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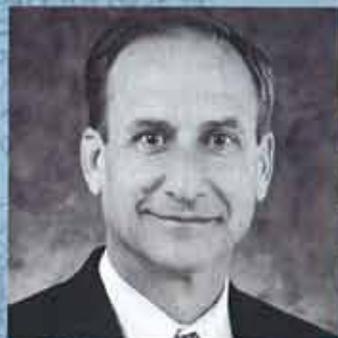
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Where the Wild Things Are - When not enjoying her lovely home and all its benefits on "the fringe of Arcadia," Mary can be found teaching throughout the valley and around the world in exotic places like Jamaica, sharing her love of yoga, or touring with country music sensation Sugarland as their private instructor. She is grateful to Melissa and Lance for their loving care of her extended family when she travels. To find out more about Mary's local classes, workshops and world-wide retreats visit www.marybruce.com

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Crystal Daigle

Cover - Master Healer

Crystal, aka "Painter of Bliss," has been painting for over 25 years. She studied at The Philadelphia College of Art and graduated from Temple University. A Schenectadian by birth, Crystal moved to the Valley of the Sun in 2003 to relish the desert sun and hike with new, wonderful friends. She's taught painting for over eight years to more than nine thousand children and adults. Crystal also writes and performs comical prose poems about visits from the Sufi Master Hafiz. See Crystal's art at www.CrystalDaigle.com or e-mail her at crystal@StrongArtist.com Follow her on twitter <http://twitter.com/crystaldaigle>



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Sustainable Gardening- Designer/co-owner of On Site Landscape Construction, Benjy Levinson went to Arcadia High then graduated with an accredited degree in Landscape Architecture from The University of Arizona. Benjy has been designing gardens for residents of The Valley for over 15 years. He is also responsible for the master planning of parks, recreation facilities, model home complexes, and churches in Arcadia, DC Ranch, Desert Mountain, Desert Highlands, The Biltmore, Prado, Judson, Montelucia and in California; La Jolla Shores, Wind and Sea, Carmel Valley, Mission Hills, Poway and Marin. Having worked with some of the best architects and designers in Arizona and California, Benjy provides beautiful and functional designs to fit the needs and style of his clientele. benjy@onsitebuilds.com



Dan Siegel

Things are not what they seem, Taking it to the Next Level, Haiku Review, Profile of the artist Crystal Daigle, Painter of Bliss - Siegel is the editor of The Arcadian Journal, co-owner of TD Publishing, and the founder and co-owner of Arcadia's Peak Performance Personal Training. editor@thearcadianjournal.com

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FROM THE EDITOR



There is a 1963 Walter Crash Truck in Arcadia. This truck, created to fight fires on airport landing strips, was built for speed and power. But it's not being used to fight fires anymore. It was retired some years ago, and ended up in a collection of vehicles and heavy equipment in Jerome. Recently, an Arcadia resident, Kirk Strawn traded his VW Bus for it. What's better than a VW Bus? A Bigger VW Bus. The Walter Crash Truck is being converted into a VW Bus replica, which will be called "Walter," for the dual purposes of partying and promoting business. Whoever said never mix business with pleasure wasted his breath. Kirk and his crew are planning to bring it to Burning Man, an annual, indescribable party/art festival in the desert at the end of August which attracts about 50,000. At the end of the week-long event an eighty-foot statue is set on fire as the party reaches its peak. The Arcadians are entering their project into Burning Man's "Department of Mutant Vehicles." Assuming Walter and Kirk survive Burning Man, Walter is to be used as a promotional vehicle for Kirk's consulting business. According to the owner, the 1963 Walter was the first aluminum fire truck ever built. It's a 4WD, and has an 844 cubic inch V8 engine. When it's completed it will be almost eight times

Thank You Ann,

"Your positive, professional attitude helped keep me on track, and your natural leadership inspired me to do my very best without feeling intimidated or overpowered." Dave



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Things Are Not What They Seem - Pink Floyd



bigger than an actual VW bus. I was lucky to get some photos before the project is complete.

If you happen to see a giant hippy bus driving in Arcadia, you are not having a flashback. Things are not what they seem.

Things really aren't what they seem. Barack Obama has been accused of being an Islamic fundamentalist who has infiltrated the highest office of our government. Have you seen the emails? It seems a little far fetched, so I did some investigating, and I've found out he is really an Irish Liberationist who has infiltrated our government. The reason there are conflicting stories about his birth certificate, is because his name is really Baragh O'Bamaugh, which was changed to "Barack Obama" in order for him to blend in better. Pretty sneaky...

