ARCADIA NEWS

VOL. 27 NO. 5 — ARCADIA • BILTMORE • CAMELBACK — AUGUST 2019



HUSTLE AND HEART

Arcadia, Veritas and Brophy's football teams are ready for success this season.

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QUEEN OF SPEED

P.V. resident Valerie Thompson is the "World's Fastest Female Motorcycle Racer."

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PTO ROUNDUP

Keep up-to-date on school activities and info with Arcadia's parent-teacher groups.

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AUGUST

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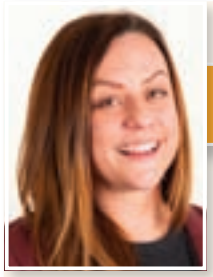
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COVER IMAGE:
Valerie Thompson, America's Queen of Speed, continues to pursue land speed records at Bonneville Salt Flats.
PHOTO COURTESY OF VALERIE THOMPSON





EDITOR'S NOTE

I remember when I was younger, I couldn't wait for school to start. The thought of being able to buy a new batch of school supplies, getting to meet new teachers and writing and rewriting my Spanish notes so that they looked perfect… man, those were the days!

Since Arcadia's schools are preparing to open their doors, it's only fair we give a shout out to the Teachers We Love and the football teams that will be gracing local stadiums soon (page 52). My mind floods with nostalgia as I picture my best friend and I heading to the football game on Friday night to watch our team and brag about how late our curfew was.

It was awesome to see our community rally around Coach Kerry Taylor so he and the football team can pursue another victorious season.

I recently spent some time with the fastest female motorcycle racer in the world, Valerie Thompson, before she heads up to the Bonneville Salt Flats for this year's Speed Week. She broke the world record for female racers when she hit 328 mph. I don't know about you, but I get nervous when my speedometer hits 80. One thing is for sure, Valerie only knows one speed, and that is FAST. Read about it on page 32.

This month kicks off our Teachers We Love campaign. If you have a teacher that deserves special recognition, recommend him or her by filling out a Teachers We Love form found on our website.

We are always looking for local story ideas, so email editor@arcadianews.com and keep us in the know.

Stay cool out there and thank you for reading *Arcadia News*!

— Mallory Gleich



(from left) Debbie Wollam, Sherril Hunter, Livia Rice, Kelley Blakslee, Megan Gotshall, Brighton Smith, Madolyn Chamerski, Wes Gong, Hayley Murphy, Stephanie Lentz, Therese Westby, Monique Whites.

Thank you, teachers!

At the end of the school year in May, *Arcadia News* held a luncheon at Postino Winecafé to honor the 2018-19 winners from the Teachers We Love program.

Teachers We Love started in 2011 as a way for students and parents to honor a local teacher who made an impact on their or their child's life. This year's turnout was one for the books, with teachers from Hopi, Tavan, Christ Lutheran, Archway Veritas, St. Thomas the Apostle and Biltmore Prep coming together.

A special shout out goes to Postino for hosting our event, and thank you to all of our teachers for making a difference in the community.



ARCADIA NEWS
TEACHERS
we love

THANK YOU, SPONSORS!

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

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THANK YOU, READERS!

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

Schools and teachers are some of the greatest assets in our community. Since 2011, the *Arcadia News* Teachers We Love program has recognized over 65 local educators who have made an impact on their students and in the community. Its purpose is to give residents a chance to publicly thank a special teacher who makes a difference.

Nomination forms are available at the *Arcadia News* website:
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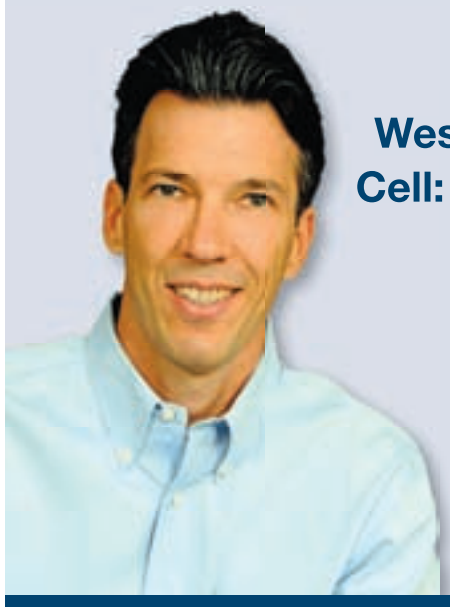
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Arcadia Real Estate Stats

2019 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2019-6/30/2019)

Active Homes -	188 homes
Homes Sold -	144 homes
Average Sale Price -	$1,340,000
Average Sold $ Per SF -	$368
Average Days On Market -	108 days

There is currently 7 months of home inventory. (based on 2018 sales results)

2019 home sales have decreased 8% this year. (based on 2018 sales results)

2019 home prices have increased 5%. (based on 2018 sales results)

2019 $ Per Square Foot prices have increased 4%. (based on 2018 sales results)

2019 homes are taking 5% less time to sell. (based on 2018 sales results)

2018 HOPI SCHOOL DISTRICT SALES RESULTS

Homes Sold -	310 homes
Average Sale Price -	$1,275,000
Average Sold $ Per SF -	$352
Average Days On Market -	136 days

2019 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2019-6/30/2019)

Active Homes -	82 Homes
Homes Sold -	122 Homes
Average Sale Price -	$616,000
Average Sold $ Per SF -	$276
Average Days On Market -	92 days

There is currently 5 months of home inventory. (based on 2018 sales results)

2019 home sales have increased 10% this year. (based on 2018 sales results)

2019 home prices have decreased 3%. (based on 2018 sales results)

2019 $ Per Square Foot prices have increased 2%. (based on 2018 sales results)

2019 Homes are taking 5% more time to sell. (based on 2018 sales results)

2018 TAVAN SCHOOL DISTRICT SALES RESULTS

Homes Sold -	215 Homes
Average Sale Price -	$632,000
Average Sold $ Per SF -	$270
Average Days On Market -	87 days

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Complete List of ALL Tavan properties for sale

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PHOTO BY VICTOR BOBBETT

Students Ashton, Izzy and Chloe were just a few who made signs to celebrate Mrs. J.

Hopi leader honored with Exemplary Principal Award

By Cody Kennedy

Educator Tamara Jagodzinski is not likely to forget May 8. What started off as a normal Wednesday for "Mrs. J" – as she's known to students – was made memorable when a school-wide assembly surprised her with the Maricopa County Exemplary Principal Award.

Along with Hopi Elementary students and faculty, Mrs. J was enveloped in applause from her family, community members, fellow Scottsdale Unified principals and Maricopa County School Superintendent Steve Watson, who presented her with a crystal statue.

"Winning this award is pretty incredible. I absolutely love my job and the work that I do. Not everyone has the opportunity to be recognized like this and I feel very honored," Jagodzinski said.

Speeches were given by Watson, as well as SUSD Assistant Superintendent of Elementary Dr. Ibi Haghighat, Assistant Principal Amanda Rand, third grade teacher Whitney Keeler and two students.

"Some of her strengths include her ability to be resourceful as well as she appreciates and respects the wisdom from individuals with more experience. She is responsive to the needs of students, parents, community and staff," Haghighat said.

The students also sang a few songs for Mrs. J, including the Hopi Hawks song, *For She's a Jolly Good Principal* and *You Are My Sunshine*.

"I am really impressed. I know it's really hard to get and Mrs. J is so deserving," said fifth grader Gavin Knaub.

"It was pretty overwhelming. To have everyone gathered to participate in this with me was pretty amazing…It was an incredible moment, one I will never forget," Jagodzinski said.

The Office of the Maricopa County School Superintendent begins the process of selecting Exemplary Principals by identifying leaders at schools with high student achievement and growth data.

Other criteria include "exemplifying practices and leadership (during the prior three school years) that contribute to high expectations and exceptional student learning, staff, parent and community engagement, utilizes data to guide instruction and decisions regarding staff development, has a history of high teacher retention and demonstrates the ability to successfully develop and inspire others."

Each principal's superintendent is asked for a statement of support plus the principal's retention data.

Leaders from among Maricopa County's 1,100 principals are recognized annually. Candidates are chosen from a certain criteria. Fifty were selected this year, based on high student achievement, student growth and teacher retention data. After more deliberation, 31 principals were invited to apply for the recognition program. From the 31 invitees, 11 educators were named Exemplary Principals.

"I am so happy and excited for her. She deserves it because she is a great principal," said fourth grader Kinzie Brown.

"It is an honor to recognize Tamara as an Exemplary Principal," Watson said. "In searching for great principals across Maricopa County, Tamara stood out as a positive force in education and has created a strong school culture that has students and teachers excited to come to school every day."

Arcadia welcomes Junior Titans Football

By Miriam Cruson

Arcadia High School's football program has a new little brother: Arcadia Junior Titans Youth Football Association, which will be the official feeder for the Titans.

Arcadia joins a handful of Valley high schools that have official feeder teams. Junior Titans Head Coach Grant Sanders outlined some of the benefits of feeder programs:

"They run the same plays, dialed down times 10, camaraderie is built between the two levels and practice and games are on the same fields that the high school plays," Sanders said. Arcadia's fields will feel like home to the players when they get to high school.

There are also many shared events between the high school and youth.

"The kids join the high school in running out of the tunnel during pre-games and walk with the homecoming parade," Sanders said. "It also affords the youth players to have first-hand exposure to a position role model playing at the high school level."

The idea for the official feeder team came from a post-game discussion among Arcadia High's coaches. Sanders, John Blanks, Rito Lopez, Matthew Richardson, Larry Jones and Mike LaVallee wanted to form a team that displayed the same beliefs they shared and instill a love of the game to Arcadia's youth.

Sanders is very involved with youth sports. In addition to coaching both the Junior Titans and Arcadia High's junior varsity team, he also serves as the safety officer for Arcadia Little League Baseball, commissioner for one division and manager of two other divisions.

He is partly driven by the role coaches have played in his life, filling a void created at a young age when his father died in a tragic accident.

"I want to be that father figure for those who need it. If I can give back even a quarter of what they gave to me, I will really think I'm doing something good," Sanders said. "I want to be that guy in everything I do."

Sanders is a third-generation Arcadian and second-generation Arcadia High coach. His grandfather coached the baseball team. His father started coaching football in 1975.

Sanders ran track, played baseball and played football at Arcadia. When he got out of the Navy in 2008, he came back and became a coach. If you're looking for him, you'll find him on the field.

The Junior Titans offer several youth tackle teams for ages 9-12 and an unweighted tackle team for junior high students ages 12-14. Official practices begin in August with the first game played the last Saturday of August. For more: arcadiatitansfootball.com.

Arcadian Julie Ballard becomes new principal of Tavan Elementary

By Jennifer Marshall

After five years, Julie Ballard can now remove the word "assistant" from her title, as she is now the new principal at Tavan Elementary School.

Ballard is one of Arcadia's own, as her family relocated to Arizona when she was four.

Ballard "lived just down the street from Hopi Elementary School," where she was a student before moving to Saint Theresa and eventually on to Xavier and Saint Mary's.

She holds a dual degree in Special Education and Elementary Education from Northern Arizona University and her first job was on the Apache Reservation in Whiteriver, Arizona.

"I lived and worked on the reservation," Ballard said. "I did my student teaching there, and afterward, I taught fifth grade for a year."

Her next career opportunity carried her cross-country to Cambridge, Massachusetts, where she was accepted into a graduate program at Lesley University. In addition to her studies, she taught at an alternative high school in Boston.

Ballard then transferred her program to the University of New Mexico in Albuquerque where she earned her Master's in Educational Counseling with an emphasis in children with emotional disabilities. While in Albuquerque, she taught emotionally disabled teens for five years.



Julie Ballard

Married with four children, Ballard felt the tug of home, and realized that moving back to Arcadia was the cure she needed.

After working at Pappas, a school that served homeless kids, she was hired at Tavan as a special education teacher. That was 2001 – and she's been there ever since.

Ballard became the assistant principal and held that position for five years before undergoing the rigorous candidate application process to become principal.

"The school district wanted a fair selection process," Ballard said, "as did I. I wanted to earn the position, which I have, and now I'm so excited. All the staff is returning this year, and that's affirmation they want me as their leader, which is awesome."

All four of Ballard's kids attended Tavan, and her home is so close she can walk to work.

"We're an A+ school," Ballard said, "and we've worked very hard to achieve that. We focus on each child, and my motto is we'll do whatever it takes to educate every Tavan student. We'll give them exactly what they need."

Tavan also participates in the Be Kind Project.

"I believe that kindness matters," Ballard said. "We teach our students what it means to be a kind person and to embrace one another. Since we have taught kindness, we have witnessed a tremendous change in our kids."

However, she is reluctant to take all the credit.

"I have the most dedicated and hardest-working teachers," Ballard said. "We're a big family who takes care of each other. I'm excited to lead these amazing people who I learn from every day. If it weren't for the success of the teachers and students, I wouldn't be where I am today."

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Local Dentist Helps Uninsured Adults

Dr. Sophon Heng D.D.S. caters to those people who don't have dental insurance. Dr. Heng provides comprehensive dental care exclusively to uninsured adults in a modern, yet modest office in Phoenix. Dr. Heng grew up in Seattle and graduated in 2001 from the University of the Pacific School of Dentistry in San Francisco, and he relocated to Phoenix after graduation.

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

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



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

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



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A little back-to-school prep goes a long way

By Nola Enge



Young Arcadians are heading back to school this month and families will shift into higher gears after the lazy days of summer. New schedules don't have to be stressful. With a little planning, back-to-school time can be a smooth transition for the whole family.



Acknowledge your child's feelings about school.

Some may not be able or willing to discuss, but you know your child best and likely can decipher their feelings even if they don't share outright. For young children, storybooks and art can help them articulate their thoughts. Repeat their words to acknowledge their concerns, even if their worries seem irrational to you.

Older children may feel more at ease to express themselves in the car, or as you shop or cook together. Take things as they come forth organically. For example, one of my children would volunteer the previous year's issues as school approached.

Though the issues seemed moot to me since everything would be new, it was relevant to their thoughts about school starting. Although it's almost a rite of passage for adults to joke with kids about dreading the return to school, most children look forward to it. Parents should also elicit happy feelings and discuss them as school begins.

Model that education is important to your family.

Get involved. When children see you engage, they feel a stronger sense of belonging. Education is relational. Bolster relationships by conversing often with teachers so they'll know your child and family. Choose a preschool where you are welcome to participate.

Find out what your school office needs or attend parent seminars. There's no shame in volunteering for things that reflect your interests. If the PTO isn't your thing, offer up other skills you have, such as guitar playing or gardening. If the thought of making change at the school auction gives you hives, bake for the Cake Walk. Schools need a lot of help and you are valued, no matter what you offer.

Make sleep a priority.

The American Academy of Pediatrics continues to sound the alarm that American children aren't getting the sleep they need. And the problem isn't merely crankiness:

"Regularly sleeping fewer than the number of recommended hours is associated with attention, behavior, and learning problems… accidents, injuries, hypertension, obesity, diabetes and depression."

In a 24-hour period, preschoolers need 11-14 hours of sleep, elementary students/middle schoolers need 9-12, and teenagers need 8-10. Occasionally I've asked preschool parents to count backwards from when their child wakes to find their recommended bedtime. The answer is startlingly early, with an even earlier pre-bedtime routine of bath, reading, lullabies and all the things we do to cue that the day is done.

Skip unnecessary consumerism.

Pass on taking young children shopping for school clothes. It's crowded and hot and they aren't interested in what adults are buying. For older students, consider giving them a budget and the autonomy to select what makes them happy. Today's teens are speaking up about antiquated dress codes and the systems that created them. The steps they take toward regulating their own bodies are both beautiful and necessary in becoming independent adults.

Dress for success.

Choose comfortable play clothes for young students with shoes conducive to jumping, running and climbing – no heels or stiff materials. Skip dresses or other garments that inhibit free movement. Equal the literal playing field, so moving freely and athletically isn't a gendered experience. Choose clothes that aren't so expensive that kids are afraid to paint or dive into messy science experiments.

Connect the idea of fun with school.

Introduce yourself to other parents and start the playdates rolling early and often. This will also provide the "village" you'll treasure in raising the next generation. Go to the school carnivals, art nights, dance shows and marching band competitions. Enjoy your time.

Our fortunate Arcadia neighborhood has schools serving all the way from toddlers to teens. With a little strategizing, back to school will be a happy transition for the whole family.

— Nola Enge, PhD, is the director at The Hills School at Shepherd of the Hills, 5524 E. Lafayette Blvd., thehillsschool.org.

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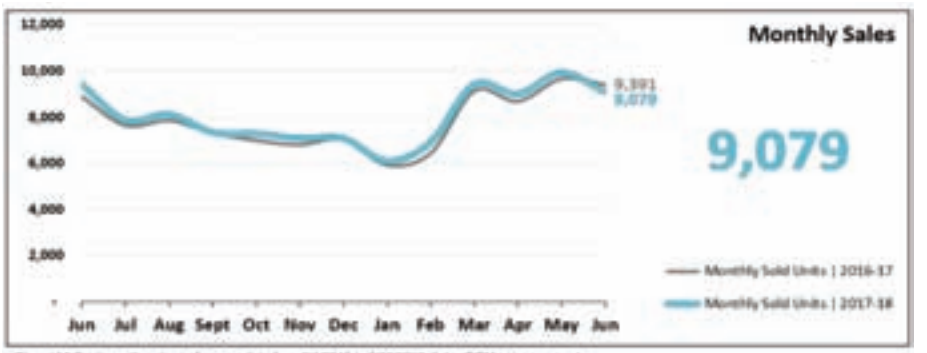
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Who says that summers are slow?

