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LUNAR NEW YEAR

Something To Crow About
Page 70



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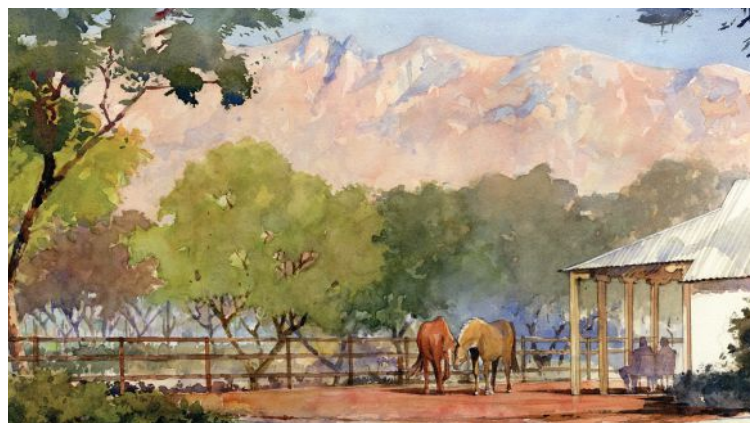
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Q My new year's resolution is to take better care of my skin. But, there are so many different creams out there, I don't know which one I should use. I know that collagen is important for smooth skin-do you recommend a cream that contains collagen?

A The number of skin products out there is overwhelming, and it can be difficult to find which will work best for you. **You should consider the condition of your skin, the improvement desired, skin type, lifestyle, sun exposure, and budget.** You need to also consider ingredients and how they are delivered to your skin-for instance, while collagen is vital for smooth, firm skin, our skin cannot absorb it from a cream. **You should find a product that encourages collagen production,** such as those containing retinol. For most patients, we recommend a program including several products, as a single product can't fulfill all of our skin needs. It's best to partner with your dermatologist to customize a program for your skin.



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A In the past, it was commonplace to take long-term antibiotics for acne. In recent years, that approach has lost favor, and the most recent acne treatment guidelines recommend that antibiotic pills be used only for a limited period of time, typically a few months. For best results, antibiotics are just one part of the acne treatment program, which may also include products applied to the skin, dietary changes and supplements, microdermabrasion, laser treatments, and chemical peels.

BODY | BY SKIN Spectrum



Jody Comstock, M.D.



Tina Pai, M.D.

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JANUARY 2017 / VOLUME 36 / NO. 1

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Spectacular Vistas

Ventana Canyon Mountain Estates

MLS#: 21628437

This spectacular soft contemporary-style home is high in the Catalina Mountains and offers expansive city & mountain views. The focal point of the home is the great room featuring a soaring beamed ceiling, a 2-way fireplace and walls of glass framing sweeping 180 degree city, mountain & golf course views. Additional interior features include a circular dining room, a library, an activity room (could be 4th BR), an outdoor kitchen, and a sparkling pool/spa. District #16. **\$1,950,000**

Grand Catalina Foothills Home



MLS#: 21628256

High on a ridge, this remodeled Spanish Colonial-style home offers dramatic city & mountain views. Property includes a 4,061 sq. ft. main house, a 1043 sq. ft. guest house and a pool/spa. Perfect for entertaining! **\$1,000,000-\$1,250,000**

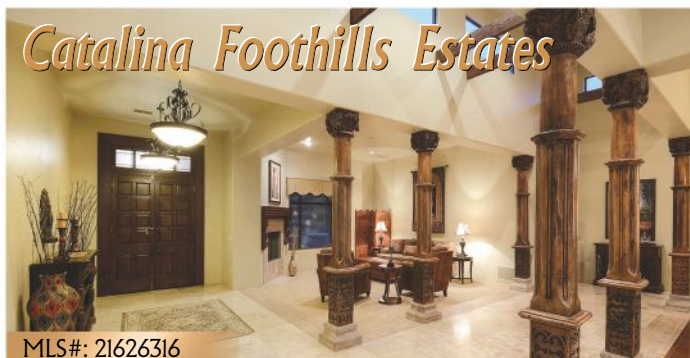
Catalina Foothills Estates Gem



MLS#: 21627618

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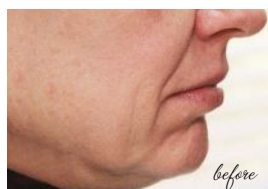
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Kermit the Frog was incorrect in his assertion that "It Isn't Easy Being Green." It actually is, and there are myriad ways to go about it. Writer Elena Acoba spoke to the experts and gleaned tips as simple as turning off the water while brushing your teeth, and as complicated as building a sustainable home.

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This time of year, many of us have dieting on our minds. But how can we drop the pounds, keep them off and still retain our health? Writer Laura Greenberg spoke with three nutritionists to get their viewpoints (point one: it's not as easy as it looks on *The Biggest Loser!*).



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77 Dining Guide

A comprehensive list of restaurants.

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CATALINA FOOTHILLS CONTEMPORARY



Chicken Us Out



Photo by Jon Wolf Photography

Happy Lunar New Year! Tucson's Asian community prepares to celebrate the start of the Year of the Rooster at the end of this month. We decided to not only honor that event with a cover by local artist and author Chris Gall (who has created several memorable illustrations for us in the past), but also a story by Megan Guthrie on some of the tantalizing offerings at eight Asian restaurants around the Old Pueblo. You can whet your appetite for everything from sushi to Vietnamese and Korean specialties starting on page 70.

Whether you start the year with resolutions, project files or just wish lists, you may be thinking about ways you can live leaner and greener. We asked Elena Acoba to zero in on techniques that anyone can use to support sustainability in everything from the food we buy, to the plants we grow, to the appliances we use. Turn to page 45 to learn more.

No matter how careful you were throughout last November and December,

there's a good chance you overate once or twice, or indulged in an extra helping of pie. Achieving or maintaining weight goals is something that many in Southern Arizona are working on at any point in time. With all the advice available on TV talk shows, Internet, etc., it can be tough to know what to do (or not do). Laura Greenberg interviewed experts from the University of Arizona, Canyon Ranch and Miraval Resort & Spa to round up some sound nutrition and dieting tips. Read their input starting on page 56.

And as you plan your activities this month, be sure to make room in your schedule for three major events that are taking place: the Tucson Jazz Festival, Tucson Desert Song Festival, and Tucson International Jewish Film Festival. Flip to page 50 to see previews of the festival season.

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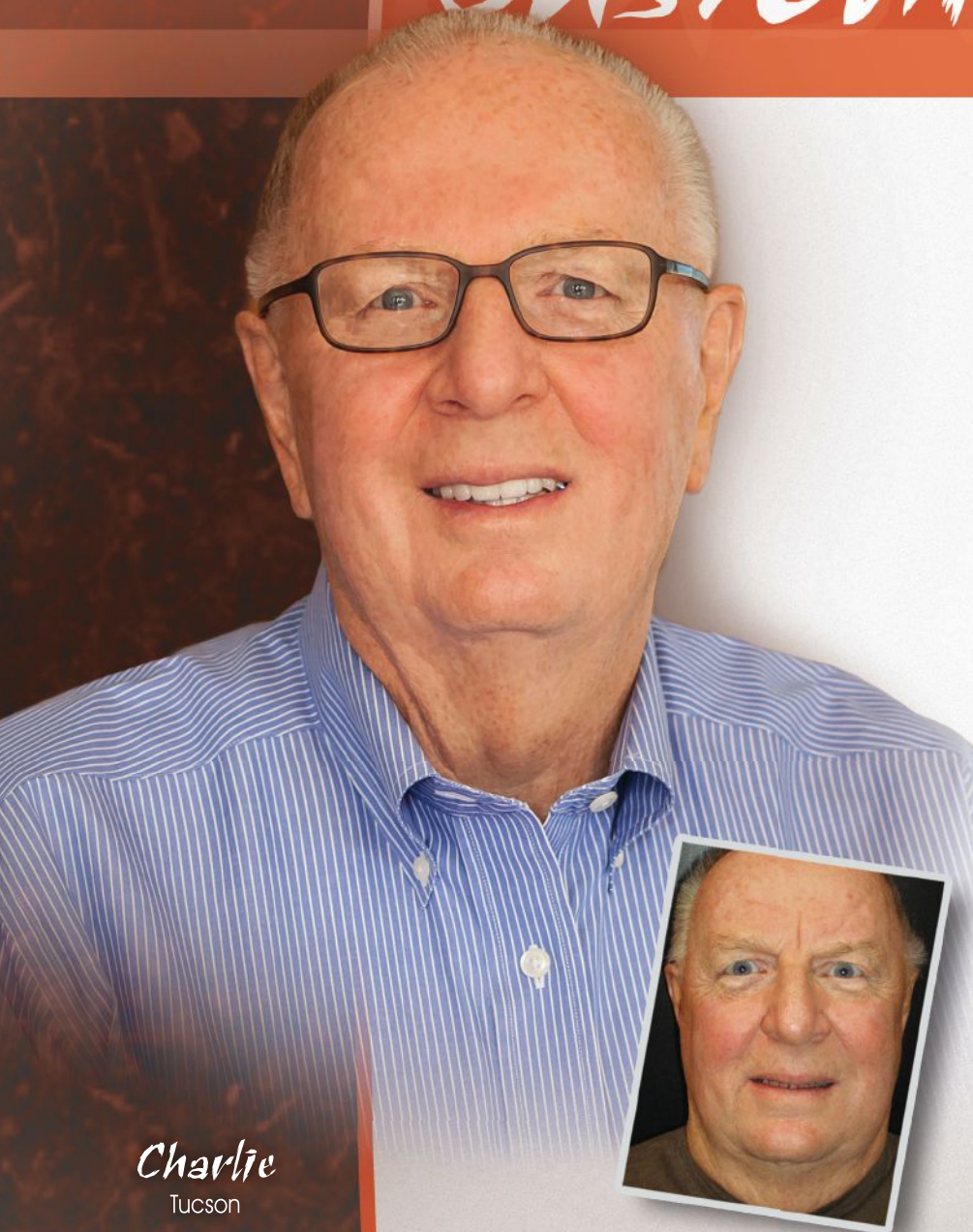


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Up Front

NOTABLE | WEB NEWS | BIZ NEWS



Art Almquist,

drama teacher at Tucson High Magnet School, says his department is a place for students to discover themselves and find their voice.

Photo by James Patrick.

See story, page 16 »»»

Directing Success

WITH THE AWARDS AND RECOGNITION THAT ART ALMQUIST HAS EARNED over the years as a high school drama teacher, he asserts he probably could get any theater teaching gig he wanted.

But the Tucson High Magnet School instructor admits that these awards — as well as acting honors earned by his students — help him with a different mission. They prove that Arizona public schools, which are among the lowest funded in the country, can be as high caliber as schools and students with more means.

Almquist talks about the time in 2015 when he and his stage director/wife Amy accompanied a Tucson High student to New York. The student had won a regional Ben Vereen Award for Tucson and was invited to attend a national ceremony of all regional winners.

There were many student award winners there who attended private schools or well-funded public arts schools or received private training, Almquist recalls. A colleague expressed admiration that a public-school student was at the event.

“And here we are, this little school in an underfunded state,” says Almquist, who has taught at Tucson High for 20 years after teaching at a private school. “Those are the kids I want to work with. Give me a million of those kids over a student with a stage mom.”

That’s because for Almquist, his theater program is more than about teaching teenagers how to put on a show. He sees it as a sanctuary for students to learn who they are and how they fit in the world.

Almquist also helps his students learn about others by involving community groups and individuals in the school’s theater productions. For the post-World War II drama *All My Sons*, a veteran spoke with the actors, whose performances raised funds for the Coming Home Project. For *The Laramie Project* that tackles anti-gay violence, the Fund for Civility, Respect and Understanding and the Southern Arizona AIDS Foundation set up informational tables at the performances.

Creating these community ties certainly helps inexperienced actors internalize the characters they may not know about. “You have to empathize with that character,” Almquist explains. “They realize these are human beings that they’re playing.”

He also has another, more practical reason for getting organizations to help out the students. It fosters a support network for the school’s two annual plays, which he says are supported completely by donations and ticket sales.

Over the last two decades he’s been able to raise funds for the program to get a tech booth, improve lighting, hire a tech manager to build sets and employ a choreographer when needed.

In addition to teaching classes, he directs the high school plays as an after-school activity. He also keeps his own acting skills honed with local productions. Last fall he played four characters in *My Name is Asher Lev*, directed by his wife for Live Theatre Workshop.

That acting gig was the first one he’s done in about six years. Even as a teacher, he has found time to act on the local stage, including Invisible Theatre, the old Beowulf Alley Theatre and Laughing Stock Comedy Company.

He tried acting as a youngster when he realized he wasn’t good at sports. He was a member of the Tom Thumb Players in Tucson. He honed his skills at Sabino High School and, after getting a



Art Almquist (center) with students (from left) Julia Waters, Allie Devaney, Megan Rankin and Anna Cohen. Photo by James Patrick.

bachelor’s degree in English education at Vassar College in New York, earned two masters with a performance emphasis at the University of Montana in Missoula.

Almquist taught theater at a Connecticut private school, where he learned how to build a theater program from scratch by appealing to community supporters. Those are skills he brought to Tucson High, where today the program is well-regarded.

That’s just where he wants it to be. And he applies for honors such as the Reba R. Robertson award and the *People* magazine recognition to shine a light on the work at the school.

“Part of what drove me to apply is that it brings recognition to our school, our state and our students. It keeps kids coming to our public schools.” — *Elena Acoba*

Accolades

Art Almquist has won several Tucson High and Tucson Unified School District awards. Here are some of his recognitions:

2016: Children’s Theatre Foundation of America’s Reba R. Robertson Outstanding Teacher of Drama

2015: The National High School Musical Theater Awards’ Ben Vereen Award for Tucson Best Director

2013: *People* magazine’s Teacher of the Year

2008: Tucson/Pima Arts Council’s LUMIE Tucson Fine Arts Teacher of the Year

2006-2016: American High School Theatre Festival selection of Tucson High participation



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Photography by Ed Flores



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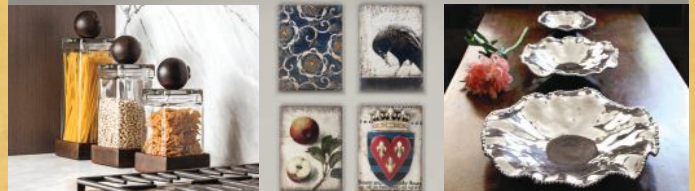


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Jason Tankersley,
CEO of The Fairfax
Companies.
Photo by Thomas
Veneklasen.



Q & A The Fairfax Companies

Jason Tankersley, CEO of The Fairfax Companies, has so many different projects currently going and in the planning stages, one wonders when or if he ever sleeps! The company's range of services includes running dry landfills and recycling services; providing roll-offs (aka dumpsters); creating landscape, garden and alternative fuel products; and even recycling Styrofoam. The majority of the businesses have one thing in common: diverting and re-using materials that would normally be destined for landfills. Tankersley has uses for leftover construction and demolition materials, landscape waste, Styrofoam ... even waste asphalt from Tucson city roadway projects. He's on the executive board of Tucson Clean & Beautiful, a member of SAHBA's Green Building Committee, and on the boards of the Heirloom Farmers Market and Southern Arizona Green Chamber of Commerce. He didn't start out to become an eco-warrior: he actually was studying philosophy at Northern Arizona University when a hiking accident nearly killed him. While recovering from 18 broken bones and head trauma, he spent time learning about the landfill business from his father.

How does one go from studying philosophy to running a landfill and recycling facility?

Not long after I turned 21, my father passed away from cancer. I brought on a partner — Doug Kennedy — who helped teach me what I needed to know and helped get the permits for the landfill business. I needed the help because — one, I had a massive head injury, and two, I had been in college for philosophy! I later transferred to the University of Arizona to study regional development with an emphasis on business and commerce.

How did you become such a proponent of “Reduce, Reuse, Recycle?”

As I was growing up, my father owned a sand and gravel business and was involved with ranching, and I worked and played on the ranches. He later went into the landfill business, which he had started around

the time I was in high school. I sometimes worked there running equipment or doing manual labor and saw materials coming into the landfill that could be reused. For example, Home Depot used to throw out equipment like compressors and drills that were still usable, so I'd put them aside. I started paying more attention to what was arriving at the facility. My goal became to create products from the items that were being thrown away, such as making organic mulch and compost from landscaping debris. Palm trees and cactus cannot be used for that purpose, so they are ground up and used for alternative daily cover for the landfill (it's biodegradable and keeps the dust down). Asphalt from City of Tucson roadway projects gets ground up and used for roads within our facility. We keep concrete waste to use in the reclamation of a sand and gravel pit, while some is crushed and sold as aggregate for construction projects. We even make fuel and fire logs out of wood pallets.

What do you have planned for the future?

In addition to our selection of mulch, decorative wood chips and 100-percent organic compost, we've created a 100-percent organic fertilizer. All of these and more are sold under the name “Tank's Green Stuff,” and are available locally at nurseries, retailers, and many Ace Hardware stores and, we hope soon, big box stores. We also started accepting *clean* foam products at the facilities for recycling (exceptions include polyurethane and Biodegradable Packing Peanuts). Most foam products, including Styrofoam, are not accepted in Tucson's municipal “blue bins.” But now, these items can be brought to the Speedway Recycling Facility at 7301 E. Speedway Blvd. and dropped off for free. Fairfax uses densifier equipment to condense the foam into compressed blocks, which can be recycled.

I also hope to revive a project we started years ago. We invested in a company that makes building blocks for homes out of recycled plastic and waste wood like particleboard (which can't be recycled directly because it's contaminated with glue and chemicals). The “wood” is ground up and encapsulated with the plastic, heated and molded into blocks that are light, waterproof, bug-proof and even fire-resistant. Curt Beyer, of Beyer Renewable Fuels, is the inventor, and we invested right before the Great Recession! We hope to get the project back off the ground. — Anne Kellogg

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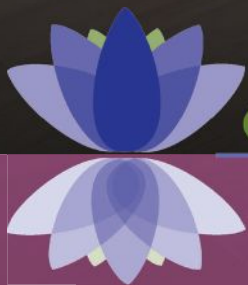
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january '17 preview

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featured

Jan. 1-7

January 8th Memorial Foundation. (Jan. 8) The foundation's "We Remember, Do You?" campaign wraps up with a "Human Embrace" event at Hi Corbett Field. Members of the public are invited to take part. Wear a white T-shirt and join in on the ball field to form an EMBRACE symbol. Photos will be taken to produce a poster, sales from which will benefit the January 8th Memorial. 2 pm. 700 S. Randolph Way. 393-8317. www.tucsonsmemorial.org.

Michael Carbonaro ... Live! (Jan. 8) The actor/magician, who has appeared on everything from *30 Rock* to *CSI Miami*, brings his stage show to town. 7 pm. TCC Music Hall. (800) 745-3000. Ticketmaster.com.

