

ARCADIA NEWS

VOL. 26 NO. 4

ARCADIA • BILTMORE • CAMELBACK

JULY 2018



IT'S COOKOUT TIME

Learn how to grill like a pro from some of the neighborhood BBQ masters.

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A SUMMER TRADITION

It's time for the annual Arcadia Fourth of July Parade!

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GO JUMP IN A LAKE

Escape the heat with a day trip to one of Arizona's refreshing lakes.

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Publisher: Greg A. Bruns
greg@arcadianews.com

Editor: Nick Smith
nick@arcadianews.com

Designer: Gabe Turner
gabe@arcadianews.com

Advertising: Roni Mier
roni@arcadianews.com

Arcadia News
3850 East Indian School Road
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The Fourth of July is one of the true highlights of summertime. We've got a special section for those trying to choose where to spend their Independence Day.

29 Who wants ice cream?

What's more enjoyable than cooling down with a tasty treat in 100-plus degree weather? Our neighborhood has a long list of icy and refreshing options.

38 Do Laguna like a local

The beaches of California are a hot summer vacation destination for desert dwellers in Arizona. We've got tips for how to get the most out of a Laguna getaway.

51 Oleander problems in Arcadia

Oleander bushes are a staple of the Arcadia area. But there's a disease that is putting many of them in danger. Find out what is causing this and what can be done.



COVER IMAGE:

Perry Mathis and his daughter Alison Mathis
at the Arcadia Fourth of July Parade.

PHOTO BY LIZ MATHIS



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EDITOR'S NOTE

The Fourth of July was one of my favorite holidays when I was growing up. Our family home had a big backyard, with an open field of grass and a pool, perfect for hosting the party my parents would throw every year on the 4th. Those evenings were everything you could want Independence Day to be, from throwing down as many hot dogs and sodas as possible, to gathering in the grass for that perfect view of the fireworks display at the church down the road.

Those of us who wait all year long for the 4th couldn't be living in a more perfect location than Arcadia. One of the most iconic events in our neighborhood is the always anticipated annual Fourth of July parade (page 28). If you're looking for another way to spend the day, we've got a list of patriotic events around the area to choose from (page 5).

This month is the full-blown middle of summer, when our lives revolve around how to enjoy our days without succumbing to heat stroke. The *Arcadia News* is here to help, with suggestions on where to get ice cold treats (page 29), which lake to spend a day at (page 40), which resort to plan a staycation at (page 22), and how to best enjoy California if you make a run for the beach (page 38).

Summer is also a great time for weekend barbeques, and we've got two local experts that can help you learn to grill like the pros (page 26). And of course, our special summer series Postcards from the Past is back with more images of Phoenix in summers from years ago (page 32).

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 local readers who contact us. We hope you enjoy the July 2018 edition – and thank you for reading the *Arcadia News*!

— Nick Smith

Correction: We misspelled our scholarship winner's name last month. Gretchen Rea, we apologize for the mistake.

THANK YOU, SPONSORS!

The *Arcadia News* thanks the sponsors of our Teachers We Love Program, who provide gift certificates for our winning teachers each month, and sponsor our end-of-year luncheon. Thank you, Postino and Elements Massage - Arcadia.



THANK YOU, READERS!

For nominating your favorite teachers each month during the school year. It's an honor and a pleasure to recognize these hard-working educators with an article, and award them with special gifts from our sponsors.



Schools and teachers are some of the greatest assets in our community. Since 2011, the *Arcadia News* Teachers We Love program has recognized over 60 local educators who have made an impact on their students and in the community. Its purpose is to give residents a chance to publicly thank a special teacher who makes a difference.

Nomination forms are available at the *Arcadia News* web site:
arcadianews.com/teachers



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2017-2018 TEACHERS WE LOVE WINNERS



(left-right) 2018 Teachers We Love luncheon attendees: Nick Smith, Kelly Bergman, Greg Bruns, Margo O'Neill, June Kraynik, Martin Russell and Linda Russell.



Rachel Jasinski
Madison Camelview
Elementary,
Kindergarten



Linda Russell
Arcadia Montessori,
Preschool



June Kraynik
Villa Montessori,
1st-3rd grade



Meredith Flower
Archway Veritas,
1st grade



Kelly Bergman
Christ Lutheran
School,
2nd grade



Katha Merucci
St. Thomas,
4th grade



Angie Berk
Arcadia High School,
Biology and Physics



Allegra Hudson
The Solel Preschool,
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Area activities to help you celebrate Independence Day

By Megan Forrester

The sound of firecrackers and the feeling of American freedom can only mean one thing—Independence Day is upon us. These six local Fourth of July festivities will be sure to add more sparkle to your celebration of our nation’s birthday.

FOURTH OF JULY FREEDOM FEST
Times vary, at The Fairmont Scottsdale Princess, 7575 E. Princess Dr., Scottsdale
scottsdaleprincess.com

Who says one day is enough to celebrate our nation’s independence? The Fairmont Scottsdale Princess’ Eighth Annual Freedom Fest offers four days of fun leading up to the Fourth. Dive-in movies, vintage air shows, a Michael Jackson Tribute and electrifying fireworks are a few examples of the variety of activities available at this event. Also, all of the proceeds of this event benefit Friends of Freedom—a non-profit dedicated to supporting veterans and their families. Tickets are free for resort guests but if you’re not staying there, tickets can be purchased when dining at any of the resort’s restaurants.

FOURTH OF ZOOLY
7-10 p.m. at The Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix
phoenixzoo.org

It’s time to embrace your wild side this Fourth of July! The Phoenix Zoo’s Fourth of Zooly is an All-American barbecue catered



Fabulous Phoenix Fourth at Steele Indian School Park.

by Andrew’s BBQ, along with many activities such as free carousel rides, an inflatable bounce house, as well as access to Stingray Bay. After dinner, bask in the luminescence of the Tempe Town Lake fireworks with a view from the back (south side) of the zoo. Tickets range from \$35-\$45.

FABULOUS PHOENIX FOURTH
6-10 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix
phoenix.gov

Get ready for a night filled with sparkling color at Fabulous Phoenix Fourth. The 33rd annual event (expecting more than 100,000 people) hosts one of the largest fireworks displays in the southwest accompanied by festival-style food and beverages. Before the sky lights up, be sure to check out the

classic car display as well as two stages of concerts featuring international recording artists. This is a free event.

PHOENIX 4TH OF JULY SWING DANCE CONVENTION
Times vary, at Camelback Inn Resort & Spa, 5402 E. Lincoln Dr., Scottsdale
phoenix4thofjuly.com

Grab your dancing shoes and celebrate the Fourth with a swing at the 37th Annual West Coast Swing Convention. This four-day convention beginning on the Fourth showcases professional dancers competing in different divisions of swing dance and gives the opportunity for guests to take a variety of dance classes by the pros available for all dance levels. The goal of this event is to honor the traditions of west coast swing,

from origination to today. As it continues to evolve, why not add some fireworks to make this a new Fourth of July tradition for the family? Ticket prices vary.

TEMPE TOWN LAKE FESTIVAL
5 p.m. at Tempe Beach Park, 80 W. Rio Salado Pkwy., Tempe
tempe4th.com

Celebrate the Fourth lakeside at the Annual Tempe Town Lake Festival. This festival features an array of activities for families, such as rock climbing and an inflatable village along with a food court serving all your patriotic essentials—fry bread, hot dogs, snow cones and may others. Then of course, grab a blanket and gaze at the spectacular fireworks display right above the lake at 9 p.m. Tickets range from \$7-\$10.

TOLLESON’S 4TH OF JULY CELEBRATION
4 p.m. at Veterans Park, 8601 W. Van Buren, Tolleson
tollesonaz.org

Head over to Veterans Park for a classic Fourth of July event with all the works, including food, fireworks and games. Come with an empty stomach to participate in the hot dog eating contest, cheese ball toss and cookie face race, while also staying cool by enjoying free watermelon and 12 waterslides. This is a free event.

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Arcadia Real Estate Stats					
HOPI SCHOOL DISTRICT SALES RESULTS			TAVAN SCHOOL DISTRICT SALES RESULTS		
	1/01/2018-5/31/2018	2017		1/01/2018-5/31/2018	2017
Active Homes -	184 Homes		Active Homes -	82 Homes	
Homes Sold -	139 Homes	276 Homes	Homes Sold -	98 Homes	241 Homes
Average Sale Price -	\$1,237,000	\$1,140,000	Average Sale Price -	\$650,000	\$612,000
Average Sold \$ Per SF -	\$352	\$332	Average Sold \$ Per SF -	\$270	\$257
Average Days On Market -	134 days	116 days	Average Days On Market -	90 days	78 days
There is currently 8 months of home inventory. <i>(Based on 2017 sales results)</i>			There is currently 4 months of home inventory. <i>(Based on 2017 sales results)</i>		
2018 home sales have increased 18% this year. <i>(Based on 2017 sales results)</i>			2018 home sales have increased 0% this year. <i>(Based on 2017 sales results)</i>		
2018 home prices have increased 8%. <i>(Based on 2017 sales results)</i>			2018 home prices have increased 6%. <i>(Based on 2017 sales results)</i>		
2018 \$ Per Square Foot prices have increased 6%. <i>(Based on 2017 sales results)</i>			2018 \$ Per Square Foot prices have increased 5%. <i>(Based on 2017 sales results)</i>		
2018 homes are taking 6% more time to sell. <i>(Based on 2017 sales results)</i>			2018 Homes are taking 13% more time to sell. <i>(Based on 2017 sales results)</i>		

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Fruit and vegetable washing

By Sara Lemons Vaules

Summer is in full swing, and for many of us, it brings with it a desire for smoothies, salads, fruits, and anything cold! This increase in consumption of fruits and vegetables also brings a need for increased awareness of the proper methods for washing produce.



There is a lot of information out there that can scare consumers instead of encourage better habits. So this month, I want to help you better understand what is most important when it comes washing fruits and veggies, and what you can consider easing up on.

With a frenzy of words such as pesticides, GMOs, molds, bugs, pathogens, dirty dozen, organic, E. coli, etc., it can make one give up on eating fresh produce entirely! But that's not a good idea. The goal is to simplify your cleaning process and follow a few easy steps and tips to success.

Overall, I highly recommend buying organic fruits and vegetables whenever possible. Knowing that pesticides and chemicals were not used is helpful, but remember organic does not mean you can skip washing. A good rule of thumb is if you eat the skin (strawberries, blueberries, peppers, zucchini) a thoroughly scrubbing is necessary, and if you don't eat the skin (avocados, bananas, cantaloupes) you can skip the wash.

The "dirty dozen" is an updated list provided by the Environmental Working Group (EWG) that ranks the most popular fruits and vegetables based on pesticide contamination. Strawberries topped this year's list again for the third year in a row with 22 pesticides and residues found in non-organic varieties. The concern with strawberries is that bacteria



CHEM-FREE LIFE

can get lodged in the tiny pores on the skin. One easy way to clean them thoroughly is to soak them in a vinegar wash of one cup white vinegar and eight cups of water. Soak for a few minutes, then gently move around to remove toxins, rinse in colander and dry on paper towels. (Be sure to check out the water after yuck!)

A few of the commercial products are good, but honestly either filtered water or a vinegar soak or spray is reasonable and effective. For the spray, simply use one cup white vinegar along with two cups water in a spray bottle. Spray on produce and let sit for five minutes. Rinse well with a scrub brush and lay out to dry. Then enjoy.

Happy washing!!

— 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.



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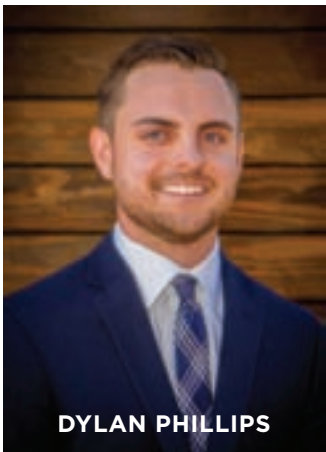
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WHAT'S HAPPENING, ARCADIA?

MONDAY 7/2 – TUESDAY 7/3

Bakeshop Fundamentals

9 – 11 a.m. at Sur La Table, Kierland Commons, 7122 E. Greenway Pkwy., Scottsdale. Getting the kids ready to cook up some summer fun. This two day class is designed for 8-12 year olds and will teach the tips and tricks to baking some delicious treats. Learn how to measure, read recipes, and mix ingredients to create homemade pretzels with cheese sauce and peach pie. Classes are \$120 per person. For more: surlatable.com.