And speaking of sneaky, every time I go to Mamma Mia's Pizza for the lunch special, I feel like I'm getting away with something. This place has the best slices in town - and two slices and a drink for \$3.50 is easily the best lunch deal in town. You can't afford NOT to eat there. Here's an idea: Forego the eighteen-dollar burger, go to Mamma Mia's, and with the money you save, donate something to Saint Mary's food bank. A volunteer recently told me this is the first time in years of volunteering that he has seen the shelves starting to look empty. Please bring your food items to Peak Performance Personal Training on 40th Street and Campbell to donate to Saint Mary's.

*Thank you,
Dan Siegel*

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I live in Harmony, in the Harmony neighborhood of Phoenix, what I call "the fringe of Arcadia." I live on Cheery Lynn Road. Sounds like a happy place, right? I moved here seven years ago; a perfect place to start over post divorce. "By God I'm going to be happy if it kills me," I thought. How can one not be happy in the neighborhood of Harmony on Cheery Lynn Road? As I drove around, investigating my new digs by meandering down side

eled and made their way toward my street and closer to my home. A friend at the time talked me into getting a few baby chicks of my own to watch them grow into hens. Fun, right? My first mistake! They had their own coop, they let me handle them and they provided fresh eggs daily. I felt bad for them though, cloistered away behind chicken wire while all the other birds had free-range privileges. So away went the coop. My second mistake! And there we

in trees. Yes, that surprised me too, but if you remember, they can fly. Before they found their way to my street I would see them over on the corner of 35th and Flower around dusk time fly into a tree and perch on a limb for the evening slumber. Well slumber for some maybe... the fun begins around midnight I learned, when they began to roost in the trees on either side of my house. You may remember the old adage, "the cock crows at dawn." Myth! Total fabrication! The cock crows whenever it damn well pleases; on the hour, every hour till the wee hours and beyond! Did you ever see Disney's 101 Dalmatians, when the dogs bark, to signal one another throughout the countryside to carry their message? Well, it's kind of like that. Before they moved to my backyard, I only heard them faintly, in the distance, blocks away. As the setting became more intimate, as in the tree right next to my bedroom window, the sound was inches away, as well as blocks away. They call to each other ALL NIGHT LONG! And they say girls talk a lot. Well, eventually I grew accustomed to the cock-a-doodle-dos and it's actually become a pretty good barometer of my emotional well-being. When life is going along its merry way I hardly notice the roosters as they blend in with the white noise of two fans running throughout the night. Yet, when I find myself stressed, my peace disturbed, let's just say it's a good thing I don't own a gun! No, seriously though, it sounds like I don't appreciate the eccentricity of my neighborhood, which I most certainly do. My backyard is abundant with life and nature's bounty. I am nourished with more than my share of delectable fresh eggs, which I graciously share with my clients. You simply must savor the difference between store bought eggs and those gathered fresh daily, a lost ritual from the past for most of us city dwellers.

Where Wild Things Are Born

streets, I noticed a strange phenomenon; birds, fowl to be exact, as in hens, roosters and guinea hens (funny looking black and white birds that look like a cross between a turkey and a prehistoric bird.) There are even a few peacocks down on the corner of 32nd Street and Flower.

There is about a four-block radius from 32nd and Flower to 36th and Earl and even a little beyond in both directions in which the feral fowl roam. Oh yes, did I forget to mention that part? I live in the middle of the city and these birds are feral, meaning they don't belong to anyone in particular. Perhaps they did at one time before expansion took over, when 32nd and Flower was designated horse property, so I'm told. People up and move and sometimes abandon their pets, in this case, most foul play! Well, at first it was delightful. I marveled at my good fortune and the charm of my surroundings. I would leave a few minutes early for work just so I could wind through the neighborhood to watch the parade of fowl and perhaps espy a peacock or two in full plumed display.

Well, as the years passed, the birds trav-

were, me and my four girls... and we all know where girls are, cocks are sure to follow! Before I knew it, a rooster or two or three came calling, and that spring there were baby chicks galore and in the fall another clutch of chicks hatched and the population grew. I fed them, my third mistake, and they told all their friends (I don't know how this works, but it does!) They migrated from down around the corner to my street and up toward my house. I was abundant with eggs, which they lay in nests in a row of mature Oleanders that serve as a back yard fence. It was an Easter egg hunt every week as they would lay in a nest consistently till they caught on that I was collecting eggs. Then they would move on to create another nest. It was a game of hide and seek!