Tucson Roadrunners Hockey. (Jan. 13) The season continues with home games on Jan. 13 (vs. Texas), Jan. 14 (vs. Texas), Jan. 16 (vs. Ontario), Jan. 18 (vs. Ontario), Jan. 27 (vs. San Diego) and Jan. 28 (vs. San Diego). TCC Arena. 866-77-HOCKEY. Tucsonroadrunners.com.

Tucson Association of Realtors Soccer Shootout. (Jan. 13-15) The weekend includes a parade of athletes, soccer Olympics, and soccer competition with an estimated 5,000 players. Kino Sports Complex. 529-1493. www.fortlowellshootout.com. ►

Event listings run without charge as a service to our readers. Because of possible last-minute changes, readers should confirm schedules by calling the telephone numbers in the listings.



Jan. 13
Storm Large
See page 39 for details

Jan. 28, 7:30 pm; Jan. 29, 2 pm



Arizona Opera Madama Butterfly

Mezzo-soprano Mariya Kaganskaya's first standout role with Arizona Opera will be "Maid in Japan" ... literally.

The amazing young singer, who is part of the Studio Artists program, will be onstage this month in Puccini's heart-wrenching *Madama Butterfly*. "I'm playing Suzuki and I'm really excited about it," she says. "It's the first time I've done the role, and I'm really happy to have the opportunity to do something that major straight out of school."

Fans of *Butterfly* know that Suzuki, the servant/confidante for the main character of Cio-Cio-san, has the wonderful "Flower Duet" in the opera, and is featured prominently as the tragedy unfolds.

The direness of the opera seems in such stark contrast to the engaging personality and melodious voice of Kaganskaya, introduced to Arizona audiences singing an aria in Arizona Opera's 45th Anniversary Sapphire Celebration, and who also performed as the Third Wood Sprite in *Rusalka* last fall. Being able to do a lot of different things seems totally in character for her, however.

Born in Russia, she came to America when she was very young and grew up wrapped in the cultural quilt that is San Francisco. Her multilingual abilities were encouraged and enhanced throughout her education. "I went to the French American International School, so I'm also fluent in French. In middle school they taught us Spanish, some of which I remember, and in graduate school I became fairly proficient in German and Italian."

The language background melded well with the musical training that she received, starting at an early age. Her mother is Alla Gladysheva, a pianist who teaches music theory at the San Francisco Conservatory. She didn't push Mariya toward a career in music, but,

"She definitely encouraged me to become a *better* musician. I had a variety of musical instrument lessons, and singing was what I liked best, so she told me to keep pursuing it. I don't think she thought it would turn into a career until it was too late!" she adds with a laugh.

There were certainly early signs that her voice would be her future. "When I was little I would do gigs for retirement homes and things like that. And then I spent a decade in the San Francisco Girls Chorus, which gave me a really solid musical education and encouraged my love for singing. I didn't realize I could be a soloist until I was an undergrad at UC San Diego and noticed that I kept locking myself in the practice room, trying to figure out how to sing."

She definitely figured it out, earning her bachelor's in three years and graduating *magna cum laude*. Next, she completed her master's at the San Francisco Conservatory of Music, where she notes, "I studied with Catherine Cook who is just fantastic. She's a wonderful person to learn from. She's still performing in San Francisco all the time and she recently also was at the Met. It was just a really good education, especially with the amazing teachers and coaches at the school."

Though still very young, she already has sung a wide variety of concerts, as well as in traditional and new operas. Of her dream roles she says, "I would love for someone to cast me to sing Charlotte in *Werther*. That is a role I think I'm going to be singing for a long time, so I have to be kind of careful and wait until my voice is ready to do it. I've already done large sections of it. I think it has one of the most beautiful scores, and a depressing story, which I love! Also, I could be completely happy singing Dorabella in *Così fan Tutte* for as long as I can do it well."

The next time Arizona Opera audiences hear Kaganskaya, it will be in a piece that concludes on a decidedly happier note than *Butterfly*. "At the end of the season I'm singing Tisbe in *La Cenerentola*, which is very exciting. I think there's going to be a lot more running around on stage! It's a wonderful piece—the music is so much fun."

Though all the responsibilities of a professional singer keep her pretty busy, she does find time in her schedule for other things. "I like yoga, my favorite form of 'non-exercise-exercise,' which really helps with alignment and things. I love reading new books, Netflix is great, and I spend time with my family, friends and my boyfriend."

And if you were to eavesdrop on what she is listening to at any particular point in time, you might be surprised to find a certain former part-time Tucson resident pop up. "I'm a big Paul McCartney fan. The first time I saw him live I cried like a complete idiot."

For now, it's a safe bet that one place you won't find her often is slaving over a hot stove. "I mostly avoid the kitchen, and my freezer is stocked with a variety of Trader Joe's meals. I would love to get into cooking at some point, but I'm still a little bit paranoid. I spent a lot of time in my childhood with my Russian grandparents who did all the cooking for me. It's a lot to try to live up to."

Fortunately for her, Tucson and Phoenix have many great restaurants to discover and savor, and she is slowly exploring all that the two cities have to offer. Of the Old Pueblo, she sums up, "It's a really wonderful place. I like the atmosphere a lot, and the art scene is very much a big part of the community. There's a lot of reciprocity between the public and the arts groups, which is a fantastic thing." **TCC Music Hall. 293-4336. www.azopera.org.**



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Jan. 18, 7:30 pm

Arizona Friends of Chamber Music

The St. Lawrence String Quartet

Get ready for a journey through the history of the string quartet.

In a sense, that's what this exciting concert program will be, starting with the original master of the medium, progressing through one of its greatest innovators, and including a living musical legend who echoes the past even as he sets out to explore the future.

The evening will open with Haydn's *Quartet in G Minor, Op. 20 No. 3*. Chris Costanza, cellist for the St. Lawrence String Quartet (SLSQ), observes of the *Opus 20* compositions, "They are groundbreaking pieces. They really defined what a string quartet could be and do in the 1770s when they were composed. What happened in the *Opus 20* quartets is Haydn realized he could use all four of the instruments more or less equally, as opposed to quartets prior to that time where you essentially were hearing first violin solos and the rest of the group just kind of supporting them."

Despite the landmark nature of this work, audiences may not be that familiar with *Opus 20 No. 3*. "It's actually a piece that's not played that often. I didn't even know it before we started learning it a year and a half ago," remarks Costanza.

Performing the piece in Tucson fits in perfectly with what the group has been up to lately — recording all six of Haydn's *Op. 20* quartets. "I think by the time we come to Tucson those recordings may all be available. We're trying an experiment: we're going to stream them through our website, along with video, because we had a full video crew when we made those recordings."

Ending the evening will be Beethoven's *Quartet in C-sharp Minor, Op. 131*. Though Beethoven was a student of Haydn, and very familiar with his string quartets, this late-period composition by the master of so many forms is light years from his mentor's. "That piece is absolutely mind-blowing. It's seven movements, at least as Beethoven defined it. The truth is that two or three of those are very short, and it's continuously flowing — 40 minutes of music with incredible

variety. He kind of brings back earlier parts of the piece to tie it all together. It's subtle but it's there. And to open it he chooses a fugue, an incredibly slow one, with each of us playing a role. He does interesting things with key relationships and a gigantic slow movement that is something like a 15-minute-long theme and variations, which is a form that Beethoven really championed. There's also an incredibly wild scherzo. The typical scherzo form is A-B-A, so you have the scherzo movement, a contrasting trio section, and then you come back to the scherzo section. Well, Beethoven did this thing where he would go A-B-A-B-A, so he would cycle through it and you would hear the scherzo three times, and the trio twice."

About 50 years lapse between the composition of Haydn's quartet and Beethoven's, and joining the two of them together as the second work of the evening is John Adams' *Quartet No. 2*, written some 189 years after the *Op. 131*, but connected to it via an interesting choice the great American composer has made.

"Adams kind of came to chamber music later in his compositional life, and we think of him as this great master of orchestral colors," explains Costanza. "We also think of him as a minimalist composer, because that's how he got started. When he wrote this string quartet a couple of years ago for us he was inspired by Beethoven. He quotes him throughout the piece, and specifically one of the late piano sonatas — *Op. 110*, which easily ties us into the *131* of Beethoven; the *Op. 110* piano sonata and the *Op. 131* string quartet were written within a few years of each other."

Adams has written for SLSQ before, and it's a collaboration that all parties have enjoyed very much. "John is a close friend of the quartet and practically a neighbor; he lives in Berkeley, roughly an hour from us. Living composers like him are innovating in their own styles, and building upon forms that Haydn and Beethoven did so wonderfully. It's always exciting to work with John, to see him trying out new ideas and developing the various thoughts that he has in each piece."

The program will not only showcase the skills of SLSQ, but also display some of the enormous contrasts available within this musical form. "You'll still hear that it's the four of us when we go from Haydn to Adams to Beethoven because we play the way we play, but there's quite a lot of thought that goes into stylistic considerations for each composer. Haydn we will probably play a little less forcefully in terms of sound. We do like to show a lot of contrast, and even though it was composed so much earlier, it's still filled with variety and dynamic contrast. Beethoven was famous for his extreme dynamics, and wanting there to be light and dark, loud and soft, intense and less intense. In Beethoven you'll hear a wider range than in Haydn. And Adams goes 10 times further than that. There's only so loud you can play with acoustic instruments, but there are places where he told us, 'Play close to the bridge, scrape away at it,' and he's pushing the limits of the contrast. He even told us, 'Play ugly there.' It's not ugly in the sense of making people plug their ears — it's just a different kind of sound. In some places he told us to play very sweetly and singing in a legato way. Throughout this program, with each successive era of composition we get more and more contrast."

Each member of SLSQ — which also includes violinist Geoff Nuttall, violinist Owen Dalby and violist Lesley Robertson — has his or her own

CONTINUED ON NEXT PAGE 31

story about becoming a professional musician. Costanza says of his own journey, "In some ways maybe it was bound to happen. My grandfather was an amateur violinist, my dad was a professional musician and music teacher, but really to some degree I'd say that I'm the product of a public school music education. When I was in third grade, the orchestra director came to the classroom and said, 'Does anyone want to play an instrument?' And for whatever reason I said, 'Cello.' There had not been a cellist in our family at all. I honestly don't know why I chose it, but I must have heard the instrument before and was aware of it and thought it would be kind of interesting. My first cello lessons were in my elementary school, and I sort of took to it quickly, so my parents acted on that. They found me a teacher and shortly after that they realized he could only give me so much. They explored the options in the central New York community where I grew up, and when I turned 11, we started driving to Rochester—two and a half hours one way—so I could take lessons."

A graduate of the New England Conservatory of Music, he is a Grammy and Juno nominee, an artist in residence (and instructor in cello and chamber music) at Stanford University, and has been a member of SLSQ since 2003.

He is eagerly anticipating the quartet's return to Tucson, where they've played a number of times. "It's always a treat to come back," Costanza says. "I hope to do some more exploring downtown. I'm also a runner, so I like to go out running—you get to check out neighborhoods that way. Hopefully we'll have some time to do that." **TCC Leo Rich Theater. 577-3769. Arizonachambermusic.org.**

AAUW Funds Luncheon & Raffle. (Jan. 14) Elizabeth Verklan, American Association of University Women (AAUW) fellowship recipient will be the keynote speaker, addressing the topic of intersections of gender and labor throughout the global fashion industry. Raffle items will include restaurant gift certificates, gift baskets, etc. 11:30 am. Mountain Oyster Club. For more info on attending: armstrong606@gmail.com.

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Jan. 14, 8 pm

UA Presents

Matt Haimovitz "A Moveable Feast"

That J.S. Bach ... he sure gets around!
Thanks to cellist Matt Haimovitz, he'll be getting around Tucson, where the great Baroque composer's cello suites will be performed ... with a twist. Or actually, two:

each suite will be preceded by an overture that was commissioned from a living composer, and the suites will be played in venues where one would not normally expect to hear classical music. The locations for three of the suites were still being chosen at press time, and any one interested in attending those performances should check the UA Presents website.

Haimovitz, a native of Israel who spent his formative years in Palo Alto, California, and New York City, made his debut with Zubin Mehta and the Israel Philharmonic at age 13. Known for being innovative and genre leaping, he has arranged Jimi Hendrix's version of the "Star-Spangled Banner" for cello, performed at the site of a legendary New York punk club, and received the American Music Center's Trailblazer Award.

"I grew up in a household filled with pianists," Haimovitz reveals. "My mother was a piano teacher and taught more than forty students a week. She would take me to concerts with her. When I heard a recital by the legendary cellist Mstislav Rostropovich I was riveted by the cello. It was more exotic than the piano

that was commonplace in our home, and I was drawn to the sound of the instrument and the mystery of how that sound was being produced."

This concert program is definitely a labor of love. "A Moveable Feast brings together three of my strong passions of the last decade and a half," says Haimovitz. "It's a look back at performance practice and the tools of hundreds of years ago, collaborating with composers to create new works, and taking Bach and my cello into venues that do not necessarily present classical music. The name is inspired by Ernest Hemingway's book of the same name. For him, it is about Paris. Once you encounter that magnificent city, it remains a part of your soul always. I feel that way about Bach's *Six Suites for Solo Cello*. Once you experience them, they remain a part of you forever. In this series, three of the suites with their respective newly commissioned overtures are played in unexpected places, and the remainder in the sanctuary of a concert hall. For each suite, I have commissioned a new over- ▶



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ture by a living composer. Each composer has engaged the suites in novel ways, incorporating a variety of styles and vernaculars from around the globe. It is a time-travel experience, looking back at Bach and taking his music forward to the present when we celebrate how contemporary his music still sounds. I have played Bach in some places you would not expect to find him — the defunct punk palace CBGB in New York City, dozens of rock and jazz clubs, and coffee-houses throughout North America. Not long ago I played in the Crypt [New York City] in the basement of a church, where candles provided the light.”

The composers of the overtures are: Philip Glass, Du Yun, Vijay Iyer, Roberto Sierra, Mohammed Fairouz and Luna Pearl Woolf. Though there is great appeal in hearing each of these new additions, the original material is rich in itself. “There is a real development in the Bach *Suite* cycle. The famous prelude that begins *Suite I* establishes the parameters of a single-voiced instrument able to sustain a whole world of counterpoint and harmony. By the time you arrive at *Suite VI*, which I will play on the five-stringed cello piccolo — as Bach asks — the narrative takes on an even grander feel, a celebration of the infinite in nature. Bach chooses his keys very carefully, not only to take advantage of the natural resonance of the instrument, but also to help define the character, the affect of narrative.”

Though this will be the first time that Haimovitz has performed the Bach *Suites* in Tucson, he has been here before. “I played there two or three years ago. I was with my friend, clarinetist David Krakauer, and two other colleagues, in town to perform Messiaen’s *Quartet for the End of Time*. Sadly, our violinist fell ill, and we had to put together a new program at the very last minute,” he reflects. “I look forward to returning to Tucson with *A Moveable Feast*! If you have not heard these pieces before, come with an open mind and heart; you are in for an epic journey.” **UA Crowder Hall. 621-3341. Uapresents.org.**



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Jan. 7, 2 pm and 7:30 pm; Jan. 8, 2 pm

TSO Masterworks Concert

Bach & Haydn in Harmony

Alexander Lipay, Principal Flute for the TSO, has a wonderful celebration planned for his 10-year anniversary with the orchestra. And everyone gets to take part!

The Masterworks program in January includes J.S. Bach's *Orchestral Suite No. 2 in B minor*, a premiere for the TSO. Lipay says of the piece, "It's composed in the style of French dances, and consists of eight movements: Overture, Rondeau, Sarabande, Bourrée I and II, Polonaise, Double, Minuet and Badinerie. Audiences should listen for the final movement — Badinerie — because it's the one that everybody will recognize. It is a very rare dance movement, and also happens to be one of the most famous pieces of music from the Baroque era."

Badinerie is synonymous with the Italian *scherzo*, both implying a jest, and indicating a movement that is quick and playful. In the case of the Bach (BMV 1067), this section especially showcases the skill of the flutist.

Lipay notes that he doesn't make any specific adjustments to his technique when performing Bach. "I just have to play this piece in the correct style for the Baroque period. Ornamentation is going to be specific to this genre; also keeping a precise and steady tempo that's appropriate for



Alexander Lipay

French dance music of the era."

Like many members of the TSO, he began on the path to a music career when he was very young. "I started playing piano at the age of five, and I still play. I have a bachelor degree in both flute and piano. Both of my cousins were playing flute when I was growing up and one day when I was about nine years old, I tried playing flute, and I've been doing it ever since."

The TSO is not the only beneficiary of his talents, either. "I am also the principal flute of the Tucson Pops, True Concord Voices and Orchestra, and St. Andrew's Bach Society Chamber Orchestra."

As you might imagine with that many duties, there isn't a lot of opportunity to do much else. "I rarely have any downtime," he admits. "I am very busy. Whenever I have free time, I like to do physical exercises to stay strong."

The January Masterworks concerts also will include the TSO premiere of Shostakovich's *Chamber Symphony Op. 110a*, which was originally the composer's *String Quartet No. 8* (written in 1960) before it was adapted by Rudolf Barshai. Rounding out the mix will be Haydn's engaging *Symphony No. 102*, the tenth of 12 symphonies written while he was visiting England and enjoying some of the greatest successes of his life. **Catalina Foothills High School. 882-8585. TucsonSymphony.org.**

La Encantada Fine Art Festival. (Jan. 21-22) The show and sale will include works of art in a variety of media. 10 am-4 pm. La Encantada Shopping Center, 2905 E. Skyline Dr. www.saaca.org.

Protestant Reformation Lecture Series. (Jan. 25) Some 500 years after the events of the Protestant Reformation changed the history of the western world, the UA Division for Late Medieval and Reformation Studies hosts seven different lectures to examine the impact. The first presentation will be "The Emotions of Martin Luther," presented by UA's own Professor Susan C. Karant-Nunn. 7 pm. Holsclaw Hall. 626-5448. <https://dlmrs.web.arizona.edu>.

Tucson Gem, Mineral & Fossil Showcase. (Jan. 28-Feb. 12) This event includes the popular Tucson Gem and Mineral Show, presented by the Tucson Gem and Mineral Society. It also includes various vendors at approximately 45 venues across the city. (800) 638-8350.

American Indian Arts Exposition. (Jan. 29-Feb. 12) Presented by the National Native American Co-operative, this show will feature jewelry, rugs, arts and crafts and other collectibles from dozens of artists. Live music and performances by tribal dancers on the weekends. 10 am-5 pm (Feb. 12: 10 am-4 pm). Quality Inn Flamingo. 248-5849. <http://usaindianinfo.com>.

theater & film

Jan. 1-7

Live Theatre Workshop. (Jan. 5) Running through Feb. 11 is *Buyer & Cellar* by Jonathan Tolins, a one-man play that imagines an underemployed actor working in a shop head-

CONTINUED ON PAGE 38

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Joseph Bologna and Renée Taylor

Jan. 7, 7:30 pm; Jan. 8, 3 pm

Invisible Theatre

My Life on a Diet!

