

ARCADIA NEWS

VOL. 26 NO. 5

ARCADIA • BILTMORE • CAMELBACK

AUGUST 2018



CAMP GERONIMO

Head to Geronimo with our photo collection of Arcadia's Troop 6's annual trip up north.

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KICKFLIPS & KINDNESS

A local program is teaching young girls skateboarding skills and life lessons.

PAGE 29

56TH STREET

Residents are coming together to work on a new transportation project involving 56th Street.

PAGE 38



Tanner Detro
NMLS ID# 1182443

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AUGUST

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Hopi's remodel is right on schedule. As the school year is about to begin, we've got an update on how the project is progressing and when it will finally be complete.

36 Phoenix library reopens

After dealing with disaster, Burton Barr Library has finally reopened. Read about the renovations and new additions to the city's most famous library.

38 56th Street project

Residents are coming together to work on a new transportation project involving 56th Street, with the hope of providing as much safety as possible.

40 Unusual pets

Arcadia is known as a pet-friendly area. But our neighborhood contains a whole lot more than just cats and dogs, as you can see in our story on unique local pets.



COVER IMAGE:

Skate Rising is a nonprofit youth program that teaches young girls to skateboard and how to give back to the community.

PHOTO: NINA SEIBERT



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EDITOR'S NOTE

Have you heard the one about the cheetah that walks into a bank?

That might sound like the setup to a joke, but in Arcadia, it's an actual story. Our neighborhood is known as a pet-loving area, with almost everyone seeming to have a cat or dog as an extra member of the family.

But there are some among us with pets so unique that it would make almost everyone else do a triple-take. In our story on unique pets (page 40), we meet neighbors who take care of everything from zebras to camels, bearded dragons to mini-horses, and yes, even cheetahs.

As we get ready to start the school year, the laundry list of to-dos can sometimes seem overwhelming. We've got you covered here, with a back-to-school checklist (page 52), ways to spice up breakfast on the weekdays (page 48), and coverage of backpack drives that help students and parents get what they need to start the semester (page 5).

Our cover story highlights an organization that is teaching young girls how to skateboard like pros, all while helping them learn how to make a difference in their community (page 29). We've also got updates on Hopi's remodeling (page 24) and on the 56th Street Transportation Project (page 38).

Each September, the *Arcadia News* puts together a collection of summer vacation photos taken by readers during their June through August trips. It's that time of the year already, and we want your photos. Show us where you went this summer and send your pictures to editor@arcadianews.com for a chance to be in our September issue. You may even make the cover! (Deadline is August 13).

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

— Nick Smith

Samuel Greenblatt – Candidate Oaktree Republican Committeeman



Samuel Greenblatt has been involved in Republican politics since the early 80s. He has worked with the national committees of several presidential candidates and candidates for nationwide offices. He is a successful technology executive.

Vote on August 28, 2018
samgreenblatt1@gmail.com



Paid for by Sam Greenblatt

Arcadia schools PTOs

By Kaylee Sumpter

As the school year approaches, parents are doing everything they can to help our children prepare for another year of learning. A great way to not only keep informed of upcoming activities, but to get involved, is to check out the local parent-teacher organizations.

Here are the PTO details for the five Arcadia complex schools in the Scottsdale Unified School District.

ARCADIA HIGH SCHOOL

PTO is being run by co-presidents Linda Schlenker and Cindy Krawczyk.

Kelley Pierce, PTO member, notes that plans for the upcoming school year include planning for homecoming, the homecoming parade, a new football program, and athletic stadium. For more: arcadiapto.org.



TAVAN ELEMENTARY SCHOOL

PTO is being run by Carly Jimenez. Although the plans for the upcoming school year are still being formed, there is quite a bit that parents and community members can do to help. Parents can volunteer at events and can contact volunteer@tavanpto.com to learn about upcoming volunteer opportunities. One of these opportunities includes linking your Fry's card to Tavan, and each time you shop, money is donated to the school. For more: tavanpto.com.



INGLESIDE MIDDLE SCHOOL

PTO has not announced its president or president-elect, as the positions are still open. The PTO is still planning this upcoming school year's events, but there

are still opportunities for the community to get involved. You can volunteer to sell Ingleside merchandise at events, help the Trojans Learning to Care program, garden and assist the bilingual program. There are also fundraising opportunities including becoming a PTO sponsor and buying an IMS MVP card. For more: inglesidepto.com.



HOPI ELEMENTARY SCHOOL

PTA is being run by Kyle Christensen. Opportunities to help include volunteering with children at reading groups and garden clubs. There are also numerous fundraising opportunities that help put money back into the classrooms. You can always email volunteer@hopipta.com if you are interested. For more: hopipta.com.



ECHO CANYON SCHOOL

PTO is being run by Jenna Harden, and PTO meetings are held the third Wednesday of every month. The upcoming plans for the school year have not been confirmed, but the community can keep up with the PTO by subscribing to the mailing list, where the weekly "Week at a Glance" newsletter keeps everyone informed. The PTO website also lists a variety of volunteer, fundraising, and donating activities that parents and community members can read about. For more: echocanyonpto.com.



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SCP Back-to-School Drive preps students for success

By Anthony Wallace

Back to school season is an expensive one for a family. Equipping a child with the clothes, pencils, books, and bags they need for another school year can be a crippling financial burden for some.

Nearly everyone recognizes the need for charitable giving around Christmas and Thanksgiving, but the truth is that late July can be just as, if not more, financially challenging for families with children.

Scottsdale Community Partners (SCP) is a non-profit organization that has been serving the unmet needs of Scottsdale residents since 1975. People are often surprised to hear it, but despite popular notions, substantial poverty exists in Scottsdale.

“Within the Scottsdale Unified School District, just under 6,000 students are living in poverty and some schools have over 80 percent of their student population receiving free or reduced lunches,” said Jenny Adams, executive director of SCP.

It is for these students and their families that SCP, in conjunction with Scottsdale Unified School District and the city of Scottsdale, put on the annual Back-to-School Program. This year, the event took place on the morning of July 25 at Scottsdale Stadium.

Thanks to a restructuring of its board and an increased integration with local government, businesses and faith



The Back-to-School Drive has grown to serve over 1,100 students last year.

communities, SCP has seen its many programs grow dramatically in recent years. The Back-to-School Program has expanded from serving around 350 students annually to nearly 1,100 last year.

Excited children arrived at Scottsdale

Stadium and got to pick out their own backpack, pencil bag, binder, notebooks, art supplies, writing utensils, shirts, a pair of shorts, a pair of pants, socks, underwear and a pair of shoes. But the preparation doesn't end with supplies and clothes.

Attendees also received dental screenings and wellness appointments provided by Neighborhood Outreach Access to Health (NOAH). The average value of the school supplies and clothes each child receives is \$200, a lifesaver for a family on a tight budget.

Lead event organizer Nicole Denison sees the gratitude firsthand.

She recalled a moment last year when she was met by a mother, “who, after I helped her to her car, turned to me with tears in her eyes, and said ‘Thank you so much. You have no idea what this means to our family.’”

The success of the event is dependent upon generous donations of time and money from community members. SCP remains committed to stretching donor dollars as far as possible. The cost of school supplies and fees have nearly doubled during the past ten years, according to the Huntington Backpack Index. That is why most of the supplies for the 2019 drive will be purchased later this summer when such items are on clearance. Directly following this year's drive is an excellent time to contribute to the next one.

“The truth is that most of us are a crisis or two away from needing help and our mission is to step in and help when people are most vulnerable,” Adams said.

Donations are accepted in person, via mail, or online at: scottsdalecommunitypartners.org.

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	1/01/2018-6/30/2018	2017		1/01/2018-6/30/2018	2017
Active Homes -	166 Homes		Active Homes -	65 Homes	
Homes Sold -	168 Homes	276 Homes	Homes Sold -	121 Homes	241 Homes
Average Sale Price -	\$1,233,000	\$1,140,000	Average Sale Price -	\$647,000	\$612,000
Average Sold \$ Per SF -	\$350	\$332	Average Sold \$ Per SF -	\$270	\$257
Average Days On Market -	129 days	116 days	Average Days On Market -	87 days	78 days
There is currently 7 months of home inventory. (Based on 2017 sales results)			There is currently 3 months of home inventory. (Based on 2017 sales results)		
2018 home sales have increased 18% this year. (Based on 2017 sales results)			2018 home sales have increased 0% this year. (Based on 2017 sales results)		
2018 home prices have increased 8%. (Based on 2017 sales results)			2018 home prices have increased 5%. (Based on 2017 sales results)		
2018 \$ Per Square Foot prices have increased 5%. (Based on 2017 sales results)			2018 \$ Per Square Foot prices have increased 5%. (Based on 2017 sales results)		
2018 homes are taking 10% more time to sell. (Based on 2017 sales results)			2018 Homes are taking 10% more time to sell. (Based on 2017 sales results)		

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Natural bug repellent

By Sara Lemons Vaules

Do they like you or don't they? Usually a question like that would tempt you to answer "Yes! Of course they like me!" However, in the case of bugs and the dreaded mosquito, we sing a different tune.



It is that time of year again in the desert where the heat and humidity coupled with rain brings mosquitos out in droves.

There are several proposed reasons why they seem to flock to certain people such as your unique smell, the products you use and your blood type.

One of the most studied theories is blood type, with Type O being the most attractive and types A and B (specifically A) being the least. I am Type A, but I also don't use perfumes in products. Regardless of why, I will gladly accept mosquitos taking a pass on me.

Let's see what we can do to better protect our Type Os out there and whomever may be a target.... chemically free, of course!

Mosquito bites, beyond being simply annoying and itchy, can carry harmful infections, so keeping them away is always best. Most commercial insect repellents use nasty chemicals that absorb into our skin and blood stream, such as DEET (N, N-diethyl-meta-toluamide). While the EPA said a few years ago that DEET "did not present a health concern to the general population, including children" one look at the long list of warnings and precautions makes me want to steer clear.

Dr. Abou Donia, a Duke University pharmacologist, found that "rats treated with an average human dose of DEET performed far worse than control rats when challenged with physical tasks requiring muscle control, strength and coordination." The EPA also advises to avoid getting commercial insect repellants on the hands, mouths and eyes of young children and to wash them off immediately after returning indoors.

Thankfully, there are several good chemical-free options for you to try before



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you would need to consider the heavy hitters. I have tried several over the years, and I believe this one to be an easy and effective spray for the whole family! If you have children under the age of two, simply apply to their clothing instead of their skin as it does use essential oils, which can be too strong on a baby's skin.

HOMEMADE BUG SPRAY

Ingredients

- 2 ounces apple cider vinegar, witch hazel, or vodka
- 2 ounces water
- 15 drops patchouli essential oil
- 15 drops Cedarwood Atlantica essential oil
- 10 drops Geranium Bourbon essential oil
- Optional - 2 drops of Tea Tree or Vetiver essential oil.

Directions

As essential oils don't mix well with water, start by adding them to the apple cider vinegar, witch hazel or vodka. Add a squirt of castile soap (if desired), allow to sit for a couple of minutes, and give the mixture a stir. This will disperse the essential oils in the liquid. Add water and pour into a spray bottle, preferably one made of glass or PET plastic. Store in your fridge and it should last 2-3 months!

A safe, non-DIY alternative bug repellent is offered from one of my favorite companies, Badger. Lastly, a really easy and nice smelling option is to rub any fresh or dried leaves from the mint family (peppermint, spearmint) all over the body as a natural repellent.



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Mark Hughes returns home

By Ray Artigue

Evidently Dorothy wasn't the only one who believed that "there's no place like home."

Mark Hughes, an Arizona native, and his wife, Phyllis, couldn't wait to return home after 12 years away, living in Las Vegas.

"Our only criteria for where we would resettle in the Valley was a place that was green," Mark remembers. "That made Arcadia an easy choice."

Thirty-eight years later, the same house on Calle Ventura continues to be "home" for the couple that celebrated a golden wedding anniversary just last year. Today their grandchildren attend Hopi and Ingleside, just as their two daughters did years ago.

Mark was born in Phoenix in 1943, when it was just a sleepy town of 65,000. He grew up around the media as his father worked in radio and newspapers and eventually, owned a PR agency. That surely influenced Mark to earn a journalism degree from ASU and then serve not one, but four Phoenix mayors as their public information officer. He also worked as a city desk reporter and sportswriter for the *Arizona Republic*.

"My father taught me to always tell the truth, saying 'It will keep you out of a lot of trouble,'" said Mark. "So, I preached that to my staff and we worked hard to establish trusted working relationships with all of the reporters that covered City Hall."