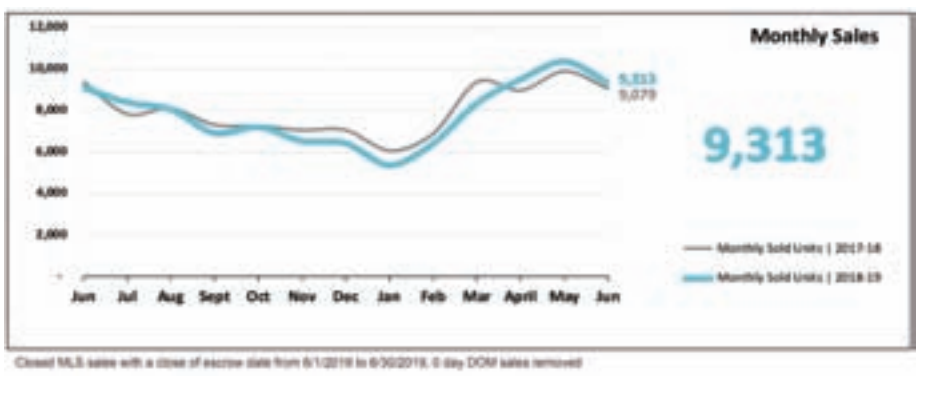
If you are like most people you have probably been told that nobody buys homes in the summer here in Arizona. It's too hot, everyone leaves, nobody goes outside, etc etc. Here comes a shocker! More homes are sold in the summer than any other time of the year! In 2017 and 2018, summer sales volume in Arizona was approximately 50% higher than in the winter months. So for all of you that think you have to wait until summer is over to sell your home...don't believe the hype.

To the right you will see charts from the past two years pulled directly from the MLS statistics website that show the number of closings each month. Both charts show a definite trend that includes low sales volume heading into the winter holidays and a ramp up into the summer months.

MONTHLY SALES FOR JUNE 2017 – JUNE 2018



MONTHLY SALES FOR JUNE 2018 – JUNE 2019



In 2018, January only saw 6,209 homes close whereas June through August averaged 8,678 homes per month. This year, we saw much of the same as January closed 5,467 homes and June saw 9,480 sales. It's also interesting to note that days on market decrease during the summer.

I believe the summer months are busiest for a couple of reasons. First, there is some carryover from the spring selling season that pushes closings into the summer. Second, a lot of local families move during the summer so that it doesn't interfere with the school year. You also have to remember that just because it is hot doesn't mean that companies aren't relocating their workers here or that people stop looking for shelter. Maricopa County continues to lead the nation in population growth so don't think that a little hot weather will slow the rush.

We love summer buyers! If they are out looking at homes in 120 degree heat then they are serious. Thanks to these buyers, The Brokery just turned in the best month in company history during July. If you are thinking about selling this summer, we aren't afraid to put in some sweat for you.

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All facts and figures are deemed reliable, but not guaranteed. MLS statistics as of June 2018 & 2019.



TUCKER BLALOCK
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Robin stepped out of her urban comfort zone to explore Switzerland and discovered that the postcard-perfect pictures of its natural beauty pale to experiencing it in real life.

Switzerland beyond the television screen

By Robin Sewell

Growing up, I was definitely not your "outdoor" kind of gal. I never went camping or fishing and my idea of hiking was climbing the stairs to the fifth floor of our apartment building. We were city dwellers, watching movies about adventure seekers and living vicariously through them from the comfort of our living room.

Years later, I surprised myself by going on a solo retreat – 70 miles of hiking in one week. After I got over my electronic detox and the shock of going from the concrete jungle to the unspoiled outdoors, I experienced so many new and amazing feelings, humbled



and inspired by the natural beauty that surrounded me.

These days I try and recreate those feelings by hiking and getting outside as much as I can. But between meetings, appointments and pickups, too often I just can't or don't make the time. So, this summer, I decided to go to a place where staying indoors is the last thing you want to do.

My vision of Switzerland was snowcapped mountaintops that touch the heavens and rolling green hills that seem to go on forever. A country that beckons even the most

ROBIN'S ADVENTURES

amateur outdoorsperson to come find a piece of paradise. We began our alpine adventure in the city of Lucerne. The moment we stepped out of the train station, which by the way, is literally on the shores of Lake Lucerne, I felt my inner child begging to get out and explore.

As always, with so much to see and so little time, we had to narrow it down to our must-see sites. We began our ascent to the top of Mount Pilatus on a panoramic gondola cableway that takes you above the rooftops and up the Swiss mountainside.

We hiked and took in the stunning scenery and then hurtled down a mile-long toboggan ride. Next, we hopped on yet another aerial cableway with a cockpit-like cabin and windows extending down to floor for the 3-½ minute ride to the top of Mount Pilatus. On a clear day, from this nearly 7,000-foot peak, you can truly see forever. The Alps are all around you, and yes, it is a bit daunting standing outside peering over the edge.

After taking it all in, we headed down the mountain aboard the world's steepest cogwheel railway. There were definitely some knots in my stomach on the steep descent, especially going through the dark tunnels. My fears quickly subsided as we stepped off the train and onto a boat for a relaxing tour of Lake Lucerne.

With this newfound confidence, we could conquer any mountain. The next morning, we were off to the charming and colorful town of Interlaken. We had a difficult time deciding whether to go to the caves, the waterfalls or to a place called "the top of Europe" to see a glacier. We decided to board a train to the quintessential Swiss village of Lauterbrunnen, a.k.a. the Valley of the 72 waterfalls.

Staubbach Falls, smack in the middle of the town, is one of the highest free-falling waterfalls in Europe and the perfect photo opportunity. We jumped on a bus to Stechelberg to begin another journey to the summit of Schilthorn. It took four cable cars to reach the nearly 10,000-foot peak and I came close to bailing after cable car number three, but my daughter said, "We've come this far, we have to go all the way to the top."

Unlike Mount Pilatus, Schilthorn was covered in snow and one of the most magnificent sites I have ever seen. The scenery didn't seem real. It looked more like a photograph and felt like being on a movie set. Schilthorn was actually featured in the James Bond movie "On Her Majesty's Secret Service."

I felt like 007 as we were making that steep ascent up to the summit and this time, I was elated to be experiencing Switzerland for myself rather than watching it unfold on the screen from the comfort of my living room.



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SUSD Arcadia-area PTOs gear up for the school year

By Kaylee McClaine

As parents buy supplies and prepare their children for the school year, it is also time to start thinking of other ways to stay involved with children's schools. The parent-teacher organizations enable parents to both give back to the school while staying informed on upcoming events and activities. Below is information for the SUSD Arcadia-area schools:

ARCADIA HIGH

Tricia Longnecker and Cindy Krawczyk, this year's PTO co-presidents, are working hard to continue campus improvements on Mt. Olympus (that began in June 2019), which is used by teachers for professional development activities, parent meetings and student testing.

Longnecker and Krawczyk's main goal is providing administration and staff with what they need to educate the students. "We want to do everything we can to give our students the best possible learning environment," Krawczyk said.

Parents can get involved by becoming a member or signing up for the e-newsletter, which helps parents stay updated on what is going on around campus, sports and extracurricular activities. For more: arcadiapto.org.

INGLESIDE

This year's co-presidents, Ellen Young and Dana Fuller, are focusing on getting the whole community involved.

In addition to looking for PTO members, Young and Fuller have many opportunities for parents to volunteer this year. They are looking for leaders to serve as chairs for the annual community 5K, garden project and Red Ribbon Day. They are also looking for coordinators for the Academic Bowl, Holiday Care Drive and members for the Teacher Appreciation Committee.

The Arcadia community can look forward to Red Ribbon Day and the historical Trivia Night put on by the Dad's Club. For more: inglesidepto.com.

HOPI ELEMENTARY

Heidi Richardson, Hopi's 2019-2020 PTA president, says she is excited for the upcoming school year and all the events that her team is organizing. This year, Richardson wants to focus on Hopi students and staff growing in their new space.

"Our theme for the year is 'Hopi Grown' and we want to focus on being nourished by inspiring teachers, staying rooted in a strong community, standing tall with confidence and blooming into lifetime learners," Richardson said.

In conjunction with this year's theme, Richardson said that the Garden Program will be reinstated and each class will have its own garden bed.

Parents can get involved by volunteering for events like Family Fun Night, Hopi Hullabaloo or the Veteran's Day Assembly, as well as helping raise money with multiple school fundraisers. The school also needs volunteers for many of its on-campus programs, such as Leadership Lectures. For more: hopipta.com.

ECHO CANYON

Stephanie Peyton, this year's PTO president, emphasizes that Echo Canyon's PTO is hoping to be fresh and new, while honoring the parents that are willing to work and volunteer with the school.

Every event that Echo Canyon PTO plans is an opportunity for parents to volunteer. Thanks to the many evening events and flexible schedules, the PTO makes it easier for parents who work to volunteer and stay involved with the school.

The Arcadia community can look forward to events like the Pinewood Derby and OHSO's Bike and Brew Champions for the Arcadia complex, where Echo Canyon plans on continuing its winning tradition. For more: echocanyonpto.com.

TAVAN ELEMENTARY

Carly Jimenez is the 2019-2020 Tavan PTO president. This year, she is emphasizing communication between the organization and the teachers, as well as getting to know Tavan's new principal, Julie Ballard.

There are many opportunities for parents to get involved in the PTO. Parents can use their email and/or phone numbers to receive messages on upcoming events and meetings with Tavan's PTO News Blast.

"I would really encourage people to come to the meetings. It's where people get to know each other and to hear what we are up to," said Jimenez.

The community can look forward to Tavan's Peter Piper Pizza Night and its annual Halloween Hijinx, an event that has continued for 20 years. The date is yet to come, but the community can look forward to multiple haunted houses, a trick or treat lane and other events. For more: tavanpto.com.

NEWS BRIEFS



SKY HARBOR TOURS

Twice a month the folks at the airport offer guided tours for groups up to 30 people. Speakers typically provide an airport overview, historical background, customer amenities and improvement projects. Check out the new services, restaurants, stores and terminal renovations. For more: skyharbor.com/tours.

JUNK IN THE TRUNK

Coming this fall, the folks behind Junk in the Trunk are bringing their market to a brick-and-mortar business. Located at 4418 E. Osborn Road, The Vintage Arcadia will have curated gifts, artisan goods and home décor and will partner with Chestnut for farm-to-table dining experiences. To stay up to date, visit thevintagearcadia.com.





The orchestra (above) and the wind ensemble stay busy throughout the year. Just a week after the State Festival they headed to Anaheim to perform at Disneyland.

AHS Orchestra and Ensemble earn superior rating at state

By Jennifer Marshall



PHOTOS COURTESY OF JAN GARDNER

Arcadia High's String Orchestra and Wind Ensemble hit all the right notes as the two musical groups earned a superior rating at the 2019 Arizona Band and Orchestra Director's Association (ABODA) State Concert Festival.

It was an exciting result for both groups, but perhaps even more special for the AHS Wind Ensemble, which had not qualified for the State Festival in over 25 years. Although the last time it did, in 1993, it also earned a superior rating then as well. This was the second year in a row that the String Orchestra earned a superior at State.

The superior rating is the second best that can be earned and signifies a quality performance from the group.

"A superior rating may have minor issues, but for the most part, the piece is played with musical integrity," said AHS Director of Bands and Orchestras, Jan Gardner.

In order to advance to the State Festival, musical acts must first pass through an ABODA Area Festival with a rating of excellent or better, which is one step below superior. AHS attended the Area Festival at Camelback High School.

To compete at the Area Festival, musical acts learn three pieces to play and perform a required sight read.

"A sight read means the groups are given music, which they've never seen, and after quickly reading it, they're supposed to play it," Gardner said.

Groups are allowed to bring one piece from the Area Festival, but they must learn two brand-new pieces as well for the State Festival.

This year, the Wind Ensemble played *Fidelity March* by Karl King, *Appalachian Morning* by Robert Sheldon and *Regenesis* by John Higgins.

The String Orchestra chose *Pieces of Eight* by Richard Meyer, *Ice Sculptures* by Brian Balmages and *Adventure on Bainbridge Island* by Alan Lee Silva.

A week after the State Festival, the two groups traveled to Anaheim to participate in the Music in the Parks Concert Festival held at Disneyland. They played some of the same music from State and they earned another superior rating.

"I was very excited to hear our scores from the State Festival and Music in the Parks," Senior Violist Emily Roll said. "We had worked for a very long time to get to those places and we were nervous going into them. But in the end, our hard work paid off big time. I was very proud to be a part of that orchestra and I wish the very best for them in the coming seasons."

"It was an amazing experience to display our talents and watch our hard work pay off twice," Junior Clarinetist Lainey Durchslag said. "Not only in Arizona, but in California, too."

The String Orchestra and Wind Ensemble meet daily year-round with enrollment open to students in all grades. Concerts are performed in winter and spring with musical festivals dotting the calendar in-between.

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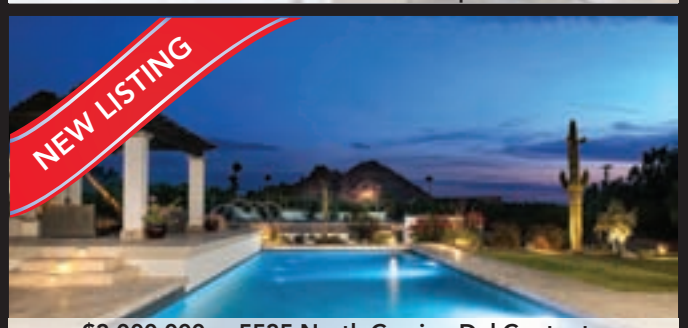
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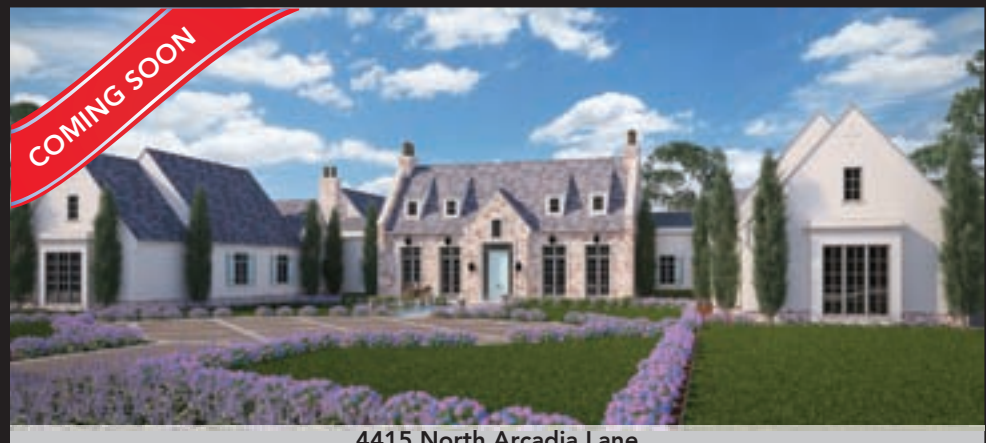
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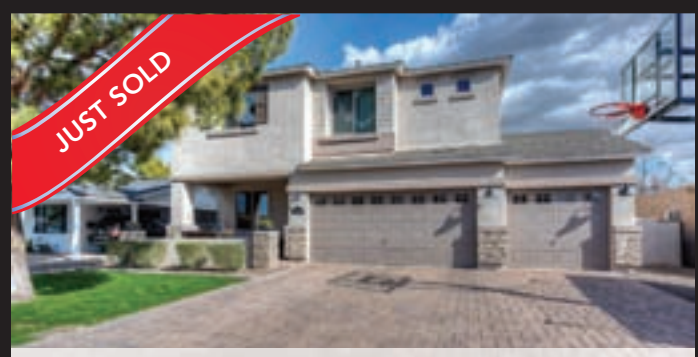
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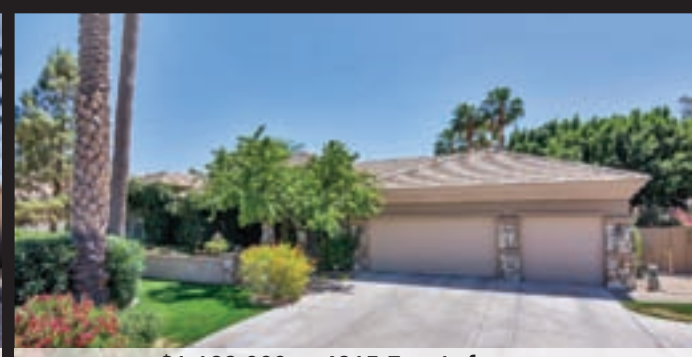
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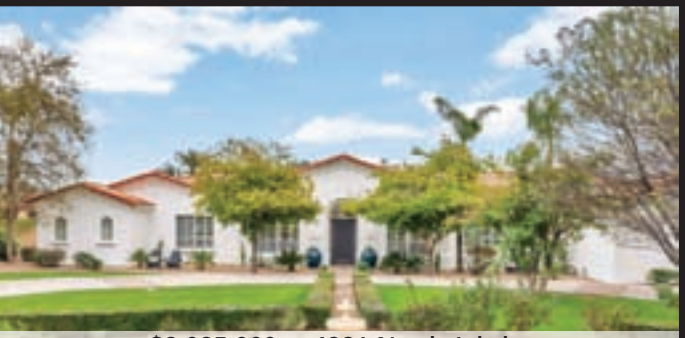
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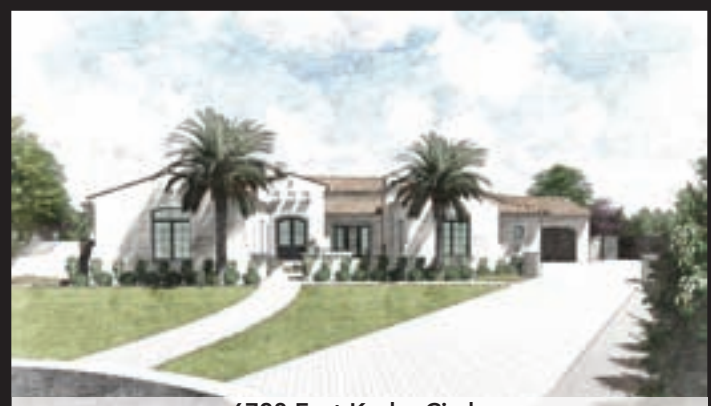
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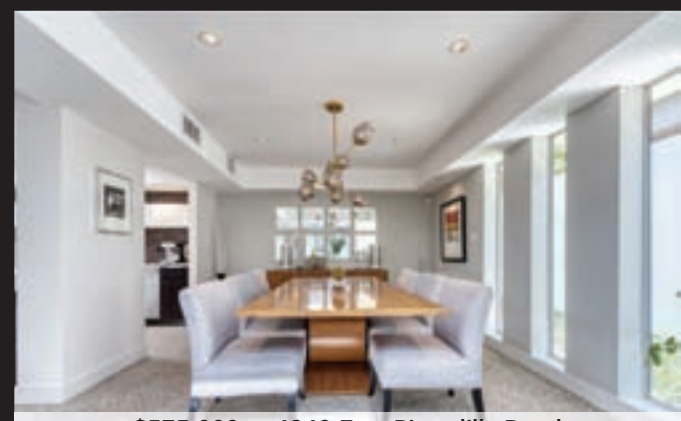
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MAKING WAVES





By Anthony Wallace

Rowing is a sport at least as old as ancient Egypt, whose funerary inscriptions date as far back as 1430 B.C. that hail a certain warrior's prowess with an oar. The legendary poet Virgil wrote of rowing competitions in ancient Greece around 50 B.C.

