

ARCADIA NEWS

VOL. 26 NO. 2

ARCADIA • BILTMORE • CAMELBACK

MAY 2018



HUBBARD SWIM SCHOOL

A local family business
is turning 20 this year.

PAGE 28

MOTHER'S DAY

We're honoring moms in May with
lots of Mother's Day content!

PAGES 20, 22, 26, 32, 34

ARCADIA SHOPPING

Updates on some of the newest
retail coming to the area.

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Tanner Detro
NMLS ID# 1182443

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Few moms have a story like Laura Murphy's. She survived dangers we can now hardly imagine, all while raising her family and helping turn our area into what it is today.

38 Navigating social media

Kids are using the internet at a younger age each year. We spoke with an expert on how adults can help their children navigate the world of social media.

47 AHS Agora Arts Festival

Each year, the community gathers at AHS for the Agora Arts Festival. While the evening brings laughs and art, it's the mission behind the event that makes the real impact.

48 Titans signing day

The end of the school year means one last signing day for local athletes. Seven of the best from Arcadia High have decided on their future and reflect on their time as Titans.



COVER IMAGE:

Leslie Anne Smith, wife of our editor Nick, celebrates her first Mother's Day with her daughter Elaine.

PHOTO BY GREG BRUNS



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EDITOR'S NOTE

Mother's Day is one of the biggest highlights during the month of May, and I personally have come to see the holiday in a whole new way than I did in 2017.

This will be the first official Mother's Day for my wife Leslie Anne, as we welcomed our first baby last October. Our daughter Elaine is now six months old (cover photo), and the last half year has made it perfectly clear to me that no one deserves to have a day of honor more than moms do.

From the moment Elaine arrived, my wife has been completely devoted to this new life, completely at the expense of her own. She gives up much needed sleep to wake up every night, changes dozens of baby and grown-up outfits each day, remains calm over the bloodcurdling shrieks of a baby who doesn't want to be rocked to sleep. I watch with a mixture of awe and pride as she never lets Elaine see how hard the job is, smiling at her no matter what, even when sharp baby fingernails are accidentally tearing into her face.

My wife is a superhero, and she and mothers just like her are why we've devoted so much of our May issue to moms. There's a list of great spas where you can spoil your own mom this year (page 20), while columnist Robin Sewell pens a touching note about her own mother (page 26), and the impact she's had on her life. We're also telling the story of Laura Murphy (page 32), a mom who made a huge impact on our local history, all while leading her family through things most of us can't even imagine.

Other stories featured in our May edition include the 20th anniversary of the Hubbard Family Swim School (page 28), updates on some of the ever-expanding retail complexes around the area (page 36), and college signing day for athletes at Arcadia High School (page 48).

As always, I encourage you to reach out to me with any story ideas, suggestions or feedback. Many of our best neighborhood stories are made possible by loyal readers, who contact us. We hope you enjoy this May 2018 edition – and thank you for reading the *Arcadia News*!

— Nick Smith
nick@arcadianews.com



Allegra Hudson teaches at The Solel Preschool.

THIS MONTH'S WINNER: Allegra Hudson – The Solel Preschool
NOMINATED BY: Arianna Doherty

What made you want to be a teacher?

I grew up in Huntington Beach and had a really rough childhood in some ways. I was expected to do a lot in my household, driving my sisters and brother to school and to practices. I had a lot of responsibility given to me at a young age.

I couldn't go away to college, so I went to community college while working part-time at an after-school program. I had a son when I was 21, and when he was three I enrolled him in a co-op preschool. I met amazing families there, it was really guided toward building a community where our kids could thrive. I was inspired by that, the idea of slowing down and being present with children. So I decided to go full force toward education.

Jewish heritage and fostering a positive Jewish identity are a big part of Solel.

Tell us how you do that?

In Judaism, family and tradition are very important. I'm not Jewish, but I was welcomed with open arms, no questions asked. One big aspect is teaching the children how to celebrate the earth. The belief is that we have one earth that has been given to us, and we have to learn how to take care of it.

We observe many traditions and holidays. A lot of Judaism includes the entire family. The Seders and celebrations include children, and we teach the children about the traditions. The kids can pick flowers and bring them in to help set the table in the classroom. No real candles, that might end badly, but we do have pretend candles that we use. My class is just getting verbal, and the kids learn to recite prayers, which I think is amazing.

What sort of teaching style do you use with preschoolers?

I follow the teachings of a lot of different educational styles, but I tend to gravitate toward a Montessori or a Waldorf school. I truly believe that if you put something in a child's hands and they can feel it, mold it, and really connect with it, the concept will go into their brain easier. Sensory play is important



at this age. Let them get messy, or stand up and learn, or possibly go outdoors.

Singing is a good one! We sing songs in our class, including in Spanish and Hebrew. Music can change a child's demeanor. As soon as we start singing, there's not enough room on the circle time mat. They all want to be a part of it.

My goal is really to help children achieve independence and confidence. Part of getting there is giving kids respect. Give their words and feelings weight and listen to what they are saying.

Do you use experiences from your own life with the kids?

One example I use is my sister. I have a twin sister, along with a younger sister and brother. A rule in our house was we had to be enrolled in a physical activity. I chose field hockey, and my younger siblings chose soccer. My twin, who has autism, chose ballet. What's funny is out of all of us, she had the most success. She was one of the first African-American prima ballerinas to get into the Juilliard School on a full-ride scholarship!

This helped shape the way I teach and it's a lesson I use for my kids. Sometimes, you need to look at the bigger picture. It's not always about winning the title. A lot of the time, life is about experience and the journey.

Winning teachers receive Arcadia News gift items, a gift certificate for Elements Massage-Phoenix Arcadia and a gift certificate to Postino. All winners are invited to an end of school year celebratory luncheon. **Nominate a teacher you love at arcadianews.com.**



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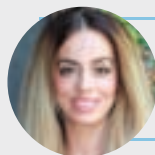
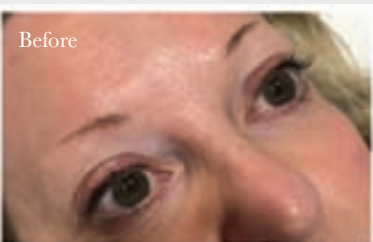
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Arcadia Real Estate Stats

2018 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2018-3/31/2018)

Active Homes - 210 homes
Homes Sold - 69 homes
Average Sale Price - \$1,201,000
Average Sold \$ Per SF - \$345
Average Days On Market - 141 days

There is currently 9 months of home inventory. (based on 2017 sales results)
2018 home sales have increased 0% this year. (based on 2017 sales results)
2018 home prices have increased 5%. (based on 2017 sales results)
2018 \$ Per Square Foot prices have increased 4%. (based on 2017 sales results)
2018 homes are taking 18% more time to sell. (based on 2017 sales results)

2017 HOPI SCHOOL DISTRICT SALES RESULTS

Homes Sold - 276 homes
Average Sale Price - \$1,140,000
Average Sold \$ Per SF - \$332
Average Days On Market - 116 days

2016 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 278 homes
Average Sale Price - \$1,210,000
Average Sold \$ Per SF - \$328
Average Days On Market - 128 days

2018 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2018-3/31/2018)

Active Homes - 71 Homes
Homes Sold - 60 Homes
Average Sale Price - \$648,000
Average Sold \$ Per SF - \$272
Average Days On Market - 89 days

There is currently 4 months of home inventory. (based on 2017 sales results)
2018 home sales have increased 0% this year. (based on 2017 sales results)
2018 home prices have increased 6%. (based on 2017 sales results)
2018 \$ Per Square Foot prices have increased 5%. (based on 2017 sales results)
2018 Homes are taking 12% more time to sell. (based on 2017 sales results)

2017 TAVAN SCHOOL DISTRICT SALES RESULTS

Homes Sold - 241 Homes
Average Sale Price - \$612,000
Average Sold \$ Per SF - \$257
Average Days On Market - 78 days

2016 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 219 Homes
Average Sale Price - \$527,000
Average Sold \$ Per SF - \$235
Average Days On Market - 93 days

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Natural toothpaste

By Sara Lemons Vaules

In my personal search for the best chemical-free products, toothpaste was actually a big challenge. I found that I reacted to most that I tried.

It wasn't for a lack of brands, both large and small, developing chemical free pastes, but because it is put into the mouth and swallowed, meaning the absorption rate is high.

As one of the most important hygiene items, choosing a toothpaste also includes the questions of whether you want one with fluoride or whitening agents.

Luckily there are wonderful natural options that have fluoride and/or natural whitening agents, and I encourage you to start there. After some time, you may want to consider researching both of these so you can make your own choice about whether these are healthy for your family.

Ancient Egyptians first developed a dental cream as far back as 3000-5000 B.C. and it was comprised of powdered ashes from oxen hooves, myrrh, egg shells, pumice and water. And while it probably tasted terrible, it likely provided a somewhat minimal level of tooth cleaning, at least in a "scraping away the bad stuff" sense. Around 500 B.C. or so, China and India were using a powder paste as well. The Chinese were particularly forward-thinking in adding flavoring (Ginseng, herbal mints and salt). It must have tasted a lot better than the early Egyptian version!

These crude powders and pastes continued in different forms and had soap added in the early 1800s. In 1873, Colgate started mass production of an actual paste sold in jars, still with abrasive ingredients that damaged enamel. Fluoride was introduced in 1914 and with



CHEM-FREE LIFE

the First World War, producing a lead and tin shortage (the packaging choice until then) plastic tubes were developed. Abrasion was reduced at this time and more synthetic ingredients and sweeteners were added.

One chemical ingredient still used today that I would highly encourage you to research and remove is SLS (Sodium Lauryl Sulfate). It has been found to cause a plethora of health issues and as it is a foaming agent, is truly not necessary in toothpaste.

Today we now have a plethora of wonderful choices when it comes to natural tooth care and a stroll down the aisle at Sprouts or Whole Foods will present you with tons of options to suit your individual needs. Activated charcoal is a more recent addition to the whitening trend and although a bit messy, does wonders in that area. Free tip: you can also just buy activated charcoal capsules and dip your toothbrush and toothpaste into it!

Personally, when I first started trying "tooth soap" I was hooked, as it is a gentle but powerful cleaning agent as well.

Happy Brushing!

— Sara Lemons Vaules is the founder of Lemon and Light, which offers consulting, products and strategies for moving with ease into an organic, chemical-free lifestyle.

ANTIQUITIES

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DENTAL SPECIALTY ASSOCIATES

Previously at 40th & Camelback, Dental Specialty Associates has moved into their new building at 4216 N. 44th St.

DOGTOPIA

Dogtopia of Arcadia has opened its doors. The fully-equipped facility will serve as a destination for dog daycare, boarding and spa services. Dogtopia of Arcadia is located at 3031 E. Indian School Road.

MODERN ACUPUNCTURE ARCADIA

Located next to the Water Connection in the shopping center at 3925 E. Camelback Road, Modern Acupuncture Arcadia opened its doors in March. Guests can experience healing, escape, relaxation, and natural health benefits.

ORANGETHEORY

One of the fastest-growing fitness franchises in the country, Orangetheory has opened their second location in the area with a new space at 3923 E. Camelback Road, in the Arcadia Village Shopping Center.

TEASPRESSA

Teaspresso's signature café location opened in March at 4628 E. Indian School Road. Owned and operated by an Arcadia resident, Teaspresso is a beverage that is a hybrid of coffee and tea.

ZIP SIT

ZipSit is a local startup that just launched in February. Focusing on Arcadia and the surrounding areas, ZipSit enables families to easily connect to a trusted network of babysitters. A mobile app makes the entire process convenient for the user, and local high schoolers and graduates can also use it to earn extra money. For more: Zipsit.com.

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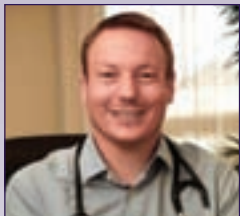
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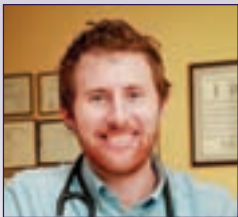
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Making a good B-E-T

By Michelle Donati-Grayman

Picture hopping into your car for a road trip. Your family is buckled in, bags are packed, snacks are stocked and the GPS is set for your destination. But as you start your journey, you are slowed down by car trouble.

Although you might be bummed out, you're also not alone.

Last summer, AAA rescued more than 171,000 Arizonans on the roadside. This summer, the auto club anticipates that it will assist more than 175,000 Arizona drivers due to a host of problems that could have been avoided through proper car maintenance.

Before embarking on your next road trip, especially if you drive a car ten years or older, put the odds back in your favor by making a good B-E-T by checking your vehicle's Battery, Engine and Tires:

• **Battery-related issues** range from dim headlights and interior lights to a faulty starter or alternator. A battery on the brink of dying rarely warns a driver before it fails, but a simple battery test will. Don't forget to ask for a check of your starter and alternator as these parts can leave you stranded as well.

• **Engine failures** are most prominent in vehicles aged ten years or older. Much like a battery, components of the engine cooling system may fail without warning. If you find fluids such as coolant pooling beneath your vehicle when it's parked, it may be a sign of serious issues.



• **Tire-related issues** can be minimized by checking all four tires for tread depth and tire pressure and making sure your vehicle is equipped with a spare tire. If your tire blows out while driving, do not slam on the brakes. That could cause a skid, and your car already will slow down on its own. Ease over to the right side of the road and gently apply your brakes when the car is almost stopped.

When these three systems are in working order, AAA data shows the likelihood of a serious breakdown is greatly reduced.

No matter the age of your vehicle, a professional inspection can help reduce the chance of a serious breakdown.

Drivers may skip taking their car in for an inspection, hoping to avoid an expensive repair bill. But when you factor in the cost of an interrupted trip, having a vehicle inspected and proactively repaired will cost much less in the long run.

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6139 N 31ST CT - \$879,000
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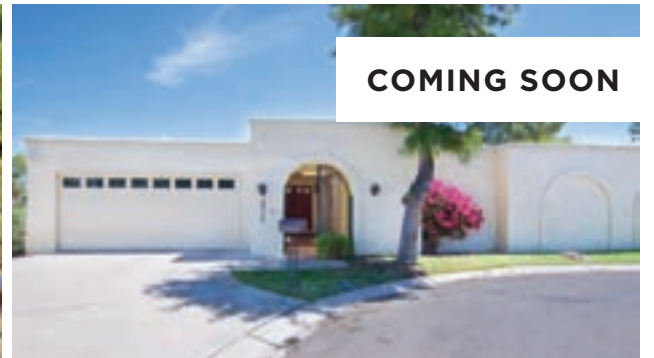
3137 N 41ST ST - \$774,900
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2211 E CAMELBACK RD #206 - \$675,000
2 BED + OFFICE | 2 BATH | 2,074 SQ. FT.



