

## Meet Rachel - the newest AFM contributor!

Written by Rachel Roland

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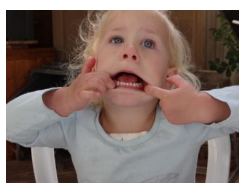
**Hello fabulous AFM readers! I'm Rachel Roland, and I cannot wait to share with you some of the fantastic finds I have for you - great Valley restaurants, activities, as well as fun products. The difference? I'm writing from 'The Mom' perspective. Not only will you get my opinion, you'll get my two children's (very vocal) opinions, as well.**



So, we've established that I'm a mom - a stay at home mom, to be exact. Luckily, this affords me the opportunity to explore this fascinating Valley of the Sun with my two children. Want to meet them? Sure you do!

First, there's Jeremiah - pictured above. He's four and a sweet little dude. He's a picky eater, so if he likes something, you know it's either candy or very, very tasty! He is adventurous and loves learning and is always up for a new experience, whether it's a new road trip, restaurant, or museum.

Then, there's my darling Sarah:



As you can see, she's a bit of a ham. She also is strong willed and smart - at 2 1/2 years old, she already knows what she wants out of life. And that's usually a snack and "Wonder Pets."

As for me, I'm the one who is making sure we all have our reusable water bottles, snacks, and a few dollars for the gift shop of wherever we may be visiting. Even though I stay at home, I definitely keep myself busy. I write a blog that's about [green and healthy living](#), volunteer with MOPs, and also try to stay involved with my friends. I consider myself a locavore - someone who eats as local as possible, as well as an 'eco-enthusiast.' I am passionate about the environment and keeping it safe and protected for future generations.

I'm going to bring a fresh parenting perspective to Arizona Foothills - I'm a young mom who doesn't want to be identified as 'just a mom.' My husband and I love to hunt for new and exciting things to do around the Valley with our children, because they're pretty fun to be around. I hope to introduce you to some of the incredible things that you can do with your children...some of them may be more adventurous than others, (how does feeding a tiger sound?), but I think they'll all be interesting and helpful for you - maybe even if you're not a parent!

I'd also love some feedback - if you have suggestions you'd like me to write about, please let me know!

For instance:

Have you always wanted to try a restaurant but you're not sure if it's kid-friendly? Send us!

What about that day trip out of Phoenix - is it worth the long car ride? Send us!

How about that one museum? It sounds interesting, but is there anything children would enjoy? We'll go and let you know!