It's hard to believe that Mark once forced himself to attend Toastmasters so that he could "overcome my shyness" because today he is as gregarious as they come. Equal parts historian and storyteller, he

"Meet Mr." | Ray Artigue

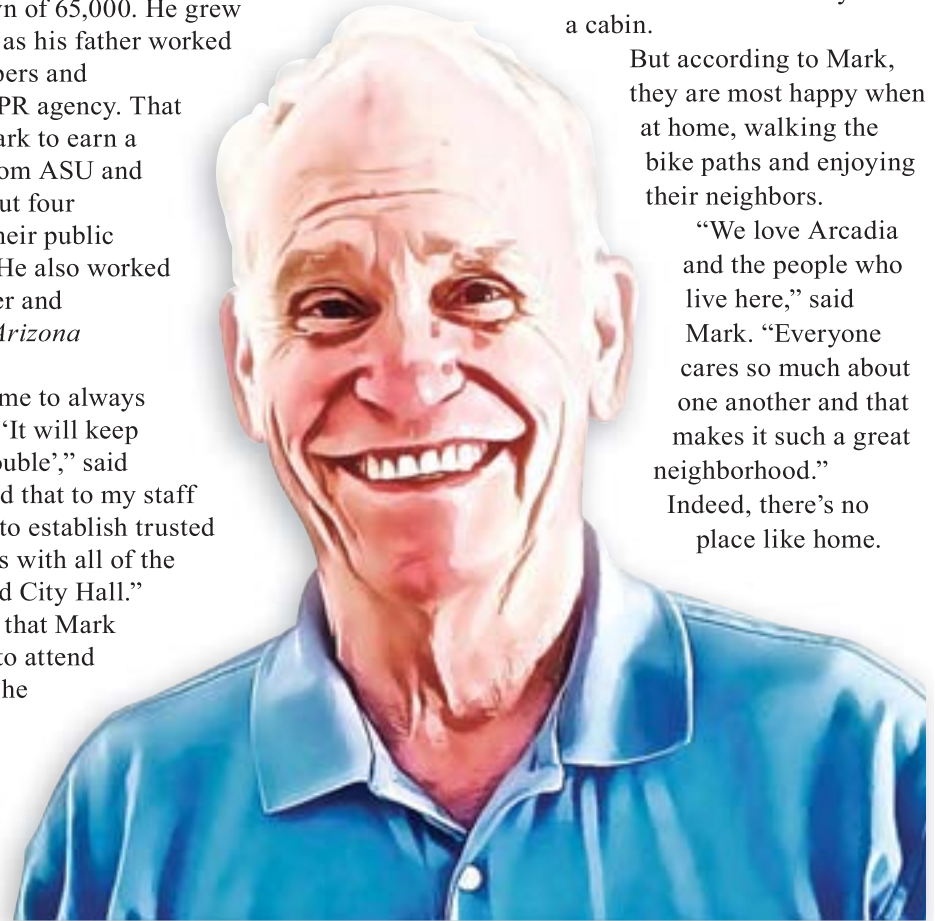
relishes the opportunity to recall the people and places of Arizona. An extensive collection of Phoenix phonebooks (just a quarter-inch thick in 1925) and more than 3,000 postcards — many of Arcadia citrus groves and the canals — provide him ample material for his colorful recollections.

Well into retirement, Mark and Phyllis take delight tending to their flower gardens, traveling to Tokyo to visit their daughter who teaches there, and enjoying the cool pines of the White Mountains where they built a cabin.

But according to Mark, they are most happy when at home, walking the bike paths and enjoying their neighbors.

"We love Arcadia and the people who live here," said Mark. "Everyone cares so much about one another and that makes it such a great neighborhood."

Indeed, there's no place like home.



From Phoenix Gazette, c. 1954

Every now and then, a person is fortunate enough to realize one of their lifelong aspirations. Such is the case for me as I relaunch a journalistic tradition that my father — Ray Sr. — started back in 1949.



Ray Artigue Jr.

Working for the Phoenix Gazette, my dad profiled notable Phoenicians every Wednesday for nearly eight years. Hundreds of men were introduced to the Valley by his written word and artistic hand. And yes, I still occasionally run into their sons or daughters (or grandkids!), asking, "Was your father the guy that....?"

Proudly, I explain that yes, he was the creator of "Meet Mr."

And with even greater pride, I introduce you to its reincarnation, where we will profile women and men from the Arcadia community each month. One of the subjects of the original "Meet Mr." was Paul Hughes (above). We are starting the new column off with a nod to the old, by profiling Paul's son, Mark.

— Ray Artigue

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WHAT'S HAPPENING, ARCADIA?

SATURDAY 8/4

Prowl and Play

5:30 – 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's a magical evening tonight at the Phoenix Zoo, where the fairies and mystical beasts come out to play. There will be a dragon egg hunt, unicorn horn toss, meet and greets with Tinker Bell and Periwinkle, face painting, magic shows, and of course, you can hang out with the elephants and otters at the creature feature. Tickets are \$10. For more: phoenixzoo.org.

Experience the Caribbean

9 a.m. – 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Open your mind and get ready to explore the culture of the Caribbean! There will be live music and dancing, costumes, traditions from Trinidad and Tobago, Dominican Republic and Jamaica, hands-on activities and crafts, culture talks, and of course, traditional food. Admission is \$20. For more: mim.org.

SUNDAY 8/5

Sip and Shop

12 – 4 p.m. at DeSoto Central Market,



Experience the Caribbean at the Musical Instrument Museum in Phoenix.

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.

TUESDAY 8/7

Exploring Mediterranean Flavors

7 – 9 p.m. at Sur La Table, Kierland Commons, 7122 E. Greenway Pkwy., Scottsdale. Try out a little something different for dinner tonight. With "Exploring Mediterranean Flavors" cooks ages 18 and up will learn how to sear, glaze and bake their way to a delicious dinner. The menu includes

scallops, couscous, glazed carrots and polenta cake. Grab those aprons and get ready to cook! Registration is \$75. For more: surlatable.com.

WEDNESDAY 8/8

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 winding down, roll out your mat and lift your fingers to the sky and listen as the music soothes you. This evening's theme is Sutra Live. 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.

FRIDAY 8/10

The Breakfast Club

10 p.m. at FilmBar, 815 N. 2nd St., Phoenix. Everyone remembers the cult classic movie The Breakfast Club, so in honor of one of the great films of the 80s, FilmBar is hosting movie and trivia night! After screening the show, there will be trivia and prizes hosted by Zia Records. Grab some popcorn and a drink and settle in for a ride back in time! Tickets are \$10. For more: filmbarphx.com.

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WHAT'S HAPPENING, ARCADIA?

FRI. 8/10 – SUN. 8/12

Game On Expo

12 – 9 p.m. Friday, 9 a.m. – 7 and 5 p.m. on Saturday and Sunday at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. If you're a gamer, this event is for you! There will be modern, retro and arcade games to play, guest panels, game tournaments, live music, an auction, a cosplay contest, and a vendor village, all in the name of video games! Tickets are \$25-\$75. For more: gameonexpoaz.com.

SATURDAY 8/11

Cityscape Urban H2Oasis

10 a.m. – 3 p.m. at Cityscape Phoenix, 1 E. Washington St., Phoenix. Central Avenue and Patriot's Park have been transformed into a waterpark for the day! Put on your suits and get ready to cool off on the splash pad, 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.



Cityscape Urban H2Oasis at Cityscape in Phoenix.

SAT. 8/11 – SUN. 8/12

Europa Expo

10 a.m. – 5 p.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. Get ready for fitness overload! The Europa Expo features all the best in supplement, nutrition and fitness apparel with exhibits and vendors, panels, strongman challenges, wrestling, bodybuilding, powerlifting and everything in between. Tickets are \$20 for a one-day pass. For more: europaexpo.com.

MONDAY 8/13

Sister Act

Times vary, at the Hale Centre Theatre, 50 W. Page Ave., Gilbert. This show just might be a great way to pay tribute to a movie made famous by a great performance from Whoopi Goldberg! Join in the craziness as Delores Van Cartier, a Vegas singer, is put into witness protection at a convent. Shenanigans follow as Delores transforms the choir and the community while

WEDNESDAY 8/15

Back to School Class

7 – 8:30 p.m. at Rio Vista Recreation Center, 8866 W. Thunderbird Road, Peoria. It's back to school time all around the Valley, and that means stresses can run a bit high. Learn how to stay healthy and focused with Living Well Now's back to school classes. Learn about school/child themed topics and recipes to make this school year the best yet. Tickets are \$10. For more: livingwellnow.com.

THURSDAY 8/16

Wine and Watercolors

6 – 8 p.m. at the Shemer Art Center, 5005 E. Camelback Road, Phoenix. Looking for a new hobby? Maybe one that involves a glass of wine? Look no further! Wine and Watercolors will teach the basics of watercolor painting in a class taught by John Erwin. Relax and let the creative juices flow. Appetizers and beverages are included. Registration is \$25. For more: shemerartcenter.org.



Worship every Sunday at 9:30 a.m.

ANNOUNCING OUR WOMEN'S MINISTRY SCHEDULE

After the Boxes Are Unpacked - Sept. 10 to Nov. 19 - Mondays, 10 a.m. – 12 p.m.

A video series by Susan Miller for women who have been uprooted by a move or any life change.

Monday and the Message - Sept. 10 to Nov. 19 - Every other Monday, 10 a.m. – 12 p.m.

A Bible study using *The Message* Bible, led by Paula Sturgeon Mortenson.

Women's Evening Bible Study - Mondays at 6 p.m. for social time. Bible study begins at 6:30 p.m. Coordinated by Jan Beebe.

A Study on Christmas - Dec. 3, 10 & 17, 10 a.m. – 12 p.m., led by Paula Sturgeon Mortenson.

Women's Retreat - Stay tuned!!!

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WHAT'S HAPPENING, ARCADIA?

FRIDAY 8/17

Teen Night

8 – 11 p.m. at AZ Air Time, 13802 N. Scottsdale Road, Suite 145, Scottsdale. Looking for a safe place for your teens to hang out this weekend? Head over to AZ Air Time for "Club AT," where the tunes are bumping and the fun is nonstop. There's a dodgeball tournament and dance contests, plus plenty of jump time. Admission is \$20. For more: azairtime.com.

SATURDAY 8/18

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.

Run Soaked 5K

7:30 a.m. at Kiwanis Park, 6111 S. All America Way, Tempe. It's really



Teen Night at AZ Air Time in Scottsdale.

hot this month, but don't worry, this race will keep you cool. Water trucks, water guns, sprinklers and SIX slip and slides will keep you cooled down as you run, walk and slide your way through the course. Registration is \$30-\$50. For more: 4peaksracing.com.

Butterfly Brushstrokes

10 a.m. – 12 p.m. at Butterfly Wonderland, 9500 E. Via de Ventura, Scottsdale. Brush up on your painting skills while surrounded by butterflies! Kids can learn basic painting tips while painting their

own picture of a butterfly. Local artist Carla Keaton will be on hand with tips and tricks to create your masterpiece. Registration is \$15. For more: butterflywonderland.com.

SUNDAY 8/19

Dancing for One-N-Ten

1 – 5 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy., Tempe. It's our very own Dancing with the Stars competition chock full of local celebrities! Join the cast as they dance their way to the number one spot. After the dancing is done, there will be an after party where you can mingle and meet the dancers. Tickets are \$35 for general admission. For more: oneten.org.

Opera and Gelato

2 p.m. at the Arizona Opera, 636 N. Central Ave., Phoenix. Escape the summer heat and enjoy a production of Puccini's classic opera *La bohème*. Set in Paris, this opera tells the tale of friends as they learn about life, death, and love. Enjoy a cup of gelato from FROST and other refreshments for purchase. Admission is free with registration. For more: azopera.org.

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\$900,000 6950 East Exeter Boulevard
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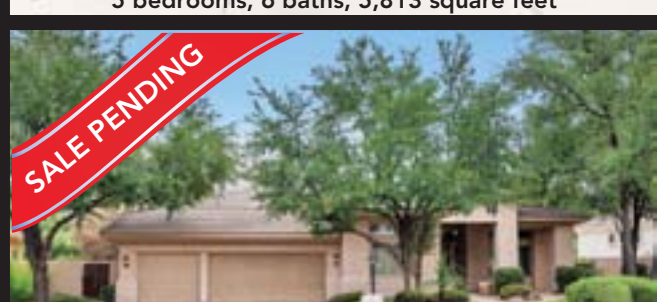
\$3,195,000 5921 East Lafayette
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\$487,000 2800 East Turney Avenue
3 bedrooms, 2 baths, 1,775 square feet



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\$1,195,000 4139 North 49th Place
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WHAT'S HAPPENING, ARCADIA?

SEND EVENTS TO
editor@arcadianews.com

FRIDAY 8/24 – SUNDAY 8/26

Hell City Tattoo Festival

12 – 11 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave., Phoenix. Tattoo artists and lovers alike will have a blast at this event dedicated to the art of tattoos. There will be multiple competitions, meet and greets, live music, seminars, giveaways, entertainment, a vendor village, painting, and at the conclusion, a Hell City pool party. Tickets are \$22 for one day, \$62 for a weekend pass. For more: hellcity.com.

SATURDAY 8/25

Play Date

7 – 11 p.m. at the Children's Museum of Phoenix, 215 N. 7th St., Phoenix. Get ready to bring back your childhood days with the Hot Mess Play Date at the Children's Museum. This 21 and over event features signature cocktail and craft beers, food trucks, dancing, retro games, a three-story climber and activities that are guaranteed to get messy! Tickets are \$15. For more: childrensmuseumofphoenix.org.

Flashlight Tour

7 – 9:30 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Sure, walking through the gardens during



Dino Explorer at LEGOLAND Discovery Center in Tempe.

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 8/26

Dino Explorer

11 a.m. – 6 p.m. at LEGOLAND Discovery Center, 5000 S. Arizona Mills Circle, Tempe. You're never too old to build with Legos! Check out the newest exhibit, Dino Explorer, where you can follow instructions to build a t-rex or make your very own

creation. There are also themed rides, 4D movies and thousands and thousands of Legos to build with. Tickets are \$14.95 for general admission. For more: legolanddiscoverycenter.com.