Many of us remember the various stages in our life by what friends we were closest to, what songs were on the radio, or which house we were living in. Renée Taylor has a different mnemonic.

"It's funny, but I remember my life by what diet I was on, and which one everybody else was on," explains Taylor. "When I met movie stars that I admired, I would say, 'What are you eating?' I thought if I ate like that, I would look like that. So I would do the diet and look in the mirror."

The great comedic actress has a body of work that stretches back into the 1950s, and includes a number of very popular films and plays, including multiple collaborations with her husband Joseph Bologna. He was actually the one who inspired Taylor's one-woman show about her lifelong quest for the perfect diet. "He said, 'Why don't you do that?' I said, 'Oh, I don't think people will be interested.' He said, 'Are you kidding? Everybody's on a diet.'"

Growing up in the Bronx, she certainly didn't envision ping-ponging from one style of eating to another, but she did have her sights set on filling the shoes of her favorite stars.

"Since I was four years old I was going to be an actress," she reflects. "When I made my debut on stage I was sitting through a movie for the fourth time and my mother had to come and drag me out to go onstage myself."

Though most Americans looked up to actors like Clark Gable, many families were reluctant to allow their children to pursue performing as a career. Taylor's was no different. "Nobody in my family was in show business. My father said, 'You should come into the fruit shipping business with me.'"

She would not be dissuaded. As a teen, she read audition notices

in trade papers and would present herself to be considered for a role. "I would say that I was a singer, dancer or actor and imitate what I thought they did before I even knew how. When I was 17 or 18 I used to answer the auditions for the sexy girls," she reveals. "One of my first jobs was in a pageant at Madison Square Garden. I was a slave girl. I got five dollars for dancing on stage. I remember that Melvyn Douglas was the king of the pageant."

The 1950s were a boom time for the young medium of television, and Taylor recalls being on an episode of a series directed by future Academy Award-winner Sidney Lumet. "I was playing an elevator operator, and my line was, 'Going up?' And Sidney said, 'Just read the line,' because each take I was doing, 'Going ... UP!'" she says with a chuckle.

There were many great acting teachers in New York throughout the 1950s and '60s, and Taylor sought out their classes. "I went to the American Academy of Dramatic Arts and then I studied with Lee Strasberg, Stella Adler and Harold Clurman; all the great acting teachers were in New York. I studied with Lee for about eight years before he said 'What are doing in class? Why don't you go get a job?' I kept saying, 'I'm not good enough.' He said, 'Yes you are. You're good enough.'"

One of the performers who affected her the most during her years of study was a true American icon. "I was in class with Marilyn Monroe. I spend a lot of time in my show talking about meeting her and how she changed my life. She was very inspiring. When I knew her in New York, she was at a very vulnerable time where she was a big movie star but didn't have the appreciation of herself as an actress. Her committing herself and going out on a limb in class — that was a very moving experience. She gave me a lot of food advice. 'Don't eat that, eat this.' She was so beautiful ... she had such beautiful skin. I thought, 'I'll look like that if I eat what she eats.' But it didn't work."

It might be hard to believe, but as she navigated her way through the business, Taylor was just as star-struck as any civilian. "I was awed by all the big stars that I met. I remember when I worked with Frank Sinatra in *The Detective*. Every day when I came to work I was tongue-tied. All I said was, 'So, you're Frank Sinatra'"

Though Taylor is perhaps best known these days for a particular sitcom role, over the years she played a number of real-life women. "As a matter of fact, in *Dillinger* I was the Woman in Red who said, 'That's him!' And in *The Producers* I was Eva Braun. I also played Golda Meir and Babe Ruth's wife, so I played some famous ladies."

That pivotal part in the original version of *The Producers* was something of a fluke. She certainly didn't expect it to become the hit that it did. "The other day I saw Mel Brooks and he said, 'Did I ever thank you for being in *The Producers*?' I said, 'No,' and he said, 'Well I'm going to thank you. Three hundred girls auditioned for that part, and when you came in, I knew that you were it.' I was very moved that he remembered my audition. Gene Wilder was great. We were good friends for many years. Zero Mostel was a lunatic, and it was fun to be around him."

Without question, however, the most inspiring actor she ever met was her husband. "We had the same manager. And he said, 'I'm going to introduce you to somebody you're going to have a comedy rapport with.' And that's what I was expecting, but I took one look at him, ►

and as I was shaking his hand I said to myself, 'This is the man I'm going to marry.' And later Joe told me that he thought, 'This woman is looking at me very funny.'

Humor was certainly their initial bond. "We did have a comedy rapport. I was working on an album based on Helen Gurley Brown's book *Sex and the Single Girl*. I did a routine for him, and he laughed at places where no one else did. To this day I laugh at him when nobody else laughs, too."

Calling Bologna "open, real and sincere," it's clear why Taylor enjoys working with her husband. The pair starred in the movie *Made for Each Other*, as well as five plays together, including *Lovers and Other Strangers*. They are currently adapting their play *Bermuda Avenue Triangle* into a film.

The couple drew on people they knew to create that piece, much in the way Fran Drescher tapped into her actual life to cast Taylor in *The Nanny*. "Fran had seen me in *Made For Each Other* and when I met her she said, 'Some day you're going to play my mother.'"

As her one-woman show will demonstrate, no matter who she's playing, her life has been strongly influenced by what's on her plate. Asked what was one of the worst diets she ever tried, she responds, "The *Vogue* diet that said you must have two glasses of champagne before each meal to curb your appetite. And that it had to be expensive, because cheap champagne has more calories. So I became a \$300-a-day drunk from Cristal Champagne. I'd go to a party with a bottle of champagne in a paper bag, and Joe would say, 'You can't leave the house like that.' I'd say, 'Please, it's my diet! Don't take it away from me.'"

Audiences for *My Life On A Diet!* will get to see images and film clips from Taylor's lengthy career, and hear many funny stories. It's all part of her mission to positively affect the world with her acting. "I see it as me being a vessel for something greater," she concludes. "When people tell me, 'I hadn't laughed in a long time before your show,' or 'It was very healing and inspiring,' that's the real joy I get."

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Friday, January 20, 2017, 7:30pm
Sunday, January 22, 2017, 2pm

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Tucson International Jewish Film Festival. (Jan. 12-22) The popular festival, featuring short films, features, documentaries and narrative movies, returns for the 26th year, with events at the Loft Cinema and the Tucson JCC. See page 54 for details. Tucsonjcc.org.

The Rogue Theatre. (Jan. 12-29) Mary Zimmerman's *The White Snake*, based on the ancient Chinese fable about a snake who transforms herself into a woman to experience life and love as a human, is staged. 300 E. University Blvd., Ste. 150. 551-2053. www.theroguetheatre.org.

Arizona Theatre Company. (Jan. 14) *La Esquinita, USA*, Rubén González's one-man show is set at a bus stop where 10 characters relay their stories of living and working in a town in decline. Temple of Music and Art. Runs through Feb. 4. 622-2823. Arizonatheatre.org.

music & dance

Jan. 1-7

UA School of Music. (Jan. 7) UA High School Honor Band. 5 pm. Crowder Hall. Jan. 14-15: Tucson Cello Congress. Various times. Crowder and Holsclaw Halls. Jan. 15: Tucson Bass Jam. Various times. Info and registration: palejo@email.arizona.edu. Jan. 17: Tucson Jazz Festival Concert, featuring the Fox Jazz Sextet. 7:30 pm. Crowder Hall. Jan. 28: "An Evening of Dance and Other Dreams," with organist Pamela Decker, harpist Kimberly Houser and mezzo-soprano Katherine Byrnes. 7 pm. Holsclaw Hall. Jan. 29: Annual Scholarship Luncheon. Noon. Arizona Inn. 621-1162. <http://music.arizona.edu>.

UA Presents. (Jan. 11) Legendary violinist Itzhak Perlman comes to town for an evening recital. 7:30 pm. UA Centennial Hall. 621-3341. Uapresents.org.

UA Presents. (Jan. 12) Saxophonist Kamasi Washington performs as part of the HSL Properties Tucson Jazz Festival. See page 50 for more details. 7:30 pm. Rialto Theatre. 621-3341. Uapresents.org.

HSL Properties Jazz Festival. (Jan. 12-22) A wide range of artists, at venues all over

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town, will perform in this third annual event. For more information see page 50. <http://tucsonjazzfestival.org>.

Fox Tucson Theatre Concerts. (Jan. 13) Storm Large. 7:30 pm. Jan. 19: George Benson. 7:30 pm. Jan. 20: Dee Dee Bridgewater with TJI Ellington Big Band and Lewis Nash. 8 pm. Jan. 21: The Fab Four: Ultimate Beatles Tribute. 7:30 pm. Fox Tucson Theatre. 547-3040. www.foxtucsontheatre.org.

UA Presents. (Jan. 21) Actress/author/singer Bernadette Peters returns to town to perform songs from her impressive career, which has included Broadway shows such as *Gypsy* and *Annie Get Your Gun*, films like *Pennies From Heaven*, and the current series *Mozart in the Jungle*. 8 pm. UA Centennial Hall. 621-3341. Uapresents.org.

Arizona Early Music Society. (Jan. 22) Tenor Rufus Müller and lute/mandolin/guitar player Daniel Swenberg present a program called "A Musically Banquet." The music will be taken from a work published in 1610 by Robert Dowland that brought together popular lute songs from England, France, Spain and Italy. 3 pm. Grace St. Paul's. www.azearlymusic.org.

Broadway in Tucson. (Jan. 24-29) Based upon the hit 1987 movie, the musical version of *Dirty Dancing* features the songs "Hungry Eyes" and "(I've Had) The Time of My Life." UA Centennial Hall. 866-821-2929. www.broadwayintucson.com.

Southern Arizona Symphony Orchestra. (Jan. 27-29) Violinist Edwin E. Soo Kim performs Elgar's *Violin Concerto*, in a program that also includes Elgar's *Pomp and Circumstance March No. 4*, and Rachmaninoff's *Symphonic Dances*. Fri: 7 pm, Valley Presbyterian Church, Green Valley. Sat: 7:30 pm, SaddleBrooke DVPAC. Sun: 3 pm, St. Andrew's Presbyterian Church. 308-6226. www.sasomusic.org.

True Concord. (Jan. 27-29) Mendelssohn's *Elijah* is an epic oratorio based on the story of the Biblical prophet, as recounted in first and second *Kings*. The concert will feature the True Concord Choir and Orchestra, Arizona Choir, and baritone Richard Paul Fink. Fri: 7:30 pm, Catalina Foothills High School; Sat: 7 pm, Valley Presbyterian Church, Green Valley; Sun: 3 pm, Catalina United Methodist Church. 401-2651. Trueconcord.org. **TL**

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TSO Pops! Concert

John Pizzarelli and Combo Play with the TSO

For John Pizzarelli, music is in his DNA. His father, the legendary Bucky Pizzarelli, played guitar with everyone from Benny Goodman to Skitch Henderson, and John followed in his father's footsteps by

picking up the instrument at age six.

All these years later, John is still doing the thing he loves, and using his guitar and voice to reinterpret not only tunes from the Great American Songbook, but more contemporary masters, too.

When he joins up with the TSO this month (for two concerts that are part of the Tucson Jazz Festival), the program will include songs that are very familiar to the audience, although not necessarily in arrangements they've heard before.

"We have some Richard Rodgers, Duke Ellington, Paul McCartney, Gershwin, and a little Benny Goodman medley, so it's a diverse kind of a program," explains Pizzarelli. "There are surprises within those charts, even with 'I Got Rhythm,' or 'With a Song in My Heart,' or 'Silly Love Songs.' The orchestral book I use is fun that way because it's unique to what I do."

Over the years, he has performed shows dedicated to the music of Nat King Cole, Frank Sinatra, The Beatles and other greats, and collaborated with his father, his brother bassist Martin Pizzarelli, and his wife singer Jessica Molaskey. His CD releases include tributes to Rodgers, Sinatra, Duke Ellington, McCartney and others.

Asked about the current state of affairs for jazz, the musical form he is most associated with, he says, "I've done what I do now for 36 years. A lot of people are finding and making the music their own. To me, jazz has always been healthy and evolving. I've never been more thrilled to be part of this great art form."

CONTINUED ON PAGE 42



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CONTINUED FROM PAGE 40

Things have certainly changed, how-
ever, in the way that people hear about
different artists and how they buy music.

"A kid will see me first on YouTube or
something. They'll see that I'm coming
to town, they can go, *click*, boom! There I
am performing in Brazil or somewhere.
There's a promotional video. There's
an interview with me. It's all those kinds
of things. When I was young, I had to
hope they had Nat King Cole records at
the record store when I went. If I were a
19-year-old son of Bucky Pizzarelli right
now, and my father said, 'Find some Nat
King Cole,' I could get everything right in
my living room by the time I hit 'send.'"

Although many professional guitarists
wind up having a whole room or two full of
instruments, John has discovered what
works for him and he is sticking with it.

"I play a seven-string guitar with a low
'A,' and I have a luthier out of Springfield,
Missouri, who has been making my gui-
tars for about 10-15 years. For the first
one that he made, we tinkered with what
I liked, and then I talked to my father and
asked him what he thought. So now I have
two guitars that I really love."

Life as a musician with a lot of tour
stops in many cities around the world has
its own set of challenges, not the least of
which is ensuring that your instrument
gets to the destination in one piece. It's
tough also to continually reorient yourself
on where you are and what you're doing.
"It's nice to be able to come in, play the
gig, and have a day to think about what
we just did and do it again the next night,"
says Pizzarelli. "That kind of thing is fun for
me, as opposed to the string of one-night-
ers where by the third night you think you
are in the same bed you were in the night
before. I did three weeks in Europe, with
three nights in London at the end. When
I came home, my wife said, 'You're going
to bed now.' I woke up in the middle of
the night wondering who was in the room
with me. And she said, 'Go back to sleep,
you're home.' It was crazy, but that hap-
pens. You wind up thinking you still have
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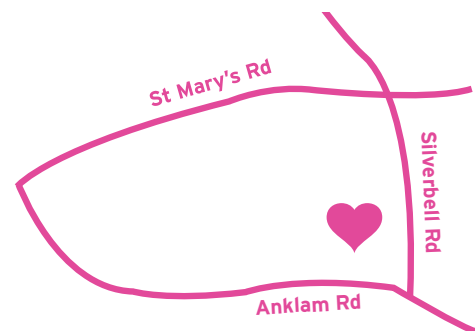
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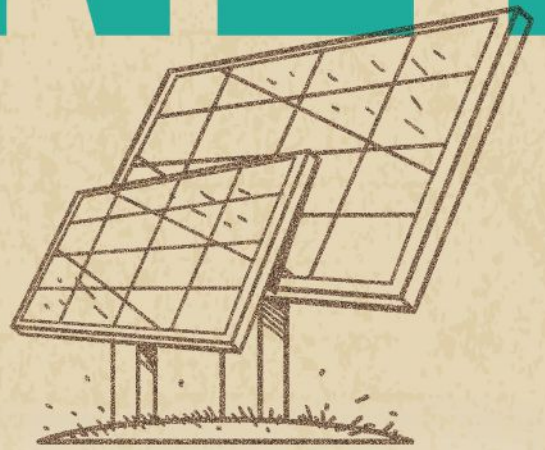
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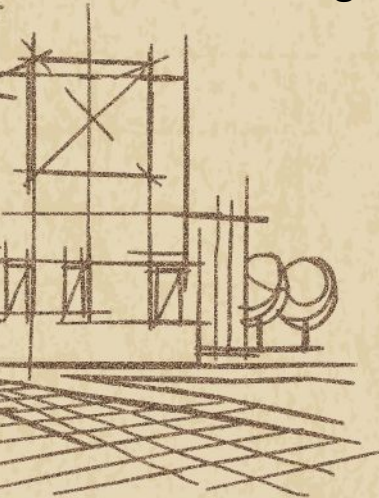


PLANET

FOR THE FUTURE



Call it being green, or sustainability, the results are cost savings, healthier living and an Earth that's in better shape. Here are some things you can do starting today.



BY ELENA ACOBA

Look around while you walk, bicycle or even drive for one mile in Tucson. Gina Murphy-Darling bets that you will see plastic littering the landscape.

She hopes you will think about how you contribute to that.

"All conscious living starts with a plastic bag or plastic bottle," says Murphy-Darling, whose alter ego is radio-podcast-blog personality Mrs. Green. "Start asking yourself what kind of imprint you are making by your actions."

Asking the question is the start to living a more green and sustainable life.

Generally, there is a difference between the terms. People think of "green" living as practices that will improve health, save on energy use and care for the planet. "Sustainable" living expands into practices that address global issues like climate change.

For instance, Tucsonan Pamela Portwood, founder of the interior design firm Greener Lives LLC, suggests using wood flooring instead of carpeting. Wood floors avoid toxins that come from adhesives and petroleum-based materials used in carpets. They also eliminate dirt build-up that is difficult to get out of carpet. That's green living.

To live sustainably, that wood flooring would be made of recycled boards from old barns or recovered from rivers in the United States, not clear-cut from pristine Brazilian rainforests. Habitat would be saved, trees can clean the air and carbon-spewing shipping would be reduced.

Whichever term people use, Mrs. Green is happy that they are thinking of ways to live in an eco-friendly way.

And there's no need to be overwhelmed by the choices that are available, from simple daily practices to living in a sustainably-built and -operated home.

"Small steps make big impacts," she says.

GREEN LIKE ME

In her talks and on her website, www.mrsgreensworld.com, Mrs. Green offers lots of advice on how to eat, clean, travel and shop in green ways. Some of her favorite tips focus on ease and cost.

- **Clean with natural ingredients such as vinegar, baking soda and pumice stone.**
- **Clean with reusable rags and cloths, not disposable paper.**
- **Freshen air with real botanicals like cinnamon. Or open windows when the weather and dust levels allow.**
- **Buy the larger-sized containers of regular purchases.**
- **To save water, don't let it run needlessly while brushing your teeth.**
- **To save electricity, raise the thermostat in the summer and lower it in the winter to slightly uncomfortable temperatures.**
- **Use energy-saving CFL or LED light bulbs.**
- **Unplug appliances and computers when you're not using them.**
- **Shop at thrift stores. Buy used and recycled items that come from local sources.**



Mrs. Green. Photo by Vickie Hathaway.

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WHEN YOU TAKE PRESSURE OFF THE INDUSTRIAL AGRICULTURAL SYSTEM, YOU ARE DISASSOCIATING YOURSELF FROM THAT UNSUSTAINABLE SYSTEM.

— Brandon Merchant

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GREEN GARDENS

Brandon Merchant, president of the Tucson Organic Gardeners club and owner of Southwest Victory Gardens, admits that growing food organically is really a very small part of sustainable gardening. But anything you can do to reduce massive commercial farming is a good step, he says.

"When you take pressure off the industrial agricultural system, you are disassociating yourself from that unsustainable system," he adds.

