

Your conscious life

green living

February 2018

greenlivingaz.com

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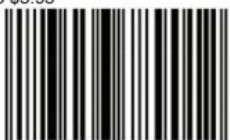
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February 2018

Publisher's Note

I love Arizona because it is an amazingly beautiful state. I am thankful and grateful to live, work and play here. February is a joyous time to remember our statehood as Arizona's birthday is February 14, 1922. Arizona will be 106 this year! Did you know our state motto is "Ditat Deus?" It means "God Enriches."

I enjoy connecting with nature and exploring the outdoors. There are 31 state parks and natural areas that preserve our state's natural, cultural and recreational resources. A few of my favorites are Canyon de Chelly National monument, Grand Canyon, Saguaro National Park, Tumacacori National Historical Park, and the Arizona Sonoran desert where the iconic saguaro cactus grows. I encourage you to get out and explore some of our state parks, National State Parks and natural areas this year.

There are sustainable, cultural, educational and informative events happening in February, including the American Indian Arts Exposition January 28 through February 11; the Waste Management Open January 31 through February 4; GreenBiz 18 February 6-8; Celebration of Art now through March 25; the 28th Annual World Championship Hoop Dance February 10 and 11; and the Tucson Gem and Mineral show January 26 through February 11. We also hope that you can attend Green Living's first Eco Event at E.A.B.R.I.C in Tempe on February 8.

Our February issue contains all of your favorite columns, like Green Champions, Cool and Outrageous Stuff, He's Green She's Green, and delicious recipes. We're also featuring an article about a winemaker who is using technology to grow greener crops; the Tonto National Forest; and an article about Grand Canyon Youth and how they are connecting kids with nature. Read on to learn about Meal Planning 101 and heart-healthy habits.

Please make one Simple Solution to get outdoors in February. Take a walk, hike, skateboard, roller skate or bike to connect with the natural world. We'd love to know about your favorite state park or natural area, so be sure to visit our Facebook page and tell us all about it!



To educate, empower and inspire,

Dorie Morales
Publisher and Editor in Chief



I LOVE TO HEAR
FROM OUR READERS!

Email me at
dorie@greenlivingaz.com

*"Land of extremes. Land of contrasts.
Land of surprises. Land of
contradictions. A land that is never
to be fully understood but always
to be loved by sons and daughters
sprung from such a diversity
of origins, animated by such a
diversity of motives and ideals, that
generations must pass before they
can ever fully understand each other.
That is Arizona."*

— "Arizona: A State Guide," compiled by Workers
of the Writers' Program of the Work Projects
Administration in the State of Arizona, 1940

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problems with
Sci-tech
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**TELL US WHAT YOU THINK
ON FACEBOOK**

What is your favorite
state park or natural area
in Arizona?



Follow [@greenlivingaz](https://www.instagram.com/greenlivingaz) and stay in touch with
the newest topics on sustainability!

Your conscious life

greenliving

MAGAZINE

Yours in practicing a greener lifestyle

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MEAL PLANNING 101

MEAL PLANNING FOR THE MODERN WORLD



BONNIE ROILL

The trend of family dining has been going south for decades. Fewer of us than ever are preparing meals at home. In fact, statistics show that no country in the developed world cooks less than Americans. Shocking!

The reasons include time pressures, technology and restaurants offering a mix of super-palatable foods at a low cost. One often overlooked reason is that many Americans (men and women) simply do not know how to cook. Even if you only dabble in the kitchen, keep reading to learn how meal-planning professionals have learned to balance time, technology and restaurant dining.

5 SECRETS TO BECOMING A MEAL PLANNING PRO:

1. Pro meal planners know that there's no need to over prep when you won't be home to enjoy the food.

Take out your calendar to see what your upcoming week looks like. Do you have an after-work dinner event? Are there days you hit the gym after work knowing you won't be home until 8:00 p.m.? Does your schedule have several commitments to mingle with others, such as morning coffee and luncheons?

As you plan your meals, keep these events in mind and include them in your plan. This seems simple, but factoring this information in for shopping and meal prep will result in less waste of both your

time and food (money).

2. Pro meal planners know the power of the shopping list.

Discover what's in your fridge and cupboards to avoid those mid-prep store runs. Taking an inventory comes in handy when looking at recipes and creating a shopping list. Don't miss this step — there is nothing more frustrating than being in the middle of preparing a dish and realizing you don't have a main ingredient.

3. Pro meal planners simplify by staggering meals.

When you're first getting into meal planning, keep things simple so you don't end up feeling overwhelmed. Choose a meal planning time block (five days, seven days, 10 days or two weeks). Select a few simple recipes and rotate through them for a week or two before expanding your options. Pick a few favorite meals and stagger them throughout the week. Focus on the meal (breakfast, lunch or dinner) that you struggle with the most. Start planning only that meal for your time block, and expand into other meals later. The focus is to reduce decision making by having a plan for a healthy meal when you want it.

4. Pro meal planners keep an organized fridge with meals in plain sight.

Start with a clean kitchen. Yes, clearing away dirty dishes and clutter provides a clean slate for your creations. Tidy as you cook to avoid a considerable clean up at the end. Keep your fridge sparkling and your prepped meals in plain site with clear labels. This makes

grab-and-go dining easier. Also, double check your storage containers and move to using Pyrex containers and glass jars with lids to avoid exposure to endocrine-disrupting chemicals found in the typical plastic food containers.

5. Pro meal planners start with the “pre-prep!”

Schedule at least 1-2 hours of uninterrupted time for meal pre-



THE 3-STEP PLATE METHOD

For healthier meal planning, use the three-step plate method. Fill one-half of your plate with greens or veggies like zucchini squash, green beans or cauliflower. Split the other half of the plate in two and fill in with a starchy veggie like beets, sweet potatoes or beans, and the other half with your lean protein like chicken, turkey, fish, seafood, tofu or eggs. Adding high-fiber choices like root veggies over rice, pasta or bread keeps the hormone insulin more stable and can make you feel fuller sooner.

preparation on a specific day or throughout the week as time permits. Meal pre-prepping includes washing/cleaning, cutting, chopping, cooking, pre-portioning and freezing, or any process that can be completed in advance of actual food preparation. This allows for assembly cooking, where the ingredients are prepared in advance, and the recipe is assembled from the prepared ingredients. If family members are available, get them involved in the pre-preparation process. Even if all you can carve out is one hour for meal pre-preparation, the benefits are exponential compared to having nothing planned or prepared before you come home. This allows you to walk in at dinner time knowing that the most labor-intensive part of the meal is already done.

This once-weekly habit of meal planning and pre-prepping can increase your overall health, help you maintain or achieve a healthy weight, reduce stress, reduce out-of-whack blood sugar levels and over-the-top LDL cholesterol, and provide a sense of accomplishment!

Another Pro Tip:

Choose foods that freeze well without losing their original texture or flavor, and prepare at least one freezer-friendly recipe for each meal-planning time block. This will save time for future meals and be available as an “emergency meal.”

Bonnie Roill teaches women how to impact their health through their fork, feet and focus. She has been a Registered Dietitian Nutritionist for over 35 years with accreditation as a Hormone Support Coach, a certified Health & Wellness Coach, and a Personal Trainer. Services include private sessions and customized meal plans, recipes and shopping lists for balancing hormones, and whole-food plant-based eating. Sign up at www.B3Nutrition.com to receive monthly recipes, cutting-edge nutrition news, and a free consultation. Contact Bonnie at (480) 242-9217.

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KRISTI HALL

I must admit that January was annoying as I felt prodded by countless invitations to create vision boards, set annual goals, start a diet or fitness routine, and a myriad of other “self-improvement” endeavors.

But I tend to be stubborn, and the truth is when I don’t want to do something, I am immobile. (Just ask my parents — they claim it has always been my way.)

I told myself it was time to ramp up for 2018, but my heart just wasn’t in it. I continued this mental tug of war throughout the holidays and the first month of the year. I tried to talk myself into new projects that I’m not really into, which subsequently took me away from enjoying myself and being in the moment.

Not much happened except confusion and a gnawing feeling of uncertainty and guilt.

Then, as I was talking to a wise friend about a few opportunities I had been considering, I realized, as the words passed my lips, that I didn’t want any of what I was proposing. I wasn’t being honest with myself or allowing myself to WANT WHAT I REALLY WANT. I was trying to put myself in a tidy box that felt constricting.

It became clear how silly this was, because I knew in the end, no matter how much I tried to convince myself, I would not successfully achieve any of the proposed things I thought I “should” want to do. So, I have decided to say YES to myself, choice by choice, and do what I actually wanted. This is scary for me because it may mean letting

seemingly perfectly good business opportunities pass me by. But I’d rather be true to myself.

No more dancing around and wasting time trying to talk myself into what is not in my heart. I know this is a much more direct way to what I truly want. And in the end, I believe any discomfort saying “no” may cause me will be much less damaging than charting phantom courses that will not ultimately succeed.

I am saying “yes” to writing, expanding Conscious Connections, searching locally and nationally for the most engaging and profound speakers to present to our community, and connecting and collaborating with dynamic business and spiritual leaders.

How about you? If you made goals or resolutions for the year, are they a real, unabashed YES? Or are you talking yourself into them? Do they make your heart sing or hit you like a wall of doom or shame? Do they energize you or make you feel overwhelmed and exhausted? Are they really “you?”

It’s not too late to scrap the internal lies and make a commitment to yourself to follow your inner “yes.”

Share your “YES!” list with me online or visit us at an upcoming breakfast or evening event to share in person. When we begin to speak our true desires, things have a way of coming to us in unexpected and magical ways. Here’s to fully being you!

Kristi Hall is an author, speaker and creator of Conscious Connections, a local community of 6,000 purpose-based business women. Join her community at consciousconnectionsglobal.com.

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HEALTHY AND HEARTY SERIES: **THE YELLOW BRICK ROAD**



RIC COGGINS

Early in April of last year, I was dressing to give a talk at a women's retreat in Prescott. I struggled trying to button the top button of a tailored shirt that should have fit. I remember thinking I needed to "cut back on the donuts." A couple of weeks later, my wife looked at my neck and asked me what was going on with my throat. I too noticed my throat was getting larger.

My first doctor believed I had a thyroid issue and began treating me for that. Over the next couple months my throat kept getting larger, and he, in turn, kept upping the dosages of my thyroid treatment. When a final large dose of iodine enlarged my throat overnight, he suggested I needed to see an Ear, Nose and Throat specialist. I found one who could see me soon, as the swelling in my neck was now beginning to press on my windpipe. As a part of the ENT's initial exam, he performed a needle biopsy which showed a number of abnormal cells. He admitted he did not know what the cells were, but he knew they should not be there. He recommended immediate surgery to remove my thyroid. When I pressed him for more information and suggested that I was troubled by such a severe treatment for a yet unknown cause, he told me he did not need to know what the cells were -- if he "cut it out," whatever it was would be gone. I moved on.

Still thinking "thyroid," I now went to see an endocrinologist. After an ultrasound and more biopsies, she was the first to use the "C" word, ultimately referring me to the oncologist who ordered even more biopsies and tests to pronounce it was, in fact, cancer.

My three months of whirling in a cyclone of doctor visits, misdiagnoses, blood tests and biopsies felt a lot like I was spinning with Dorothy and Toto in their uprooted farmhouse. And like the homestead falling from the sky to impact Oz, the final cancer diagnosis hit with a

thud. However, when I opened the door, I found my world went instead from Technicolor to Black and White. I also seemed to have skipped Munchkinland, finding myself stepping immediately into the Haunted Forest. Like Dorothy, I was going to have to find my own way "home."

My "Yellow Brick Road" took the form of the Internet with Google, TED Talks and YouTube. I watched, listened to and read everything I could find on cancer. Some of the doctor peer-level reports and studies I had to read while googling all of the medical terms. I listened to folks telling their survival success stories. I read and listened to Allopathic, Naturopathic, Homeopathic, Integrative and Functional medicine practitioners. Very quickly a pattern formed and I began to understand that the reason I had cancer was because my immune system had failed to prevent it. No, not bad genes, not bad luck. I learned that it was normal for some cells to mutate into cancer and that everyone has them. You likely have them right now! But I also learned that nature had designed our immune systems to hunt down those rogue cells and kill them. So where was my immune system in all of this?