KIDchella

6:30 – 10 p.m. at the Doubletree Hilton, 1800 S. San Tan Village Pkwy., Gilbert. You've heard of Coachella, now get ready for KIDchella – it's all for the kids! There will be music, dancing, a best-dressed contest, dessert and sundae bar, cash bar for the grown-ups, photobooths, and an appearance by Miss Arizona. Dress your best and get ready for a night of dancing. Tickets are \$25. For more visit the KIDchella Facebook page.

FRIDAY 8/31

Saboten Con

Times vary, at the Sheraton Grand Phoenix, 340 N. 3rd St., Phoenix. Anime lovers, your favorite event is here! The largest Anime convention in Arizona has made its way to Phoenix. Get ready for panel discussions, a masquerade, skit contest, cosplay contest, fashion show, music and food. Events vary from day to day. Ticket prices are \$15-\$350. For more: sabotencon.com.



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OUT OF THE AREA, BUT WORTH THE DRIVE

WEDNESDAY 8/1

Primavera Cooks Fundraiser Dinner

6 p.m. at Reforma Modern Mexican Restaurant, 4310 N. Campbell Ave., Tucson. Five-course dinners are always fun, and they're even better when you're supporting a great cause. The Primavera Cooks event will feature a five-course meal prepared by Tucson's top chefs and apprentices, with wine pairings to match. Registration is \$125 per person. For more: primavera.org.

SATURDAY 8/4

5 Iron Tournament

7:30 a.m. at the Lake Havasu Golf Club, 2400 Clubhouse Dr., Lake Havasu City. Golfing is easy when you've got different clubs to choose from, but this tournament is a little different. You can only use your 5-iron for driving, chipping and putting. Put your skills to the test! Lunch, golf cart and green fees are included. Registration is \$50 per person. For more: golakehasvu.com.



Navajo Festival at the Museum of Northern Arizona in Flagstaff.

Cider and Mead Festival

12 – 5 p.m. at the Pioneer Museum, 2340 N. Fort Valley Road, Flagstaff. Join in on the inaugural Cider and Mead Festival in Flagstaff. Not only will there be a variety of cider and mead sampling, but live music, food trucks, an artisan market and educational classes. Admission

gets you 10 tasting tickets and a commemorative glass. Tickets are \$30. For more: flagstaff365.com.

Woof Down Lunch

10 a.m. – 3 p.m. at the Yavapai County Courthouse Plaza, 120 S. Cortez, Prescott. Why not have a picnic with your four-legged

best friend? This fundraiser features a vendor village, live music, demonstrations by obedience and dog trick trainers, contests, kids activities and a raffle. \$20 gets you admission plus a picnic lunch! For more: Prescott-az.gov.

SUNDAY 8/5

Navajo Festival

9 a.m. – 5 p.m. at the Museum of Northern Arizona, 3101 N. Fort Valley Road, Flagstaff. Immerse yourself in the beauty and culture of the Navajo Nation. There will be contemporary art and artist demos, musical performances, traditional food and heritage talks throughout the day. Tickets are \$12 for adults, \$8 for kids. For more: flagstaff365.com.

FRIDAY 8/10

Laser Stranger Things

5 p.m. at the Flandrau Science Center & Planetarium, 1601 E. University Blvd., University of Arizona, Tucson. If you've seen Stranger Things, this laser light show will turn your world upside down! Listen to the classic 80s jams from the show and lose yourself in the laser light show. Tickets are \$16. For more: flandrau.org.

Kate Brophy McGee

Arizona Senate - District 28

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AUGUST 28th

For three generations, my family has proudly called Arizona home. My husband and I raised our boys here because we love our community. Arizona has a great business climate, and provides opportunity for entrepreneurs to start and grow a business.

At the Capitol, I've fought to protect the Arizona we love. Ensuring a friendly business climate, keeping our neighborhoods safe, and protecting kids and seniors – it all adds up to making Arizona one of the most desirable states in the country to start a family and build a business.

I'm supported by great organizations like the Arizona Chamber of Commerce and Arizona's first responders. Together we can keep our economy strong and our taxes low and fair, all while improving our schools and protecting our most vulnerable.

Make sure you return your early ballot or vote at the polls on August 28th!

KateMcGee.com



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OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 8/11

Summer Wine at the Phippen

2 – 4 p.m. at the Phippen Museum, 4701 Hwy 89 North, Prescott.

There's nothing quite like a glass of wine to celebrate summer. With that in mind, escape the heat and head to Phippen Museum to enjoy a glass of vino and light snacks with photographer Joe Webster, who will share stories of his photography and the history of Route 66. Tickets are \$10. For more: Prescott-az.gov.

SATURDAY 8/18

CRBIA Charity Bowling Tournament

11 a.m. at Havasu Lanes, 2134 N. McCulloch Blvd., Lake Havasu City. The Colorado River Building Industry Association presents its charity bowling event! This year's theme is Animal House, so make sure to dress in your best toga. Four-person teams, three rounds of bowling, lunch and a costume contest – what better way to spend your Saturday? Registration is \$30 per person. For more: golakehasvu.com.



Coconino County Fair at the Fort Tuthill County Park Fairgrounds in Flagstaff.

Mattress Down the Mountain

8 a.m. at 102 W. White Mountain Blvd., Pinetop. Don't let the name fool you – you won't do any sleeping at this event! Watch (or participate) as teams roll their decked-out mattresses down a mapped-out course. This event is part of Pinetop-Lakeside Days. There will also be wood carving competitions, food vendors, retail

vendors and a kids zone. For more: pinetoplakeside.com.

SAT. 8/25 – SUN. 8/26

Green Chili Roast / Apple Harvest Celebration

8 a.m. – 5 p.m. at Apple Annie's Orchard, 6405 W. Williams Road, Willcox. It's the peak of apple and green chili seasons at

Apple Annie's. Enjoy treats like green chili ice cream or a pancake breakfast, pick your own chilis and apples, free wagon rides and lots of yummy treats (hello, apple pie)! For more: appleannies.com.

FRIDAY 8/31

Coconino County Fair

10 a.m. – 10 p.m. at the Fort Tuthill County Park Fairgrounds, 2446 Fort Tuthill Loop, Flagstaff. This might just be a traditional fair, but at least it's not in the scorching heat! Enjoy fair foods, carnival rides, games, vendors, livestock shows, auctions, pie eating contests, and all the good things a fair should have! Tickets are \$8. For more: CoconinoCountyFair.com.

Gem and Jewelry Show

10 a.m. – 6 p.m. at the Tucson Expo Center, 3750 E. Irvington Road, Tucson. Gems and Jewelry galore! At the Gem and Jewelry Show, 200 booths will showcase finished pieces from antique, gold, silver, turquoise and more. Dealers, miners, designers and manufacturers can browse to their hearts desire. Tickets are \$10. For more: jogsshow.com.

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Escape to Park City

By Robin Sewell

As soon as school lets out and the temperature gauge starts moving to where

100 actually starts feeling cool, there's a mad dash to the I-8 and I-10 west in search of cool ocean breezes and double digit weather. I, like my fellow "zonies" as San Diegans affectionately

refer to us, spent a number of delightful summers with my little girl making sandcastles under the shadow of the red awning of the Del Coronado. To this day, it remains one of my favorite places to visit. Since then, I've discovered yet another getaway not too far from the desert that also tops my list of summer escapes. A place where no air conditioning is required and being outdoors is the only place you want to be.

When my daughter was five, we did a short winter jaunt to a place I had never been, Park City, Utah. The quaint, picturesque mountain town covered with snow stole my heart, and I'll never forget the words of a local who said, "people come for the winters but they stay for the summers." So a few summers later when I needed a reprieve from the heat, instead of escaping to the beach, I remembered the words of my Park City friend, and I headed to a higher elevation.

I quickly understood why ski towns are just as alluring if not more when the snow melts. Surrounded by countless Aspen trees, the big blue skies and crisp clean air beckon you to forego those electronics and grab a bike, take a hike or ride a chairlift up an emerald green mountain that still may have a few traces of snow. That's right, in the summer, those green, blue and black diamond ski runs turn into endless hiking and biking trails that wind you all the way to the top. No face or hand warmers needed. Another way to experience the thrill of winter in the summer without the rush of cold air in your face and at the same time enabling you to

channel your inner Olympian is the Olympic Park, home of the 2002 winter Olympics. There's extreme tubing, zip lining and not for the faint of heart, a high-speed bobsled ride. If, however, you'd rather be a spectator than a participant, you can sit back and watch the real Olympians and National ski team perform acrobatic feats some 60 feet in the air before plunging into the Olympic pool below.

When you've got your fill of outdoor fun, check out Main Street where there's a plethora of fun restaurants—everything from burgers and pizza, to unique shops like Dolly's bookstore and Java Cow. Not to mention, as you're strolling and window shopping, local musicians are entertaining you on the street. It's a cool, small town vibe that's hip, casual and feels like the idyllic, quintessential summer.

One of my favorite summertime activities in Park City are the concerts held on the bunny hill at the Deer Valley resort. Imagine sitting on a blanket enjoying a bottle of wine and a picnic watching the acclaimed Utah Symphony and various well-known artists from rock, to country to Broadway perform for you under the stars. You can just kick back and enjoy the music or kick off your shoes and dance. In fact, we were more like dancing queens a few weeks ago when an "ABBA" tribute band in concert with the Symphony performed everything from "Mama Mia," to all their greatest hits. The concerts take place throughout the summer and frankly sometimes I don't even care who is performing, there's just something about the music and the mountains that gives me that same warm feeling as hot cocoa after a cold day on the slopes. People have asked me if I would choose the beach over the mountains or vice versa and my answer is simple.

I choose both.

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

Insurance tips for college students

By Michelle Donati-Grayman

The transition from high school graduate to new college student is an exciting milestone. Purchasing new electronics and moving away from home are typically part of the preparations for back-to-school.

AAA Arizona recommends reviewing your insurance policies as an important step for college-bound students and their families before heading to campus.

Full-time college students living away from home should know they might have limited coverage under their parents' insurance policies. This makes it even more important to check which risks and liabilities are covered.

Here are some homeowners and renters insurance tips for students.

- **If you live in a dorm, most personal possessions will be covered under your parents' homeowners or renter's insurance policies.** However, expensive items such as computers and other electronics might be subject to coverage limits under a standard homeowner's policy. If the limits are too low, parents might want to consider purchasing a special personal property endorsement.

- **If you live off-campus, purchase renters insurance.** Renters insurance is necessary to protect you and your belongings and can protect you from liability in the event that someone accidentally gets injured on the property.

- **Leave valuables at home.** While some valuable items, such as laptops, may be needed on campus, items such as expensive jewelry might be best left at home.

- **Create a "dorm inventory."** Create a detailed inventory of all items you'll be taking with you, including photos and receipts. In the event that you need to file a claim, an up-to-date inventory will help make the process easier.

- **Safeguard your items from theft.** Always lock your dorm room door and never leave belongings unattended on campus. According to the Insurance Information Institute, burglaries make up about 50 percent of all on-campus crimes, and the library, dining hall and other public places are the primary areas where they occur.

- **Coverage may depend on whether you leave home or stay in the area.** If you bring a car to campus and remain on your parents' policy, coverage likely still applies. If you attend an out-of-state school, make sure your insurance coverage follows you.

To see which discounts you may be eligible for and what type of coverage you might need while away at school, contact your insurance agent.

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How furniture can affect health

By Tom Helms

Dizziness? Can't sleep? Memory fog? These and flu-like symptoms just might be caused by your new laminated furnishings, flooring, upholstered chairs, and other décor that have been chemically treated.

The wave of sleek and modernist style furnishings and related designs are primarily made of molded laminate on wood product that may look extraordinary and tasteful, but the chemicals, glues and ground products used to make the molds could negatively affect your health.

The nationwide outcry in mid-2015 over laminated floor products imported from China that caused flu-like symptoms highlighted the need for further examination of these once-trusted products. Some makers known for high-end, quality wood furniture had started outsourcing their products. Some consumers received laminated furniture that appeared to be made of solid wood but wasn't.

And this type of "disposable" furniture is still finding its way into houses today.

These pieces are actually a molded over wood product consisting of wood shavings, plastics, glues and chemicals. Especially cheap laminated items use formaldehyde, a noted and dangerous carcinogen.

A simple test to know if your desk is laminate, veneer, or solid wood, is to take your thumb nail and see if you can scratch it or make a dent. If not, it is most likely laminate as the veneers and solid wood will give to the pressure even if the piece has a urethane or heavy varnish coating. The same applies to décor. Today's buyer is more interested in appearance than the worthiness.

A good rule of thumb is if the laminate has been nicked and white shows through, it is most likely a formaldehyde base.

Laminated items such as most furnishings and décor can be easily dented or scratched, and will not stand up to heavy use or moisture



ASK THE APPRAISERS

or high heat. When in a fire, the furnishings almost explode in a ball of flames.

Even if there is any attempt at a repair, the "shadow" of the damage can still be detected. Most furniture repair companies will not do a repair on damaged laminate for two reasons. First, a perfect repair isn't possible when working with laminate. Second, formaldehyde can be released especially when sanding or working with the furniture. Such furniture is considered a hazard. In fact, California and other states have required warnings on more recently made furniture indicating it is a possible health and fire hazard.