You don't have to change your eating habits to do that. Instead, grow your own food as sustainably as possible.

"The goal should be to have no organic waste leave your yard," he suggests.

Or even your home. There are several systems and practices that could achieve this. Fertilizers, for example. The most sustainable is human urine and feces. Composting toilets put fertilizers into the garden using the shortest distance. Plant-based fertilizers are next best. That's what compost is and keeps food scraps and landscape debris out of landfills. Locally created manure made by non-carnivorous animals — think chickens, goats and sheep — are good alternatives. These manures also don't travel very far and using them keeps them out of landfills.

"Traditionally, manures were the fertilizers for thousands of years," says Merchant.

Animal-based fertilizers, including blood and bone meal, fish meal and fish emulsion, are byproducts of factory farming, which is under fire for animal mistreatment and food safety. They have to be brought in from far distances.

Mined fertilizers such as zeolite, rock phosphorus and green sand "are the absolute least sustainable products," says Merchant. They contain heavy metals. Getting them out of ground creates ecological havoc.

Merchant suggests other ways to garden sustainably.

- **Turn plant cuttings into mulch to cover soil. That reduces erosion, feeds the soil and reduces the need to irrigate. It replaces rock mulch, which is mined, washed and shipped to consumers.**
- **Eliminate lawns and rose gardens that require a lot of water. Instead, devote resources to producing food.**
- **Collect rainwater, which otherwise is diverted down pipes, picking up pollutants along the way.**

Water use in landscapes has become a great concern for Tucson residents, according to Phyllis Sadler-Tampio, president of the Association of Professional Landscape Designers, Arizona chapter, and owner Garden Artistry in Tucson.

"One of our members said that in the last five years, 99 percent of her clients wanted



Brandon Merchant. Photo by Robin Stancliff.

a native, low-water-use garden,” Sadler-Tampio says. “They have a strong interest in passive and active rainwater harvesting.”

Some homeowners still want lawns, but more are using artificial turf, she says. They also have smaller lawns.

People “apologetically” ask for a water feature, she says. Instead of stand-alone fountains, such features are becoming part of a water-harvesting system. Or fountains are placed in shaded areas to reduce evaporation.

Sadler-Tampio has other ideas for having a sustainable landscape.

- **Plant dwarf fruit and landscape trees in pots to reduce irrigation needs.**
- **Make sure any tree you buy has enough space to mature. Water and other resources are wasted if you have to cut down the tree.**
- **Replicate the desert using the same plants that grow in the wild. Use stones, rocks and boulders from Arizona to reduce shipping.**

COMMUNITY CONCERNS

At first glance, it seems that shopping at locally owned businesses is purely an economic issue, not something that helps the planet. Erika Mitnik-White, Southern Arizona Director for Local First Arizona, doesn't agree.

Local business owners have the same concerns as their customers, says Mitnik-White, who has worked with the University of Arizona's Sustainable Built Environments Program.

That concern and efforts to address sustainability ought to be supported, she says. “Business owners who live here are motivated to be better stewards of the community because it's their community, too. Their business isn't just another branch office, it's the home office. Where you spend your money and where you invest makes a difference. It's like a mini-vote.”

Both business and public sectors are installing solar panels, adding water-harvesting systems, growing gardens

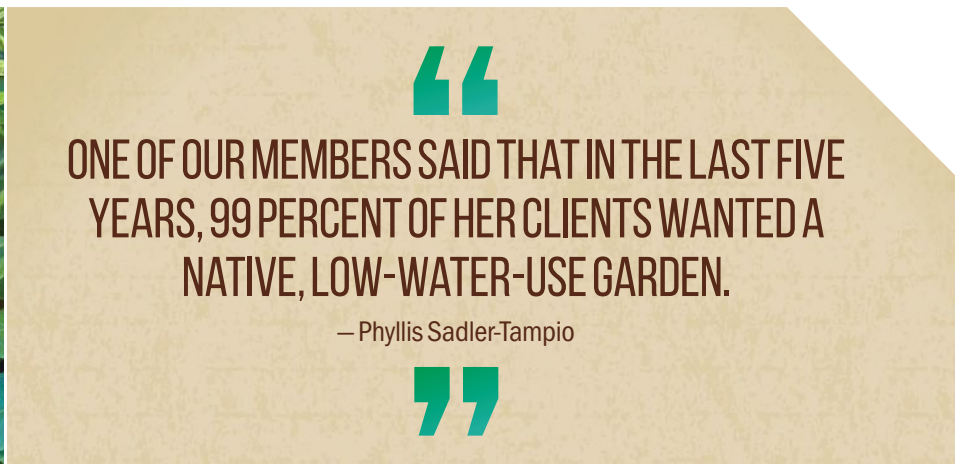
and adopting other sustainable practices, she says. Consumers can contribute in ways that are good for themselves and the community.

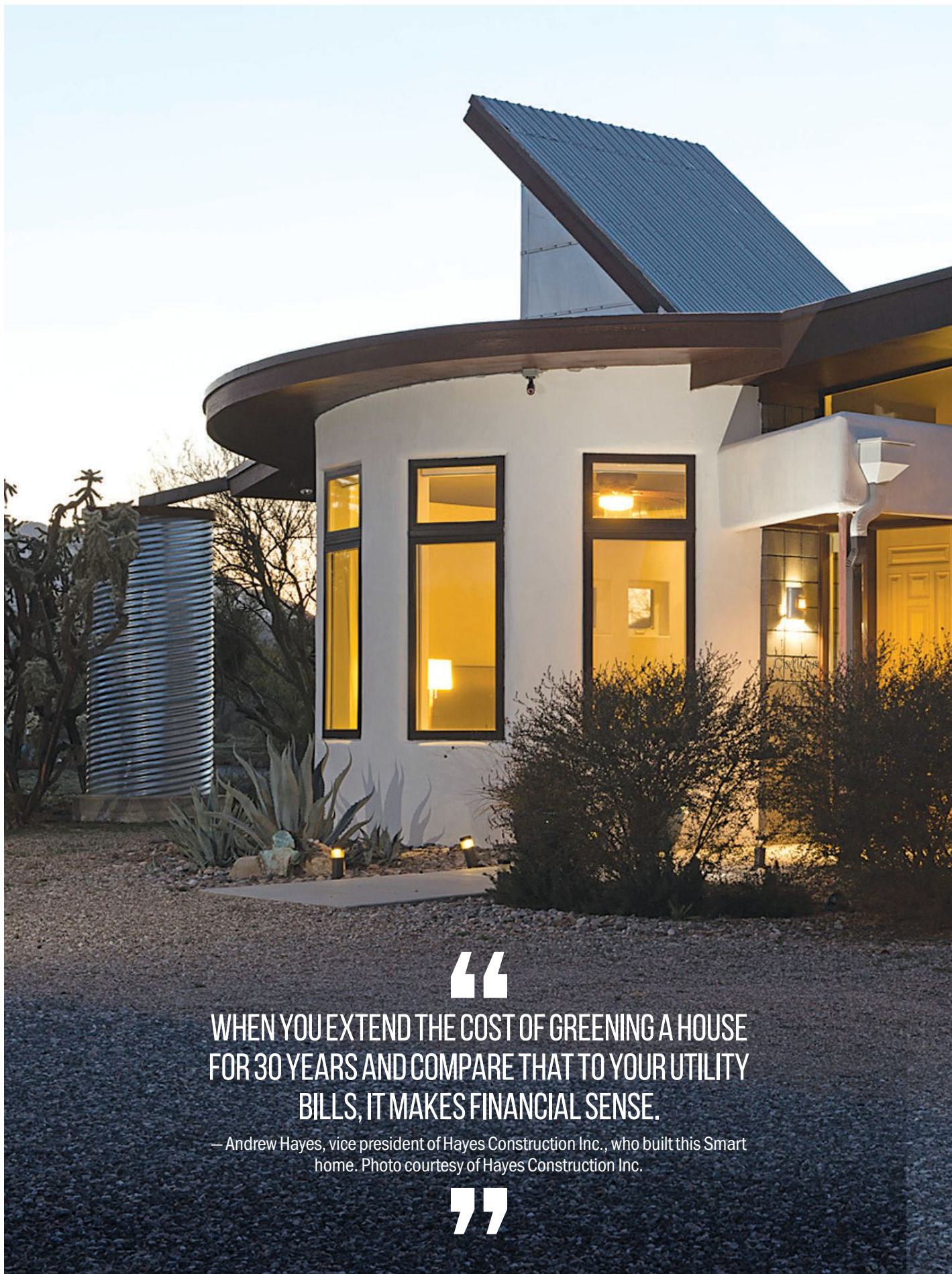
- **Shop at a farmers market. Locally grown produce and food products travel fewer miles, cutting down on pollution and fuel consumption.**
- **Bike or walk to do errands. Not only does that keep cars off the road, it encourages concentrations of urban living, which protects our natural habitat.**
- **Use local sources for learning about and installing green features. Organizations and companies like Tucson Electric Power, Tucson Water, Watershed Management Group Inc. and Technicians for Sustainability LLC already know local policies governing green systems. They know what products work well in Southern Arizona.**

“A group like Technicians for Sustainability (which installs solar panels) can save a lot of headaches of going through the process of getting solar,” she says.



Phyllis Sadler-Tampio (above) enjoys her low-water-use garden. Photo by Robin Stancliff.





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WHEN YOU EXTEND THE COST OF GREENING A HOUSE
FOR 30 YEARS AND COMPARE THAT TO YOUR UTILITY
BILLS, IT MAKES FINANCIAL SENSE.

— Andrew Hayes, vice president of Hayes Construction Inc., who built this Smart
home. Photo courtesy of Hayes Construction Inc.

”



Eric Gibbs. Photo courtesy of Tucson Association of Realtors.

HOME IMPROVEMENTS

Buying an existing green home in Tucson is tough, admits Eric Gibbs, president of the Tucson Association of Realtors.

"I don't think our community is there yet" when it comes to having a large stock of green and sustainable homes, says Gibbs, an assistant branch manager with Coldwell Banker Residential Brokerage.

The association educates its members about green features such as solar panels and gray-water harvesting. But demand currently is low, partly because of perceived cost.

"Most consumers are looking to save money," says Gibbs. "We have to explain how the solar panels, low-e windows and insulated walls provide benefit over time. It's about education and we're still just getting there."

That shortage of green homes for resale may be resolved very soon as new construction meets more stringent building codes.

"We are required to do more energy-efficient features," says Andrew Hayes, chair of the Green Build Council for the Southern Arizona Home Builders Association.

Those include better sealing of air ducts, windows that provide improved temperature control, better wall insulation and low-flow water faucets and toilets, says Hayes, vice president of Hayes Construction Inc.

These baseline green features become part of the regular mortgage, so buyers can take advantage of them without having to pay up-front costs.

Big add-on features — solar panels, water-harvesting systems, energy-efficient windows and sustainably sourced

materials — are initially expensive. Buyers of existing and new homes and people who are remodeling their homes need some convincing of the benefits, says Hayes.

"When you extend the cost of greening a house for 30 years and compare that to your utility bills, it makes financial sense," he says. "Upgrades represent a small percentage of the total cost of the house."

When retrofitting an existing home, Hayes strongly advises getting an energy audit of your home. Done by private companies, the audit will show where there's air leakage, inadequate insulation, outdated appliances and damaged window and door seals.

What's most important is to create a seal so that conditioned air isn't lost to the outside, he says. That reduces utility costs.

Pamela Portwood speaks and writes about sustainability issues and volunteers for the Sonoran branch of the U.S. Green Build Council.

She has many ideas for making a remodel or interior redesign more eco-friendly.

- **Replace old, energy-inefficient appliances, even if they are in working order. Make sure they have an Energy Star certification.**
- **Use materials such as paint with low volatile organic compounds (VOC) that emit fewer toxic chemicals.**
- **Look for Green Label Plus carpet, cushions and adhesives.**
- **Purchase wood products from companies that buy from sustainable tree farms instead of wood from wild forests.**

NEW HABITS

Buying eco-friendly products won't help the planet if the consumer doesn't change wasteful habits.

"The way things are used is what really makes a house green or sustainable," says homebuilder Hayes.

For instance, a low-flow toilet won't save water if it's flushed a lot. Solar panels aren't useful if all the lights are left on. It isn't sustainable to harvest rainwater if one just grows more plants instead of cutting back on irrigation.

A shift in habits also is important when it comes to product packaging and purchasing, Mitnik-White from Local First Arizona says.

"Before you have to eliminate the waste and go through the process of what to do with it, cut out the waste," he advises.

Mrs. Green echoes that sentiment. "There are the three 'Rs': Reduce, Reuse and Recycle. The first 'R' should always be reduce." **TL**

RESOURCES FOR SUSTAINABILITY

- Mrs. Green's World, www.mrsgreensworld.com
- Pima Association of Governments, www.pagnet.org/Programs/EnvironmentalPlanning/tabid/76/Default.aspx
- Pima County Sustainability Programs, webcms.pima.gov/environment
- Solar One Stop, solaronestopaz.org
- Sonoran Permaculture Guild, www.sonoranpermaculture.org
- Sustainable Tucson, www.sustainabletucson.org
- Tucson Clean and Beautiful, tucsoncleanandbeautiful.org
- Watershed Management Group, watershedmg.org
- Tucson General & Sustainability Plan, www.tucsonaz.gov/plan-tucson
- Southern Arizona Green Chamber of Commerce, sagcc.net
- Local First Arizona, www.localfirstaz.com

“

BEFORE YOU HAVE TO ELIMINATE THE WASTE AND GO THROUGH THE PROCESS OF WHAT TO DO WITH IT, CUT OUT THE WASTE.

— Erika Mitnik-White

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FESTIVAL SEASON FORECAST

The year begins with three exciting major events that you won't want to miss. We preview this trio of hip happenings on the following pages.



Pianist Arcolris Sandoval and bassist Lonny Plaxico will open for Tower of Power on Jan. 21.

HSL Properties Tucson Jazz Festival Jan. 12-22

You won't be exclaiming, "Not my tempo," to borrow a line for the movie *Whiplash*, when this third annual celebration of jazz hits the downbeat in venues around town.

Whether you're a fan of straight-ahead, big band, be bop, or progressive jazz, you'll find a musical act that fits the bill.

Fans who've attended in the previous years will see a few innovations that make attending concerts a little easier. Festival organizer and founder Yvonne Ervin notes, "I think the biggest change is at the Downtown Jazz Fiesta on MLK Day we're going to have more indoor venues. I'm hedging my bets. We've had beautiful, sunny, 72 degree weather the last two years, but you never know."

Throughout the festival, in fact, many unique venues will host festival participants, including the Rialto Theatre, Fox Tucson Theatre, Club Congress, TCC Music Hall, UA Crowder Hall, Scottish Rite Temple, and other locations.

The Jazz Fiesta on Jan. 16 will feature numerous interesting spots that will allow patrons to enjoy a variety of Downtown activities. "We're going to start with a band at the Mercado, playing until noon. People can come down and park there and have a bite to eat because the taco place and the bakery will be open. Agustín Kitchen will even have their bar open so people can have Bloody Marys to start the day."

Other venues for the Fiesta will include the Screening Room, Playground, and the new Owl's Club, located inside the former Bring's Funeral Home on Scott Avenue.

But as exciting as all the locations of this epic event will be, it's the artists who are the big draw. Many of the performers will be well known to Tucsonans, including some with local ties.

"I like to get our hometown talent coming in to open for bands," explains Ervin, "so we have pianist **Arcolris Sandoval**. She's living in New York now and having a ball. Every time I go there, I visit her. She's doing really well, and she's bringing this wonderful bass player who is actually Dianne Reeves music director — **Lonny Plaxico** — and they will be the duo opening for **Tower of Power** on Jan. 21."

Legendary guitarist **George Benson** also will be part of the festival on Jan. 19, with singer/flutist **Nayo Jones** opening for him. Nayo

and her famous dad — musician and teacher Doc Jones — both have roots in Phoenix. Likewise guitarist **Howard Alden**. “He used to live a few blocks from me when I was in New York, and he has moved to Phoenix,” says Ervin. “He’s going to be performing with **Anat Cohen** in a duo setting at Crowder Hall on Tuesday Jan. 17.”

Drummer **Lewis Nash**, meanwhile, is headquartered right here in the Old Pueblo. “He’s a first-call, straight-ahead drummer, and he married a woman from Tucson. They live here when he’s not on the road. He’s going to perform on Jan. 20 with the Tucson Jazz Institute Ellington Band as an opener for **Dee Dee Bridgewater**.”

Bridgewater played Tucson just a few years ago with the Monterrey Jazz Festival’s 55th Anniversary All-Star Band, along with Nash. The pair also worked together on her Grammy-winning album *Eleanora Fagan (1915-1959): To Billie with Love from Dee Dee*. Audiences at her Tucson Jazz Festival concert may hear a few songs from that Billie Holliday tribute album, as well as from *Dear Ella*, another Grammy-winning CD, this one dedicated to the songs of Ella Fitzgerald. As for what else could be played at the concert, Bridgewater says, “There might be a little bit of Ellington in there, too. We’ll put together a nice show. That I can promise.”

Bridgewater has been busy with multiple projects the last few years, including mentoring trumpet player Theo Croker, the grandson of Doc Cheatham. She also has been working on a new album, with a very different slant for her. “I decided that I would go home to Memphis, Tennessee, where I was born and find out more about my birthplace, where I grew up before we moved to Flint, Michigan,” she explains. “I also wanted to play around with music that I listened to as a teenager on WDIA, a radio station out of Memphis that I was able to catch in Flint late at night. The whole album will be blues and soul music that I listened to on that station.”

Other must-see concerts during the festival include sax pioneer **Kamasi Washington** (Jan. 12); genre-defying singer **Storm Large** (Jan. 13); Catalina High School (and Tucson Jazz Institute) alum **Alex Weitz** (Jan. 13); guitarist **John Pizzarelli** with the TSO (Jan. 14-15); and pianist/composer **Armen Donelian** (Jan. 18).

For more details and information on the lineup and venues, and to purchase tickets, visit <http://tucsonjazzfestival.org>. ►



TOP Anat Cohen performs Jan. 17; RIGHT Dee Dee Bridgewater sings on Jan. 20; LEFT Storm Large takes the stage Jan. 13.

FESTIVAL SEASON FORECAST



LEFT The Enso Quartet joins with soprano Tony Arnold on Feb. 1; BELOW Soprano Heidi Stober appears Jan. 20 and Jan. 22 with the TSO, and Jan. 26 in recital with pianist Allen Pierello.

Tucson Desert Song Festival

Jan. 18-Feb. 5

Don't let the name confuse you: this festival does not feature tunes about saguaros and sand. In fact, the range and depth of the concerts and other activities is difficult to encapsulate in any simple description. But show up at any of the many events and you'll probably find yourself saying, "Wow!"

