of The TomKat Studio is a party stylist/blogger who lives in Chandler. She has been featured on MarthaStewart.com, HGTV.com, Parenting Magazine and in *The Arizona Republic*. View her blog/shop at TheTomKatStudio.com.



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THIS VALENTINE'S DAY, WOO  
WITH FOOD AND DRINK

# A NIGHT on the

Spice up date night  
with a visit to one (or  
more) of the following  
East Valley hot spots...

## Pier 54

The closest you'll get to an actual waterhole in the East Valley, Pier 54 offers a lakeside view in the Valley of the Sun, a.k.a. the desert. The open-air bar is perfect for a late-night beverage while you wax poetic over the "Deadliest Catch," the restaurant's signature crab cakes.

5394 S. Lakeshore Dr.  
Tempe  
(480) 820-0660  
pier54az.com

## Down Under Wines & Bistro

This neighborhood wine bar serves decidedly un-romantic Crocodile Potstickers, apparently the first barbeque kangaroo in the Southwest. But, you'll be willing to overlook marsupial on the menu when you hunker down to enjoy a wine flight or a bottle of authentic Coopers Aussie brew with your "Betty."

1422 W. Warner Rd.  
Gilbert  
(480) 545-4900  
downunderwinesandbistro.com



# OUT town

## The Deli

When you think of somewhere good to eat, Queen Creek doesn't exactly come to mind. Yet, The Deli serves up some of the Valley's tastiest fare sandwiched between two slices. Better yet, slide over to Poppy's Place, the newest edition to the joint. With half-priced beer, wine, and mixed drinks from 4 p.m. - 5:30 p.m. daily, it's the perfect starting point to a far-flung East Valley night.

18914 E. San Tan Blvd.  
Queen Creek  
(480) 279-3546  
thedeliqc.com

## DC Steakhouse

You know it's Valentine's Day when you take the "missus" out for a good ole' steak dinner. If that's the traditional vibe you're going for, DC Steak House fits the bill without maxing out your budget. A newer addition to Downtown Chandler, they serve up mid-priced tender, seasoned meat, while offering up a "Cheers" type of vibe.

98 S. San Marcos Pl.  
Chandler  
(480) 899-4400  
dc-steakhouse.com



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The advertisement features a collage of home decor items including a Christmas figurine, a cake, and various home furnishings. A photo of a woman in a green dress in a field is also included, along with a photo of a sandwich and chips.



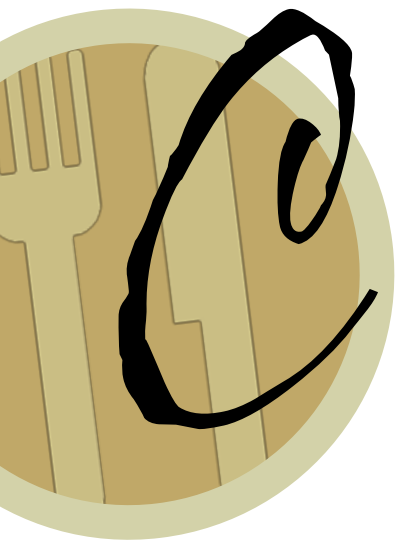
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The advertisement shows a photograph of the Berge Ford Service building with several cars parked in front. The text is bold and uses star symbols to highlight key services.



# chefs Dish

3 EAST VALLEY CHEFS SHARE THEIR FAVORITE LOCAL SPOTS, SUPER-SECRET INGREDIENTS, AND THEIR MOST OUTRAGEOUS DISHES – FARM RAISED INSECTS, COD SPERM...

## *Michael O'Dowd*

EXECUTIVE CHEF, KAI RESTAURANT AT SHERATON WILD HORSE PASS RESORT AND SPA IN CHANDLER

LIVES IN: Chandler

**When you go out to eat, what East Valley restaurant do you frequent?**

C-Fu Gourmet

**What do you eat more than anything else?**

Hard to say, but funny enough, probably imported cheese and pizza – My New Years' resolution will put a major dent in this.