If furniture damage is distinctly noticeable and distracts from the integrity of the piece, it is best to either paint the item or get rid of it. Nearly 90 percent of furniture is molded laminate over wood product.

It may look wonderful, but it has a short life as compared to the solid wood and veneers of the past and has minimal value on the secondary market.

It is called "disposable" furniture for a reason.

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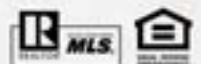
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Hopi Elementary construction right on time

By Mallory Gleich

Construction to completely rebuild the Hopi Elementary School campus is moving right along schedule and shouldn't interfere with classes beginning on August 7, according to school officials.

As of now, the academic and administration buildings, which were rebuilt on the existing lot, will be ready at the start of the school year. The full renovation project will be complete in January 2019.

"I think the most important part of the construction, and what will be beneficial for everyone, is the new, clean, up-to-date facilities," said Kyle Christensen, with the Hopi PTA. "Not only the advanced technology that this new building can support, but really simple things, like clean, modern bathrooms for the kids. That kind of environment helps

encourage respect."

Work on the new multi-purpose building didn't start until after school was out in May and the existing buildings were razed to clear space for it. The building, which will house the gym, cafeteria and music rooms, will open in January. The area around the building will be used as field space.

"The construction will affect us only slightly, we will be utilizing the library space as the cafeteria until the third building is completed," said Tamara Jagodzinski, principal at Hopi. "The librarian will be bringing books to the classroom and we will be utilizing indoor space for P.E. All the adjustments we will need to make will be temporary."



"It will definitely be noticeable at the beginning of the school year," said Christensen. "On the first day of school we will have additional volunteers to guide kids to their classrooms and around the school. It will be

so exciting for the kids to explore and discover. There will be an additional buzz on the first day for sure!"

The project got underway last fall after many debates and the passing of a \$228 million bond, approved in November 2017, at a Scottsdale Unified School District Governing Board meeting.

CORE Construction took on the project and its two phases, which have been running concurrently since the project started.

Dennis Roehler, who is the director of facilities in the Building Services Department, said that the plan from the beginning was the rebuild of the entire campus, which opened in 1960.

"The school has been open for a lot of the construction," Roehler said. "But it has gone pretty smoothly."

Phase 1 included the Administration building, the classroom building and playgrounds. Phase 2 includes the Gymnasium Building, the play field and the main parking lot.

"We will have all three playground areas as well as the basketball courts to start the school year but the field will not be complete until January," Jagodzinski said.

Jagodzinski is also looking forward to the new technology that will be in the classrooms as well as the collaborative spaces available for each grade level.

"I am excited about the opportunities to showcase student work in the hallways of the classroom building," said Jagodzinski. "When the multi-purpose building is complete, we'll be looking forward to the separate gym and cafeteria spaces."

The new layout will also provide space for new outdoor learning opportunities for the students.

"There are going to be some beautiful gardens put in," Jagodzinski said. "We have a beautiful new outdoor amphitheater that will be utilized for many of the activities that take place at Hopi and I'm sure the students will love the new playgrounds!"

"It's an exciting time to grow and move in to our new building for the students, teachers, and even parents," said Christensen. "The people who make Hopi what it is."

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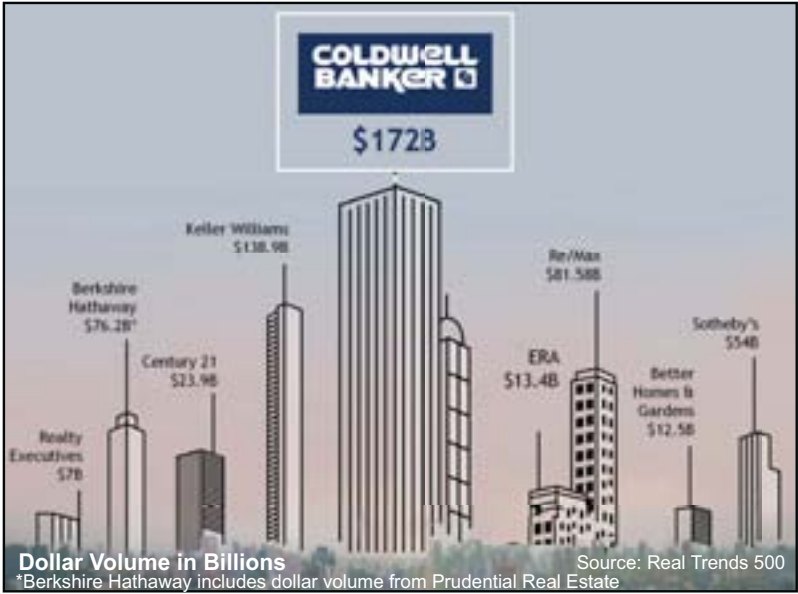
Residents had a lot of questions when the construction project for Hopi was originally announced, but two in particular were being asked quite often.

One was about the fate of the colorful tiles that lined the old Hopi campus hallways, which showed off the names of many former students. Thankfully, many of those tiles are safe and sound. They were removed prior to the demolition, and the plan is to hang them in the new buildings. There isn't a set location yet, but there is a restoration committee that will be working with the school to incorporate the tiles and other historical pieces into the new campus.



The other popular questions concerned the traffic flow on Lafayette Boulevard, as the street led directly to the parking and drop-off areas at the school. The road is one of the busiest in the neighborhood, and a long line of cars can tend to clog up the lanes each morning during the start of school.

Finding a solution to this problem was important to area residents, and the issue was considered in the construction of the new building. When the entire school is completed this coming January, there will be two separate drop-off and pick-up points for drivers. The main zone will have large cueing lanes in order to remove the traffic from Lafayette.



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GERONIMO!

Summer Camp Snapshots from Arcadia's Troop 6

By Greg A. Bruns

Photos by Rose Miller and Greg Bruns



Arcadia's Boy Scout Troop 6 went to Camp Geronimo in July, for their annual week-long summer camp. Geronimo is located 20 miles north of Payson, at the base of the Mogollon Rim. 28 Scouts from 11 to 17 years old, along with several adults from the troop stayed for six days and nights at the popular BSA camp in the Tonto National Forest. Geronimo offers a wide variety of outdoor activities and courses, giving scouts an opportunity to earn merit badges from more than 50 different programs.

Troop 6 was busy, as the boys collectively earned nearly 90 merit badges during the week. Some of the badges include: Archery, Orienteering, Cooking, Lifesaving, Astronomy, Wilderness Survival, Horsemanship, Leatherworking, Woodcarving, Environmental Science,

Reptile/
Amphibian Study
and Search and
Rescue.

It's not all
about the merit
badges, though.

"The Scouts
also learn
personal
responsibility,"

said Troop 6 Scoutmaster John Moody. "They wake up each morning at 4:45 a.m. for the Polar Bear Swim, keep their tents and campsite clean and well-organized (including the latrines!), plus they have the responsibility of getting to their merit badge classes and completing the required work – all without their parents!"

The BSA summer camp program is a peer-based learning system, with adult oversight. Older Scouts gain confidence by learning and practicing critical leadership skills when they lead younger Scouts.

The camp holds seven sessions during the summer, with several troops attending each week. Camp Geronimo is spread out over 200 acres and has 29 separate camp sites capable of handling more than 400 people. Troops come from all over Arizona with a few from other states.

"It was a great week," said Moody. "A Scoutmaster couldn't have asked for a better group of Scouts or a better week at summer camp. I am so proud of all of them!"

For more about Troop 6 contact
John Moody at jmoody@pcmlawaz.com.



ARCADIA'S TROOP SIX AT CAMP GERONIMO 2018

Front row (left-right): John Moody, Will Moody, John Falls, Lucas Le, Hudson Hays, Daniel Fan, Ian Kelley, Theo Kaercher, David Schleeper, Dylan Erickson, Jax Miller, Carter Bruns, Andrew Landon, Ethan Reniewicki, Ian Ellsworth, Aiden Anderson, Wesley Jackson, Jack Stieg.

Back row (left-right): Eli Judiscak, Brad Gooch (behind), Henry Toney, Colgin Katz, Max Lunifeld, Matthew Bocchi, Peter Mitchell, Alan Adams, Calvin Eng, Nicholas Heim, Parker Henderson, Zachary Jackson, Norm Anderson, Chris Kelley, Cal Eng.



With 29 camp sites spread over 200 acres, Camp Geronimo can accommodate more than 400 guests.



Due to the extreme fire danger, many parts of the Tonto National Forest are completely closed. According to the U.S. Forest Service, this is the driest the forest has been in more than 110 years.



Assistant Scoutmaster Jack Stieg has been coming to Geronimo for 33 years.



Cattle were all over the area, as part of a new grazing rotation to help reduce the grass and foliage, and thus, the fire hazard. The USFS monitors the forage utilization and availability of water.



Clearing brush and cleaning up the area around a trail-head for the camp service project.



Scoutmaster John Moody has been leading the troop to Geronimo since 2010.



The "Polar Bear Plunge" at 5 a.m. is a fast way to wake up!



The troop handles complete kitchen and dining hall duties for one meal during the week, serving the entire camp. Troop 6 served beef tacos with rice and corn — and a dessert the scouts called "orange stuff."



Canvas tents are standard. Scouts provide their own cots and sleeping bags.



Flag ceremonies were held every morning and evening.



The rifle range was a favorite spot during the daily free-time.



A new Troop 6 Scout, Ian Kelley received the Camp Geronimo 2018 "First-Year Camper Award" at the end-of-week awards ceremony.



Lining up for the final evening, a camp-wide celebration.



Finally, some time to rest on the way home.

Veritas skateboard superstar is a chip off the old block

By Mallory Gleich

The X-Games better prepare for Mia Lovell to hit the ramps!

Lovell, who attends Veritas Prep, has been skateboarding since she was four years old. Now, at 11, she's participated in more than 10 competitions during the past two years.

Lovell's father was a skateboarder when he was younger and also participated in snowboarding, motocross and car racing. Lovell discovered she shared his passions and followed in his footsteps – right to the vertical ramps.

"I have progressed a lot by putting in hard work, time, and perseverance," said Lovell. "Some tricks I get lucky and land them easily, while others can take me six months to learn. Some tricks take 1,000 tries before mastering. It is so frustrating, but so rewarding in the end."

Lovell has conquered tricks including kick flipping six stairs, ollieing over a ten-stair set, a double kick flip, heel flips, skating a 13 1/2-foot vert ramp and bowl skating.

Skateboarding has become a full-time routine for Lovell, who skates five days a week and works with a private coach. She also travels with Skate True Shuttle, visiting the Valley's 35 skate parks.

"My parents are super supportive and built me a dream concrete skate park in our



Mia Lovell

backyard, complete with a 9-foot vert wall and a pro-style skate bowl so I can practice a lot at home," Lovell says.

And all of that practice and parental support is paying off for Lovell.

She placed first in seven competitions around the Valley in the past two years. Her biggest accomplishment, she says, is taking second place in the 14 and under amateur division last year at Exposure, the largest all-female skate competition in the world in Encinitas, California.

"At Woodward West, a skateboarding camp in California, I entered a mini ramp contest," said Lovell. "My friends told me to do the advanced division where I was the only girl out of ten boys. I took first place and was so hyped. It was fun to beat the boys!"

Lovell has also been featured on the cover of "Raising Arizona Kids" magazine and ABC 15's Small Stars.

"It's been awesome to see a sport I love get attention and positive feedback," Lovell says.

When Lovell isn't on four wheels, she also loves to surf and snowboard, and riding motocross with her dad. She hopes to play basketball on her middle school team and



Mia Lovell has been skateboarding since she was just four years old. Now 11, the Valley phenom has won seven competitions in the past two years.

loves being outdoors. Lovell's little sister and her mom have also started to learn how to skate.

"My ultimate goal is to have fun and

continue progressing. I've met so many rad people and traveled to some amazing places because of skating," Lovell says. "I can't wait to see what the future holds!"

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Organization helps teach girls skateboarding and service

By Mallory Gleich

“Compassion through Service. Empowerment through Skateboarding.”

This is the motto of Skate Rising, a nonprofit youth program created in 2016 by Calli Kelsay, who wanted to give back to the community in a way that was also educational.

Each month, a free event is held for girls who want to learn how to skate while also serving their community. The girls learn about their community, participate in a service project and then take part in a skating lesson taught by professionals.

“Calli saw many positive life lessons come from her own children learning to skate. As they skated, they fell, over and over again, and chose to get back up. They pushed through their own fear as they progressed,” said Stacy Lovell, program manager for Skate Rising.

Exposure Skate, the nonprofit that runs Skate Rising, got its start in 2012. During that time, women’s events were almost entirely removed from competitive skateboarding contests. As a response, Pro Skateboarder Amelia Brodka created “Underexposed,” a documentary highlighting women’s skateboarding.

Brodka’s documentary inspired philanthropists Armando De La Libertad and Lesli Cohen to take action, so they created an all-female skateboarding event named Exposure. The event was repeated and has grown into a nonprofit with 22 locations all over the world, from the United States to Argentina and New Zealand.

To run the monthly Skate Rising events, Lovell, along with Janthavy Norton and Natalie Das of Exposure Skate work from a lesson plan to collaborate with charities in Phoenix to create a learning experience for the girls who participate in the events.