This is the fifth year for the Tucson Desert Song Festival, which includes performances by the Tucson Symphony Orchestra, Arizona Opera, Tucson Guitar Society, UA Presents, UA Fred Fox School of Music, Arizona Early Music Society, True Concord Voice & Orchestra, Arizona Friends of Chamber Music, and Ballet Tucson.

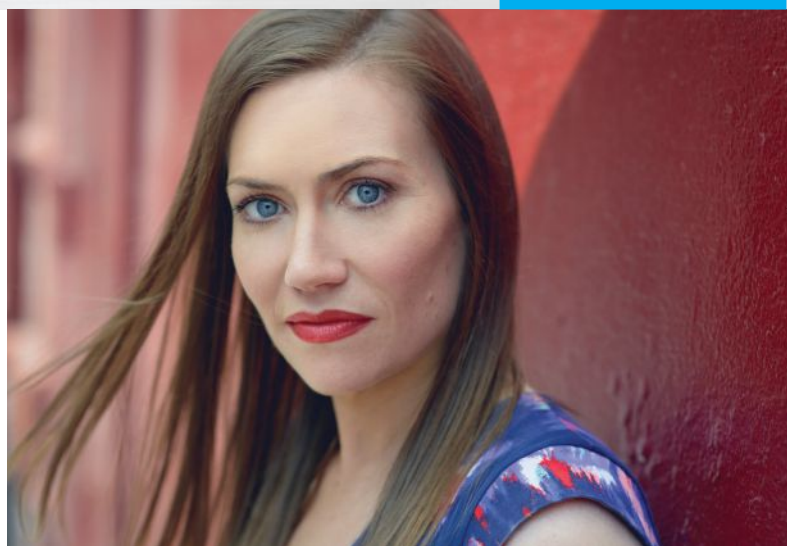
Between the nine groups, a dazzling array of eras and styles will be represented, in everything from intimate recitals to a full-blown opera.

Soprano **Heidi Stober** will be taking part in both an evening showcasing the simple beauty of voice and piano, as well as a monumental concert involving Brahms' grandest creation.

Stober began her music studies on piano at age five while growing up in a musical family. "My parents both enjoy music and have nice singing voices," she says. "My mother plays piano and my father plays guitar. However, neither of them have formal music training. We listened to music in our home, but never opera. The first opera I heard, and saw, was during my freshman year at Lawrence University."

She started out at Lawrence with a double degree in environmental science and music education, but switched to vocal performance and vocal pedagogy after several years of voice lessons revealed her extensive gifts as a singer.

Like many professional vocalists, she has enjoyed switching things up by performing in different types of productions, including some she rarely has the opportunity to do. "I actually was never in a musical until *Showboat* with San Francisco Opera in 2014," she reveals. "In high school I was busy with other activities — studying piano, sports and teaching piano — so I didn't have time to be in



musicals. At LU it never occurred to me to try out, even though I loved seeing them. My first experience — with *Showboat* — was one of the most enjoyable performance opportunities of my life. I'm definitely interested in singing more musicals, but my main focus is classical music."

That focus will be on display Jan. 20 and Jan. 22 when she will be one of the featured soloists for the TSO performance of Brahms' *A German Requiem*. Premiering in 1868, *Ein deutsches Requiem* was possibly influenced by both the death of the great composer's mother, as well as the earlier loss of his friend, Robert Schumann.

"I think the *Brahms Requiem* is so elegantly beautiful and touching," comments Stober. "It's interesting because there are many requiems that also affect me deeply, but I believe the main contrast here is the text — not being from the Latin liturgy. The movement I sing brings me such peace in time of loss. This work does truly feel like healing those left behind."

Stober will be joined on the stage by baritone **Andrew Craig Brown**, all backed up by the TSO Chorus. The concert also will include Arnold Schoenberg's *A Survivor from Warsaw*, a six-minute work for men's chorus and orchestra, written in 1947 to honor those lost in the Holocaust, and pay tribute to the survivors.



LEFT Puccini's *Madama Butterfly* will be performed by Arizona Opera Jan. 28-29. BELOW Singer/actress/author Bernadette Peters comes to Centennial Hall Jan. 21.



Audiences will have the opportunity to hear Stober's beautiful voice again on Jan. 26, when she collaborates with pianist **Allen Pierello** (who also is Arizona Opera's Head of Music Staff and Director of the Marion Roose Pullin Opera Studio) for a recital at Holsclaw Hall. "The recital Allen and I are working on is definitely German heavy," she says. "Since my life is now based in Berlin we thought that would be interesting and fun. There also is one set that very specifically has to do with motherhood. The other common tie in the pieces is my love for various composers ... a love not only developed in my singing career but also as a pianist. We think it is an interesting and lovely array of repertoire and hope it is an enjoyable evening for everyone."

In between the TSO's two concert dates for *A German Requiem* falls a UA Presents performance on Jan. 21 that is sure to make

you smile, laugh, and tug at your heart. Tony Award-winning singer **Bernadette Peters** has had a career on Broadway that stretches back to 1967, in productions ranging from *Gypsy* to *Sunday in the Park with George* to *Annie Get Your Gun*. The vast musical catalog that this endlessly charming entertainer has to draw from ensures that there definitely will be songs that everyone knows, along with some gems that may be unfamiliar to many. "I do all kinds of things that appeal to me," Peters says of her concert set list. "I'm there to entertain so it could be in a dramatic way, in a funny way, or an uplifting way. Basically we're all in this room together, and hopefully by the end everyone will be satisfied, including me and the audience!" she adds with a laugh.

Though she is celebrating 40 years on the Great White Way, many know Peters from films such as *The Jerk*, *Pennies From Heaven* and *Pink Cadillac*, as well as TV series that include her current role as Gloria on *Mozart in the Jungle*, and a significant part on the brand-new show *The Good Fight*. Of *Mozart* she exclaims, "It's wonderful! I love the show. I think it's very original writing. And it's not dark. In this day and age it's nice to have shows that can bring lightness and be uplifting, but still be real. It's not syrupy at all. I think it's very artistic and beautifully done. Roman Coppola is one of the people involved, along with Jason Schwartzman and Paul Weitz."

Globetrotting is something she definitely had to get used to, jetting around for concert stops, and then heading off for the show. "I performed in London, Manchester and Edinburgh, and then came home and the next thing I did was go to Venice for *Mozart in the Jungle*," she reflects.

The Good Fight, a spin off from *The Good Wife*, shoots a lot closer to home (New York City), although the character she portrays couldn't be further from the

big-hearted, sunny reality of the acclaimed actress. "I'm doing an arc as a Bernie Madoff-type wife. So it's very interesting. The writers just reveal to me little by little what's going on, and I don't want to spoil it for anyone. My character, though, is supposed to be a financial whiz. I asked my financial friends about Ponzi schemes, and how that works. I guess there are a lot of different ways that could happen. My daughter on the show is a lovely Scottish actress — Rose Leslie — and she's just divine. We have a lot of explaining to do to her, and whether she believes us, if we're innocent or not innocent. There's a lot going on. The writing is so good on that show. Michelle and Robert King who created *The Good Wife* are great writers, so I'm really enjoying it."

And as if the TV shows, concert appearances, children's book writing, and voiceover work on animated films doesn't keep her busy enough, she also devotes a lot of time and energy to a cause that's near and dear to her heart. She is the co-founder with Mary Tyler Moore of Broadway Barks, an organization that raises money to benefit animal shelters in the New York City area. "We just held the Broadway Barks event for 2016," she says. "We celebrated 18 years of doing it. Gloria Estefan co-hosted with me and went home with six dogs. She and her husband are great animal lovers and great people."

The other performances that make up the Tucson Desert Song Festival are equally worth your time. Recitals include: **Elizabeth Futral and UA students** (Jan. 18); **Angela Brower and Judicaël Perroy** (Jan. 19); **Rufus Müller and Daniel Swenberg** (Jan. 22); **Kristin Dauphinais** (Jan. 26); **Heidi Stober and Allen Pierello** (Jan. 26); **René Barbera and Cheryl Lindquist** (Jan. 31); various singers from **Ravinia's Steans Music Institute with Kevin Murphy** (Feb. 3). Concerts include: **TSO's A German Requiem** (Jan. 20, Jan. 22); **True Concord Voices & Orchestra** performing Mendelssohn's *Elijah* (Jan. 27-29); **UA Presents** spotlights Bernadette Peters: One of Broadway's Brightest Stars (Jan. 21); and **Arizona Friends of Chamber Music** will host Enso Quartet with soprano Tony Arnold (Feb. 1). **Arizona Opera** also will stage Puccini's masterpiece *Madama Butterfly* (Jan. 28-29), and **Ballet Tucson** will perform *Love Songs and Other Dances* (Feb. 3-5). Additionally, there will be master classes and other events associated with the festival. For details on any of the concerts or activities visit TucsonDesertSongFestival.org, or call (888) 546-3305. ►

FESTIVAL SEASON FORECAST

Tucson International Jewish Film Festival

Jan. 12-22

As this popular event marks 26 years, it's showing every sign that it will, "Live long and prosper." Especially this January, when along with more than 20 other great films, the festival will host a very special screening of a documentary that is sure to pack the theater with die-hard Trekkers and casual fans alike: ***For the Love of Spock***.

The movie, which premiered last year at the Tribeca Film Festival, is a fascinating story told by the only man who could tell it — Adam Nimoy, the son of actor Leonard Nimoy.

"It was something that I had been thinking about working on with my father," explains Adam. "It really came up in November 2014. I had just made a documentary about his life growing up as the son of Russian Jewish immigrants in Boston. We had a great experience working on it, and we wanted to kind of replicate that. Plus, I was aware that we were coming up on 50 years of *Star Trek* and I thought this was a great opportunity to do something about Mr. Spock."

The original plan was to center the film solely on the famous Vulcan first officer. "My dad made it very clear he didn't want it to be about his life and career. He was a man of great humility, and he didn't want the focus to be on him. That's how we started off — wall-to-wall Spock."

Just as with the travels of the Starship Enterprise, however, the course ended up being altered for a very good reason. "After my dad passed away, it was clear by the outpouring of emotion by the fans that we had to expand the film to include the life, legacy and career of Leonard Nimoy. What evolved over time is the third element of the film — a son's story about his relationship with his father. Including my own perspective made the film unique. It gave it a point of view that other filmmakers wouldn't have."



For the *Love of Spock*, director Adam Nimoy's documentary about his famous father and the iconic character he created, screens Jan. 14.

Like many of us who are baby boomers, Adam vividly recalls the launch of the *Star Trek* franchise. "It began in June of 1966, and I was just about done with school for the summer. I was almost 10, and I was very interested in and excited by the show. It was my dad's first starring role in a TV drama. And I was kind of a pop culture junkie as a kid. I was watching a lot of TV, reading comic books, and listening to pop music. It was right up my alley."

Adam spent time on the set, making him an eyewitness to television history. But neither he, nor anyone else involved with the production, could have guessed how groundbreaking the series was, and how deeply ingrained in popular culture it would be five decades later. Certainly Leonard never compiled memorabilia from the show as if he realized how valuable it would all be one day. "My dad liked to toss things out every so often. I'm more of the pack rat of the family," Adam observes. "One day in the late 1960s I noticed that there were some *Star Trek* scripts laying around, and I figured I should pull them together and hang onto them. He didn't have that much material from the original series that he had held onto. That wasn't really his thing. He did keep the last pair of ears that he used on the original series. He had them encased in plastic and they were on the mantel in our home for decades. I inherited that. And I had a lot of photographs from that era that I hung onto. He had donated a lot of his collection, mostly his personal effects, to Boston University."

The story of Mr. Spock and the amazing actor who brought him to life with such gravitas, wit and dignity was not a tale that Adam ever thought he would be recounting. "I spent a significant amount of time with my dad when they started filming the first season. As I got older, I realized I wanted to do something different with my life. I didn't necessarily want to be in show business in a creative capacity. I wanted to do something that Leonard Nimoy could not do, which is why I went to law school. My father was not an academic. He had a very fine and inquisitive mind. He was a Renaissance man, but he never did that well in school. It was something that I was able to excel in, and I felt that was going to be my calling for a while."

But being a lawyer wasn't particularly satisfying for Adam. A chance meeting with actor/*Star Trek* veteran Jeff Corey, who had taught an acting class that Leonard had taken many decades before, led to a life-changing decision. "Around 1989-90, I bumped into Jeff and he invited me to come to a class, and on a whim I went. I told my dad about my experience, and he was very sympathetic. I didn't feel the passion for practicing law that I had when I started out. I'm glad I did it, but I'm glad I got out of it. I wanted to do something more creative, but I didn't want to be an actor. I didn't feel the need to be in front of the camera. I did the acting classes with the end goal of wanting to be a very good actor's director, to know what the process was all about."



CLOCKWISE FROM TOP *Who's Gonna Love Me Now?* shows Jan. 19; *In Search of Israeli Cuisine* plays Jan. 22; *The Price of Sugar* opens the festival on Jan. 12.

Night classes at UCLA in directing, writing, editing and cinematography followed, and before long Adam transitioned from observing on the set of *Star Trek: The Next Generation*, to directing several episodes. He even directed his dad in the reboot of *The Outer Limits*.

Though his résumé includes episodes of many different types of series — science fiction, action, dramedy — no expertise behind the camera could quite prepare him for telling the story of his father and the genesis of one of the most iconic characters of all time. “Thanks to the production and editorial departments at 455 Films, we were able to get through all the material. My dad’s autobiography, the 79 episodes of the original series, the six movies, the J.J. Abrams movies, the *Next Generation* episodes that my dad appeared in, all the TV and theater work, the other films where he had done the voice-over or directed ... it was a lot.”

There unquestionably is a lot to say about Spock, and about the actor behind the ears. “A lot of people know who the character is; with the haircut, the ears and the eyebrows you’ve got Spock. But a lot of people have not seen the series. Even my kids have not consistently watched it. Part of the objective of this documentary,

as conceived by myself with my father, was to educate people about Spock — how he was created, how he evolved, and why he has continued to have an impact on popular culture 50 years after the premiere of the series.”

One of the misconceptions the documentary seeks to correct is that Leonard Nimoy had disdain for his famous character. “What was confusing for people was that his autobiography was entitled *I Am Not Spock*, and a lot of people misinterpreted that to mean he was distancing himself from Spock. And nothing could be further from the truth. He spent the rest of his professional career apologizing for mistitling that book. He was simply pointing out that a lot of people really believed that he *was* Mr. Spock, instead of identifying him as an actor playing a character. He was simply saying, ‘I’m not from Vulcan, I’m from Boston.’ He said repeatedly that if he was ever given a choice of playing one character again he would pick Spock. A lot of Leonard is in Spock, a lot of Spock is in Leonard — they’re inseparable. I don’t think the typecast issue was ever an insurmountable problem for him. He reconciled himself to it, and I think he embraced it, certainly in the later years of his life.”

And the public embraced *him*. Adam says he wasn’t fully prepared for the outpouring of love that swept in when Leonard passed away. “He was on the front page of the *New York Times*, the *Los Angeles Times*, and the president of the United States issued a press release. That was a little bit of a shocker for us. Last year I went to Vancouver when they were filming *Star Trek Beyond* and interviewed cast members, and I was blown away by the impact that he had on them. It validated this new life to *Star Trek*, because he was a part of it, and there was an incredible sense of respect and love that they felt from my dad and toward him. That was really lovely and overwhelming, and for me made the grieving a lot easier to know that other people felt such an intense connection to my dad.”

As for what is next on Adam’s agenda, he is working again with 455 Films on a documentary on *Deep Space Nine*, the *Star Trek* spin off that ran for seven years. There also are plans for a film about NASA’s Mars program, a perfect fit for everyone involved because there has been a long-standing bond between NASA and the *Star Trek* franchise.

“The reverberations, the resonance of 50 years of *Star Trek* and the impact of Spock and Leonard Nimoy still blows my mind,” Adam sums up. “I never imagined as a kid that we would be here at this point in time. It’s a wonderful way for me to let go of my dad, to pay tribute to him, knowing that he had such an incredible impact on people and so much love, affection and respect for the work he did.”

For the Love of Spock will screen Jan. 14 at the Tucson JCC. Other highlights of the festival include: *The Price of Sugar* (Jan. 12); *Moos* (Jan. 15); *Morgentbau: Three Men, Three Generations, One Fight* (Jan. 16); *Time to Say Goodbye* (Jan. 17); and *The People vs. Fritz Bauer* (Jan. 19). For a complete list, tickets and more details, visit tucsonjcc.org. TL

NAVIGATING THE WAISTLAND

With all the diet and exercise plans on the market today, it's hard to know what's effective and what's hype. We talked to three local nutrition experts to get their advice on how to best maintain a healthy weight.

BY LAURA GREENBERG

FOOD IS CERTAINLY A *WEIGHTY* TOPIC.

Melanie Hingle, a nutritional scientist at the University of Arizona, acknowledges that, “Two-thirds of Americans are overweight. Increasingly that includes children, which you didn’t see as much before the last few decades.” Hingle says the obesity — and diabetes — epidemic “began about thirty years ago. There is an underlying genetic susceptibility in a majority of people. And something shifted in the early 1980s that accelerated and exposed people with that susceptibility, so the majority of Americans have a weight problem.”

Why it has happened, Hingle admits, “Is still a bit of a mystery. Some of it is related to food trends; high-calorie foods are more available, cheaper, and the more delicious and larger the portion sizes, the more we’re going to eat of it. It’s human nature. We’re biologically wired to enjoy those flavors.”

The more one weighs, the higher the risk for diabetes and



other medical conditions, plus the more weight you have on, Hingle clarifies, “the harder it is to lose because afterward you are lowering your energy requirement, because your body mass is shrinking. Therefore your calorie needs are lower, but it’s not proportional to the amount of weight you lose, making it even harder to keep weight off.”

Hingle says, “We’re discovering that about five percent or fewer are successful at keeping lost weight off.”

As for diets, Hingle observes, “They mostly come out of the commercial world — people trying to make a buck. Some are a little gimmicky, but the right diet is the one you can live with and be

on for the rest of your life.”

She says the reason popular diets like Paleo or Atkins work is because, “ultimately they all reduce the amount of calories. Some of them are better at managing hunger than others. There

is nothing magical about diet patterns other than they all cut calories, and that's what leads to weight loss."

To eat healthy, Hingle recommends consuming food that is less processed. "It will have more nutrients and keep you feeling a bit more full. And it will offer more disease prevention components. Whole foods, like lean meats, fruits, vegetables, grains in their least processed forms, and healthy fats like olive oil, avocados, and plant fats."

As for maintaining weight loss, Hingle comments that staying physically active is the key. "Weight lifting can help age-related weight gain. Muscles are metabolically active tissue that can help burn calories more efficiently."

INFLAMMATION NATION

In an article published last May in the *New York Times* about the reality show *The Biggest Loser*, it was revealed that all the Season 8 participants gained their weight back after the show was over. Even continuing to diet and exercise didn't prevent packing the pounds on again. Lisa Powell, a registered dietician who has spent 28 years working at Canyon Ranch, observes, "What they were doing was hours a day of severe calorie restriction and exercise. There's not enough will power on the planet to keep that up for a long time. All bodies are different. It's about being healthy for you, and if the behaviors aren't sustainable, neither is the weight loss."