There are about ten or twelve rotating nests, some high, some low. Oh yes and they can fly, a little daunting when they're coming toward you! Roosters can be aggressive, so you just have to show them who's boss. I open the back yard gate with seed in one hand and a rake in the other. So they lay eggs in nests and sleep



While harboring feral fowl, I also have an affinity for attracting stray cats. They seem to find me and sense a kindred soul. To date, I have three indoor cats and five that I tend to outdoors, which include the three kittens born this spring. It started with the little female calico from across the street. I named her Bella. She would come to my front porch for daily visits and even explored the interior of my home a few times, but preferred the spaciousness of outdoors. Then, the following year I made friends with another little female. It took some coaxing, but with food, patience, and a little gentle persuasion she learned to trust me and I was able to pet her. She cohabitated with the chickens beautifully and they were one happy family, even sharing an occasional meal together. One time I didn't finish my sandwich from Pane Bianco's (sorry Chris). He wraps them in a generous sheet of butcher's paper. I laid it out on the back patio, and to my surprise Mama Kitty and the flock of hens picnicked together side by side.

She disappeared for a few days and I tried not to worry, as I had grown attached to her. Then one evening I saw her again and watched as she jumped in and out of one of the oleander trees. Curious, the next morning I investigated, and to my surprise found her in a nest with two newborn kittens suckled against her soft belly. Beneath the kittens - four chicken eggs!!! I hadn't even known she was pregnant. She had imprinted with the hens. They were her family. She had watched where they laid their eggs and when her time came it seemed perfectly natural to birth her kittens in the same place, in a nest. I had one indoor cat of my own at the time, and delightfully adopted her two babies when they were old enough. I got her spayed and she

eventually moved on.

The next spring brought another female I call Katy Kat. This one I knew was pregnant. Same story, different nest, she had four kittens. I found happy homes for all of them as they went in pairs just like Noah's Ark! Then in the fall she was pregnant again, this time with just one kitten, which she hid from me for three months. Her name is Carmelicious and she is still around. This spring's litter brought five more kittens; again in a nest on top of, you guessed it, eggs from the chickens.

Nature has provided me with many lessons in learning how to detach. The two girls have since disappeared leaving three adorable boys. My three indoor cats are constantly trying to get out while these three little boy kitties are always trying to get in. They appreciate the cool tile of my kitchen floor as compared to 111-degree summer heat, even in the shade of the trees in which they were born. I used to think it was my responsibility to find homes and neuter and spay every cat. I do my part with those I can safely touch. I will neuter the boys so they don't continue to "spread the love." I've caught a few roosters, donating them to Pratts, but for the most part I've surrendered to the charm of the neighborhood.

Yes, I live on Cheery Lynn Road with the feral fowl and stray cats in the aptly named neighborhood of Harmony. I marvel at nature's adaptability and unusual inclusion and imprinting. Even as I playfully complain about the chaos that is urban nature, I dwell in harmony with it.

-Mary Bruce



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MERCURY MAKES A RARE APPEARANCE

The ancient Greeks and Romans took the stars very seriously. They noticed most of them stayed in star-patterns, or constellations. These rise in the east and set in the west but do not change. The ancients also noticed some stars moved from week to week through the constellations. These were called planets, from their word for wanderer. Planets were named



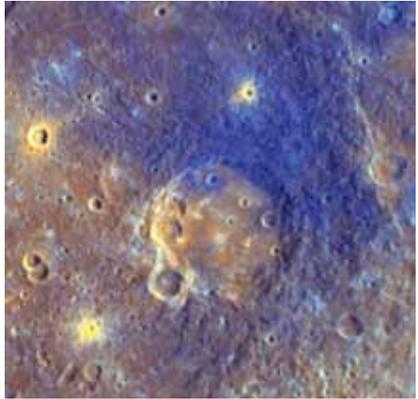
after the gods - in the mythology of the Romans, the Messenger of the Gods was Mercury. It's no coincidence that the closest planet to the Sun should be named after the fleet-footed god with the winged sandals (last seen delivering flowers). Mercury is so close (about 36 million miles on average, compared to Earth's 93 million) to the Sun, it takes only 88 days to orbit. If Mercury is on the east side of the Sun today you know it will be on the west side, half an orbit, about 2 months later. It's this back and forth from one side of the Sun to the other that reminded the ancients of the speedy messenger Mercury. Because Mercury orbits so close to the Sun, it is never very far from the Sun in the sky. For example, you would never see Mercury from Phoenix at midnight, because it can't be on the opposite side of the sky from the Sun. In fact, Mercury is usually caught in the Sun's glare, so you have to catch it at a point in its orbit when it's farthest from the Sun.