It was then that I connected the dots to all of my health misadventures the year before. All of the seemingly disconnected and random symptoms were the early warning system of a failing immune system. THAT'S what my body had been trying to tell me for so many months!

I now began to sharply focus my studies on the human immune system, learning how much diet, nutrition and lifestyle have to do with the immune system's success or, in my case, its failure. Next month, I will share what I learned and the changes that that knowledge allowed me to make in my life and health.

Ric Coggins is a University of Arizona Master Gardener (Maricopa County) who grew up on a one-acre garden tended to by his father, who was a regular contributor to organic gardening and farming magazines. Ric continues his father's "green" traditions, owning and operating The Fool on the Hill Farm, a one-acre organic garden homestead in Mesa.



GREATER GRAND CANYON WATERSHED A PLACE “TOO PRECIOUS TO MINE”



GIBSON MCKAY

My Family's heritage has a rich Arizona legacy that will befall generations to come. I know the delicate balance between working the land and the importance of preserving it as-is for all Americans. I roamed the spectacular landscape surrounding the Grand Canyon, never really appreciating that my three sons would represent a sixth generation of Arizonans to

inherit this region as part of their living heritage.

Unfortunately, the U.S. Forest Service has recommended that the 20-year ban on new uranium mining in the Grand Canyon Watershed enacted by the Department of Interior in 2012 be lifted. This action contradicts how I believe Arizonans and Americans, in general, feel about mining in the watershed.

I have significant reservations about reopening this fragile ecosystem to uranium mining in the National Forests abutting the Grand Canyon. My wife's family owns and operates the CO Bar and adjoining ranches in Northern Arizona, while my family farmed and, yes, even mined copper in southern Arizona. As you can imagine, I do not oppose mining — my grandfather and uncles were copper miners in Ajo, Arizona — and there are places where mining can be done with less impact on the environment. The Grand Canyon Watershed is not such a place.

I have met with and guided friends and tourists from around the globe who visit northern Arizona for its world-class hunting, fishing, backpacking, camping and other recreational activities. In 2015 alone,

travel and tourism represented about 35 percent of total private wage and salary employment in Coconino County.

We know that the risks associated with uranium mining have evolved, changing how we view loosening underground ore pipes that may encounter aquifers. The soluble radioactive particles seep into our water and springs at unknown levels of contamination. All the while, we keep in mind this watershed feeds into the Colorado River, which provides drinking water for some 25 million people, including millions in Arizona.

We all have a stake in ensuring the land, as we know it, remains precious to the generations that follow. As a mountain boy from Arizona, I believe that the actions of the U.S. Forest Service signify a potential shift and loss of our cultural and natural heritage — not only for the Grand Canyon Watershed, but for other special places like Saguaro National Park, Chiricahua National Monument, and the many other public lands that are a vital part of Arizonans' identity.

All of us who rely on clean water should be concerned. Some things just shouldn't be politicized, and protecting the Greater Grand Canyon Watershed is one of them. I am a traditional Republican who values these special public lands and waters and who believes we have a duty to protect them for all Americans — including my three sons.

Gibson McKay is a fourth-generation Arizonan who grew up in Flagstaff. He is a nationally recognized, award-winning public affairs consultant and owner of Sherpa Public Affairs who served as an aide to U.S. Senator John McCain. He is a member of several conservative conservation organizations, including ConservAmerica and Conservatives for Responsible Stewardship. He lives in Phoenix with his wife Rebecca and their three sons.

DID YOU KNOW? FUN GREEN FACTS

Green businesses benefit from much more than just good PR. Check out some of these green business facts!

1 DECREASE COSTS: Becoming a more eco-friendly business costs money initially but saves more in the long run. Being an eco-friendly business helps with taxes and can earn tax credits. Also, if becoming more eco-friendly means using less paper and plastic, that means spending a lot less money on paper and plastic products. Turning off computers when not in use and turning off lights when no one's in the room equals a smaller utility bill. Many businesses are already trying all of these things and seeing the benefits. A giant chemical making company, DuPont, who used to be considered one of the worst polluters, has saved "\$3 billion from a nearly two-decade effort to dramatically reduce carbon emissions," according to NBCNews.com.



3 OXYGEN: Changing traditional office procedures can have a massive impact on the oxygen we breathe. An average-sized pine tree produces 80 thousand sheets of paper, so the more companies that go paperless, the more trees that are saved, improving air quality. Also, companies that plant trees outside their buildings help not only the air around them but employee health too. Going paperless is only one way to improve our oxygen. As reported by the New York Times, companies like U.P.S. have implemented a "package flow" software program which "helped the company shave 28.5 million miles off its delivery routes, which has resulted in savings of roughly three million gallons of gas and has reduced CO2 emissions by 31,000 metric tons."



2 INCREASED REVENUE: According to Newsweek, not only does being an eco-friendly business save money, it also creates more revenue. Consumers are willing to spend more money for a product or service that's environmentally friendly. Consumers love companies and businesses that care, and they are eager to show that love by buying their products. Going green also helps increase reputation and overall look, which in turn attracts more investors towards the company.

4 WORKPLACE: Going green helps employees as well as the company. The better the quality of air, the healthier and happier employees are. Also, the healthier the employee, the lower the cost of health insurance. If employees are healthy and happy, they need less sick time and are more productive. A study done by UCLA has found that employees at green companies are 16 percent more productive than the average employee. Professor Magali Delmas, an environmental economist and Sanja Pekovic from France's University Paris-Dauphine who conducted the study, stated, "Adopting green practices isn't just good for the environment ... It's good for your employees, and it's good for your bottom line. Employees in such green firms are more motivated, receive more training, and benefit from better interpersonal relationships. The employees at green companies are therefore more productive than employees in more conventional firms."



5 OPERATIONS: Becoming an eco-friendly business also saves time. Instead of trying to find areas where costs can be cut, the costs come off automatically with the bill. Employees also save time in a paperless office by not rummaging through old files trying to find the correct one — they can immediately pull it up on any computer. This also means that they don't have to take the time to do the initial filing. If the entire business keeps their sustainability goals in mind and works together and with other firms to achieve them, they will find success and have more time on their hands.



LOVE FOR A LIFETIME

CREATING LOVE 365 DAYS A YEAR



MAMIKO ODEGARD

We have all have seen the images of Prince Harry and Meghan Markle looking so lovingly at each other. Their eyes, smiles and exuberance naturally show what we all long for — the bliss of being newly engaged with promises of everlasting love. There is simply no other feeling quite as exhilarating as love.

February is the month of love. What a perfect time to recommit to yourself and your beloved and to recapture and revitalize your passion -- to feel again what you experienced as you fell in love and felt so loved in return. Impossible, you say!

It's within reach for all -- both singles and couples, even those who have grown comfortable in their relationship over the years. The power is in making conscious choices to show love in various ways each day. Even if your partner is not quite willing to show these acts of love, you can enhance the quality of your relationship.

Give to get: Whatever ways you want to be shown love, such as being hugged, caressed and kissed, be the first to give love in this manner. If you want greater intimate conversation, then learn the art of listening and asking questions that demonstrate your attention, interest, understanding and caring. Your special someone will soon be expanding the quality and quantity of verbal exchanges. Show physical affection in varied ways such as massaging the shoulders, neck, back and feet. Be sure to include cuddling together and special "dates" for sexual intimacy. Verbal affection and affirmations should include compliments, recognition, praise and appreciation. Saying the words, "I love you," "You're perfect for me," "I am so happy to be married to you," can be a surprise response when your partner asks, "How are you?"

Make times together fun and enjoyable: It's not the amount

of time spent together; rather, it is the quality of time — how good that time is. Are you laughing, talking, sharing jokes, details of your day, and engaging in activities together? A simple walk can be a time to hold hands, talk about hopes and dreams, and share the beauty of nature. It can also be playing a game together or rooting for your favorite team.

Labors of love: Anything you do that makes life easier for one another is an act of love. It can be taking out the garbage, offering a cup of coffee in the morning, or even surprising your mate with a freshly washed car.

Giving gifts: Although you think of chocolates and flowers for Valentine's Day, how about bringing home a delectable pastry, preparing a favorite meal, or buying a special item that your partner covets. Large or small, it's the thought that counts when you begin to surprise and delight your grateful recipient regularly.

Listening and talking "heart to heart:" When you each fully understand with both your hearts and minds, you have empathy (the ability to sense what your partner is experiencing) and have the capacity to be emotionally supportive. The more you "get" each other, the more you have each other's back, which paves the path for intimacy.

The highest form of love is intimacy. It is the ability to not only give and receive love but to be so trusting of each other that you can be your real selves and be vulnerable to each other. Intimacy can be described as "Into me you see," a state of genuineness and transparency where you each can share your deepest thoughts, feelings, and dreams.

Love is a verb to be shared liberally each day. May you act on love each day, towards yourself and those around you!

Mamiko Odegard, Ph.D., is a love and relationship coach in Scottsdale, Arizona, and is the international best-selling author of "Daily Affirmations for Love," and married to the love of her life for over 40 years.



(RE)IMAGINE HOW WE CONNECT ASU'S SUSTAINABILITY SOLUTIONS FESTIVAL



BHARAT VENKATESH

Every February, the world's top sustainability events and organizations convene at Arizona State University's Sustainability Solutions Festival to discover and explore how we can reimagine our lives and our planet. According to the website, the 2018 event aims to (re)imagine how we connect "through education, communication, innovation, transportation and recreation."

The platform inspires engaging conversations, celebrating innovations and their innovators across the three pillars of sustainability: economic prosperity, social justice and environmental stewardship. An invaluable resource for the community, the Festival does this for audiences of all ages and from all backgrounds, aiming to catalyze our connections "to ensure that we have economic prosperity, social well-being and environmental health."

"No other event in the world is able to bring together so many integral leaders across so many sectors to discuss sustainability in such a holistic way," said Jason Franz, senior manager of Strategic Marketing and Communications for the Walton Sustainability Solutions Initiatives at ASU. "Our goal is to show that each and every one of us can be an agent of change, but that efforts through collaboration that can scale to regional, national and global scales make immense impact."

So, what's new at the ASU Sustainability Solutions Festival this year? According to Franz, they have held a contest with Bear Essential News for Kids for students from across Arizona to submit their favorite

healthy recipes to Chef Mona, a celebrity child chef connecting her community through sustainability. The winners of the contest will have their recipes featured on sustainability index cards given out at the festival's public events such as ASU Open Door and Family Day at the Arizona Science Center. The dishes will also be made by a local catering company with tastings at the Family Day event.

The Festival will also have a stronger presence at the GreenBiz 18 conference, showcasing ASU's work around circular economy, leadership and energy innovation at a special lounge area. GreenBiz is a founding partner of the Sustainability Solutions Festival and a core part that allows Phoenix to become the epicenter of sustainability each February. Another new element is the Second Nature Higher Education Leadership Summit's focus on cross-sectoral collaboration and grand solutions to climate change through a partnership with the Intentional Endowments Network. ASU is a charter member of this summit.

The Festival now enters its fifth year, allowing partnerships to develop and projects to take hold that would otherwise not have been possible without a convening event like this festival. It has recognized and celebrated young innovators and entrepreneurs and brought them into the ASU family where they are now pursuing their projects and businesses with the support, expertise and facilities of what is reputed to be the country's most innovative university — for three years running now, according to US News and World Report. From the free sustainability prizes like reusable lunch bags and sporks to the international projects that help address and measure against the Sustainable Development Goals, this Festival allows for a great and



positive impact.

The Rob and Melani Walton Sustainability Solutions Initiatives at ASU were established to solve global challenges, educate future leaders and engage the public, and the Sustainability Solutions Festival is designed to do all three of these things with a focus on engagement. In five years, the Festival has directly engaged 79,000 attendees at 68 events. They have reached more than one million people globally through year-round programs tied to partnerships with groups like the International Science and Engineering Fair, Future City of Arizona, Arizona Science Center and other science museums and programs around the world, and organizations like GreenBiz, Global Reporting Initiative and World Business Council for Sustainable Development.

"By being a convener, the Festival is able to drive substantial change," Franz said. "And we also measure impact through the tools we are able to distribute at various events. Two years ago, we gave away 2,300 reusable water bottles that would save more than 5,000 liters of water if they were used just once! Last year we handed out 2,500 sustainability kits that included a reusable bag and shower timers that saved more than 125,000 gallons of water and reduced driving impact by 208 miles from plastics saved. This is real impact that benefits everyone."