In the 1300s, residents of Venice sought reprieve from the horrors of the Middle Ages in the form of regattas, their term for rowboat races down the city's canals.

Shortly thereafter, rowing found its way to England, where it was refined into something very near to what we have today. Rowing, or crew as it's sometimes called, was on the program for the very first Olympic Games in 1896 and has remained there since.

In Arizona, however, the sport's history is far younger.

Crew is more popular in the Eastern U.S. and is often associated with Ivy League schools, but the sport is on the rise in Arizona. It was the construction of Tempe Town Lake in 2000 that has largely enabled its local boom.

According to USRowing, there are nine active rowing clubs in Arizona, including Brophy College Prep Crew, Xavier Prep Crew, Tempe Junior Crew, ASU Rowing and Rio Salado Rowing Club.

Brophy and Xavier's clubs are reserved for students of their respective schools, while Tempe Junior Crew is open to 13 to 18-year-olds Valley wide. Each of these three clubs were established sometime shortly after Tempe Town Lake was built. In their relatively short history, they have seen numerous alumni go on to earn collegiate rowing scholarships.

Owing to the dearth of lakes and rival crews locally, these clubs regularly travel across the country to compete in regattas (the ancient Venetian term stuck).

A typical regatta features both long (5K) and short distance (1-2K) races with crews of varying sizes. The "standard" crew is one with eight rowers and one coxswain. The coxswain is the quarterback crew, responsible for steering the ship and barking motivational commands to the rowers. Four and two-person boats are also popular, and within them variations exist where each crew member has one or two oars.

The Rio Salado Rowing Club (RSRC) offers "recreational and competitive rowing



PHOTOS COURTESY OF PAM NEUHARTH

The RSRC participates in the Desert Sprints Regatta, which is held every year in March.



Medals won by RSRC at the USRowing Masters Nationals 2018 held in Oakland, CA.

opportunities for adults of all experience levels." It even offers three-day "Discover Rowing" classes on a regular basis that are designed to introduce those to the sport who have never touched an oar.

Pam Neuharth, the president of the Board of Directors of RSRC, has been rowing since 1985, when she competed collegiately for Loyola Marymount and UC Berkeley. She says that in addition to the "finely tuned blend of strength and cardio" that rowing offers, its greatest benefit may be in the friendships it forms.

"People are so hungry for community," Neuharth said. "We support each other. Whether you want to compete or not, we're happy to share this thing that we love with other people."

Members of RSRC say that part of the beauty of the sport is its non-impact nature and relatively short learning curve. Mindy Covelli started rowing less than two years ago at the age of 46. She fell in love with the sport instantly and has already earned herself a spot on the club's competitive crew.

"[Regattas] are so rewarding. Just the excitement of it and to be around others as they're competing; it's so fun as a team. It's really inspiring," Covelli said.

Covelli has her sights set on continuing to improve and traveling to national and international competitions; and she has plenty of time. Like golf, rowing is a sport you can enjoy into your 70s.

"It's fantastic. It doesn't matter what age you are you can get out there and you can try it," Covelli said.

For more: rowrio.org.



PHOTO COURTESY OF JUDY MALTZ

Jessica Krug took third place in the 2018 Masters Nationals after only rowing for two years.

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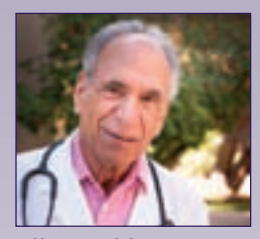
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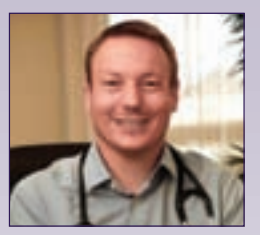
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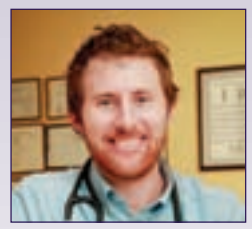

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100-year-old family recipe brings mezcal to Arcadia

By Rachael Bouley

Mezcal Carreño is a start-up led by two best friends who brought a 100-year-old family recipe for handcrafting the smoky, agave-based liquor mezcal from Oaxaca, Mexico to Arizona. Today, Abel Arriaga and Ivan Carreño are on a mission to create a new generation of artisanal mezcal fans in the Valley and beyond.

Ivan was born in Oaxaca and moved to Arizona when he was 5 years old, while Abel is a 3rd generation Arizona native, with roots in Guanajuato. After growing up in west Phoenix, the close friends now live on the edge of Arcadia and Biltmore, where they focus on growing the U.S. side of their family artisanal mezcal business.

The first shipment of Mezcal Carreño arrived in Phoenix in February 2019.

"We use rare agaves that take between 10-25 years to reach maturity in the wild before we begin the production of our mezcal," Abel said. "Our passion for sharing our story and educating guests on the mezcal agaves, process and people behind it has been our key to our success so far."

Their inspiration to embark on the next chapter of the family business came on a trip to Cancun, when they were eating and drinking Mezcal Carreño with family and friends at a local restaurant.

Enjoying the beachside cantina, Abel and Ivan were relishing the work of a mixologist who had just won a cocktail competition and insisted on making a special cocktail using Tobalá-brand mezcal.

In a moment he'll never forget, Abel noticed a beam of light highlighting the cocktail atop the table.

"It just happened to be the table we were sitting at and the time of day as the sun was setting," Abel said. "There was a tiny hole in the palm tree leaf roof across from us that was shooting this sun beam onto the cocktail. It was the sign we needed to bring this moment of family, friends, food and mezcal to Arizona."

Despite Abel and Ivan's dedication and business acumen, getting it off the ground wasn't without its challenges.

"It was difficult because we didn't have any industry experience or financial backing like the heavy hitters in the industry," Abel said.



PHOTO COURTESY OF MEZCAL CARREÑO

Abel and Ivan take great pride in continuing the family tradition of creating artisanal mezcal.

But the two men persevered and now their start-up alcohol brand is booming in Arcadia's backyard with the support of the community.

Places in Arcadia to find Mezcal Carreño include Tarbell's, CRUjiente Tacos, Buck & Rider, Bar Pesce and Pitch Pizzeria.

The spirits will also be offered in a mezcal dinner pairing planned for October with Head Chef Tandy Peterson from Mowry & Cotton at The Phoenician.

While the future looks bright for their business, Abel and Ivan say they'll be happy so long as they continue to celebrate their heritage through their work in the hospitality industry.

"Our heritage goes back to 1904 when [my] grandfather started making mezcal at Hacienda Carreño. He would enjoy it three times a year; for the planting season, end of the harvest and his birthday," Abel said. "We love that our mezcal is the family name so we can continue sharing the tradition and culture of Oaxaca with Arizona."

Over the past few years Abel and Ivan have gained *compas*, or friends, who have diverse backgrounds and visions and are integral to the success of their company.

"Working side by side with some of the Valley's top chefs and mixologists and hearing how they analyze and incorporate our mezcal is fascinating," Abel said. "Building a brand is fun but building these friendships and relationships is fulfilling in itself."

Abel and Ivan hope to clear up misconceptions surrounding mezcal in Arizona.

"Most people think of it as smoky tequila or the one with a worm in the bottle," Abel said. "Mezcal is the 'wine of spirits' with each agave varietal having its own taste, smell and region of Mexico it's made in, adding to that flavor profile just like wine."

Abel and Ivan are looking to continue building their family business with "Mezcal Monday" education classes, as well as special mezcal dinner events in Phoenix.

"We value the importance of teaching how mezcal is made and what gives it so much depth and taste compared to its industrial counterparts," Abel said.

"Luckily, we have tremendous local support treating us like a local product. Our mezcal may be made in Oaxaca, but our roots are here in Arizona, our love for this state and community is evident and people relate and want to support that."

For more: mezcalcarrenous.com.

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Research before you sign contracts

ASK THE APPRAISERS

By Tom Helms

The Greater Phoenix area has nearly 20 auction houses to choose from when you're looking to sell an estate. With many choices comes varying levels of service and professionalism. I urge all my clients to do their research ahead of selecting a broker, because neglecting due diligence can have disastrous results.

Auction houses can charge commissions between 35 percent and 45 percent, along with fees for other services such as listing items on the internet, cataloging, pick-ups and sorting. All of these costs eat away at the seller's net and can often leave them disappointed.

The two scenarios I see the most often resulting in angry clients are unfair contracts and long delays in receiving payments. The keys to avoiding these pitfalls are research and tenacity.

Here's what to watch out for:

Unfair Contracts: Carefully read the entire printed contract and cross out and initial any contract section that favors only the auction house, such as "when signed" provisions. Do you still own the properties? Or have you signed the properties over to the auction house for them to do with what is best for the house and not for the consigner?

Secondly, do not read and sign a contract that is presented to you on a computer. I've had clients lose ownership of properties and agree to pay unknown fees.

If there is no physical contract and intake sheet listing properties to be sold, commissions and basic fees, find another auction house.

Payment Delays: An auction house may string out an estate sale over a period of weeks to avoid paying until the last piece is sold. It could be a couple of months or longer before any money is received. What does the contract say about payment? Read it.

A reputable auction house should send payment after each lot of properties is sold with a notation that other lots are still to be sold. Competent and financially stable auction houses use a sale, then payment and notation about unsold items, which is the successful formula.

A recent client learned a hard lesson. He brought items to be sold at a local auction house and watched as numbers were placed on his items. He was thanked and sent on his way with no receipt for the consigned items and no discussion of commissions, fees or expenses. Three weeks later, the resulting gross sale receipts for his items added up to $325.

After a 40 percent commission and $26 in fees, the auction house earned $169, while the client only took home $156. The client learned a tough lesson about the importance of asking the right questions ahead of time and getting agreements in writing.

However, using the services of an auction house can be beneficial if one is selling high-end items. The nationally and internationally known houses have access to a network of customers worldwide who trust their services.

But regardless of the size or reputation of the auction house, reading contracts and defining parameters is still absolutely necessary to protect yourself as a seller.

— Contact Tom with a question or an appraisal issue: damshill@yahoo.com or send your letter to 5525 N. 12th St., Phoenix, 85014.

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EXPERIENCE AMAZING





The Miracle Mile Deli is still owned and operated by the same family that started the business back in 1949. The eatery has won many awards over the years for its pastrami, brisket and corned beef sandwiches.

Miracle Mile Deli celebrates 70 years in the Valley

By Jennifer Marshall



PHOTOS COURTESY OF JOSH GARCIA

You don't have to travel 2,000 miles to enjoy an authentic New York deli sandwich. You can indulge your cravings right here in Phoenix at the Miracle Mile Deli, which is celebrating its 70th birthday this year.

The restaurant has been owned and operated by the same family for the past three generations. The City of Phoenix even proclaimed May 10 to be Miracle Mile Deli Day.

"We're a New York style deli," Vice President Josh Garcia said, "and we've won several awards for the Valley's best pastrami, brisket and corned beef sandwiches."

"My grandfather Jack Grodzinsky moved here from Brooklyn in 1949," Garcia said. "He'd worked in the bakery and restaurant business since he was 9. His father died when he was 10, so he instantly became the man of the house."

Grodzinsky's eldest daughter had asthma and her doctors suggested they should relocate to the Southwest where the dry air would alleviate her condition.

When Grodzinsky's search for employment yielded nothing in Tucson, which was the first stop in Arizona, he caught a bus to Phoenix. Hopping off, he noticed Pat's Cafe sitting across the street, but he passed it and proceeded to explore Phoenix, still searching for the right opportunity.

"When he didn't find anything he liked," Garcia said, "he went back to Pat's Cafe, walked inside, talked to the owner and bought the restaurant on the spot. While he never graduated from high school, my grandfather had a lot of common sense and he was a very smart man."

In the early 1950s, the area just east of 16th Street and McDowell was mostly dirt. Over time, this barren space gave way to paved roads and commercialization and the neighborhood took the moniker the Miracle Mile. To honor this developing community, the restaurant adopted the name Miracle Mile Deli.

Over the 70-year span of serving its customers, Miracle Mile has moved around the Valley quite a bit. In 2015, its dream was realized when the deli was able to move to its current location at 16th St. and Campbell Ave.

Garcia officially entered the family business in 2004 following his college graduation. Deli operations, though, were nothing new to him.

"When I was 12," Garcia said, "I wasn't tall enough to see over the counter, so I stood on a milk crate and served coffee on Saturday mornings from 7 to 11 a.m. I did my homework on a pickle bucket behind the serving line. The restaurant was my upbringing."

Miracle Mile Deli has also been known for inspiring 'miraculous' love matches:

"My parents met while working in the restaurant," Garcia said, "and that's also how I met my wife."

In addition to its popular brisket, pastrami and corned beef sandwiches, the Miracle Mile Deli offers several daily specials made from scratch. It's known for large portions and for delivering a quality product at a great value.

"We focus on quality, consistency and service," Garcia said, "and we're excited and proud to celebrate 70 years of being able to serve our local community. It's so cool to see great-grandparents and grandparents bring their grandchildren in to eat and share their memories of this place."

For more: miraclemiledeli.com.



NEWS BRIEFS



PINBALL WHIZ

The folks behind Cobra Arcade Bar in downtown Phoenix introduce a new addition to their arcade and this time, it's all about pinball. The Stardust Lounge will house 20 different pinball machines and is located in one of the vacant spots inside the Van Buren music venue, on the corner of 4th Ave. and Van Buren. The other building will become a pizza joint called Ziggy's. Stardust is planning to open in August. For more: cobraarcadebar.com.

GEEKIN' OUT

A new restaurant concept is set to open up in Fall 2019 at Desert Ridge, located at Tatum Blvd. and the 101. Settled in between Sweet Tomatoes and Majerle's lies Comic X – a restaurant dedicated to all things comic book. Patrons will be surrounded by 8,000 square feet of comic nostalgia from the past 60 years, including life-size statues and décor. Originally a concept out of Mexico, this will be the first Comic X restaurant in the U.S. Stay tuned for the opening date: shopdesertridge.com.



Named after Ana's three daughters, Alexa, Aydan and Adysen, My Three Girls Bakery provides treats for any kind of sweet tooth.

My Three Girls uses time-honored recipes for sweets and treats

By Rachael Bouley | PHOTOS BY DAVIS WINBORNE

Ana Houg says a little sweet tooth never hurt anyone. With three girls at home, this Arcadia mom already has her hands full, but she's taken on a new venture that's been very rewarding for her and her family: My Three Girls Bakery. Named in honor of her nearest and dearest, Ana opened the vintage bakery/cafe on the southeast corner of 48th St. and Indian School this past November.

For Ana, having her own bakery where she makes all the food from scratch is a childhood dream come true. Growing up in the suburbs of San Antonio, Ana loved baking even as a little girl. In her hometown, she and her family frequented several bakery/cafes where everything from quick lunch meals to decorated cookies for parties and special occasions was available.

She felt this was something Arcadia was missing and she set out to do something about it. "We have several chain bakeries to choose from, but not as many choices when it comes to made from scratch," Ana said. "I have found that offering baked goods provides a sense of comfort to those around me."

After spending the past 15 years in the medical field as a full-time foot and ankle specialist serving Arizona's Native American population, Ana continues that work part-time while focusing more on her bakery.

Ana says the enjoyment and inspiration she receives from serving others makes it all worth it. When the opportunity arose to turn her passion for baking into a business, she couldn't let the chance slip through her fingers.





"My inspiration comes from having three daughters, and having lost a child, I recognize the vulnerability of life," Ana said. "Therefore, my focus is to have a female-owned local business that my girls and I can be a part of and be proud of for years to come."

Ana has made sure to prepare a menu filled with healthy, homemade baked goods for every taste and dietary preference. Specialty items such as gluten-free and vegan goodies ensure all customers can walk out the door with their cravings for something sweet fully satisfied.

Ana says all of the café items, including soups, salads, sandwiches and baked goods are prepared fresh daily from time-tested recipes.

"Using recipes from older generations you avoid the preservatives and other harmful chemicals that are used today in processed foods," Ana added.

Walking through the bakery's front door, guests are greeted by an interior with a vintage feel, from the rustic farm tables to reclaimed light fixtures. There are even barn doors that line the party room and a large viewing window into the kitchen for spectators who want to see the baking magic.

"I hear people say how pleasantly surprised they are by the space and what a great feel it has," Ana said.

Juggling her family and a bakery keeps Ana on her toes, but she's thankful for all the activity. "It's definitely a balancing act at times, but I am fortunate to have the help and support of my family and friends. There are times you may see my little ones parked at the farm table coloring on chalkboards, mouths covered in cookies while I'm in the kitchen rolling out dough."

A recent partnership with Feed Our Babies has sweetened the deal.

"Having this business allows us an amazing opportunity to give back and we could not have found a better cause," Ana said. "All of our extra baked goods, at the end of each day, are donated to this organization, which make lunches for school-aged children in our community that are in need."

Ana is looking forward to making more connections with the local community and building on the bakery's first-year success. She loves seeing the happy smiles on customers' faces and sharing this experience with her girls.

"My hopes are that My Three Girls Bakery becomes the go-to for Arcadia families to get a healthy meal, homemade baked goods and treats."

For more: my3girlsbakery.com.

WHAT'S HAPPENING, *ARCADIA?*

THURSDAY 8/1

Summer Splash

6-7:30 p.m. at Tempe Marketplace, 2000 E. Rio Salado Pkwy., Tempe. Keep things cool at the Tempe Marketplace splash pad and meet Princesses Belle and Sleeping Beauty. This week's Summer Splash event theme is Royal Family Ball, where kids can splash, dance, play and win… plus get a photo with royalty. This event is free for all ages. For more: tempemarketplace.com.