4511 N 34TH ST - \$599,000
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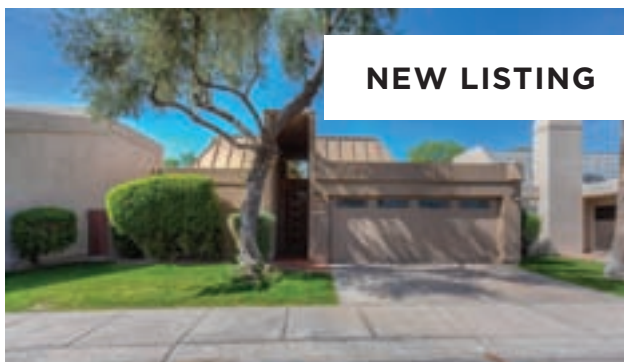


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WHAT'S HAPPENING, ARCADIA?

THURSDAY 5/3

Roars and Pours

5:30 – 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time to get wild for Happy Hour! Roars and Pours is a 21 and over event that boasts craft brews, wine and snacks, all while walking the trails at the Phoenix Zoo. Attendees can also visit special exhibits, play lawn games and enjoy live musical entertainment. Tickets are \$10. For more: phoenixzoo.org.

FRIDAY 5/4

Science with a Twist

6 – 10 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. May the 4th be with you! Science with a Twist is back and this month's theme is Trek, Wars and Who II. Dress up as your favorite Star Trek, Star Wars or Dr. Who character and grab a themed drink like the Make It So margarita. Take a grand tour of the Empire or visit the Pompeii exhibit, plus games and music. Tickets are \$12 per person. For more: azscience.org.



Cinco de Barko at OHSO Brewery in Scottsdale.

SATURDAY 5/5

Avondale Fiesta

6 – 10 p.m. at the Historic Western Ave. from Dysart to 3rd Ave. in Avondale. Put on your celebration hat and head to Avondale for a Cinco de Mayo-inspired fiesta! The Historic Western area will be set up for a street festival including Mariachi music, ballet folklorico, arts and crafts and of course, delicious food. This is a free event. For more: avondaleaz.gov.

Cinco de Barko

9 a.m. – 1 p.m. at OHSO Brewery, 10810 N. Tatum Blvd., Scottsdale. This Cinco de Mayo is for the Dogs! OHSO and the Luv of Dogz Foundation bring you Cinco de Barko, a brunch-style fundraiser. A portion of the sales will go to the Luv of Dogs Fund. There will be an adoption as well as raffles, prizes, and a dog and human dress up contest. Bring your four-legged friends and enjoy the day! For more: happydogphoenix.com.

AASK Family Fun Run

7:30 – 10:30 a.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The Aid to Adoption of Special Kids Organization is holding a family fun run/walk to raise funds for kids in foster care. Held at Steele Indian School Park, this 1.5-mile run is open to all ages and will conclude with a party – food, music, games and activities for everyone. Registration is \$35. For more: aask-az.org.

Cinco De Mario

11 a.m. – 6 p.m. at the Scottsdale Civic Center Park, 7380 E. 2nd St., Scottsdale. It's a different kind of Cinco celebration. Celebrity Mario Lopez will be hosting this party, which includes taco trucks, live music and entertainment, a kids zone, and screens showing all the action of the Kentucky Derby with Cinco de Mayo mixed in. Plus, special appearances by actor Danny Trejo and comedian Frankie Quinones. General admission is \$20, with VIP packages available. For more: cincodemario.com.



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WHAT'S HAPPENING, ARCADIA?

SUNDAY 5/6

Spring Concert

3:00 p.m. at Prince of Peace Lutheran Church, 3641 N. 56th St., Phoenix. Join Prince of Peace in welcoming Kay Cook's Desert Bells International for their Spring Concert. Kay has been teaching bells to youth and adults for 27 years and has directed festivals and workshops for the The American Guild of English Handbell ringers over the past 25 years. There will also be a silent auction after the concert. This event is free. For more: desertbells.org.

Wanderlust 108

7:30 a.m. – 3:30 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Free your mind and let the yogis be your guide! Wanderlust is a day-long triathlon, starting with a 5K run/walk, a massive, music-charged yoga class and a guided meditation. After that, you can browse the vendor market and grab a bite to eat. Tickets are \$20-\$150. For more: wanderlust.com.

A Sip of Science

3 – 4:30 p.m. at the The Brickyard, 85 W. Boston St., Chandler. ASU's Biodesign Institute has been hosting a series of informational



Experience China at the Musical Instrument Museum in Phoenix.

talks since February with topics ranging from plastics in the ocean to the brain's memory abilities. This month, the topic is "Emperor of all Maladies: Why are We Optimistic about Cancer?" Join researcher and cancer physician Joshua LaBaer as he explains medical advances and more. Appetizers will be served. Tickets are \$15. For more: biodesign.asu.edu.

Putts for Mutts

7:30 a.m. at the Lookout Mountain Golf Club, Pointe Hilton Tapatio Cliffs Resort, Phoenix.

Play a round and support a cause! The Arizona Small Dog Rescue's Putts for Mutts supports the no-kill shelter and rescue organization with a breakfast, 18 holes of golf, as well as prizes and silent auction. Tickets are \$100 per person. For more: azsmalldog.org.

Experience China

9 a.m. – 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Transport yourself to a different culture at MIM's Experience China event. Guests can participate in photo booths, arts and crafts, live dances and performances, calligraphy workshops and curator talks all focused

on China and its history and culture. Tickets are \$20 for adults, \$15 for kids. For more: mim.org.

SATURDAY 5/12

StayCay 5K

5:30 a.m. at the JW Marriott Desert Ridge Resort, 5350 E. Marriott Dr., Phoenix. The Marriott Resort presents its 2nd annual StayCay 5K fun run/walk. The walk will wind around the resort at the Wildfire Golf Club and finish off with a complimentary pancake breakfast. Proceeds will be donated to the Children's Miracle Network. Registration is \$25 per person. For more: deals.marriott.com.

Mega Funk Fest

5 p.m. at the Celebrity Theatre, 440 N. 32nd St., Phoenix. Get your dancing shoes on and get ready to boogie! The Mega Funk Fest, presented by UrbanAZ and Mega 104.3 Radio, will showcase funk bands Cameo, Zapp Band, Rose Royce and Lakeside. Bringing back all of your favorite funky jams from the 70s and 80s. There will be a Happy Hour before the concert. Tickets are \$49-\$100. For more: celebritytheatre.com.



Lot Available in Marion Estates. Call Debbie for more details.



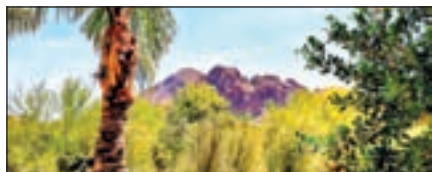
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Nestled into Camelback Mountain

This exquisite home has 270 degree views of downtown Phoenix is just under 4000 sq ft 3 BR, 2.5 BA. Gourmet kitchen opens to the great room. The terraced front yard which overlooks the whole city has a resort like pool. One of the very best view properties at this price \$1,299,000.



Camelback View Lot

Breathtaking views of Camelback Mountain from this 1+ acre lot located in one of the most desirable neighborhoods of Paradise Valley in the Hopi School District. Lush resort like backyard with a newly remodeled pool. End of the Cul de sac lot on a quiet street with 360 degree views. \$1,350,000.



Luxury Condo Near Old Town

Great ground-floor 3 BR 2 BA unit with a HUGE private patio with some covered and uncovered outdoor space. Now is your chance to buy a luxury condominium within walking distance to the heart of Old Town Scottsdale. Light oak hardwood flooring throughout, espresso colored cabinetry \$590,000.



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WHAT'S HAPPENING, ARCADIA?

SATURDAY 5/12

Mimosas and Monet

9:30 – 11:30 a.m. at the Hermosa Inn, 5532 North Palo Cristi Road, Paradise Valley. Calling all painters, beginners and experts alike! The Hermosa Inn welcomes Carrie Curran Art Studios for a morning of art and mimosas. Carrie will teach and guide guests with an acrylic on canvas painting of Monet's Blue Window. Enjoy a mimosa and snack on pastries while creating your masterpiece. Registration is \$75. For more: hermosainn.com.

SUNDAY 5/13

Mother's Day Brunch

10:30 – 11:30 a.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. Celebrate mom this Sunday with a Mother's Day breakfast at the Phoenix Zoo! Guests will be able to choose from a variety of breakfast foods at the zoo's Stone House Pavilion and toast with a glass of sparkling cider. After, guests will get exclusive animal encounters. Tickets are \$18 for adults and \$14 for kids. For more: phoenixzoo.org.



Mimosa and Monet at the Hermosa Inn in Paradise Valley.

TUESDAY 5/15

Eroica Ballet

8 p.m. at the Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Ballet Arizona returns to the Garden for its awe-inspiring show, Eroica. Directed by Ib Anderson, this act uses the beautiful views at DBG for its backdrop for an exciting and emotional "dance in the desert." Tickets are \$40. For more: dbg.org.

THURSDAY 5/17

Little Shop of Horrors

7:30 p.m. at the Phoenix Theatre, 100 E. McDowell Road, Phoenix. Time to enjoy one of the most popular cult classic films right before your eyes! Little Shop of Horrors follows Seymour and his unusual "pet" that has its mind set on world domination. Can he save himself, save the world and get

the girl? You'll have to watch to find out! Tickets are \$36-\$86. For more: phoenixtheatre.com.

SATURDAY 5/19

Play Date: Adult Prom

7 – 11 p.m. at the Children's Museum of Phoenix, 215 N. 7th St., Phoenix. Bring back those high school memories with the Children's Museum of Phoenix Adult Prom night! Dress in your best and enjoy food trucks, a DJ, dancing, games, a build-your-own corsage activity and a Prom Royalty contest. Tickets are \$20 with VIP packages available. This is a 21+ event. For more: childrensmuseumofphoenix.org.

Phoenix Writer's Club

12 – 2 p.m. at Bluewater Grill, 1720 E. Camelback Road, Phoenix. Come out and enjoy lunch and a guest speaker with the Phoenix Writer's Club! This month's speaker is Rosemarie Dombrowski, founder of Rinky Dink Press, Poet Laureate of Phoenix, and professor at Arizona State. Tickets are \$25. For more: phoenixwritersclub.com.

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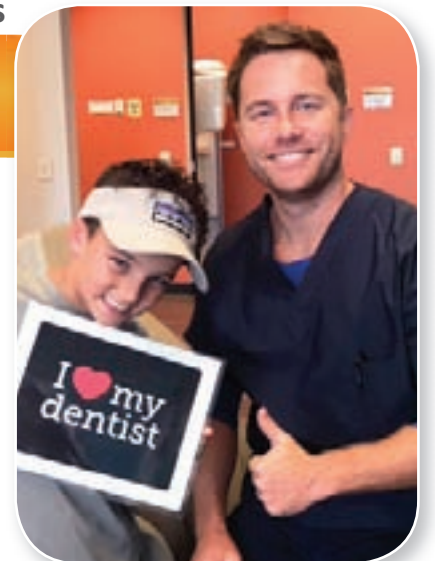
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NEW LISTING

\$259,900 6502 North Central Avenue C102
2 bedrooms, 2 baths, 1,279 square feet



SALE PENDING

\$487,000 2800 East Turney Avenue
3 bedrooms, 2 baths, 1,775 square feet



JUST SOLD

\$519,000 4434 East Camelback Road, #126
2 bedrooms, 3 baths, 2,404 square feet

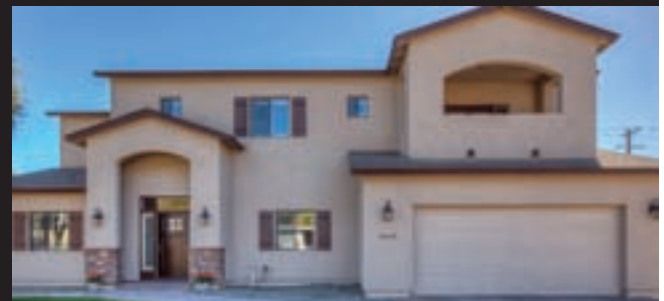


\$784,000 3050 East Marlette Avenue
4 bedrooms, 4 baths, 3,270 square feet



JUST SOLD

\$1,295,000 4220 North 58th Street
CALL FOR INFORMATION.



\$835,000 4613 East Devonshire
4 bedrooms, 4 baths, 3,714 square feet



JUST SOLD

\$980,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet

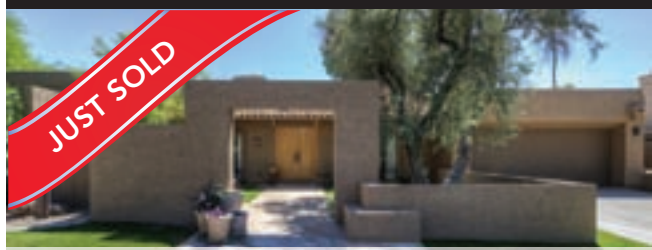


JUST SOLD

\$1,395,000 6045 East Calle Del Paisano
5 bedrooms, 4 baths, 4,089 square feet



\$899,000 4808 North 24th Street #1321
3 bedrooms, 3 baths, 2,393 square feet



JUST SOLD

\$875,000 4450 East Camelback #1
3 bedrooms, 5 baths, 4,000 square feet



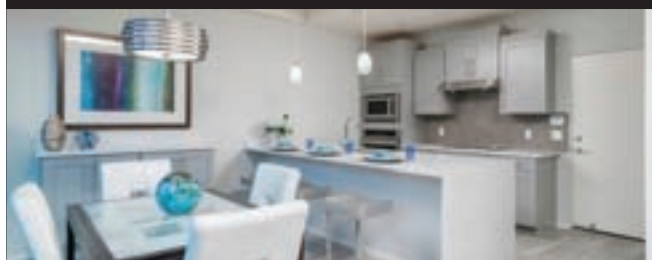
JUST SOLD

\$459,000 3346 East Clarendon
3 bedrooms, 3 baths, 1,941 square feet



JUST SOLD

4430 East Camelback Road, #42
CALL FOR PRICING & INFORMATION.



\$525,000 4404 North 27th Way
4 bedrooms, 4 baths, 2,175 square feet



SALE PENDING

\$919,000 4556 East Calle Redonda
3 bedrooms, 2 baths, 1,926 square feet



\$899,000 6426 North 29th Street
3 bedrooms, 3 baths, 3,008 square feet

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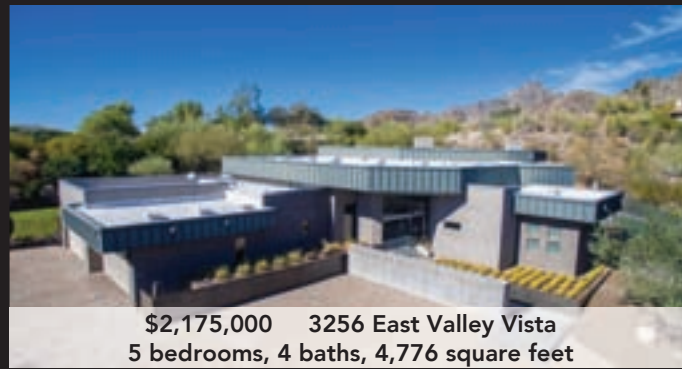
602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com