There are many factors that influence nutrition and weight loss, and as an expert on food and how it affects the body, she's seen her share of food myths. "One that crops up for me is about detox. Detoxification is the body's 24-hour-a-day, seven-days-a-week, *every* moment of your life process of removing what's coming in from the environment that's not healthy for you. The liver is the workhorse for detoxification, but our bodies have lots of routes to get rid of things we don't want, which is truly what detoxification is."

Powell has strong opinions on this after seeing food trends go in and out of style. She says detoxification "conjures up all these short-term things such as, 'I'm going to starve and do ten hours of yoga a day. ►



Melanie Hingle

Photo by James Patrick.

"Weight lifting can help age-related weight gain. Muscles are metabolically active tissue that can help burn calories more efficiently."

— Melanie Hingle, nutritional scientist at the University of Arizona



Miraval Resort & Spa photo.

"I'm detoxed, so I'm good to go. I can treat my body any way for the rest of the year."

Among the ingredients necessary to maintaining good health are stress management, good quality sleep and a diet rich in anti-inflammatory, antioxidant foods that are nutrient dense and associated with dark-pigmented vegetables, fruits and whole grains. Reducing inflammation in the body may be important in decreasing everything from weight gain to heart disease to cancer.

Powell explains, "Things that decrease inflammation also

"I don't think extremes in any direction are a good thing. I think we need to find balance. I tell people if you're working for weight loss, don't do anything that you don't intend to maintain for the rest of your life."

— Angela Onsgard, registered nutritionist at
Miraval Resort & Spa

Tips For Weight Loss and Nutrition

Drink more water

For bagels and rolls – "gut" the bread

Buy single portions of popcorn, cookies – 100 calorie packs

Order appetizers instead of a full entrée

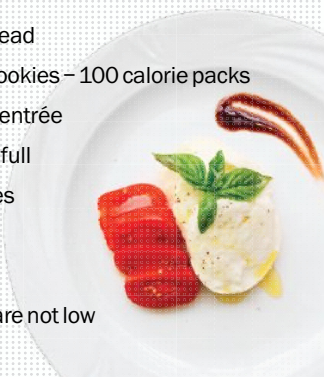
Eat until you're about 80 percent full

Eat dark colored fruits and veggies

Eat a large variety of foods

Take a multivitamin a day

Make sure your Vitamin D levels are not low



balance the immune system. Examples are omega-3 fats from fish or vegetarian sources like flax, hemp or chia, as well as soy foods, which also have omega-3's if they're whole. We always think about antioxidant and anti-inflammatory as going hand-in-hand to support detoxification on a minute-by-minute basis. We don't have detox programs at Canyon Ranch because we think they are superfluous. You have to be addressing this all the time."

Daily choices definitely add up, and unfortunately, the Standard American Diet — SAD for short — doesn't always lead us to making good decisions. Sugar is the buzzword now, and according to a 2015 report in *The Washington Post*, the average American

“The Biggest Loser contestants were doing hours a day of severe calorie restriction and exercise. There’s not enough will power on the planet to keep that up for a long time.”

— Lisa Powell, registered dietician at Canyon Ranch



Canyon Ranch photo.

consumes around 126 grams of sugar a day — basically the equivalent of three 12-ounce sodas. “People are still eating enormous amounts of sugar and processed fats such as hydrogenated oils and partially hydrogenated oils,” notes Powell. “Every tub of margarine or coffee creamer is made with that while most of the cookie and cracker companies have replaced hydrogenated oils with butter. They didn’t replace the quantity, but they have replaced the quality.”

Whether for your waistline, or to battle effects of aging, Powell recommends shopping the perimeter of the grocery for fruits and veggies. If it’s refrigerated then eventually it will decay. Any food that doesn’t “die” (think Twinkies) isn’t the healthiest option or best thing to be consuming frequently.

SUSTAIN AND MAINTAIN

At Miraval, registered dietician Angela Onsgard observes how her training and duties parallel those of a health care worker. “We take the same classes nurses do, but where we diverge is that while nurses are learning about pharmaceutical drugs, we’re learning about food and nutrients.” Onsgard believes, “Food is medicine,” and that “Nutrition is the science of understanding how food affects the body.”

But Onsgard says that as a culture we’ve been thinking in generalizations. Her view is, “We’re coming to understand that everyone is *bio-individual*; there is no *perfect* diet for everyone. Even though I can say the vegan diet is the only one to be shown to reverse heart disease, there could be someone who winds up not feeling well or having enough energy while they’re on it. For them, being vegan might not be the best thing.”

Diets often revolve around restricting or eliminating a particular type of food. In the 1990s, during the fat-free craze, people looked at a stick of butter as if it was a loaded gun. “Then we replaced all that fat with sugar,” says Onsgard. “Now we’re on an anti-carbohydrate craze, and I guarantee you fifteen years down the road we’ll be on an anti-protein craze. It’s these cycles we go in.”

It’s true that if you severely restrict carbohydrates, you tend to lose weight pretty quickly, but most people can’t sustain that.

“I see people who have been yo-yo dieting their entire lives. By being too restrictive we can potentially destroy the metabolism. I don’t think extremes in any direction are a good thing. I think we need to find balance. I tell people if you’re working for weight loss, don’t do anything that you don’t intend to maintain for the rest of your life. Anything short term, you’ll go back to your previous weight.”

It seems that nearly every fad diet comes with its own batch of theorems, too. One recent one involves eschewing fruit because it’s naturally high in sugar. “But when you combine fruit with its natural fiber it doesn’t spike your sugar as high.”

Other less-than-helpful myths involve not what to avoid, but what to include. Losing weight through substituting juice for meals is problematic because removing natural fiber from fruits and veggies and concentrating their sugars can be as detrimental as drinking sodas. “A rise in blood sugar causes an inflammatory response,” Onsgard adds.

Ditto the new push toward using coconut oil in cooking. As part of a plant-based diet, where it is one of the main sources of saturated fat, it’s just fine, but combined with food choices that include lots of dairy and meat, the benefits are blunted by the high cholesterol intake.

Perhaps one of the best pieces of advice regarding nutrition and weight loss is simply to slow down at the dinner table. We not only tend to consume too many calories too quickly, we often don’t even take the time to enjoy what we’re eating. As Onsgard, who teaches classes in mindful eating, sums up, “Half the time we don’t even taste our food.” **TL**



JOIN THE CLUB

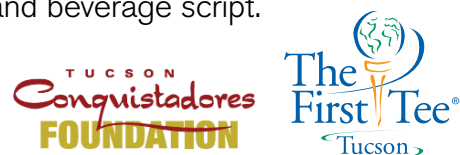
Pro Golf mixed with College basketball makes for a grand day in the private Conquistador Club at the Tucson Conquistadores Classic.

The Club is akin to a lively sports bar and eatery with a surrounding outdoor patio, beer garden and lots and lots of large-screen TVs. Catch some golf, watch college basketball and relax with friends in the center of it all.

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Call the Tucson Conquistadores at **(520) 571-0400** to reserve your package or order online at **ConquistadoresClassic.com**.

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It's a Beautiful Day in the *Neighborhood*

What's the story behind Tucson's historic neighborhoods?
This month we begin an ongoing series to introduce you to
numerous interesting places to live in the Old Pueblo.



Tucson's 25 historic neighborhoods are a vibrant expression of this community's diverse cultural heritage," says R. Brooks Jeffery, director of the University of Arizona's Drachman Institute. "Its origins can be traced back to the prehistoric and early historic Native American agricultural communities and Spanish period Mission and Presidio settlements on both sides of the Santa Cruz River — the lifeblood of this region.

"During Tucson's Mexican period, neighborhoods were based on Spanish community planning principles — attached, street-abutting buildings enclosing outdoor courtyards — and occupied by the increasingly mixed populations of Mexicans and Americans.

"After the arrival of the railroad in 1880, Tucson experienced an increasing Americanization evident in everything from fashions and food to building materials and neighborhood characters. New neighborhoods were established that reflected American traditions of urban planning — detached houses on a gridiron pattern of streets and blocks — and an eclectic mix of architectural styles, including the ubiquitous bungalow.

"By the 1920s, Tucson developers began promoting regional revival styles — Spanish Colonial, Mission and Pueblo — to connect with the imagery of the romantic Southwest. Some of Tucson's new subdivisions were developed outside the corporate city limits using curvilinear streets, native landscaping, and architectural themes regulated through deed restrictions.

"Tucson's post-World War II population boom led to new subdivisions extending farther from the city's core and defined by community planning that was increasingly automobile oriented. The modern Ranch-style house, which followed design standards driven by federally insured housing loan regulations, soon replaced the regional revival styles as the dominant residential expression in these Tucson neighborhoods.

"The local historic preservation movement that began in the 1970s led to the recognition and preservation of the areas featured in 'A Guide to Tucson's Historic Neighborhoods.' Understanding and experiencing the diversity of these neighborhoods allows us also to honor the diversity of cultural influences that created them, and continue to define Tucson's unique sense of place."

Turn the page to read about:
Blenman-Elm and **Colonia Solana**



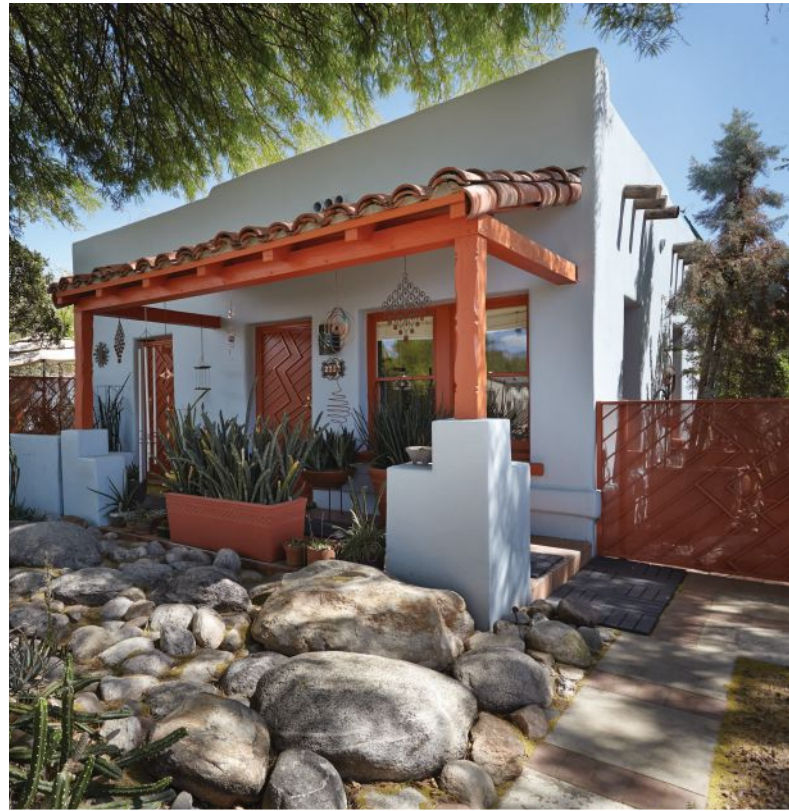
PHOTOGRAPHY BY ROBIN STANCLIFF

Blennan-Elm

This midtown neighborhood consists of 17 styles of homes popular between the 1920s and the 1950s, a majority of which are Ranch style with Spanish Revival influences. The neighborhood also contains a large number of homes designed by Swiss-born Tucson architect Josias Joesler. Set far back from the property line, these houses have a horizontal emphasis and rectilinear or L-shaped floor plans, and are constructed of burnt adobe, brick or stuccoed concrete. They feature low-pitched roofs, porches and carports or garages under the main roof, large picture windows, and sliding glass doors connecting to outdoor living areas. There are many variations of the basic Ranch style in roof forms and materials, trim and ornamentation, including Transitional Ranch, Spanish Colonial, Territorial, and Modern. ►

RIGHT This house was built in 1937 in the Pueblo Revival style (1920-1950), which spread from Santa Fe, New Mexico, and is characterized by earth-colored stucco on adobe, brick, or wood construction, along with simple window openings and flat roofs with rounded or stepped parapets and projecting round roof beams, or vigas.

BELOW The brick, stone and plaster walls and leaded casement windows of this 1929 house signal the Tudor Revival style (1920-1940), along with steeply pitched roofs with gable dormers covered with wood or slate shingles. Chimneys are high and/or massive. The tops of doors and casement windows are flat, Gothic-arched, or round-arched.





TOP This 1938 house was designed in the Spanish Colonial Revival style (1915-1945), which typically features red clay tiled roofs and courtyard plans, and asymmetrical façades with more elaborate elements — balconies with iron railings, post-and-lintel or arched window and door openings, and triple groupings of casement and fixed windows with grills of wrought iron or wood. Unique features of this example include the boxed eave with varied mouldings and the painted brick finish of the exterior walls versus the typical stucco finish.

ABOVE The Transitional Ranch style of the 1940s-early 1950s is characterized by a small, simple floor plan and gable or hip roof (sometimes in combination) with asphalt shingles. Exterior walls are painted block or brick. Steel casement windows with divided lights usually have a rectangular configuration. The forms reflect influences of previous styles such as Bungalow, Cape Cod, and Minimal Traditional.

Colonia Solana



One of the first suburban subdivisions in Arizona, Colonia Solana is located in midtown on the border of Reid Park, home to the Reid Park Zoo. Landscape architect Stephen Child, who studied with Frederick Law Olmstead, designed Colonia Solana in 1928 incorporating natural elements such as the Arroyo Chico, a lush desert riparian habitat for birds and wildlife. The neighborhood is designed around five small triangular parks and intersecting curvilinear streets featuring homes located on large desert-landscaped lots. Architectural styles range from Spanish Colonial Revival to post-World War II Ranch houses designed by prominent architects such as Roy Place and Arthur T. Brown. **TL**

ABOVE This 1930 home is designed by prominent architect the late Josias Joesler, in a style called Monterey Revival (1925-1955), a variant of Spanish Colonial Revival. Typical houses in this style are sparsely ornamented two-story buildings with L-shaped or rectangular floor plans featuring low-pitched red tile roofs, large second-floor balconies with square wooden posts, casement windows and smooth-plastered walls and chimneys.





(Editor's Note: For this feature on Tucson's historic neighborhoods, we went to an expert, R. Brooks Jeffery, director of the Drachman Institute, coordinator of the Heritage Conservation Graduate Certificate Program and professor of the College of Architecture, Planning and Landscape Architecture (CAPLA) at the University of Arizona. He has generously granted us permission to publish his comments, some of which appear in "A Guide to Tucson's Historic Neighborhoods," a project of the Blenman-Elm Neighborhood Association (BENA), historic districts and the City of Tucson Historic Preservation Office to highlight, recognize and preserve Tucson's oldest neighborhoods. This Guide, which is in its second printing and sponsored by Banner University Medical Center Tucson, is distributed free throughout the city and available at benaguide@gmail.com. For help on our "Neighborhood series," *Tucson Lifestyle* is indebted to BENA board members and the Historic Guide Committee (Alice Roe, Hannah Glasston, Alan Myklebust and Erika Parrino). Special thanks to Jonathan Mabry, Jane Powers and Jennifer Levstik.

TOP Built in 1936, this house was designed in the Spanish Colonial Revival style. Additions date to 1942 and 1985. The L-shaped plan is an unusual departure from the H shape typical of the style.

LEFT This two-story 1929 house in the Spanish Colonial Revival style (1915-1945) was one of the first houses built in Colonia Solona. It has an unusual plan and is larger than others in this style. Apparently, the house was built with air conditioning and upgraded plumbing (bronze piping).

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HIGHLIGHTS FROM LAST YEAR'S EVENT ►

The Westin La Paloma Resort & Spa was the site for the 2015-2016 Tucson Heart Ball. Hors d'oeuvres, cocktails, live entertainment by The Robert Street Band and dancing were all part of the fun. Heart & Stroke Ball Chairs were Ron and Patsy Sable; Bruce and Lynne Dusenberry are the 2017 Chairs.

Photos by Takara Tatum



Patsy and Ron Sable



Lynne and Bruce Dusenberry



Judy Rich and Dr. Tommy Schechtman



Miro Tymoslak, Jeff Feld, Carla Keegan and Diana Madaras



Mr. An, with Ruth and Mike Hannley

Rethinking Reality

Series begins Monday 1/30

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Visit uascience.org for complete lecture series schedule.



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For more information or tickets, call 345-0717
or visit <https://whatzitworth.org/event>

◀ HIGHLIGHTS FROM LAST YEAR'S EVENT

An annual fundraiser for the Assistance League of Tucson — Whatz It Worth? — was held at Casino Del Sol Resort. As part of the event, guests brought their unique antiques and collectibles to be valued by nationally known appraisers. In addition, light refreshments, raffle prizes and a pop-up Assistance League Thrift Shop were available. Monies raised benefit Operation School Bell, Starting Over Supplies and Assault Survivor Kits.

Photos by Takara Tatum



Miriam Bell and Susan Glass



Valerie McPherson, Sara Wishart and Jamie Delp



Sara Wishart and Giff Foltz



Stuart Whitehurst and Robert Stowe



Linda Schaub and Linda Dyer

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Ginza Sushi's 15-piece sashimi platter.



CUISINE TO CROW ABOUT

The countdown is on! The Lunar New Year officially begins at midnight on Jan. 28. Throughout the world, this day is celebrated with food, family and friends. Here are eight Asian eateries where the cuisine will put you in the mood to celebrate the Year of the Rooster.

By **MEGAN GUTHRIE**

Photography by
THOMAS VENEKLASEN

◀ **GINZA SUSHI**

“What is special about Japanese cuisine is the variety,” says Diana Arai, chef and owner of Ginza Sushi.

In Japan, Izakaya restaurants are a place for guests to relax over a sampling of tapas-sized plates (small dishes), beer and sake. Ginza Sushi is known for this type of dining as well — offering tapas plates and a variety of drinks.

Along with small plates, Ginza Sushi offers sashimi, salads and tempura. Arai says the sashimi platters are a house favorite.

“Any of the fifteen-piece sashimi platters, served with five different kinds of fish, is very popular.”

Off the Izakaya menu, Arai prefers the Chilean sea bass, marinated in miso.

“It melts in your mouth,” she says.

Sushi fans will not be disappointed. Ginza Sushi has a list ranging from Hamachi yellow-tail to snow crab rolls to name a few. If you have a big appetite, try the Ginza boat — 20 pieces of sushi and 24 pieces of sashimi.

Arai recommends customers who are trying sushi for the first time consider a tuna roll.

"In the case of sushi, I would recommend starting with a mild-tasting fish like salmon or albacore."

For folks on the move, try the to-go menu. Special rolls include the Jo special, with two shrimp tempura, cream cheese, avocado, and topped with shrimp. For a dish with a kick, customers may like the Heart Attack. This flavorful dish comes with jalapeños and spicy tuna, paired with cream cheese and kani kama.

