Arcadia News

VOL. 27 NO. 8 — ARCADIA • BILTMORE • CAMELBACK — NOVEMBER 2019



TWICE BAKED

Arcadia High soccer coach Adam Zweiback spends his free days taking the stage with his cover band.

PAGE 38

VETERANS DAY

From the Navajo Code Talkers to Veterans Day events and parades, this issue has you covered.

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COVER IMAGE:
Arcadia News *Distribution Manager, Bob Bruns (left), served in the US Navy on the USS Whitfield County for four years in the early 1960s. His duties included maintaining target drones.*
PHOTO COURTESY OF BOB BRUNS



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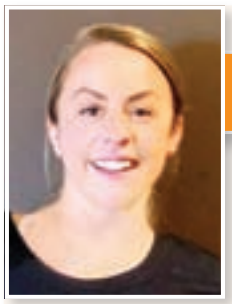
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EDITOR'S NOTE

Aside from Turkey Day, November has a multitude of other events and important dates, one of those being Veterans Day. This month, our "On the Lowe Road" column focuses on the Code Talkers of WWII. During the war, Navajo and other Native Americans transmitted battle messages in their tribal languages by telephone. Interesting fact: among the 350+ Code Talkers who served, some were only 15 years old.

Inside this issue you will also find the Fall/Winter edition of *Arcadia Home & Design,* our seasonal, home-centric magazine. The cover story is about Frank Lloyd Wright's Taliesin West and its recent designation as a UNESCO World Heritage site. It's an incredible honor, as there are only 24 sites in the United States and just two in Arizona (the other is the Grand Canyon).

The Shemer Art Festival and Camelback Studio Tour are happening this month, along with the Arizona Fall Fest presented by Local First and Canal Convergence, which means its time to get out there and support local businesses and artists.

Arcadia neighbors will be heading to Hopi Elementary for this year's G.A.I.N. picnic event on November 2. This will be G.A.I.N.'s 21st year and the festivities have promised to be prehistoric, thanks to the Dino Crew who will be on the scene. *Arcadia News* will also be there – stop by and say hello!

We love staying in touch with our amazing community, so please keep sending us your story ideas to editor@arcadianews.com and as always, thank you for reading *Arcadia News* and *Arcadia Home and Design*.

—Mallory



THIS MONTH'S WINNER:

Nicole Wahl, kindergarten teacher at Kiva Elementary



ARCADIA NEWS TEACHERS we love

How long have you been a teacher?

This is my 14th year teaching at Kiva Elementary School. I received my teaching position at Kiva right after I graduated from Arizona State University.

I LOVE this school and can't imagine teaching anywhere else. Kiva is my family and my home.

Have you taught anything other than kindergarten?

When I started at Kiva, I taught first-grade for three years. I loved this grade level for so many reasons. Because of budget cuts, my position was eliminated. At the time I had to decide if I wanted to move to a different school to teach first-grade or move to kindergarten at Kiva. I chose to stay.

How does it feel to be nominated?

I feel so honored. It's a wonderful feeling to know that my students and their parents appreciate me and what I do every day. Teaching can be tough and sometimes lonely. Knowing that I am making a difference in my students' lives makes it all worth it.

Were you surprised to see your former students and their parents at the Teachers We Love presentation?

I was definitely shocked to see so many of my former parents coming into my classroom! I had no idea what was going on, I thought they were just popping in to say hi. When they asked me to stand in front of my class, I knew something special was happening. When the former parents' nominations were read, I burst into tears. Their powerful and kind words truly touched my heart.

What is your favorite part about being a teacher?

I love opening my door in the morning to such eager learners. My students are excited to learn something new each day and it makes teaching so enjoyable. It's amazing each and every year how much my students learn and grow. They begin kindergarten as very young and dependent children, and grow into responsible, independent and self-thinking learners.

I love watching my students go from learning a simple task, like tying their shoes, to much larger skills like reading and writing.

Did you always want to become a teacher?

I knew I wanted to be a teacher after my first day of preschool when I was 4 years old. From that day on, I played school at home with my dolls and stuffed animals. If I ever had a chance to volunteer in a classroom at a young age, I did. One of my most memorable days in school was when I was accepted into to the College of Education at ASU. I was so excited to begin my career as an educator.