FRIDAY 8/2

Wine and Design Class

4-5:30 p.m. at the Arizona Flower Market, 2050 S. 16th St., Phoenix. The perfect event for brides-to-be, the newest Wine and Design class is all about flower crowns. Attendees will learn from the pros about how to make these floral halos for everyone in the bridal party – or for yourself, if you so choose. This event is BYOB and light snacks are provided. Registration is $40 per person. For more: azflowermarket.com.

SATURDAY 8/3

Bat Cave Tours

6:45 p.m. along the canal west from 40th St. and Camelback Road. Grab your flashlights and join amateur Chiropterologist Hally of the Bat Fans Facebook Group, who will be on-site to answer all of your bat-related questions. She might even bring her echometer so attendees can hear the bats "talking" while you wait for them to take flight into the night sky. This event is free for all ages. For more visit the "AZ Haunters and Bat Fans Visit the Phoenix Bat Cave" Facebook page.

Slide the Rails

9 a.m.-12 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. School is almost in session, so let's slide out in style with Slide the Rails at McCormick-Stillman. Attendees will be able to slip and slide on seven different water inflatables, play in the splash pool, plus ride the carousel and train before getting back to the water. Tickets are $10 per person. For more: therailroadpark.com.



Summer Cocktail Camp *at the Phoenician Tavern in Scottsdale.*

SUNDAY 8/4

Summer Cocktail Camp

1 p.m. at the Phoenician Tavern, 6000 E. Camelback Road, Scottsdale. It's time to sit back, relax and sip your way through Phoenician Tavern's most summery cocktails. This event will give attendees the chance to mix and mingle with a local celebrity bartender as well as sample drinks with other guests. Tickets are good for up to four cocktails. Tickets are $38 per person. For more: summercocktailcamp.com.

FRIDAY 8/9

Make and Mingle

6-9 p.m. at Sunshine Craft Co., 700 W. Campbell Ave., Phoenix. The Make and Mingle event at Sunshine Craft Co. is set up so that attendees can choose their own craft (such as cork coasters, plant pots or string art) and mingle with like-minded crafters. Meet new friends while creating art. This event is also BYOB. Grab a drink, grab a friend and get to crafting. Tickets start at $15. For more: sunshinecraftco.com.



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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 8/9 – SUNDAY 8/11

Game On Expo

Times vary, at the Phoenix Convention Center, 33 S. 3rd St., Phoenix. If you're a gamer, you won't want to miss this event. There will be panel discussions with voice actors, game developers/designers and YouTube content creators, plus game tournaments, retro gaming, live music, a cosplay contest, vendor hall and live auction. Tickets are $20-$45 with VIP passes available. For more: gameonexpo.com.



***Game On Expo** at the Phoenix Convention Center in Phoenix.*

SATURDAY 8/10

Museum Yoga

9:30 a.m. at Heard Museum, 2301 N. Central Ave., Phoenix. Relax and take your vinyasa in a whole new setting with Heard Museum's yoga classes. All levels are welcome. Every week, the yoga sessions are held in a new location on campus. Not only will you be getting your stretch on, but you can learn all about the Heard Museum in the process. Classes are $10 for non-members and free for members. For more: heard.org.

SUNDAY 8/11

Superhero Summer

Times vary, at the Fairmont Scottsdale Princess, 7575 E. Princess Dr., Scottsdale. Grab your superhero costume and head to the Princess for an epic adventure. Activities range from catch-and-release fishing derbies, mermaid story time, nature walks, zip line flight school, superhero meet and greet plus poolside games and music. Find your favorite superhero or meet a new one at Superhero Summer. For more: scottsdaleprincess.com.

TUESDAY 8/13

Disney Movie Trivia

7-9 p.m. at CB Live, 21001 N. Tatum Blvd., Phoenix. Test your Disney knowledge at CB's Disney Movie Trivia event. Teams can have a maximum of eight people. Questions will focus on Disney's classic films such as *Snow White* and today's favorites, like *Coco*. Revel in the nostalgia with Disney and CB Live. Registration is free but required. For more: cblive.com.

WEDNESDAY 8/14

Remembering Julia Child

10 a.m. at Sur La Table at Fashion Square, 7014 E. Camelback Road, Scottsdale. This cooking class is dedicated to the well-known French chef Julia Child. Participants will learn Julia's tips and tricks and master some of her most popular recipes: steak au poivre, garlic mashed potatoes and vanilla soufflé. And the best part is you'll get to try what you cook. Come hungry and leave full of knowledge and good food. Classes are $69 per person. For more: surlatable.com.

SATURDAY 8/17

Spirited Sipping Seminar

3 p.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr., Scottsdale. Get ready to sip and stir like the pros. Hosted by Hearth '61, these classes are designed to teach attendees all about the history of beer, wine and spirits through a sipping seminar. This class is called "The Classic Cocktails Everyone Should Master." Students will concoct martinis, manhattans, old fashioneds and daiquiris. These events are available to the public and the cost is $30 per person. For more: mountainshadows.com.

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WHAT'S HAPPENING, *ARCADIA?*

SALT Saturday

10 a.m.-2 p.m. at Pueblo Grande Museum, 4619 E. Washington St., Phoenix. SALT (Study of Ancient Lifeways and Technologies group) Saturdays at Pueblo Grande are a new way to learn and observe times and technologies from way back in the day. At each meeting, attendees can learn a new skill; this month is decorating scallop shell necklaces with Charlie and Tamara Tadano. Registration is $6 for adults, $3 for kids. For more: pueblogrande.com.

Mystery in the Museum: The Cryptic Caper

6 p.m. at the Scottsdale Museum of Contemporary Art, 7374 E. 2nd St., Scottsdale. Gather a team and put your brains together to solve a new mystery at the museum. Attendees will solve puzzles, brainteasers and riddles to figure out SMoCA's Cryptic Caper. There will also be a cash bar and light snacks after the event. Pairs are $30, individual sleuths are $20. For more: smoca.com.

SUNDAY 8/18

Pruning Class

2 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Ever wonder how people's front yard bushes are perfectly shaped? Find out all the tips and tricks with a Pruning Class at DBG. Taught by certified Arborist John Eisenhower, students will learn the basics of proper pruning, how to prune young trees, three types of pruning cuts and common mistakes. Tickets are $38; $30 for members. For more: dbg.org.



Mystery in the Museum: The Cryptic Caper *at the Scottsdale Museum of Contemporary Art.*

AZ Derby Dames Skate Tryouts

9 a.m. at Great Skate, 10054 N. 43rd Ave., Glendale. The Arizona Derby Dames are holding tryouts for next season at Great Skate. If you enjoy roller skating, meeting new friends and a little bit of roughhousing, this might be the sport for you. Instructors will be on-site teaching everything you need to know about roller derby – all you need are your skates and good vibes. Make sure to bring water and wear comfortable clothing. Registration is $10. For more: arizonaderbydames.com.

History Underground

7 p.m. at Valley Bar, 130 N. Central Ave., Phoenix. Hosted by the Hip Historian, Marshall Shore, this presentation will focus on Winnie Ruth Judd, who was Arizona's most notorious murderess. After, there will be a presentation about Arizona's semi-forgotten people, places and the events that have shaped the state we live in today. General admission is $5. For more: valleybarphx.com.

SATURDAY 8/24

Wine Glass Painting

11 a.m.-1 p.m. at LDV Winery, 7134 E. Stetson Dr., Scottsdale. Looking for a new way to be creative while also enjoying an adult beverage? Head to LDV for the Wino Time Wine Glass Painting Class. Patrons will be able to choose from a couple designs and paint their very own grown-up sippy cup. Wine glass and appetizers are included with tickets and there will be wine available for purchase. Admission is $30 per person. For more: ldvwinery.com.

Kitten Yoga and Pop-Up Adoption Shop

8:30-9:30 a.m. at 15059 N. Scottsdale Road, Scottsdale. It might be hard to concentrate because this yoga event will be full of cuteness. Kitten Yoga is an hour-long yoga session where adoptable felines will be hanging out and "helping" you with your poses. This event will benefit the Arizona Animal Welfare League and is for ages 14 and up. Registration is $20. For more: aawl.org.



1979 E. BARRANCA DR. • 5 Bed 8 Bath • $4,100,000

Luxury Lodge located within the guard gated community of Pine Canyon. This luxury mountain retreat is on an acre and half of seclusion surrounded by panoramic golf views. The great room showcases a grand stone fireplace and a glass wall of retractable doors that lead you to the exterior entertaining veranda. A rare 12,000 square feet of living space captures luxury living within the coveted four seasons of Flagstaff. The entertainer's dream kitchen features a center island and a wrap around sit up bar with copper sinks and oil rubbed bronze accents that compliment the commercial stainless appliance package (Wolf range/ovens, side by side Sub-Zero refrigerators, two Asko dishwashers). The formal dining room includes a temperature controlled 300+ bottle wine room, fireplace and dramatic ceilings and windows that over look a private creek and multiple golf holes. The master wing is nothing short of perfection with a private sitting area, sliding glass doors, stone gas fireplace, wet bar, and steps away from the drop in jacuzzi. The master bath retreat includes floor heat, a carved granite soaking tub, steam shower, incredible custom closet and timeless privacy.

The home is truly one of a kind. There is three addition en suites on the second floor. Each room captures endless views and ample natural light. The bunk room has pool table, fireplace and swivel chairs framing the unencumbered views of San Francisco Peaks. This redefines game room! The 10 car garage sprawls amongst the 9th green and commercial barn doors slide completely open for easy access to your car collection. The home theatre is adjacent to the additional garage making this an adult playground for entertainers, car enthusiasts of clients who seek the pinnacle of luxury within the pines.





3310 S. TOURMALINE DR.

3 Bed 3.5 Bath • $995,000

This home is on the one of the best lots in Creekside Village that is within the guard gated community of Pine Canyon. The home captures views of the 15th green, 16th tee box and fairway of 16th hole. Enjoy the sound of the nearby stream running. This home is located near Trout Creek park where catch and release fishing can be enjoyed. Great room features rock gas fireplace. This home is highly upgraded with hand scraped wood floors, custom alder cabinets, marble counters, travertine baths and showers, Trex deck that wraps around the entire home with stunning views.



3550 S. BALSAWOOD COURT

5 Bed 4.5 Bath • $1,770,000

Newly remodeled and updated estate over looking a private pond and the 8 green and 9th tee boxes at the Pine Canyon Club. This home lives like a single level however provides room to move! Upstairs is an office and an en suite which captures views of the San Francisco Peaks. The walk out basement offers a theatre and three additional en suites. Private, luxurious and features the best out door living space in Pine Canyon! A must see!

1515 E. CASTLE HILLS DR.

3 Bed 3 Bath • $699,000

Light and bright single level home townhome located in Elk Pass of Pine Canyon. The home site offers privacy as the covered patios are lined with ample mature aspen trees. Pride of ownership shines throughout with extensive upgrades on design and decor throughout this home. The main home consists of 2 bedrooms plus a separate guest house with bathroom.





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WHAT'S HAPPENING, *ARCADIA?*

Kettlebells and Cocktails

10 a.m., 12 p.m. and 2 p.m. at Camelback Village Health Club, 4444 E. Camelback Road, Phoenix. Reward yourself with a refreshing beverage after a kettlebell workout at The Village. Participants will learn how to do kettlebell exercises at three separate times: 10 a.m., noon and 2 p.m. Professional trainers will demonstrate how to swing, squat and deadlift. After the class, guests can enjoy mimosas in the morning, sangria at noon and wine at 2. Classes are free and open to the public. For more: villageclubs.com.

SUNDAY 8/25

Mitzvahs and More Expo

12-4 p.m. at The Scottsdale Plaza Resort, 7200 N. Scottsdale Road, Paradise Valley. If you're getting ready to plan a bar/bat mitzvah or wedding in the near future, the 8th annual Mitzvahs and More Expo will have 60+ vendors ranging from entertainment, decorations, photography and caterers for you to browse. Guests can enjoy live entertainment, games, a fashion show and food trucks. This event is free. For more: mitzvahsandmoreaz.com.



Sugahbeat with UB40 *will be at Marquee Theatre in Tempe.*

MONDAY 8/26

Arizona Good Food Expo

11 a.m.-3 p.m. at the Pointe Hilton Tapatio Cliffs, 11111 N. 7th St., Phoenix. Formerly known as the Farmer + Chef Connection event, this expo will introduce all of Arizona's good eats to chefs and consumers alike. Attendees can sample locally grown and produced food and learn the tips and tricks of sourcing locally. Plus, Charleen Badman, 2019 James Beard Award winner, will be the event's featured speaker. Tickets are $25 for general admission. For more: goodfoodfinderaz.com.

THURSDAY 8/29

Sugahbeat with UB40

6 p.m. at Marquee Theatre, 730 N. Mill Ave., Tempe. Arcadia's own Reggae/Worldbeat Pop band Sugahbeat will be performing with renowned British reggae rockers UB40. Tickets are $42 at the box office, but if you buy directly from Sugahbeat you'll get the "local" discount and pay only $25. PayPal and Venmo accepted with the tickets available at will-call or delivered directly. Email at info@sugahbeat.com for ticketing info, or direct message via Facebook or Instagram. For more: sugahbeat.com.

Arizona Author Series

1 p.m. at the Polly Rosenbaum State Archives and History Building, 1901 W. Madison St., Phoenix. Join Dr. Raymond W. Grant for his presentation titled "Minerals and Gems of Arizona," where attendees can learn about the wealth of turquoise, petrified wood, peridot, malachite and azurite that have been mined in the state. Dr. Grant knows his stuff – he even has a mineral species named in his honor. This is a free event for all ages. For more: azsos.libcal.com.

FRIDAY 8/30 – MONDAY 9/2

Saboten Con

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

CoKoCon

11 a.m. at the Doubletree Hilton Phoenix, 10220 N. Metro Pkwy., Phoenix. If you like science fiction and fantasy, you won't want to miss the second annual CoKoCon. Held over Labor Day weekend, there will be guests of honor, an art show, charity auction, meet and greets, gaming, panels, autographs, vendor booths, a mini film festival and an ice cream social. Tickets are $25-$50. For more: cokocon.org.

FRIDAY 8/31

Experience India

9 a.m.-5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Learn about a new culture right in your backyard with the Musical Instrument Museum. Presenting "Experience India," where guests can will enjoy curator talks, dance performances, activities and hands-on workshops. There will also be an Indian-inspired café menu. Admission is $20 per person. For more: mim.org.

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"Meet Mr." | Ray Artigue

Tom McGeorge

By Ray Artigue

Growing up, Tom McGeorge still remembers his dad saying, "All I ever want is for my kids to be close friends."

His father got his wish and then some.

An Irish Catholic family of seven children – four girls and three boys – are to this day, all quite close.

"You don't get just one of us at an event, it's usually the entire McGeorge gaggle," admits Tom.

> "It's the relationships I treasure most."

His family grew up on a farm in the far West Valley, just a mile from Luke Air Force Base. The girls worked inside while the boys worked outdoors and each of them learned from parents who taught traditional values of teamwork, honesty and mutual respect.

"It was never what my dad said, it's what he did," Tom remembers. "He was a man of few words, yet he had a huge impact on all of our lives."

Much of the same could be said of Tommy – which is how most everyone refers to him – as he rarely pontificates about anything. Unless you get him talking about family.

He and his wife of 37 years, Barb, have three children: Brittany, Kenny and Annie – and family is the focus of their lives. They have lived in Arcadia all of their married life, residing in the house that Barb grew up in.

"I married the right girl and am so very blessed," Tommy says.

Tommy's business is also a family affair. He and his brother own and operate McGeorge Brothers ChemDry, a residential and commercial cleaning service. Anyone who has lived in Arcadia for any amount of time knows Tommy, as he has likely cleaned their floors, carpets or furniture, which he has been doing for over a generation.

"What I love most about my business is dealing with people and all the families. I've seen families grow up and kids become adults; then having their own children," he reflects, "and it's the relationships that I treasure most."

He reminiscences with some emotion about a long-time customer who calls every year to remind him that "I'm the woman who you prayed for to get well, and I did."

Tommy is well-known for being a constant encourager and he doesn't apologize for checking in on the lives of his customers. "I just love people – even the unique ones," he says with a chuckle.

When asked about his recipe for business success, he cites integrity. "Honesty doesn't cost us, it pays us. So just do a good job at a fair price and everything else will work out."

An avid Wildcat fan, Tommy and all of his siblings attended the University of Arizona and they easily create their own boisterous fan club. "Bear Down" is the familiar refrain at his house, especially after big victories over ASU.

Tommy recently celebrated a birthday and he claims he's not any smarter, just wiser than when starting out. "So, you just have to go through life to get wise."

Were his autobiography ever to be written, he suggests it might be titled, "Son of Encouragement."