Despite their astonishing achievements, however, Franz acknowledges that it would not be possible to have this kind of impact and drive such change without the partnership of the Festival's presenting sponsors at SRP and the City of Phoenix, "two committed community leaders that continually demonstrate their commitment to sustainability and to make Phoenix and Arizona a leader on this front."

For more on the ASU Sustainability Solutions Festival and a schedule of all the exciting events taking place this month, visit sustainability.asu.edu/sustainabilitysolutions/programs/solutionsfestival.

Photos courtesy of ASU Rob and Melani Walton Sustainability Solutions Initiatives.

Bharat Venkatesh is a Tempe journalist who believes spreading awareness about the importance of sustainability should be part of every journalist's ethical goal to seek the truth and report it.

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upstream

Camp Creek #5
September 1996

downstream

Camp Creek 1996: Although it looks old, this fence had just been built to protect a spring from cattle grazing. Many sapling cottonwood and willow trees are establishing downstream of the new fence.



upstream

Camp Creek #5
June 16, 1998

downstream

Camp Creek 1998: After two years of protection, riparian trees are getting dense and tall.

FRIENDS OF THE TONTO NATIONAL FOREST



PATTI FENNER

It's almost spring, and that means an excited group of people is gearing up once more for the riparian photopoint season! We are a nonprofit organization called Friends of the Tonto National Forest. Our mission is to assist the Tonto by doing natural and cultural resource management projects with volunteers, and promoting public understanding of the forest's policies, programs and projects through community

outreach and outings.

Forest Service budgets are suffering from the ever-increasing expenses needed to manage wildfires throughout the country. Wildfire suppression costs are paid, not out of the Federal Emergency Management Agency as you might expect, but right off the top of the regular Forest Service budget. When there are years with many large wildfires, regular resource management takes a hit.

This is where Friends of the Tonto National Forest come in. Some of us are retired Forest Service employees. We're familiar with how the Forest Service works and can not only recruit volunteers, but also train and manage them and apply for grants to do the work.

The riparian photopoint program has a history of 30 years. The first riparian specialist hired by the Tonto National Forest knew the value of repeat photography in documenting resource conditions. He had the foresight to initiate a riparian photopoint program in 1988, finding important reaches of streamside (riparian) vegetation and taking clear photographs of the vegetation and streambanks, annually if possible, at the same exact sites each year. Forest employees and ecologists who research the Tonto have come to depend upon information these photos provide. This information includes the impact of livestock, improvement in conditions through livestock management, wildlife impacts, results of flooding, fire and drought. These photos provide documentation of resource conditions, which is used for natural resource management decisions. While data is important, it's true that nothing tells a story like a good photograph.

The program grew under succeeding riparian specialists to over 800 sites photographed by an outstanding group of volunteer photographers who enjoy regular visits to their stream sites.

When Friends was founded in 2014, this photopoint program was passed to us. We are continuing the program with the same attention to quality that riparian specialists and long-time volunteers on the Forest have had. Under Friends of the Tonto's management, the



Camp Creek #5
July 31, 2002



Camp Creek 2002: An extended drought brought on removal of almost all cattle from the Tonto National Forest. The thicket of young riparian trees began to naturally thin out. Many of the trees in this photo are dead.



Camp Creek #5
August 9, 2005



Camp Creek 2005: The Cave Creek Complex Fire of 2005 burned a large part of the watershed above this spring. Subsequent summer monsoons that fell on bare ground caused greatly increased erosion.

THE RIPARIAN PHOTOPPOINT PROGRAM

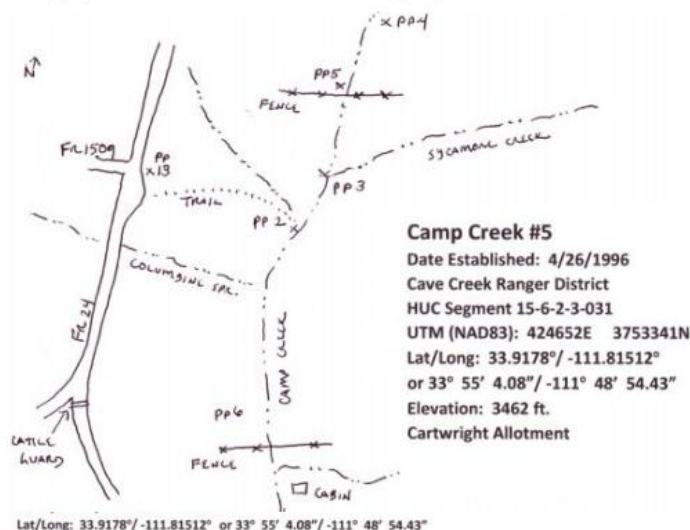
photopoint map and associated photos have been made available for the public to see — check out the interactive map on our website, www.friendsofthetonto.org. New photos are added to it each year.

The photopoint season is from April to the end of May, and we need volunteers! Volunteers don't need special cameras; they use smartphones. We provide a free app that will read out GPS coordinates to guide volunteers to their photopoint sites. Four-wheel drive vehicles are not necessary but may be needed for some sites. If you like to get out, or if you need a good excuse to get out, here's your opportunity! The Tonto's nearly three million acres provide a varied and interesting landscape with many sites regarded as hidden treasures by our volunteers.

Training dates are set for two evenings in March: Monday, March 19, and Friday, March 23, from 7:00 p.m. to 9:00 p.m. We will meet in the Community Room at Mesa Fire Station #218 at 845 N. Alma School Road, about a half mile south of State Route 202. Each session lasts approximately an hour and a half. At the end of the session, we help volunteers select sites that suit their vehicles, hiking preferences, and areas they are interested in.

You can register for one of the training sessions on our website, www.friendsofthetonto.org.

Patti Fenner is now retired from a 33-year career working as a Range Conservationist and Noxious Weed Program Manager on the Tonto National Forest. After retiring in 2014, she founded Friends of the Tonto National Forest, and happily works with a bunch of like-minded people who love this Forest.



Camp Creek #5

Date Established: 4/26/1996
Cave Creek Ranger District
HUC Segment 15-6-2-3-031
UTM (NAD83): 424652E 3753341N
Lat/Long: 33.9178°/-111.81512°
or 33° 55' 4.08"/-111° 48' 54.43"
Elevation: 3462 ft.
Cartwright Allotment

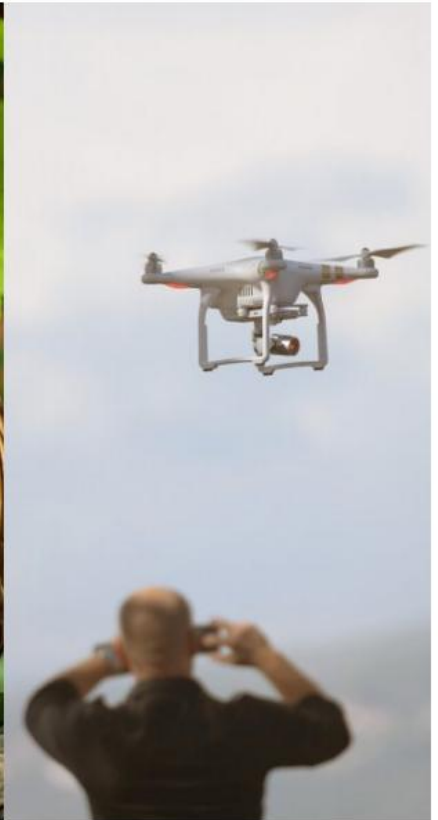
Lat/Long: 33.9178°/-111.81512° or 33° 55' 4.08"/-111° 48' 54.43"

Hiking Directions from Camp Creek Photopoint #4: Walk downstream to fence across creek. Upstream photo is taken from fenceline; downstream photo is taken approx 30 feet upstream.

Photos: Take one upstream, one downstream.



PHOTOS COURTESY OF ROSEMARY J. PRAWDZIK



WINEGROWERS CULTIVATING GREEN-ER GRAPES

BY ROSEMARY J. PRAWDZIK

Arizona winemaking thrives today thanks to the Jesuit missionaries who first planted vines here in the 16th century. Now, more than 50 vineyards are concentrated in four Arizona regions: the Verde Valley north of Phoenix, and Sonoita, Elgin and Wilcox in the southeast part of the state.

Grape varietals that have typically done well in Arizona's climate are those native to Italy and France's Rhone Valley. However, Deep Sky Vineyard, established in 2011 in Wilcox and now with a second location and tasting room in Elgin, has introduced the Malbec grape to its mix.

"Malbec grows well in our vineyard in Argentina," said Phil Asmundson, Deep Sky's owner. "Since our vineyards here in Arizona and Argentina share the same latitude and a similar climate, just in different hemispheres, we thought Malbec vines would do well here."

Asmundson's vineyard innovations haven't been limited to his choice of a new varietal. He's also introduced two new technologies to his vineyard operation.

"The grapevines have a lot to tell us," he said. "We just had to figure out ways to listen." Asmundson "listens" in two ways: below the ground and above it.

In the past, vineyard managers took periodic soil samples using an auger to estimate moisture content. But at Deep Sky, Asmundson employs a wireless watering sensor software system. Each of the

vineyard's zones sports a sensory probe that collects and reports soil moisture and temperature at various soil depths: 4, 8, 16, 24, 32 and 40 inches. With this new technology, data is collected and analyzed in real time. At Deep Sky, that means every six minutes.

Paying attention to the levels from which different vines drink allows growers to water at those depths and not waste water by watering at unnecessary levels. "It's not uncommon for different varietals to 'drink' from different soil depths and at different rates," Asmundson explained.

"Listening" above ground occurs with the use of UAVs (Unmanned Aviation Vehicles), more commonly known as drones. According to Kent Shannon, the University of Missouri Extension natural resources engineer, the general use of drone technology in an agricultural setting allows agronomists to scout for disease, as well as pest and nutrient problems.

Today's UAVs supplied with infrared cameras can be deployed to capture temperature data in real-time. Drones are evolving from mid-altitude crop health-mapping tools to low-altitude diagnostics powerhouses. On-demand, real-time data is required for crop management decisions. UAV flights can provide data within hours and in some cases, within minutes. That data can be turned into action almost immediately to enhance crop production.

Most systems are already able to produce a map within hours of

UAV flight — in some cases such as the Slantrange system reducing that further to a matter of minutes. This ability to not only capture data on demand but also turn it into action almost immediately gives drones a unique niche in mid-season precision agriculture.

Most drones are flown between altitudes of 300-400 feet, but the ideal height for small drones is 50 feet or below. In the past few years, we have added to this the ability to use near-infrared light (in NIR-converted cameras) and red-edge light (in multispectral systems). Drone technology gives farmers new time- and labor-saving options, Shannon says.

UAVs (let's just call them drones, shall we?) have some key advantages:

- Data capture is near real-time and on demand
- Imagery can be extremely high resolution
- Newest-generation sensors can be deployed almost immediately.

It is these benefits that will enable drones in coming years to go from mid-altitude crop health.

Drones, on the other hand, can acquire data almost on demand, if and when it is required for farm management decisions. Most agricultural drones are being flown autonomously at 300' to 400' altitude to generate an efficient map of the entire field. The sweet spot for small UAVs, on the other hand, is actually below 50 feet.

However, the newest use of drones arms them with infrared cameras allowing them to see much more than the human eye. Drone flights capture temperature data in real time, and the high-resolution images produced reveal hotspots or cool zones within the vineyard. Viticulturists gain an understanding of what's happening in the

vines' canopy and may respond almost instantaneously to changes in growing conditions.


Combining data from the below-ground sensing system with above-ground drone-produced data removes the guesswork from vineyard management decisions. Real-time adjustments can be made, which not only makes it possible to utilize water in the most efficient manner possible but also produces optimal grapes.


There are two periods in grape production where withholding water, deliberately stressing vines, is essential. Withholding water during fruit set, usually in late May, produces smaller grapes, which translates into a higher skin-to-pulp ratio. Since the skin is where the flavor is, higher ratios produce a more flavorful grape.

The other period of withholding water is during veraison when the grapes begin to ripen. Prior to this point, water has been readily available to the plant to produce its canopy (leaves) which provides shade and shelter for the emerging fruit.