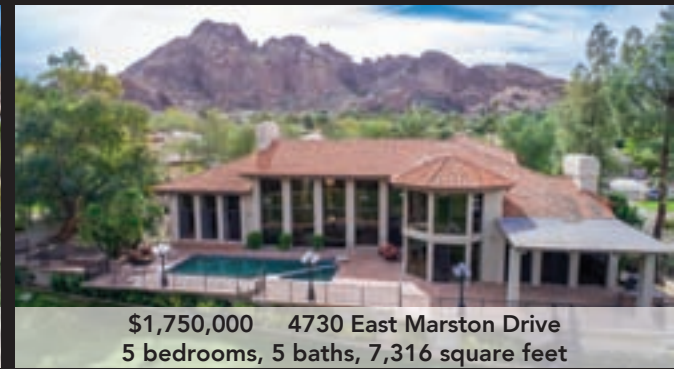
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\$1,995,000 4031 East Montebello
4 bedrooms, 5 baths, 4,000 square feet



\$2,175,000 3256 East Valley Vista
5 bedrooms, 4 baths, 4,776 square feet



\$1,750,000 4730 East Marston Drive
5 bedrooms, 5 baths, 7,316 square feet



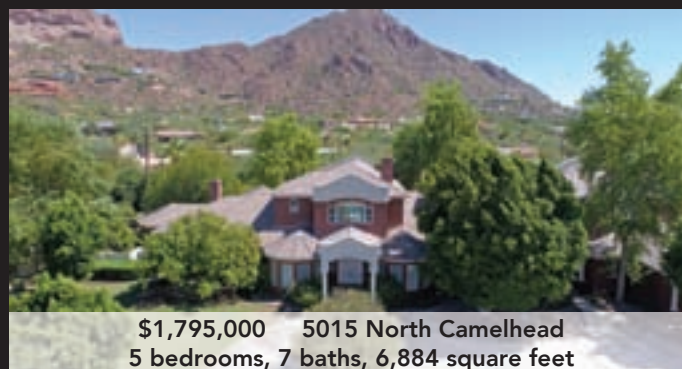
\$1,595,000 6311 East Calle Rosa
4 bedrooms, 4 baths, 3,168 square feet



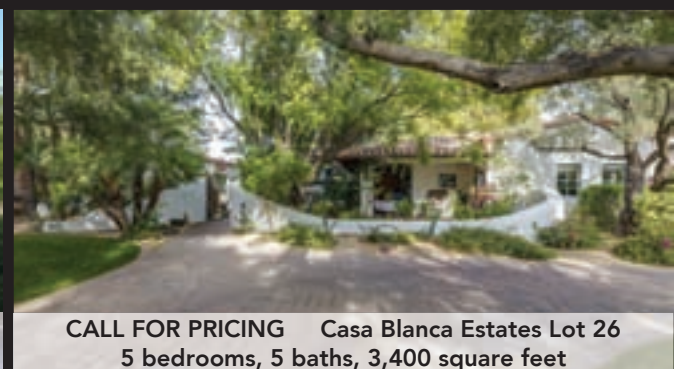
\$1,835,000 7838 North 54th Place
4 bedrooms, 5 baths, 4,697 square feet



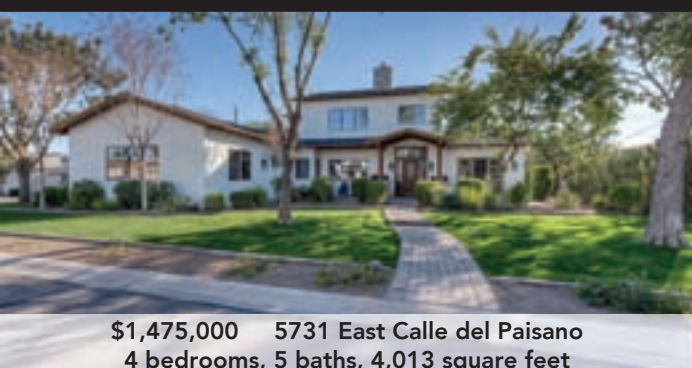
\$1,795,000 4635 East Exeter
4 bedrooms, 5 baths, 3,862 square feet



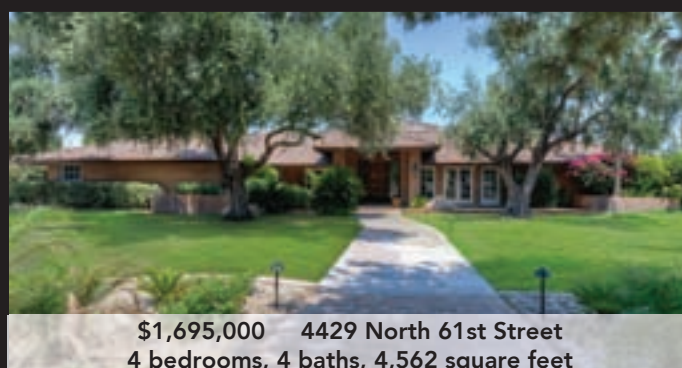
\$1,795,000 5015 North Camelhead
5 bedrooms, 7 baths, 6,884 square feet



CALL FOR PRICING Casa Blanca Estates Lot 26
5 bedrooms, 5 baths, 3,400 square feet



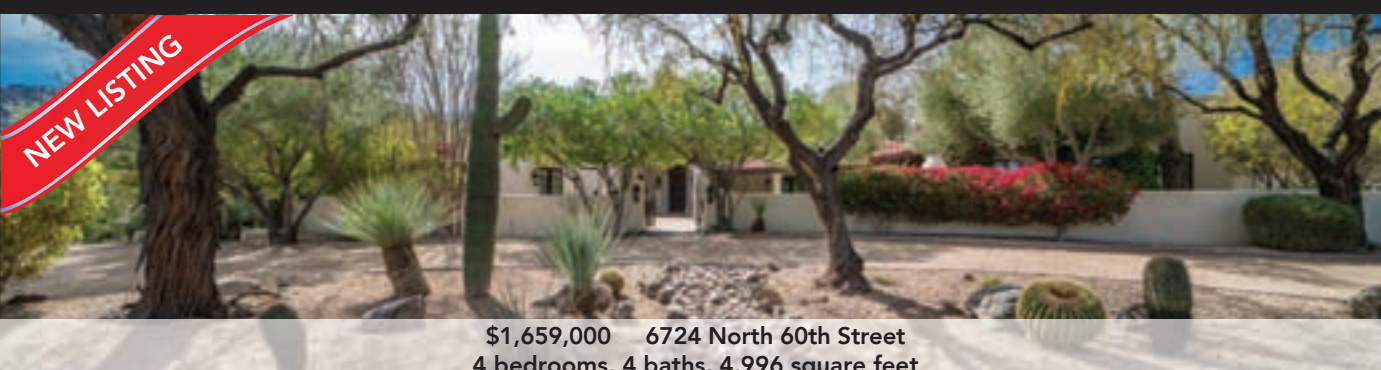
\$1,475,000 5731 East Calle del Paisano
4 bedrooms, 5 baths, 4,013 square feet



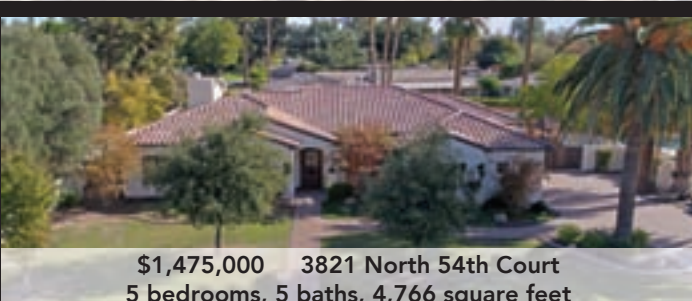
\$1,695,000 4429 North 61st Street
4 bedrooms, 4 baths, 4,562 square feet



\$1,899,000 6064 East Jenan Drive
5 bedrooms, 6 baths, 6,008 square feet



\$1,659,000 6724 North 60th Street
4 bedrooms, 4 baths, 4,996 square feet



\$1,475,000 3821 North 54th Court
5 bedrooms, 5 baths, 4,766 square feet



\$1,995,000 4848 East Crystal Lane
6 bedrooms, 5 baths, 4,614 square feet

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\$2,395,000 4320 East Rose Lane
7 bedrooms, 8 baths, 7,685 square feet



\$2,750,000 5301 North Royal View
CALL FOR INFORMATION.



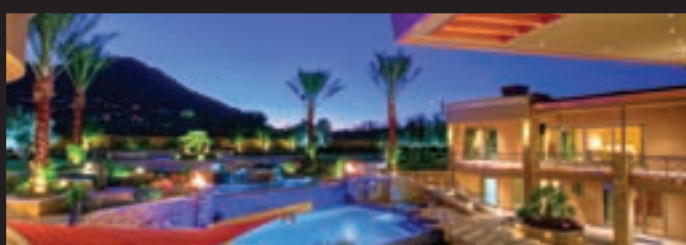
\$16,500,000 8055 North Mummy Mountain
7 bedrooms, 12 baths, 25,416 square feet



\$3,495,000 6991 East Ironwood Drive
6 bedrooms, 6 baths, 8,908 square feet



\$7,495,000 6240 East Cholla
12 bedrooms, 10 baths, 19,745 square feet



5335 East Invergordon
CALL FOR PRICING & INFORMATION.



\$4,595,000 6955 East Caballo
5 bedrooms, 6 baths, 9,106 square feet



\$2,450,000 Casa Blanca Estates Lot 49
6 bedrooms, 6 baths, 6,381 square feet



NEW LISTING

\$3,495,000 6320 East Calle Del Norte
6 bedrooms, 7 baths, 6,320 square feet



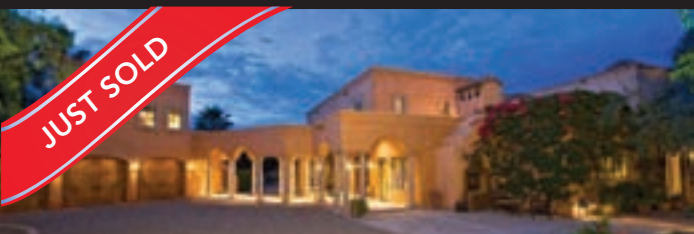
JUST SOLD

\$2,250,000 5144 East Calle del Norte
5 bedrooms, 4 baths, 5,156 square feet



NEW LISTING

\$2,695,000 6311 East Montecito
4 bedrooms, 7 baths, 6,593 square feet



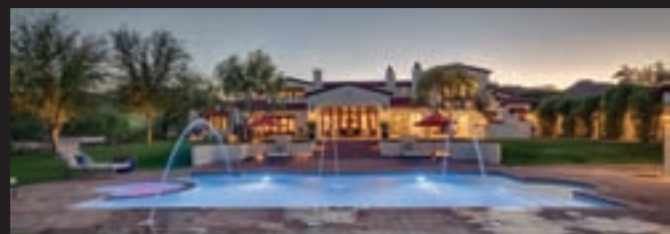
JUST SOLD

\$2,295,000 4527 North 61st Place
6 bedrooms, 9 baths, 8,592 square feet



SALE PENDING

\$2,649,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



\$7,495,000 7835 North Ironwood Drive
6 bedrooms, 7 baths, 9,153 square feet

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WHAT'S HAPPENING, ARCADIA?

THURS. 5/24 – SUN. 5/27

Phoenix Comicon

Times vary, at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. Comicon fans get ready, for your event is here! Phoenix Comicon will feature some of your favorite artists, characters, authors, cosplayers, anime and comics. Join in on a panel discussion, meet and greets, an art auction, zombie beauty pageant, masquerade ball, and so much more! Dress as your favorite character and head to downtown Phoenix. Tickets are \$15-\$25 for general admission. For more: phoenixcomicfest.com.

SATURDAY 5/26

Cave Creek Balloon Festival

5:30 – 10 p.m. at the Rancho Mañana, 5734 E. Rancho Mañana Blvd., Cave Creek. Light up the night this Memorial Weekend! The event starts with a color guard presentation and National Anthem. Then, watch as hundreds of balloons head up into the sky. There will also be food and drinks, a kids zone and to finish



Cave Creek Balloon Festival at the Rancho Mañana in Cave Creek.

the evening, a massive firework display! Tickets are \$15 for adults and \$10 for kids. For more: CaveCreekFestivals.com.

Cars and Coffee

9 a.m. – 12 p.m. Gateway Classic Cars, 22275 N. 23rd Ave., Phoenix. What could be better than a good cup of coffee on a Saturday

morning? A classic car show, that's what! Grundy Insurance presents Cars and Coffee, where car enthusiasts can show off their cars and check out other rides on the inside. There will be doughnuts and coffee, a DJ as well as vendors. This event is free. For more: gatewayclassiccars.com.

TUESDAY 5/29

Talk Cinema

7 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St., Scottsdale. Feel like you're part of Hollywood's It crowd at Talk Cinema. This event offers sneak previews of new independent and foreign films chosen by film critic Harlan Jacobson. After the movie(s), there will be a discussion led by film scholars and special guests. Be the first to see a new movie before it even hits previews! Tickets are \$14. For more: scottsdaleperformingarts.org.

WEDNESDAY 5/30

The Humans

7:30 p.m. at ASU Gammage Theater, 1200 S. Forest Ave., Tempe. A classic tale of a family's love for each other, The Humans was written by Stephan Karam and has made its way to ASU Gammage. The Blake family heads to Manhattan for Thanksgiving dinner, and things start to go hilariously wrong as the day goes on. This show won a Tony Award in 2016 for Best Play. Tickets are \$30-\$130. For more: asugammage.com.

Send events to editor@arcadianews.com



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FRIDAY 5/4

Gastronomy Tour

12:30 – 6 p.m. starting at the Tucson Premium Outlets, 6401 W. Marana Center Blvd., Tucson. Hop on the bus and discover Marana in all its delicious glory! This tour will take guests to two ancient archeological sites as well as Catalina Brewing and the Ritz Carlton to learn about ancient foods. Guests will be able to sample multiple small plates along the way. Learning and food together in one! Tickets are \$109. For more: graylinearizona.com.

SATURDAY 5/5

Cinco de Mayo Celebration

11 a.m. – 5 p.m. at Tlaquepaque, 336 State Route 179, Sedona. Head up to the red mountains and enjoy Cinco celebrations! Tlaquepaque will feature mariachi bands and ballet folklorico dances, as well as traditional Mexican dishes. They are also hosting a chili cook off, where you can stop in and try unlimited samples! The Cinco celebration is free, the chili cook-off is \$15 per person. For more: tlaq.com.



Festival of the Arts at Centennial Park in Kingman.