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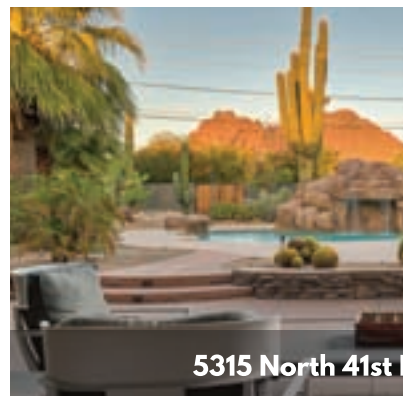








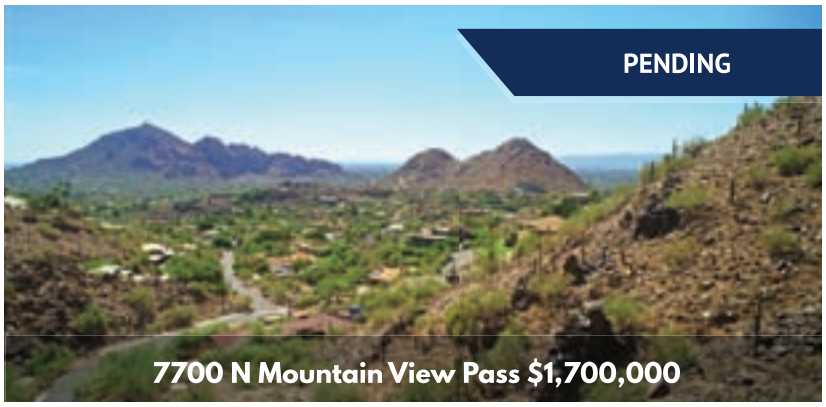


















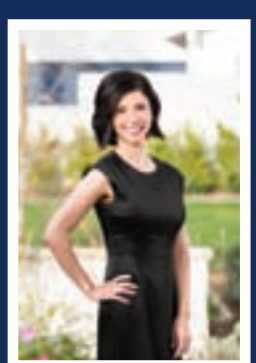
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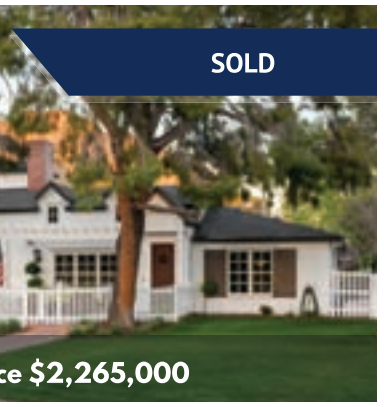






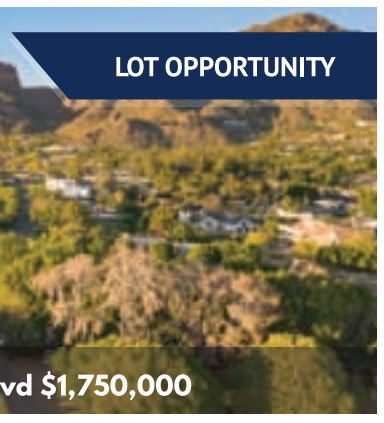




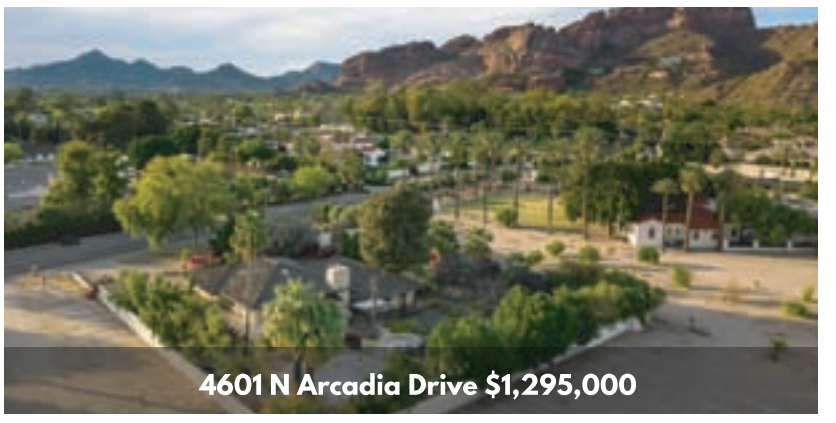












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PHOTOS COURTESY OF VALERIE THOMPSON

AMERICA'S QUEEN OF SPEED

By Mallory Gleich

The average observer probably wouldn't realize how uncommon it is to view Paradise Valley resident Valerie Thompson at her home office, getting ready to wade through paperwork and do other mundane office tasks.

It isn't that managing her businesses affairs is rare, it's that seeing her at all while she's working is quite the challenge. But when you consider she's typically moving at over 300 mph, it's understandable.

Thompson's "day job" is that of a professional motorcycle racer, and she's one of the best. She holds eight land-speed records, is the first female member of the Bonneville 200 MPH Club Board of Directors and is a member of the Sturgis Motorcycle Hall of Fame.

To say she likes to go fast is an understatement.

In 2018, Thompson piloted a highly customized, specially-built motorcycle called the BUB 7 Streamliner to a record speed of 328.467 mph, earning her the title of World's Fastest Female Motorcycle Racer.

Long before setting her world record, Thompson was a frequent visitor to Arizona during Bike Week. During that time, the native of Tacoma, Washington decided that the only place she would be willing to leave the northwest for was Scottsdale. In 2004, she decided to make her move and her motorcycle racing career began the following year.


Valerie Thompson

"I had never left Tacoma. Vacations were to my garden, or to shop at the mall or to visit my parents and grandparents," Thompson said. "I was not a traveler until I started riding motorcycles."

Since then, Thompson's racing career has taken her all over the world, to places including London, Ireland, Germany, Slovenia and Australia.

Shortly after moving to Arizona, Thompson recalls that a fellow rider told her that her racing and riding was "out of control" and that her fast-riding ambitions should be taken to an actual race track.

"After learning how to drag race on my Harley Davidson Fat Boy, I learned that I had the need for speed," Thompson said. "I felt like I was born with the need to go fast in my DNA."

Thompson started out her career in drag racing, but discovered that her real passion was in pursuing land speed records, so she started competing at the heart of land speed record chasing: the Bonneville Salt Flats.

"When you're a racer, you always want to go faster. You always want to be the fastest," Thompson said.

Thompson competes for top speeds at the Bonneville Salt Flats, which is a vast, extremely flat, 20-square-mile expanse of salt and mineral-covered land in northwestern Utah. Motorcar racing has taken place at salt flats since 1914, including tracks in Australia and Bolivia.

Land speed racing is performed one vehicle at time, starting when the driver crosses the "safe zone." At the start, the streamliner bike is towed by a truck until it reaches a speed of 50 mph. The truck then releases the bike and it zooms down the 10- to 12-mile track.

"In a matter of ten seconds, when I go through the timing light…I'm going 320 mph," Thompson said. "I have to finesse my foot, and quickly."

Thompson has been racing the streamliner



The BUB 7 is 21-feet in length and runs on two wheels, which puts it in a unique racing category.

"'The best protection any woman can have…is courage' is my inspirational quote. I mean, I need protection, I need courage. What guy and what female wouldn't need courage to go and do what I do?"

for Denis Manning (owner of BUB Enterprises and builder of the streamliner) and Team 7 Racing or "BUB 7," since 2016.

The name "BUB" came to be after a friend of Manning lovingly called him "Big Ugly Bastard." Manning looked at his friend and said, "That's the name I'm going to give the streamliner."

Racing motorcycles at 300+ mph also comes with its share of risks.

At last year's World Speed Trials, Thompson survived a crash possibly caused by a gust of wind blowing her bike sideways. The motorcycle flipped multiple times and she slid for a mile before the bike stopped. She was going 363 mph.

"I don't remember doing any of the 'Evil Knievel' flips," Thompson said of the crash.

Luckily, because of the frame of the bike and the many safety precautions, Thompson escaped unscathed. There is also a bailout procedure in case of emergencies, which Thompson and her team go over during tech inspections before each race.

When the team is racing at the salt flats, Thompson says they truly enjoy spectators coming to watch the races.

"When people drive by on the highway, they can see us race," Thompson said. "Once you pay an entry fee, you can come in, walk the pits, talk to the racers.



Valerie's collection includes the helmet (bottom right) she was wearing during her crash. It has since been retired.



After flipping multiple times, the BUB 7 slid for a full mile before coming to a complete stop.



Mesa-based band CTS (Called to Serve) gave Valerie this custom guitar. Their song "Quarter Mile" was inspired by her. The lyrics are printed on the back of the guitar.

When we see people coming, we get excited. We get to educate people that come and see us."

At the next event, Thompson will also be racing the Target 550 Streamliner, a larger version or "car," which has four wheels instead of two. On this machine, there are two Dodge Hemi supercharged engines and Goodyear tires designed to withstand speeds up to 600 mph.

Thompson is always challenging herself and pushing limits. Her ultimate goal is to retire after achieving a 400 mph (or possibly 500 mph) run on a bike and in a car.

When Thompson isn't hanging out on two wheels, she loves to shop, relax by the pool and spend time with her husband and friends. And what comes next after she reaches her goals?

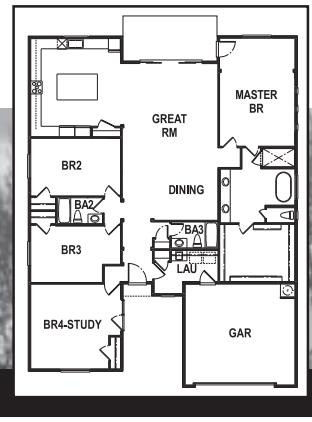
"I don't know what I want to do after my racing, to be honest," Thompson said.

Thompson's next race is August 10-16 during Speed Week at the Bonneville Salt Flats.

Thompson stars in the upcoming documentary *Rockets and Titans*, which follows the people and teams competing in the "cross-continental battle for the world's fastest motorcycle title." The film will be out later this year. For more: facebook.com/rocketsandtitans.

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AWARDS AND ACCOMPLISHMENTS

- Only female racer on "World's Top 10 Fastest Motorcycle Riders" list – 2019
- Sturgis Motorcycle Museum & Hall of Fame Inductee – 2018
- Named one of the "Top 100 Leaders in Powersports" (Dealernews) – 2019
- First female member of Dry Lakes Racers Australia (DLRA) 300 MPH Motorcycle Club – 2018
- Recipient of DLRA "Fastest Lady on the Lake Award" (328.467 mph) – 2018
- First female appointee to Bonneville 200 MPH Club Board of Directors – 2017
- Recipient of "Top Speed Award" at the Bonneville Motorcycle Speed Trials (304.263 mph) – 2016
- Guest Celebrity Rider/Speaker for International Female Ride Day – 2013-2019
- Co-starred in Super Bowl Commercial
- Featured in award-winning documentary films, including "Why We Ride" and "Mega Speed" (Discovery Channel)

BONNEVILLE SALT FLATS

- **The Salt Flats were formed when Lake Bonneville dried up. The lake filled much of the Great Basin, which included most of the state of Utah. The Great Salt Lake is a remnant of Lake Bonneville.**
- **The Bonneville Salt Flats are comprised of approximately 90% common table salt.**
- **The crust of the flats is almost five feet thick in places near the center, with the depth narrowing to less than one inch near the edges.**
- **The first land speed record was set in 1914 by Teddy Tetzlaff, who went 142.8 mph. Craig Breedlove was the first person in history to reach 500 and 600 mph at the flats.**
- ***Knight Rider, Independence Day, SLC Punk, The World's Fastest Indian, Gerry, The Tree of Life, Top Gear,* and *Pirates of the Caribbean: At World's End* were all filmed at the flats.**

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Scottsdale hosts 2019 Brewster Kaleidoscope Society Expo

By Jennifer Marshall

Many of us may remember the colorful kaleidoscopes of our youth, but the scopes that were on display at the Brewster Kaleidoscope Society's Phoenix Expo are far from children's toys.

British Scientist Sir David Brewster invented the kaleidoscope in 1816, and in 1986, travel author and Baltimore resident Cozy Baker established the Brewster Kaleidoscope Society (BKS).

Baker had been on tour promoting her latest book, which was a cathartic response to the passing of her son, when she fell in love with her first kaleidoscope in a boutique in Nashville. That was in 1982 and since then she's worked tirelessly, celebrating and promoting the kaleidoscope as a piece of art. While Baker passed in 2010, her legacy lives on in the organization. She founded the Cozette Award, which is named in her honor as she was its first recipient in 2002.

"The BKS is a society of artists who design and create kaleidoscopes; the galleries and shops who sell kaleidoscopes; and the collectors and museums who appreciate and enjoy them," according to the organization's website.

BKS's 300-plus membership hails from all around the globe and the internet is vital to keeping them connected. In order to meet and share their kaleidoscope creations up close and personal, they hold an expo once a year in a unique location.

In June, the Hilton Scottsdale Resort & Villas hosted its 29th meeting, which was attended by more than 150 conference-goers.

While not all members are able to journey to the expo every year, 2019 welcomed many new faces. Participating artists traveled to the Valley from as far away as New Zealand, Japan and South America. Despite the thousands of miles that separate the members, the group exudes a feeling of real family and camaraderie as member artists often consult with one another on particular projects.

"These members are the backbone of the industry," BKS Board member Judith Wilde said.

2019 NELLIE BLY KALEIDOSCOPE WEEKEND

When: October 16-20
Where: 136 Main St., Jerome, AZ, 86331
nellieblyscopes.com

After a warm welcome from Wilde, the day commenced with the morning program beginning with the presentation of The Cozette Award followed by The Grand Unveiling where the artists' latest kaleidoscope masterpieces were showcased. In the afternoon, the showroom opened, providing access to each artist's table.

In terms of size and shape, kaleidoscopes are made as small as wearable art jewelry, like necklaces and earrings, all the way up to massive furniture pieces such as large as coffee tables.

When it comes to the theme, there's no ceiling on creativity. Kaleidoscopes are fabricated from a vast array of materials including clay, metal, wood, ceramic and stained glass. There were kaleidoscopes designed out of everyday items such as a doll and a pair of cowboy boots. The possibilities seem endless.

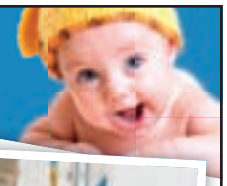
Artist Koji Yamami, the Cozette Award winner for 2019, went back to nature with his impressive scope inspired by the native saguaros and Sedona's red rocks.

"Probably the biggest shop in the country for the number of scopes it has is Nellie Bly Kaleidoscopes and Art Glass in Jerome," Wilde said. In October, Nellie Bly is set to sponsor the next significant scope event entitled Kaleidoscope Weekend 2019.



Artist Koji Yamami won the prestigious Cozette Award this year with his scope inspired by Arizona's saguaros and Sedona's red rocks.

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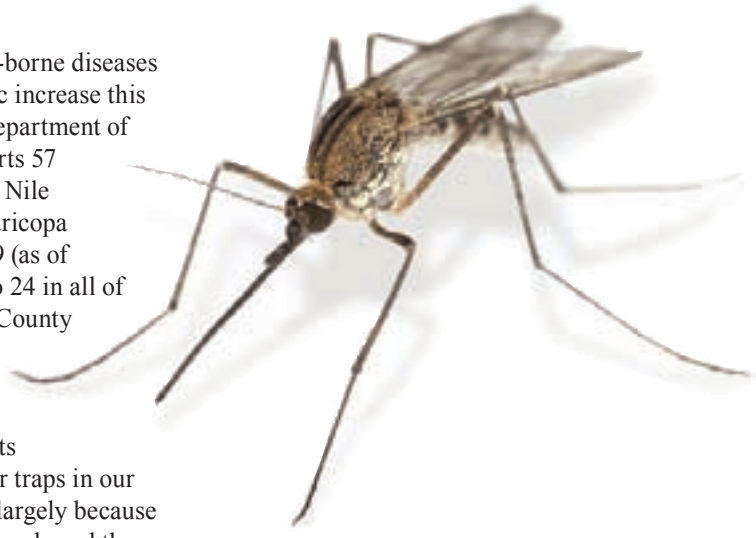
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How to: Keep those pesky pests at bay

By Megan Forrester



Cases of mosquito-borne diseases have taken a dramatic increase this year. The Arizona Department of Health Services reports 57 human cases of West Nile virus infection in Maricopa County so far in 2019 (as of July 19), compared to 24 in all of 2018. The Maricopa County Environmental Services Department has reported higher counts of mosquitoes in their traps in our area in recent years, largely because of our proximity to canals and the irrigation systems.

Over-watering and areas of open water combine with the warm temperature to provide a perfect habitat for breeding mosquitoes.

"We've created the ideal environment for mosquitoes," said Chuck Wells, president of the Mosquito Squad of Greater Scottsdale. "It doesn't take very many mosquitoes to really go crazy with the infestation."

Wells added that the growth of mosquitoes is doubling every year in Arcadia. And since one female mosquito can breed a million offspring in a month, prevention is key in keeping them from ruining your summer.

"Arizona mosquitoes can be especially difficult," Wells said. "You have to be stubborn in order to beat these mosquitoes and keep them away."

Here are Wells' tips to keep these pests away.

ELIMINATE STANDING WATER

Check around the property for standing water. Any puddles – including small crevices of water where your pool toys are stored and in saucers underneath plants – should be removed. Cleaning outdoor drains with bleach or any repellent with larvicide in it can help achieve a mosquito-free backyard. Avoiding over-watering your lawn also prevents mosquitoes from finding a new home right below your feet.

SET UP A FAN ON THE PORCH

Since mosquitoes can only fly up to one mile per hour, placing a fan anywhere near your patio or outdoor hangout spot may reduce the number of mosquitoes coming your way.

HELPFUL REPELLENTS

Purchase an insect repellent containing DEET. This may help reduce mosquitoes, but it also requires constant reapplying, especially at night and early in the morning when mosquitoes are most active. This may only achieve temporary results.

"I've tried a lot of different things, but a lot of them have not worked very well," Wells said. "DEET was effective for a little while, but then the mosquitoes came right back."

CLOTHING COLOR

Mosquitoes have bad vision. However, they are generally attracted to darker colors, so lighter hues are the way to go.

KEEP PROPERTY CLEAN

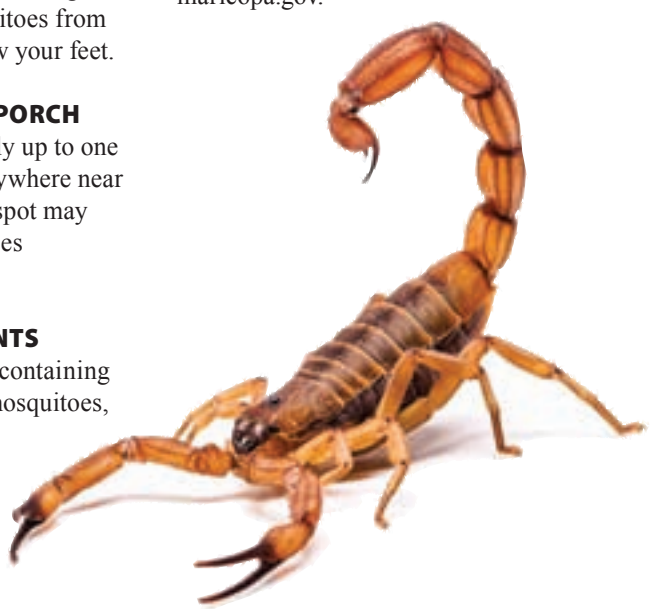
Any insects, especially scorpions, love to hide in any crevice they can find to stay invisible. Ensure there are no stray pieces of wood, wood piles or cardboard near your house, or they could become a scorpion's new home. Mosquitoes also like to hide in any debris.