During veraison, it is vital that the vines develop their fruit rather than generating canopy. Limiting water at this time stimulates lignification, a process by which the cluster stems become woody. The hardened stems prevent moisture from being stolen back into the plant from the grapes.

Rosemary Jane Prawdzik is a marketing and public relations consultant and freelance writer and editor living in Tucson. She has a degree in Communications from Miami University and has been published in several regional publications. She is currently working on her first book.






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GREENBIZ 18

SUSTAINABILITY GOES MAINSTREAM



MJ MONGILUTZ

Slated for February 6-8 and billed as “The Premier Annual Event for Sustainability Leaders,” GreenBiz 18, in partnership with Arizona State University, will soon make its tenth appearance in the Valley of the Sun. JW Marriott Desert Ridge will host the gathering in which over 150 industry luminaries, thought leaders, and policy influencers will be spread across

several panels and 70 topic-specific breakout sessions. The event promises to be stimulating and compelling in equal measures.

Panel discussions will cover perennially important subjects related to sustainable business practices while venturing boldly into the cultural, political and social terrain. Joel Makower, Greenbiz Group, Inc. executive editor and GreenBiz Forums host, is energetically and optimistically readying for this year’s summit.

In speaking with Green Living Magazine, Makower pointed out that, where embracing sustainability is concerned, many large American corporations are “doubling down rather than doubling over” in response to a political climate that appears less friendly to the growing trend towards environmentally and globally conscious business practices and policies than has previously been the case. Interestingly, Makower observes that many corporations have nevertheless continued “ramping up their push towards renewables and carbon reduction,” with many household-name companies included among them. That bodes well for the sustainability movement both in terms of tangible impact and its place in the

popular understanding.

This year’s gathering will highlight the fact that many of the nation’s largest business operations have aggressively shifted their practices into alignment with a “circular economy” formula. “Circular economy” refers to a phenomenon in which resource-intensive industries conscientiously track the usage, transporting and recycling of the materials necessary to maintain their business operations. In doing so, wastefulness can be more actively curtailed, efficient conveyance of goods maximized, and reusable material spared the scrap heap in favor of being recycled to one degree or another. It is essentially a process of analyzing what experts identify as “material/energy loops” and narrowing their circumference by closing gaps in each cycle. Circular economy will be a core topic at this year’s summit, as businesses of all sorts are further embracing the wise and environmentally sound concept.

Businesses the world over have significantly benefited from circular economy tenets and are broadcasting their support for sustainability by openly embracing its practice. For its part, GreenBiz 18 is a vital forum in which groundbreaking ideas and initiatives germane to the work of fashioning a sustainable economy can find purchase in the minds of those best positioned to exact positive change within their respective fields and industries.

The sheer extent of corporate buy-in on display with this year’s GreenBiz 18 gathering is breathtaking. There is a common perception that niche manufacturers such as Tesla and a handful of hip startups are largely responsible for steering the American economy towards a more energy-conscious, eco-friendly model. What GreenBiz 18’s



ongoing work has illuminated is the fact that some of the oldest, largest, and most commercially ubiquitous of corporations have themselves made enormous strides in reshaping both their own business practices and, by example, those of the larger industries in which they operate.

Juggernauts the likes of WalMart, McDonald's, 21st Century Fox, and Starbucks (to name only a few) are making great sustainability strides with every passing year. Their public affiliation with GreenBiz 18 is reason enough to reevaluate sustainability measures as being not the domain of a handful of trendy West Coast shops, but that of the

mainstream U.S. business community.

Joel Makower maintains his optimism while readying for this year's Sustainability Event, and does so with good reason. All indicators support the notion that responsible stewardship of our resources, our energy, and our environment has taken root in the minds of those best positioned to enact change at the highest levels of commerce and policy. The gathering to come will no doubt support that impression.

Originally from Washington state, Mark Joseph Mongilutz is a professional writer, a former soldier, a lifelong storyteller, and a master of arts in the field of military history. He is also known to have dabbled in blacksmithing for a time.

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PSYCHOLOGY AND TECHNOLOGY



DJ GAUGHAN, PHD

Technology is advancing the field of psychology. Professionally, it has become an integral part of research psychology and is also finding numerous applications in clinical settings. This coming April, the American Psychological Association (APA) will be hosting “Technology, Mind, and Society,” an interdisciplinary conference that explores interactions between humans and technology. Last month’s APA publication,

“Monitor On Psychology,” included two articles that provide numerous examples of just how far our knowledge of human behavior has advanced with the assistance of technological innovations.

As a graduate student years ago, I worked on a research project at a highly regarded university headed by Dr. Francis Horowitz, a past president of the APA. We were trying to determine young infants’ visual preferences to pairs of slides of human faces flashed on a screen. The graduate student observers employed the most advanced technology available to us; two eyes, two thumbs, and two push buttons. We recorded each infant’s preference by observing the length of time that each slide was reflected in the center of the infant’s iris. By 2013, Dr. Javier Movellan at UCSD was using a “social robot” named RUBI, instead of graduate students, to observe and record children’s facial expressions. RUBI was sophisticated enough to interact with toddlers, collect data on their facial expressions during their activities, and then predict the children’s future activity preferences every bit as well as human observers. What an amazing advancement in technology within one person’s professional career!

Although data is only recently emerging to support the benefits, mobile apps and wearable devices are expanding in the marketplace. Wearables have grown from about a two billion dollar industry in 2015 to about a four billion dollar industry today. The “Spire App”

partnered with psychologists at Stanford University in a study that yielded 27 percent fewer “anxious” days and 35 percent more “energetic” days over a 30-day period of use. Sometime this year, the “Feel App” will come to market and will give real-time cognitive behavioral “coaching” based on monitoring physiological responses. The National Institute of Health (NIH) provided funding to Harvard professor Jukka-Pekka Onnela, PhD., to develop a smartphone research platform that can monitor behavioral patterns, social interactions, sleep, physical mobility, social interactions, gross motor activity, cognitive functioning, and production of speech. John Torous, M.D., is using this technology at Beth Israel Deaconess Medical Center to determine whether or not sensor data might predict pending relapses in schizophrenic patients.

The National Science Foundation (NSF) is funding a project using “robotic therapy” for children exhibiting Autism Spectrum Disorder. The robots spend a month in the children’s homes, during which time the robots change their interaction patterns to match each child’s abilities, preferences, and behavioral goals. So far, anecdotal data is encouraging and the children are having “fun” in therapy. These are only a few of the examples of the ever-increasing integration of technological advances in the field of psychology.

For further reading to gain a better perspective on the development of technology and its impact on humans, read “Robot Revolution,” from December 8, 1990, and “The 25 Best Inventions of 2017,” from November 27, both from “Time Magazine” and available online at www.time.com/vault.

A licensed psychologist, Dr. Gaughan has been helping children, adolescents, and adults in Arizona for over 30 years. He offers individual, family and couples therapy, and groups for children and teens coping with their parents’ divorce. He also provides court-ordered services, interventions and evaluations.

Dr. Gaughan can be reached by email:
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THE EFFECT OF GREEN CERTIFIED HOMES ON **REAL ESTATE VALUE**



CASSIDY RUST

More and more people are realizing that every action and decision they make affects the environment, whether that be a positive effect or a negative one. Recycling, reusing and using less paper and plastic in general are some of the choices you can make to reduce your carbon footprint. Another choice with tremendous impact on the environment is one that most people would

never consider: your home.

Designed by John Kane, board member for Tempe Center for the Arts, Lot #138 in Sincuidados was one of the original Arizona homes exceeding both the U.S. Green Building Council (USGBC) Leadership in Energy and Environmental Design (LEED) for Homes and the City of Scottsdale Green Building Program requirements. These programs focus on energy efficiency in the home, as well as the health and wellness of their occupants.

While originally built for one of the originators of USGBC, the house is now for sale. The 3,206-square-foot four-bedroom home is currently listed for \$785,000 by Denise van den Bossche, Realty Executives LEED AP and a former Chair of the Arizona Central Phoenix USGBC.

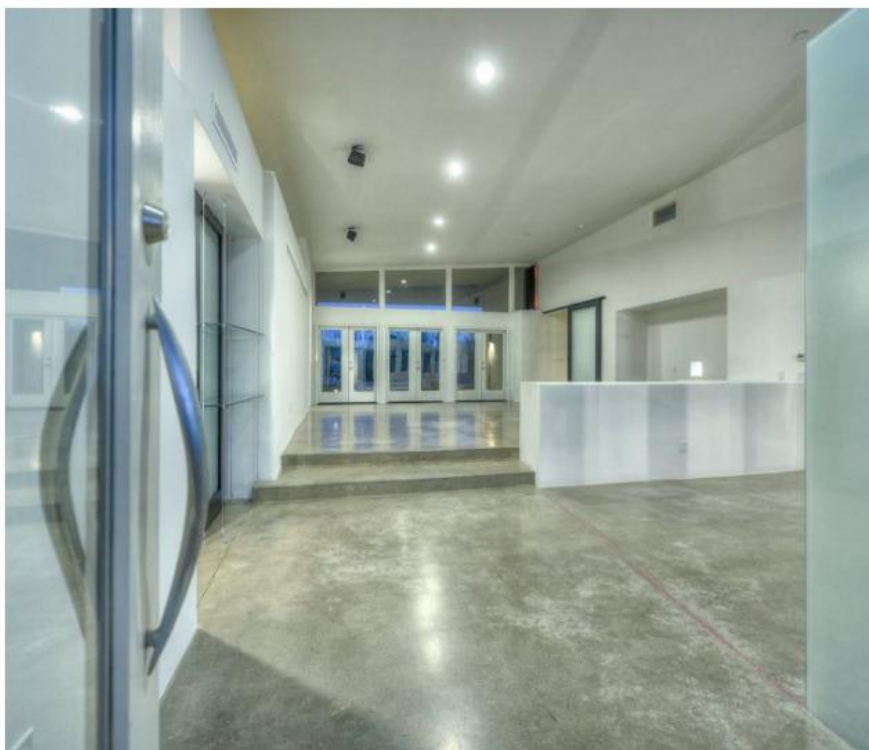
Energy efficiency in the house begins with the windows. By not building any windows on the east or west sides of the house, less sunlight, and therefore less heat, enters the home. A double wall was

also built on the hotter western wall, allowing an R-55 insulation factor (the higher the R-value, the better the ability to resist heat). The house is essentially a giant insulated cooler which allows the entire house to stay a moderate temperature year-round. Having a more moderate, natural temperature year-round means that the average electricity bill rarely exceeds \$60.00 a month. So not only do LEED houses help the environment and help you stay healthy and happy, they also save you money.

The house also comes with solar photovoltaics, or solar panels, which generate an average of 3.3 kW of natural, renewable electricity. If that energy exceeds the amount of power the home needs, then the rest is sold to Arizona Public Service to be used on the grid. It also saves money with the 40-gallon water heater on the roof of the building, meaning that the water has a chance to get heated naturally. This tank then feeds into the electric water heater in the garage. This system, according to the seller, requires no maintenance and consumes no energy.

Not only are these homes eco-friendly and save money for the occupants, they are also conscientious of the nature and the natural view around them. The windows are faced toward the mountain views in the Sincuidados community. This allows the architect to focus the line of sight for the occupants towards the beauty of nature instead of neighbors.

As more people are beginning to realize that they're capable of helping to save the Earth, the sale of family homes with green features



is increasing. According to the USGBC website, the sale of these homes in Washington D.C. will be 3.5 percent more than homes without those features. Arizona Regional Multiple Listing Service includes an entire questionnaire to alert potential buyers to eco-friendly features in homes that they're interested in.

If you're in the market to buy a home, consider that every choice you make has an impact on our world. A wonderful place to start reducing your carbon footprint is within your four walls.

Established in 1965, Scottsdale based Realty Executives International is one of the largest and most established real estate franchise systems in the world today, with over 8,000 agents and 500 offices globally. You can contact Denise van den Bossche via phone at (602) 980-0737 or email her at denise@VDBassociates.com.

Photos by Miles Burnett with Tour Factory

Cassidy Rust is a Green Living intern currently majoring in journalism at Arizona State University, hoping to graduate at the end of this year and excited about where life and writing will take her.