Down on the Corner Tribute Concert

7 p.m. at the Prescott Elks Theatre, 117 E. Gurley St., Prescott. CCR fans, this one is for you! Lonely Street Productions and the Prescott Elks Theatre presents Down on the Corner, a tribute to Creedence Clearwater Revival. Relive the good old days with classics like "Proud Mary," "Fortunate Son" and "Bad Moon Rising." Tickets are \$25. Don't forget your dancing shoes! For more: prescottelks theater.com.

FRI. 5/11 – SAT. 5/12

Western Trade Days

9 a.m. – 4 p.m. in Historic Mayer, 12641 E. Central Ave., Mayer. Pack up the family and head to historic Mayer for Western Trade Days; two days packed full of family activities! There will be cowboys and cowboy poetry, live music, 60+ artists, crafters and vendors selling their wares, gold panning, pony rides, food and an auction. This event is free for all ages.

For more: the Western Trade Days Facebook page.

SUNDAY 5/13

Festival of the Arts

10 a.m. – 4 p.m. at Centennial Park, 3333 Harrison St., Kingman. Do something a little different for Mother's Day and head to Kingman for the Festival of the Arts! There will be more than 70 vendors on site selling handmade works of art. There will also be arts and crafts, live music and entertainment, demonstrations, a kids zone, and food and drinks. This event is free. For more: gokingman.com.

FRI. 5/18 – SAT. 5/19

Vintage and Vino

11 a.m. – 9 p.m. Friday, 9 a.m. – 4 p.m. Saturday, at Horseshoe Park & Equestrian Centre, 20464 E. Riggs Road, Queen Creek. Do you love wine? Do you love shopping? Then this event is for you! Vintage and Vino boasts over 100 vendors, live music, arts and crafts, a kids zone, and of course, wine tasting and a mimosa bar. Tickets start at \$5 for general admission and \$25 for the Wine Tasting packages. For more: vintageandvinoaz.com.

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OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 5/19

Train Day

10 a.m. – 2 p.m. at the Flagstaff Visitor Center, 1 Historic Route 66, Flagstaff. Hop on the caboose and get ready to learn all about trains! There will be live music, railroad and train displays, a kids depot, local artists and vendors, tours and raffles. The event starts off with a cake cutting celebration by Mayor Coral Evans, and make sure to sign up for the kiddie caboose train ride! This is a free event. For more: flagstaffarizona.org.

Mariachi Festival

7 a.m. at the Patagonia Lake State Park, 400 Patagonia Lake Road, Nogales. It's a little bit after Cinco de Mayo, but you can celebrate mariachi whenever you want! This event will showcase a variety of Arizona's Mariachi bands. There will also be authentic Mexican dishes available as well as seven different wineries and breweries on tap. Head out of the city and enjoy the beauty of Patagonia Park! Entry is \$20 per vehicle. For more: azstateparks.com.



Sips and Skies at the Veterans Memorial Park in Sierra Vista.

SAT. 5/19 – SUN. 5/20

Wine Country Spring Festival

11 a.m. – 5 p.m. at the Historic Railroad Park, 157 N. Railroad Ave., Willcox. Vino lovers unite! The Willcox Wine Country Spring Festival is here! This event features 15 Arizona wineries, as well as 45 local artists and vendors, live music and entertainment. Enjoy wine tastings from your favorite local wineries. Tickets are

\$15-\$50. This is a 21+ event. For more: willcoxwinecountry.org.

SUNDAY 5/20

Copper Ball

4 – 7 p.m. at the Seven Canyons Golf Club, 625 Golf Club Way, Sedona. The beautiful mountains of Sedona serve as the backdrop for the 16th annual Copper Ball benefitting the Cancer Centers of Northern Arizona. Guests will enjoy an

evening of live entertainment, an auction, and samples of some of Northern Arizona's best restaurants. Tickets are \$100 per person. For more: nahealthfoundation.org.

SATURDAY 5/26

Pine-Strawberry Arts & Crafts Festival

8 a.m. – 5 p.m. at the Pine Community Center, 3886 N. Highway 87, Pine. This Memorial weekend, take a drive to Pine-Strawberry for the 38th annual Arts and Crafts Festival. There will be over 75 arts and crafts booths featuring glass, jewelry, pottery and more. There will also be a pancake breakfast, raffles, and a kids zone. This event is free. For more: pinestrawberryartscrafts.com.

Sips and Skies

11 a.m. – 10 p.m. at the Veterans Memorial Park, 3105 E. Fry Blvd., Sierra Vista. The name says it all! Sample some of Arizona's best wines, craft beers and micro distilled spirits while savoring the beauty of Sierra Vista. Guests will also enjoy live music and food available for purchase. Tickets are \$15 and include a souvenir wine glass. For more: sierravistaaz.gov.

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Give mom the gift of wellness on Mother's Day

By Michelle Donati-Grayman

Mother's Day is around the corner, which means it's time to start thinking about women in our lives who ask for little and deserve more than we could ever give them.

There are all kinds of ways we can spoil moms and motherly figures this month, but nothing beats a well-deserved break and chance to recharge with a day of well-being.

Here are three mom-approved spas across the Valley and a few of their unique offerings:

The Phoenician Spa is brand new for Mother's Day. Aroma Design offers guests the opportunity to create their own scent using aromatherapy blends of essential oils. The 50-minute service starts at \$200 and is offered as a massage or body polish.

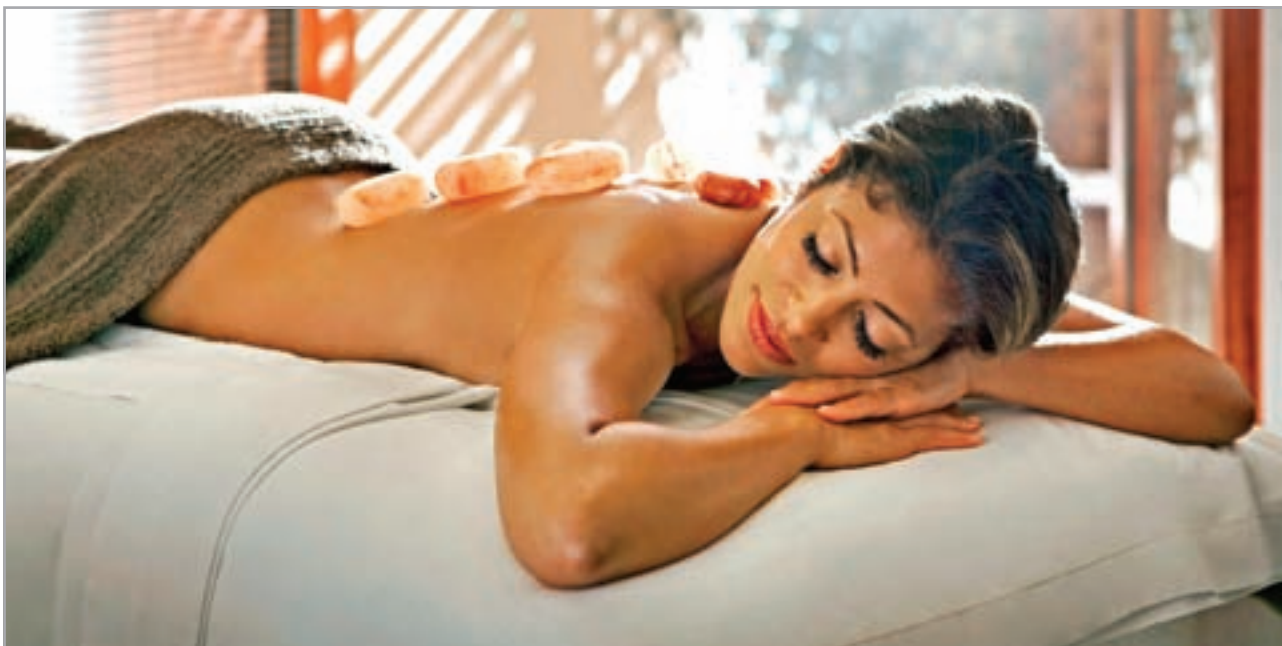
Another option at the AAA Five-Diamond property is The Sleep Ritual Massage. The relaxing and stress-releasing journey promises to create the perfect state of sleep readiness – a sensation guests can re-create at home with the included DreamKit. The 80-minute treatment starts at \$440.

The Phoenician is offering a Mother's Day package that combines a signature 50-minute massage with an overnight stay at the property starting at \$329.

Aji Spa at the AAA Four-Diamond Sheraton Grand at Wild Horse Pass delivers an authentic Native American spa experience.

Ho'ishp (Prickly Pear Body Treatment) begins in a therapeutic steam capsule with a prickly pear red clay treatment. It's followed by a full body massage and sealed with an application of aloe and prickly pear gel. The 110-minute service starts at \$260.

Nahtogig (Four Directions) uses local indigenous ingredients to represent the elements of sunset, illumination, sandstorm and water. Prickly pear, salt, honey and blue



Himalayan salt stones are part of the Havasupai Falls Rejuvenation full body treatment at The Fairmont Scottsdale Princess.

cornmeal are combined to create a scrub that exfoliates and nourishes the skin. The 50-minute treatment starts at \$155. Both Ho'ishp and Nahtogig conclude with a soothing cup of prickly pear tea.

If you want to give mom the royal treatment, send her to The **Well & Being Spa** at the AAA Five-Diamond Fairmont Scottsdale Princess. The Champagne Couture Manicure and Champagne Couture Pedicure features a red Arizona clay mask, lavender-infused towels, paraffin treatment, and of course, champagne. The 60 and 75-minute treatments start at \$89 and \$109.

Havasupai Falls Rejuvenation is a full body treatment

that starts by ridding the body of unhealthy energy and purifying the skin through exfoliation. That's followed by a massage with jojoba body butter and Himalayan salt stones. Guests are then cocooned in an herbal wrap while a Sedona clay mask is placed on their face. The experience concludes with a scalp massage. The 120-minute treatment starts at \$349. The resort is also offering an elaborate Mother's Day brunch.

You can't go wrong with a spa gift this Mother's Day. But if you'd rather leave the treatment choice to mom, you can always give her with a spa gift card and let her choose the service she needs most.



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What to know when considering an 'amazing deal'

By Robert Martinez and Tom Helms

Collecting authentic, high-value items can be a tricky endeavor. Anything that is valuable and highly collectable has also been faked or forged to scam unknowing buyers out of their hard-earned money.

In fact, there are very profitable industries built on just making fraudulent items that look and feel authentic. The trick to not getting taken for a ride is to do your homework and always be wary when you find someone offering a deal that's too good to be true.

The con typically begins by plying the unknowing buyer with charm, misleading information and false hype that the piece he is holding is available for only a short time at a bargain price. The sale is completed by the seller playing on the ignorance, gullibility and misplaced trust of the buyer.

After the swindle is ultimately discovered by the buyer, anger erupts. But as much as you are the victim of a conman, a large amount of blame also rests on your shoulders. Your lack of research into the qualities and characteristics that identify the item as genuine make you responsible as well.

I have a friend, Burt, who is fascinated with Roman history. He was recently at an antique store and found a small, bronze Roman soldier figure with a perfect patina. The dealer assured Burt it was special.

On the base of the Roman figure there was a depressed rectangle with raised letters in two lines, reading "TIFFANY STUDIOS" on the top line and "NEW YORK" on the bottom line. Burt knew "Tiffany and Associates" and knew "Tiffany" made bronze figures in the past and that the figure could be a valuable collectable.

He had seen similar items sold at auctions for up to \$1,500. With the origin of the item supposedly proven, the seller turned on the charm and set the trap with an unbelievable special price of a mere \$125. Without much more thought, Burt took the deal and was overjoyed with his extraordinary find and purchase.

But the feeling wouldn't last, of course. There are certain indicators that will tell you if an item is authentic or a



ASK THE APPRAISERS

reproduction, especially in this case of well-known makers. "Tiffany" forgeries or reproductions are universally manufactured to deceive others for profit.

In this case, authentic, original Tiffany bronze figures made between 1900-1919 are marked "TIFFANY STUDIOS NEW YORK" in two lines, "TIFFANY STUDIOS" on the top line and "NEW YORK" on the bottom line. The words are die stamped or impressed below the surface with no perimeter border. Also, all authentic Tiffany metal work will have a three- or four-digit model number as the third line, also die stamped or impressed below the surface.

Burt's purchase failed the last test: his mark did not have the model imprint, and he ultimately learned it was made in Taiwan.

In addition to always doing your homework, the moral here is to be wary of anyone who offers a deal that is too good to be true. Because it almost always is exactly that.

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The story behind the first Mother's Day

By Nick Smith

Mother's Day has long been a part of American culture. From bringing mom breakfast in bed as a kid, to rushing for flowers and cards as an adult, it seems like a holiday that has always been around. But someone had to invent it. And the story of that person is a fascinating blend of innovation, determination and tragedy.

One day in 1876, 12-year-old Anna Jarvis was in a Sunday school class being taught by her mother. The lesson was about mothers from the Bible and was ended with a prayer.

"I hope and pray that someone, sometime, will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life," said Anna's mother. "She is entitled to it."

Jarvis never forgot that prayer, later saying that it burned its way into her mind and heart. After the death of her mother in 1905, she began a campaign to make Mother's Day a reality. She wrote thousands of letters to politicians, including President Theodore Roosevelt. Eventually the plan began to catch on, with early supporters including author Mark Twain and politician William Jennings Bryan.

The first official celebration of Mother's Day was a kind of memorial service held at Andrews Methodist Episcopal Church in Grafton, West Virginia. With Jarvis continuing to lead the effort, the push for the holiday gained steam from state to state, with local politicians and citizens observing the day. By 1914, every state was celebrating Mother's Day, making it easy for President Woodrow Wilson to make it an official national holiday.

Achieving her goal after a decade of hard work would

seem to be a happy ending. But the twist in this story finds Jarvis at the end of her life wishing she had never invented the holiday to begin with.

Mother's Day, in the mind of Anna Jarvis, was supposed to be nothing more than a pure expression of gratitude and thankfulness toward mothers all over the country. She saw the day exactly as she wanted it to be, spending each year putting together an official program that gave a list of music and readings to be used by anyone having a Mother's Day celebration, along with a personal message from the special day's founder.

What it was never supposed to be, in her mind, was a holiday corrupted by non-stop commercialization. But of course, as Mother's Day became more and more popular, the greeting card and floral industries saw an opportunity. As her holiday became a source of massive profit for so many, Jarvis railed against the commercialization of her life's work. She protested against anyone who was making money off Mother's Day, at one point having over 30 different lawsuits pending. Jarvis crashed nonprofits that sold flowers to raise funds, organized boycotts of florists, and wrote angry letters to Eleanor Roosevelt.

Sadly for Jarvis though, the toothpaste was out of the tube, as there was simply no way to limit the commercialization of what had become one of the most important holidays on the American calendar. The irony was that while many got rich off Mother's Day, the woman who had invented it would have to deal with economic hardships in her later years. In her old age, Jarvis was so bitter that she organized a petition to rescind the very holiday she fought so hard to bring to life. She died in 1948, at the age of 84. She never had any children.