FRIDAY 7/6

Annie: The Musical

7:30 p.m. at Dream City Church Phoenix, 13613 N. Cave Creek Road, Phoenix. It can be “a hard knock life” but not while enjoying the classic musical about Little Orphan Annie! Watch as she escapes from the evil Miss Hannigan and spends time in the lap of luxury with Daddy Warbucks. Presented by the Dream City Church, this show is sure to have you singing along. Tickets are \$10. For more: summermusical.org.



Rooftop Yoga at the Lustre Rooftop Bar in Phoenix.

MONDAY 7/9 – FRIDAY 7/13

Summer Camp: Storm Chasers

9 a.m. – 4 p.m. at the Children's Museum of Phoenix, 215 N. 7th St., Phoenix. A summer camp that's educational and fun. Storm Chasers Summer Camp at the Children's Museum is all about chasing the weather. Kids will learn about hurricanes, tornadoes, heat and cold weather with games, activities and hands-on projects. Registration for a

full week is \$280 per person. For more: childrensmuseumofphoenix.org.

TUESDAY 7/10

Movie Night at Desert Ridge

6 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. The pirates have taken over! Head to Desert Ridge to watch Pirates of the Caribbean: At World's End. Before the film, attendees can enjoy activities, entertainment, games, a costume contest and braiding station. Wear

your most swashbuckling costume and enjoy the movie. For more: shopdesertridge.com.

South Central Swing Night

7 p.m. at The Duce, 525 S. Central Ave., Phoenix. Get ready to learn yourselves some old school dance moves. The Duce presents Swing Night, a rockin' good time with the music and dance moves to prove it. Dance lessons start at 7 p.m. with moving and grooving until you can't any more. Plus, there are drink specials in case you need a little liquid courage. Admission is \$8. For more: theducephoenix.com.

WEDNESDAY 7/11

Rooftop Yoga

7 – 9 p.m. at the Lustre Rooftop Bar, 2 E. Jefferson St., Phoenix. Relax and unwind with a rooftop yoga session. As the evening is cooling down, roll out your mat and reach your fingers to the sky and listen as the music soothes you. This evening's theme is yoga rave. Be prepared to feel amazing after you finish the “original class in the clouds” yoga at Lustre. This event is free. For more: sutrastudios.com.

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WHAT'S HAPPENING, ARCADIA?

FRIDAY 7/13

Happy Hour History Tour

6 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave., Phoenix. What's not to love about a history lesson with a little cocktail mixed in? The Happy Hour History Tour will guide you through the architecture of Frank Lloyd Wright, as well stories about dignitaries, U.S. Presidents, and Old Hollywood while you enjoy a couple of signature drinks. Tickets are \$20. For more: arizonabiltmore.com.

SATURDAY 7/14

Christopher Lloyd Goes Back to the Future

7 p.m. at Orpheum Theatre, 203 W. Adams St., Phoenix. Doc Brown is here to grace the stage! Christopher Lloyd will regale the audience with behind-the-scenes stories from the making of the film, plus his work with Michael J. Fox and Steven Spielberg, an audience led Q&A, photo ops, and a screening of the original Back to the Future. Great Scott! Tickets are \$49-\$135. For more: phoenixconventioncenter.com.



Experience Arizona Music at the Musical Instrument Museum in Phoenix.

Cityscape H2Oasis

10 a.m. – 3 p.m. at Cityscape Phoenix, 1 E. Washington St., Phoenix. Central Ave. and Patriot Park have been transformed into a waterpark for the day. Put on your suits and get ready to cool off on the splash pad and water slides, and hang out in the shade. Plus, learn about water safety from the Lincoln Family Downtown YMCA. Attendance is \$5 per person. For more: cityscapephoenix.com.

Winter in July

7 – 11 a.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's definitely hot in the Valley, but never fear, for the Phoenix Zoo is bringing winter to you! Over 50 tons of snow will be "brought in" to the zoo, with icy activities, games, snow piles, blizzards, live music, and creature features, where you can meet some of the zoo's residents. Tickets are \$25 for adults and \$15 for kids. For more: phoenixzoo.org.

SUNDAY 7/15

Experience Arizona Music

9 a.m. – 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. What better way to celebrate our home state than with its music? Listen to Arizona songs and stories, a Native American musical performance, arts and crafts stations, curator talks, face painting, photo booths, and an Arizona-inspired lunch menu. Tickets are \$20 for adults and \$10 for kids. For more: mim.org.

WEDNESDAY 7/18

Poetic Soul Phoenix

7 p.m. at The Grand Café, 718 N. Central Ave., Phoenix. For all those poetry writers who haven't gotten the courage to share your stuff, now is your moment! The Grand Café presents Poetic Soul, a night of spoken word poetry, vocalists, comedians and storytellers to the stage to share their art with the crowd. All spoken word artists are welcome. Tickets are \$10-\$12. For more: thegrandaz.com.



Naomi Kline

Tino Ferrulli

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KateMcGeeAZ

I am a third-generation Arizonan, born and raised in our great state. My husband and I have lived in our North Central Phoenix home, where we raised our three children, for 33 years.

Since my days on the school board, I've fought for Arizonans. I led the bipartisan Prop 301 continuation, which provides \$600 million annually to our classrooms. I stood up for our neighborhoods, and passed critical legislation to assist Arizona's most vulnerable, like kids in foster care, seniors, and people with developmental disabilities.

I need your support and your vote to keep passing common sense reforms. Working together we can build a better Arizona for families, neighborhoods, and businesses.

Paid for Kate Brophy McGee AZ- Senate.
Authorized by Kate Brophy McGee AZ- Senate

WHAT'S HAPPENING, ARCADIA?

THURSDAY 7/19

Melrose on Third

12 – 8 p.m. between Camelback and Indian School Road along 7th St., Phoenix. It's more than an art walk. Businesses along 7th Street will keep their doors open for shopping and browsing, as well as music, vendors, arts and crafts, and family fun. There will also be food trucks in case you get hungry. Come on down and see what Melrose is all about. For more: melrose3rdthursday.com.

Dave and Buster's Beer Dinner

6 – 9 p.m. at Dave and Busters, 2000 E. Rio Salado Pkwy., Tempe. Leave the kids with a babysitter for this one! In partnership with Huss Brewing, Dave and Busters will host a five course meal with beer pairings, plus a double-play game card for the arcade. It's the perfect idea for date night. Tickets are \$50. For more: daveandbusters.com.

SATURDAY 7/21

Carnival of Illusion

4:30 p.m. at the Biltmore Resort, 2400 E. Missouri Ave., Phoenix.



Carnival of Illusion at the Biltmore Resort in Phoenix.

Travel back in time to the early 1900s and get ready for a vaudeville inspired magic show! Mixed with the theme of the traveling magician, you will be awed, inspired and have a few laughs along the way. Audience participation is a must! Tickets are \$40-\$45. For more: carnivalofillusion.com.

Flashlight Tour

7 – 9:30 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Sure, walking through the gardens during the day is awe-inspiring, but have you walked through them at night? Flashlight Tours at Desert Botanical Garden allow guests to see a different side of

the trail while walking the paths with their flashlights. Who knows what you might encounter? Tickets are \$25 for adults, \$13 for kids. For more: dbg.org.

SUNDAY 7/22

Opera and Gelato

2 p.m. at the Arizona Opera, 636 N. Central Ave., Phoenix. Escape the summer heat and enjoy a production of Rossini's Cinderella! Watch as she transforms from maid to princess in this classic tale while enjoying a cup of gelato from FROST and other refreshments for purchase. Admission is free with registration. For more: azopera.org.

TUESDAY 7/24

Mirror Maze

10 a.m. – 5 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. You've heard of a hall of mirrors, now get ready for a maze of mirrors. This exhibit at the Arizona Science Center will have you following twists and turns, through dead ends, to a secret room full of puzzles and imagery. Keep those brains a-workin'! Admission is \$8.95 plus museum admission. For more: azscience.org.

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\$2,650,000 5301 North Royal View
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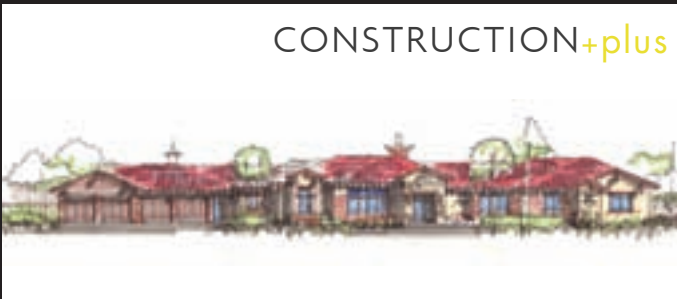


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WHAT'S HAPPENING, ARCADIA?

WEDNESDAY 7/25

Westgate Wednesdays

6 – 7:30 p.m. at Westgate's Fountain Park, 6751 N. Sunset Blvd., Glendale. Head over to Westgate for a little Wacky Wednesday fun! Kids can enjoy music, games, prizes and dancing. This Wednesday's theme is a surprise. Could it be a Royal Soiree? Frozen Fiesta? Dino Dance Party? Princess Party? You'll have to stop by to find out! For more: westgateaz.com.

SATURDAY 7/28

SpayGhetti and No Balls Gala

6 – 10 p.m. at the Hyatt Regency Scottsdale, 7500 E. Doubletree Ranch Road, Scottsdale. Don't let the strange name stop you – this gala is for a great cause! The Arizona Small Dog Rescue presents the SpayGhetti and No Balls Gala, an evening of dinner, dancing, raffles, auctions and fun. The rescue aims to help with the care, rehabilitation and adoption of abused, homeless, and injured animals in the Valley. Tickets are \$63 per person. For more: azsmalldog.org.

Cars and Coffee

9 a.m. – 12 p.m. Gateway Classic Cars, 22275 N. 23rd Ave., Phoenix. Start your weekend off with a cup of coffee and a



Taco Takeover at the Clayton House in Scottsdale.

classic car show! 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.

Taco Takeover

3 – 6 p.m. at the Clayton House, 3719 North 75th St., Scottsdale.

Cinco De Mayo ain't got nothing on this Taco Takeover! Presented by Cuervo Tradicional, this taco and tequila competition boasts over 10 local chefs serving up their best tacos, plus a cocktail competition, live music, games and even a few surprises. Get ready to fill your belly with taco and tequila goodness! Tickets are \$39-\$69. For more: thetacotakeover.com.

Real, Wild & Woody Beer Festival

2 – 6 p.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. It's really hot outside, so why not head indoors and cool off with some craft brews? This beer festival boasts over 65 of the Southwest's best craft breweries and 350 beers to sample. Guests will enjoy 20 tasting tickets, food pairings, and a souvenir glass to take home. Tickets are \$57. For more: realwildandwoody.com.

SUNDAY 7/29

Sip and Shop

12 – 4 p.m. at DeSoto Central Market, 915 N. Central Ave., Phoenix. Forget a day of rest – how about a day of shopping? DeSoto Central Market presents Sip and Shop, where you can sip a mimosa while shopping through various local vendors. There will be brunch options, plus \$3 mimosa and bloody mary specials! Browse through handmade crafts, vintage clothing, and more. This event is free. For more: desotocentralmarket.com.

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OUT OF THE AREA, BUT WORTH THE DRIVE

SUNDAY 7/1

Hopi Festival of Arts & Culture

9 a.m. – 5 p.m. at the Museum of Northern Arizona, 3101 N. Ft. Valley Road, Flagstaff. This festival has been happening since the 1930s, and it’s still going strong today. Come out and celebrate Hopi culture with traditional dances, live music and entertainment, traditional food tastings, a nature guide featuring native plants, and learn all there is to know about the Hopi culture and their values. Tickets are \$12. For more: musnaz.org.

Flagstaff Folk Festival

10 a.m. – 6 p.m. at the Coconino Center for the Arts, 2300 N. Ft. Valley Road, Flagstaff. If folk music is your go-to, you won’t want to miss this festival. More than 150 musicians will grace five different stages, with group acts, fiddlers, string bands, you name it! There will also be workshops for instruments and song writing. Tickets are \$5. For more: flagfolkfest.org.