CALL PROFESSIONALS

If none of these solutions seem to do the trick, the next step is to let the professionals handle it. The Mosquito Squad – among other businesses in the industry – has multiple treatment options.

"You have to be persistent," Wells said. "You have to treat your property over and over again and eventually these mosquitoes will not want to come back."

For more about mosquito-borne diseases, prevention and current statistics, visit Maricopa County Vector Control: maricopa.gov.



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Bakeries bring diverse culture to Arcadia

By Anthony Wallace

You don't need to leave Arcadia to feel like you're on the other side of the world. Authentic, international eateries act as portals, "teleporting" those who enter into alternate cultural dimensions that stimulate all the senses, not just the taste buds.

Although they represent cultures from opposite hemispheres, A T Oasis Coffee & Tea Shop and Sweet Land Cakes are separated by just one block near 48th Street and Thomas.

These two establishments offer distinctly different menus, but they do have things in common. Both serve as genuine communal hubs. Both have gregarious and passionate owners and both are reflections of the culture from which they derive their identity.

Sweet Land Cakes is a Puerto Rican bakery that specializes in providing cakes and pastries for weddings, quinceañeras and other events. In addition to catering, Sweet Land Cakes' storefront location offers individual pastries, Puerto Rican groceries, Cuban sandwiches and full Puerto Rican meals on the weekends.

Among the bakery's most popular offerings is a *quesito*, which is a flaky pastry with a creamy filling.

"It's the best thing you've ever eaten. It's called a 'whoa that's good'," said customer Jessica Cline.





PHOTOS BY ANTHONY WALLACE

A T Oasis owner Aisha Tedros brings Ethiopian flare to the Valley. The must-try item at Sweet Land Cakes (right) is the quesito, *a flaky pastry with a creamy filling.*

Owner Ben Charvest moved to Arizona from Puerto Rico 12 years ago in hopes of finding a more secure financial future. He worked at Costco until three years ago, at which point he decided to open his own bakery. Although he always knew he had a knack for baking, he admits that the degree of success of he's experienced thus far at Sweet Land Cakes has surprised him.

"We are so busy. People love my cakes and pastries. I can't believe it," Charvest said.

Less than half a mile west on Thomas, A T Oasis Coffee & Tea shop was opened in 2013 by Aisha Tedros and her husband Abdul. Aisha moved to the U.S. from Africa in 2002 and gradually grew to miss the daily rhythm of her life back home. In Ethiopia, each day is organized around three coffee ceremonies, where friends and family relax and take time out of their day for each other.

A T OASIS
4613 E. Thomas Road
atoasiscoffee.com

SWEET LAND CAKES
4747 E. Thomas Road
sweetlandcake.com

In an effort to bring this tradition to Phoenix, Aisha opened her coffee shop and offers coffee ceremonies to a local audience that has been more than receptive.

Ginger coffee, the traditional drink of Aisha's native Ethiopian tribe, and the chai tea are the two primary drink specialties at A T.

"I gather the spices for the chai, some from India, some from the Middle East. They are all natural and organic," Aisha said. "The ginger is from Africa as well, but it is not like it is here, it is a unique ginger. It is different."

The bakery's pastry recipes come from Aisha, past and current employees as well as customers. One of the place's most popular offerings is the "Don" scone, which is named in memoriam of the late regular who came up with the recipe.

A T Oasis and Sweet Land Cakes are both owned and operated by people who are passionate about bringing their local community the pleasures of their homeland and Arcadia has welcomed them with open arms.



NEWS BRIEFS



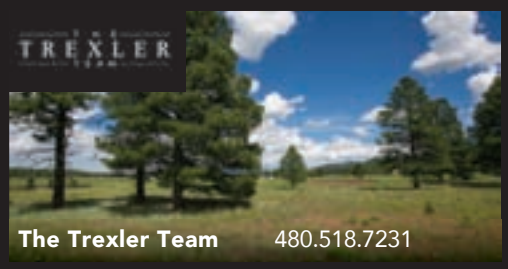
CHIVALRY, RIVALRY, REVELRY

Located near Talking Stick Resort on Via de Ventura west of the Loop 101 is a place that will take you all the way back to the Middle Ages. Medieval Times finally opened its doors in late July and welcomes all ages to enjoy jousting, sword fighting, costumed performers and a four-course meal fit for a king or queen. Ticket prices range from $35 to $45 with VIP packages available. This is the 10th Medieval Times to open and the first for Arizona. For more: medievaltimes.com.

LOOK AT THAT SKIN GLOW

Vibrant Skin Bar will be opening its second location at the end of August at 4325 E. Indian School. From the website: "Our mission at Vibrant Skin Bar is to create the brightest version of you. Treating the whole person from the inside out to not only look and feel great but to glow in the vibrations of health."
For more: vibrantskinbar.com.

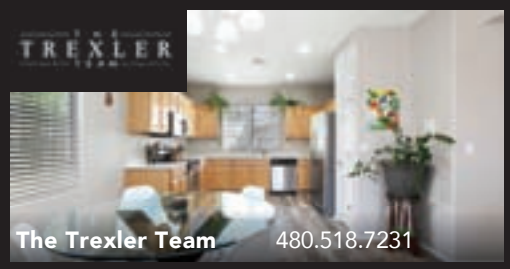
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375 S. HIGHLAND MEADOWS DR. 305
WILLIAMS, AZ 86046

Enjoy golf-course living and the cool pines of Northern Arizona on this 1/3 acre lot on fairway 13 with exceptional views of the San Francisco Peaks. Build your dream home whether it's a summer get-away or your full-time residence. Dotted with a few pine-trees, this level lot is build-ready and backs up to the fairway. It includes all city utilities: city water, city sewer underground electric, cable, phone and natural gas. Paved streets with curb.

$99,000

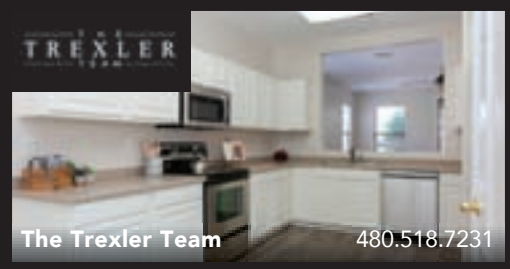


1809 W. MORSE DRIVE
ANTHEM, AZ 85086

3 Beds / 2 Baths / 1264 SF

Natural light fills this charming 3 bedroom, 2 bath home in Anthem's award winning country club. It boasts a large kitchen, spacious living area, and a split floorplan plus al of the amenities that the Anthem Country Club offers including golf, walking paths, workout facility, clubhouse, heated pools, tennis courts, and guarded entry.

$240,000

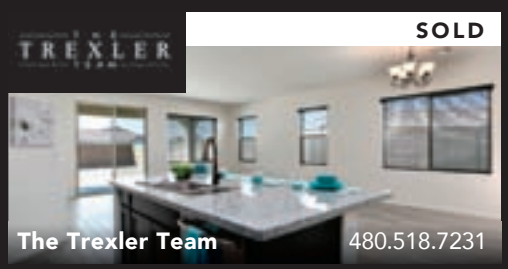


10020 W. RAYMOND STREET
TOLLESON, AZ 85353

4 Beds / 2 Baths / 1701 SF

4 bedroom, 2 bath single story home backs to open space with a large backyard on a premium view lot. This light and bright home has been completely remodeled with new paint inside and out, new flooring throughout, white cabinets, large artificial turf lawn, mature landscaping, extra large garage with epoxied floor and much more.

$245,000

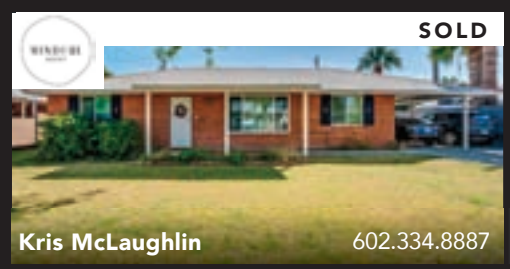


671 S. 202ND DRIVE
BUCKEYE, AZ 85326

4 Beds / 2 Baths / 1820 SF

Brand new, never lived in 4 bedroom, 2 bath home in Buckeye - the fastest growing city in the United States! Everything is pristine from the wood plank tile floors to the stunning granite counters. The idyllic kitchen with a walk in pantry and generous island open up into the great room and dining room making it the perfect spot for gatherings and entertaining.

$279,673

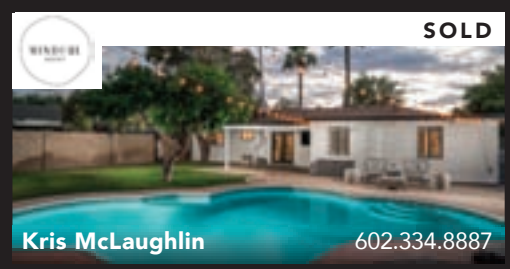


3615 E. CLARENDON
PHOENIX, AZ 85018

3 Beds / 2.5 Baths / 1797 SF

Large irrigated lot, sparkling pool & unbeatable location on an awesome street. Newer AC, water heater & windows. Walk or bike to Sip, The Madison, Kaleidoscope, Nook, The Vig & more!

$425,000



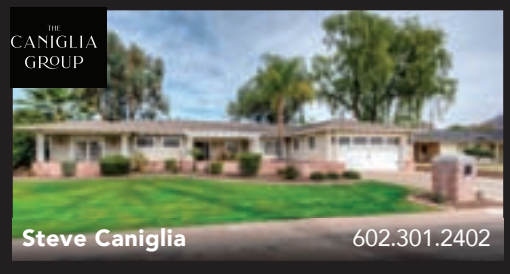
3849 N. 34TH STREET
PHOENIX, AZ 85018

3 Beds / 2 Baths / 1881 SF

Fully remodeled home with open floor plan, split master, perfect backyard with sparkling pool and tons of upgrades.

$510,000

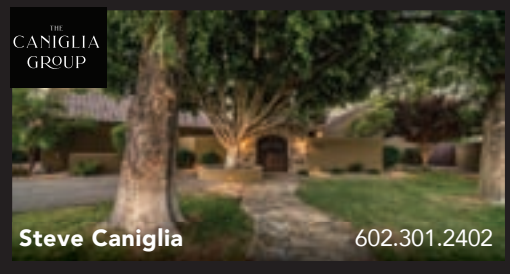
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FRIDAY 8/2 – SUNDAY 8/4

Gem and Mineral Show

9 a.m.-5 p.m. (4 p.m. on Sunday) at the Prescott Valley Event Center, 3201 N. Main St., Prescott Valley. If you're in the market for gems and jewels, head up to Prescott for a weekend filled with both. There will be more than 60 vendors with jewelry, beads and tools for sale. There will also be demonstrations, gold panning and geode cracking. Admission is $5. For more: prescottgemmineral.org.

SATURDAY 8/3

Woof Down Lunch

10 a.m.-3 p.m. at the Prescott Courthouse Plaza, 120 S. Cortez, Prescott. Here's one way to escape the heat of the Valley: head up north to 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. Admission is $20 and includes a picnic lunch and a gift to take home. For more: prescott-az.gov.

Food Truck Festival

11 a.m.-9 p.m. at the Green Valley Park, 1000 W. Country Club Dr., Payson. Celebrating the ASU pre-season football week, Payson Parks and Rec presents the 3rd annual Food Truck Festival. There will be a variety of trucks to choose from, plus live music, Jenga, corn hole and a beer and wine garden. Admission is free. For more: paysonrimcountry.com.

THURS. 8/8 – SAT. 8/10

Arizona Cowboy Poets Gathering

7 p.m. at the Yavapai College Performing Arts Center, 1100 E. Sheldon St., Prescott. Listen to the stories and songs of the old west and travel back in time at the 32nd annual Cowboy Poets Gathering. Patrons will be able to listen to and meet performers, hear poetry readings, have coffee with the cowboys or attend one of the many daily performances. Tickets are $20-$35. For more: azcowboypoets.org.

THURSDAY 8/8

Old Brick House Vintage Market

10 a.m. at the Old Brick House, 202 W. Main St., Mesa. The owners of OBH have been picking their way through vintage markets across the country and are ready to share their treasures. The Welcome Home Market might feature all the vintage home décor and furniture you've been searching for. There will also be a chance to win a $100 shopping spree. This event is free. For more visit the Old Brick House Instagram page.



Wine Country BBQ *at the LDV Winery Vineyards in Pearce.*

SATURDAY 8/10

Wine Country BBQ

11:30 a.m.-4:30 p.m. at the LDV Winery Vineyards, 13922 S. Kuykendall Cutoff Road, Pearce. Settled in the Chiricahua Mountain Foothills, LDV's vineyards are a sight to behold. The Wine Country BBQ is an opportunity for guests to check out the vineyard, enjoy drinks and lunch and take advantage of the photo ops. There will also be games and winemaker tours. Registration is $25 per person. For more: ldvwinery.com.





OUT OF THE AREA, *BUT WORTH THE DRIVE*

SEND EVENTS TO
editor@arcadianews.com

41st annual Dave McKay Memorial Run

7:30 at Wheeler Park, 211 W. Aspen Ave., Flagstaff. Part of Flagstaff's Summer Run Series, the Dave McKay (founder of Big Brothers & Big Sisters) Memorial Run will benefit the Big Brothers & Big Sisters of Flagstaff. This challenging run is 13 miles of city streets, dirt roads and mountain trails. Participants can choose the half-marathon and 5K as well, which can be for runners or walkers. There is also a fun run available. Registration is $35-$80. For more: halfmarathons.net.

FRIDAY 8/16

Mirage – Visions of Fleetwood Mac

7 p.m. at the Prescott Elks Theatre, 117 E. Gurley St., Prescott. If you weren't able to see Fleetwood Mac when they were here last November, head to the Elks Theatre to see Mirage, a Los Angeles-based Fleetwood cover band that focuses on their greatest hits. They've even been praised by Stevie Nicks herself. Tickets are $25. For more: prescottelkstheater.com.

SATURDAY 8/17

At the Crack of Dawn Sunrise Kayaking

5 a.m.- 8 p.m. starting at Bruce Church Loop and ending at Gateway Park: E. 1st St. and S. Gila St., Yuma. Participants ages 8 and up can partake in this morning kayak adventure and enjoy the beauty of the river (and the cooler temperatures). Make sure to bring a camera to capture the sunrise. Registration is $33 per person. For more: visityuma.com.

Grape Train Escape

5:30-9:30 p.m. at the Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Time to "escape" to the Verde Valley with the Grape Train Escape. Attendees with be able to sample sips from Verde Valley wineries while enjoying the beautiful scenery of the Saturday Night Starlight trips. First class will enjoy four wine tastings with paired appetizers. This event is 21 and up. Tickets are $130. For more: verdecanyonrr.com.

FRIDAY 8/23 – SUNDAY 8/25

Off-Road and Camping Expo

12-7 p.m. Friday, 9 a.m.-6 p.m. Saturday, 9 a.m.-4 p.m. Sunday at the Payson Event Center, 1300 S. Beeline Hwy., Payson. Find all of your camping needs in one spot at the Off-Road Camping Expo. There will be Utility Task Vehicle exhibits, overland exhibits, a kids zone, demo rides, activities, seminars, a vendor village and races. Tickets are $10 per person. For more: offroadcampingexpo.com.



Live Conversation – John Cusack *at the Chandler Center for the Arts.*

SUNDAY 8/25

Live Conversation – John Cusack

7 p.m. at the Chandler Center for the Arts 250 N. Arizona Ave., Chandler. Movie buffs will recall that iconic scene in "Say Anything" where John Cusack holds up the boombox. Now, you have a chance to see and speak to John at the Live Conversation event celebrating the Arts Center as well as the anniversary of the movie coming out. There will be a screening of "Say Anything" followed by a presentation by John and a Q&A session. Tickets are $44-$74. For more: chandlercenter.org.

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Local businesses provide creative space for the whole family

By Kaylee McClaine

Two local businesses are providing opportunities to Arcadians of all ages to explore their creative side through hands-on workshops focused on arts, crafts and science-based projects.

Happy Craft, started by Allison Siegel, brings art to the neighborhood through unique workshops. Until recently, Happy Craft solely focused on hosting arts and crafts workshops at birthday parties and other events in people's homes. Thanks to a partnership with local coffee shop Oh One Eight, Siegel is able to host events out in the community.

Siegel graduated from Georgetown University and started a career teaching English. As a teacher, Siegel loved to make learning a creative process. She loved working with kids, but she found that working in a conventional job was not for her.

Siegel created Happy Craft as an extension of her passion for the creative process, with a goal of creating a space for kids to get creative without pressure.

"My favorite part of owning a business is the flexibility and freedom to do what I want to do. My work is intellectually challenging and interesting," Siegel said. "I am currently planning a "Boho Chic" camp where we are making leather and feather headbands. I've never made these headbands before. This work offers me more opportunities to become creative."



PHOTOS BY ALLISON SIEGEL

Above are projects that Allison Siegel has crafted with her workshop participants.

In addition to offering crafting parties and workshops through Oh One Eight and at her home, Siegel is working on a new project called "Crafter," where students can come into the coffee shop after school, hang out and work on their own projects.

Siegel also hosts workshops for adults, so all members of the family can spark their inner creativity. For more, visit the Happy Craft Facebook page.

Another local program is Pop Up Science and Art, owned by Aida Hatem. Pop Up Science and Art provides unique workshops in STEAM (science, technology, engineering, art and math) for kids and adults.

"In coming up with the name, I wanted to convey the idea that these classes would 'pop up' and that you wouldn't need to sign up months in advance. My goal at Pop Up Science and Art is to harness creativity and wonder to inspire a lifetime of learning," Hatem said.

Hatem has always loved tinkering with objects which led her into the field of engineering – she actually has two degrees for the industry. After moving to Arizona, Hatem became a stay-at-home mom, but she was always gravitating towards engineering tasks and building fun projects, like a Cashnado (a booth that blows money around). She also spent 10 years working on and leading the Exploration Friday Program at Echo Canyon.