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2017 CHEVROLET VOLT HYBRID EXPERIENCE



DORIE MORALES

After the great experience of driving the 2017 Chevy Bolt EV, I arrived at Courtesy Chevrolet and exchanged the Bolt for the 2017 Chevrolet Volt. When I arrived, I was greeted by a friendly team that went out of their way to give a great customer experience. Everyone from the receptionist to the sales team, service department, management team and owner Scott Gruwell are a pleasure.

The Volt offers up to 53 electric miles on a single charge and up to 420 miles on a full charge and a full tank of gas, so you are covered no matter how far you are going. Chevrolet thinks that owners will drive 1,000 miles between fill-ups with consistent charging, making gas stations a distant journey.

"The extended-range electric Chevrolet Volt has set a standard other plug-in hybrids have yet to match." — Hybridcars.com

The athletic shape, along with impressive upper and lower grill pads, gives Volt a unique identity. The body style of Volt is a sporty look that does not sacrifice smart features. It has a sharp exterior with LED daytime running lamps. The interior of the Volt is visually brilliant. Elegant driving experience is achieved before you drive the car. The car is spacious with ample cargo space and seats five passengers. It is convenient for transporting magazines and trade show materials. Enjoy a color touch-screen in the center of the instrument panel that puts everything you need within reach.

There are two charge options for the Volt. One is the capability of the 240-charging unit from Chevrolet Accessories (professional Installation required) or a 120-volt outlet that uses the included portable cord. The car has advanced EV technologies that include Regen on Demand which helps to convert energy into electricity and transfer it back to the battery. A pull and hold of the Regen on Demand paddle on your steering wheel will decelerate your car. There is an Energy Usage Score screen that shows how well you use energy.

It gives you access to data showing your battery level, charge settings, range estimation and more. It has location-based charging based on GPS data that allows you to prolong charging to take advantage of off-peak electricity rates when you are at home and charge while you are away. The power flow screen helps you be aware if you are using electricity or gas. When the battery runs low on the electric charge, the car engages the gas-powered generator, so you can go where you want to go.

The myChevrolet mobile app lets you keep in touch with your Volt whenever you need. You can send a remote signal to start your vehicle, lock or unlock your doors, honk your horn or flash your lights. You can monitor your charge level, find the nearest charging station, and receive a text message when charging is complete.

After driving the Bolt and the Volt, I chose the Volt. Green Living is so excited about our partnership with Courtesy Chevrolet. We will be taking some behind-the-scenes videos so you can see the Volt wrapped into a beautiful car boasting the Courtesy Chevrolet and Green Living partnership. Stay tuned to our Facebook, Instagram, Twitter and LinkedIn platforms to watch the car's unveiling.

As the publisher of Green Living magazine, Dorie Morales turns living green into an art form, fully embracing the idea of living, working and playing green. Her vision of a sustainable future drives the magazine, educating, empowering and inspiring readers to make their own eco-conscious choices for the betterment of the planet.





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POWER YOUR CORE

WITH PILATES FITNESS TRAINING



KARA THOMAS

“Core” training has been a popular buzzword in the fitness industry. It appears to have revolutionized the way we think about exercise. Joseph Pilates was a visionary who recognized the importance of “core” training and developed his own unique exercise sequence in the early 1900s to help patients who were in hospitals gain physical strength and recover easier. He came to the states in the 1926 and worked with professional dancers and athletes to condition their bodies and assist in preventing injuries. Now, Pilates fitness training is practiced worldwide, in sports medicine and physical therapy centers, Health Clubs, fitness centers and specialty Pilates studios.

Why is Pilates effective? It is called a “Mind, Body” exercise program, which simply means you pay close attention to your body’s biomechanics and do the movements slowly and controlled, with proper form. This will help to maximize the benefits of the exercise. Slow, controlled and methodical movements contribute to reducing injury, and you can actually feel your muscles working more. By recruiting your “powerhouse,” which is your abdominals and lower back musculature, you will also execute proper movement in the peripheral limbs. This will strengthen your back and reduce stress on the spine. In other words, you are working more efficiently.

In today’s technological world, many people have developed poor posture and lazy breathing patterns. Slouching in our chairs, rounded shoulders and short, shallow breaths seem to have become the norm for some. Well, there is a solution to help you improve your posture and breathing patterns! Pilates also developed a breathing pattern to assist in recruiting your abdominals better, which will improve posture

and breathing habits. It’s called diaphragmatic and lateral breathing.

This how it works: When you begin the exercise, you inhale slowly through your nose, expanding the diaphragm. Then you exhale slowly through your mouth and draw your navel towards your spine, which contracts the abdominals. Inhaling through your nose warms the air before it gets to your lungs, exhaling through your mouth helps rid the body of toxins through your esophagus. This slow, controlled breathing also contributes to reduce stress. Great posture, proper technique, alignment and controlled breathing all play a major role in getting the most out of your workout.

Try this simple breathing exercise: Sit up nice and tall in a chair, with your feet planted on the floor hip-width apart. Place your hands on your rib cage. Inhale through your nose slowly and expand your ribcage wide like an accordion instrument. Exhale through your mouth, draw your rib cage in and draw your navel in towards your spine. You should feel your abs contract. Try this again, three more times.

The overall benefits of Pilates exercise programs can help any fitness level, from a beginner to advanced exerciser, post-rehab or professional athlete. The exercises will improve your flexibility, coordination, lung capacity, core strength and energy level.

Pilates sequence of exercises are designed to be performed on a mat or one of the various Pilates apparatus, such as a Reformer, Cadillac or Stability Chair. There are also various exercises that are beneficial using Pilates props, such as the resistance circle and flex band.

Try a Pilates fitness class near you. Your lifestyle will love you for it!

Kara Thomas is an NCCA accredited nationally certified Pilates instructor, group fitness instructor, personal trainer, nutrition coach, fitness & wellness program director and speaker.

She is the creator of The 50 Minute Fitness Retreat DVD featured in Pilates Style magazine and has been a contributing author for various national health magazines and websites.

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BOOK REVIEW

“THE POWER OF MOMENTS”

BY CHIP HEATH & DAN HEATH

c.2017, Simon & Schuster

\$29.00 / \$39.00 Canada

307 pages

It was quite the event. Your staff really outdid themselves, and you were proud of them. Everybody pitched in, clients were overjoyed, and there wasn't one attendee who didn't leave without a smile and a promise to come back next year. In “The Power of Moments” by Chip Heath and Dan Heath, you'll see how to make your event even better then.

Think back to all the biggest, best memories of your life. That milestone birthday party. Your first kiss. The day you got married or became a parent. You can remember those things like they happened this morning. So, how do you make those kinds of impressions with your business?

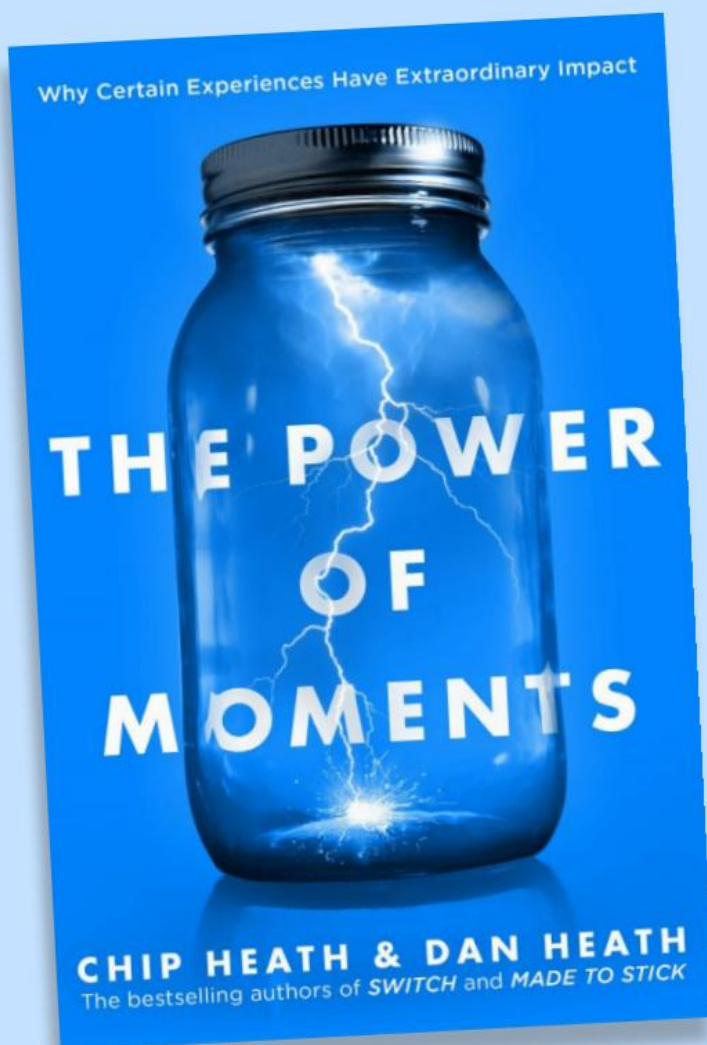
The answer lies in the making of memories, or “Defining Moments,” as the authors call them. Those are moments that truly stick out, the lagniappes that make you rave about a hotel, the reasons you love your banker, why you shop where you shop. Many people think that those most memorable moments “just happen,” but Heath and Heath say that manufactured ones are equally defining, as long as they have at least one of these four elements:

Pride occurs when we are “at our best.” It's when you finally finish a 5k after being a couch potato all your life. It's when the CEO offers kudos. It's when you finally land that difficult sale.

Connection is completely social. A wedding, a team breakthrough, a “work triumph,” friends-only weekend, or graduation. These things strengthen relationships “because we share them with others.”

Insight changes perception. It's that moment when you know you're going to quit your job, start a new business, or eliminate a nasty habit. Insight, as a defining moment, might be a “pit,” rather than a “peak” in emotion.

And finally, elevation is when something is memorably delightful.



Free coffee from a random barista, a rite of passage that's unexpected, small gifts that don't have to cost much but that delight employees as much as customers. “Break the script” to get to an elevation moment.

“Once you realize how important moments can be,” say the authors, “it's easy to spot opportunities to shape them.”

So many competitors, so little time to best them all in your customers' minds. How can your business do that in this ad-saturated season?

“The Power of Moments” tells you; but first, authors Chip Heath and Dan Heath will get you thinking about your own memorable moments in your business, leisure and social life. Remembering them – and reading the anecdotes that Heath and Heath hold up as example – leads to seeing why those events left an imprint in our minds and how they might be re-created with a business focus. Heath and Heath also include comprehensive wrap-ups at the end of each chapter, further step-by-step tales of problems solved, and plenty of cautions.

As it turns out, making an impact can backfire spectacularly. And that, it seems, could lead to an impactful experience, couldn't it? And another instance of definition? So then ... just reading “The Power of Moments” could become a big event.

Reviewed by Terri Schlichenmeyer, also known as “The Bookworm,” is a professional book reviewer. Terri has been reading since she was three years old, and she never goes anywhere without a book. She lives in Wisconsin with her two dogs and 14,000 books.




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Photo: *Barter Boat* by RADAR Art at ARTSCAPE, Baltimore, MD. Photo by RADAR Art

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SCOTTSDALE PHILHARMONIC NOMINATED FOR 37TH ANNUAL GOVERNOR'S ARTS AWARDS

ORCHESTRA WILL KICK OFF THE 2018 SEASON ON FEBRUARY 18



As the Scottsdale Philharmonic prepares for its 2018 season, the orchestra was nominated for the 2018 Governor's Arts Awards for a third straight year. The honor is in recognition of The Scottsdale Philharmonic's substantial and outstanding contributions to arts and culture statewide.

The group was nominated in the Community category which recognizes an organization that has demonstrated significant support or participation in activities that foster excellence in, appreciation of, or access to arts in the State of Arizona.

The Scottsdale Philharmonic started presenting its free concerts to the community in 2012. Partway through its second season, the group outgrew its venue and moved to the Scottsdale Bible Church auditorium for its third season. Attendance for each concert has now grown to nearly 2,000 people.

"Our mission is to bring classical music to people of all ages in the community," said Joy Partridge, president of

the Scottsdale Philharmonic. For over 30 years, Partridge has performed as a violist in various Valley orchestras and continues her performing tradition with the Scottsdale Philharmonic in addition to handling the business and financial side of the nonprofit organization.