Tombstone Tour

9 a.m. on Allen St. in Tombstone. “I’ll be your Huckleberry!” It’s been 25



Prescott Rodeo Days & Arts and Crafts Show at the Yavapai County Courthouse.

years since Tombstone graced the silver screens but its popularity has yet to waver. In honor, the city of Tombstone is holding a Tombstone reunion, where guests can tour the movie sets, attend a panel discussion, auction, costume contest, memorial walk down, and even meet some of the actors who played in the movie. Tickets are \$10 and have to be purchased online. For more: tombstonechamber.com.

SUNDAY 7/1 – MONDAY 7/2

Prescott Rodeo Days & Arts and Crafts Show

9 a.m. – 4 p.m. at the Yavapai County Courthouse, 120 S. Cortez St., Prescott. Get away from the crazy summer sun and head to Prescott for the 38th annual Rodeo Days and Art Show featuring local juried arts and crafts. Rodeo Days will feature a parade, “world’s oldest” rodeo, street dances, cowboy boot races and entertainment.

Enjoy a weekend in the pines! For more: prescottdowntown.com.

FRIDAY 7/6 – SUNDAY 7/8

Medieval Mayhem

10 a.m. – 7 p.m. at the Mountain Meadows Rec Complex, 1101 N. Woodland Road, Pinetop-Lakeside. If you missed the Renaissance Festival this year, no worries. Head to Pinetop and enjoy all the medieval menagerie you can handle. There will be costumes, food, music and entertainment, merchant booths, sword fighting and yes, mayhem! Tickets are \$10 for adults, \$5 for kids. For more: azmayhem.com.

SATURDAY 7/14

Around the World with Honey and Bees

10 a.m. at the White Mountain Nature Center, 425 S. Woodland Road, Pinetop-Lakeside. Have you ever wondered where honey comes from? Well, now you can find out! Entomologist and author of The Bee Tree, Stephen Buchmann, will be onsite with a multimedia reading about how honey is collected from around the world. There will also be a honey tasting after the reading. This event is free. For more: wmnature.org.

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OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 7/14

Mini Mud Run

9:30 a.m. at Show Low City Park, 1100 W. Deuce of Clubs, Show Low. Pack up your minis and head to Show Low for some down and dirty fun. The Mini Mud Run is only for kids ages 2-10 and features an obstacle course full of mud, dirt and water. Run, jump, crawl and climb your way to the finish line – and definitely shower off before you get in the car! Registration is \$13. For more: showlowaz.gov.

Food Truck Frenzy

2 – 8 p.m. at Fort Tuthill, 2446 Fort Tuthill Loop, Flagstaff. What could be better than an afternoon of food, music and cooler weather? The Flagstaff Food Truck Frenzy will feature more than 30 trucks with all the food, local music entertainment and a beer garden. Make sure to come with an empty belly, because it'll be full when it's time to go home. Tickets are \$3. For more: flagstaff365.com.

FRIDAY 7/20

WeekendZona

4 p.m. at the Gadsden Hotel, 1046 G Ave., Douglas. Get ready for a



Peach Mania Festival at Apple Annie's Orchard in Wilcox.

gorgeous weekend away. Guests will enjoy two nights at the Gadsden, meals at Douglas's restaurants, and group activities like a clay pottery workshop, guided tours, local wine tasting, a dinner show, and shopping, all the while learning about the history and culture of Douglas, Arizona. Meals and activities are included in the price; for two people, \$485 and for one person, \$295. For more: localfirstazfoundation.org.

SATURDAY 7/21

Book Festival

9 a.m. – 3 p.m. at the Mazatzal Hotel & Casino, Highway 87, Mile Marker 251, Payson. Page-turners and book lovers, this one is for you. There will be presentations highlighting your favorite local authors, food, door prizes, and of course, lots and lots of books. Browse through the selection while the kids listen to story time

and take photos with the Story Monster and Cat in the Hat. This event is free for all ages. For more: paysonbookfestival.com.

SATURDAY 7/28

Harvest Fest

10 a.m. – 4 p.m. at the Sonoita Vineyards, 290 Elgin-Canelo Road, Elgin. It's harvest time at Sonoita Vineyards! Get ready to tour the vineyard, try out wine and food pairings, a wine tasting with souvenir glass, giveaways, and the main event – grape stomping. If you love a good glass of vino, you'll love this event too. Tickets are \$25 for general admission with VIP packages available. For more: sonoitavineyards.com.

Peach Mania Festival

11:30 a.m. – 3 p.m. at Apple Annie's Orchard, 2081 W. Hardy Road, Willcox. It's sweet peach season at Apple Annie's Orchard, and they're kicking things off the right way! There will be an all-you-can-eat peach and pancake breakfast (got to get there early, though), plus wagon rides, peach picking, samples, and a luncheon. For more: appleannies.com.

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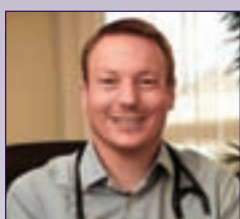
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MON-WED 7AM-7PM THURS-FRI 7AM-5PM SAT 7AM-NOON

Keep burglars at bay while you're away

By Michelle Donati-Grayman

July and August have the highest rates of residential burglaries.

Home burglaries increase in the summer months, according to the Insurance Information Institute, since burglars see vacations as an opportunity to target empty homes.

Whether your vacation takes you near or far, AAA offers travelers peace of mind with tips to keep your home safe while you're away.

• **Make it time-consuming to break into your home.** Research suggests that if burglars think it will take more than four or five minutes to break into a home, they will move on. Check outside doors and frames to ensure they are strong and made of metal or thick hardwood. Use dead-bolts on windows and doors, which can slow burglars down or deter them entirely.

• **Invest in an effective burglar alarm** that, when triggered, alerts the police, fire department and other emergency services. Check with your insurance agent about possible alarm system discounts.

• **Disconnect computers and other electronic devices from the internet** to prevent hackers from gaining access to your information. Make sure personal information on your computer is difficult to access.

• **Keep valuables locked up and out of sight.** Expensive jewelry, electronic devices and other high value items should be hidden from plain view and placed in lock boxes.

• **Make your home look inhabited.** Use timers to turn lights on and off, temporarily stop newspaper deliveries, and arrange to have your mail picked up or held by the post



office. An unkempt lawn is also an indicator to burglars that you are away. Hire a lawn service to maintain your yard if you will be gone for an extended period of time.

• **Ask a dependable neighbor, friend or family member to keep an eye on your home.**

• **Avoid discussing your vacation plans** in public places such as at the grocery store or at your local café. Although vacations are exciting, try not to post about them on social media.

• **Create a home inventory.** In the event that you do need to file a claim, preparing a home inventory of your possessions beforehand will make the process easier.

• **Check your insurance policy to ensure that you have the coverage you need** in case you experience theft or damage to your property.

Before you head out for vacation, take a few moments to safeguard your home and keep your possessions safe. Don't risk leaving your home unprotected this summer.

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ARCADIA NEWS



Q&A on hidden treasures

By Jeffrey Pearson

It's always amazing to read all the interesting reader questions we get each month—and we do our best to read and respond to them all. Sculptures, unused sporting event tickets and vintage Halloween items are just a few of the treasures we've had the pleasure of researching.

Q. *I have a signed Loredano Rosin sculpture "Seated Girl" in mint condition. Any idea of today's value?*

A. This famous piece of art has had quite a few remakes over the years. Although signed and in very good condition, your sculpture will likely only bring \$200-\$300 in a fair market value. The value may increase if you have the signature authenticated to make sure it is not replication or forgery.

I suggest contacting Brian Katheres of National Appraisal Consultants to assist (brian@nacvalue.com). Brian is a CAPP (Certified Appraiser of Personal Property) member of the International Society of Appraisers.

Q. *I have an envelope sent from the USNA in Annapolis, MD, with postmark date 1920. Inside the envelope was a letter inviting a friend to the 1920 Army-Navy football game at the Polo Grounds with one unused ticket. I've had this ticket for probably 35 years and often wondered if it has any value?*

A. Navy ended up victorious over Army in 1920 by the score of 7-0. The game wasn't a particularly memorable one, so I do not think this alters the fair market value of your item. Vintage newspapers and programs for Army vs. Navy games, depending on condition, range from \$20-\$500.

However, unless you find someone who is interested specifically in this type of

ASK THE APPRAISERS

collector piece for its connection with the Navy or the sport affiliation, unused tickets and ticket stubs range from \$1-\$100. One option: you may wish to contact the Navy to see if there's interest in your possession (pao@usna.edu). Most of the time we see an item like this to be far more valuable personally with the story and about how you acquired it.

Q. *Going through my grandfather's storage shed I came across an old Beatles Halloween costume with the name Ben Cooper copyright 1965. I was wondering if these old plastic costumes in the box have any value today?*

A. My favorite holiday of all! I'm a collector of older Halloween paraphernalia, and I end up being extremely finicky as to which items I will add to my arsenal of décor. The boxed costumes of the 1950s to the mid-1980s are in really high demand depending on condition. I recently purchased a Batman costume on eBay for \$25 in excellent condition. Depending on which of the Fab Four you have, your Beatles costume could be valued between \$100-\$400, with John Lennon being the most valuable.

Keep the questions coming, as we enjoy the research, analysis, and ultimately finding the answers.

That's all for this month. Wait until the next issue to see what treasures we have in store for you. Happy hunting!

— Do you have an appraisal question?

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The ultimate Arizona staycation vacation

By Robin Sewell

I fancy myself a pretty good planner, but as far as this year's summer vacation, I am way behind the eight ball. One minute I'm putting away our holiday decorations and the next I'm counting the days before school is out.



Triple digits are here and it's time to start embracing summer in the desert. As a host on Arizona Highways TV, every time we do a story on one of Arizona's fabulous resorts, I think to myself about how I want to come back here. Only then I think, how silly is that, I live right down the block.

After celebrating my daughter's birthday four years in a row at the Fairmont Scottsdale Princess, I am telling you not only is it NOT silly, but in fact, "staycationing" in your own backyard is a dream vacation come true.

Imagine everything you want minus long car rides, travel delays, lost luggage and exhaustion when you arrive. Wait, it gets better! In the summer, you can enjoy a luxurious resort at a fraction of what it costs other times of the year.

What I love about the Fairmont Scottsdale Princess is that I can take off my entertainer hat and let the Fairmont "Funergy" teams do the entertaining. There are waterslides, a white sand beach (yes, I said beach), a virtual reality roller



Arizona's most luxurious resorts offer great discounts during the summer months, making the perfect destinations to take the whole family for a great staycation.

coaster, and for a mom like me that just wants to kick back and relax, a dive-in movie. Throw in a fireworks display, a concert on the lawn and a nighttime pool glow party, and you've got the ingredients for the best summer ever.

"Our event steering committee works to make our resort a place for the community to gather, make memories with their loved ones and turn those moments into traditions," says Pam Gilbert, director of sales and marketing at the Fairmont.

Now I am not one to gossip but have you seen the Phoenician's facelift?

The Grand Dame of Arcadia has had some extensive work done and she is just gorgeous. One of my favorite amenities at the Phoenician this summer is the Night Owls Program. How often do you wish you could find supervised activities for the kids while you and your significant other have a relaxing and romantic dinner together? The Night Owls Program provides fun activities and a meal for the kiddies. Best of all, it is

covered by your resort fee when you dine at one of the resort restaurants.

I tend to fancy myself a creative type. However, I have yet to discover my inner Monet. But I may now get my chance, on Paint Night at the Phoenician. On Friday, July 13, drink, laugh and learn to paint. What a fun idea for a girl's night or a great way to blow off some steam after a hectic summer work week.

Camelback Mountain Shadows might be the new kid on the block, but it's quickly becoming one of my go to spots for Zen, tranquility and a darn good cocktail. If you love yoga as much as I do, then Camelback Mountain Shadows should be on your yoga retreat radar. All level Flow classes every Thursday evening against the gorgeous Camelback Mountain backdrop, can I get a namaste?

How about paddleboard yoga? I have paddleboarded on Arizona lakes and rivers, but paddleboard yoga is still on my bucket list. On Sunday night you can take a deep breath, move with grace, rise with the moon and enjoy the view from the rooftop deck for yoga under the stars. If yoga isn't for you, grab a private cabana poolside, a day at the spa or on the links followed by a five-course meal at sunset to toast the end to another awesome Arizona weekend.