Mercury is a challenge to find. Basically, there are two times a year when Mercury shows up in the evening sky, but only for a week at a time, and never far from the Sun's glare. It's said that only 1% of the world's population has ever seen Mercury and even Copernicus (who developed a controversial little theory in which the planets orbit the Sun)

is rumored never to have gazed on Mercury. On the other hand, being close to the Sun's glare also makes Mercury pretty bright, about as bright as the brightest stars in the sky. In fact, Mercury is actually quite easy to see, if you know where and when to look. This August marks a great opportunity to see Mercury. Your best opportunity is between August 1 and 15. Go out between about 7:30 and 8:00

pm and look directly west. You should see a scene like the one in the accompanying Figure, generated using the free-ware Stellarium (available at <http://www.stellarium.org>). This shows the sky at 7:45pm on August 11, looking due west. Mercury is bright and low on the horizon. The brightest star in the vicinity is Spica, in the constellation Virgo, marked in the upper left with crosshairs. Mercury is slightly brighter than that. The only thing you might confuse Mercury with is Saturn, which is in the same area of the sky in August (bonus!). But Mercury is slightly lower and brighter. Make sure you have a clear western horizon so you can look low in the sky. You can be one of the lucky few to have seen Mercury.

Because it's so close to the Sun, Mercury has been a challenge to visit with spacecraft, too. A single probe, Mariner 10, flew by Mercury in 1972, and was the only spacecraft to visit Mercury until recently. In the last few years the NASA MESSENGER mission has taken some stunning photos of Mercury's surface. Spacecraft photographs let us figure out what's under Mercury's crust and how it formed. The accompanying figure shows the crater named Titian, with the colors exaggerated. Blue material to the left was thrown there when a crater was made by the impact of a very large space rock: the crater



(Image credit: NASA/Johns Hopkins University Applied Physics Laboratory/Carnegie Institution of Washington. From <http://photojournal.jpl.nasa.gov/catalog/PIA12079>.)

then filled with lava that solidified to form the orange material. Mercury strongly resembles the Moon - it seems that minerals buried deep under the Moon's crust might have ended up near Mercury's surface, perhaps in that blue stuff. After mid-August Mercury and Saturn get closer to the Sun in the sky and the window of opportunity closes. It may be difficult to see, but on August 22 the crescent Moon, Mercury and Saturn are in a straight line just after sunset. If you make it a habit to see Mercury several nights in a row in early August, you will know where to look to see this trio.

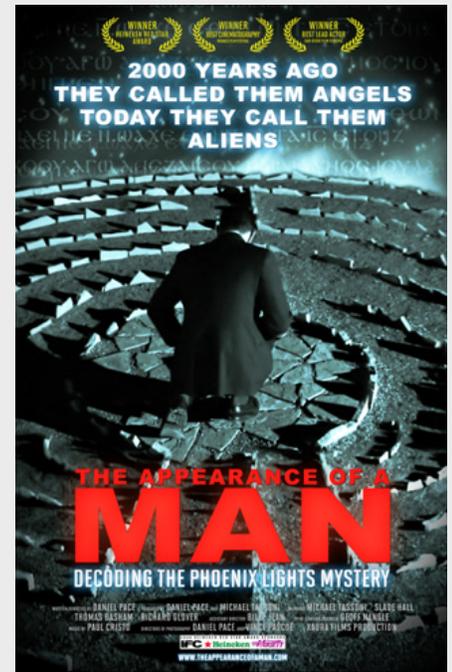
The stars invite us to make sense of them and enjoy them. The more people paid attention to the motions of Mercury, the less it seemed like a crazy god in winged sandals and more like a body in orbit around the Sun. Now we recognize it as a world in its own right with a surface we can photograph and - who knows? - one day walk on.

Keep following the Moon each night, looking for it at the same hour (say 8 pm). Notice that each night at that time the moon is farther east. On August 22nd it's near the Sun, but on the 27th it can be found near the bright red star Antares in Scorpio

(Antares is the heart of the scorpion). On September 2nd it can be found very near the planet Jupiter in the sky.