Anna Jarvis 1864-1948.



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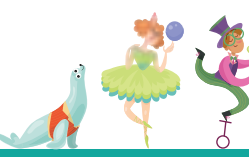
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Film and TV program wins Honorable Mention in Nashville

By Eric Luse

This March, students of the Arcadia Film and TV program embarked on a journey to Nashville, Tennessee to compete in the Student Television Convention. Hundreds of schools from across the nation gather to participate in competitions using both filmmaking and broadcasting skills. It's a mad dash of hurried creative thinking and keen teamwork to produce work that could win the team a top award. It is the result of months of fundraising, with the help of parent volunteers, and what the Arcadia Film and TV team of ten students worked the whole year for.



DAY 1 - LIFT OFF

The team met up at the Southwest check-in desk, ready for the trip!

"When we hopped on the plane, the captain sung one of the funny songs that Southwest sometimes sings, which was obviously hilarious," said student Max Swiergol. "Once we landed, we jumped on a charter bus and headed towards our exquisite home for the next few days."

Upon arrival, the students checked into the Gaylord Opryland Hotel and Resort, and readied themselves for the fast-paced days ahead of them.



(left to right) Nick Forney, Narsah Kharnis, Dallas Greene, Christopher Smith, Jacob Staudenmaier, Max Swiergol, Dash McDonald, Alex Teneyck, Rachael Schulman, Lindsay Formica.

DAY 2 - CRAZY EIGHTS

The first day of competitions is a timed contest where each school or school team is handed a prompt at eight in the morning. The team has eight hours to write, produce, edit and turn in a finished product. The prompt for creating a short documentary was "sounds good to me." Four words and eight hours to make something out of it.

REEL TALK

"Since Nashville is the country capital of the world, we wanted to stay away from music, as we believed every group would take this angle," said Lindsay Formica. "'Sounds good to me' is something you say when someone asks you to go on an adventure."

The crew split up. Some groups asked strangers on the street for interviews, other students ran to grab cutaway footage to support the interviews. Back at the base hotel room, editing and voiceover work is being done. Seven hours and forty-five minutes later the students were turning their work in a whole 15 minutes early.

DAY 3 - HAPPY BIRTHDAY

The team starts the day by breaking off into groups. Each group received prompts from the STN officials and had limited time to create their work. Instructors are forbidden from helping more than the occasional suggestion.

Team member Nick Forney suggests there are two ways to look at these competitions. "From an outside perspective it appears stressful and exhausting," said Forney. "And while it definitely was tiring, the urgency led us to work together as a team and push us to our limits."

The day ends with the group heading to an aquarium themed restaurant. As a team prank tradition, the students told the hostess it was their teacher's birthday so they could sing happy birthday to him. His birthday is nowhere near the month of March.

DAY 4 - COMPETITIONS

The resort is a paradise of domed greenhouses full of plant life and running fountains. One section even has a Jungle Cruise style boat tour. This creates a lot of exotic spaces for students to film but produces a lot of echoing throughout the hotel.

A different school's group just after them was past deadline and disqualified for being late. Anchor team member, Chris Smith remembers running the length of the hotel to turn in their project on time.

DAY 5 - CLOSING CEREMONY

A convention hall of enthusiastic students who have traveled from all corners of the country. Loud screams emit from pockets of the crowd as schools discover they've won. With twenty different competitions for high schoolers and eight for middle schoolers, it's a two-hour ceremony.

Crazy eights is announced last. Arcadia is announced as winning Honorable Mention for documentary short. Three delegates retrieve the award from the main stage. The group is beaming as they walk back to gather their luggage and head home. It's agreed among the group that it's fitting they won an award for the crazy eights, since it's the competition they all worked on as a team.

— Eric Luse was born in Boston and raised in Arizona. He has worked as a screenwriter, casting director, producer and actor in the independent film industry. He is the proud instructor of the Arcadia High School Film and TV program.



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Continuing the legacy of a truly inspirational mother

By Robin Sewell

For me, Mother's Day is bittersweet, both my best day and my worst. Thirteen years ago, the greatest gift imaginable, 7 ½ pounds, brown haired and brown-eyed was laid on top of my chest and would forever own my heart. Sadly, nine years later, I lost my mom



to a long battle with Parkinson's disease.

The last few years of her life were tough, as she struggled with simple every day tasks that were once second nature. It was challenging for me to assume that caretaker role when deep down inside, I just wanted my mom back. My mom was my most trusted confidant, even though growing up we fought like there was no tomorrow. However, between the outbursts and the tears, I never doubted for a millisecond that my mom loved me with an unconditional love that had no boundaries.

She was overprotective, like a lioness watching over her cubs, an unspoken mom privilege which extended long into my adulthood. Regardless of where I lived in the country, she would make sure to remind me to both "lock the door, it's cold outside, so put a sweater on." My mom held me accountable and dished out tough love. At the same time, she was my fiercely devoted champion and enthusiastic cheerleader. I was never the stand out kid on the field or



on stage, but as far as my mom was concerned, I might as well have been the MVP and an Oscar winner.

Case in point, I was the "Lady in Red" in a no line, walk-on role in a high-school play, yet during those few seconds that I crossed the stage, one side of the audience jumped to their feet erupting in cheers. Turns out, my mom had gone row-by-row imploring everyone to give me a standing ovation. I was mortified, but not at all surprised because if you knew my mom, this was par



for the course. No matter where in the country I was working, my mom made sure that everyone in town from the coffee shop owner, the gal at the cleaners, the folks at the nail salon, and frankly anyone who would listen knew that I was the news anchor of said station and to be sure to tune in to watch. My mom was a one-woman, unpaid, underappreciated PR agent who wouldn't trade her job for all the money in the world.

When the doctor told me that I was having a "girl," my mom burst out in hysterical

tears and laughter uttering the words, "see, you are going to have a daughter, just like you." A payback sentiment she often threatened during our heated battles. All joking aside, in that moment the emotional message was undeniably clear. She was overjoyed and over the moon, knowing that I too would soon experience that overwhelming, indescribable depth of love that she knew only a mom could understand. As always, my mom was right.

No matter how eloquent and expressive I aspire to be, words seem empty and don't give justice to how it feels to be a mother. My daughter brings out the best and the worst in me, just like I did to my mom. But this go around, I can see the difference. In the movie *As Good as it Gets*, Jack Nicholson says to Helen Hunt that she makes him want to be a better man. I understand the sentiment, as my soon to be teenager makes me want to be a better person.

So, although Mother's Day is laced with sadness and a longing for my mom to call me and tell me everything's going to be okay, I know that because of her spirit, courage and most importantly her love, I will never shirk my motherly duties. And I'll always remind my daughter that "it's cold outside, so put a sweater on."

— Robin Sewell is the host and executive producer of the Emmy Award winning *Arizona Highways Television*.



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Hubbard Family Swim School celebrates 20 years

By Mallory Gleich

Bob and Kathy Hubbard have been a part of the swimming community since they were kids, and are now in their 20th year of teaching swim lessons at Hubbard Family Swim School.

The couple moved to the Arcadia area in the early 90s and taught at the Phoenix Swim Club. In March 1998, they decided to branch out and start their own swim school.

For over a year, the couple garnered business wherever they could, teaching at apartments, at The Village and at Kachina Country Day School. After a year and a half, they were able to open their first location in October 1999. Located at 32nd Street and Thunderbird, the couple started their business with just three other teachers.

In 2007, they opened their second location in Peoria, and in 2010, their third location in Mesa.

Now, Hubbard has grown to more than 160 employees with 80 more added during the summer.

“We both grew up aquatic. We both swam well, dove; we raised our kids to start swimming at a young age as well,” Bob said.

Kathy grew up in Cincinnati and was a part of the competitive swimming community. She competed in the Olympic swimming trials in 1968 and also placed second and third in the NCAA Championships during her college years.

Bob, who grew up in New York, spent his summers as a lifeguard on the Atlantic. He met Kathy at Xavier College in Ohio. Bob went on to law school and Kathy became part of the swim retail world.

“In the 70s and 80s, we were part of the corporate world, and in the 90s we had a life change and decided to become part of the Phoenix Swim Club,” Bob said.

The pair decided to continue to their love of swimming, and Bob became director of the Phoenix Swim Club in Arizona in 1985. Kathy joined in 1993 to help with swim lessons. They also got involved with the U.S. Swim School Association.

After spending some time on the competitive circuit at the Phoenix Swim Club, Bob and Kathy were ready to try their hand at building their own swim school. That was 20 years ago last March.

“This milestone is exciting. It’s a good time to reflect and think about the journey we’ve been on so far,” Bob said.

Bob and Kathy have eight children, five of which live in the Arcadia area. The

“One of the ways we share our success is by staying in contact with the families who come to Hubbard.”



Hubbard Swim School owners Bob and Kathy Hubbard make it a point to keep in touch with the nearly 15,000 people and families who they’ve taught over the years.

oldest, Annmarie, is the chief operating officer and has worked at Hubbard since her high school days. Her husband Pat is director of operations. Another son-in-law is the IT and branding director and his wife helps Kathy with child development.

“One of the ways we share our success is

by staying in contact with the families who come to Hubbard,” Bob said. “We like to share stories of what we’ve done and what the company has done in the past 20 years.”

There are almost 15,000 people and families who are a part of the Hubbard community.



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Several members of the Hubbard family work full-time running, expanding and promoting the company, which employs 160 people and adds 80 more for the summer season.

“Part of the biggest thrill is showing parents that kids are capable of doing things that they never thought they could do,” Kathy said. “We are truly humbled by the opportunities we have with these kids.”

The pair won the Lifetime Achievement Award from the U.S. Swim School

Association recently, the first to ever receive it. They’ve also won a Guiding Light Award.

In the very near future, Hubbard Swim School plans to open its fourth location. “We don’t have any plans to celebrate,” said Bob. “For now, we’re just enjoying the ride.”

SUMMER POOL SAFETY TIPS

By Mallory Gleich

With the weather warming up quickly, summer pool fun is closer than we think! Kathy and Bob Hubbard share their tips for staying safe in and around water.

“The number one rule always, always, is to have a gate around your pool,” Bob says. “That one is obvious, but always true.” With this rule comes the “Safer 3s” model, which is safer water, safer kids and safer response.

Always double check that your pool gate is locked. Also, make sure that the gate is tall enough that children cannot reach the gate latch. Make sure to always have a water watcher and a phone nearby.

A water watcher is someone who is always keeping an eye on the people in the pool.

“When everyone is watching, no one is watching,” Bob says. Pick someone, preferably an adult, to continually watch over the pool and rotate between adults every ten minutes or so. Have a water watcher key, such as a lanyard or a whistle, to remind yourself who the water watcher is.

Make sure that your child knows to never go in the pool without asking first. Practice patience and teach your child to play and

wait until you are finished getting ready (towels, sunscreen, etc.) before they enter the pool.

Another rule that Bob and Kathy teach is to count before kids enter the pool. Get into the pool before your kids and ask them to count to three before they get in.

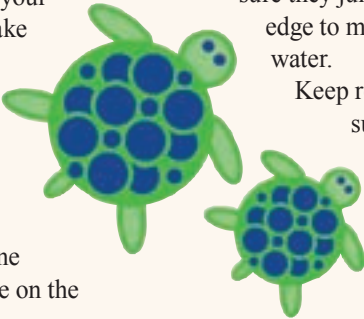
When kids are getting into the pool, teach them to jump in and then swim to the wall right away. Also, it’s safer to jump in feet first or body facing the water. Make sure they jump with their toes on the edge to make sure they’re close to the water.

Keep rescue equipment nearby, such as a shepherd’s hook and a life preserver, in case of emergencies. Also, avoid inflatable swimming aids like floaties. They tend to give children a false sense of security and seem like a substitute for supervision, which is not the case!

“We have seen young children run and jump into a pool and then struggle and need help. They forgot that they took their floaties off and they did not know how to swim independently,” Kathy says.

Last, but certainly not least, never swim alone!

Have a safe and happy summer by following these simple rules for pool safety.



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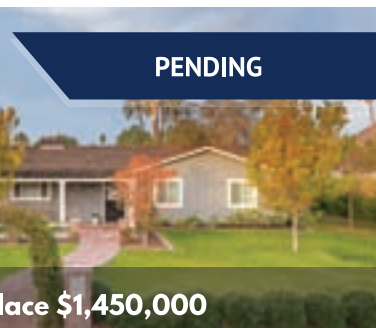


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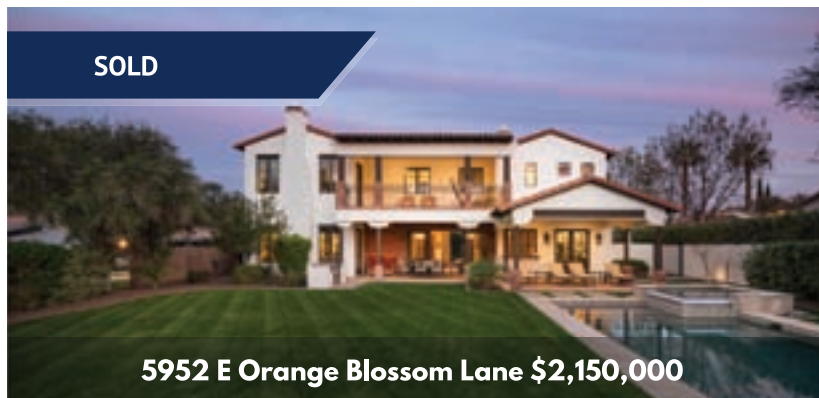
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LARA

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SHAWNA

Mother of THE ARIZONA CANAL

Laura Murphy helped her famous husband shape the Salt River Valley



Laura Fulwiler Murphy
1846-1943
PHOTO COURTESY
ARIZONA SCIENCE CENTER

Publisher's Note:

Much has been written about William John (W.J.) Murphy, the "father of the canal." Some landmarks like the Murphy Bridle Path in Central Phoenix and a park in Glendale have been named after him. While Mr. Murphy certainly deserves his recognition, his wife Laura was also a resilient and spectacular woman. Laura kept the Murphy family and business alive and organized while her husband was away for weeks – sometimes months – at a time.

Laura and W.J. spent some of the most challenging and tumultuous years of their marriage apart, but they kept in touch with frequent correspondence. Their exchanges are telling of the uncertain and dangerous days of pioneering and frontier life. They tell tales of financial woes and complicated banking issues that arose as W.J. tried to get investors all over the country to purchase bonds to finance desert expansion in the up-and-coming Territory of Arizona and the bustling, dusty town of Phoenix. Laura Murphy's life has not been chronicled much, so I thought we would give her some recognition in this Mother's Day issue.