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

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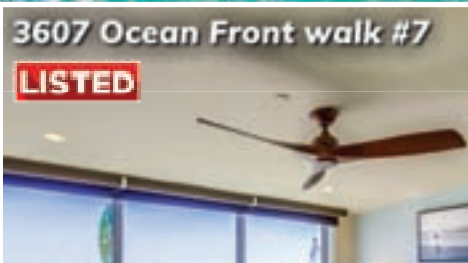


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Ant-Man and the Wasp

Dinner and movie ideas

By Eric Luse

Venturing to the movie theater doesn't have to be just about seeing a feature and shelling out big bucks for concessions. Your next trip to the theatre can be used as the perfect excuse to check out an eatery you've driven by so many times but never tried.



Here's a few suggestions for movie and restaurant pairings sure to hit the right spot!

Won't You Be My Neighbor? (PG-13) - A documentary chronicling the lessons and legacy of Fred Rogers as a landmark of children's television and icon of goodwill. I highly recommend **Beckett's Table** before or after you experience the film. The restaurant pairs Southern-inspired comfort food with an atmosphere where you'll feel like you're part of the family as soon as you sit down. *Won't You Be My Neighbor?* is currently in wide release.

Ant-Man and the Wasp (PG-13) - The seemingly silly concept of Ant-Man became another Marvel success in the Summer of 2015 and now has a sequel. Comedy star Paul Rudd and Evangeline Lilly of TV's *LOST* team up to fight crime. For this movie I recommend **Matt's Big Breakfast**, with locations in the Biltmore area and Downtown Phoenix. This is a family-friendly joint with a straightforward menu packed full of breakfast and lunch items where everyone in the family can find something to enjoy. *Ant-Man* may be lighter fare than most Marvel films, but is aimed at teens and above. It is will be released July 6.

Mamma Mia! Here We Go Again (PG-13) - The sequel to the 2008 musical hit is here with more ABBA to get stuck in your head for days. Coupled with this movie, of

REEL TALK

course I suggest **Greekfest**, a family owned and operated sit down arrangement with an authentic Mediterranean menu. This location would fit perfectly for a romantic dinner before seeing *Mamma Mia*. This musical sequel is set for a July 20 release, just over a decade after the first one.

Mission: Impossible - Fallout (PG-13) - Tom Cruise has been running around as the international spy Ethan Hunt since 1996. The plot of this sixth installment may sound similar, but it's the action set pieces that keep us coming back. Paired with this movie I recommend **Frasher's Smokehouse** - this establishment promises Memphis/ Kansas style BBQ and an array of tasty side dishes that will enhance your BBQ experience. This choice would be great for an Americana-style night out of BBQ and summer blockbuster thrills. The mission starts July 27.

Teen Titans GO! To the Movies (PG) - Given its popularity, younger kids may be clamoring to see this. An outing to the Biltmore may work for a large group of kids where they can cool down with **Frost**, artisan ice cream and gelato that can be a surprisingly more health conscious choice for a dessert before or after the movie. If you think up an option they don't offer, they're masters at blending flavors together to make something new. *Teen Titans* is scheduled for release July 27.

— 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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ALL ABOUT CUTS



Become the Grillmaster: Tips from Arcadia Meat Market

By Rachael Bouley

When it comes to summertime grilling, one of the toughest tasks can be discerning how to treat different cuts of meat.

Fortunately, Nick Addante of Arcadia Meat Market has some great advice for grillers aiming to impress with hot-off-the-grill lunches and dinners.

First, Addante says it's important to choose cuts with fat, as they will yield juicier, more tender and tasty steaks. One of the top choices is the Picanha, or sirloin cap, rich and full of flavor.

"It's at its finest spit roasted over an open flame," Addante said. "The thick fat cap bastes the meat as it cooks and becomes crispy and juicy; the hallmark of this delectable cut."

Crosscut steaks from the Picanha are another option. Addante recommends grilling

these cuts fat side down first over medium heat before searing on high heat.

Another popular cut is the Flatiron steak, arguably the second most tender of all cuts. Addante says swift cooking and high heat are a must to take full advantage of the tender and somewhat lean musculature, while developing a flavorful brown crust. Flatirons taste great over a direct flame on the outdoor grill or seared on stovetop on high heat.

If you want to go for the bold and beefy tri-tip, keep in mind this cut is best enjoyed grilled over an open flame and cooked to medium rare or medium. The medium to coarse muscle makes for a healthy and hearty steak that pairs perfectly with piquitos for California-style grub the whole family will love.

Addante adds that other popular steaks, including ribeye, filet, New York Strip and

pork chops are best cooked on medium-high to high heat, either indoors or out on the grill. To achieve the best results, you should buy the best meat within your budget and use wood smoke when cooking outside to enhance flavors. He also recommends ditching the lighter fluid, as it doesn't do anything to help the steak's flavor and charcoal and wood burn fine without it.

Last but not least, don't overthink your grilling or prepare for a huge production with lots of fancy ingredients.

"Get yourself some quality meat, some salt and pepper and some fire," he said. "That's all it takes!"

Get yourself some quality meat, some salt and pepper and some fire. That's all it takes!"



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TASTE OF THE SOUTH

Scottsdale champion pit master serves up seasoning suggestions

By Michelle Donati-Grayman

From the smell of burning coals to melt-in-your-mouth smoked brisket, nothing brings family and friends together during summer months like a barbecue.

Sterling Smith, owner and pit master of Scottsdale's Loot N' Booty BBQ, was raised on barbecue having been born in the south. But he didn't get into the competition side of things until he moved to Arizona. Smith attended his first competition, the American Royal World Series of Barbecue, as a spectator in 2007, as his employer was a sponsor of the event.

"I went to see what it was about and I thought it was going to be guys flipping burgers," Smith said. "But it was guys with RVs, huge smokers and hunks of meat. As soon as I got back to Arizona I started researching everything barbecue. I went out, bought a smoker and the rest is history."

Since then, he's made barbecue his business, producing YouTube tutorials, teaching classes across the country and building a line of championship seasonings and sauces. He's also earned dozens of other awards and has appeared on Destination America Channel's *Smoked* series, where he earned the title of "Smoked BBQ Boss."

If you're looking for ways to step up your barbecue game this summer, Smith's biggest piece of grilling advice is to give yourself enough time to season the meat.

"Season the protein 30 minutes to an hour before it's cooked to allow the seasoning to completely flavor the meat," Smith said. "This allows it to sweat and fully draw the flavor into the meat."

Smith also suggests selecting a seasoning that compliments the protein you're preparing.

"Specific flavor profiles compliment certain proteins," Smith said. "For examples, if you're cooking chicken, select a salty, herby seasoning with citric notes."

If you're cooking with charcoal, he suggests buying quality lump charcoal, which provides better flavor and a cleaner burn. With propane, experiment with turning your grill into a smoker by placing a local pecan log over a low flame and your meat on the opposite side where burners are off. On a pellet smoker, use flavored pellets and if you want more of a smoke flavor, add a smoke tube to your chamber.

"Barbecue is not just about a recipe. It's about understanding various proteins and how to render fat," Smith said. "There's actually a science, and an art, to it."



Although raised in the South, Sterling Smith didn't begin taking part in BBQ competitions until moving to Arizona.

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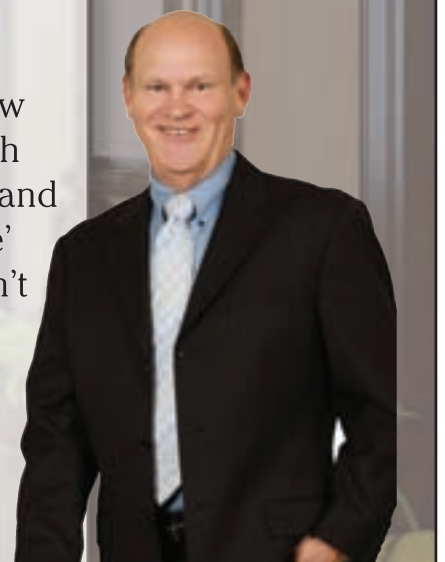
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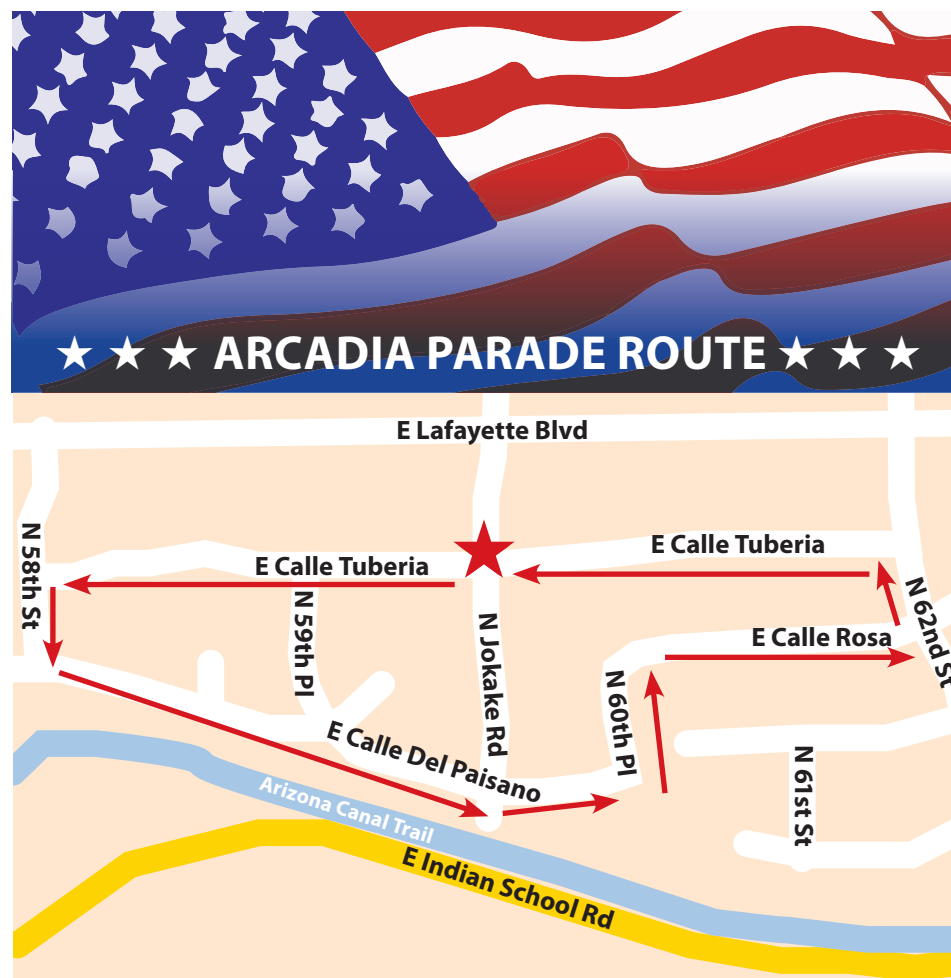
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★ ★ ★ **ARCADIA PARADE ROUTE** ★ ★ ★

The map shows the parade route starting at 60th Street & Calle Tuberia, heading west on Calle Tuberia to N 58th St, then south on N 58th St to E Calle Del Paisano, east on E Calle Del Paisano to N 60th Pl, north on N 60th Pl to E Calle Rosa, east on E Calle Rosa to N 62nd St, and finally north on N 62nd St back to the starting point. Other streets shown include E Lafayette Blvd, N 59th Pl, N Jokake Rd, N 61st St, and E Indian School Rd. The Arizona Canal Trail is also marked.

DATE - July 4th Rain or Shine **REGISTRATION** - 7:30 a.m.
PARADE START - 8:00 a.m. **END** - 9:00 a.m.

STARTING LOCATION:
 60th Street & Calle Tuberia; Note that 60th Street is also "Jokake."

Arcadia's Fourth of July parade hits the streets

By Mallory Gleich

Cities in the Valley are painting themselves red, white and blue in honor of the Fourth of July. There are endless choices of where to celebrate Independence Day, and if you don't feel like traveling, have no fear, for the Arcadia Fourth of July parade is here.

The Arcadia parade started back in 1997 when neighbors Bud Kaatz and Johanna Boslin decided to plant American flags in their neighbors' front yards.