Events include making kits for the homeless, collecting art supplies for New Pathways for Youth, writing



PHOTO: NINA SEIBERT

encouragement cards, commit to kindness contracts, making vision boards to pursue dreams, collecting purses and deodorant for Dress for Success, Making banners and donating money to disabled soccer team AZ Heat and collecting food for police, firefighters and EMTs.

“There is such a need for strong and confident girls in the world that we wanted as many people as possible to try it and learn these life lessons early in life. The service aspect also came about after seeing what would benefit the world around us,” Lovell added.

Professional skaters from groups including Skate True,



PHOTO: MARY GARDNER

Kids That Rip Mesa and Las ChicAZ close out each event by teaching the girls skateboarding tips and tricks.

Events are geared toward girls from ages 4 to 18 and are held the third Saturday of the month. For more information, visit exposureskate.org/skaterising/phoenix.



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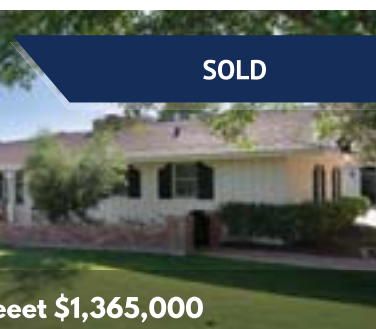
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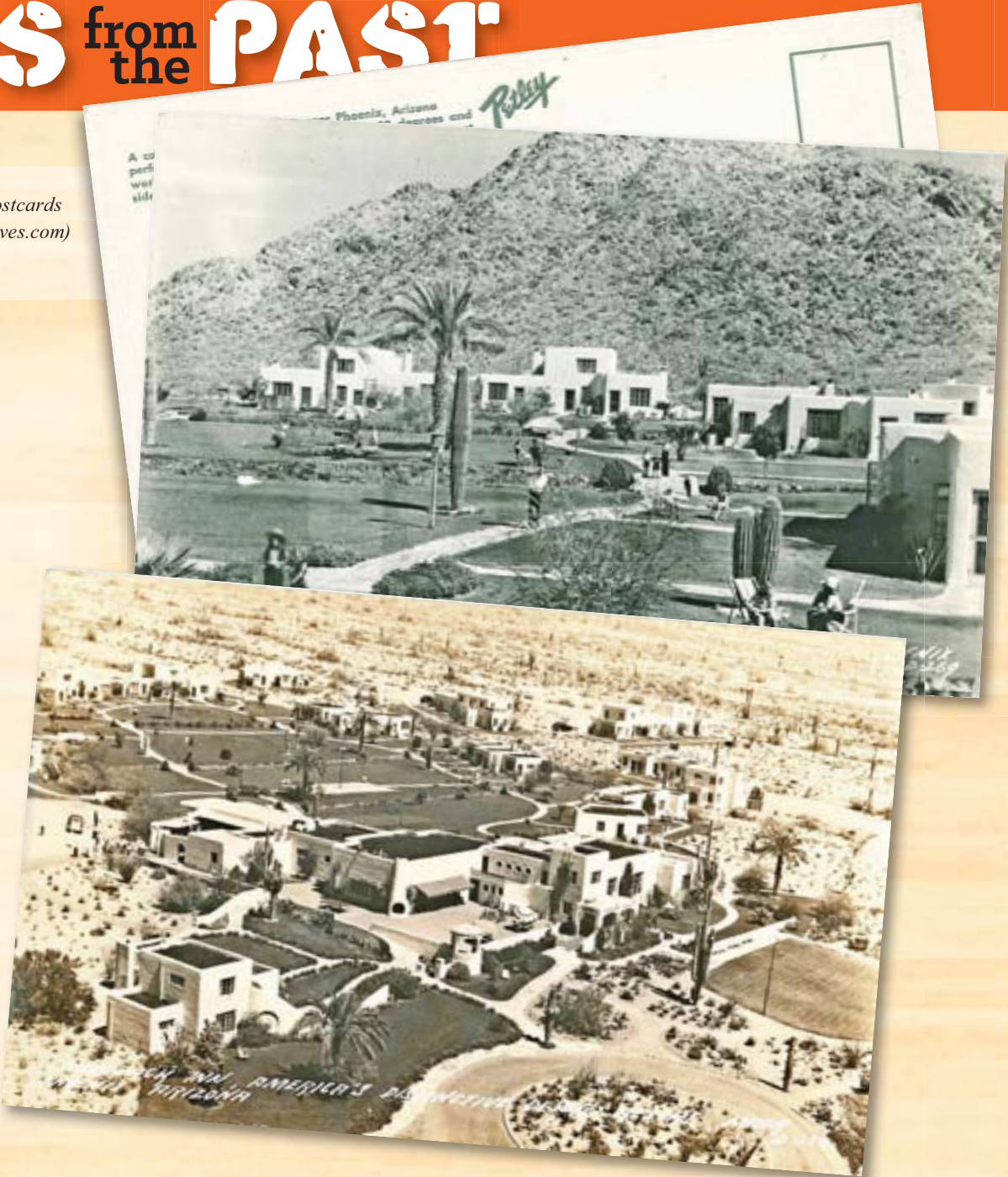
Publisher's Note: "Postcards from the Past" is a three-part series of unique postcards I've collected over the years. See our June and July editions (arcadianewsarchives.com) for the first two parts.

CAMELBACK INN

The Camelback Inn was the concept of Jack Stewart, backed by an investment group that was led by industrialist John C. Lincoln. The desert oasis was built on 60 acres that Lincoln owned in between Camelback and Mummy Mountains. Located in the barren desert 12 miles north of Phoenix, Scottsdale's first luxury resort opened in 1936. The place "Where Time Stands Still" accommodated 75 guests in its white stucco casitas that spread across the property.

Jack Stewart and his wife Louise helped the resort quickly become a coveted destination for wealthy travelers and celebrities from the Midwest. Louise was a social butterfly, putting on elaborate costume parties that brought visitors back time and time again. In 1937, the published rates at the resort ranged from \$10 to \$20 daily per person on the "American Plan," which included three meals a day.

In 1948 the resort hosted some guests who would end up becoming the ultimate VIPs. The Marriott family spent a couple weeks at the resort and revisited a few times until they eventually purchased the property in 1968. This was the very first resort for the hotelier family, and it clearly has a special place in the heart of the organization, as it is still owned and operated by Marriott International, which has more than 6,500 other properties around the world.



THE ARIZONA BILTMORE

Charles McArthur and his brother Warren McArthur opened the Biltmore in 1929, with an investment from John McEntee Bowman, who owned the successful Biltmore Hotel chain. When the hotel opened, celebrities and socialites from around the country flocked to Phoenix to attend "the most brilliant and colorful social event in the history of the Valley."

Chewing gum baron William Wrigley, Jr. was a partial investor in the hotel and bought out his partners in 1930, while also snatching up the surrounding 1,200 acres. On a nearby hill Wrigley built his iconic winter home that he gave to his wife, Ada, as a 50th wedding anniversary gift.

The Wrigley ownership brought an era of the rich and famous seeking unrivaled luxury. The hotel was a veritable hotspot in the Valley, hosting everything from car shows to huge social gatherings while accommodating elite guests from around the world. The Wrigley family sold the hotel to Talley Industries in 1970, and in 1973, there was a fire. Frank Lloyd Wright's people at Taliesin West were brought in to supervise the reconstruction and provide interior design.

Like most Valley resorts, the Biltmore Hotel would change hands multiple times and undergo several renovations and expansions through the years. The Arizona Biltmore, aka the "Jewel of the Desert" was listed in the Phoenix Historic Property Register and declared a Phoenix Point of Pride in July 2009. Today the hotel is a Waldorf Astoria Resort property.

JOKAKE INN

In the early 1900s, artist and cosmopolite Jessie Benton Evans purchased 40 acres on the south side of Camelback Mountain at a price of \$40 per acre. She gave 12 of those acres to her son Robert T. Evans and his wife, Sylvia. Robert and Sylvia built a home on their land that had two distinct bell towers.

Sylvia and her friend Lucy came up with a business idea and converted some of the space for use as a tea room. A little Hopi boy working on the property helped the ladies come up with the name when Lucy asked the boy what he called an adobe house. "Ah, mud house — Jokake." The name stuck and in 1927, the Jokake Inn was born.

The Inn kept its roots and continued the tradition of afternoon tea each day. Expanding through the 1930s, the Inn grew in stages and by 1943 it could handle 100 guests. The Jokake Inn operated successfully until the early 1970s, and in 1979 most of it was leveled to make way for The Phoenician. The iconic adobe bell towers still stand proudly near the entrance to the Phoenician property.



DOWNTOWN PHOENIX

With all of the postcards here for the resorts on the outskirts of the city, downtown Phoenix was always the original tourist destination. Hotels have always had a place on Central Avenue—along with saloons and other vice-exploiting businesses—since Phoenix was just a dusty homestead.

In the early 1900s, Arizona was young, mysterious and still a little wild. Doctors were sending patients out to the desert in droves to treat all sorts of respiratory ailments. The Adams Hotel was a luxury destination, originally built in 1896 on the northeast corner of Central Avenue and Adams Street. Three more hotels of the same name would grace that spot over the next 100 years. Today it is a Marriott property—the Renaissance Phoenix Downtown Hotel.



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DID YOU KNOW?

FUN FACTS: AZ SCHOOLS

- A minimum of 180 school days is required by Arizona state law.
- An estimated 33,965 students were homeschooled in Arizona in 2015.
- Teachers spend on average 7.7 hours per week grading students' work.
- Arizona's Maricopa County Community College District has 11 community colleges. It's one of the largest and most affordable community college systems in the nation.
- Arizona's 9 officially recognized higher-ed institutions: Arizona State University, The University of Arizona, Northern Arizona University, Grand Canyon University, Prescott College, University of Advancing Technology, The School of Architecture at Taliesin, Arizona Christian University, Southwest University of Visual Arts.

SAY WHAT?
TUCSON SCHOOL DISTRICT 1

The Pima County Board of Supervisors established the Tucson School District 1 in November 1867. After collecting supplies, building the desks, and reconfiguring the building, the school opened in January 1868. Unfortunately, due to lack of funding, the school closed after only 6 months.

SUSD SCHOOL SEARCH

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The Children's Place on the first floor has been expanded to 14,000 square feet.



At one acre, the 5th floor is one of the largest reading rooms in the country.



The College Depot space has been doubled.

Burton Barr reopens with new and improved features

By Rachael Bouley

A local landmark has reopened just in time for the hottest stretch of the summer season.

After nearly a year, Burton Barr Central Library welcomed the public back on June 16, following a lengthy closure due to severe flood damage requiring multi-million-dollar repairs.

Last year, a July windstorm wreaked havoc on the beloved building, shaking the roof and releasing dust, which the smoke detection

system mistook for smoke. As a result, the fire-sprinkler system filled with water as designed, but because there was no fire and no heat, the sprinkler heads did not pop off to automatically release the water. The water in the system then surged out of holes in the pipes caused by unaddressed corrosion.

With 50 to 60 gallons of water per minute rushing out, all five floors of the library were affected and 6,000 books were damaged in the disastrous event.

Thankfully no one was inside at the time, but the building was closed immediately for repairs. In August 2017, Phoenix City Manager Ed Zuercher confirmed the \$10 million renovations would not be finished until June 2018, leaving the nation's fifth largest city without its flagship library.

A city investigation concluded that the flooding was preventable, and several city employees had been warned multiple times about problems with the sprinkler system, including in a written report issued six weeks prior. In all, 11 city employees were fired, demoted or suspended as a result of the incident that cost the city millions and forced residents to find a different library.

Facing a long road of renovations last year, library officials took advantage of the closure to pursue both previously planned and new projects to enhance the guest experience.

With the facility reopened, everyone from young professionals to senior citizens and parents with young kids are excited that Burton Barr is back up and running, with improvements that have impressed returning and new customers.

"It's been very exciting to welcome lots of our customers back," said Lee Franklin, community relations manager for Phoenix Public Library. "Everybody is glad to have the library fully operational."

It's a fresh start of sorts for the library as many advancements have arrived.

"The restoration restored parts of the building that were damaged with the water exposure, and there's a lot that's very familiar," Franklin said. "When people come back in Burton Barr, the look and feel is what they will remember but there will be some areas where our services have been significantly enhanced."

From new art and history exhibits to convenient amenities, Burton Barr is succeeding in its mission to impress and create a more modern, customer-centric library experience.

There are small, sensible additions, like more power outlets for guests to charge their

phones, tablets and laptops. Many are positioned next to new public computers on the second and fifth levels.

Then there are more substantial changes, like the significant expansion of the children's play areas and redesign of the story time space in the 14,000-square-foot Children's Place on the first floor. Parents are especially pleased that the library more than tripled its children's book collection, with many more titles and copies to choose from. There are also hands-on play pieces for learning and interaction for kids of all ages, along with a mini makerspace and a designated non-fiction area.

For teens and young adults, or those who want to go back to school, the first floor College Depot has more than doubled in size to encompass upwards of 10,000 square feet. This free, full-service college access center now boasts a designated computer lab with 66 new computers, which the library will be using to host GED classes and educational sessions. Summer camps and focused workshops will meet in a brand-new auditorium space that didn't exist before the flooding. On the fourth floor's MACH1 area, changes to the computer labs and flooring have supported the creation of a makerspace where guests can participate in coding, robotics and even 3D printing.