Joy Partridge co-founded the Philharmonic with music director Carl Reiter. In addition to performing in the symphony's first violin section, Reiter is responsible for all the behind the scenes musical preparations for the concert seasons, auditions for musicians, establishing the program of music for each season, identifying and negotiating with concert soloists, obtaining music, and managing all licensing commitments.

"We're honored to again be nominated for this award," Partridge said. "We have over 120 volunteers, which includes 75 professional musicians, dedicated board members, and enthusiastic volunteers who share their time and talent for each of our concerts."

"The community has embraced its symphonic orchestra and has demonstrated a love for classical music," Partridge added. "We've proven that the Scottsdale Philharmonic brings cultural value to Scottsdale and the surrounding communities."

Arizona Citizens for the Arts, in partnership with the



Governor's Office, will announce three finalists in each category on February 6 with the winners presented at a gala dinner event on March 22. For more information, visit azcitizensforthearts.org.

2018 FREE CONCERT SERIES

Concert Dates for the Scottsdale Philharmonic's free concerts in 2018 include February 18, April 15, May 20, October 14 and November 18. Sign up for email notifications of all the free concerts at ScottsdalePhilharmonic.com. For a \$15.00 tax-deductible donation, attendees can have a VIP preferred seat, payable on the website. Doors open at 3:00 p.m. for each concert and free parking is available at the Scottsdale Bible Church, 7601 E. Shea Blvd., Scottsdale.

"Our concerts are a perfect opportunity for families to begin enjoying classical music together," explained Partridge. "They're held on Sunday afternoons, suggested dress is casual, and the auditorium of Scottsdale Bible Church offers great views from every seat."

Composers and pieces to be performed by the Philharmonic on Feb. 18 include:

- Gershwin, Rhapsody in Blue, with Walter Cosand, Solo Pianist
- Prokofiev, Peter and the Wolf
- Dvorak, The Golden Spinning Wheel

ABOUT THE SCOTTSDALE PHILHARMONIC

Founded in 2012, the Scottsdale Philharmonic is a nonprofit organization with a mission statement to bring free classical concerts to the community. The organization is funded by donations from patrons, grants and sponsors. More than 75 professional musicians continue to volunteer their time and talent for each of the performances. For more information, visit scottsdalephilharmonic.com or call 480-951-6077.

Laurie is the co-owner of Cactus Creative PR and Marketing. The firm builds compelling marketing tools that help businesses connect with their audiences. For more information, visit cactuscreative.net.



JOY PARTRIDGE, CARL REITER, BARBARA MOSS



WALTER COSAND



ARIZONA WILD SERIES GRAND CANYON YOUTH



DAVID SCHALLER

The Grand Canyon has been called a cathedral, carved by forces we're still struggling to understand and explain. It is a citadel formed over geologic time, transforming itself across the ages whether we notice or not. Nearly six million people visit the canyon each year, most for the first time. Others are drawn to return again and again. Should it's safer, more iconic viewpoints no

longer satisfy, the Grand Canyon challenges us, dares us, to come inside and hike its trails, ride its rapids, explore its side canyon mysteries, and learn its history.

The effect the Grand Canyon has on those who explore its interior is as enduring as the landscape itself. Yet not all have the time and resources to make this journey. In particular, most young people haven't had the opportunity at their ages to build a relationship with a place like the Grand Canyon. Descriptions in books or images on the latest devices are no substitute for the deep learning that occurs on trips below the rim. Here's where the organization Grand Canyon Youth steps up to help.

The Flagstaff-based nonprofit was founded by three professional river guides who saw two decades ago that opportunities were limited for young people to enjoy the Canyon from the perspective of a Colorado River trip. Grand Canyon Youth became a reality in 1998 when its first river trip launched, and now 20 years later nearly 800 youth are provided outdoor adventures annually. As it describes itself, the "program is about sharing the beauty, adventure, and learning that only a river trip can provide. It's designed to have a positive impact on youth — an impact that reaches far beyond the time they spend on the river."

In a tribute to the impact that Grand Canyon Youth has had on her life, Class of 2017 participant Hazel Walker was quick to share her story: "My experiences from the river follow me into the 'real world.' My GCY (Grand Canyon Youth) trip helped me develop

many important skills and values — critical thinking, curiosity, and tolerance of differences being a few of them — but one of the most crucial is sense of place. By fostering a deep love for the wilderness areas of the Southwest, GCY inspired me to consider a career in restoration or landscape architecture, where I could help to preserve our environment so future generations could find their own connection to place, as I did while floating downstream."

Grand Canyon Youth remains the only program for youth that provides them access to the Colorado River through the Grand Canyon. Participants earn their trips through community service, they must prepare an educational project of their own choosing, and they are asked to pay for part of the journey themselves. They travel not as tourists but as those with a stewardship responsibility. There are custom programs for school groups and open enrollment programs for individual youth across the country. Grand Canyon Youth commits as well to serve Native American youth, especially those from the nearby Hopi and Navajo lands.



If the idea of Grand Canyon Youth resonates, there are multiple ways to support the organization. Endowments and financial aid opportunities abound, while volunteers are welcome at events or to help in the group's warehouse with its inventory of outfitting and river gear. The youth also welcome the donation of surplus backcountry supplies, which help participants become better equipped for that first memorable journey down the Colorado and into the great unknown. See the group's website at www.gcyouth.org for more details.

Opportunities will never come easy for young people to experience a place like Grand Canyon from the perspective of the river that helped carve it. For two decades, Grand Canyon Youth has worked to make the task a little easier, bringing young people inside the canyon's depths where a textbook of Earth and human history lies open for discovery. Thanks to this remarkable initiative, a new generation of guardians for Arizona's premier wild place is taking form.

David Schaller is a retired environmental scientist living in Tucson, where he writes on climate, water and energy security.

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FROM A BERKIN TO A BACKPACK

LOOKING AT AMERICAN CULTURE AFTER LIVING ABROAD



MELISSA FOLEY

Nearly seven years ago, I left the American corporate hamster wheel in search of a more meaningful life experience. I quit my job and sold everything I owned — including an extensive collection of luxury designer handbags that would fund my first three years of voluntourism and international travel.

I've been fortunate to have the most incredible insight into life outside of America, and to establish deep-rooted friendships all over the world from years in various European countries, UK, India, Southeast Asia, East Africa and currently South Africa. I'm not a tourist, but a true traveler. Living and immersing myself in local cultures and ways of life, I try to absorb and process all of the historical, cultural, socio-economic and political influences that have shaped the way of life wherever I am. As culturally rich and diverse as these countries are among themselves, collectively I find they share common traits that are in blatant contrast to American lifestyles.

Most expatriates would agree that the experience of living abroad, whether in Western or developing countries, brings along many challenges, insights and relief. While we always appreciate visiting friends and family, our post-travel connections become complicated -- our new-found perspectives, values and exposure to other cultures have changed, while those we have left behind remain the same.

My visits home are enlightening, especially as I stand back and watch this so-called upper-middle class "American dream." While it has influenced an emerging global trend, a lack of work-life balance in the US has conditioned us to think we are too busy to make time for the things that matter most. Most American businesses have easily exploited the sacrifices in our personal lives for the success of our careers. We've bought into the idea that it is necessary to sacrifice

time with our friends and family to work, to spend for big homes and all the material things we fill them with, only to contribute to disturbing record consumer debt statistics.

Buy! Buy! Buy! Bigger, better, more! How many people in the United States are injured or killed the day after Thanksgiving on Black Friday? The US consumer debt levels just reached record-breaking numbers of nearly \$13 trillion. Of the approximately 60,000 self-storage facilities located worldwide, almost 50,000 are located throughout the US — rooms filled to the brim with unnecessary things we only use once a year, if ever. We dig ourselves deeper into debt to buy bigger homes to make space for our unnecessary collections of useless, overpriced stuff.

Only in the U.S. will you find supermarkets with entire aisles filled with artificial breakfast cereals. Those peanut butter, marshmallow, chocolate-chip-cookie-dough-flavored sugar puffs containing a long list of unpronounceable additives and preservatives are literally banned by governments in nearly every country outside the United States. However, they have become staples in the diets of millions of American children.

Rich or poor, in western or developing countries, I rarely encounter "normal" American issues. No children throwing tantrums in toy aisles or negotiating with their parents about eating their meals. No overwhelming obesity. No exorbitant health insurance costs and burdens. No unobtainable educational costs. No school-aged kids speaking to me about how they prepare for gunman attacks with lockdown drills. These are predominantly American cultural norms.

I have never taken for granted the privilege, freedoms and rights that being an American citizen has afforded me; I, too, was once living this lifestyle. Certainly, there are exceptions to my comments and observations, and I in no way intend to be cruel or judgmental. I simply wish to share some long-reflected perspective of my

experiences before and after traveling abroad.

I genuinely believe we all have something to gain by re-assessing and simplifying our lives.

It's the time of year filled with New Year's resolutions, symbolizing reflection, change, new beginnings and goals while spinning out of a holiday spending and eating hangover. In this spirit, I would invite all of us to take a minute to reassess the habits and things we value so much.

My challenge to you is to break away from the spinning hamster wheel you've been told is normal. Make a more conscious effort to balance time with friends and family with your job. Downsize. Remove clutter. Understand your financial investment in unnecessary "stuff." Spend your money on experiences instead of things. Respect your body and the environment by selecting food and household products using apps like Fooducate, Thank Dirty and Goodguide to avoid products with cancer-causing chemicals. Avoid Reality T.V. Find a project or cause in your community and contribute to the greater good. Use the power of your wallet to make a difference. Take a stand, even if it's a slight inconvenience. Shop local. Boycott companies, products and brands that pollute the environment. Small things do make a big difference, and there's no better time than now to break the cycle.

Eat, drink and live well ...

Melissa Foley has lived abroad for several years consulting for various NGO's in Greece, India, Cambodia, Thailand and Tanzania. Primarily focused on women's health, education, advocacy and wildlife conservation she has developed and implemented sustainable outreach programs integrating responsible tourism and voluntourism with local community development.

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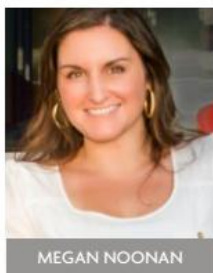
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Held every year in February and March, the Arizona SciTech Festival is the state's preeminent celebration of STEAM (Science, Technology, Engineering, Arts and Mathematics). The Festival features over 800 organizations showcasing the science around us with a multitude of events statewide geared toward people of all ages and professions.

EXPERIENCE SCITECH

The 2018 SciTech Festival is filled with innovation! Everyone from families to leaders of the industry and STEM enthusiasts will explore the STE[A]M innovations and wonders in Arizona. Communities across the state will celebrate the state's annual celebration of more than 1,500 events involving science, technology, engineering and math.

Now in its seventh year, SciTech Fest is the country's third-largest science festival in the U.S. offering curious minds and creative hands many ways to explore STEM across the state via interactive events, workshops, exhibitions, displays, lectures and tours. There is indeed something for everyone as the Experience SciTech.

The Festivals impact is also a priority for Governor Ducey, to support building a robust STEM culture recently declared January 27th to February 2nd for the official SciTech Festival Week.

"Arizona's STEM ecosystem is surging as we continue to attract cutting-edge companies involved in science and technology ventures, from global corporations to innovative startups," said Sandra Watson, President and CEO of the Arizona Commerce Authority. "The festival highlights the positive impact of STEM on our communities, our future workforce pipeline and our growing economy."

ENCOURAGING ECONOMIC DEVELOPMENT

The Festival supports economic development by building awareness of Arizona's critical sectors for long-term growth. It enhances partnerships between schools, municipalities, community leaders, and business and industry. Business and industry engage in the Festival as an essential outlet for informing the public, building employees' morale, and influencing students' academic and career choices.

Postsecondary institution involvement provides K-12 students and the public a glimpse of their educational and research offerings and the value of STEM education. Universities and colleges offer some of the Festival's most significant events with a broad range of innovative learning experiences. Engagement in the initiative provides postsecondary students, faculty, staff and researchers an opportunity to communicate their passion for learning and knowledge with current and future students, alumni, and the public.