—Greg A. Bruns, Publisher

By Greg A. Bruns

In the summer of 1881, 36-year-old Laura Fulwiler Murphy made a difficult move from her home in Lexington, Illinois to Arizona. There, her parents and many of her siblings (12 in all) made up her family network that was helping her raise a family while her husband was away. Traveling with her were her three children: Ralph (5), Laila (2½) and baby Loise (15 months). The first leg of the trip via train to Albuquerque was relatively easy compared to what was yet to come.

The Murphy family was re-united in Albuquerque with their patriarch, W.J., who was working on a road-bed grading contract for the Atlantic and Pacific railroad.

Shortly after, the mule-led wagon train was off for Flagstaff. It would eventually become Route 66 and then US Interstate 40, but back then it was a primitive and hazardous wagon trail through dusty towns and dangerous territory. The ride in their springless, supply-laden wagon was cushioned with only the sacks of rolled barley (mule feed). Concerns along the 325-mile journey ranged from robbers, hostile Apaches, Cholera, Malaria, Diphtheria and Typhoid Fever, not to mention the lack of food and apparently, clean water.

"After a five-mile drive where the river again made a bend we should not have a drop of water till we reached Turkey Tanks. 27 miles without water for man or beast. In the morning W.J. left us to locate camp. The rest of the journey was doubly trying.

We camped Thursday night in the midst of this desert and the next day's drive was hard and tedious over ten miles of stone-bump, bump, bump up hill and down... at last we did arrive at Turkey Tanks and the water there seemed excellent in our parched condition, but with use it becomes unsatisfactory. It is rain water and has become stagnant and animal life is too apparent. We strain it but it still is unpleasant, especially as a number of men have fallen into the tanks and we don't relish bathing water as a steady diet."

There is a sense of positivity and encouraging support that comes through in Laura's letters and diary entries. There is nary a negative word about anyone, nor a

criticism of her husband and his business. She rarely seemed afraid or overly worried about anything, except for the safety of her family. W.J. frequently had to leave the camps, which left Laura to tend to the children and many of the men, who looked to her as a mother figure. She penned a letter shortly after Christmas, when W.J. left again.

"A shadow has settled over the pleasure of the week. John was compelled by business to go to Prescott. He started this afternoon but we hope matters can be so arranged that he can reach us Saturday night and together welcome the New Year which now seems bright with promises of success. May our Father graciously protect him from accident and from any attack of wicked men and bring him home with the Happy New Year. The country is full of outlaws and I cannot help but feel alarm that they may imagine that he carries money and may waylay him. I can only allay my fears by faith in the protecting power of our heavenly Father."

W.J. and his crew finished their work in northern Arizona in 1883. W.J. formed a new business called the Arizona Canal Company after he took on the contract to build the 40.75-mile canal. This would lead him to Phoenix, where he would spend the rest of his days as an integral supporter of the Salt River Valley and its growth.

For the next three years, Murphy was responsible for not only carving a 30-foot wide x 6-foot deep ditch out of the blistering desert, but he was also taxed with the duty of selling bonds to fund the Arizona Canal. He traveled all

over the country, trying to enlist investors, and was gone for weeks – sometimes months – at a time.

During this time, Laura helped run the camp. The main outfit with Murphy consisted of 70 men and 45 teams of animals, and his six foremen led more than 350 additional men and 175 animal teams. She helped keep order and encouraged men when money problems kept them from getting paid.

“The foremen all want to quit. Kleiber has been anxious to go for three or four months but I believe he has concluded to stay. Maber quit and Oliphant is determined to go. The outlook is so dark (bank low – down to \$600 on day, men to be paid, etc.) that it seemed beyond human possibility to go on.”

At the time, Phoenix was a town of about 2500 people, with a couple hotels, a few stores and stables, and a lot of saloons. Staying outside town in canvas tents in the middle of summer was no treat, but Laura endured. She described the living conditions.

“Our family tent or ‘Headquarters’ is 16 x 18. We have one-quarter of this space curtained off for bedroom. Our bed is very wide and set across poles set in crotches driven into the ground. In this bed Father, Mother and three little ones: Ralph, Laila, and Loise sleep. The floor – which is Mother earth, is covered with Arizona brussels which in Eastern vernacular would be called gunny sacks sewed together.”

Sandstorms were common:

“A great wind blew upon us about four o’clock and leveled the whole camp. Our quarters were greatly wrecked. Since the rain, the ground was covered with thousand-leg worms – in the tent and everywhere. A few days later, we had another ‘blow’ and the post nearest us broke... it fell on my back but the tent stopped it and I dropped, thus escaping. I shoved the children through the side of the tent.”



From 1883-1885, the Arizona Canal was built with the labor of hundreds of men, mules, oxen and horses.

Murphy and the Arizona Canal Company finished the Arizona Canal in 1885, just days before the contracted deadline. Even against all odds and with financial issues plaguing the project, the success led Murphy to form the Arizona Improvement Company and continue in construction.

In the late summer of 1886, Laura and the children had to take up residence in an adobe building that was previously a barn. Pregnant with their fifth child, Laura had trouble sleeping due to the heat and discomfort. While W.J. was traveling, Laura gave early birth and the baby died upon delivery. W.J. was heartbroken, but thankful that Laura survived. W.J. wrote:

“The sadness is relieved by the additional information that you ‘are doing well.’ I regret more than words can express that I have been away from you at this time. I did not of course anticipate the time so soon.”

In 1887, W.J. built a home on Grand Avenue. Laura was ecstatic. At age 41, after nearly ten years of living in tents, huts and



Laura Murphy with her grandson, Ralph Dysart Murphy in 1903.

shanties, she finally had a place to call home.

Tragedy struck the Murphy family in 1896. Laura took the children to Flagstaff to spend the summer while W.J. was in Chicago on business. Even though they were regular summer visitors, the children were affected by the change of water, altitude and climate, and both Ray (age 13) and Laila (age 18) became ill. They were diagnosed with Typhoid Fever, and within two weeks, both children passed away.

For the next 20 years, W.J. was one of the major contributors to the booming Salt River Valley, adding tremendous value to the agricultural and commercial success. Letters show that Laura supported her husband throughout the years, always helping and supporting his businesses and travels.

Just a few of the Murphys’ accomplishments include: founding the city of Glendale, planting the first citrus trees in Arcadia, starting the resort tourism industry in Phoenix with the Ingleside Inn, and digging a 40-mile ditch through the desert known as the Arizona Canal.

W.J. passed away in Phoenix at his Central Avenue home in 1923 at age 83. In his final days, W.J. said, “when I get to heaven, I will go down to the gate every morning to check if Laura arrived in the night.” This would have meant over 7000 hopeful trips to the gates, as the ever-resilient Laura Murphy would go on to live 20 years more, passing in 1943 at age 97.

Visit arcadianews.com and search for “Laura Murphy” to read the extended version of this story with more details about Laura and her letters.

Source material: *The Murphy family letters – more than 500 of them – are currently in the Arizona Collection at the Arizona State University Library. A spiral-bound book titled “W.J. and the Valley” and a short story titled “Laura in Arizona, 1881” are both written by W.J. and Laura’s grandson, Merwin L. Murphy.*



W.J. Murphy

PHOTO: AUTHOR'S COLLECTION

FACTS ABOUT THE ERA

- When Laura Murphy was born in 1846, President Andrew Jackson had died only one year before.
- Billy the Kid was shot and killed during the same summer of 1881 when Laura Murphy first left Lexington.
- The Statue of Liberty arrived in New York in 1885, the same year the Arizona Canal was finished.
- The Murphys finally built their Grand Avenue home in 1887, the same year Anne Sullivan began teaching Helen Keller.
- Laura’s husband W.J., died in 1923, the same year that Yankee Stadium was opened.
- When Laura Murphy died in 1943, Paul McCartney was already one year old.

DID YOU KNOW (Mother's Day)?

WHO INVENTED?
Anna Marie Jarvis



Anna Jarvis was the founder of the Mother's Day holiday in the United States. She also started the use of the white carnation as the commemorative flower.

HOW MANY?
122M

In the United States alone, around 122 million phone calls are made to moms on Mother's Day.



HOW MUCH?
\$133

The amount the average male spends on Mother's Day gifts, compared with the \$214 that the average woman spends.



HOW MANY?
7,300

Average number of diaper changes a mom does by a baby's second birthday.



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FUN FACTS: MOTHER'S DAY

- In the vast majority of the world's languages, the word for "mother" begins with the letter M.
- In what was formerly Yugoslavia, children would tie up their mother on Mother's Day. The only way she could get free would be to pay her children with treats.
- Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday.
- There are over 2 billion mothers in the world.
- Studies and research now show that giving a bouquet of flowers has many positive health and psychological benefits.
- There are 4.3 babies born every second worldwide.



MOTHER'S DAY SEARCH

H I L P E R U X R A G V R U E V E T S H L I G K B
Z Z E K H X W U P L R Q V Z R L T H W Y E Q L I R
Z R M C M E J X O K V L J K U W Y D U A A V E X M
O E U L Y A M V Y E Q Y W F O W S J S D E Q N Z A
S H F M C B B G T B O N T T L S G E H N D P P P C
M T R A M W R A U T P H E S G X Y C G U B B P V W
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K M P V B B J F C U Q H I P P P R E T H E T O O M
L B C G E C I U O U Y L K P G C K J D C A U I P D
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|------------|-----------|-------------|------------|
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| BIRTH | CHILD | GRATEFUL | ROSES |
| BOUQUET | CHOCOLATE | HEART | SON |
| CANDY | DAUGHTER | HUG | SUNDAY |
| CAKE | FAMILY | JEWELRY | THOUGHTFUL |
| CARD | FEELINGS | LOVE | TRADITION |
| CARNATION | FLOWERS | MAY | TULIPS |
| CELEBRATE | GIFT | MOTHER | WIFE |

SAY WHAT?

Andrews Methodist Episcopal Church, the "mother church" of Mother's Day, was incorporated as the International Mother's Day Shrine on May 15, 1962, as a shrine to all mothers. The Shrine was constructed in 1873 and is located along Main Street in downtown Grafton in Taylor County, West Virginia.

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The Original ChopShop, which became popular in its original Old Town Scottsdale location, headlines the retail offerings that will be available at Campbell Commons, a mixed-use development on the corner of 32nd Street and Campbell Avenue.

New retail complex coming to 32nd and Campbell

By Rachael Bouley

Arcadia is known for its array of shopping, dining and entertainment options for the whole family to enjoy. Now, a new addition aims to bring even more to the community.

Coming soon is Campbell Commons, a mixed-use development on the corner of 32nd Street and Campbell Avenue. With retail, restaurants and office space, the complex aims to complement the lifestyle amenities for which Arcadia is recognized.

Owner Aaron Klusman is a local entrepreneur and founder of Camelback Partners, the firm responsible for Campbell Commons and many other projects across the Valley. He says the completed center will be easily accessible for pedestrians, bicyclists and drivers, and will improve an already lovely area.

This is his first development in Arcadia, a tight-knit community that has welcomed the announcement of another place to enjoy the company of family and friends. Klusman, an Arcadia resident, knew from the start this spot had potential, and he acquired the property just over a year ago.

"I just knew that little corner was a hidden gem," Klusman said. "I always liked how 32nd was a little more residential."

The complex was designed with residents and young families in mind.

"On the south patio we raised the perimeter wall so when parents are hanging out, they can feel comfortable that their kids are in a contained patio," Klusman said. "We framed that into the design so that it serves a neighborhood like this one."

Now, the careful planning has come to life, with the finishing touches on the first phase expected in early May, followed by the second phase in mid-summer. As part of phase one, fan favorites Original ChopShop and Provision Coffee Bar will open this month in the southern part of the campus. Later this summer, Arcadians can expect to see Chloe's Corner Market and Sugar Rush Bakery, as well as office space.

Klusman is planning on having his office

there, as part of his push to bring businesses together to form new ideas and collaboration.

Original ChopShop is one of the most anticipated additions. Many residents are familiar with its 'Just Feel Good Food' crafted from whole ingredients, and the company is excited about its expansion. CEO Jason Morgan says Arcadia is the perfect spot for his eighth location, considering his ties to the area with founders and Arcadia residents Ryan and Caitlin Jocque.

"The founding premise behind Original ChopShop was to create a neighborhood eatery where friends and families could gather to enjoy better-for-you food options in an approachable, comfortable environment," Morgan said. "We offer wholesome, flavorful food, made-from-scratch on-site with real, quality ingredients."

This location will boast two spacious patios with outdoor seating, as well as a bright interior with a signature, cozy atmosphere. The eatery will also display historical photos of Arcadia, giving guests a glimpse into what the area looked like long before Campbell Commons made its mark.

The new food options make the complex an appealing location. Klusman says the development is perfectly positioned for both weekend hangouts and workweek meetings, adding variety to a stretch of road that was in need of something new.

Although Klusman has his eyes on his next projects, including a mixed-use concept with the women behind Junk in the Trunk vintage market at 44th Street and Osborn Road, he is proud of what his team has accomplished with Campbell Commons.

"Seeing a vision come to fruition is always really cool. It's been fun getting to know new pockets of neighbors, and hearing people tell you they are excited that ChopShop is coming," he said. "That's always fun because you feel like you are adding value to the community."



Skysong was born when Arizona State University and the City of Scottsdale partnered to redevelop the corner of Scottsdale and McDowell Roads.

ASU Scottsdale Innovation Center continues expansion

By Mallory Gleich

The ASU Scottsdale Innovation Center, also known as Skysong, is a live-work global business community located at Scottsdale Road and McDowell.

It is a mixed-use development that enables Fortune 500 companies to become neighbors with start-ups, where people can live and work and enjoy the beauty of the Scottsdale area.

The idea for Skysong started back in 2004 when Arizona State University President Dr. Michael Crow partnered with the City of Scottsdale to redevelop the corner of Scottsdale and McDowell Roads.

“Dr. Crow had a vision and wanted to do something that hadn’t been done before,” said Sharon Harper, CEO of Plaza Companies.

Plaza Companies is the master developer of Skysong and has been a part of each new addition since 2006. Harper explains that the idea for Skysong was to make a difference and provide a positive impact for the surrounding area.

Before it was Skysong, the neighborhoods in the area had a tough time deciding what should become of the corner. First, it was Los Arcos Mall from 1969-1999. After that was torn down, there was a possibility of a stadium for the Arizona Coyotes Hockey team, and even a Walmart Shopping Center.

“There were issues once the car dealerships moved,” said Harper. “Values deteriorated, and the neighborhood wanted a structure and businesses they could be proud of.”

Cut to 2008, when the first two buildings at Skysong were finally complete. By 2011,

there was 95 percent occupancy in the buildings. In 2013, the Skysong Apartments were added and in 2016, Skysong 4 opened in the fall.

“Skysong has become an image of innovation, a magnet for economic growth in the greater Phoenix region,” Harper said.

There are four buildings in the complex, spanning 37 acres. The newest project will be a 157 room Westin Marriott Elements Hotel.

“Skysong is ten minutes from the airport. This hotel will help innovate and support national and international companies,”

Harper said. Construction began in March and will be completed by June 2019.