**What celebrities have you cooked for?**

Sharon Stone, John Travolta, Jerry Garcia, Jackie Onassis, Bono, Mick Jagger, Steven Tyler, Dan Rather, Imelda Marcos, Al Pacino, to name a few.

**What's the most unusual dish you've ever created?**

Farm-raised insects.

**What ingredient can't you live without?**

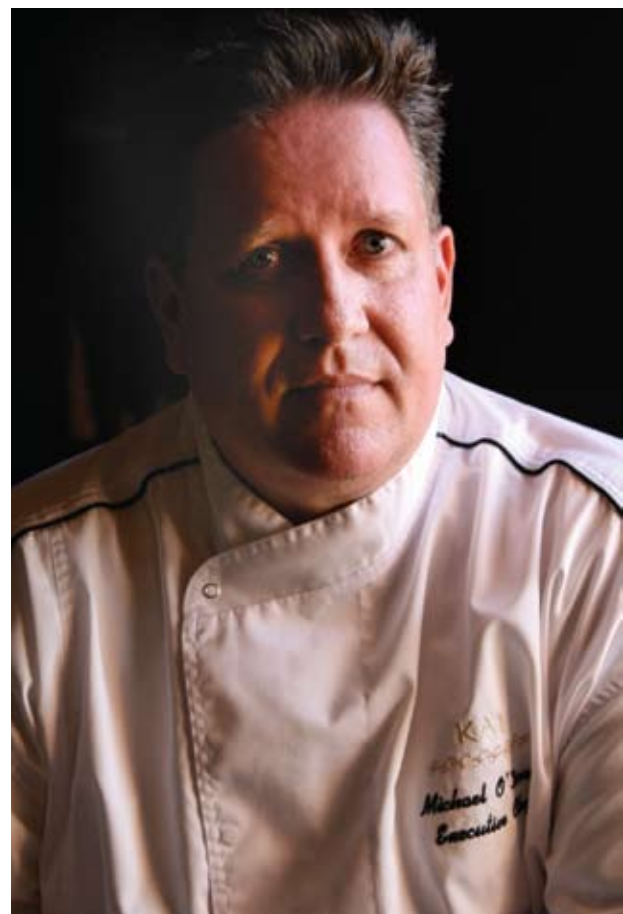
Ginger.

**What's the most underutilized ingredient in the home kitchen?**

Salt, meaning a good clean finishing salt.

**What's missing from the East Valley restaurant scene?**

A high-end piano bar serving sexy small plates of creative edibles.



**What's your most favorite Kai memory?**

Our first 5 Diamond Award and making history with that honor.

**How would you describe your cooking style?**

Creative and raw, yet fluid.

## Payton Curry

EXECUTIVE CHEF OF CAFFE BOA  
IN TEMPE AND CAFFE BOA BISTRO  
IN MESA

LIVES IN: Scottsdale

### **When you're not eating your own food, where in the East Valley do you go to eat?**

Udder Delights has my ticket. Killer ice cream and I have milked the cows that provide the milk for that ice cream. Casey (owner Casey Stechnij) is also doing dinners at Superstition Farm that definitely need to be checked out. Live music, live art, live life on the farm man!

### **What celebrities have you cooked for? And/or who's the most notable person you've fed at Caffe Boa or Caffe Boa Bistro?**

Celebrities huh. I don't kiss and tell in this area. There have been many that have dined in the private dining room in Mesa. They have the ability to come in through the back entrance and dip right into the Private Dining Room.

### **If you weren't a chef, what would you be?**

A stay at home father. It would make me feel good to know where everything is in my household and to know that I will have dinner ready for my Muse when she arrives home from work. And I promise I would learn how to 3 x 4 fold the towels in the proper direction if this were the case. I would also thoroughly enjoy spending as much time with my children as possible.