Meg Noonan is the Digital and Communications strategist for the Arizona Technology Council Foundation, helping to bring communities together, celebrate STE[a]M innovation in Arizona, and inspire our youth.



Photos courtesy of Arizona Technology Council Foundation

DECEMBER LAUNCH PARTY

Thank you to everyone who attended our December issue launch party at Isagenix in Gilbert.

Don't miss our upcoming Eco Event! Thursday, February 8 at FABRIC (Fashion and Business Resource Innovation Center) in Tempe. Find more information and RSVP at greenlivingaz.com/party.

A big shout-out to our sponsors from the party:

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Taralee Gotschall, Club Pilates Gilbert.



Maddie Vann, Green Living AZ, Suzette Coggins, Ric Coggins, Thermador, and Mark Morales, Wells Fargo Advisors.

LOKO MOKO

Recipes and images courtesy of Chef Aaron May, Over Easy

INGREDIENTS

- 6 ounces hamburger patty
- 1 cup white rice
- 4 fluid ounces mushroom gravy
- 1/2 fluid ounce olive oil
- 1 whole egg
- 2 pinches salt and pepper
- 1/2 cup fried onion strings
- 1 pinch chopped parsley

LOKO
easy

DIRECTIONS

Season burger with salt and pepper on both sides and place on griddle. Cook for 4 minutes and flip. Cook until it reaches desired temperature. Put white rice on center of plate. Place burger on white rice. Pour mushroom gravy over cooked patty. Add olive oil to a nonstick pan and heat. Add egg and cook to preferred style. Put egg on top of burger and mushroom gravy. Top with fried onion strings, garnish with chopped parsley and serve.

MUSHROOM GRAVY

INGREDIENTS

- 1 stick unsalted butter
- 1 quart sliced mushrooms (1/4-inch thick slices)
- 1 yellow onion (1/4-inch julienne)
- 1 tablespoon chopped garlic
- 1/2 tablespoon dried thyme
- 2 1/4 teaspoon salt and pepper mix
- 1/2 cup all-purpose flour
- 1 1/2 quarts chicken stock

MUSHROOM GRAVY

DIRECTIONS

Place butter in a large stockpot and heat until it foams. Stir in mushrooms, sliced yellow onions and chopped garlic. Season with salt and pepper mix and simmer on low flame for about 10 minutes.

Stir in the flour, cooking and stirring for about 5 minutes. Slowly add 1 quart of chicken stock stirring briskly until incorporated, then add the remaining stock and mix thoroughly. At this time add dried thyme leaves. Cook on medium flame until thickened, about 35 minutes, stirring often. Cool down gravy and it can be refrigerated and stored for up to 5 days.

FEBRUARY
National Hot
Breakfast Month



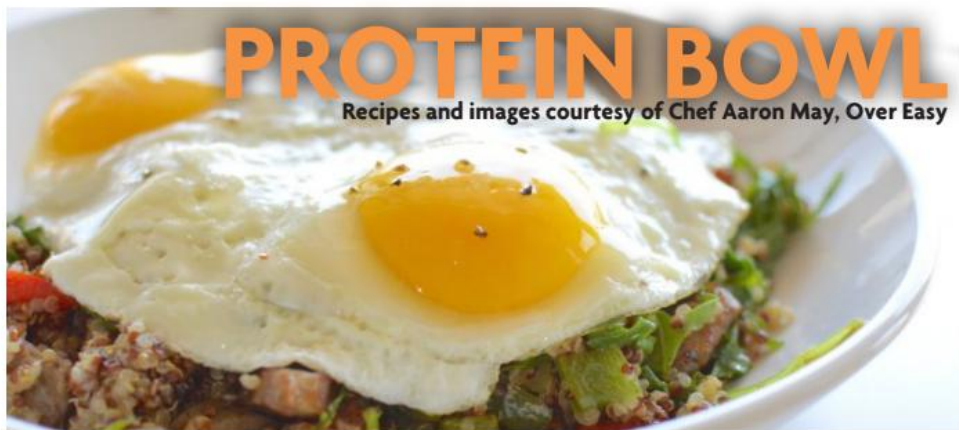
INGREDIENTS

- 1 tablespoon olive oil
- 1/4 cup red and green bell peppers
- 1/4 cup grape tomatoes
- 1 cooked sausage, diced
- 3/4 cup cooked quinoa
- 1 1/2 ounces wild arugula
- 2 whole eggs
- 1/2 teaspoon salt and pepper

LOKO
easy

DIRECTIONS

In a saute pan, add olive oil and heat. Add peppers, grape tomatoes and cooked sausage and cook for 20-30 seconds. Season with salt and pepper mix. Add cooked quinoa and heat for about 60 seconds. Add wild arugula and toss. Place quinoa in a round bowl. Cook two eggs sunny side up, or to your preferred style. Put top quinoa mix with eggs and serve.



PROTEIN BOWL

Recipes and images courtesy of Chef Aaron May, Over Easy

VEGAN RED VELVET CAKE

Recipe and image courtesy of Michelle Donovan, The Nile Cafe

INGREDIENTS

- 3 cups flour
- 2 cups sugar
- 1/2 cup cocoa powder
- 1 tablespoon egg substitute
- 2 tablespoons baking powder
- 1/2 cup vegan butter
- 2 cups soy milk
- Red food coloring or Beet Juice



**HAPPY
VALENTINES
DAY**
February 14th

Mix all wet ingredients with a hand or stand mixer until thoroughly blended together. In a separate bowl, mix dry ingredients. Slowly add the dry mixed ingredients to the wet batter. Add red food coloring at the end and make sure the cake is thoroughly mixed. The batter will be a deep red color. Using vegan butter, grease and flour a 9-inch cake pan and fill with batter. Preheat oven to 375 degrees. Bake for about 23 minutes or until the cake or cupcakes pass the toothpick test. Insert a toothpick into the center of the cake. If it comes out clean, they are ready! Let cool completely before frosting with vegan cream cheese, coconut whip.

CREAM CHEESE FROSTING

- 1/2 cup vegan butter
- 1/2 cup vegetable shortening
- 1 tub Tofutti's Better than Cream Cheese
- 4 cup powdered sugar

In a stand mixer (or using a hand mixer), whip butter, shortening and cream cheese until it is light and fluffy. This will take some time so be patient. Slowly add the powdered sugar. Make sure the frosting is fluffy but also firm enough to stand on its own. Pipe onto the cake.

STRAWBERRY BLISS COOKIES

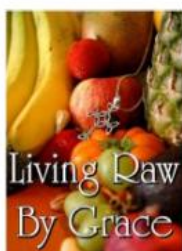
Recipe and image courtesy of Haley Cloud, Living Raw By Grace

INGREDIENTS

- 2 cups raw almonds
- 9 Medjool dates, pitted
- 6 strawberries, chopped
- 1 teaspoon cinnamon
- 2 teaspoons chia seeds

DIRECTIONS

In a food processor with an "s" blade, grind almonds until fine. Add dates and process until a crumble has formed. Add strawberries, chia seeds, and cinnamon and continue to process until a sticky ball of dough has formed. Take a big pinch of dough, shape it into a square and wrap it in plastic wrap. Place in the fridge to firm up. Eat when firm — enjoy!



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YOUR FIRST MONTH

GREEN SCENES

By Lisa Racz

FEBRUARY CALENDAR OF EVENTS



February 9
City Lights Movie Nights



February 15-25
Annual Scottsdale Arabian Horse Show



February 24
Phoenix Vegan Food Festival

CENTRAL ARIZONA

February 9

CITY LIGHTS MOVIE NIGHTS

CityScape

1 E. Washington St., Phoenix

Starts 6:30 p.m.-9:00 p.m.

FREE to the community. Come out for a fun family movie night under the evening sky every second Friday of each month presented by CityScape. Bring your blankets, chairs, and your favorite snacks and beverages. Please don't leave any containers behind. For more information call 602-772-3900.

cityscapephoenix.com

February 10

SOUTHWEST LANDSCAPING FOR BIRDS EVENT PROGRAM

Town Council Chamber

33 Easy St., Carefree

9:30 a.m.-12:00 p.m.

Minimum \$5.00 donation required. This is the second of four seminar programs sponsored by Carefree Desert Gardens. Join gardening expert Carol Stuttard as she teaches how to include plants in your landscape to create a more natural shelter and nesting habitat to attract more feathered friends. This program will include a plant raffle for the winner to take home a live plant. For information call 480-488-3686.

Feb 10-April 1

THE ARIZONA RENAISSANCE FESTIVAL

12601 E. US Highway 60, Gold Canyon

Saturdays & Sundays

10:00 a.m.-6:00 p.m.

Hazah! The Renaissance Festival returns celebrating its 30th year in the Valley of the Sun. Come one, come all for a weekend of non-stop entertainment while in costume or in regular clothing. Enjoy food, mead, jousting, stage entertainment, and a unique marketplace featuring handmade pieces in 200 stores. There will even be a tour through the dungeon and live mermaids! For information call 520-463-2600.

arizona.renfestinfo.com

February 15-25

ANNUAL SCOTTSDALE ARABIAN HORSE SHOW

West World

16601 N. Pima Rd., Scottsdale

General admission \$10.00, seniors/military \$7.00, kids 12-and-under are FREE. Want to horse around? Gallop out to the Arabian horse show, celebrating their 63rd year of family fun. Meet an Arabian horse, paint a pony, take a barn tour, get involved in the ice cream social, play in the petting zoo, or take a camel or pony ride. There's plenty to do and a variety of foods to try. For information call 480-515-1500.

scottsdalshow.com

February 17

TEA FOR TATAS

LDV Winery

6901 E. 1st St., Scottsdale

3:30 p.m.-5:30 p.m.

Food only, \$50.00; food and wine, \$75.00. An evening sponsored by Bad Girls Do Good Things, celebrating those who endeavor daily to fight cancer or who have defeated cancer. Enjoy fine wines and teas, tasty morsels to appease the pallet, and a silent auction. For more information call 480-215-1613.

badgirlsdogoodthings.org

February 24

PHOENIX VEGAN FOOD FESTIVAL

Margaret T. Hance Park

67 W. Culver St., Phoenix

11:00 a.m. - 5:00 p.m.

General admission, \$25.00; VIP, \$50.00; children 12-and-under are FREE. Come out to the PHX Vegan Food Festival and taste the delights of what vegan cooking is all about. There will be a variety of foods, drinks and vendors selling their vegan-friendly products and accessories, chef demonstrations, live entertainment, a kids' play zone, and a variety of no-host bars throughout the event.

phxveganfest.com



February 10-11
Valentine's at the Vineyards

NORTHERN ARIZONA

February 1

YOGA WITH CATS

2115 Shelby Drive, Sedona

4:00 p.m.-5:00 p.m.

Admission \$15. Every first Thursday of each month at the Humane Society of Sedona, a purrrfect cat is waiting to be your yoga partner. Sedona Humane Society has partnered with 7 Yoga Studios for moderately paced yoga classes for all skill levels of Yoga. There will be cats to pet and cuddle with while you exercise at your pace with soothing music in the background. Sign up today.
visitsedona.com

February 10-11

VALENTINE'S AT THE VINEYARDS

Granite Creek Vineyards

2515 N. Road 1 East, Chino Valley

12:00 p.m.-5:00 p.m.

Admission \$14.00 general, \$7.00 members, includes a wine tasting, live music and dessert. Celebrate Valentine's Day weekend with that special someone drinking the nectar of the grape. There's a warm place by the fire in the log cabin for relaxing with a glass of wine. For more info call 928-636-2003
gcmaz.com

February 17

11TH ANNUAL BUFFALO SOLDIERS REENACTMENT & VINTAGE BASEBALL

Fort Verde State Historic Park

125 E. Hollamon St., Camp Verde

9:00 a.m. - 5:00 p.m.

Admission \$7.00 for adults and children 14-and-older, \$4.00 for 13-and-under, free for children under six. Annually, the Fort Verde State Historic Park presents Buffalo Soldier reenactments and a vintage baseball game with players dressed in period replica uniforms. Learn to make homemade meals with the Dutch oven cooking technique and take part in the flag raising and lowering ceremonies. For more information call 928- 567-3275.
visitarizona.com



February 17
11th Annual Buffalo Soldiers Reenactment & Vintage Baseball

SOUTHERN ARIZONA

February 3-4

CAVE FESTIVAL

Kartchner Caverns State Park

2980 Arizona 90, Benson

10:00 a.m.-4:00 p.m.