Franklin says the staff worked hard to get the library looking its best ahead of the big reopening, with many of the changes aimed toward increasing the capacity to serve more guests with more programs.

"We were careful to be very respectful of the time the building was closed to the public and to get as many large-scale projects like that done as possible," she said.

Summer reading programs are in full swing at Burton Barr and the rest of the Phoenix public library system, which includes 16 branches throughout the Valley. For more: phoenixpubliclibrary.org.



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The origin of Burton Barr Library

In the late 1980s, the City of Phoenix was looking to build a new library. A bond issue had been passed, and the plan was to replace an older facility on McDowell Road with something new and modern.

Enter architect Will Bruder. Self-trained, Bruder already had an accomplished career by the time he was tapped to head up the building of the new library in Phoenix along with DWL Architects. He had been a student of Italian architect Paolo Soleri, had helped design the Contemporary Arts Museum in Houston with Gunnar Birkerts, and had been honored in 1987 with a fellowship at the American Academy in Rome.

The name chosen for the library was Burton Barr, after the former Republican



Will Bruder

Majority Leader of the Arizona House of Representatives. The building ended up being five stories tall, with a total of 280,000 square feet. Bruder and the DWL Architects ended up using a roof structure design which included shade sails on the north side of the building, and motorized louvers on the south side for improved sun control. One of the library's most iconic designs is the open, one-acre reading room on the fifth floor, which is one of the largest reading rooms in the country.

The Burton Barr Central Library opened in May of 1995.

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Plans in motion for 56th Street transportation project

By Mallory Gleich

Recently the residents of the Arcadia area gathered together to voice their opinions on a new project concerning 56th Street from Thomas Road to Camelback.

On June 20, the first of three meetings took place at Prince of Peace Lutheran Church.

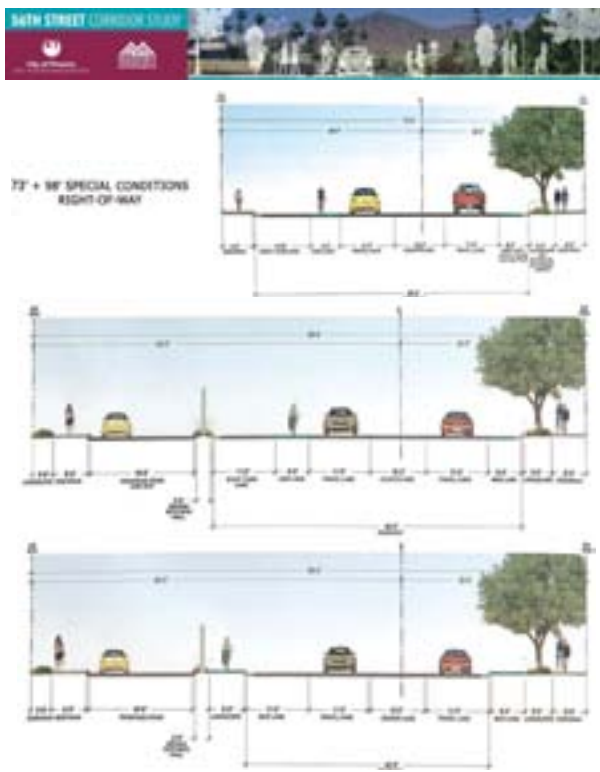
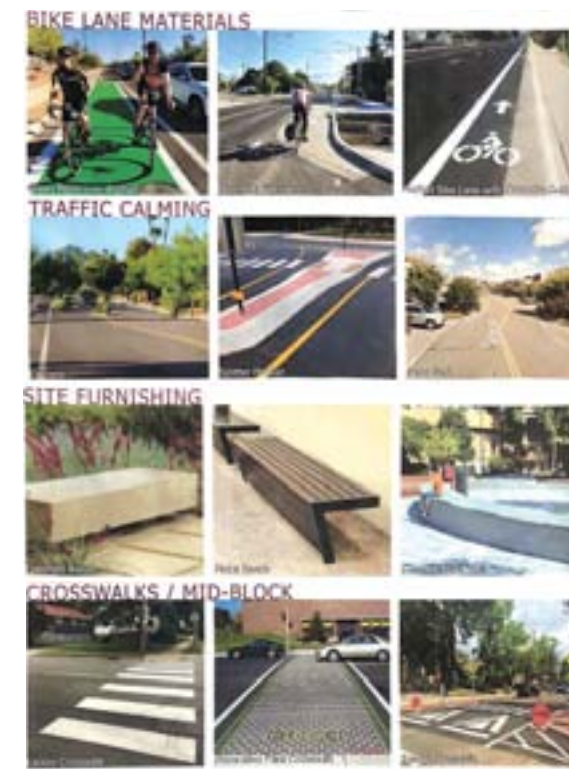
The main focus of the 56th Street Transportation Project is to provide safety not only to drivers, but also to pedestrians and bikers along the corridor.

The project idea was submitted to the Maricopa Association of Governments (MAG) in mid-2017. The Arcadia Osborn Neighborhood Association and the Arcadia Camelback Mountain Neighborhood Association were supportive and the City was later awarded with a Design Assistance grant from MAG.

“The grant is used as a way to plan out a few options of what to do in the area. The idea behind the grant is to explore feasibility, explore cost and ideas of what the community might embrace,” said Joseph Perez, City of Phoenix project manager.

Once an idea is chosen, it will be taken to the Phoenix City Council who will then decide what funding will be rewarded.

Accidents involving people, automobile fatalities and collisions, high traffic volume, speeding, connectivity to schools, parks and the canal system are all



Attendees at the public meeting in July voted on different design concepts for bike lanes, traffic calming, lighting, landscaping and other details. The study will move forward based on those suggestions, and it will be shared at the next public meeting on September 19.

challenges facing the 56th Street corridor.

“We created a defined area of need and a set of issues we wanted to solve. We went after many key stakeholders for support, like local schools, city council, state representatives and neighborhood associations and were selected by the

county for a design assistance grant,” said Tristahn Schaub, vice president of the ACMNA.

Once the grant was awarded, it was time to hear the community’s ideas for what should be done for the safety of the corridor.

The committee set up three meetings, the first of which took place in June. More than 150 people crowded into a room at the Prince of Peace, ready to voice their concerns.

“The people of Arcadia are passionate about the safety and connectivity of our neighborhood. The people and neighborhood have the power to influence, and that’s what these meetings are about,” said resident Jeannie Lavelle.

The first meeting was mainly to hear the people out and see what issues were most concerning. People spoke about the traffic, the traffic circle and

speeding along the corridor, as well as lack of sidewalks and some traffic signals/street lights in the area.

“This corridor is like an artery in Arcadia, and this road is dangerous. The main issue is to get speeding under control,” said resident Mackey Martin.

Along with the safety of the corridor, the meeting also focused on the aesthetics of the area. Ideas were talked about such as planters, pavers and themed trees.

There are multiple companies taking part in this project, including Harrington Planning + Design, who will collaborate with the community and stakeholders to create a new vision of the landscape. Ritoch-Powell & Associates (RPA) will work on the civil engineering and drainage issues, Matrix Design will handle public outreach and stakeholder engagement, and Y2K Engineering has traffic engineering and safety.

“At this point, the minimum outcome should be a bike lane on either side of the street north of Exeter and some kind of sidewalk on both sides,” Perez said. “That is the Design Assistance grant that the City applied for at MAG.”

The overall construction could start within three years or so with a five-year horizon for completion.

“I’m hopeful that this street will become more attractive than it already is,” said Perez. “The issues have been identified and by us adding more equitable infrastructure to the street, we are going to encourage people to walk and ride bikes and make the street more beautiful than it already is. That is our hope for 56th Street.”

The final meeting for the 56th Street project is set for September 19. For more details, visit acmna.org.

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PLACES WE LIKE

THE ATTIC ALE HOUSE

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By Nick Smith

It may not have cooled down by the end of August, but fall will still be in the air thanks to the return of football. There are plenty of great eateries around the neighborhood to grab beers and burgers on upcoming Saturdays and Sundays, but one Arcadia favorite is The Attic Ale House.

Located on the south side of Indian School Road just west of 44th Street, The Attic takes some maneuvering before walking in the front door. Parking is a tight squeeze, with a decent amount of spaces jammed into a narrow lot. Visitors also have to walk up a flight of stairs before reaching the restaurant.

The inside of The Attic is a lot like a typical sports bar. Televisions are everywhere, and guests can sit at the bar or at one of the dozen or so tables throughout the room. There is also a door that leads outside to a patio. And that is where The Attic becomes unique.

The outside area gives guests a seat overlooking Indian School Road, with



The Camelback Mountain backdrop is one reason to ask for a seat on the patio.

Camelback Mountain front and center. The view is spectacular, and it would be worth the price of admission just to sit and enjoy an evening on the porch even if the food and drinks weren't anything to write home about.

Fortunately, this isn't the case. The offerings are an elevated take on

traditional bar fare, with wings, salads and appetizers to start off with. In fact, there are a couple appetizers that could serve as a meal itself, including the Charcuterie Meat Platter and Artisan Cheese Platter. Main courses include pizza and burgers, including the popular Ivan Burger, a char-grilled

burger on a pretzel bun, served with chipotle mayo and a choice of cheese.

If you're into spicy, a personal favorite is the Holmburger, which covers a half-pound patty with Sriracha candy-coated pancetta and candied jalapeños. There's also a hot sauce and pepper jack cheese, in case you needed to sweat just a little more. Fortunately, the burger is loaded with a large amount of spring mix to bring a coolness to the proceedings.

As you can tell from the name, food is only half the story at The Attic Ale House. The beer selection can only be described as extensive, with a large amount of unique and interesting choices on tap or in bottles and cans. The choices are seasonal and rotate often, but the type of beers offered here include some that are very popular and hard to find. One example offered currently is the Birthday Bomb! from Prairie Artisan Ales, an Imperial Stout aged with coffee, cacao nibs, vanilla beans, and chili peppers.

Whether you're an ale connoisseur, or just a fan of burgers and pizzas, The Attic Ale House is a great place to gather this fall to cheer on your team, or just enjoy the view from the balcony.

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Unusual PETS

*Lucky Stripe
the Zebra*

By Mallory Gleich

One of the best feelings in the world is coming home after a long day and being greeted by your pet. Whether it be a cat, dog, even a bird or a fish, pets come in all shapes and sizes.

This month, we're introducing you to some of Arcadia's more unusual two, four or even eight-legged residents, and the people that love them!

Tarantula Gavin Inge

Zeus has been a part of Gavin's family for about a year. Gavin once did a report on tarantulas for school and decided to save up his money and buy his own as a pet.

One of the most interesting things about Zeus is that he is nocturnal, so during the day, he buries himself in a den under the dirt in his cage. He also molts his skin like a snake and only eats every couple of weeks.



"One thing I need to always keep an eye on is that he likes to climb the walls of his container at night, and so I really need to be sure I have the lid on tight, otherwise my mom won't be happy," Gavin said.

Gavin says that Zeus doesn't really bite, and when he does, it doesn't hurt too bad.

Bearded Dragon

Evan Shatz

Evan has owned his bearded dragon, Alex, since she was in an egg. Two years later, she is a bright orange and yellow, and has a voracious appetite.

"She loves to eat. I can't remember a time when she didn't eat a whole bowl of crickets," Evan said.

Evan says that she is a real crowd pleaser too, especially when they take her on walks.

She's very easy-going with a curious personality. She even once tried to eat Evan's shirt!



Clyde the Camel



Cockroaches & Hedgehog

Jessica Headley

These cockroaches aren't like the ones we see running around. Madagascar cockroaches make a hissing noise when they release air through their abdomens. They grow to be around three inches long, and don't bite or pinch.

"Once, I woke up to find over 100 tiny things crawling up my wall. Turns out my mom had put their enclosure in my room and the babies were small enough to climb through the slits," Jessica said.

Jessica owns three of the little guys, and says they like to crawl around on her hands for fun.

She also owns an African Pygmy Hedgehog named Nelly, who likes to stroll around the backyard while Jessica waters her plants.

"Nelly has the cutest face in the world. I could watch her all day," Jessica said.

Nelly is nocturnal and a solitary animal, so she sleeps all day and likes to be by herself. If she's threatened, her quills will "pop" up and poke whatever scares her. Once, Nelly escaped and made it all the way to the back of the fridge.



Malika's day out: *Cheetahs in the neighborhood*

By Mallory Gleich

Frank Gilbert was like any other Valley resident. Whenever he ran errands, he enjoyed taking his pets along for the ride. There was just one difference – instead of a dog or cat riding in the backseat, Frank brought along his pet cheetah.

You read that right: a pet *cheetah*. Back in the 1980's, Frank lived off of Exeter Boulevard in Arcadia, where he raised and cared for many types of wildlife, including a lion, otters, and exotic birds. But his pride and joy were 13 cheetahs who lived in his backyard enclosure.

After a visit to Africa, Frank became fascinated by the animal and decided to acquire one of his own. His first was procured by a veterinarian, who wanted to see if Frank could nurse the animal back to health.

After that success, Frank was inspired to start breeding the animal in his own backyard. He set up multiple enclosures measuring 100 by 30 feet, with tree stumps and grass, as well as sprinklers to keep the animals cool.