The hotel will cover over 99,345 square feet of space and will be located at the Southwest corner on Enterprise Drive. There will be indoor and outdoor meeting spaces, a gym, a pool, and bike rentals.

There will be a Skysong 5 building added shortly after the hotel, which will be a six-story creative office space. At this time, there are 50 companies that call Skysong home, three of which are restaurants, as well as Skysong Apartments.

At its completion, Skysong will cover 42 acres and 1.2 million square feet of office and residential space. It is close to the airport, the 101 and 202 freeways and minutes from downtown Phoenix.

Harper says the location is just one of the many reasons that Skysong has gained such “tremendous velocity.”

Arizona State has 10 divisions within Skysong and has helped over 25 startup companies gain ground. It has an online

program that reaches more than 100 countries as well as a sports institute and continued research and entrepreneurship.

“ASU and Skysong have become the pride and focus of this region. They’ve created jobs and reinvigorated the area,” Harper said. “There are startups next to Fortune 500 companies. It’s a collaboration you don’t see often.”

The massive shade structures outside the building not only provide cover from the Arizona sun, but could also be a metaphor for the growth of Skysong Plaza.

“The sky is the limit,” Harper said. “This is a place where people can live, work, create, innovate and enjoy everything Skysong has to offer.”

For more information, visit Skysong.com.



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Trials and tribulations of the social media generation

The 2010s will unquestionably be known as the smartphone decade, the moment in history where the internet dropped into our pocket and could never be turned off.

Today's kids don't remember a world without the internet or social media. They, and their parents, are flying blind regarding the long-term consequences of having access to the entire world at such a young age.



Katey McPherson

Katey McPherson is a former teacher and administrator and who now works for a mental health therapist and has spent years studying how boys and girls learn and interact with the ever-changing world of technology. She has spoken at many different schools, including Christ Lutheran School, right across the street from the *Arcadia News* office. We spoke to her about what is happening to children in the social media decade and what parents can do to help their kids navigate it.

As kids today use technology in a completely unprecedented way, what are some of the results you are seeing?

Children in this decade are being given complete and unfiltered access to a medium they aren't ready for.

The data is overwhelming that these are undeveloped brains that can't handle the access that we pay for and give to them.



They are truly struggling with this new world. Self-harming depression rates are off the charts, with suicide as the number one cause of death in Arizona for kids 10 to 14 and the number two for people 15-34.

There's a host of things that are going on. What this technology does to an underdeveloped brain is tell you that you're not good enough. If I'm already depressed, or having anxiety and clinical depression, what is scrolling through Instagram going to do? I scroll and scroll, and all I see are parties that I'm not invited to, vacations I'm not going on, bodies that don't look like mine.

What are the negatives that come with giving children unfiltered access to the internet at increasingly younger ages?

No school and few households are really training these kids on an ongoing and

pervasive basis. We just hand over these devices and say to our kids, I trust you with the entire World Wide Web. When they do something bad, we take it away. When we're tired after work, we give it back. It is beyond a problem with technology, it's a disconnect between humans and developing relational skills.

Teens have a hard time with anxiety and depression as it is. Social media only exacerbates that. The number one goal of kids from 9 to 18 is how do I stay current and relevant in my social group. And the way to do that today is social media.

And with phones now in their pocket at all times, they can't turn it off. They don't want to miss out on anything, meaning they have to be plugged in as often as possible. Their poor brains are always on. Statistically, these kids are plugged into their phone 6 to 12 hours a day.

One of the biggest problems that has resulted from this is a lack of sleep for kids today. Parents are allowing these devices in the bedroom, and a child won't ignore the phone if they have access to it. Many kids will fall asleep with it in their hands or under their pillow. Most kids are getting 4 to 6 hours of sleep a night, when biologically they need 8 to 12 during

puberty. That's why the number one strategy I tell parents is no devices are allowed in the bedroom when kids are supposed to be sleeping.

How should a parent approach how and when to give their children access to a smartphone and social media accounts?

You have to figure out what the endgame is for the phone. Parentally, do you feel pressure to let your kids be like their friends? Is it a safety issue, where you want them to have the phone when they aren't with you? What is the purpose of the phone?

If the point is to not have your child be ostracized, one idea is to give them a smart phone without the internet or apps enabled. Then they still look cool to their friends, and they're able to call and text like everyone else.

However, if you're giving your kid access to Snapchat at age 10, you better hold on tight.

Before introducing your child to social media, it is important to think about how your child is wired. Can they be a decent human being with text messaging? That's probably good to know before graduating to social media access. If you want to let them on social media, my recommendation is Twitter or Instagram. Snapchat is by far the toughest one to monitor.

Say a parent wants to make some changes. What is a helpful plan of action?

Number one, do research. Get on commonsensemedia.org and learn about apps in order to be in the know. This site is a wonderful resource, with a ton of information on technology and social media for parents in regards to their kids. Two, take the phone away at night and put it in a charging station in your room. Always your room. I've had parents tell me about kids who crawled into the kitchen when the phone was placed there.

Third, if you're going to give your child a phone with the ability to text or use social media, be up front about reasonable boundaries. This is more effective than arbitrarily yanking it away whenever. Maybe the child gets it from 3 to 6 p.m. on weekdays, and unlimited access on Saturdays. You can come up with your own, but without a plan you set yourself up for disaster by pitting parent against child.

I think it is important for parents to work together with their kids on this. Technology is only going to advance, we're always going to be digital families. So, talk with the kids about it. Ask them how we will use it as a family, and what some reasonable expectations should be. That way it isn't a power struggle, where it's us against them. Tell your kids that you want to do this together with them.

Suicide is the number one cause of death in Arizona for kids 10 to 14.

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PLACES WE LIKE

CRUJIENTE TACOS

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By Nick Smith

Cinco de Mayo will have many around the area searching for tacos. Fortunately, Arcadia isn't light on this culinary creation, as dozens of spots around the area can deliver the goods that people will be looking for around the 5th.

One of these places is CRUjiente Tacos, located right in the neighborhood, at the northwest corner of 40th and Camelback Road. Arcadians will be familiar with the location, a shopping complex that includes the Water Connection, CVS and Sushiholic.

The first thing a guest will notice when opening the door to CRUjiente is the surprising amount of space. Although the spot looks narrow from the front, it is a long way to the back of the restaurant, filled with high tops, booths, and a bar on the left side.

The ambience is a solid blend of causal and fancy, but the most memorable part is unquestionably the food. Chef Rich Hinojosa is from San Antonio, and the taste of Texas is evident in the offerings, with the tacos being separated into two types; crunchy and street.

The crunchy ones are always in corn shells, with beef, pork or lamb as the choices for meat. Cabbage is the one ingredient that's a part of all three, adding both an additional crunch and a coolness. The pork taco has slight hint of citrus to it, along with the spice of green chile, pepper jack and pico verde.



Seared Hawaiian Ahi Tostada



Spanish Chorizo

The street tacos are presented on soft, flat shells, with the ingredients showcased right on top. It may seem like an odd thing to notice, but one major plus is that the blue corn soft shell tacos don't fall apart. It is an easy process to fold the sides and take a bite, and it's nice to not have to worry about the tortilla splitting and all the good stuff tumbling out.

The tacos are on the smaller side, so the ideal number for a meal would probably be around three a person. The fresh fish taco is filled with moist pan-seared whitefish, along with citrus slaw and ancho tartar. Also in the seafood category is the seared shrimp taco, with Thai coconut green curry. They've also got what appears to be pickled pepper strips, adding a vinegar component to the dish.

If you'd rather go with land meat, some of the favorites include 36-hour beef short rib, pork belly, and green chile chicken. There is also a taco of the week, which ends up being a unique creation from

Chef Hinojosa. Amazingly, Hinojosa has never repeated a taco of the week since CRUjiente opened in late 2016.

There are also appetizers and desserts on the menu. The absolute go-to for the starters is the Posole. A traditional stew from Mexico, the CRUjiente version is served hot and spicy, with hominy, onion, jalapeño and cilantro topping the dish. The pork is finely shredded throughout, not chunky, meaning you can easily get some in every bite.

A wide selection of drinks are also available. CRUjiente clearly has a relationship with WhistlePig, as the well-known whiskey is featured in numerous drink choices, including a flight of different vintages. If you have to choose one, it's hard to go wrong with the Manhattan, a strong but easily drinkable version of the famous cocktail.

The dishes at CRUjiente make it a tempting choice to visit on the 5th of any month.

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Tea-riffic spots for ice cold refreshment in Arcadia

By Elaina Verhoff

In Arizona, the arrival of 100 degree-plus temps means we desert dwellers need to stay hydrated. And here in Arcadia, iced tea is a more than just a refreshing beverage—it's a survival tool! Read on for a few of your neighbors' favorite spots for an ice-cold, caffeinated pick-me-up!

• **Dutch Bros** - With locations all over town, dozens of zany flavors, and drive-thrus (hooray for not getting out of the car and melting!), Dutch Bros is certainly a convenient way to grab a tea when you're on the run. A favorite is the Peach Vanilla Black tea.

• **AJ's** - The iced tea counter at AJ's at

44th Street and Camelback is the place to be in the summer months. And passionate iced tea lovers recommend adding an orange slice or two to your giant tea-to-go.

• **Sacks Sandwiches** - Their sweet and spicy specialty tea has a bit of a cult following and is not always easy to find, but you can count on Sacks to deliver. Sacks is located on the South side of Indian School at 42nd Street and is open Monday through Saturday from 9 a.m. to 3 p.m.

• **Raising Cane's** - Many people feel like the only way to do iced tea is the southern way! Cane's offers sweet iced tea for those who need a little bit of dessert with their cold beverage.

Other iced tea favorites include sweet tea from Coffee Bean Pacific Coast Black Tea, Tropical Tea at Cheesecake Factory, Mango Tea at Wildflower Bread Company, a variety of teas from the new Teaspressa shop across from Arcadia High School, black tea at The Henry, mango tea at QT.

If you plan ahead, you can always make your own iced tea, with China Mist brew-at-home tea packs, or good old Lipton cold brew!

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Five for the 5th: Fun Cinco de Mayo activities

By Megan Forrester

It's time to break out the maracas and piñatas! Cinco de Mayo celebrates Mexico's unlikely victory over the French Empire in 1862 and while this might have taken place ages ago, these five activities in the Valley are examples of how the celebration has never ceased, continuing to thrive ever since the 18th century. Here are some fun local ways to celebrate the 5th!

VIVE SELINA

524 N. 92nd St., Scottsdale

Travel back in time and relive the greatest hits of one of Latin's greatest artists, Selena Quintanilla, at The Casino Arizona Showroom on May 4th and 5th. Although it has been over two decades since her death, this tribute depicts Selena's inspiring life along with her extensive list of upbeat repertoires.

For more: casinoarizona.com



SALTY SEÑORITA

3748 N. Scottsdale Road, Scottsdale

Looking for a twist on classic Mexican dishes? At the Salty Señorita in Scottsdale, innovation has been the motto for more than 15 years. Sit back and relax on its pet-friendly patio while tasting items on its menu ranging from The Big "Juan" Burrito to Rotisserie Chicken Tacos and sipping drinks from its creative margarita list that never stops evolving. Pushing the envelope on cuisine never looked so delicious.

For more: saltysenorita.com



CALICO JACK'S CANTINA FIESTA

6670 N. Sunrise Blvd., Glendale

Can you handle the heat? Calico Jack's Cantina's festival hosted by LIVE 101.5 radio station offers a day of food, fun and prizes. Stop by throughout the day to have a chance to win \$2,500 in cash prizes from the annual taco and jalapeno eating contest. Also, sign up for the VIP guest list for the opportunity to win an all-inclusive three-day trip to Mexico.

For more: calicojacksglendale.com

CINCO DE MARIO

3939 N. Drinkwater Blvd., Scottsdale

Celebrate with a celebrity at this first-time fiesta, Cinco de Mario. Join Mario Lopez for a day filled with strolling mariachis, Flamenco dancers, as well as food provided by vendors such as Tacos Tequila Whiskey and Don Jose Mexican Food-to name a few. Share a cerveza with Mario at this unique festival.

For more: cincodemario.com

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For more: cincophx.com



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PHOTOS BY GREAT HEARTS ACADEMIES

All-student Veritas Music Fest is a big hit

By Elaina Verhoff

Hundreds of music lovers recently gathered for a spring music festival featuring live performances on a stage under the stars, food trucks and a vendor fair. Sounds like something you'd find at a popular Valley concert venue. But in this case, the setting was the grassy basin and eucalyptus trees of Veritas Preparatory Academy.

The 2018 Veritas Music Festival, held on Saturday, March 24, was the second annual event of its kind, and came together thanks to the dedication of a small group of parent volunteers, and the talent of the students, parents, and teachers who performed.

The organizing team included Veritas parents Kim Seeley, Katherine and Mark Reckling, Andrew Ellison, Joey Spadafore and Peter Cosovich.

The festival was emceed by seniors Raleigh Grove and Trey Godzich and the lineup included:

- Classic American music from Dusty Tuffet
- Traditional Irish music by Stilicho
- Groovy tunes by Sugahbeat
- The Nash Legacy Ensemble featuring sophomore Joaquin Rosales
- Rock and blues by Memphis Conventiculum
- Rawleigh Grove
- Apollo Bravos, featuring 2017 VPA alum Cole Kinerk
- Slightly Salted, comprised of sophomores Colin Graeff, Nate Tatham, Jude Slovik, and Damien Reeder
- Random Ideas, comprised of eighth graders Sophia Will, Kate Seeley and Isabella Robinson
- Solo by Sofia Valencia

"It taught Isabella so much in terms of time management," said Krista Robinson, mother of eighth grade keyboardist Isabella. "How to squeeze in band practice and rehearsals to an already full schedule of school, sports, piano lessons, and volunteering."

On the evening of the concert, Krista says it was clear all the hard work paid off, when Random Ideas took the stage and her daughter was cheered on by her friends and classmates who sat up front, singing along to the performance.

Seeley says this year's event has grown from the inaugural event, with more than 450 in attendance, compared to 300 last year.

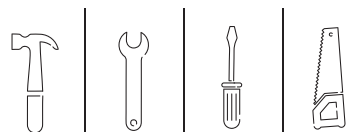
A new addition to this year's festival was the student vendor fair. Ten student vendors participated in the entrepreneurial fair, selling goods such as dog toys, candy, arts and crafts, shoelaces and jewelry. The junior class made more than \$600 selling baked goods and water, with funds going toward their senior trip next year.

It wouldn't be a concert without a t-shirt, and this year's concert shirts featured an event logo designed by Veritas senior Regina Rodriguez, who won a contest to design the logo. Rodriguez' art was also featured on festival marketing materials and the stage background.

Seeley says they're already thinking about next year's music festival.

"We had very positive feedback," she said. "The addition of student vendors really added to the experience and helped get more kids and families involved."