After creating classes at Exploration Friday and working with Free Arts of Arizona, Hatem felt motivated to bring creative hands-on experimentation to Arcadia.

"I decided to go back to my STEM roots and combine it with a newfound love of art and working with kids. I was really good at developing fun hands-on classes and leading them in a way that inspired the participants to enjoy science," Hatem said.

Hatem offers private workshops, birthday parties and hosts workshops in either her home or Oh One Eight coffee shop. Hatem also recently started offering Sweet Science Kits (examples are a build-your-own rocket launcher and a chain reaction kit that holds five different projects in one set) and other products, like magnetic slime and Origami earrings to customers for purchase.

For more, visit Pop Up Science and Art on Facebook and Instagram.



PHOTOS COURTESY OF AIDA HATEM

A volcano, magnetic slime, rockets and origami earrings are a few of the things people can create with Pop Up Science and Art.

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Every September we feature vacation photos submitted from our readers.

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SUMMER VACATION PHOTOS THAT MADE OUR COVER:

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2016: The Cadwell family on the beach in Coronado.

2017: Carter Lampe washes ashore during his vacation in Del Mar.

2018: Elle, Andrew and Jacob during their hiking trip in Switzerland.

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How long should a job search take?

By Angela Copeland

CAREER ADVICE



When you're looking for a new job, the time it takes can feel brutal. Every day, you hope the right job will fall into your lap. Not only are you anxious about this, so are your friends and family. They've never seen a job search take so long. Something must be wrong. Right?

Not necessarily.

There are a few things to consider when it comes to getting a new job. First, think about this: when you finished college, you would take any job, working anywhere, doing anything, for any amount of money. You had never worked before. You just needed something to put on your resume.

But after you got a little bit of experience under your belt, you started to know yourself better. You realized that you're good at a certain type of work. Maybe you need to live in a certain city now. You may be married or own a home. And you may need to make a certain amount of money.

When you have more requirements, the number of jobs you're looking for are more limited. This isn't a bad thing. Knowing what you're looking for is great. It will help you to find a job that's a good fit. But it will take longer. Because now instead of any kind of job, you are looking for one particular kind of job.

In addition, your search can take longer if anything about your search is unusual. For example, if you're job searching from a distance (if you want to relocate), it usually takes longer. If you are switching industries, it may take longer. If you're switching job functions, it may take longer.

The more you make, the longer it takes. This is also an issue as you climb the corporate ladder.

The more experienced you are, the longer your search will take.

Experts estimate that for every $10,000 you make it should take approximately one month to find a job. In other words, if you make $40,000 per year, it should take about four months to find a job. If you make $60,000 per year, that number jumps to six months.

> "Experts estimate that for every $10,000 you make it should take approximately one month to find a job."

If you've reached an executive level role at your company, the amount of time it takes to find something goes up, right along with your pay. This can make job searching more time consuming and more exhausting than ever before. It can be shocking for friends and family who are by your side through your search. Not only does it take time to find something, but at this point in your career, you don't want just any offer. You want a job that's a good fit all the way around.

This time horizon is something to keep in mind if you're struggling. It's also a reason why having an emergency fund can be helpful, if you can build one up. If you find yourself without a job, it may take time to find a new one.

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

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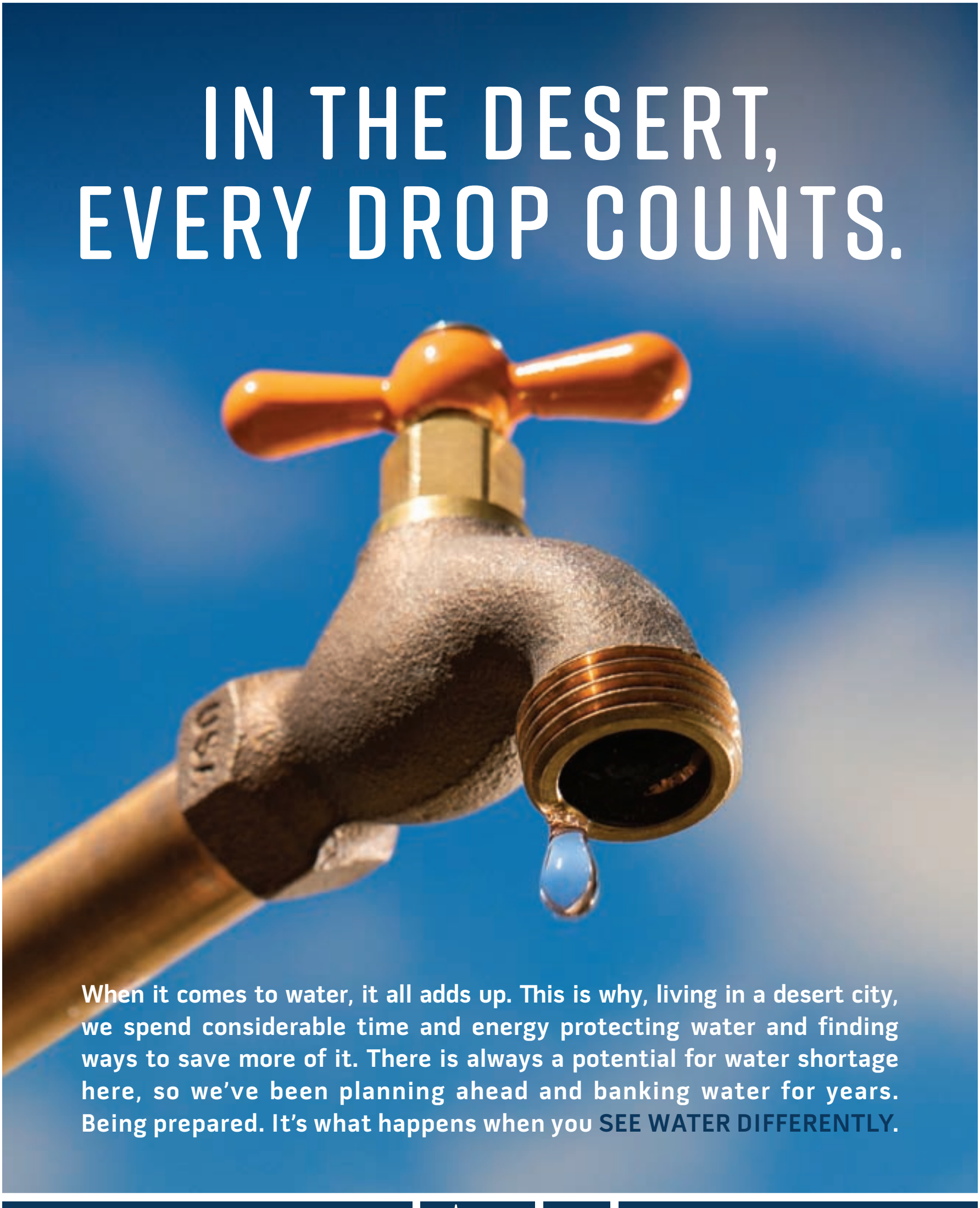


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DID YOU KNOW? (Mascots)

HOW OLD?

1889



The first team mascot, an actual bulldog named Handsome Dan, was a tradition started by a Yale student in 1889. Today bulldogs audition for the Yale title by strutting with the band and staring down a stuffed Princeton Tiger.

HOW MANY?

1,273



The most common high school mascot in the U.S. is the eagle. There are 1,273 high schools using it.

HOW TALL?

42’ 7.8”



The largest mascot is a 42 feet 7.8 inch tall yeti named “Boro the Great” who is the mascot for Sol Katmandu Park & Resort in Magaluf, Spain.

HOW LARGE?

376



The largest gathering of mascots in one place consisted of 376. The get-together took place on November 23, 2013 in Japan.

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MASCOT FACTS



They can get fleas.

They're not allowed to talk.

Most mascots aren't machine washable.

Mascot heads can be cleaned with a 50/50 solution of vodka and water.



They forge their autographs.

The Muppets inspired modern day mascots.

The first school mascots were real animals.



They sometimes need a college degree in sports marketing.

Professional sports did not use mascots until the 1960s.

SAY WHAT?

CAVEMEN HAD MASCOTS

The idea of the mascot is steeped in history and tradition that can be traced all the way back to the cavemen and early tribal societies. These ancient societies worshiped many different deities associated with nature and animals. They often would ask these deities, symbolized by animals, for goodwill. Spirit dances with masked members of the tribe were often performed in order to ask for a successful hunt, bountiful harvest, rain or fertility.



MASCOT WORD SEARCH

I	F	W	E	H	C	A	G	Q	N	R	K	Y	J	Z	K	I	E	F	G	A	D	T	Y
P	O	G	B	N	V	P	I	U	W	H	J	T	M	S	T	R	I	F	R	Z	S	T	Y
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How to escape your vehicle in emergencies

By Michelle Donati-Grayman

If you ever need to escape your car, a AAA study on vehicle escape tools reveals which way works best – and you may be surprised to learn that the specific type of glass in your vehicle plays a large role in your ability to exit safely.

In its latest study, AAA tested a random variety of vehicle escape tools – designed to aid passengers during a road emergency where they're unable to exit their vehicles normally – to determine their effectiveness in breaking tempered and laminated vehicle side windows.

AAA tested six tools (three spring-loaded and three hammer-style) and found four shattered the tempered glass, while zero were able to break the laminated glass.



IDENTIFY THE TYPE OF GLASS IN YOUR VEHICLE

Labels that are located on the bottom corner of vehicle side windows should state if the glass is tempered or laminated. If there are no labels, AAA advises contacting the vehicle manufacturer. The type of glass may vary throughout the vehicle.

Being prepared in an emergency will greatly improve your ability to stay safe. AAA strongly recommends drivers do the following:

PREPARE

Memorize the type of glass your vehicle windows are made of (tempered or laminated). Only tempered glass can be broken with standard escape tools.

Store the escape tool in a safe, accessible place. Ensure it works properly by testing it ahead of time on a softer surface such as a piece of soft wood. The tool works if the tip strikes the surface and leaves a small indent in the material.

Plan an exit strategy with everyone in the car. Also, have a backup plan in case an escape tool cannot be used or doesn't work.

USE THE S.U.R.E. WAY OUT

Stay calm. While time is of the essence, work cautiously to ensure everyone safely exits the vehicle.

Unbuckle seat belts and check to see that everyone is ready to leave the car when it's time.

Roll down or break a window – remember if the car is sinking in water, once the window is open the water will rush into the car at a faster rate. If the window will not open and the car has tempered glass, use an escape tool to break a side window to escape.

Exit the vehicle quickly and move everyone to safety.

Call 911 – while this is typically the first step in an emergency, if a vehicle has hit the water or is on fire, it is best to try to escape first.

Drivers should also remember that if a window will not open or cannot be broken because it is laminated, everyone should move to the back of the vehicle or wherever an air pocket is located. Stay with it until all of the air has left the vehicle. Once this happens, the pressure should equalize, allowing occupants to open a door and escape. If the vehicle is submerged, a hammer-style escape tool (as opposed to a spring-loaded-style) could be much harder to swing underwater.



The benefits of organizing and clutter-free living

By Megan Forrester & Cody Kennedy

Lauren White, the woman behind local company Intentional Edit, shares how her professional organizing service takes the tiresome act of cleaning up and organizing the house and changes it into something that families can look forward to establishing in their homes, while sharing some tips on how to take the stress out of organizing.



What do you do?

We are a service-based company and we go into people's homes and organize them. For most clients, it starts with one area and then after we tackle one area, they might have me come back the next month for something else. It's usually one area that's gotten out of control.

A lot of my clients have younger kids and they didn't realize how many toys would be involved and they become overwhelmed and don't know how to organize them so that the toys don't take over their family space. We start with that.

What gave you the inspiration to create this business?

Even as a child I have always liked order and have been good at organizing. I knew there was a need for busy moms with young kids since they struggle with keeping everything organized or being able to implement a system.

They can't create the system, but once someone does it for them, they can keep it that way. I saw a need and it was something that I liked doing, so I thought I would test it out. And it worked.

What are the benefits of clutter-free living?

The benefits of decluttering are extensive and include reducing stress and anxiety, increased productivity and creativity, improving quality of sleep and overall health, removing allergens, reduces debt, improves relationships and frees time.

Clutter is found in all parts of the home. Families with school-aged children often have a lot of clutter in the kitchen and eating area as they can easily become a dumping ground for items coming in and leaving the home on a regular basis.

What are the benefits of having an organizer?

A professional organizer is an expert in space planning and efficiency. Just like a person hires an accountant to do taxes or a personal trainer to help them get in shape, an organizer has expertise in decluttering and creating systems to keep the clutter from creeping in.

Organizers can act as an accountability partner when a person wants to be involved in the process. They offer a different perspective without judgement and encourage the decluttering process and organizing.

What is the hardest room to organize?

Without proper systems in place any room in the house that is "lived in" or gets the most traffic is the one that can easily become disorganized and cluttered.

Habits are formed by all family members (such as hanging up a backpack rather than leaving on the kitchen island, taking shoes to the closet instead of leaving on the floor, taking plates to the sink/dishwasher rather than leaving on the table) that allow for the home to function more efficiently, therefore, eliminating some of the clutter and chaos.

What are some home and closet organizing tips?

When deciding what items to purge I have clients ask themselves the following questions:

- Does this item serve a purpose?
- Is it useful and in working order?
- Have I used it in the past year?
- Is this the only item I own used for this specific purpose?
- Would I buy it again today?

If the answer is "no" to any of these questions, it's time to say goodbye to the item. When a person is struggling with letting go of something, asking the questions often makes it clear that the item is unnecessary and makes the decision to discard it easier.

There are also questions I use to help purge a closet:

- Does it still fit?
- Is it free from stains?
- Is it in working order?
- Is it in good condition?
- Is it still in style?
- Would I buy it again today?
- Do I feel good when I wear it?
- Have I worn it in the last year?

Again, if the answer is "no" the item can be discarded.

How do you simplify the purging process?

Tackling individual rooms and breaking the process down into smaller more manageable tasks is helpful when purging. Asking the above questions is a great way to simplify the purging process.

What is the best way to get rid of kid stuff? How do kids thrive with fewer toys?

With fewer toys, children are more likely to spend time outside, read and use their imaginations for creative play. If you want to reduce the numbers of toys in the house, involve kids in the process:

Lead by example – Let your kids see you purge, eliminate and donate items that are no longer of value to you.

Start with a basic purge – Toss or donate broken toys or games and puzzles with missing pieces.

Gather – Gather all of the toys in one area and sort them into categories. Ask kids this question: "What do you want to keep?"

Donate – Donate the rest of the toys, or have a garage sale and/or give toys to friends or family.

Celebrate – Celebrate that you finished this big project and enjoy.



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Diamond Dogz: training hounds with sounds

By Emily Ditomasso

Kristi Nolde-Morrissey's love for training began with her childhood dog Dutch, who she taught to fetch slippers, newspapers and to how to "play dead."

"I have always loved dogs and trained them as a hobby," Morrissey said.

In 2003, Morrissey decided that she wanted more than her "corporate America" work, so she turned her passion for training into a career.

"I devoted my life to dogs," Morrissey said. "I was training obedience dogs as a volunteer, doing labrador rescue and caring for dogs at the Humane Society."

Morrissey began training hearing service dogs after a local service organization came to her, wanting to expand their mobility service animal program into the hearing realm.

"After working there for a number of years, I realized I could be more effective in starting an organization that specialized in training hearing dogs," Morrissey said.

In 2015, Morrissey created her own organization called Diamond Dogz of Arizona, a nonprofit that helps people who are hearing-impaired train their own dogs to become certified hearing service animals.

"There really isn't any hearing dog training where people can come and train their own dog," Morrissey said. "I think we are the only program that really does that."

Morrissey believes this way of training is very beneficial for the relationship between the pet and the owner.

"The good part is that they really form a bond during training," Morrissey said. "This is special that they are training their own dog."





Participant Ray Welty with Max.

Training can take from 12 to 18 months, depending on the dog's age and personality. During the process, participating dogs learn how to alert their owners of certain noises, such as a doorbell, a ringing cellphone, dropped items or their owner's name being called.

"It is completely the student's choice what they want the dog to do," Morrissey said.

Morrissey requires her students to pick three sounds to teach their dogs during class, but in some cases, some dogs need to know more.

When the dog hears the sounds, the class teaches them to either nudge their owner with their nose or put their two front paws on them.

Morrissey has worked with a variety of different pups and said that there is not a requirement on the type of breed required in the class.

"Not every dog has the temperament or develops the skills. Not every dog has what it takes to become a service dog," Morrissey said.

Jan Martin has been training alongside Morrissey for a decade and recently started bringing her dog Shiloh to class. Shiloh is a small black terrier/poodle mix who can be found under her chair cuddled up and ready to alert Martin at any moment.

Martin said she knew right away that Shiloh would make a great service dog.

"He's not shy. You can see he loves people a lot," Martin said.

Martin added that while her dog can be a handful, Shiloh has learned a lot from the class and has "become welded to her."

Mike Adler, a former student who now trains with Wilson and alongside Morrissey, said the most important step a student can take is becoming consistent with the training and make sure to work with the dog outside of class.

"It's got to be done on an everyday basis – over and over," Adler said.

The trainer added that he noticed a change in his dog's behavior when he would take a break from training. He decided to switch up his routine to 15 minutes in the morning and 15 minutes in the afternoon.

"It's become a lifestyle," Adler said.