Fortunately the Moon doesn't rise until after 10pm on the night of the 11th, so its glare won't interfere too much with the Perseid meteor shower. People used to be scared of meteor showers (a particularly strong meteor shower in 1833, which was referred to as "the night the Stars Fell on Alabama" led Americans to panic. It's cited as a trigger of religious revival and religious intolerance at the time). Today we know most of the Perseid meteors are only as big as sand grains, and that they burn up in the atmosphere. We look forward to the light show this time of year when the Earth plows through the dusty part of its orbit. August 11th is the best night to look for meteors. Look to the northeast around 9PM to 10PM. You might see a dozen or so meteors in that hour, especially if you go somewhere darker than Phoenix. Bring your lounge chairs.

-Steve Desch



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In continuing our preservation of Arcadia, the greatest effect we can have is to perpetuate the lush gardening tradition of the neighborhood. With the use of flood irrigation, Arcadia was originally planted as citrus groves almost one-hundred years ago. As homes were built, many of the citrus trees were protected in place and remain in our gardens as mature existing trees. Many of these trees unfortunately, are nearing the end of their lifespan. We as residents have an opportunity to improve the neighborhood by planting new vegetation, and I recommend organic gardening. Organic gardening is simply gardening without the use of pesticides or synthetic fertilizers. Although inorganic products can be useful in the short term

propagation of plant material, residues from these chemicals can be harmful to the health of our families, pets, neighbors and even the plants themselves. Plants that have been grown using synthetic fertilizers grow more vigorously than those grown organically. However, the longevity of the plant is diminished greatly. To trace organic gardening to its core,

we can describe it as a harmonious coexistence of soil, water, people, insects and wildlife functioning together as one. The soil is by far the most important detail to organic gardeners, who strive to minimize the resources they must use to sustain a garden. This can be done by adding compost as the base ingredient to compost exist all around us. Grass clippings, fallen leaves, weeds and saw dust are examples of organic material that can be easily obtained from the yard and used for compost. Fruit and vegetable scraps, coffee grounds and eggshells can be used as well. Composting is a cost effective way to fertilize and reduce landfills. For more information, go to www.composting101.com.

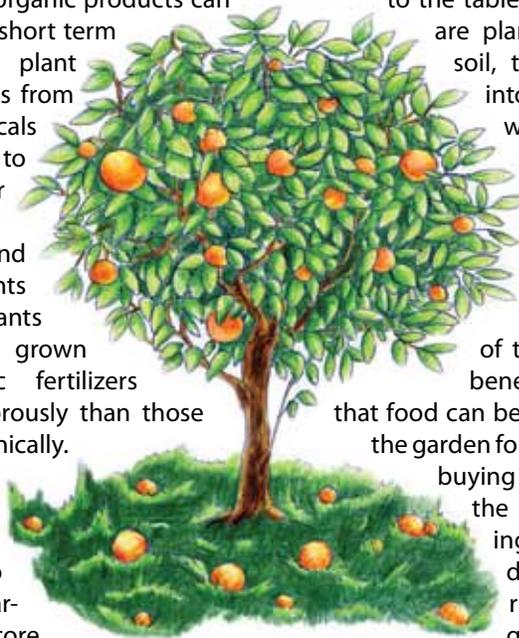
Composting is not absolutely necessary in order to become an organic gardener. It really is okay to buy organic fertilizer at Baker Nursery on 40th and Osborn or elsewhere.

Plant varieties are another consideration in the preparation of a sustainable organic garden. The key is to choose plant species that are suitable to our environment. Plants that are acclimated to the Sonoran Desert grow much better than exotic varieties. Herb and vegetable gardening can be one of the most rewarding activities for a family to do together. I have personally found that when children are introduced to vegetable gardening, they appreciate the effort it takes to deliver healthy foods

to the table. Learning how seeds are planted in nutrient rich soil, then sprout to grow into healthy edibles which are prepared to sustain us is witnessing the miracle of life. Children will be more interested in trying different foods if they are part of that process. Another benefit of gardening is that food can be grown organically in the garden for one-tenth the cost of buying the same amount in the grocery store. Growing flowers in the garden can be just as enriching to our lives as growing our own food.

Flowers can have an amazing impact on our moods. Planting a tree is one of the best things you can do for the environment. Trees release oxygen into the atmosphere and remove harmful carbon dioxide. They also reduce ozone levels and noise pollution. The shade that trees provide is extremely helpful in reducing the heat island effect that is so familiar to us here in the valley. The shade created by one mature tree can significantly reduce cooling costs. It has been proven that the addition of trees to a neighborhood can have an immense impact on mental and physical health. Thoughtfully placed plant material can actually improve our property value and quality of life.