Frank stated that even though the temperatures in Arizona are higher than in Africa, especially during the summer, the climate was almost ideal for cheetahs.

Instead of following the rules from the "cheetah experts," who said that breeding would be impossible because the animals wouldn't breed in areas smaller than five acres and that tame cheetahs couldn't breed, Frank did just that. In 1974, he welcomed his first litter of five cubs. Born just before Christmas, they were the focus of his Christmas cards.

Frank attributed his success as a breeder to the cheetah's backyard home, saying that they don't have the stresses that they would in a zoo. Plus, they were kept on a healthy diet and had plenty of space to roam around, with the added bonus of hitting the streets with Frank. He even took them into the Old Valley National Bank at 44th Street and Camelback.

Frank, who was the only cheetah breeder in the United States at the time, said, "The guys who set up the rules about how to breed them didn't know what they were talking about."

Once the cheetahs were at a healthy age, Frank would sell them to zoos all around the country.



Frank Gilbert with his pet cheetah, Malika. PHOTO COURTESY OF GILBERT FAMILY

Mini Horses, Mini Donkeys, Camel & Zebra

Traci Cornell

Traci has been rescuing animals for over 30 years. The oldest animal she has is Clyde the camel, who she got as a baby 20 years ago.

Traci says that her mini horses and donkeys have the personalities of dogs and that if they could walk into the house, they would! She says all of her pets are very friendly and often have visitors. The Shriners even take Clyde to parades and events.

Lucky Stripe the zebra is four years old and came to live with Traci after a rescue in California could not afford to correct an umbilical hernia. He has now become a part of the Cornell family.

Traci also owned potbelly pigs at one time.

One of her funniest pet stories is when her pigs set the alarm off at her house, and when the police showed up, they discovered the pigs eating the Halloween candy that was hidden in the closet.

Bearded Dragon

Blake Buckler

Dash has been a part of the Buckler family for two years. Blake wanted a bearded dragon because he really liked the shape of Dash's head; the triangle shape and the spikes make him look like a real dragon.

"Dash is very calm and loves to just hang out and sit with the family," Blake's mom, Bitu, said.

Bearded dragons were originally found in regions of Australia. It wasn't until the 1990s that they were brought and bred in the United States. Dash likes to relax and eat fruits, veggies and crickets.

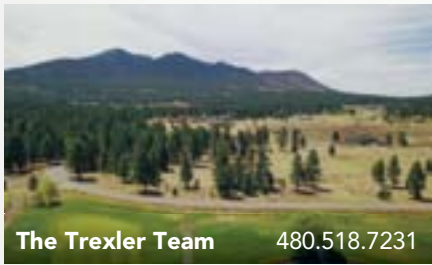
"You have to keep an eye on him though because he likes to hide under the refrigerator and sometimes he even chases our dog around," Blake said.



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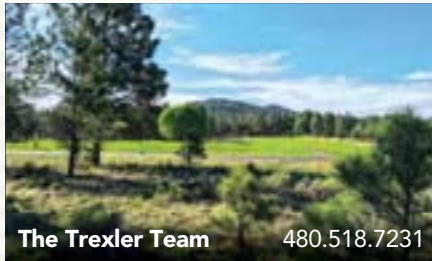


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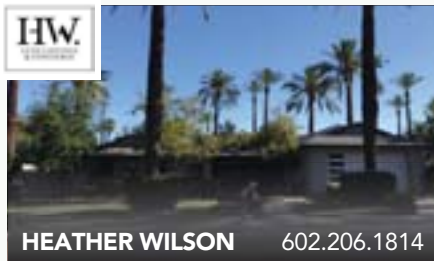
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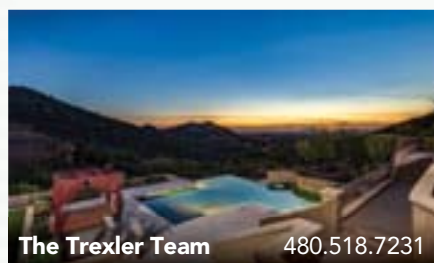
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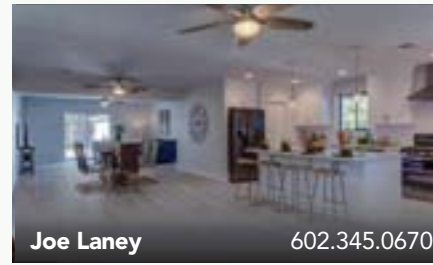
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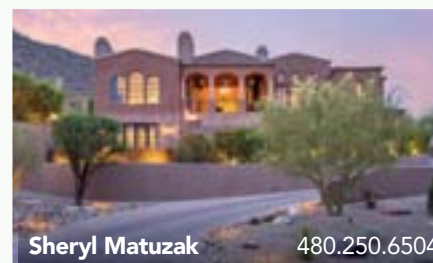
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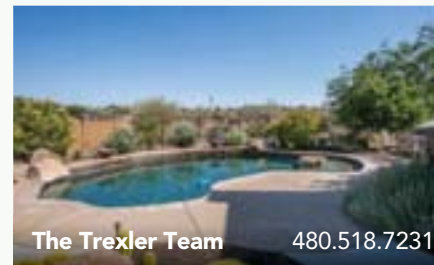
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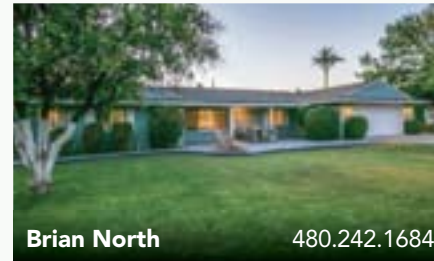


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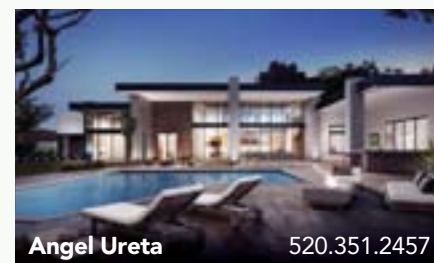
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\$4,068,000

Arcadian helps singles perfect online dating

By Michelle Donati-Grayman

From Bumble to Match.com, using dating apps and websites has become increasingly common for singles of all ages.

According to Pew Research Center, 15 percent of U.S. adults report they have used dating websites, a trend that has jumped especially among people under age 25 as well as those in their late 50s and 60s.

Arcadia resident Laura Holka says that in addition to looking for a connection, the majority of online daters have something in common: They need help with their profiles.

Holka spent most of her career working in broadcast media, producing Arizona morning news talk shows. Last year, she decided to become an entrepreneur and start Connection Coach Media. As a media and dating consultant, Holka's specialties range from freelance producing to creative writing, which includes helping singles with their online dating presences.

"I'm not a matchmaker, but I can tell you what works," Holka said. "If you aren't married or in a serious relationship, everything is online."

Holka says men and women are guilty

of making different mistakes on their dating profiles.

When it comes to photos, women are more likely to post images of their face or photos that are too provocative. Men, on the other hand, are more apt to post a blurry image or photo that could deter prospective connections.

"It's okay if you like motorcycles, but that shouldn't be the image you lead with," Holka said. "And while you're at it,

men should also ditch the photo of kissing the fish you caught."

But it isn't all about profile pictures. When it comes to communicating with a prospective match, women tend to say too much. The answer to 'How was your day?' could turn into a three-paragraph response. On the flip side, men tend to answer in soundbites, answering that same question with a sentence or two at the most.

The process of revamping your dating profile may seem daunting, but it doesn't have to be. Holka offers everything from private consultations to group parties where she can get to know clients over wine and small bites before showing them examples of what to do and what not to do.



Online dating doesn't have to be daunting, according to dating consultant Laura Holka.

And her work doesn't stop there. In addition to helping clients improve their dating profiles, she also helps them find dating sites or apps that are best suited for them and guides them through the early stages of communication with potential connections.

"The way you say something in a text to someone who knows you might make them chuckle, but it could offend someone who doesn't know you that well," Holka said. "If you want to get the most out of your online dating experience, it all starts with your profile."

For more: YourConnectionCoach.com.

Men should also ditch the photo of kissing the fish you caught."

BUSINESS BRIEFS

HIGH DIVE BAR AND GRILL

High Dive Bar and Grill will be opening in August at 4231 E. Indian School Road. The restaurant is owned by the same company who owns Cold Beer and Cheesburgers, and the location is where Arcadia Yacht Club was located.



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PROVISION COFFEE BAR, ARCADIA

The Grand Opening of Provision Coffee Bar took place on Saturday, July 14. Located at 4501 N. 32nd St., the coffee bar is opened in the newly developed Campbell Commons.

SWEET DEE'S BAKESHOP

Sweet Dee's just opened in Old Town Scottsdale, at 7350 E. Stetson. Owned and operated by a mother and daughter team, Sweet Dee's has a wide variety of fresh desserts, including their famous Cruffin, a mix between a muffin and a croissant.

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Be sure to let us know the names of the family or people in the photo, where you went and what you did!

DEADLINE: MONDAY, AUGUST 13

Check out the Science Center's A-Mazing new exhibit

By Elaina Verhoff

Looking for a fun adventure with the kids? Arizona Science Center has a summer exhibition called Mirror Maze: Numbers in Nature that will be here through September 4. Kids of all ages will love getting lost in an elaborate mirror maze, part of the immersive new exhibition that showcases the mathematical patterns that exist all around us.

The showcase of the exhibit is, of course, the maze itself. I had the opportunity to explore the mirror maze when it first opened, and I must say I hadn't laughed that hard in a long time.

Maybe it's because of the hard work of the guy meticulously wiping all the mirrors with Windex, but I could not tell what a mirror was and what was a maze opening. After circling through the elaborate pattern multiple times with my arm held straight out in front of me for protection, while simultaneously cracking up, I finally found my way to the exit.

While you're in the maze, take the time to appreciate the beauty of the patterns, lit by changing colored lights. Keep an eye on floor decals marking "selfie spots." (Lots of opportunities for Insta-worthy photos, so make the teens get off Fortnite and join you for a trip downtown!) The entire maze includes 1,800 sq. ft. of repeating mirrors, but it feels like it goes on forever.

Outside the mirror maze, the interactive learning continues.



Numbers in Nature exhibit educates visitors on the mathematical patterns surrounding us in everyday life through the use of a giant funhouse-style mirror maze and associated exhibits.

An immersive video presentation shows how math surrounds us every day, illustrated with stunning footage of nature, the human body, art and architecture. Animated computer graphics are superimposed over the images to reveal the mathematical patterns beneath these familiar objects.

Kid-friendly stations let guests put their knowledge to the test, identifying patterns that surround them every day and creating numerical patterns of their own on digital screens. They can manipulate images of snowflakes, sea shells, flowers and more, as well as create a numerical sequence to

understand how a pattern is generated from repeating a simple set of rules.

The exhibition features an array of artifacts showcasing patterns in nature such as a beautiful anthill mold created by pouring aluminum into an actual anthill, a honeycomb and bighorn sheep antlers. Other areas show the similarities in patterns found in nature and in the human body, such as the human lungs and ocean coral.

An interactive mirror measures guests' height and wingspan, superimposing measurement lines, a la Leonardo da Vinci. Did you know the average height to wingspan proportion is approximately one to one? (Michael Phelps has a wingspan three inches longer than his height, which seems to have worked out okay for him.)

Guests can purchase tickets online at azscience.org, or in person at Arizona Science Center. The price for Mirror Maze: Numbers in Nature exhibition tickets is \$8.95 for non-members (adults and children) and \$6.95 for members (adults and children). Exhibition requires purchase of general admission ticket. If you plan to return for multiple visits, check out an Arizona Science Center family membership which includes extras like guest passes, two tickets to the monthly Science with A Twist adults-only event, and a discount on the variety of "making experiences" such as 3D printing and laser cutting to woodworking and sewing available at the CREATE maker space.

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How are you going to use your vacation time?

By Angela Copeland

CAREER ADVICE



A good vacation can be one of the most relaxing things you can do for yourself. Whether you prefer the beach, camping, or grilling out in your backyard, down-time is something we all need. Unfortunately, we're not all

getting this much needed time to relax. Can you relate?

In the United States, there's no minimum vacation or holidays that companies are required to provide to workers. The U.S.

Bureau of Labor Statistics finds 77 percent of employers offer paid vacation time. On average, employers give 10 days of vacation after one year of employment.

The number of vacation days grows based upon tenure. After 20 years, most employees receive 20 days of vacation. In addition to vacation, many companies offer holidays.

It's interesting to compare our vacation to other places. In France, employees are granted a minimum of five weeks of vacation. In Australia, the minimum is four weeks. In Belgium, the minimum is 24 days. In Denmark, the minimum is five weeks. Now, it's not to say that there aren't other countries with smaller vacations. In some areas of Canada, the minimum is 10 days, for example.

But, what are we really doing with our two weeks of vacation? You probably guessed it. In many cases, not much. I recently heard an interesting term, "vacation shaming." It's an all too familiar idea where employers place negative feelings and shame around the idea of taking time off.

This vacation shaming causes us to feel uncomfortable requesting time away. Despite receiving two weeks of vacation each year, many Americans are only taking about half of it, according to a survey conducted by Glassdoor.com.