### **What's the most unusual ingredient you've ever used?**

Cod sperm. I was in San Francisco and we had some regulars in from the Castro District that always love this Japanese delicacy so we flew some in.

### **What ingredient can't you live without?**

Banyuls vinegar. This has always been a staple in my kitchens. It will always be.

### **What #1 thing should the home cook keep in mind?**

Get good at failing at new things and don't get discouraged. I have failed miserably at home at a few dishes and continued to hammer them out until



I was satisfied. Also keep your local farmers market in mind when buying your produce. The mass produced garbage in those "StuperMarkets" doesn't do the local produce scene any justice. Also keep in mind that you can hit me up on Twitter @ChefP8N if you need some assistance in the kitchen or other areas of the house.

### **What's missing from the East Valley restaurant scene?**

Positive competition. This is a concept that has driven restaurants to go from good to great. A restaurant opens near another, that's a good thing. This allows our guest to have a few options and it should allow two kitchens to borrow a cup of flour here and there from each other. Instead I find that some are too focused on thinking that they are the last Coca-Cola in the desert instead of helping thy neighbor.

### **What's your most favorite Caffe Boa memory?**

Going to Superstition Farms and helping calves take their first step, milking cows to make ice cream and cheese and at the end of it, rounding up cows at 2 a.m. with tractors and Farmer John. It's great to have people like that around you at times. You know who you are!

### **What three words would you use to describe your cooking?**

Camping. Peasant. Guerilla.

## David Traina

EXECUTIVE CHEF & OWNER,  
LIBERTY MARKET IN GILBERT

LIVES IN: Tempe

### **What East Valley restaurant (other than Liberty Market, of course) do you frequent?**

It depends. We like El Pollo Supremo and Cafe Wasabi as quick "I'm really tired and I want something quick and flavorful" option. Hillstone/Houston's are a little less East Valley but they have a great menu and their service is exceptional.

### **Is there any East Valley dish you can't find anywhere else?**

The pasties at the Cornish Pasty Co. seem to be limited to their two locations. They have a good variety for everyone.

### **What celebrities have you cooked for? And/or who's the most notable person you've fed at Liberty Market?**

When I worked at Cafe TerraCotta in Scottsdale, I cooked for Charlie Watts, the drummer for the Rolling Stones and Alan Alda. It's different when you own your own place because as cliché as it sounds you want it to be like the bar Cheers... where everyone knows your name. What you do is great but we want you to come in because Liberty Market is your place.

### **If you weren't a chef, what would you be?**

A really, really, really struggling artist. I like music, art and the Built Environment. They all have a large influence on my life.

### **What's the most unusual food you've ever eaten?**

I spent two weeks in Hong Kong so a few of those meals were up there in unusual. In Napa Valley at the Bistro Jeanty, we had Kidney (which I'm not a fan of) but the sauce and bread they served with it was amazing.

### **What ingredient can't you live without?**

Salt and Pepper - it's amazing how a flavorless food often lacks those two simple ingredients. Oh, and a good Pecorino-Romano.



### **What's the #1 thing most home chefs are doing wrong?**

Investing in good quality cooking tools. For example, you don't need a set of 15 knives...a good quality chef's, serrated and pairing knife are all you really need - and keep them sharp!

### **What's your most favorite Liberty Market memory?**

We have a picture taken during the week we opened Liberty Market with close family. It's a picture that grounds me because it reminds me that there are so many different people who have helped make us who we are. Our goals of having a passion for the food and serving with a servant's heart come from who we are as people as well as those who have been beside us through it all.

### **How would you describe your cooking style?**

Simple, good ingredients that I really like. I'd much rather use five really good ingredients than follow a recipe with 17 steps. I think food can speak for itself. **202**




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For three fun-filled days in March, Chandler becomes a hub for all things ostrich and fun related. Last year, Gilbert sisters, Caleigh, 5, and Noell, 8, took in the sights and sounds of the festivities happening near the midway amusement rides.



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