-Benjy Levinson



Crystal Daigle

Painter of Bliss



We have all struggled with internal integration at times - on one hand we feel a certain way about something, and on the other hand we feel another way about it. When confronted with such a dilemma, we use the expression, "I am torn." And as a result of the various traumas we have experienced in our lives, a deeper lack of integration, a deeper sense of being torn, also confronts us all at some point. To become integrated and to find peace many people take up yoga, or journaling, or meditating, or visit a therapist. Crystal Daigle literally worked it out on the canvas. It is apparent that painting has been healing for her on a deeply personal and spiritual level. Some of Crystal Daigle's early work is very intense, and reveals her personal process of integration and self healing. The soaring eagle at the top of this page is actually a detail from the painting, "YUM," in which guns are rendered in rough scratches beneath the hot sky. The word "YUM" which spans the canvas, Crs-

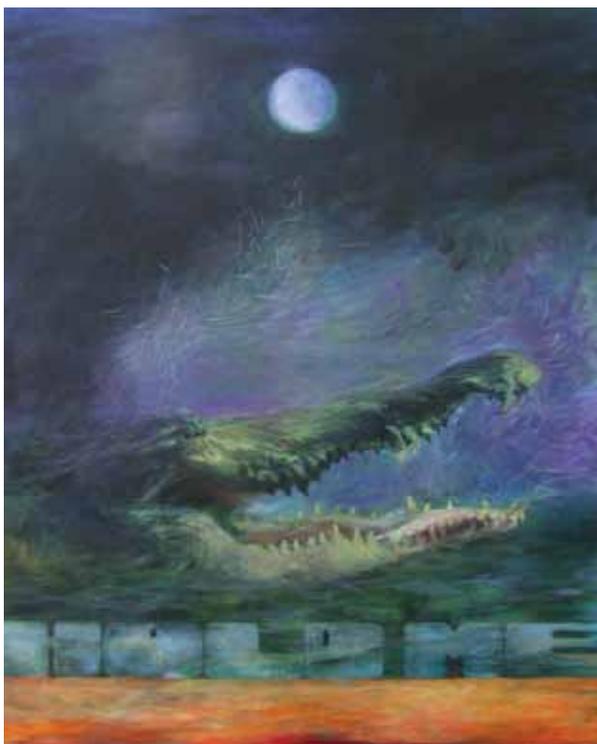
tal explains, "is about the decisive moment to move forward and upward towards true authentic living while letting the past take its proper place of teacher and purifier. YUM captures a time in my life when I realized I was ready to soar and leave the past behind. The guns represent the intense need to state and defend my existence. The eagle is self-referential—my last name means "of the eagle" in French, and eagles symbolize power and freedom to me."

Crystal studied painting at the Philadelphia College of Art. Her talent as a painter has been a gift for her, so naturally her calling is to teach others. When she isn't painting, Crystal teaches painting in people's homes to individuals and small groups. In a two-hour class she usually teaches two techniques. After a few classes, she has found, her students are marrying various techniques to create their own style, and Crystal is often blown away by her students' innate talent. She finds a great deal of satisfaction in bringing that out. She

encourages spontaneity, having seen so many breakthroughs come from happy accidents of the brush on canvas.

Her newest artwork is inspiring. The images are kind and powerful and unafraid. After painting intense things, Crystal explains, she began painting pandas "as a gift to herself." Pandas are calm and deliberate, mindful. To Crystal, the panda image represents an opportunity to tap into that joyful, blissful place in ourselves. She calls these paintings The Listener Series; Crystal imagines The Panda as a compassionate listener. Crystal also takes commissions to paint Essence Portraits, like the *Master Healer* displayed on the cover of this magazine. Essence Portraits can be made for an individual, a company, a family or organization. Visit Crystal Daigle's website at www.CrystalDaigle.com. Her contact information to schedule in-home lessons or to commission an Essence Portrait: Crystal@StrongArtist.com

-Dan Siegel



Left: Valor Entreating (Hold Me) (Swamp)

This is one in a series of paintings that incorporates the phrase "Hold Me". I named the series "Valor Entreating" because I believe it takes courage to admit to our primal edginess, ask for what we need and continue on our journey, hopeful.

Right: Listening to Twelve Petals

Many people ask me how I got interested in painting Pandas. I came across a picture of a smiling Panda one day and fell in love with his adorable face and undeniable strength. I thought, "I could really confide in him" and that is how "The Listener" series was born. It is the series I give to myself and to others who have walked a challenging path.