Even if we are taking vacation time, many of us are staying plugged in. We answer emails, take phone calls, and sometimes

attend meetings remotely. There's a fear of getting into trouble and losing our job while we're out.

For employees who do choose to take vacation, some companies set rules that limit the options available. For example, a company may have a policy that an employee may not take more than four or five consecutive days in a row. For those with an international destination in mind, this can really limit the options.

Being successful at work is often tied to being the best version of yourself that you can be. And, that requires you to take care of yourself. Vacation is a great place to start on this goal.

If you're looking for a new job, do your best to learn about the company's policy about taking vacation, both official and unofficial. Many online review sites can provide an employee perspective.

Then, don't forget that vacation time is negotiable – just like salary. When you negotiate your offer letter, know that you can ask for additional time off.

In the long run, taking time for yourself is more important than any amount of vacation shaming.

We all need a break sometimes.

— Angela Copeland, a career coach and founder of Copeland Coaching, can be reached at copelandcoaching.com.



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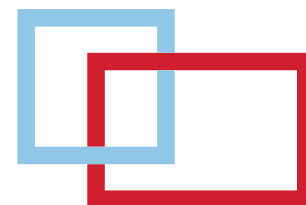
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A first day of school breakfast filled with fun

By Elaina Verhoff

Summer's almost over, and the kids are heading back to school soon. For some, that's a cause to rejoice. For others, not so much. Whether you're dreading or celebrating a return to the routine, creating a special tradition for the first day of school will help kick off the school year in a positive way.

So, go ahead and make a fuss over the kids with a fun first day of school breakfast! Here are a few ideas to get you started.

Pancake Bar

Cook up a big batch of pancakes and assemble all the kids' favorite toppings in small bowls for a DIY pancake bar. Make it festive by sticking tall picks of skewered berries into the stack of hotcakes, topped with "happy first day of school" flags. Kick it up a notch by making pancakes in all colors of the rainbow with plant-based food coloring.

Nice Cream Sundaes

Sundaes for breakfast? When it's healthy "nice" cream, why not?! Blend frozen bananas or berries, adding just enough milk, nut milk or coconut milk to get

an ice cream consistency. Pop the mix in the freezer for an hour to firm and make it "scoopable". Top with granola, shredded coconut, tiny chocolate chips, berries and a drizzle of nut butter or chocolate syrup.

Waffle Sandwiches

Get fancy with a waffle maker or bust out the tried-and-true Eggo's. Fill with peanut butter and jelly, Nutella and banana, or scrambled eggs with bacon and avocado. (Who says you have

to go to LGO to get your Commuter fix?) Alternately, toast

up a slew of mini waffles and make an assortment of tiny waffle sandwiches. They'll be too adorable to resist.

Assorted Toasts

Stop by the farmer's market or a local bakery like Noble Eatery at 24th and Campbell, and grab a thick, crusty loaf of bread, sliced to your desired thickness. Then get wild and

crazy with toppings. Almond butter with cinnamon and raisins, cream cheese and berries, bacon and eggs, bananas and peanut butter, pineapple and cottage cheese, figs and ricotta, or everybody's favorite – avocado toast.

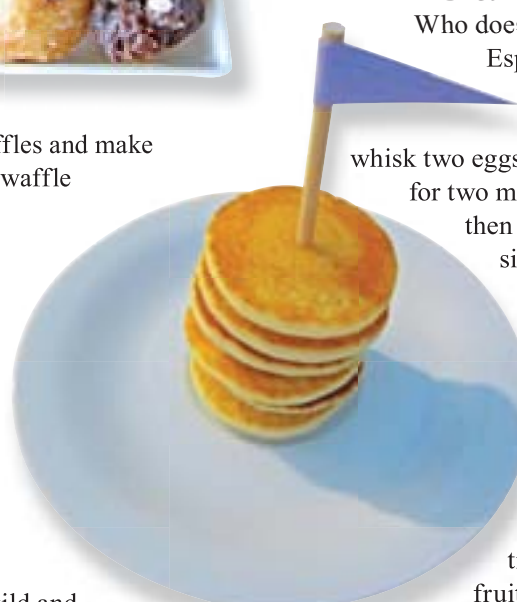
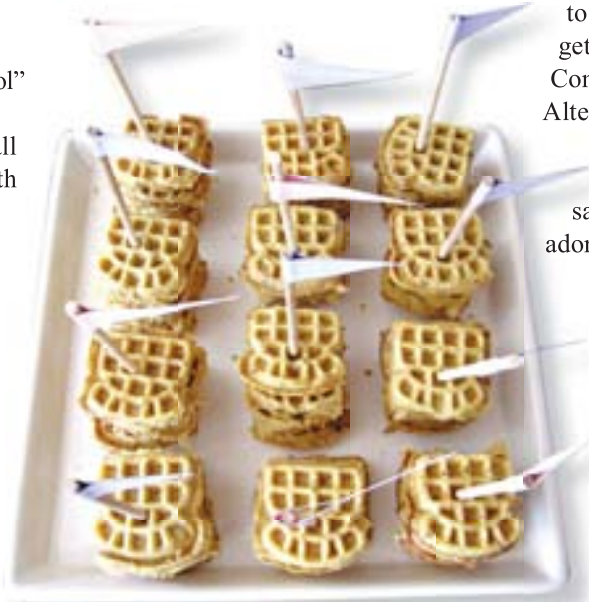
Loaded Oatmeal

Cook up a big pot of steel-cut oats and let the kids customize their own oatmeal creation. Toppings can include a variety of dried fruits such as raisins, cherries and blueberries, fresh bananas and berries, plus other fun toppings like brown sugar, chopped almonds, honey, agave nectar and shredded coconut.

Breakfast Quesadillas

Who doesn't love a quesadilla?

Especially when it's filled with cheesy eggs! Grease your skillet, whisk two eggs and pour into pan. Cook for two minutes on one side, flip, then cook two minutes on other side while topping with shredded cheese. Use spatula to place cooked omelet between two quesadillas, then cook quesadilla on each side in pan until golden brown on both sides. Use a pizza cutter to slice into triangles and serve with fruit and salsa.




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Xavier student wins Gatorade Soccer Player of the Year Award

By Mallory Gleich

Kyla Ferry will be kicking off her senior year of high school with a bang as the latest winner of Gatorade's Arizona Soccer Player of the Year.

Ferry, who has been playing soccer since she was seven years old, is the third female from Xavier Prep to win this award. She started playing at Saint Francis Xavier Grade School and has played competitive club soccer along with playing for three years at Xavier.

"I was very nervous leading up to the award announcement," said Ferry. "But once I saw it on the Gatorade website, it felt real. I felt blessed to have been chosen for the award."

The Gatorade Player of the Year program annually chooses one winner in a variety of sports that exudes athletic excellence as well as academic achievement. Players are nominated, usually by their coaches or other high school coaches.

Ferry is no stranger to earning accolades on the soccer field.

Along with the Gatorade award, Ferry has also obtained the 2018 AZ Central High School Girls Soccer Player of the Year, AIA 6A Player of the Year, AIA 6A Offensive Player of the Year, 6A Premier Region Player of the Year, while leading her team to a 15-3-2 record and the Conference 6A state championship this past season.

"This was one of the awards I really wanted to win. It is truly an honor to be the Gatorade Arizona Girls Soccer Player of the Year and to be recognized along with previous award winners such as Erica Yost, Kelsey Turnbow and Gabi Stoian," Ferry said.

Off the field, Ferry maintained a GPA of 4.14, and also tutors, helps coach youth soccer, and assists with fundraising



Kyla Ferry

PHOTO: TOP DRAWER SOCCER



Kyla celebrates a second straight state championship with teammate Kinsey Ehmann.

efforts to benefit victims of domestic violence.

As Gatorade Player of the Year, Ferry received a \$1,000 grant to donate to a national or local youth sports organization as part of the Play it Forward Program. Upon being recognized on the website, she also received an award and a commemorative backpack.

Her favorite part of playing the game is the bonds she's formed with her teammates.

"Most of my team has been together for four or five years. The friendships you build are the ones that will last a lifetime," Ferry said.

Aside from soccer, Ferry enjoys hanging out with her friends, watching Netflix, going to yoga and attending concerts. After graduation, Ferry will attend the University of Colorado and play Division 1 Pac-12 soccer. She is leaning toward a degree in Business/Media and would like to work for a major market sports network or a professional sports organization.

"Soccer can be very rewarding if you are willing to make the sacrifices and dedicate the time. It is a beautiful game that is meant to be enjoyed so have fun and enjoy every moment playing," Ferry said.

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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."

For example, Dr Heng's office charges \$499 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. There is never a charge for a so-called crown build up. Other dental offices could customarily run from \$800 to \$1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, \$499 for a root canal, \$499 for immediate denture (each), cleaning starts at \$30.

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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'Momprenneur' helps parents beat the heat with car seat cooler

By Michelle Donati-Grayman

Five years ago, Julie Kang was a new mom to a 6-month-old daughter. It was summertime in Phoenix, which means hot cars and even hotter car seats.

Kang was concerned about her infant daughter's comfort and safety.

"I didn't want to put my daughter in a hot car seat," Kang said. "There wasn't anything at the store, and the one product I found online only stayed cold for about 10 minutes."

She started carrying gel ice packs in the car when she ran errands and invested in a sewing machine to create a cover for the packs.

But she didn't stop there. Kang started experimenting with different fabrics and layering techniques until she found a combination that allowed the ice packs to stay cold all day long. This is no easy feat in Arizona, where seat temperatures inside a vehicle can exceed 120 degrees after being parked in the sun for only an hour, according to researchers at Arizona State University and the University of California.



With a background in sales, Kang realized that other parents might be interested in the cooling device she created. This led her to start Cool Carats LLC and place an initial order for 4,000 Cooltech Car Seat Coolers to be produced.

"Thanks to word of mouth and social media, we sold out our first year," Kang said. "And sales have continued to double every year since."

The coolers retail for \$39.99. To use, parents fold and freeze them overnight for at least 12 hours. The coolers are placed on empty car seats once children exit the car, where they do their job of keeping the seat cool. Before securing the child back in their car seat, the cooler is removed and stored until its next use.

Kang sells the coolers on her website, CoolCarats.com, Amazon.com and at buybuy BABY. She has a goal of seeing her product on the shelves at other major retailers. She's also in the development phase of creating a cooling product for adults and a new heating and



'Momprenneur' Julie Kang developed her popular Cooltech Car Seat Coolers after trying to craft a way to keep her daughter's seat cool during Phoenix summers. Five years later, the product now sells 200-300 on Amazon.com every day.

cooling product for kids.

"I'm a concerned mom who wants to help others," Kang said. "And I want

parents to get their money's worth out of my product."

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By Jennifer Marshall

Public speaking is one of life’s greatest fears for many people. And yet, it’s one of the most important skills for success in life. At Phoenix Country Day School, administrators have made public speaking a top priority, which becomes clear when one looks at the results of the school’s multiple award-winning Speech and Debate Team.

The team has come a long way since Ryan Joyce first took the reins as head coach seven years ago. Back then, enthusiasm and participation in the Speech and Debate Team was minimal. It only competed in a single event at the local level.

Joyce, the school’s director of advancement, built a small contingent into a powerhouse, leading the middle school team to three consecutive national championships.

“We started with a core group of five or six kids on our upper school team and it’s now grown to a little over 100 kids between middle and upper school,” Joyce said. “To have over 100 kids participating is a pretty big deal.”

Students in grades six through 12 are eligible to audition for the team. Members of the Speech and Debate Team finely hone their research, writing, acting and debating abilities. In addition to improving their personal communication skills, joining the team strengthens their resume for college and beyond.

Since public speaking is woven throughout the fabric of academic life at Phoenix Country Day School, being on the team also helps boost students’ daily classroom performance.

While being on the team isn’t mandatory, all students are assigned a speech-related project each year. This requirement is often associated with a class such as history, English or science, or it could be a stand-alone project.

“The team isn’t just an after-school club; it’s very much a part of our program,” Joyce said. “Public speaking and speech really align with our school curriculum.”

Throughout the school season, the team participates in tournaments against thousands of students from all over the country. When not involved in a local competition, the team can be found flying off to tournaments held at prestigious universities including Harvard, Stanford and Columbia. It competes in about 25 tournaments on its way to the National Tournament, which draws around 10,000 students from across the country, all vying to become the top team in the nation.

Tournament challenges consist of acting events, writing events, extemporaneous speaking and debate events. At the National Tournament this year, the upper school team ranked in the top 50, and the middle school team retained the honor of number one team in the United States. Six students took home the title of National Champion.

During the school year, the team practices



Siena Liljegren, Yash Wadwekar, Wade Hunter, Abby Caplan, McKinley Paltzik, celebrate their win with Ryan Joyce.

every day including weekends. On summer break, the kids attend intensive, dedicated speech and debate camps. These committed students work hard for every honor they receive and it shows.

For the past two years, the middle school team was the only one in the country asked

to participate in the high school tournaments at both Stanford and Columbia, where several students won.

The students’ loyalty and dedication to the team is rewarded with strong support from the school. Phoenix Country Day School covers the majority of the team’s

travel expenses, leaving the parents with a minimal financial burden.

“We’re so fortunate to be at a school that really supports this,” Joyce said. “More than any other school I’ve worked at, Phoenix Country Day School really sees it as a vital part of what we do at our school.”

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