If you enjoy being outdoors and caving, then don't miss out on this adventure. Enjoy guided hikes, caving activities, live animals, presentations, and creative crafts and activities. Satisfy the spelunker crave and get to the cave! Wheelchair accessible. For information call 520-586-4100.
azstateparks.com/kartchner

February 4

BREAKFAST RIDE

Tanque Verde Ranch

14301 E. Speedway, Tucson

Every Sunday & Thursday

7:45 a.m.-10:15 a.m.

Admission \$75.00. Breakfast with horses! Enjoy fruit, milk, ranch-style eggs, bacon, and famous blueberry pancakes cooked on a grill, then take in the beautiful scenery on horseback during a two-and-a-half-hour ride. For information call 800-234-3833.
visittucson.org/event/breakfast-ride

February 10

33RD ANNUAL FLORENCE HISTORIC HOME TOUR

Florence Visitors Center

291 N. Bailey St., Florence

10:00 a.m. - 4:00 p.m.

Adult admission \$15.00 on event day or \$10.00 in advance. Come celebrate Florence's architecture by touring through some of the older historic areas of the Arizona town. The tour reveals the community's history through its homes and buildings. For more information call 520-868-7699.
florenceaz.gov/hometour



February 3-4
Cave Festival

BUSINESS

February 7

LUNCH AND LEED: SUSTAINABLE SITES

901 E. Madison Street, Phoenix

11:30 a.m.-1:00 p.m.

Join the USGBC Arizona for lunch about Sustainable SITES certification program. SITES helps create ecological communities which benefit the environment, communities and property owners. Administered by Green Business Certification Inc., SITES offers a rating system to distinguish ecologically sustainable landscapes and measures their performances and value; ranging from national parks to, streetscapes and homes.
usgbc.org

February 10

SOUTHERN AZ EDUCATION JOB FAIR

Pima Community College Downtown Campus, Amethyst Room

1255 N. Stone Ave., Tucson

9:00 a.m.-12:00 p.m.

Welcome all career changers, professionals, experienced educators and college students, and start the new year with a new career. Dress your best for an onsite interview while seeking that perfect education job. For registration or information call 602-542-0610.

February 1 & 21

SOCIAL WORK DAY AT THE LEGISLATURE

Arizona State Capitol Museum

1700 W. Washington St., Phoenix

8:30 a.m.-10:30 a.m.

The National Association of Social Workers annually hosts Social Work Day. This is a great opportunity for all social work professionals, faculty and students to participate in and witness policy creating at this historical site. Please register for one of the dates.
naswaz.com

GREEN CHAMPIONS

Each month in our Green Champions section, we feature three people — one each in northern, central and southern Arizona — who are making strides in the green community. In our February issue, we're celebrating three innovators who have transformed the state with their advancements in different fields.

NORTHERN: MARK SORENSEN

CEO, Co-Founder and Governing Board President, The STAR (Service To All Relations) School

Dr. Mark Sorensen, from Flagstaff, is the CEO, co-founder and Governing Board President of The STAR (Service To All Relations) School, which fosters alternative building methods, promotes self-reliance and energy sources such as solar and wind power. With a focus on expanding ecologically sensitive and culturally relevant schools, Sorensen has made The STAR School, the first off-grid solar and wind powered public elementary school in the United States. His work spans over 15 years, having worked with several Native Hawaiian and Native American schools, helping to weave traditional sustainable practices into their science curriculum. As a result of his hard work forwarding the progress of these schools, Sorensen has been rewarded with such honors as "Principal of the Year," "Citizen of the Year" and "The Navajo Innovation in Practice" award. He has also made an appearance on an international internet TV program, The Emerald Planet, which recognized the development of his school.

STARSCHOOL.ORG



CENTRAL: COURTNEY KLEIN:

Co-Founder and CEO, SEED SPOT

Courtney Klein is the CEO and Co-Founder of SEED SPOT, an incubator created to support new young entrepreneurs to cultivate and achieve their dreams, providing resources, mentors, business fundamentals, community partners, capital sources, and anything else they may need to succeed. SEED SPOT was ranked as one of the "Top 20 Accelerators in the World" by Gust and "Top 3 social impact incubators in the United States" by UBI Global and Cisco. Klein has received numerous awards and honors for her achievements, including the "Young Alumni of the Year" award from her alma mater, Arizona State University, in 2016. In the same year, she earned the title "One of Arizona's most Influential Millennials" from Arizona Economic News. She was also named one of the "25 Most Dynamic Women in Business" and one of the "Top 10 Business People of the Year" by Phoenix Business Journal in 2013 and 2015 respectively.

SEEDSPOT.ORG



SOUTHERN: LISA SHIPEK

Executive Director, Watershed Management Group

Lisa Shippek, from Tucson, has been the Executive Director of Watershed Management Group since 2006. With a background in Environmental Science and Latin American Studies, Shippek has accomplished many things such as creating new financial models for community conservation, developing experiential education programs, teaching natural resource management for desert cities and building community coalitions. Her role with Watershed Management Group requires that she handles both outreach activities and financial planning, and she also directs strategic development and fundraising. On top of everything else Lisa does, she serves as the Treasurer of the Community Water Coalition, helps with Tucson's Transit Task Force, and even loves ultimate frisbee so much that she directs Tucson's adult Ultimate Frisbee league.

WATERSHEDMG.ORG



Want to nominate someone as a Green Champion? **Email your candidate to editor@greenlivingaz.com!**



JOHN BURKHART

HE'S
GREENSHE'S
GREEN

ROMANCE



JENNIFER BURKHART

Product reviews by our eco-conscious couple John and Jennifer Burkhart

If you're still shopping for a Valentine's Day gift (procrastinators unite! Tomorrow ...), we may have some ideas for you. We tested some eco-friendly products for "setting the mood," and some nice platonic gifts, too. Whatever your plans are for this Valentine's Day, be sure to spread the love and be kind to one another. That's something everyone can give, that everyone loves to receive, and it's free!

PADDYWAX | CANDLE**ROSE QUARTZ & THYME NATURAL FRAGRANCE, SOY WAX**

HE SAID: Nothing sets the mood better than some candles. Especially when those candles have a sweet (not too strong) scent. I enjoyed the mellow scent this candle gave off, even though I was thoroughly confused by the description. Rose quartz is a rock, and it doesn't smell anything like the thyme I put on chicken. But hey, no harm no foul.

g g g g g

SHE SAID: As a gift, this cone-shaped, thick glass candle is both modern and classy. I love the design! The sweet, slightly herbal scent was only noticeable when I stuck my nose in it, sadly. But you can't go wrong with pretty candles for ambiance!

g g g g g

**AURA CACIA | ESSENTIAL OIL BLEND****LOVE POTION**

HE SAID: Well, we didn't get this from a gypsy with a gold-capped tooth, and it didn't make us start kissing everything in sight, but this little bottle of Love Potion had a pleasant patchouli and sandalwood fragrance. However, that's not really a smell that makes me think of bow-chica-wow-wow.

g g g g g

SHE SAID: I think if you add patchouli to anything, it tends to overpower. That's all I could smell when diffusing this blend. But, next to the diffuser, it smelled like sandalwood. Right out of the bottle, it was

a pungent-woody-citrusy aroma. This ever-changing oil is perfect for the spontaneous or indecisive -- maybe not a recipe for love.

g g g g g

**PACHA SOAP CO | WHIPPED SOAP & SCRUB****HONEYSUCKLE ROSE**

HE SAID: This was a little strange. The texture honestly reminded me a lot of margarine. Just me and a pint of Country Crock in the shower. It was a pretty good soap, though. It had a mellow flowery smell with a fine sugar grit for exfoliating and left my skin feeling soft and smooth.

g g g g g

SHE SAID: Now this is a great gift for one, but even better for a scrub in the tub for two. Admittedly, it was strange to scoop the clay-like soap out of a tub, like it was craft time and I was about to sculpt a bubbly brontosaurus. No matter though, the lightly scented scrub felt luxurious and left the bathroom smelling flowery sweet. A little goes a long way -- so sudsy, it will likely last until next Valentine's Day!

g g g g g

**KATE'S MAGIK | MASSAGE &****BODY OIL****APHRODISIAN FIRE**

HE SAID: Now we're talking. Who doesn't like a good sensual massage?

This massage oil is a great way to get things started. It had a fragrance that was a nice balance of earthy (patchouli/sandalwood) and floral (rose/ylang-ylang). It did seem to absorb quickly, but that's probably just because I have my dry winter skin on right now.

g g g g g



SHE SAID: You'll be setting the mood in no time with this locally made massage oil. I loved the alluring scent that was long-lasting on my skin. It absorbed quickly while massaging and left my skin a bit greasy, but hey, it's a small price to pay for some quality time together!

g g g g g

BONTERRA | ORGANIC WINE**SAUVIGNON BLANC**

HE SAID: A little bit of the vino! I'm not a huge adult grape juice drinker, but I found this Sauvignon Blanc to be very palatable. It was refreshingly light with a floral bouquet and a crisp acidic flavor followed by a sweet honeydew finish. It went perfectly with some shrimp scampi. Side note: This one tasted pretty bad when I reopened it a day later, so plan on finishing the bottle if you open it. (I know, twist your arm, right?)

g g g g g

SHE SAID: I'm no wine expert, but here goes. A white wine with a twist top might not scream, "romance," but still give this one a fair shake. I liked it! It was crisp and refreshing with a hint of honeydew after the dry finish -- and it's organic! Wine may not be the most romantic choice for me, though, because after two small glasses, my eyelids were a bit too relaxed.

g g g g g

See more product reviews at greenlivingaz.com/hgsg

COOL OUTRAGEOUS STUFF



1 BAMBOOEE

Paper towels are used everywhere: businesses, offices, homes, schools, everywhere. Buying them is a necessary evil, but there's a way to make that evil into something that doesn't hurt the environment. Bambooe makes paper towels made out of, you guessed it, bamboo. They're stronger than ordinary paper towels, don't drip, and they're machine washable up to 100 times. Also, every time a Bambooe is sold, a tree is planted.

Starting at \$10.00
BAMBOOEE.COM



3 CLIMATE CONTROL

Is the temperature of your office always a little too hot? Wish you could control the thermostat? With Evapolar, you can. It's your own personal microclimate that can cool, humidify, and clean the air around you. Evapolar doesn't contain any toxic coolants, and it doesn't just produce cold air. It's both small and efficient, fitting perfectly in either the workplace or at home.

Starting at \$179.99

THEGADGETFLOW.COM



5 BIODEGRADABLE LAPTOP

"It's easy being green" is the motto that ASUS has adopted since launching their Bamboo Series. Bamboo is a great renewable resource that is also incredibly resilient, making it the perfect choice for a laptop. For those looking for a new laptop and a way to help the environment, the U6V Bamboo Laptop is for you.

\$1,999.00

ASUS.COM

2 BIODEGRADABLE LAPTOP ACCESSORIES

Looking for a way to spice up your desk at work? Iameco laptop accessories are just what you're looking for. Iameco products are made with sustainability in mind. Their keyboards and mice are not only space saving with their sleek designs, but they're also made from recyclable materials — even the wood parts of both accessories. With these, you're not only adding appeal to your office, you're also helping the environment.

Starting at \$62

IAMECO.COM



4 BAMBOO IPHONE SPEAKER

For those looking for a new, fun way to listen to music, look no further than iBamboo iPhone Speaker. It's compatible with iPhone models 4 and up, low-tech and extremely sustainable. It uses no electricity and just lets the natural resonance of the bamboo emit your music. If you're not completely satisfied, you can return it

for a full refund or exchange it for something else.

Starting at \$25.00

IBAMBOOSPEAKER.COM



Find more cool outrageous stuff at greenlivingaz.com



For some strange reason, otters, whales, and birds aren't big fans of drinking and eating all of those chemicals. Every bottle that ends up in a landfill or in the water is an 8 oz tragedy. It is also an opportunity for all of us to make a difference. In 2017, the My Sister's Closet family of brands took a pledge and eliminated all plastic bottles and bags from our operations. We're asking that you take the pledge too. Plastic bottles might be convenient, but we're pretty sure all those animals see things differently.



mysisterscloset.com



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