Taking it to the Next Level



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Ann Cosselin

Supine Hip Extension with Leg Curl

Master this exercise with both feet on the ball before attempting the advanced one-legged version shown. With one or both feet on the ball, extend the hips into the air. With hips up, extend the leg(s) then perform a leg curl. Return your hips to the mat, and repeat. Take it to the next level by keeping your hips elevated for several leg curls, or by lifting your hands and then your elbows, which makes the exercise less stable, thus requiring immense effort for core stability.



Mike Smallwood

Step-Up with Back Lunge

Instead of a basic standing or walking lunge, mix it up and challenge your coordination with a step-up with knee strike, then in one continuous motion, step down and back into a lunge position. The back leg then comes up for your next step-up.



Perform 6 – 12 then repeat with the other leg. Add ankle weights or hold a medicine ball overhead to take it to the next level.

Dan Siegel

Balanced Hammer Curl

Instead of a basic seated isolation curl or using a machine, challenge yourself by balancing on one leg while performing a hammer curl. The elevated leg should be extended forward as shown with flexed foot. The sternum should be held high and the scapulae slightly retracted. Practicing good posture during a lift will reinforce good posture. "Function determines structure." The muscles of the balanced leg will engage in order to stabilize your body against the movement of the dumbbell, as will the muscles of the hips, back, abdomen, and rotator cuff. To take it to the next level, balance one-legged on a wobble board.



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Tony Rice

The Running Man

Grab a pulley handle or the handle of a resistance band and balance on the opposite leg. Lean forward at the waist while reaching to the front, simultaneously allowing your elevated leg to extend behind you. Then stand up while rowing the handle back, simultaneously bringing the elevated leg into the knee-up position. The primary resistance movement is hip extension, so the primary mover is the hamstring of the balancing leg. This is an excellent way to focus on the hamstrings, while working on core stability. This exercise should only be attempted if you are comfortable with your balance skills.





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the grind

- a golfers mission to achieve the best score possible

"We're talkin' about practice?"

-Allen Iverson, 2006

Yes Allen in golf we rely on practice. Golf is a learned skill. Jumping higher, running faster, hitting harder will do nothing for us in golf. When things go wrong on the course we do what comes naturally; we try harder. Unfortunately this only leads to frustration and Frostys (see terms). It is at these times when we must take a deep breath and rely on the solid fundamentals and routine that we've developed in our practice sessions. Remember, practice does not make perfect, practice makes permanent. **Perfect practice makes perfect.**

1. Use alignment tools- Alignment is your first and most important step in addressing the golf ball so it must be done right. If you are aligned improperly you will have to make an adjustment in your golf swing. On the range, take one of your clubs and lay it on the ground pointing at your target. Standing behind the club place another club parallel to the first, twelve inches to the left. Now hit in-between them. This teaches your body to aim "parallel left". With your body aligned correctly you are now free to fire down the target line.

2. One swing thought at a time- Golf is full of small challenges. Go to the range with one thought in mind. Rather than trying to hit the perfect shot every time, make your goal for the day "even tempo", or "low takeaway" or my favorite "turn back turn through". Pick one swing thought and give it your sole focus.

3. Take your time- Relax, nobody's going to steal your bucket. Practice the way you would play. Go through your routine, hit it, gather information and do it again. Move the bucket back by your bag if you need to. This will force you to think a little more between each shot.

4. Play golf shots, don't beat balls- Pick a golf course you know and play the holes on the range. Be creative when picking targets for fairways and greens. Play match play with a friend, verbalize your shots and score it by execution rather than score on a hole. Add another twist by dropping each shot and playing all lies, yes even sandy ones, you will get them on the course too.

Terminology

Lassie- a ball that is hit so far left, you could wrap bacon around it and Lassie still wouldn't find it.

Cat Chow- a shot that is so pure, it's "purina baby"- cat chow.

Frosty- the most notable snowman, an 8 on the scorecard. Boooooo.

Lock Jaw- a condition causing players to refuse to concede putts.

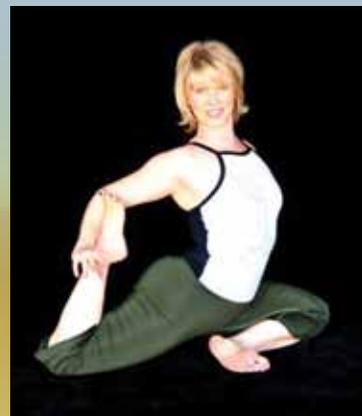
Pigeon- the golfer everyone wants to play against, if you hear someone refer to you as a pigeon, take up scrabble.