"They looked around the neighborhood and thought 'wouldn't a parade be nice?'" said Kevin Riley, who has been on the parade committee for several years.

The parade started small, with just a few people donning red, white and blue and walking the neighborhood. From there, it grew to wagons, pets, a color guard, floats, a fire engine, and cars.

The parade committee is comprised of Riley, Barry Pacey and Emily Whitwell. They are in charge of coordinating the media and the fire department as well as local businesses who participate in the event.

The parade attracts around 250-300 people a year.

"We kick off the parade with the National Anthem and even have coverage on local television stations," said Riley. "Usually Cory McCloskey (FOX 10) shows up, and either April Warnecke or Kim Quintero from Channel 3."

The parade route starts at Calle Tuberia and Jokake and heads west for two blocks to 58th Street. From there, the route goes south to Calle del Paisano, to 60th and 62nd Street, and the north back to the starting point. The route is around a square mile.



There are also awards for Best Pet, Best Float, Most Patriotic and other categories.

"Sometimes we have families that dress up as something or someone colonial, like the founding fathers or Ben Franklin," Whitwell said. "The kids always get really creative decorating their bikes!"

Local businesses also get involved, setting up tables and handing out snacks and drinks. Chick-fil-A hands out lemonade and Pie Snob Bakery brings pies for an after-the-parade pie eating contest. Title Boxing brings out a set of gloves to let kids try their hand at hitting a punching bag.

"I have always said that Arcadia is a small town in a big city, and that can't be any truer than at an event like this one," Whitwell said. "It's great to see all the neighbors come together and catch up and participate in the parade."

Following the parade, there is also a potluck at Calle Tuberia and Jokake where residents supply treats for parade-goers. Then, the Fire Department hooks the engine up to the fire hydrant and provides a shower with the fire hose to keep patrons cool.

"Everyone anticipates the parade. It's a high point during the year for the neighborhood," Riley said. "It really shows Arcadia's community spirit."

For more: arcadiaparade.com.



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Cool treats to tame the sweltering summer months

By Megan Forrester

Sweets possess a magical power. Indulging in them can transport us anywhere from the first bite. The Valley heat may be here to stay for a while, but devouring treats in the delight of these six local spots may tame the sizzle of the Valley for at least a moment.

Sweet Republic, Nami, Frost Gelato, The Baked Bear, AZ Pops and the Water Connection all offer unique treats that are sure to bring a smile to any Phoenician during these dreaded summer months.

Ice cream has always been a staple, but today it's so much more than just a simple scoop of vanilla. At Sweet Republic, there are more than 24 flavors of award-winning ice cream to choose from, such as Peaberry Espresso and Blue Cheese & Date.

Ice cream has also evolved at Nami, where organic ingredients and environmental consciousness have led to a masterful vegan ice cream treat named the tSoynami. Made in more than 18 flavors such as the DOHboy and Coffee Coco Loco, each tSoynami is served in a biodegradable cup and shows the progression of ice cream just gets sweeter and sweeter.

Ready to take on the ice cream sandwich experience? Head over to The Baked Bear, where the mission is to bring a smile to every customer's face with inventive ice cream sandwiches. By offering a selection of cookies, donuts or brownies along with the ice cream sandwiched between them, The



Sweet Republic serves an assortment of handcrafted ice cream.

Baked Bear allows each visitor to find the perfect combination with an Instagram-worthy touch.

The Valley may not seem glamorous this summer, but that doesn't mean your taste buds cannot ravish in some luxury. At Frost Gelato, the gelato is hand-crafted in Phoenix with ingredients directly imported from Italy, which means an eight-hour plane ride is not necessary for a taste of Europe. With more than 60 flavors of gelato and 25 flavors of

sorbet, Frost Gelato is the perfect getaway for anyone with an experienced sweet tooth.

Seeking frozen treats? AZ Pops provides 46 flavors of popsicles made with all-natural ingredients and no artificial flavorings or preservatives. Also, the Water Connection's Hawaiian Shave Ice is made from purified ice that is finely shaved and combined with homemade syrups.

Share some of your favorite spots for cool treats on our Facebook page: /ArcadiaNews.

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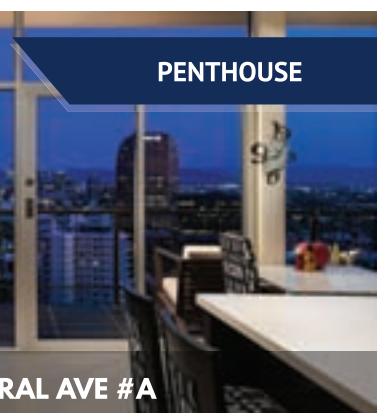
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POSTCARDS from the PAST

Publisher’s Note: In light of summer travel, “Postcards from the Past” is a three-part series of unique postcards I’ve collected over the years. See our June edition (arcadianewsarchives.com) for the first set.

— Greg A. Bruns

SKY HARBOR AIRPORT

Originally called the West Terminal, Sky Harbor Airport’s Terminal 1 opened in 1952. Completed at a cost of over \$1,000,000, the new terminal was quite a sight for travelers to the desert southwest. According to the postcard, the unusual design of the control tower received national attention. At 107-feet high and nine feet in diameter, the tower was directing more than 50 scheduled flights per day.

Ten years later, Sky Harbor would pass the one million passenger mark and celebrate with the opening of the state-of-the-art Terminal 2. By the time the 1970s rolled around, there was a need for yet another terminal. Opening in 1979, Terminal 3 was a massive leap forward in space for Sky Harbor, at 880,000 square feet and 23 gates.

But the size of Terminal 3 would pale in comparison with the next step in the airport’s architecture. In the late 1980s, work began on Terminal 4, which would become, according to Sky Harbor, the largest structural capital improvement project in Phoenix, at \$248 million. Terminal 4, which opened in late 1990, had 3.9 million square-feet of space and handled 15.4 million passengers in 1991.

One unique quirk of Sky Harbor is that it has a Terminal 4 but only three terminals total. In 1991, shortly after the building of Terminal 4, the original Terminal 1 was torn down and eventually turned into a parking lot. But by that point, officials felt that travelers knew the terminals by their numbers and renaming them would just lead to confusion. So “Terminal 1” was retired as a name. One remaining vestige of Sky Harbor’s first modern terminal is the old air traffic control tower that still stands at the location.



EL ESTRIBO GUEST LODGE

Architect and builder Robert “Bob” Evans designed, developed and operated (with his wife Sylvia) a few resorts around the foothills of Camelback Mountain. In the 1940s, the Evans family added another guest lodge to their collection, to go with the already popular Jokake Inn. Built in 1929 by Evans, the adobe, Spanish Colonial Revival was formerly the home of Neil Gates, who was Sylvia’s brother.

They named the place “El Estribo” (The Stirrup) and used the adobe home for guest rooms. El Estribo operated as a small, boutique lodge up until the 1970s, advertising itself as “Off the beaten pathway from traffic noise” and “limited to congenial guests who desire rest and relaxation.” The lodge was located just east of Jokake Inn’s main building.

One of the hotel’s most famous guests was Senator Ted Kennedy, who in 1969 reportedly stayed for over a month, while in seclusion after Chappaquiddick. The El Estribo was rebuilt to its former residential condition in 1986 and received national historic designation.



ROYAL PALMS RESORT

Delos Cooke, a New York financier, industrialist and the nephew of J.P. Morgan, retired to Phoenix in the early 1920s with his wife Florence. They purchased 65 acres on the southern slope of Camelback Mountain and built a 3,500 square-foot Spanish-Colonial mansion they called El Vernadero. With more than 900 imported Egyptian palm trees and a detailed southwestern design, the million-dollar estate was one of the most unique in Phoenix.

The property passed through several wealthy hands over the years, and in the 1940s it was sold to bandleader Al Stovall. Anticipating a boost in Southwest tourism after World War II, Stovall and his partners transformed the mansion into a first-class inn. In 1948, the first guests stayed at the Royal Palms Inn, named for its regal palms, which welcomed guests at the entrance.

Over many decades of operation, the property has undergone many renovations and ownership changes, morphing it from beautiful inn to spectacular resort. Today, the Royal Palms Resort is part of Hyatt's Unbound Collection, and its preservation as a historical property has been assured.



PARADISE INN

Another hotel/resort from architect Robert "Bob" Evans, the Paradise Inn was built in 1944-45, after Bob and Sylvia divorced. Bob sold his portion of the Jokake Inn to Sylvia after the split and built his own inn on the remaining acreage of what was originally his mother's property.

Accommodating about 140 guests, the Paradise Inn offered several activities like golf, horseback riding and desert outings to its wealthy guests. Evans required that his visitors be from only the highest realm of society. Management was expected to make sure the hotel guests were "socially fit and healthy." The Inn was also a hotspot for locals, hosting charity balls and social events.

In 1952, when hotelier Charles Alberding purchased the Jokake Inn, he also acquired all of the Evans holdings, which included the Paradise Inn. The property closed in the 1970s and was later demolished to make way for the Phoenician. Parts of the Paradise Inn's golf course were incorporated into The Phoenician's golf course.



DID YOU KNOW (Barbecue)?

HOW MUCH?

\$1.44 billion

The average spent on barbecue grills per year.



500 Teams

The American Royal World Championship is the largest barbecue competition in the country, with more than 500 teams competing.



1 per 5,000

Oklahoma has the most barbecue restaurants per capita, with one barbecue joint for every 5,000 residents!



#1

The most popular items for cooking on the grill are burgers, followed by steak, chicken, and hot dogs.



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- 9309 W Van Buren, Tolleson

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DID YOU KNOW?

FUN FACTS: BARBECUE

More than 8 percent of all restaurants in Alabama are barbecue joints.

George Washington wrote of attending a “barbique” in 1769.



Nobody really knows where the word comes from.

The “smoke ring” comes from a carbon monoxide-based chemical reaction.



The most popular holidays for barbecuing are, in order, July 4th (71%), Memorial Day (57%), and Labor Day (55%).

The most popular barbecue utensils are long-handled tongs (77%), followed by forks (64%), long handled spatulas (59%), and then grill cleaning brushes (63%).



SAY WHAT?
NO DEFINITIVE ORIGIN

There is no definitive history about how the word “barbecue” originated — or why it’s sometimes used as a noun, verb, or adjective. Some say the Spaniards get the credit for the word, derived from their “barbacoa” which is an American-Indian word for the framework of green wood on which foods were placed for cooking over hot coals. Others think the French were responsible, offering the explanation that when the Caribbean pirates arrived on our Southern shores, they cooked animals on a spit-like devise that ran from “whiskers to tail” or “de barbe à queue.”



BARBECUE SEARCH

A	P	R	O	N	Z	T	L	A	S	I	P	K	P	K
L	V	B	M	N	B	E	S	I	A	R	B	J	O	P
X	A	D	O	G	S	E	H	K	A	E	T	S	K	O
F	H	L	A	O	C	R	A	H	C	T	H	A	C	R
I	D	S	K	E	W	E	R	S	O	E	E	U	D	K
Y	W	E	K	O	M	S	W	H	R	R	Q	S	R	S
V	G	A	B	A	C	K	Y	A	R	D	O	A	S	A
H	A	M	B	U	R	G	E	R	C	L	V	G	G	L
B	A	J	G	C	I	P	U	L	L	E	D	E	N	M
J	G	L	O	Y	B	E	N	I	G	U	T	S	O	O
X	Y	X	U	P	U	P	R	G	J	O	S	R	T	N
M	F	B	V	T	R	G	I	C	H	I	C	K	E	N
K	A	B	O	B	A	E	R	A	E	S	E	B	G	W
N	P	Q	D	I	S	P	F	E	C	U	A	S	W	V
L	C	U	R	E	Z	Z	S	T	E	K	S	I	R	B

- APRON

BACKYARD

BBQ SAUCE

BRAISE

BRISKET

CHARCOAL

CHICKEN

CURE
- GRILL

HAMBURGER

HOT DOGS

KABOB

KOSHER SALT

PULLED PORK

RUB

SALMON
- SAUSAGES

SEAR

SKEWERS

SMOKE

SPATULA

STEAK

TONGS

VEGGIES



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Protecting your pets from birds of prey

By Rachael Bouley

Our unique climate in the heart of the Sonoran Desert is home to a variety of animal species, most of which leave humans and pets alone. At the same time, it's important to remember that the native species were here long before the houses, schools and shops. We're in their territory and it's best to keep a safe distance.