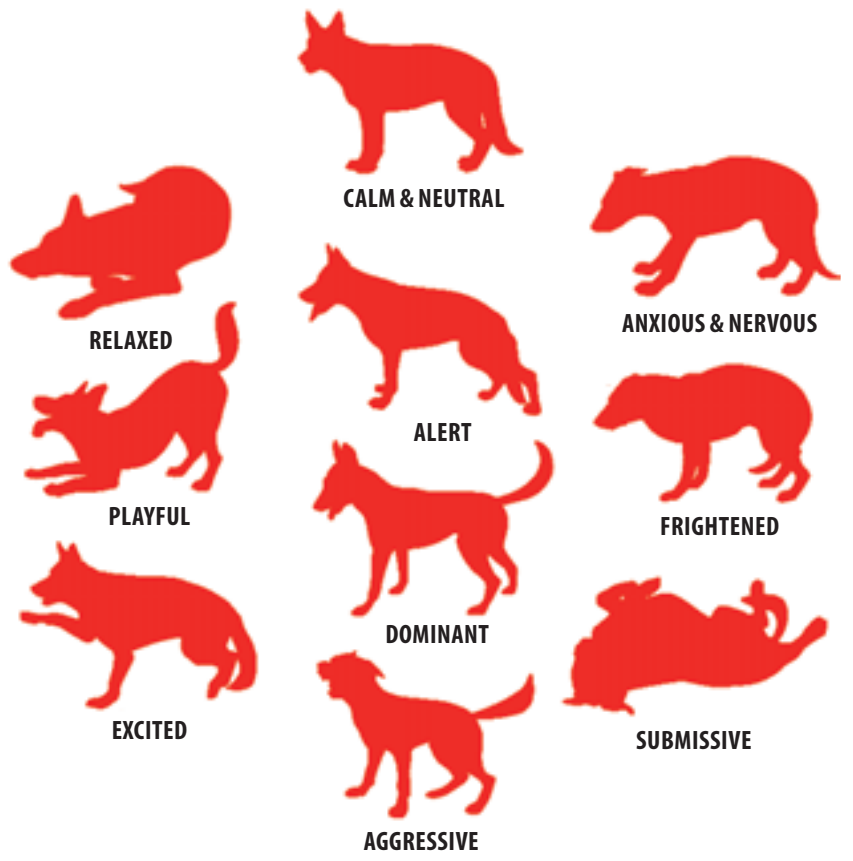
Diamond Dogz classes are held at the Devonshire Senior Center in Phoenix every Monday morning. For more: diamonddogzaz.org.



PHOTOS COURTESY OF EMILY DITOMASSO

Diamond Dogz of Arizona helps hearing-impaired people train their own dogs, creating a stronger connection between the animals and their owners. Wilson (left) is a former student who now helps with training other dogs.

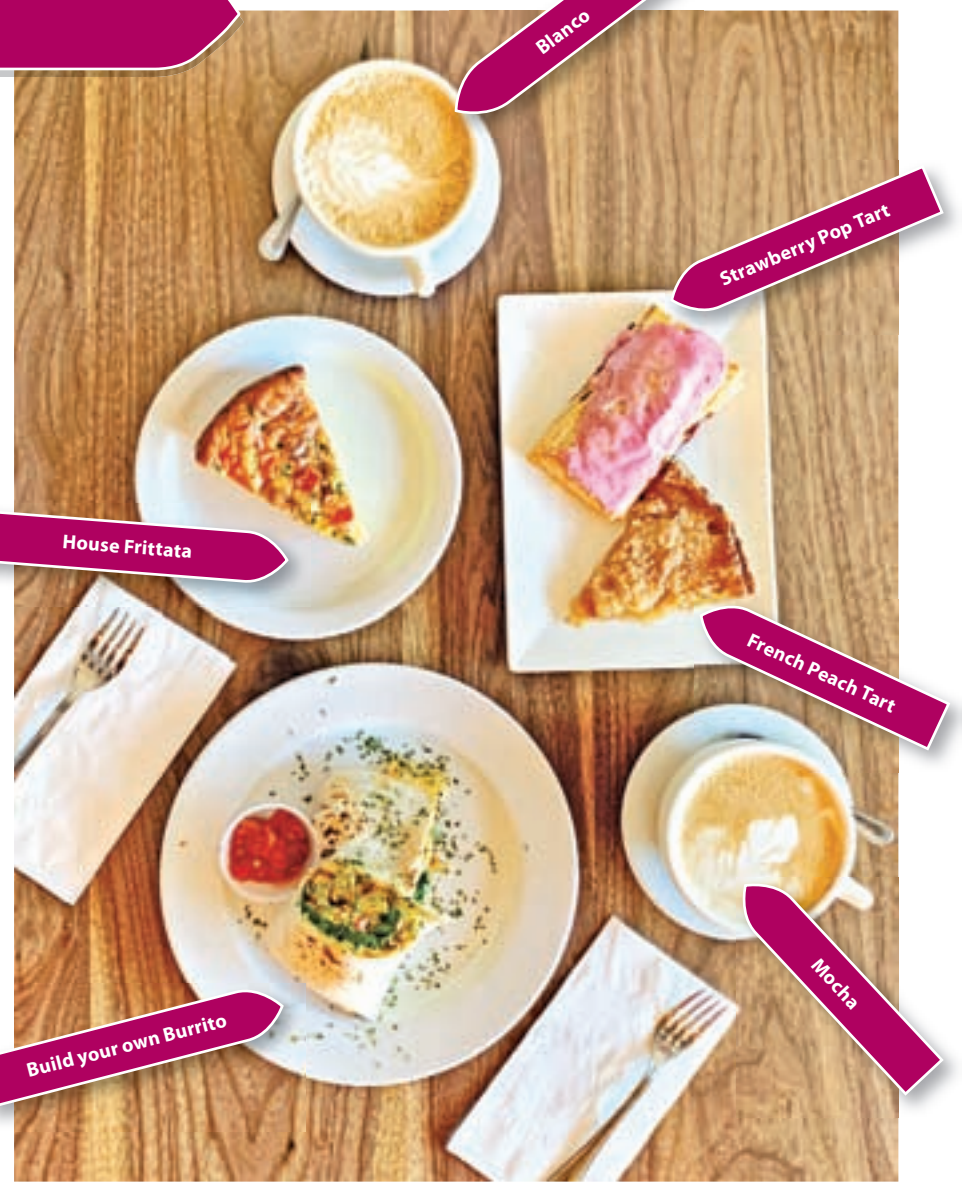
DOG BODY LANGUAGE TRANSLATION CHART



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By Cody Kennedy

In a world of hectic schedules, meetings, after-school sports and early weekend playdates, there is one constant that helps keep the world turning: coffee. Luckily for Arcadians, there happens to be a coffee joint on almost every corner. And in late May, Arcadia welcomed a new addition into its heart…and her name is Lola.

Lola Coffee occupies the former Masterpiece Donuts space on the northwest corner of 40th St. and Indian School Road. This is the second location for the shop, the first being in downtown Phoenix on Third Ave. and Roosevelt.

I moseyed in on a Monday, code for "I have no energy to do anything and need a pick-me-up."

The floor-to-ceiling windows provide ample light for those inside who are studying at the community table, reading on the cushy-looking couch in the back corner or, like me, attempting to get some work done at one of the high-top tables, which look to be hand-crafted from natural wood.

Add to that the modern light fixtures and local art pieces hung on the walls and you've got yourself a cozy spot to hang for an hour or two.

Lola offers well-known coffee drinks and a few more mysterious offerings, such as the Sunrise, which is orange juice with two shots of espresso. The barista must have seen the look on my face, because she told me "Don't knock it until you try it."

Folks can also order a standard OJ or a lemonade, or make your own concoction. I went with a cinnamon and caramel mocha. One sip and I was transported to my living room in Minnesota during winter: it was like Christmas hot chocolate, minus the frigid temperatures outside. I dreaded heading back into the heat.

There is a large chalkboard menu and pastry case near the register. Lola offers fresh baked goods daily, such as scones, muffins and doughnuts, all made in-house. As soon as I saw the Strawberry Pop Tart and French Peach Tart, it was game over and I found myself ordering one of each.

The sweet, flaky phyllo crust with warm, tangy strawberry filling made the pop tart ten times better than the store brand. And the peach tart? Rich, sticky-sweet and gooey, it reminded me of a dessert you might share with your significant other after an elegant meal in New York City.

Lola also serves various breakfast noshes. Along with oatmeal, omelets and breakfast sandwiches, guests can order from the daily specials, such as avocado toast, quiche or frittata.

You can also build your own breakfast burrito or breakfast sandwich and choose from various ingredients like spinach, mushroom, cheese, ham, bacon, jalapeños…have it your way.

I tried the frittata special of the day, with bacon, tomatoes, cheddar and jalapeños. The egg was light and fluffy, but this generous slice is filling, and the best part is: you don't feel guilty after eating it.

With comfortable, spacious seating and breakfast/pastries served all morning, Lola provides all the things one might need for a productive day.

Lola Coffee Arcadia is open from 7 a.m. to 5 p.m. daily.



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2019 HIGH SCHOOL FOOTBALL PREVIEW



By Rhys Lee

ARCADIA TITANS

Things were at an all-time low for the Titans football program two years ago when the team posted an 0-10 season. However, since Kerry Taylor took over as head coach last year, the team has been on an upward trajectory, posting a 6-4 season during 2018. Taylor's coaching approach and the team's remarkable turnaround helped bring excitement back to the team, but it wasn't without challenges.

"In my first year at Arcadia it started with learning how much football these kids knew and understood," Taylor said. "It was really starting from ground zero. That's why we are so excited for this season because now we hit this spring and summer on the fly. Mentally the players can handle so much more."

8/23 @ Coronado
8/30 vs. Deer Valley
9/6 @ Washington
9/13 @ St. Mary's
9.20 vs. Shadow Mountain
9/27 vs. Saguaro
10/4 @ Mesquite
10/11 @ Seton Catholic
10/25 @ Poston Butte
11/1 vs. Marcos de Niza

***All games start at 7 p.m.*

With one strong season under his belt, Taylor plans on using last year's momentum to lay the foundation for this year and hit the ground running. His players also have a year under their belts, so they start practice already understanding his playbook and expectations.

"We are so far ahead as a football team right now compared to last year," he said. "Last year we were so young and small. This year we're older and look a little different."

Taylor expects this year's squad will improve in its preparation for each opponent. As his players mature and focus on exceling at the things they can control, he believes the team's larger goals will take care of themselves.

"Our motto is 'be a pro,'" Taylor said. "Everything that we do on and off the field, we want to represent ourselves as pros. We hold each other accountable and take care of the team."

Entering the season with high expectations and strong discipline, Arcadia is the team to watch in Division 4A.

Key players:

Kadin Beler, QB: 1,718 passing yards and 16 passing touchdowns in 2018.

Paxton Earl, RB, MLB: 1215 total rushing yards, 218 carries and 17 total touchdowns.

Trey Brown, DT: 62 total tackles and five sacks.

BROPHY BRONCOS

'Driven' is the first word that comes to mind when talking to Jason Jewell, the new head coach of Brophy College Preparatory. Straight-forward and no-nonsense, Jewell exudes confidence about the upcoming season. And since Brophy plays in Division 6A, confidence is something he needs.

Called the "Godfather," Jewell has years of experience in football. Prior to coming to Brophy, Jewell spent 11 years as an assistant coach at Glendale Community College, coached high school football, worked as a writer, operated a college football recruiting business and also played at Phoenix Washington High School. All of his football experience should help him adjust to the pressure and expectations that come with being the head coach of a storied program.

"I'm the third coach in three years," he said, "which is not what Brophy is used to. They had three coaches in like 40 years before that."

And Jewell definitely has some big shoes to fill.

Jon Kitna, a former NFL quarterback who left Brophy last summer to become the quarterback coach for the Dallas Cowboys, led the team to a 7-3 record and took the Broncos to the playoffs. Jewell expects to continue being a playoff team, and has set winning a playoff game as his goal for this year. Lofty, but achievable, aspirations for the coach's first year.

8/23 @ Liberty
8/30 vs. Shadow Ridge
9/6 @ Tolleson
9/13 vs. Copper Canyon
9/20 @ Mountain View
9/27 vs. Alhambra
10/4 vs. Hamilton
10/11 @ Chandler
10/18 @ Perry
10/25 vs. Basha

***All games start at 7 p.m.*

Brophy has a consistent winning record and has won two state championships. The team is a perennial contender, bolstered by strong play on both sides of the ball. But the competition in the Premier 6A Division is tough.

Having to face four Chandler high schools in its division, Brophy has its work cut out for it to even make the playoffs. "We're in the premier region," Jewell said. "So, it's very tough, very competitive."

Another advantage for the Brophy team is the school's commitment to academic success. Being a private institution, Brophy also asks for rigorous discipline from its students. Surviving with a 2.5 GPA doesn't cut it at Brophy. This cultivation of excellence seems to be a key ingredient in the school's championing ways.

Key players:

Michael Diaz, OT: 96 total tackles, 67 solo. Two and a half sacks and five interceptions.

Bryce Michael, DT: 54 total tackles, 30 solo. One sack and one caused fumble.

Jack Taylor, DT: 20 total tackles, 14 solo.

VERITAS FALCONS

A classic underdog uprising story in the making, the Veritas Falcons are looking ahead optimistically to the upcoming season. From having just enough players to field a team and going 0-10 a few years ago to posting a 6-4 record last year, the Falcons have been steadily improving during the past few seasons. And despite having a smaller pool of students from which to create its team, the team's head coach expects its success to continue in 2019.

"You're sitting in the locker room of one of the smallest teams in terms of student body," Head Coach Jason Black said. "We're not fishing from a very big pond, so you are kind of limited to how big your roster's going to be."

Because of the smaller roster, Black said many of his players play on both sides of the ball and on special teams, getting brief breaks whenever they can fit them in. But

even this brand of iron man football is a better option than what he faced when he first arrived at Veritas.

This is Black's third year as head coach and fifth season with the team overall. He recalls that when he was first brought in, the program was almost shut down. "They were going to get rid of football entirely," he said, "but a group of parents said, 'You would be making a mistake. You've got a lot of kids here that enjoy playing'."

Back then, with only nine kids on the roster, Black knew the season wasn't going to go well. But by the end of the season, Veritas at least had 16 players on the roster – although the team lost every game anyway. At a minimum the kids still got to compete, but Black knew he had a mountain to climb. Fortunately, he was up for the task.

"We didn't do so hot, 0-10, we never really had a chance," he said. "It was kind of like, how do you move forward from this point?"

Black and the head coach at the time focused on an incremental, one-day-at-a-time approach. And it proved successful. The next year, the team added a few more players and went 3-7. When Black took over as head coach the following year, with a few more players, the team went 4-6.

Black described this time as "dying by a thousand paper cuts, but at least something was happening."

Last season was when the team really made a substantial leap forward.

"Last year, you could start to see it take off," Black said. "We had a really good group of sophomore and freshman guys making a ton of contributions with some really good senior leadership. We finally have a perfect combination of both going on."

Veritas posted its 6-4 record last year, finished with a No. 19 ranking and beat the No. 9 team during the season, which was the first time Veritas ever beat a ranked team. The team fell short of its season-long goal of making the playoffs, but that hasn't dampened spirits for this year.

"We lost a few, but we're getting those bodies back through the freshmen and the main core is still intact," Black said.

Black counts Veritas' culture of striving for excellence as a major asset for his student-athletes.

He believes since these players are already asked to dig deeper in the classroom, it's easier to ask the same on the field.

His strategy looks to be working, making Veritas another team to watch this season.

Key players:

Zach Jackson, WR, CB: No. 1 in the region in receiving yards (No. 4 in all of 2A) and interceptions (No. 7 in all of 2A).

Gage Lentz, QB, DB, WR: No. 3 in the Region for passing yards (No. 15 in 2A). Went 4-0 in his return from injury as the starting QB.

Jackson Walters, OL, DL: Top 25 Defensive Lineman in a stacked group in the 2A division and No. 7 in the region for tackles. Led the team in QB hurries and pressure.

8/30 vs. Trivium Prep

9/6 vs. Chandler Prep

9/13 vs. Glendale Prep

9/27 @ Parker

10/4 vs. Antelope

10/11 @ Red Rock

10/18 @ Valley Lutheran

11/1 @ North Pointe Prep

***All games start at 7 p.m.*

NEWS BRIEFS



THAI TO GO

Thai Chili 2 Go has opened its newest location at the Camelback Colonnade, 1949 E. Camelback Road. This fast-casual dining spot first opened in Queen Creek in May of 2015 and the Biltmore becomes its eighth location thus far. Popular dishes include Drunken Noodles, Pad Thai and various curry dishes plus rice and noodles and hot and sour soup. For more: tc2go.com.

SHANELAND ARTS

Coming soon to the Phoenix area is a new art concept. Shaneland Arts will offer an art gallery, creativity coaching, art classes taught by experienced instructors and a retail art shop with handcrafted, artisan creations. This eclectic art emporium will be located at 301 E. Camelback Road and will be opening on August 17. For more: shanelandarts.com.

PREP THE BREAKFAST

Tucson-based Prep and Pastry eatery is set to open its first location in the area in September. Located at the Scottsdale Waterfront on Camelback and Scottsdale Road, this brunch joint will offer breakfast and lunch specialties and an extensive "breakfast drink" menu, including specialty cocktails, mimosas, sangria and cold brew coffee. For more: prepandpastry.com.



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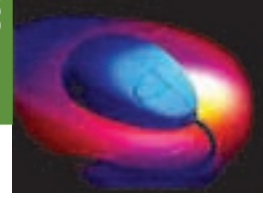
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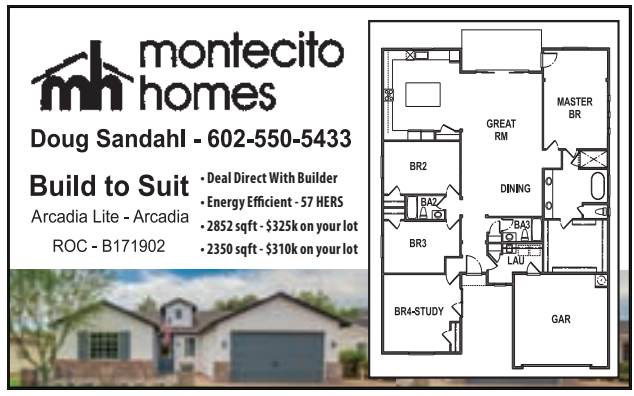
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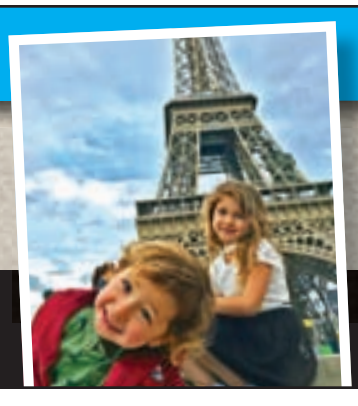
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