5425 N. Kolb Rd., Suite #115

(520) 529-8877 | www.ginzatucson.com

DRAGON'S VIEW RESTAURANT

Think barbecue is just for Southern cuisine? Think again. Harry Gee, owner and manager of Dragon's View restaurant, says his favorite item on the Chinese menu is the Peking duck — a barbecue duck, placed in a steamed bun, and topped with hoisin sauce.

"Place some crispy duck skin and some barbecue sliced duck meat on the bun, then some sliced scallions [and] you eat it like a sandwich," says Gee. "My Executive Chef and Partner David Chow cooks barbecue ducks very well."

Dragon View's signature dish is the typhoon shrimp cake with green beans and asparagus. "It is by far the number one selling dish," Gee adds.

This recipe calls for freshly puréed shrimp that is pan-fried until golden brown into a pancake. Each pancake is sliced into strips and tossed with green beans, shallots, chiles and asparagus in a wok.

January is a busy month for Dragon's View restaurant. Along with Chinese New Year, the Gem, Mineral and Fossil Showcase brings new visitors to Tucson.

"We are packed every night during this time," Gee says. "We celebrate by hosting parties for up to 380 guests for Chinese New Year."

A special Chinese New Year menu will be offered at Dragon's View.

"Certain dishes symbolize prosperity, good luck and longevity."

According to Gee, authentic Cantonese cuisine is special because of the house-made sauces.

"We do not dollop a scoop of pre-made sauce into the dishes that are being cooked. To have over a hundred sauces memorized as you cook them can only be done by a seasoned Cantonese cook."

The chefs at Dragon's View are continually perfecting the menu. Since 2010, the restaurant has added new Cantonese

dishes, inspired from traveling to other parts of the U.S.

"We eat at a lot of the restaurants in Los Angeles during the summer," explains Gee. "We bring back the ideas and dishes and Executive Chef Mr. Chow reproduces them here in Tucson."

400 N. Bonita Ave. | (520) 623-9855

<https://www.facebook.com/pages/Dragons-View-Restaurant/147939595256959>

LOTUS GARDEN

Lotus Garden has been in business for more than 48 years.

"We're the oldest Chinese restaurant in Tucson run by the same family," says Darryl Wong, general manager.

The restaurant is known for its Cantonese and Szechuan cuisine — styles of cooking that originated in the Southwestern and North Central regions of China. Cantonese cooking uses light, delicate sauces to complement crisp vegetables, says Wong. Szechuan cuisine incorporates Chinese peppercorn, garlic and bean sauces to add a spicy flavor.

"Our dishes reflect traditional-style flavors from China," he says. "Although we have refined them to appeal to American tastes, our recipes still stay true to the traditions of China."

When it comes to personal favorites, Wong says it is a tie between the walnut-glazed shrimp, which combines butterfly shrimp, fried in a rice batter, with honey and cream sauce, and the Mongolian beef. This hearty dish includes sliced meat, marinated in a spicy sauce, topped with scallions. Wong also loves the green bean with fish medallions and the vegetable lo mein. Lotus Garden makes lo mein with large egg noodles. The vegetarian option has green onions, cabbage, bamboo strips, carrots, celery, bean sprouts and sliced mushrooms.

The restaurant caters to guests with dietary restrictions, offering dishes that are gluten-free, sugar-free, and no added salt. In fact, 80 percent of Lotus Garden's food is made to order.

A house favorite is the pork and vegetable egg roll, filled with shredded cabbage, bamboo shoots and celery, rolled in a thin flour wrapper and fried crisp. These egg rolls are served with a house-made sweet and sour sauce, along with a Chinese mustard sauce. Another top pick is the cashew chicken, served with bok choy, snow peas, black mushrooms, water chestnuts, bamboo shoots and fresh button mushrooms, served in a light sauce, with sliced chicken breast meat.

5975 E. Speedway Blvd.

(520) 298-3351 | www.lotusgarden.com

A CELEBRATION MENU,
HIGHLIGHTING A
SPECIFIC INGREDIENT,
CHANGES MONTHLY
AT UME. PREVIOUS
MONTHS HAVE
FEATURED ASPARAGUS,
STRAWBERRIES, CHOC-
OLATE AND PEACHES.

UME AT CASINO DEL SOL

Have you tried the tuna poke at Ume restaurant at Casino Del Sol? This traditional dish is a savory combination of diced ahi tuna mixed with cucumbers, radish sprouts, thinly sliced onions and pine nuts, served with Ume's special spicy sauce. The tuna poke is a favorite of Chef de Cuisine Richard Pambid.

"It is great for a warm summer day, but hearty enough for any time of year," he says.

The name "Ume" is derived from the word for "Japanese plum," yet the restaurant features contemporary Chinese cuisine.

"The ingredients are clean, fresh and traditional," adds Pambid.

A celebration menu, highlighting a specific ingredient, changes monthly at Ume. Previous months have featured asparagus, strawberries, chocolate and peaches.

"The celebration menus allow us to be very creative with ingredients sometimes not used in Asian-inspired cooking, such as chocolate."

Holidays are acknowledged in style at Ume, with menu specialties updated online.

"Our inspiration is to make sure that our customers are happy when they are dining in our restaurant," Pambid says. "We offer Chinese New Year menu specials and they are announced closer to the holiday."

When making a toast, partake in one of Ume's specialty cocktails or Asian beer.

"Asian beer is actually not too different from American domestic beers, as they are both considered to be 'adjunct lagers,' where rice is added to the traditional wort,"



Ume at Casino Del Sol's
Chinese-style whole
steamed fish.



Ba-Dar Chinese Restaurant's roasted soy sauce chicken, Buddha Dish, and daikon and meatball soup.

explains Pambid. “Asian lagers usually are crisp, lightly hoppy, and pair better with food.”

Ume’s cocktails incorporate traditional Asian flavors with modern techniques. The Shanghai Julep incorporates Chinese five-spice, cherry blossom, pisco and hibiscus. Ume is not afraid to venture into the world of tiki, serving a traditional tiki-style cocktail — the Silk Road, made with rum, cognac, sake and yellow chartreuse in a tiki mug. Don’t forget about the Asian spirits, including baijiu, soju, shochu and a well-curated list of sake.

Ume provides an upscale Asian dining experience, along with the fun of a sports bar environment. Sixteen TVs play up-to-date sports coverage. The modern dining room features traditional table seating alongside a sushi bar. The restaurant’s interior is dressed in jade, crimson and wood tones and is open to all the action of the casino floor.

5655 W. Valencia Rd. | (520) 838-7177
<http://casinodelsol.com/tucson-dining/ume>

BA-DAR CHINESE RESTAURANT

Every Chinese New Year, the staff at Ba-Dar celebrates, says Manager Sophie Ho.

“Our family will come to the restaurant and prepare meals to be blessed by our ancestors,” Ho says. “We all then eat this food and pass out ‘lucky money’ — this is money that we put in special red envelopes.”

Along with family traditions, the restaurant will provide a special menu that will likely focus on fish.

“Our most popular item is the whole steamed fish,” Ho says. “This is because it is seen as lucky to eat a fish before the New Year begins.”

Sophie’s husband Hsin Ho is the chef at Ba-Dar. The family owned location has been in Tucson for 28 years.

“The majority of the recipes are created by my husband,” says Ho. “He drew many different inspirations from his Taiwanese, Szechuan and Canton cooking backgrounds.”

This fusion of cuisines led to dishes like diced chicken with baked bean curd, served with hot chile peppers, along with salt and pepper crispy shrimp — two of her favorite menu items.

“The diced chicken has so much flavor and a smoky aftertaste from the chiles,” Ho says. “The salt and pepper crispy shrimp is lightly fried then tossed in garlic, onions, salt and pepper. The shell is on, but in the Chinese culture, we are not shy about eating it.”

Chinese favorites include orange crispy chicken, sesame chicken, and ginger chicken.

“We have a lot of customers, both American and Chinese, who order the ginger chicken,” she says. “This is an authentic Taiwanese dish that utilizes several fresh herbs and tender chicken.”

If you are too busy for a sit-down dinner this holiday, Ba-Dar offers pick-up and delivery options for added convenience.

7321 E. Broadway Blvd.
(520) 296-8888 | www.ba-dar.com

SAKURA

Sakura is a popular gathering spot offering Asian cuisine inspired by Owner Michael Lee’s South Korean roots.

“I developed all of the recipes on our menu,” Lee says. “They are very healthy, cooked Teppanyaki style with very little oil.”

Teppanyaki (iron-griddle cooking) is at the heart of Sakura’s cuisine. These meals are made in front of guests by skilled chefs. Lee’s favorite is the Kobe beef filet mignon. The steak is seasoned with salt, pepper and soy sauce.

Lee immigrated to the United States in 1998 and found work in the Phoenix restaurant scene — first as a busboy, then a waiter, and eventually as a chef at Ah-So. That same year, he attended Glendale Community College, taking classes to learn English.

“I wanted to have my own restaurant and studied hard so that I could speak with my customers.”

Ten years later, Lee’s dream came true when he took over Sakura. Along with Teppanyaki cooking, Sakura is known for serving sushi and appetizers. Popular starters range from edamame to wonton Rangoon — seasoned crabmeat and cream cheese, stuffed in a wonton shell. The sushi bar features more than 70 items, including salmon, crab and California rolls.

Lee says New Year’s is a reminder of how far he has come.

“As a business owner, I’m living the American dream. I have a lot to celebrate on New Year’s.”

6534 E. Tanque Verde Rd. | (520) 298-7777
<http://sakura.tritigderemo.com>

SHOGUN JAPANESE RESTAURANT AND SUSHI BAR

Deciding between grilled chicken teriyaki, cooked ramen noodles, and a sushi bar with fresh nigiri is an almost impossible choice for Shogun server Aaron Gundy.

“It’s hard to narrow down a food to pick from,” says Gundy. “If I was forced to pick

TEPPANYAKI (IRON-GRIDDLE COOKING) IS AT THE HEART OF SAKURA’S CUISINE. THESE MEALS ARE MADE IN FRONT OF GUESTS BY SKILLED CHEFS.

one item, I would choose the grilled spicy shrimp roll. It’s a roll that a connoisseur or novice sushi fan loves to eat.”

This dish has grilled shrimp, fried jalapeño, cream cheese and avocado, presented with a side of lemon soy sauce. Yet, the showstopper at Shogun is the salmon nigiri — a raw cut of salmon served over sushi rice.

“It’s why people come to Shogun,” Gundy says. “The freshness and the butter-like taste is only surpassed by the size of the cuts. First timers are shocked by the portions.”

Although Shogun’s menu mainly features Japanese cuisine, it also has Chinese dishes like fried rice and sesame chicken.

When it comes to sushi, Shogun has you covered.

“I love the options that sushi provides. You can sit down, order one roll, enjoy it, then order a completely different style of roll. When dining with a group of people, everyone can share.”

Trying sushi for the first time? Gundy recommends the California roll, with imitation crab, cucumber and avocado, along with the tempura chicken roll, filled with cream cheese, avocado and chipotle sauce.

For dessert, Shogun has many Japanese favorites including Mochi ice cream with green tea or red bean flavor, along with a banana blitz — a deep-fried banana with ice cream, whipped cream and chocolate syrup on top.

5036 N. Oracle Rd. | (520) 888-6646
www.shoguntucson.com/#main



Ha Long Bay's baby rice platter.

HA LONG BAY

For a Vietnamese experience this holiday, try Ha Long Bay restaurant. Here, Tết, a celebration of Lunar New Year, is honored with food and family traditions, says Owner Trieu Nguyen.

"Vietnamese prepare for Tết by cooking special holiday foods and cleaning the house," Nguyen says. "People enjoy traditional games and fireworks. Children receive a red envelope containing money from their elders."

The restaurant is decorated with an artificial New Year tree and fruit baskets. Ha Long Bay also displays a traditional greeting, "Chúc Mừng Năm Mới," which means, "Happy New Year," as a customary greeting, wishing guests prosperity and luck for the coming year.

When it comes to food, Tết is celebrated with "Bánh Tét," a sticky rice mixed with bean and pork, wrapped in a banana leaf.

The menu at Ha Long Bay includes fresh vegetables and spices.

"Vietnamese cuisine relies heavily on fresh vegetables and herbs to accent dishes—each has a distinct flavor and complementary textures," says Nguyen.

Soups are big at Ha Long Bay, especially the best-selling item, called phở, a Vietnamese noodle soup. The broth is a house secret, but Nguyen says common ingredients include fish sauce, shrimp paste, soy sauce and fresh herbs. Once the broth has been cooked, customers may add beef, chicken, seafood, vegetables and tofu to complete the meal.

"Our phở is made with a blend of beef bone and special seasonings, slow-cooked to perfection," Nguyen says. We offer the phở however you like it."

Nguyen likes to order the Ha Long Bay baby rice. This rice platter comes with a lemongrass pork chop, meatloaf, diamond shrimp, salad and shredded roast pork.

"It is an authentic Vietnamese plate—warm, hearty and filling with a tantalizing grilled flavor that is balanced well with cold salad and our special dressing."

The recipes originated from Nguyen's mother in Vietnam.

"Some dishes have been modified slightly to better suit our customers' tastes and needs. For example, we use a diluted, cooked fish sauce, which is lighter in color and flavor than the traditional dark fish sauce. We still offer the darker fish sauce by request."

Dishes can be customized. "We have vegetarian, low-carb, gluten-free, and other diet-restrictive and healthy options." The décor is family friendly. Near the hostess station is a reading area for children and adults.

7245 E. Tanque Verde Rd.

(520) 571-1338 | <http://halongbaymenu.com> TL

Tucson Lifestyle Presents

Tucson Originals' Chef of the Month

Chef José Hernandez,
Monsoons Tap & Grill

A passion for local cuisine started at home for Chef José Hernandez of Monsoons Tap & Grill. Though born in Mexico, Hernandez was raised in Tucson, and proudly cites his mother as his muse for culinary creations, concluding, "Nothing beats home cooking." Monsoons Tap & Grill is a manifestation of Hernandez's homespun style: great food, a strong work ethic, and a vibrant atmosphere. It's no surprise the restaurant's slogan is, "Where the food is warm and the hospitality is warmer."

Monsoons Tap & Grill
is a manifestation of
Hernandez's home-
spun style: great food, a
strong work ethic, and a
vibrant atmosphere.

Hernandez serves as kitchen manager at Monsoons, and observes that, "The cooks I work with always inspire me. We constantly push each other to become better." Hernandez appreciates the hard work that every member of Monsoons team contributes, whether in the kitchen or the front of the house.

Monsoons fosters an environment where diners can relax, partake of home-style food and craft beers and watch an impressive array of 14 big-screen TVs featuring all manner of sporting events. Hernandez reflects, "The people who love our food and atmosphere are great and wonderful people," adding that the Monsoons team "considers customers as friends and family, too."

Monsoons Tap & Grill is an active member of Tucson Originals Restaurants and supports community and charitable events. **TL**



Photo by Thomas Veneklasen.

Jalapeño Poppers from Chef Hernandez

Makes 6 pieces

3 large jalapeños

1/2 cup cream cheese

2 pieces scallions

6 slices applewood bacon

Prickly pear sauce

Instructions:

Heat the cream cheese to soften. Cut the scallions into small pieces and thoroughly mix them with the cream cheese. Wash the jalapeños, slice them lengthwise and remove all the seeds and stem.

Fill each jalapeño side with the cream cheese mixture. Wrap the entire jalapeño with a piece of bacon. Place them on a sheet pan and cook at 425 degrees for 20 minutes or until the bacon is cooked.

Place the poppers on a plate and lightly drizzle prickly pear sauce over them.

Dining Guide

200+ GREAT RESTAURANTS

CITY MAP PG 85



A 12-ounce filet mignon with garlic-horseradish mashed potatoes and bordelaise sauce from Sullivan's Steakhouse. Photo by Thomas Veneklasen.

Information contained in the restaurant listings is coded as follows:

RS - Reservations suggested

WA - Wheelchair accessible

VCC - Various credit cards

CH - Checks with bankcard

Price Range \$ - Under \$15

\$\$ - \$15-\$30 **\$\$\$** - \$30-\$50

\$\$\$\$ - Over \$50.

(Average dinner for 2, excluding liquor, tax & gratuity)

For current information about times,

menu selections, etc., please contact the individual restaurants.

Restaurants are keyed to the Dining Guide Map of Tucson (see page 85).

For more information about the Dining Guide, please contact:

Tucson Lifestyle, 7000 E. Tanque Verde, Tucson, AZ 85715. Phone: (520) 721-2929 Fax: (520) 721-8665, Email: tlm@tucson-lifestyle.com

American

C4-Agave at Desert Diamond Casino, 1100 W. Pima Mine Rd. in Sahuarita (I-19 & Pima Mine Rd. exit, eight minutes south of Tucson). "New" American cuisine featuring beef, seafood, pasta and specialty dishes, cooked to order. Open Wednesday-Sunday, lunch 11am-4pm; dinner 4-9pm Friday and Sat. open 4-10pm. Diamond Buffet daily with International menu selections. Specialty Buffets: Sun. champagne brunch 10am-2pm, \$16.99; Fri. night seafood, 4-9pm, \$19; Sat. beef and shrimp night 4-9pm, \$16.99. (520) 342-2328. www.ddcaz.com

B4-Festa International Buffet, Casino Del Sol Resort, 5655 W. Valencia Rd. Live-action cooking stations showcasing traditional favorites day and night. Indulge in cuisine from around the world as chefs prepare fresh ingredients to order. Festa also will host specialty meals including Seafood Thursday and Sunday Brunch. Open Sun. 9am-11pm; Mon.-Thurs. 11am-11pm; Fri. 11am-Midnight; Sat. 7am-Midnight. **\$\$**. (520) 324-9360. www.casinodelsol.com

C2-Gold, 245 E. Ina Rd. (Westward Look Wyndham Grand Resort & Spa) The dining experience offers unexpected combinations of flavors that take diners on a culinary journey. The award-winning menu is accented with native produce from the on-site chef's garden. Panoramic mountain and city views. Indoor/outdoor dining. **\$\$\$\$**. Call for reservations (520) 917-2930. www.goldtucson.com

B2-Legends Bar & Grill, 2727 W. Club Dr. (Omni Tucson National Resort & Spa) Sports bar offers casual club fare, selection of microbrews, single-malt scotches & cigars. Enjoy a challenging game of billiards, darts, shuffleboard or satellite TV sports. Overlooks the 18th hole of the legendary Tucson National golf course. Open 7 days a week: 10:30am-midnight. **\$\$\$**, WA, VCC. (520) 877-2378. www.omnihotels.com

C2-Lookout, 245 E. Ina Rd. A Catalina Foothills neighborhood gathering place

Advertisers in the Dining Guide have provided the information that appears in the listings.

at Westward Look Wyndham Grand Resort & Spa. Featuring music every Fri & Sat night. Cuisine features comfort food with a contemporary twist. Drink specials available nightly. Dine inside, big screen TV or mountain views with patio seating. **\$\$\$**. (520) 297-1151. www.westward-look.com

B4-Moby's, Casino Del Sol Resort, 5655 W. Valencia Rd. Enjoy the nostalgia of decades past at Moby's, a beach-themed diner featuring your favorite all-American cuisine. Stop in for some vintage pancakes, a frosty milkshake or a classic burger and fries. Not to mention the coolest tunes this side of the Mississippi. Open seven days a week, 24 hours a day. **\$**. (520) 838-6549. www.casinodelsol.com

C2-Union Public House, 4340 N. Campbell Ave., Suite 103. Honest food and clever libations served in a stylish atmosphere.

