

FOR IMMEDIATE RELEASE:
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The 16th Annual Flagstaff Home and Garden Show is Bigger than ever!!!

Nothing signals spring in Flagstaff like the Flagstaff Home and Garden Show! For sixteen years it has been Flagstaff's big spring event that always draws a massive crowd! With over 500 displays, this Flagstaff Home and Garden Show is not just the biggest Home Show; but it is the largest of all consumer show events in Northern Arizona.

Come to the Show, Shop & Save Money!

See what's new and in style, shop and save big money at this year's Flagstaff Home & Garden Show. Everything from design, home improvement, green building, décor, home entertainment, landscaping, gardening, and much, much more will be on display. It is the place to gather ideas for your next home remodeling project. Increase the value of your home and compare brands, quality and prices. Meet factory representatives from a huge array of companies and get all your questions answered.

Free Antique Evaluations with Gary Sohmers of PBS's *The Antiques Roadshow*

Gary Sohmers is known in the media and collecting world as the "King of Pop Culture." He produces and hosts the syndicated talk radio show *Calling All Collectors* and is a very popular, flamboyant appraiser of toys, collectibles and memorabilia on the hit PBS television program *The Antiques Roadshow*. Additionally, he has made a considerable number of guest appearances on many other television and radio programs over the past 25 years, and is quoted regularly in national print for his expert knowledge of the value and history of collectible objects. He speaks at historical societies, schools, libraries and comedy clubs, along with antique shows and flea markets. He recently appraised over half a million dollars worth of antiques at the weekend long Arizona State Home & Garden Show in Tucson.

Russ Hemmis of HGTV's *Design on a Dime* & *24 Hour Design*

HGTV Star Russ Hemmis will be on stage at the Arizona State Home Show. Hemmis has been a regular on *24 Hour Design* and will be a regular cast member of *Design on a Dime*. A self-taught carpenter, Hemmis considers himself to be a jack of all trades. Being able to do everything from plumbing and electrical work to drywall, flooring and trim work has allowed him to take on large-scale projects.

Cooking Demonstrations by Chef John Sharpe of The Turquoise Room in La Posada

Chef John Sharpe started his cooking career in 1962 at the age of sixteen with an apprenticeship in the picturesque town of Harrogate, Yorkshire, at the Majestic—a turn of the century hotel that was full of grandeur. He credits his accumulation of cooking basics from his work in the basement of this fading Victorian beauty. After years of studying his craft and working in restaurants in Spain, France, Italy and Greece, he moved to the United States where he worked, managed and owned some of the best eating establishments in Southern California. John's lifetime of developing innovative menus and successful restaurants culminated in the creation of The Turquoise Room at La Posada in 2000. Eight years later after being widely acclaimed as the finest destination dining spot in Northern Arizona, Arizona Highways has now included this hidden gem as one of their top 25 restaurants in the State. The restaurant features some retro Fred Harvey dishes as well as John's interpretation of Southwestern Cuisine. He is currently focused on encouraging local farmers to grow foods for use in the restaurant. He has also developed a network of purveyors that provide him with fresh fish and game from all corners of the country. Working in conjunction with C.S.E. at N.A.U. John is committed to the cause of both the Slow Foods movement and the Chef's Collaborative. He is an avid home gardener. He grows heirloom vegetables and herbs for the restaurant, especially the giant squash blossoms picked each morning in late spring and summer from the Ha:l squash, one of the Tohono O'odham peoples ancient vegetables. Show attendees can see Chef Sharpe prepare some of his succulent dishes and sample what he terms regional contemporary southwestern cuisine.

This show has been constantly growing for sixteen years and now it grows green!

This year the Flagstaff Home and Garden Show has a huge new aspect to the show and that is an array of products and services that will enable the public to green enhance their lifestyle. This show will teach attendees how to reduce their carbon footprint on mother earth. There will be symbols throughout the show that will showcase these green services and products.

American Shows Inc., producer of the Flagstaff Home and Garden Show, has a professional management staff that has worked for several Fortune 100 companies, and specializes in producing home and garden shows in markets across the entire United States. They are never content to rest putting on the same show year after year, but challenge each annual event to reinvent itself and become more and more relevant to people's lives.

FREE parking and FREE shuttle service.

Free parking and shuttle service will be provided for The Flagstaff Home and Garden Show attendees. There will be added free shuttles leaving from San Francisco and MacDonald streets. All you have to do is follow the signs when you get to the show.

Seniors

Seniors 62 years and over will receive free admission to the show on Friday only.

Hours and times:

The show takes place at the NAU Skydome and is open to the public on Friday from 10:00AM till 6:00PM, Saturday from 10:00AM till 6:00PM, and on Sunday from 10:00AM till 5:00PM. Kids 16 and under are admitted free.

Sponsors:

The Arizona Daily Sun, La Quinta Inns, Kitchen Craft, Pepsi, 93.9FM The Mountain, KNAZ TV 2 and KAFF Radio proudly sponsor The Flagstaff Home and Garden Show.

Event:	Event:	The 16 th Annual Flagstaff Home and Garden Show
When:		March 27 th , 28 th and 29 th , 2009
Where:		NAU Skydome
Show Hours:	Friday, March 28	10:00am - 6:00pm
	Saturday, March 29	10:00am - 6:00pm
	Sunday, March 30	10:00am - 5:00pm
Admission:		Adults \$7.00 (includes \$1.25 NAU ticket fee) Kids 16 and younger – FREE
Discounts:		Discount coupons can be found in the Arizona Daily Sun and online at http://www.americanshowsin.com .
Sponsors:		The 16 th Annual Flagstaff Home and Garden Show is sponsored by the Arizona Daily Sun, Kitchen Kraft, La Quinta Inns, Pepsi, 93.9 FM The Mountain, KNAZ TV 2, and KAFF Radio.

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