Right now, we are in the height of raptor, or bird of prey, season. Many predator birds are seen in our parks and backyards. Species including red-tailed hawks, great horned owls and kestrels are often spotted in the Arcadia

“It's not that they prefer dogs or cats over rabbits or other mammals, but it will look at it as a potential food source, so it's better to be cautious.”

area. These impressive, yet sometimes intimidating, birds feed on rodents and small animals, catching prey with their strong talons. For a hungry, hunting raptor, small cats and dogs can look like suitable prey, so

it's always best to be cautious.

Beth Edwards is volunteer coordinator at Wild At Heart, a non-profit organization committed to the rescue, rehabilitation and ultimate release of injured birds of prey. She

says pets that weigh 10 pounds or fewer could be targets for raptors.

“They might try to pick them up, and even if they couldn't actually do it, their powerful talons could do damage to their spinal cords and result in serious injury,” Edwards said.

While this is relatively rare, it's better to be safe than sorry, and Edwards recommends constant supervision while outdoors. “If you have small dogs, walk them on a leash, and don't let them out in the backyard unsupervised,” she added.

Hawks are most active during the day while owls can often be heard hooting in the



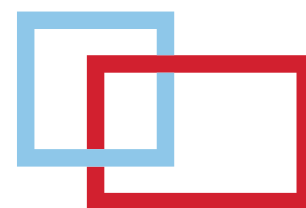
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dark. If you hear owls nearby, you should be especially careful of your small pets, as many of these birds can pick up animals three times their weight thanks to their strong grip.

“You’ve got to remember the wildlife were here first, so we are infringing on their turf,” Edwards said. “It’s not that they prefer dogs or cats over rabbits or other mammals, but it will look at it as a potential food source, so it’s better to be cautious.”

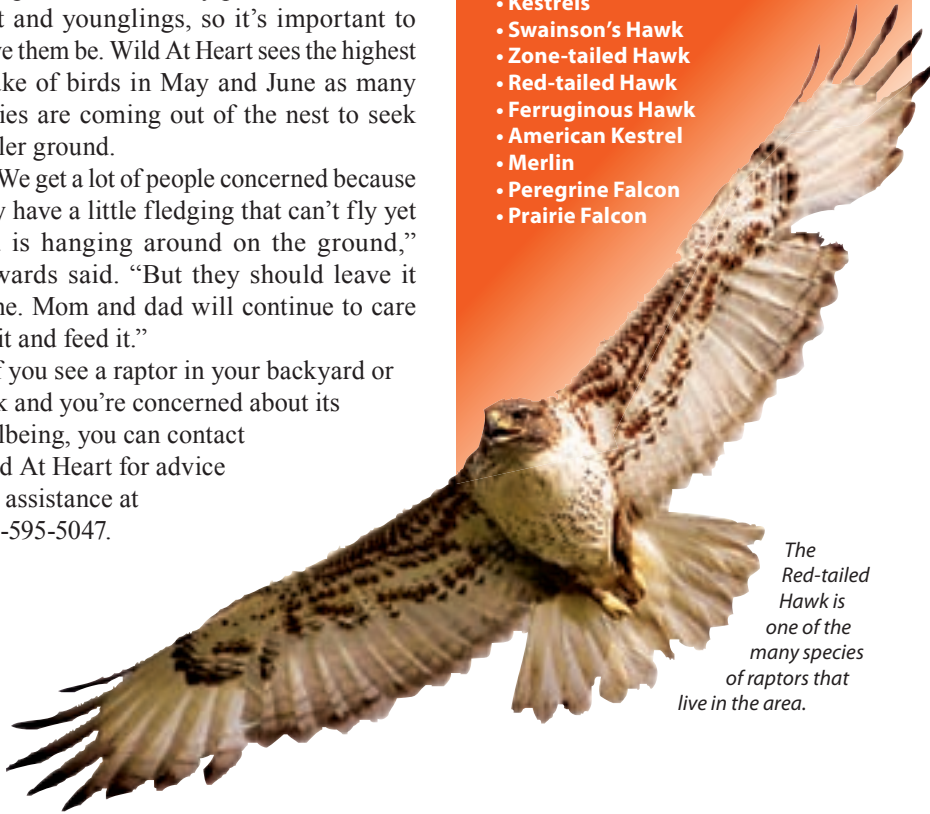
Raptors are also very protective of their nest and younglings, so it’s important to leave them be. Wild At Heart sees the highest intake of birds in May and June as many babies are coming out of the nest to seek cooler ground.

“We get a lot of people concerned because they have a little fledging that can’t fly yet and is hanging around on the ground,” Edwards said. “But they should leave it alone. Mom and dad will continue to care for it and feed it.”

If you see a raptor in your backyard or park and you’re concerned about its wellbeing, you can contact Wild At Heart for advice and assistance at 480-595-5047.

RAPTORS OF MARICOPA COUNTY

- Great Horned Owl
- Black Vulture
- Turkey Vulture
- Osprey
- White-tailed Kite
- Northern Harrier
- Sharp-shinned Hawk
- Common Black-Hawk
- Harris’s Hawk
- Red-shouldered Hawk
- Gray Hawk
- Kestrels
- Swainson’s Hawk
- Zone-tailed Hawk
- Red-tailed Hawk
- Ferruginous Hawk
- American Kestrel
- Merlin
- Peregrine Falcon
- Prairie Falcon



The Red-tailed Hawk is one of the many species of raptors that live in the area.



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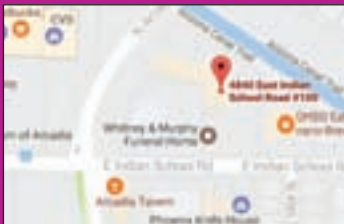
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How to do Laguna Beach like a local

By Elaina Verhoff

We all have our favorite California beaches. Mission, Coronado, La Jolla, Del Mar. But for me, nothing beats Laguna Beach.

Once upon a time, there were two near-newlyweds who moved into a beach cottage in North Laguna, and I was one of them. For three-and-a-half glorious years, I fulfilled my lifelong dream – watching the sun set over the ocean from my front deck, listening to seals barking as I drifted off to sleep, and starting my weekends with a tumbler of hot coffee in hand, strolling to some of world's best beaches, shops and cafes.

I've since returned to my desert roots, but when I go back to Laguna Beach for a visit, I try to make it to some of my favorite spots. Here are a few to consider on your next trip.

WHERE TO STAY

If I still had my beach cottage, of course you'd be invited to visit. But since I don't, the next best thing is the Inn at Laguna Beach. Perfectly located on the beach side of the Pacific Coast Highway, you can skip right out the hotel doors and down to the water. They'll also loan you towels, chairs, umbrellas, buckets and shovels, and even a basketball to shoot some hoops. Truly all the comforts of home. Fresh coffee in the lobby in the morning, fresh cookies in the lobby in the evening, and most importantly,

free wine on the rooftop deck overlooking the Pacific every day from 5-6 p.m.

BEACHES

Main Beach and its iconic lifeguard tower are a big draw to Laguna. But if you want more of a private beach experience, head to the neighborhoods of North Laguna, where hidden staircases lead down to less populated stretches of sandy beaches. Shaw's Cove, Diver's Cove, and Fisherman's Cove,

in my opinion, are the best. When I lived there, Shaw's Cove was the ultimate spot for collecting beach glass and tide pool gazing.

FARMERS MARKET

Every Saturday morning, there's a Farmers Market at the top of Forest Avenue in the Lumbyard parking lot. I have the best memories of enjoying toothpick-speared samples of straight-from-the-farm produce, including the biggest variety of pluots (also

called plumcots) you can imagine. July should be prime pluot season. I like the Dinosaur Egg variety.

CAFES

Plenty of new cafes have popped up around Laguna, but my favorite will always be Zinc Café. A perfect Laguna morning involves a coffee and newspaper enjoyed on the patio of Zinc, breathing in the ocean fresh air among the fancy people and pooches. Oatmeal lovers must try the Zinc steel cut oats, topped with a blend of brown sugar, dried fruit and almonds, and a splash of hot milk. (Packages of the Zinc steel-cut oats and fruit and nut mix, available in the Zinc market, were my go-to gift when I'd visit family in Phoenix.) Their eggs and toast are equally delicious. If French toast is your thing, Café Anastasia, just up the street, has caramel French toast to die for. And Penguin Café on the highway is pure greasy spoon deliciousness.

ART

With its roots as an artist colony, art is everywhere in Laguna! The first Thursday of each month at 6:30 p.m., there's a free Art Walk. Take the free trolley and enjoy wine and cheese while perusing the galleries along the highway. Trolley stops for first Thursday art walk can be found online. And if you haven't been to Pageant of the Masters, this art spectacle is unbelievable. From July 7 to September 1, this 90-minute evening show truly brings art to life.

FISH TACOS

I would be remiss if I did not include the all-important fish taco category. You can't go wrong with Wahoo's "1988" fish tacos with chips and plenty of pico de gallo. Carmelitas also has amazing tacos and margaritas. And while a bit touristy, it's never a bad idea to swing by the Las Brisas patio for a cocktail and maybe some tacos or ceviche.



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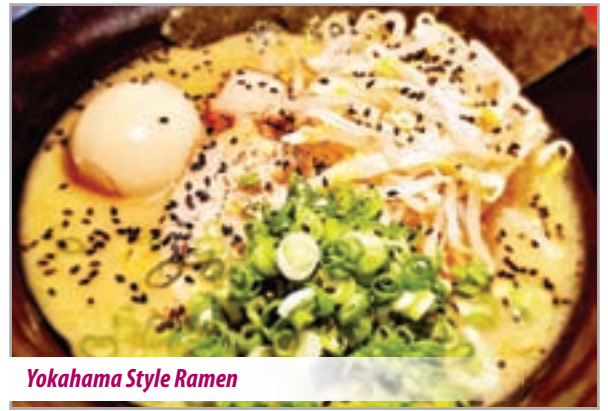
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Nishikawa Black Ramen



Yokohama Style Ramen

NISHIKAWA RAMEN

3141 E. Indian School Road, Phoenix 85016
nishikawa-ramen.com

By Nick Smith

If you went to college, you're probably familiar with ramen. When most people experience this Japanese dish, the setting is usually a dorm room or a first apartment with very little furniture, and preparation is as easy as it gets. All it takes is opening that orange package, pouring water over the rock-hard noodles, heating it up, and you've got a cheap meal that can fill you up.

But there's more to ramen than cheap instant. A lot more in fact, as the true dish is a complex combination of taste and texture. Those looking to try an authentic bowl can now do so nearby, at the newly opened Nishikawa Ramen. Although there are many different types and styles of true ramen, most consist of wheat

noodles served in a hot meat-based broth, flavored with soy sauce or miso, and topped with a variety of meats and vegetables.

Nishikawa Ramen opened their first location in Chandler before expanding to Arcadia back in April. The inside of the restaurant is small, with a handful of tables and booths for those looking to dine in. Carrying out is a big part of the service at Nishikawa, and the process of ordering food and walking out was quick and painless.

There are several different appetizers to start off with, including pork gyoza, which are pan-fried pot stickers with pork and vegetables, served with ponzu sauce, and deep fried spring rolls. Other options include Nishikawa bowls, which are a mixture of fresh vegetables mixed with meat or fish.

But the star of the show is, of course, the ramen. There are multiple offerings in this department, but we would highly suggest the Nishikawa Black. Like all the

other ramen options (except for the vegetarian version) the dish is served in a traditional pork broth. The flavor of the broth might be the standout of the entire experience. The texture is rich and creamy, with a powerful taste of garlic and saltiness. It takes the cooks at Nishikawa 20 hours of boiling before the broth is ready to go.

The meat of this dish is pork chashu, which is slow cooked pork belly. The chashu is perfectly soft, not dry at all. The toppings served included green onion, fried onion, seaweed, egg and sesame seeds. The noodles are chewy and flavorful, made from scratch each morning, and you'll get a ton of them. Come hungry, as eating all of this in a single sitting will be a tall task.

Overall, Nishikawa is exactly what one would hope for, giving those of us who have never been to Japan a chance to taste authentic ramen. If a restaurant can make you crave a steaming hot bowl of food in 110-degree weather, they must be doing something right.

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Lake Pleasant has 10,000 acres of smooth waters and 116 miles of sandy shoreline.