Menu showcases made-from-scratch American fare using local and sustainable ingredients. Handcrafted cocktails, 30 beers on tap, and a comfortable patio overlooking the courtyard of St. Philip's Plaza. Lunch, dinner, happy hour and late night. Brunch on Sunday. (520) 329-8575, www.uniontucson.com

Asian

B4-Ume, Casino Del Sol Resort, 5655 W. Valencia Rd. Ume features a sushi bar, contemporary Chinese cuisine in the main dining room, and a lounge and bar offering specialty cocktails, Asian beers and live sports and entertainment viewing. Open Sun.-Thurs. 11am-10pm; Fri. & Sat. 11am-11pm. **\$\$**. (520) 838-7177. www.casinodelsol.com

Bistro/Café

D2-Bill's Grill, 7000 N. Resort Dr. (Loews Ventana Canyon)

Poolside restaurant retreat offering traditional lunch fare and appetizers including light Sonoran Mexican dishes, sizzling burgers and tempting beverages. Open 7 days a week from 11am until sunset — weather permitting. **\$**, WA, VCC. (520) 299-2020. www.loewshotels.com/TucsonVentanaCanyon

C3,D3,C3,C3,D2,C2,D3,B2,B1,E4-Bruegger's Bagels, 10 locations. Locally owned and operated. Genuine New York-style bagels, unique cream cheese flavors, breakfast sandwiches, salads, soups, sandwiches, paninis and desserts. Catering available. Free Wi-Fi. 1064 N. Campbell 325-4567/7127 E. Tanque Verde 885-0123/3843 E. Broadway 323-0033/1 W. Congress 206-0002/5665 N. Swan 529-7424/98 W. River 292-2111/6165 E. Broadway 745-0800/7320 N. La Cholla 531-9615/11165 N. La Cañada 575-0651/8140 S. Houghton

664-1600. www.brueggers.com

D2-Canyon Café/Vista Barista, 7000 N. Resort Dr. (Loews Ventana Canyon) Indoor/outdoor restaurant with casual cuisine and dining environment. Vista Barista coffee bar offers pastries made on the premises and fair trade coffee from a local company. À la carte and buffet-style Sunday Brunch featuring custom juice blends, French press coffee and family-style desserts. Live Blues/Jazz every Sunday. Open daily from 6am-2:30pm. Sunday Brunch from 11am-2pm. **\$\$**, WA, VCC. (520) 299-2020. www.loewshotels.com/TucsonVentanaCanyon

D2-Cascade Lounge, 7000 N. Resort Dr. (Loews Ventana Canyon) Serving an informal American Bistro Menu. Lobby lounge offering live music nightly. Happy Hour daily from noon to 4pm and during live music performances. Open daily from 5:30pm to ►



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TL Dining Guide

midnight. **\$\$**, WA, VCC. (520) 299-2020. www.loewshotels.com/TucsonVentanaCanyon

Chinese

D2, C2, D3-Golden Dragon Chinese Restaurant. A widely varied menu, consistently tasty food in generous portions and reasonable prices. With pleasant, speedy service, Golden Dragon has everything one would look for in a Chinese restaurant. Call for hours. **\$\$**, WA, VCC. 4704 E. Sunrise (520) 299-8088; 6433 N. Oracle Rd. (520) 297-1862; 6166 E. Speedway (520) 512-1922. goldendragontucson.com

Indian

C1-Saffron Indian Bistro, 7607 N. Oracle Rd. (Oracle Crossings) Experience India and indulge in the spice of saffron in a zesty and contemporary setting. Enjoy traditional Indian food with classic, authentic recipes. Wide variety of curries, kababs, hand-

crafted breads and desserts. Also visit Kababeque Indian Grill on University. Open daily 11am-10pm. All you can eat Lunch Buffet \$8.95 from 11am-3pm. **\$\$**, RS, WA, VCC. (520) 742-9100. www.saffronaz.com

Italian

C3-Caruso's Italian Restaurant, 434 N. 4th Ave. Offering fine homemade Italian food, located in the historic 4th Avenue district. Pizza, pastas and Italian specialties including shrimp and chicken dishes. Continuously run by four generations of the Zagona family since 1938. VCC, no checks. Open Tues, Wed, Thurs, Sun 11:30am-10pm; Fri and Sat 11:30-11pm. Reservations only for parties of six+. (520) 624-5765. www.carusositalian.com

D3-Gusto Osteria, 7153 E. Tanque Verde Rd. A hearty blend of modern Italian cuisine with old familiar recipes, including delicious vegetarian and gluten-free

choices and excellent wines, all at affordable prices. The roomy and comfortable remodeled dining room features the work of local artists. Catering is available for corporate events, reunions or family gatherings. Call for hours. RS, WA, VCC. (520) 722-9487. www.gustotucson.com

Japanese

D2-Ginza Sushi 5425 N. Kolb Rd., Suite 115. Japanese Izakaya-style restaurant/bar serving tapas-style food and drinks in a lively atmosphere. In addition to their ample sushi menu, traditional Izakaya staples, sashimi, salads and tempura are available. Lunch Tues-Sat 11:30am-2:30pm; dinner Sun and Mon 5-9pm; Tues-Sat 5-9:30pm. (520) 529-8877. www.ginzatucson.com

Mediterranean

C2-Azul, 3800 E. Sunrise Dr. (The Westin La Paloma Resort &

Spa) An upscale contemporary cocktail and dining experience. Mediterranean-inspired menu and bar libations featuring Azul signature cocktails. Dramatic blue lighting and "chill" lounge music create a stylish, sophisticated atmosphere and a relaxing yet energizing hot spot for cozy dining, Unwind Hour or the adventurous late night crowd. Mon.-Sun., 6:30am breakfast, 11am lunch. Unwind Hour 4:30-7:30pm; Reverse Happy Hour 10pm-2am. **\$\$\$**, WA, VCC, CH. (520) 742-6000. www.azulapaloma.com

Mexican

B4-Abuelitas, Casino Del Sol Resort, 5655 W. Valencia Rd. Abuelita's Taqueria is a great choice for a quick bite, with classic made-to-order Mexican eats like tacos, burritos and quesadillas with a great view of the casino floor. Open Sun.-Thurs. 7:30-11am Breakfast; 11am-11pm

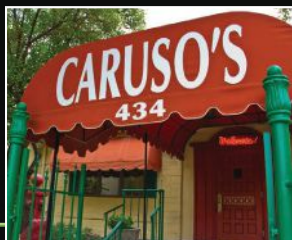
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C2-Reforma Cocina y Cantina, 4310 N. Campbell Ave. (St. Philip's Plaza) Full scratch authentic Central Mexican cuisine featuring house-made tortillas daily. Tucson's largest Tequila and Mezcal selection, private meeting/dining space available. Open daily 11am-11pm. (520) 867-4134 Reformatucson.com, info@reformatucson.com

B4-Tequila Factory, Casino Del Sol Resort, 5655 W. Valencia Rd. More than 120 varieties of tequila grace the shelves of this rustic hide-away, where family recipes create the signature dishes of Old Mexico. Seafood, beef, chicken, fresh tortillas, homemade soups, unique salads and appetizers, and a specialty dessert menu. Sun., Mon. and Thurs. 4pm-10pm; Fri. and

Sat. 4pm-11pm; Closed Tues. and Wed. **\$**. 838-6811. www.casinodelsol.com

Southwestern

C1-Epazote, Hilton Tucson El Conquistador, 10000 N. Oracle Rd. Epazote combines an inviting atmosphere with creative, regional cuisine. Sample their signature, locally sourced Beef Short Ribs or enjoy one of many house margaritas. Whether you are looking for a craft cocktail, something to take the edge off your appetite or a full dining experience, Epazote can fill the bill. Social Hour Sun.-Thurs. 4-6pm; dinner daily 5-10pm. **\$\$\$** WA, VCC. (520) 544-1705. www.epazotekitchen.com

D2-The Flying V Bar & Grill, 7000 N. Resort Dr. (Loews Ventana Canyon) Southwestern menu. Restaurant overlooks the 18th hole of the golf course, with cascading water and sunset views.

Tablesides guacamole. Guests have a chance to become a "Guacamole Sommelier." Dinner served Mon.-Thurs. 5:30-9pm; Fri. & Sat. 5:30-10pm. **\$\$**, WA, VCC. (520) 615-5495. www.flyngvbarandgrill.com

Steakhouse

B2-Bob's Steak & Chop House, 2727 W. Club Dr. (Omni Tucson National Resort & Spa) Specializing in corn-fed, Midwestern prime beef. Selection of meats, gigantic shrimp, salads and desserts. Classic steakhouse food prepared and presented in a manner that *Bon Appétit* magazine calls "the kind of fare you'll want to go back for again and again." Open Tues.-Thurs. 5-9pm; Fri. & Sat. 5-10pm; available Sun. & Mon. evenings for private group functions only. **\$\$\$\$**, WA, VCC. (520) 877-2377. www.bobssteakandchop.com

B4-PY Steakhouse, Casino Del Sol Resort, 5655 W. Valencia Rd. The finest cuts of meats, fresh seafood, and a wine list second to none. Guests can enjoy the lounge and bar area for a cognac and cigar, or choose one of more than a thousand wines. An intimate, private dining room featuring vintage wine cellars and bottle display. Open Tues.-Thurs. 4-10pm; Fri. & Sat. 4-11pm. **\$\$\$**. (520) 324-9350. www.casinodelsol.com

C4-Steakhouse at Desert Diamond Casino Hotel, 7350 S. Nogales Hwy. Generous select steak cuts, bone-in prime rib, braised short ribs and fresh seafood are some of the choices available at the newest restaurant of The Desert Diamond Casino Hotel on Nogales Hwy. Genuine hospitality and comfortable atmosphere. Open for lunch and dinner. Call for hours. **\$\$\$**, RS, WA, VCC, CH. (520) 342-1328. www.desertdiamondcasino.com ▶



WHERE DINING SIZZLES.

The Sol of Tucson

It pays to stay at the Forbes Travel Guide Four-Star and AAA Four Diamond rated Casino Del Sol Resort. Enjoy a winning combination of gaming and entertainment—whether you're hitting one of 1,300 of the newest slot machines and 22 table games or a 300-yard drive at the new 18-hole championship Sewailo Golf Club. In the evening, head to PY Steakhouse for dinner and AVA Amphitheater for a concert. Both are a great payoff to an action-packed day.



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BROTHER JOHN'S BEER, BOURBON & BBQ 1801 N. Stone Ave. 867-6787

BRUSHFIRE BBQ 2745 N. Campbell 624-3223/7080 E. 22nd St. 867-6050

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1 W. Congress 206-0002/5665 N. Swan 529-7424/98 W. River 292-2111/6165 E. Broadway 745-0800/7320 N. La Cholla 531-9615/1165 N. La Cholla 575-0651/8140 S. Houghton 664-1600

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CHEBA HUT 1820 E. 6th St. 495-4719

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COMMONER & CO. 6960 E. Sunrise Dr. 257-1177

CORE KITCHEN & WINE BAR 15000 N. Secret Springs Dr. 572-3000

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222-9889

CUP IT UP AMERICAN GRILL 1101 N. Wilmot Rd. 398-6700

DAKOTA 6541 E. Tanque Verde 298-7188

DANTE'S FIRE 2526 E. Grant Rd. 382-9255

DICKEY'S BARBECUE PIT 7850 N. Oracle Rd. 219-5RIB (5742)

DOWNTOWN KITCHEN + COCKTAILS 135 S. 6th Ave 623-7700

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FESTA INTERNATIONAL BUFFET Casino Del Sol Resort 838-6777

FINI'S LANDING 5689 N. Swan 299-1010

FIRE + SPICE Sheraton Hotel & Suites 5151 E. Grant 321-7621

FIRST WATCH 5055 N. Oracle 293-6139/10565 N. Oracle

544-6115/4775 E. Grant Rd.

795-7879/7189 E. Speedway

885-4838/ 5350 E. Broadway

512-0280

GENTLE BEN'S 865 E. University Blvd. 624-4177

GOLD at the Westward Look Wyndham Grand Resort & Spa 917-2930

GRAZE 2721 E. Speedway 269-6888

THE GRILL AT HACIENDA DEL SOL

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HARVEST 10355 N. La Cañada

731-1100

HARVEST ON RIVER 5605 E. River Rd.

529-7180

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268-9110

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THE OVERLOOK 10555 N. La Cañada

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15990 S. Rancho Sahuarita Blvd.

207-8187

THE MELTING POT 7395 N. La Cholla

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MOBY'S Casino Del Sol Resort

838-6549

MONKEY BURGER 5350 E. Broadway

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MONTEREY COURT 505 Miracle Mile

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NIMBUS BREWING CO. 3840 E. 44th

St. 745-9175

NOBLE HOPS 1335 W. Lambert Lane

797-4677

NOOK 1 E. Congress 622-6665

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THE PARISH GASTROPUB 6453 N.

Oracle 797-1233

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TRIDENT GRILL 2033 E. Speedway 795-5575

TRIDENT GRILL II 2960 N. Swan Rd. 396-4455

TRULAND BURGERS & GREENS

7332 N. Oracle Rd. 395-2975

UNION PUBLIC HOUSE 4340 N.

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WILDFLOWER 7037 N. Oracle

219-4230

YARD HOUSE 5870 E. Broadway

917-9753

ZINBURGER 1865 E. River

299-7799/ 6390 E. Grant 298-2020

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Alvernon 325-5353

GREAT WALL CHINA 2445 S.

Craycroft 514-8888

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Rd. 571-1338

MANDARIN GRILL 505 E. Grant

882-8028

MISS SAIGON 1072 N. Campbell

320-9511/250 S. Craycroft 269-

6899/47 N. 6th Ave. 884-4778/

4650 W. Ina Rd. 572-6560/

8225 N. Courtney Page Way, Marana

579-8889

NEO OF MELAKA 6133 E. Broadway

747-7811

P.F. CHANG'S CHINA BISTRO 1805 E.

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AGUSTÍN KITCHEN 100 S. Avenida

del Convento 398-5382

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747-7477/421 W. Ina 461-1111

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329-8769/2936 E. Broadway

579-7495

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Ventana Canyon 529-7977

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RESTAURANT 198 W. Cushing

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408-9000

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Grant Rd. 623-7976

THE OINK CAFÉ 7131 E. Broadway 296-6465

PIE BIRD BAKERY AND CAFÉ 177 N. Church Ave. 305-3325

PREP & PASTRY 3073 N. Campbell 326-7737/6450 E. Grant Rd.

838-0809

VEG BOX CAFÉ 75 E. Pennington St.

624-0179

VILLAGE BAKEHOUSE 7882 N. Oracle

Rd. 531-0977

WILD GARLIC GRILL 2530 N. 1st Ave.

206-0017

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GMG CHINESE BISTRO 10370 N. La

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GOLDEN DRAGON 4704 E. Sunrise

299-8088/6433 N. Oracle

297-1862/6166 E. Speedway

512-1922

LOTUS GARDEN 5975 E. Speedway

298-3351

PF CHANG'S 1805 E. River Rd.,

Joesler Village 615-8788

SZECHUAN OMEI 2601 E. Speedway

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CAFFE LUCE COFFEE ROASTING CO.

943 E. University 207-5504/4205 N.

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SAVAYA COFFEE MARKET 5350 E.

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747-3200/2905 E. Skyline Dr., Suite

287 638-5511/12120 N. Dove Moun-

tain Blvd. #192, 744-6362/11177

N. Oracle Rd., 447-5713/ 2837 N.

Campbell Ave. 829-6919

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Tree Reid Park 323-5220

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Paloma Resort & Spa 742-6000

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407-1100/6061 E. Broadway

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OPA! GREEK CUISINE & FUN 2990
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FLAVOR OF INDIA 12111 N. Rancho
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GANDHI CUISINE OF INDIA 150 W.
Ft. Lowell 292-1738

INDIA OVEN 2727 N. Campbell
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NEW DELHI PALACE 6751 E. Broad-
way 296-8585

SAFFRON INDIAN BISTRO 7607 N.
Oracle 742-9100

SHER-E-PUNJAB 853 E. Grant Rd.
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CAFFÉ TORINO 10325 N. La Cañada
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River 300-6860

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GIOVANNI'S GELATO CAFÉ 10110 N.

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GUSTO OSTERIA 7153 E. Tanque

Verde 729-9478
HUMBLE PIE 2905 E. Skyline Dr.

395-1280
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4th Ave. 628-1661/105 S. Houghton
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327-8955/100 W. Orange Grove
229-9999

PIAZZA GAVI 5415 N. Kolb 577-1099
PRIMO 3800 W. Starr Pass 792-3500

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Tanque Verde 886-0484

ROCCO'S LITTLE CHICAGO 2707 E.
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SAUCE PIZZA & WINE 7117 N.
Oracle 297-8575/5285 E. Broadway

514-1122/2990 N. Campbell 795-

0344/6450 E. Grant Rd. 203-0681
SCORDATO'S PIZZERIA 4911 N.

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VERO AMORE 2920 N. Swan

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579-2292

VIVACE 6440 N. Campbell 795-7221
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7301 E. Tanque Verde 296-7878
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SAMURAI 3912 N. Oracle 293-1963

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888-6646

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324-0010

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326-4700/7401 N. La Cholla

87-SUSHI
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219-6989

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Encantada 232-1007

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3001 N. Campbell 795-7593
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638-5529
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7725 N. Oracle 229-1922/6910 E.
Sunrise 514-1922/Rancho Sahuarita

325-1922
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Rd. 882-8977

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792-1585

KARICHIMAKA 5252 S. Mission
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LA BUENA COCINA MEXICANA 3535
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way 747-4838 /2720 N. Oracle

624-4300/ 4250 W. Ina 572-7200
LA PLACITA CAFÉ 2950 N. Swan

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4861 E. Grant 325-2200/1021 N.
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7040 E. Broadway 722-8090

**MARIA BONITA MEXICAN
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Dr. 624-4512
MOSAIC CAFE DOS 7354 N. La Cholla

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PENCA 50 E. Broadway 203-7681

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POCO & MOM'S CANTINA 7000 E.
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Broadway 325-1234

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Broadway 745-5308

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Verde 296-1631
TANQUE VERDE RANCH 14301 E.

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Oracle 219-9500
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Verde 296-0911
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342-1328

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Dining Guide