Submit terms to tony@azpeakperformance.com

-Tony Rice



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Linguini pasta with lemon butter, oregano and parmigiano
Bavette is the Roma regional name for linguini This dish is a refreshing combination of thin sliced Meyer lemon, lemon juice, olive oil and butter, a perfect accompaniment to seafood, chicken or meat dishes. Notice that the ratio of fat to acid is more or less the same as you would use in a salad dressing.

4oz linguini pasta
1oz butter
1oz extra virgin olive oil
1 oz meyer lemon juice
4-6 thin slices meyer lemon.
2oz Reggiano Parmigiano
crushed red pepper to taste

Drop pasta in the boiling water. time at 5 minutes
In a sauté pan place the olive oil, butter, lemon juice (note vinaigrette ratio) and lemon slices
Add a splash of the pasta cooking water to gently melt the butter.
When the pasta is cooked to desired doneness place the pasta in the sauté pan
Cook for one minute with the lemon sauce and toss well.
Toss in cheese
Adjust the consistency of sauce with a few splashes of pasta water if necessary

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飲

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But I would come back

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-Dan Siegel

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FOUNDATION™

*Providing free integrated, primary healthcare
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Since 1999 the WellCare Foundation has helped single, working mothers and their children get healthy and stay healthy by providing the highest level of integrated healthcare possible at **no cost** to those they serve. These mothers belong to a notch group of the working poor who make a few more dollars a month than what Arizona Health Care Cost Containment System (AHCCCS) allows, but not enough for the cost of insurance or to pay out of pocket. Currently, over 200,000 mothers and children are without health insurance in Maricopa County, and this number is rising fast.

WellCare's founder, Marge Ebeling, RN, DCh, PhD has dedicated her life to helping those in need. Having studied both nursing and religious studies, Marge uses her education to provide patients with whole-person care to help them heal physically, emotionally, mentally and spiritually. Throughout her career, Marge has accumulated many honors, all of which illustrate the enormous impact she has had on the lives around her.

WellCare understands the stresses that come with being a single, working mom, and respects the dedication these women have to their children. By improving the health and wellness of these moms and kids, WellCare can help them achieve better and more productive lives. And then, once empowered by greater health, they can contribute back to the community around them.

Take for example WellCare mom Patty and her two and a half year old son, Luca. Although Patty is working she could not afford healthcare for her son who was very sick and lethargic. After Luca's initial assessment he was sent to one of WellCare's volunteer pediatricians who diagnosed Luca as having "kissing tonsils and failure to thrive". The doctor also told her that surgery would be needed as soon as possible so that he could breathe and eat properly. Founder Marge Ebeling investigated possible avenues for the surgery and was able to get the surgery room, surgeon and anesthesiologists to donate their services. "As a single mom, it was wonderful not to feel alone during this crucial time. Instead, I felt like I had a team working with me to help my baby," said Patty.

WellCare services are not a hand out – but a hand up. To qualify mothers must be single, working, not on state assistance and unable to afford health insurance or needed healthcare. With the help of more than 100 licensed health practitioners who donate their services WellCare is able to provide continuing and preventive care so their moms and children can stay healthy. The foundation currently has four clinics with plans for a fifth to open in the West Valley at the end of 2009.

These families depend on this care and the WellCare Foundation depends on the community. The cost to provide this care averages \$2,500 per patient and each patient averages four to seven visits a year. WellCare is a 501(c)(3) nonprofit organization that is funded through corporate and foundation grants, individual donations, and in-kind services. If you or someone you know is a WellCare mom, or if you would like to find out how you can help notch group of working poor families achieve their dreams and goals please contact the WellCare Foundation.

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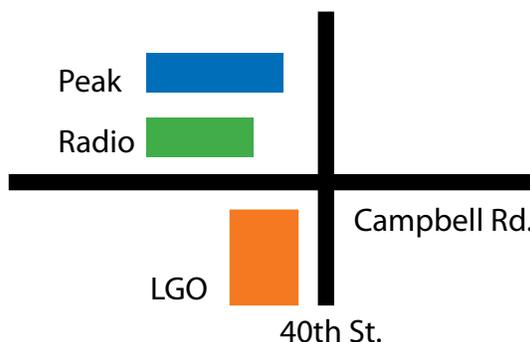
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