LAKE LIFE

5 refreshing destinations for family fun

By Rachael Bouley

We may live in the heart of the Sonoran Desert, but that doesn't mean we can't cool off in our gorgeous natural surroundings. With summer in full swing, many Valley residents are looking for fun day trips or afternoon outings, preferably with a refreshing body of water to catch a break from the endless heat.

Here are four options that are within a couple hours of Arcadia, perfect for a summer outing with family and friends.

LAKE PLEASANT

41835 N. Castle Hot Springs Road,
Morristown, 85342

maricopacountyparks.org/lake-pleasant

Located less than an hour's drive from Arcadia, Lake Pleasant is arguably one of the most popular outdoor recreation sites for the Phoenix metro area. There, 10,000 acres of smooth waters and 116 miles of sandy shoreline await. It's hard to find a better spot in the state for boating and water sports.

The lake's two big marinas, Scorpion Bay and Pleasant Harbor, both offer a variety of boat rentals, including power boats, pontoons, fishing boats, kayaks and

more. You can also take water tubes, inflatables and skis out for a spin. There are several good swimming spots around Fireman's Cove, Coles Bay and Humbug Cove, which are especially popular as temperatures remain in the triple digits. Many families enjoy fishing together on the lake, which boasts largemouth bass, white bass, striper bass, crappies, channel catfish and tilapia. Although the boat rentals are great, they aren't necessary, as visitors can enjoy an afternoon picnic after a long and leisurely hike or bike ride. There's also a Visitor and Desert Education center for curious minds, as well as options for overnight camping.

LYNX LAKE

Lynx Lake Store Road,
Prescott, 86303
shorturl.at/gsk16

Hop in the car for a gorgeous drive north toward Lynx Lake, situated several miles outside of Prescott in the Bradshaw Mountains. This is a great spot in the heart of the Prescott National Forest, with 55 acres of cool and calm waters for a much-needed break from the scorching Phoenix heat. Although swimming in the lake is prohibited, the temps at 5,530 feet are much more comfortable as visitors can



PHOTO COURTESY OF THE FREEMAN FAMILY



Canyon Lake is renowned for its impressive cliffs and vistas within the Superstition Mountains. There's a beach, swimming area, boat rentals and, of course, some of the best views for a summer day trip.

partake in hiking, boating, fishing and camping. This is a place for tranquil solitude and successful fishing. Beneath the shade of ponderosa pines, fishers can reel in a variety of rainbow trout, crappie, largemouth bass and more.

CANYON LAKE

16802 N.E. Highway 88
Tortilla Flat, 85219
canyonlakemarina.com

Drive 45 miles east to see the stunning scenery of Canyon Lake. Fed by the Salt River, Canyon Lake is renowned for its impressive cliffs and vistas within the Superstition Mountains. There's a beach, swimming area, boat rentals and, of course, some of the best views for a summer day trip.

Whether you want to sunbathe or snorkel, hop on jet skis or hike to a lovely spot for a picnic, you can do it all here. Visitors can rent speed boats, kayaks, paddle boards and more. There are 28 miles of shoreline for picnics and lazing around, or you can grab a bite to eat at the Lakeside Restaurant and Cantina. Another great option for families is the famous Dolly Steamboat, which offers scenic nature cruises and glimpses of bald eagles and desert bighorn sheep.

SAGUARO LAKE

14011 N. Bush Highway
Mesa, 85215
saguarolakemarina.com

Just 50 minutes east of Arcadia in the Tonto National Forest lies Saguaro Lake. As the name suggests, the 22 miles of

shoreline are studded with beautiful Saguaro cacti, creating an oasis in the desert. Bring the whole family along for an afternoon of power boating, water-skiing, sailing, kayaking, jet skiing and fishing. Rentals are available from the Saguaro Lake Marina and Precision Marine. After splashing around at Butcher Jones Beach, reserved for swimming and picnicking only, you can enjoy a sunset cruise on

Desert Belle. Visitors on this double decker sightseeing boat often catch glimpses of bobcats, mountain lions and javelinas in their natural habitats.

ROSE CANYON LAKE

East Mt. Lemmon Highway
Tucson, 85619
shorturl.at/kmqW8

Get a change of scenery and head south toward Tucson. Rose Canyon Lake is a gem, tucked away on

the side of Mount Lemmon in the Coronado National Forest. At 7,000 feet, you'll feel much cooler walking along the glassy water of this tiny 7-acre lake. The shoreline is dotted with downed logs, ideal for a picnic in the great outdoors, and the natural landscape is prime photography inspiration. This is a lovely spot for families who want a quieter, less congested day at the lake. Kids can go exploring by the shore or try their luck at reeling in a big rainbow trout.



PHOTO: ADAM BEECH



Saguaro Lake offers visitors 22 miles of shoreline studded with beautiful Saguaro cacti, creating an oasis in the desert.

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Finding collaboration and connection in co-work spaces

By Elaina Verhoff

The popularity of co-work spaces is on the rise, as remote workers, entrepreneurs and solo practitioners realize the benefits of membership in a shared workspace. Yes, it can be nice to work from home in cozy PJs, or settle in with your laptop at Starbucks, but sometimes human interaction with likeminded individuals can spark creativity, collaboration and connection.

Those looking for an alternative to the solitude of working from home or the distractions of working from a coffee shop might want to check out two of the newest co-work spaces in town:

THE GRID.WORKS

5227 North 7th Street, Phoenix
602.714.1400

The new kid on the block, The Grid.Works is a new modern co-work space located in the trendy Uptown neighborhood on 7th Street, north of Camelback with a focus on real estate data and technology, financial technology, and related businesses.

The 8,000 square-foot space has a modern, industrial feel, with exposed ductwork, sandblasted walls and an open concept design featuring glass-walled offices and conference rooms. Local artists and metal fabricators, including Arcadia's own Adventus Fabrication, were brought in to create unique elements including a rebar staircase and steampunk kitchen and meeting tables. The



The Grid.Works has an open concept design featuring glass-walled offices and conference rooms.

space features smart technology throughout, lighting that adjusts based on usage, a custom app for members (available on Apple and Android), storage lockers and advanced Wi-Fi systems.

The Grid.Works memberships range from \$180 to \$1,200 monthly. Options include private offices, reserved and open workstations, and "hotseats" at collaborative tables.

Membership includes free high-speed

internet, printing and scanning, and use of the open kitchen (including unlimited coffee). Members also have the option to use five themed conference rooms, a fully equipped audio and video production studio, and a 1,600 square-foot multipurpose room/ yoga space that accommodates over 50 people and features glass rollup garage doors, offering a semi-private indoor/ outdoor event space.

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Located in Old Town Scottsdale, Industrious Scottsdale is the 35th location for the New York-based company. The 20,000 square-foot space has 62 private offices available in various sizes. The cost starts at \$360 a month for an open desk, to a private office with a balcony for \$6,700 a month. There are three lease options for offices: 30-day, 60-day and 12-month leases. The design of each Industrious office is inspired by its location, and in Scottsdale, this Lincoln Towne Centre space is inspired by the Southwest, with a member's terrace, open common area, and café. Industrious promises "the hospitality and service of a boutique hotel" with local coffee from Cartel Coffee, and gourmet pastries from Squarz Bakery.

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BUSINESS BRIEFS

STUDIO MA

Studio Ma has a new location, an eye-catching building at 4035 E. Indian School Road. This is the award-winning architecture and environmental design firm's second location, along with their downtown Phoenix office near Central Avenue and Van Buren.

KAREN RAPP INTERIORS AND HAYES INC. ARCHITECTURE/INTERIORS

Two different community design businesses, Karen Rapp Interiors and Hayes Inc. Architecture/Interiors, have co-located in a new creative studio space. Located at 3511 E. Indian School Road, the building and its amenities will be shared by the two firms, who will continue to operate separately.

LET'S BEGIN AGAIN

An upscale resale clothing and accessories boutique has opened in the area. Let's Begin Again specializes in new or slightly used clothing, home décor, household items, small furniture, and a host of accessories. They are located at 2322 E. Indian School Road.

Proceeds benefit nonprofit organizations which help brain injury survivors.

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Exchange student finds home away from home in Arcadia

By Rachael Bouley

They say home is where the heart is, and this certainly holds true for 16-year-old Helene Lyngbye, who will miss her Arcadia family and friends when she returns to her native Denmark.

Lyngbye just wrapped up her school year at Phoenix Country Day School, where she was on an exchange program through AFS Intercultural Programs. This non-profit promotes intercultural education across the globe through study abroad and exchange programs. Every year, the AFS Greater Phoenix chapter welcomes about 22 students from around the world, setting them up with host families and incredible experiences. Lyngbye and her fellow exchange students arrived for the start of this past school year, and they have spent the past nine months expanding their horizons and getting accustomed to the American ways of life.

Despite her initial impressions that the two countries were very similar, Lyngbye soon realized many surprising differences, from the way parents raise their children to the size of supermarkets.

"Parents worry a lot more here and play a much bigger role in their child's life," said Lyngbye. "Denmark is more about letting their child become very independent from a young age."

Lyngbye embraced the tight-knit family environment provided by her host parents, Jamie and Stephen Boscardin, and her host



Students participating in AFS Intercultural Programs in Arizona get to visit the Grand Canyon each year as a special trip to see some of the most amazing terrain offered in the United States.

sister Olivia. They were there to support her along the way, introducing her to their traditions and showing her around the state. Back in Denmark, Lyngbye has an older

brother, but it was a nice change to have a close confidante in Olivia.

"It was really nice having a sister and someone you can talk to. They are all

wonderful people and super fun," said Lyngbye.

Living in another country is an experience Lyngbye would recommend to everyone, even students who worry about missing out in their home country.

"I feel like you learn more on a foreign exchange program than you do going to your own school for another year. You enter a country and you don't know anyone, you don't have your best friends or your parents that raised you," she said. "But you get to appreciate your personality and find out who you are."

For Lyngbye, that meant stepping out of her comfort zone and being more outgoing. "I love how open Americans are. It taught me to be myself," she said. "In Denmark I was much more quiet, and when I came here I had to learn how to make small talk."

Monthly catch-ups and group excursions helped her connect with other exchange students. Every year, AFS volunteers take the students on a trip to the Grand Canyon, which Lyngbye described as the most beautiful sight she'd ever seen.

Now, as she looks ahead with hopes of pursuing a career in medicine and working for Doctors Without Borders, Lyngbye says she will always cherish her time in Arizona.

"I've learned so much you could say in some ways it has been the hardest year of my life but also the best year of my life," said Lyngbye.

Her host mom Jamie knows how amazing it can be to learn about new cultures and customs. The Boscardins have hosted several students over the years.

"These students become your family for life and the experience is one that lasts far beyond the year of hosting," Boscardin said. "This is a big commitment and it does indeed take some adjustment, but if truly committed to the experience, it can be life-changing."

Unique experiences and memories like these make it totally worthwhile, says Karen Powers, a dedicated volunteer with AFS and a former host parent.

"It's an incredible learning experience for both the students and their host families," said Powers. "Exchange students are curious and will ask you why you do things a certain way, and you won't even have thought about it until then! It's simple things like who does certain chores around the house, or meal times."

AFS hopes to continue offering these eye-opening experiences for years to come, but the organization needs host families for the upcoming academic year, especially for placements at Arcadia and Phoenix Country Day. A bed, three meals a day and a loving home environment are all it takes.

For more: Karen Powers at 480-970-0987 or Kpowers355@gmail.com.

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(left) Xavier’s first building, Fitzgerald Hall, was completed in 1953 and was home to 28 classrooms. Six blacktop tennis courts were also added that year and the school had grown to 11 teachers and 174 girls. Today, Xavier College Preparatory boasts more than 1,000 female students from all over the Phoenix area.

Xavier College Prep: 75 years of excellence in education

By Rachael Bouley

This year, Xavier College Preparatory is celebrating its 75th Diamond Anniversary. “And we’ve been celebrating all year,” said Erin Naughton Alaimo, director of marketing and public relations at the school.

Xavier has been incorporating the Diamond theme into their slew of annual activities, including their auction, fashion show, Frosh Follies, Girls Have IT Day!, pageant and traditions day.