A video montage of the 2018 Veritas Music Festival can be viewed at bit.ly/2Ke5tj5.



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Arizona Restaurant Week: Variety is the spice of life

By Jennifer Marshall

Does a juicy filet mignon or a perfectly seared salmon excite your gourmet taste buds? If you're salivating right now, then you're ready for Arizona Restaurant Week, which runs for ten days May 18 through May 27.

This culinary event, celebrating its 11th year, offers a platform for chefs to showcase their cuisine and for you to sample new restaurants. With so many options, it's like taking a culinary world tour without ever leaving Arizona.

The concept is simple. A restaurant's chef creates a three-course prix fixe dinner menu and charges either \$33 or \$44 per person.

To start, you choose one item from a

selection of appetizers, salads or soups. For the entree course, you select one dish such as chicken, beef, pork or fish, and some establishments offer vegetarian options. Course three is all about satisfying your sweet tooth with a list of delectable desserts. Sadly, you may only pick one.

Don't worry though, you can always come back again to try that other dessert you were

dying to taste. In fact, chefs hope you'll be so enamored with their food that you'll keep returning time and again. With this type of popularity, reservations, while not required, are recommended.

According to Arizona Restaurant Week media contact Susie Timm, of Knife & Fork Media Group, the event is so popular it's become a real occasion for some people.

"We have people from all over the Southwest who fly in for Restaurant Week!"

"We have people from all over the Southwest who fly in for Restaurant Week," said Timm. "They stay for five nights, and they try a different restaurant every night. We also have many people locally who go out all 10 nights."

You have the Arizona Restaurant Association and a couple of local restaurants to thank for giving you the deliciousness that's Restaurant Week. About a decade ago, they joined forces with the aim of making Phoenix a dining destination. During this time, many local restaurants were coming on the scene, and numerous chain restaurants were opening their doors. Whether mom-and-pop or big corporation, they all desired to see their businesses flourish. Thus, Arizona Restaurant Week was born.

"We followed the model of other cities that have done this around the country and have had much success," Timm said. "Now, Arizona Restaurant Week is looked at nationally as one of the most successful restaurant weeks in the United States."

Timm adds there should be plenty of restaurants to serve diners ready for a taste adventure.

"I had more restaurants signed up in early April than we did a year ago," Timm said. "So, we should have a really nice mix all over the Valley."

For more: arizonarestaurantweek.com.



When in doubt, tacos.

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Arcadia Agora Arts Festival helps students showcase creativity

By Megan Forrester

Who would have guessed the simple stroke of a paint brush could make so many people smile?

That is the mission for Free Arts of Arizona, the state's only non-profit organization that delivers no-cost, creative, and therapeutic art programs to children ages three to 21 who have faced trauma such as abuse, neglect and homelessness.

Each year, artwork from all across schools in the Arcadia community is gathered and put on display at Arcadia High School for the one-night Agora Arts Festival, where all the proceeds from purchasing items made by the National Arts Honors Society benefit Free Arts of Arizona in further achieving its goal.

The word "agora" which comes from the Ancient Greek word meaning "gathering place," is usually the center for a city's civic life, which is clearly parallel to the idea of this festival to bring the Arcadia community closer together.

This festival, directed by Cira Riccio, a visual arts teacher at Arcadia High School, takes about two months of preparation, which includes setting a date, gathering people who are interested in being a part of the festival, as well as establishing a unique experience for the community to have each year.

"We change it up differently every year," Riccio says, "The art teachers here take time to play a part in it and figure things out and see how we can make it fun and a great event for the community."

This year's two-hour event was held on Saturday, March 29 and offered a variety of activities, including henna tattoos, chalk art, as well as an interactive pottery wheel along with student performances from the Arcadia Jazz Ensemble, Arcadia Dance and several others.

Visitors admired works of photography, paintings, and even 3D art of students from Echo Canyon, Ingleside, Hopi, Arcadia and Tavan while indulging in food from Fantasy Funnel Cakes, Broke Brothers Catering and street tacos.

"It doesn't get any better than eating tacos and looking at art," Riccio says. "It's usually always a great turnout and this year was just like any other- so it was really nice."

Not only was this event representing the efforts of Free Arts of Arizona, but the main purpose of this festival is to enable students to display their artistic capabilities in front of their loved ones.

"For any art teacher, our goal is to show parents, family, and friends how much time, effort, creativity, love, and passion that is put into our student's artwork and how hard they work," Riccio says. "Just to see how proud they are to see their work shown to everyone is very rewarding."

This festival is enjoyable for the visitors and community members, but for the student-artists, this annual experience helps them realize that their dedicated work is



PHOTOS BY MOLLY OPHEIM, SCOTTSDALE UNIFIED SCHOOL DISTRICT



"It doesn't get any better than eating tacos and looking at art!"

worthwhile and valuable.

"It's the one time of the year when the visual art students are able to be the heroes

of Arcadia," Riccio says. "They deserve it and they earned it so it's kind of our giveaway to them."

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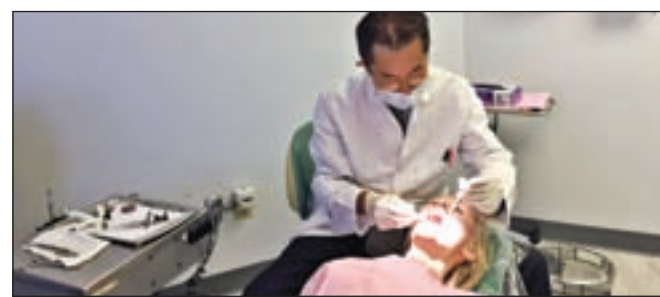
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Patients often remark they find Dr. Heng's office a breath of fresh air in an age where profit and greed driven corporations and "banksters" are invading every aspect of our lives, including our health care. "We have had a great response from all of our patients and we have met so many wonderful and appreciative people," said office manager Channa. "We treat all of our patients like we would our own family."



"We explain to our patients that we don't cut corners on care, treatment or materials," said Karen, dental assistant. "We pride ourselves in treating people not just their teeth. We love dentistry and feel great about providing excellent care. We are driven by our desire to help others."

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(left to right) Aidan Weber, Dominique Ballard, Dylan Watkiss, Jillian Rasmussen, Taylor Houser.

PHOTOS BY ARCADIA HIGH SCHOOL

Arcadia High School athletes pick schools on Signing Day

By Max Bechtoldt

Each spring, high school athletes across the country take part in Signing Day. On this day, all the hard work for these seniors pays off as they sign their letter of intent to play their sport for a college or university.

This year at Arcadia High School, the Signing Day festivities were in full swing on April 9 as seven athletes signed to continue their athletic careers at the next level. These seven Titans joined the nine

who signed in the fall.

For high school athletes, often the ultimate goal is to continue playing through college. But many do not get the chance, something that Cher Fesenmaier, Arcadia's athletic director, makes sure the students know.

"I remind student-athletes all the time that statistically, less than two percent of all high school athletes go on to play their sport at the college level," Fesenmaier said.

"I feel very fortunate to be surrounded by a lot of great students."

The athletes who signed on April 9 come from a variety of sports, showing the strength of Arcadia's athletic program as a whole.

- Jade Smith will continue her volleyball career at Glendale Community College.
- Kalena Teufel, will play soccer at the University of San Francisco.
- Dominique Ballard will play soccer at Arizona State.
- Jillian Rasmussen will continue her education and tennis career at Seattle University.
- Taylor Houser will go on to study and play basketball at Eastern Arizona College.
- Dylan Watkiss, will play basketball at St. Lawrence University in upstate New York.
- Aidan Weber will continue a family legacy and play basketball at Wartburg College in Waverly, Iowa.

"Just being celebrated for all of the hard work you've put in with academics and athletics, it's just very exciting" Watkiss said.

"My uncle went to Wartburg and he set the record for rebounds in a single game" Weber said. "And I told my parents that I want to go to Wartburg and try to break that record, so that's always been kind of a goal of mine."

Arcadia's 16 total signees between fall and spring is two more than signed last year and is a very strong number for a school of Arcadia's size.

"The fact that we have had 14 students in the 2016-2017 school year and 16 students in the 2017-2018 school year has been a blessing and true honor that our students are getting recognized for their hard work," said Fesenmaier.

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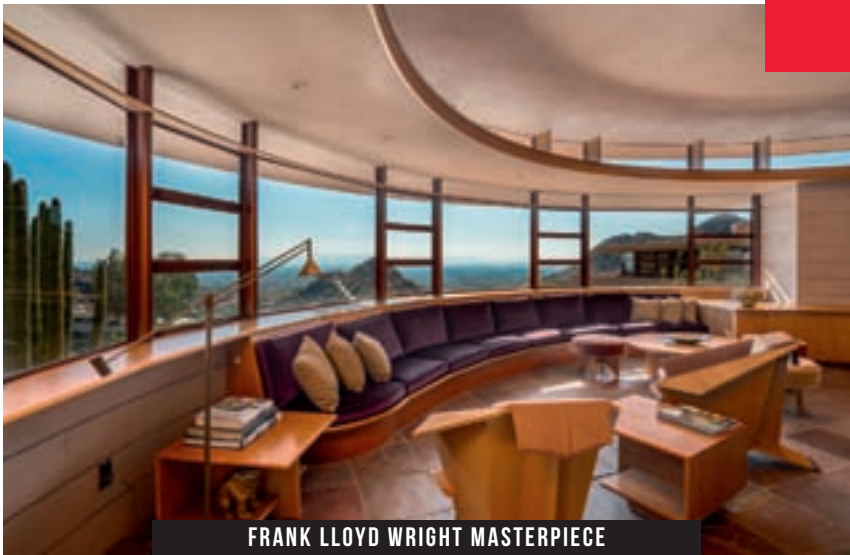
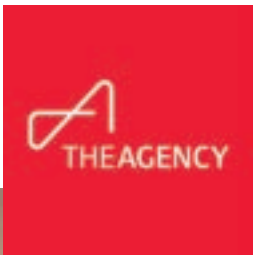
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Little Leaguer shines bright in first season

By Rachael Bouley

One Arcadia Little League baseball player has made a big impression on his coach and teammates in his first season with the squad.

When sixth grader Hagan Lambert joined Arcadia after five years in Scottsdale's Mountain View Little League, he immediately impressed with his mastery of multiple positions – a talent that has served the team well all season.

"He has caught, pitched and played shortstop in almost every game, and he is one of our team's top hitters, pitchers and catchers," said Coach Mychal Brosamer. "He has been involved in our most spectacular plays including pickoffs and throwing runners out at the plate."

One story that shows why Hagan is one of the best in Arcadia Little League, came when the Ingleside middle schooler was behind the plate with runners on first and third. Brosamer says Hagan called time out before heading to the pitcher's mound and gathering the infield players around him.

"I had no idea what was going on at first. On the next pitch, as expected, the runner from first takes off for second, and Hagan jumps up from his crouch, looking like he

is going to try to get the runner at second," Brosamer recalled. "But, he fakes the throw, fools the runner at third base who started running home and picks him off with an easy throw to the third baseman."

A play like that highlights the skills and smarts that Hagan brings to his team. But what has truly endeared him to his teammates and coaches is his attitude on the field.

"Hagan spends every minute of every game focused on how to be better and how to help his teammates improve as well," Brosamer said.

"He never criticizes another teammates performance."

"I just have tons of fun playing and competing with my friends," Hagan said. "I always try to encourage my teammates and keep focused on the field and in the dugout."

Hagan has been described as having another coach on the field, as he frequently takes time to offer encouragement and tips for better batting and fielding to his fellow players.

"His teammates respect him and know we would have a hard time winning without him," his coach added. "He has a unique combination of hard work, empathy and

"Hagan spends every minute of every game focused on how to be better and how to help his teammates improve as well."



12-year-old Hagan Lambert, who sees time at nearly every critical position in each game, impresses both on and off the field.

caring of others."

Hagan's parents, Reese and Julie Lambert, say Hagan, their youngest child, has a natural passion for the game. His father played college baseball at Oklahoma State University and spent more than 10 years with the Oakland A's organization. Reese's interest in the game was clearly inherited by his son.

"He is very committed to the sport," said Reese. "We always discuss how baseball has two parts. One is the game itself and playing it the right way and helping your

team. The other is staying positive and encouraging his younger teammates to be the best they can be."

Hagan hopes to continue his baseball career after high school, just like his dad. One day, he'd like to play baseball for University of Michigan, but until then, he's focused on getting better with each passing year.

"He definitely has his sights on being a collegiate player, but we are happy just to watch him play as a 12-year-old," Reese said.

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MAY			1 6:40 LAD	2 6:40 LAD	3 12:40 LAD	4 6:40 HOU	5 5:10 HOU
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The top pairing of Arcadia High's Beach Volleyball team consists of Lexi Sweeney and Rylie Satran, who are ranked 6th in the state.

Titans make it to State

By Mallory Gleich

Arcadia High School's Beach Volleyball team has passed, set and spiked its way to the state playoffs.

The beach volleyball team was originally started as a club by Arcadia alumna Kara Woodard and Katy Tolson. The club gained so much popularity that it was turned into sports team, first coached by Kyle Allen and currently coached by Jackie Bunker.

Beach volleyball differs from regular volleyball in that there are only two players on the sand court during the games instead of the six on an indoor court.

“There aren’t any positions in beach volleyball. Because there are only two players, there is a lot more ground to cover,” said Lexi Sweeney, who has been playing for two years, after learning to play the sport on an indoor court. “The toughest part about playing on sand is keeping focus of your mental game.”

There are 14 girls on the beach volleyball team. They are split up into pairs and usually play to 21 points.

“My favorite part of the game is the fact that I get more ‘touch time’ with the ball, as opposed to regular volleyball,” said Sweeney, who plans on playing at Arizona State University. “Plus, I love hitting the ball hard when the net is open.”

Coach Bunker attended St. Mary’s High School and Arizona State University. She played volleyball up until her senior year, when multiple knee surgeries forced her to quit.



(left to right) Sarah Wilber, Elle Overs, Gretchen Rea, Sarah Schneider.

Bunker knew that she wanted to stay connected to the sport, so she began coaching when she was 18. She started coaching at St. Mary’s and also coached at ASU for three years. Along with coaching, she teaches geometry and algebra at Arcadia.

“We have only won two games in the last two seasons, but we’ve won eight this season,” said Bunker. “Our team is really improving due to their hard work.”

This season was the success story that the team had been looking for, as they made it into the state playoffs. They also qualified for the pair’s tournament at the state level. The top team consists of Sweeney and her partner, Rylie Satran, who rank 6th overall for pairs in the state.

The 2018 season was an undoubtable success for the Titans, setting the stage for success in the coming years!

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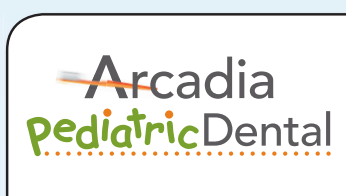
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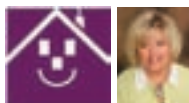
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