Xavier is a private girls Catholic school for grades 9-12, although students don’t have to be Catholic to attend. As the name states, it prepares students for success in college and beyond through a rigorous, broad-based academic program. While strong academics are a cornerstone of its mission, the school recognizes that success entails more than just academic knowledge. To this end, it emphasizes participation in community service, faith, athletics and extracurricular activities, all of which foster successful, well-rounded young women.

Brophy, a Jesuit high school for boys, was established in 1928 in Phoenix. Brophy and Xavier are part of the St. Francis Xavier Catholic Church Parish. In 1943, the Sisters of Charity of the Blessed Virgin Mary opened Xavier on a single floor in Loyola Hall, which is on Brophy’s campus. Its first class graduated 11 students in 1947.

Xavier’s first building, Fitzgerald Hall, was completed in 1953 and was home to 28 classrooms. Six blacktop tennis courts were also added that year, and the school had grown to 11 teachers and 174 girls.

“I think Xavier has grown as Phoenix has grown,” said Xavier President Sister Joan Fitzgerald, BVM. “When I came here in 1962, there was one high-rise on Central and Osborn.”

“And there were no freeways,” added Xavier Principal Sister Joan Nuckols, BVM. “There was only a two-way street from here to Scottsdale Road.”

Today, more than 1,000 girls are enrolled at Xavier, which attracts students from the entire Phoenix area. In fact, the school once had a student who traveled every day from Wickenburg.

Xavier has been selected three times by the U.S. Department of Education as a Blue Ribbon School, received the Siemens Award for the Best AP Program in the State and been chosen three times as one of the Top 50 Catholic High Schools.

Xavier offers 27 AP Classes along with 70 clubs and athletics. Xavier athletic teams have won 134 state championships. Recently, one of its graduates was selected to be a Fulbright Scholar, and six students had their individual art win at the U.S. Congressional Art Competition.

“Service is such a big part of Xavier,” said Alaimo who’s also a 1984 alumna and passionate about her alma mater. “Each year, our student body collectively spends 32,000-plus hours volunteering and serving the community in some way.”

Its optional Dual Enrollment Program allows students to earn their Associates of Arts degree through a partnership with Rio Salado College. Students must take 60 hours at Xavier and one class online through Rio Salado. Girls who earn their Associates will enter college

as juniors rather than as freshmen. This program is a huge time and cost saver. According to Sister Joan Fitzgerald, 90 students will earn their Associates of Arts degree this year.

The mission at Xavier has always been to prepare young women of faith with the knowledge, skills, and integrity to meet the challenges of a changing global society in a positive and productive manner. Although much has changed over the past 75 years, that goal is unchanged, and looks to remain so for the next 75 years as well.

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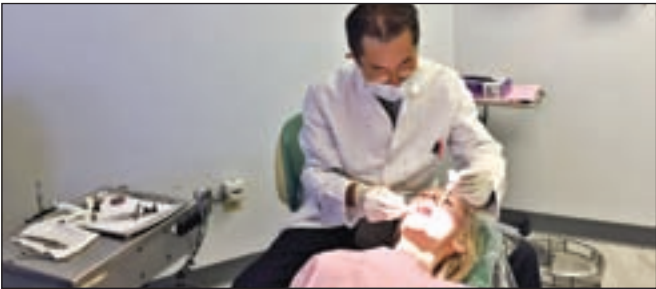
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“After watching the dental profession change,” said Dr. Heng, “I felt it had to be done a different way: ‘A Non-insured Way.’ We use the latest technology and treatment, yet we keep our facility modest and control our business overhead, which allows us to offer lower fees to serve the people in the community.”

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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.”

Many of Dr. Heng’s patients are young adults and seniors who have no dental insurance or have only a limited policy that gives them a few benefits and then charges more for their other needs. There is never a charge for an exam and x-ray, consultation and second opinions. Dr Heng offers no gimmicks, just modern quality dentistry at an affordable cost.



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8 1:10 SD	9 COL	10 5:40 COL	11 5:40 COL	12 12:10 COL	13 4:35 ATL	14 1:10 ATL
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12 10:10 CIN	13 TEX	14 5:05 TEX	15 5:05 TEX	16 7:10 SD	17 7:10 SD	18 5:40 SD
19 5:40 SD	20 LAA	21 6:40 LAA	22 6:40 LAA	23 SEA	24 6:40 SEA	25 5:10 SEA
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Local First Arizona is gearing up for Independence Week

Local First Arizona is a nonprofit organization that supports and promotes local businesses while raising public awareness of the economic and cultural benefits provided by strong local economies. Over 3,000 locally-owned businesses of all industries and sizes are represented by Local First Arizona's business coalition. And they're gearing up for the biggest week of their year: Independence Week. From June 30 to July 8, hundreds of businesses involved with Local First Arizona will be participating in the annual 'shop local' campaign. Both shoppers and businesses owners can benefit during the week-long celebration.

If you've got a local business, make sure to participate. All it takes is registration and a 20% deal on a service, item or purchase. Once that's done, Local First Arizona will send graphics, social media post ideas, and other tips for attracting new customers. If you're a shopper, pick up or download a golden coupon, which will save you 20% at participating businesses. Make sure to check and see which of your local businesses are a part of Independence Week. The goal of Indie Week is to make customers aware of local businesses in their neighborhood, and also give shoppers some great discounts. For more: localfirstaz.com.



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Neighborhood bookstore has a vision for a better world

VISION QUEST METAPHYSICAL BOOKSTORE

3114 E. Indian School Road
visionquestbooks.com

By Laura Stoddard

The intersection of 32nd Street and Indian School Road has seen a lot of growth in the past year, with the emergence of at least a dozen new retailers, restaurants and gyms. But with all these shiny new places, try not to overlook one intriguing store that has remained constant through it all – Vision Quest Metaphysical Bookstore.

As a metaphysical bookstore, Vision Quest is a little different than the typical place of refuge for bibliophiles. The colorful, peaceful location is a place of learning, growing and healing.

Nicole Rosdahl, who has worked at the store for over a year, explained what makes it such a unique place.

“Vision Quest is special because it’s a resource in the community for empowerment. It’s where ancient wisdom and modern wisdom mesh and work together,” said Rosdahl. “It’s about people consciously taking power over their lives and doing so in a compassionate way.”

The lengthy list of items available at Vision Quest includes candles, incense, crystals, tapestries, jewelry, tarot and divination cards, fragrant oils, prints of



In addition to offering books on subjects including dreams, philosophy, numerology and meditation, Vision Quest Metaphysical Bookstore also offers books by well-known authors. Self-help books are very popular as well.

sacred geometry, precious stones, many other little treasures, and of course, books.

The book selection runs the gamut as far as subjects go, from dreams, to philosophy, to numerology, to meditation.

“We include a lot by well-known authors, and self-help is the biggest section we have,” said Rosdahl.

She also emphasized that much of the literature is scientific, not religious.

“It’s a way for secular people, who aren’t necessarily part of a religious institution, to learn more,” she said.

The many and varied services offered at Vision Quest include reiki, crystal healings, energy clearings, hypnotherapy, introductory



classes to myriad subjects such as shamanic journeying and reading rune stones, daily psychic readings, both in person and over the phone, a monthly panel of psychics, and aura photography.

Rosdahl explained that the colors that appear in aura photos correspond to energy centers of the body.

“For instance, a woman came in who was a grief counselor to women who’d lost children, and she was all green because green is very heart-centered,” said Rosdahl. “The energy that surrounds us can be a good tool to tell us what’s going on—kind of a holistic view.”

Although not a bookstore that most are used to, Vision Quest is a unique neighborhood offering, as they aim to educate people on taking power over their lives.



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OLEANDER

PROBLEMS IN ARCADIA

By Greg A. Bruns

For the last 10 years or so, a plant disease known as Oleander Leaf Scorch (OLS) has been spreading through the oleanders in the Arcadia and Central Phoenix area. The infection is caused by a bacterium known as *Xylella fastidiosa*, which overruns the oleander's water-conducting tissue and starves the plant.

The culprit that carries and distributes OLS is a quarter-inch long flying insect called a sharpshooter.

Once a sharpshooter feeds on an infected oleander, any other oleander shrub it feeds on will become infected with the disease. A sharpshooter that has been infected with the *X. fastidiosa* bacteria will carry it for life. They are fast-moving insects that are difficult to catch and nearly impossible to eradicate. There is no known cure for this disease, and most infected oleander are dead within 3-5 years, depending on their size.



a few days, it is likely to have OLS. Once a portion of an oleander contracts the disease, the entire plant is infected. If the oleanders are part of a long stand, the entire group might be at risk. Experts recommend removing infected plants completely to prevent the disease from spreading, even though the sharpshooters may have moved on to another area.

Although there are characteristic signs to look for OLS, only a lab can confirm the presence of the disease. Contact the AZ Department of Agriculture for more (agriculture.az.gov).

Some replacement plants to consider include Arizona rosewood (*Vaqueria californica*) and hop bush (*Dodonaea viscosa*), which are tall green shrubs that are immune to the disease.

Special thanks to Horticulturist and Arborist Noelle Johnson, the "AZ Plant Lady" (azplantlady.com) for her assistance with this article.



One of the most specific characteristics of the oleander leaf scorch is the browning that begins at the outer edges of the leaves.

WHAT TO LOOK FOR

If you've noticed the oleanders turning color, take a closer look. Is the plant changing overall or is it just a portion of it? Leaves that are browning from the middle-out, or plants that are yellowing all over could just be a sign of drought or salt-toxic soil.

OLS is usually seen in just portions of the plant, not throughout. The leaves will begin to droop as they turn lighter shades of green, yellow and brown from the outside-in. Once the disease has taken hold, outer edges of leaves start turning brown, with a burnt (scorched) appearance. This will gradually move in toward the middle vein of the leaves as it kills the plant. Symptoms of the disease are seen year-round, but they spread more rapidly in the summer.

WHAT TO DO NEXT

Oleander usually respond pretty quickly to water. If the plant is still yellowing after

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The Arcadia Titans Youth Football Club was started by neighborhood parents who wanted their kids to be able to learn and compete close to home.

Arcadia Football Club mixes football and life lessons

By Jennifer Marshall

Kids who dream of becoming the next Joe Montana, Peyton Manning or Tom Brady can get their start playing for the Arcadia Titans Youth Football Club.

Commitment, discipline, hard work, practice and teamwork are all necessary qualities for success, whether it be stardom on the gridiron or in the boardroom. The parents behind the Titans Club hope to impart valuable life skills to their children through the fun and excitement of football.

"Football keeps them busy," said head coach Jerry Connelly. "But there's all kinds of aspects to football that will help them in everyday life."

So, how did the Titans Club get its start? One word: Necessity.

Prime Time Athletics offers neighborhood flag football for ages five and six. Tackle football is the next stage for those who want to continue with the game. However, no youth tackle teams were available in Arcadia. Kids who wanted to play had to travel outside their community to join a team.

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This is when Connelly and a few other dads decided to start their own tackle football team, which would allow their kids to continue to play together with their friends and teammates on their home turf. The Titans Club was established in the fall of 2016 with one team and approximately 25 kids. By 2018, they had grown to four teams containing 65 young, eager players. They will begin their new season this August with these four teams. While weight requirements and limits exist for all players, the four teams are generally categorized by age.

The Titans Club is a member of the National Youth Sports League. While about 80 percent of their players will eventually attend Arcadia High School, the Titans Club is not affiliated with any school.

Players sell raffle tickets to help with the expenses including NYS League fees. The club also offers financial aid on a case-by-case basis.

"If a kid wants to play, we try to help them out, and give them the opportunity," Connelly said. "We make the club as inclusive as possible by helping out with the cost of uniforms and equipment."

While playing flag football isn't a requirement to participate, many Titans Club players get their start on flag teams. The young players have much to learn, including proper tackling and blocking techniques, along with memorizing plays and mastering defensive and offensive moves. The teams practice three times a week.

The young club has already found success with two city-wide league championships—one in the fall of 2017 and the other in the spring of 2018.

The Titans Club is always looking for new players and coaches. You don't have to have a child playing to be eligible to coach. All you need is a love of kids and a love of the game. For more: arcadiatitansyouthfootballclub.com.

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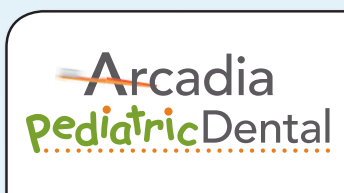
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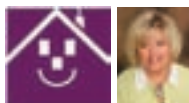
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