What is the best part about teaching kindergarten?

The best part is the huge transformation my students make in 10 short months.

They grow from knowing a few letters to walking out of my classroom reading books.

What I truly love about teaching kindergarten is watching my students learn to listen and care when their friends are speaking. My students learn to be kind, share, include others and always try their best. My students are the leaders of tomorrow, and I want them to have a growth mindset when they are faced with difficult tasks and decisions.

What is your favorite part of our neighborhood?

I love the community and the old Phoenix charm. I am also a big hiker, and fortunate that we have the beautiful preserve in our backyard. This is such an amazing place to live and I can't imagine ever leaving.

Winning teachers receive Arcadia News gift items, gift certificates for the Phoenician Spa and Postino Winecafé.
All winners are invited to an end-of-school-year celebratory luncheon.
Nominate a teacher you love at arcadianews.com.

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(1/01/2019-9/30/2019)

Active Homes -	164 homes
Homes Sold -	226 homes
Average Sale Price -	$1,347,000
Average Sold $ Per SF -	$368
Average Days On Market -	115 days

There is currently 6 months of home inventory. (based on 2018 sales results)

2019 home sales have decreased 4% 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 15% 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

(1/01/2019-9/30/2019)

Active Homes -	71 Homes
Homes Sold -	172 Homes
Average Sale Price -	$622,000
Average Sold $ Per SF -	$276
Average Days On Market -	86 days

There is currently 6 months of home inventory. (based on 2018 sales results)

2019 home sales have decreased 4% 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 15% less 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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PHOTO COURTESY OF SHANNON PALOMA

(from left) Jerico Fleming, Jorden Okyere, Club President Kadin Beler, Adviser Shannon Paloma, Marq Wilkerson, Zamir Fair, Kim Beler, Kennedy Vance, founding member and president Mekhi Beler.

AHS' Student Union wins prestigious NAACP award

By Kaylee McClaine

Arcadia High's African American Student Union (AASU) recently won the East Valley NAACP's Next Generation Change Agents Award, which recognizes a high school or college group working toward making positive changes in their community.

AASU strives to provide an opportunity for all AHS students to learn more about diversity and African American culture.

AASU President, senior Kadin Beler, leads weekly meetings during which a wide variety of issues pertinent to student life at Arcadia are discussed. Additionally, AASU takes several field trips throughout the year to visit places such as the Historically Black Colleges and Universities Fair in September and the MLK Voices event at Saguaro High School. On campus, the club hosts its biggest event, the Black History Festival, during Black History Month in February.

"The club to me is like a big, happy family," said junior Sally Mengestu, who serves as club secretary. "It's a place that I feel safe and at home. They give me the opportunity to talk about the issues we see and face, to make new friends and surround myself with people that look like me."

Four years ago, students Mekhi Beler, Cammeron Clark, Mykala Brown and Marq Wilkerson asked social studies teacher Shannon Paloma if she would help them start the club, with the idea of helping African American students connect with each other and with other AHS students. The fact that AASU has grown to become the largest club on campus, with 60 members, proves their instincts were correct.

"It is truly amazing to see how far we've come. We have gotten stronger over the years and it's awesome to see how much love and support has come out of this," said Mekhi Beler, founding member and first club president. "Starting from our small group of four in Mrs. Paloma's classroom, it's crazy to see how much of a difference we've made."

> ***"It is truly amazing to see how far we've come. We have gotten stronger over the years and it's awesome to see how much love and support has come out of this."***

Paloma says that the positive interactions she sees between the student members shows that the club is filling a need at the school.

"As Arcadia has become more diverse, it became clear that there was truly a need for this type of club. Students care for each other, uplift and support each other, and challenge each other to bring about positive change. I love everything I do as a teacher, but this club holds a very special place in my heart," Paloma said.

Group members were actually unaware that they were being considered for the prestigious award, which is the only NAACP award presented to a group of students. The group's excitement was obvious and they stated they were honored to earn this achievement.

The Black History Festival, presence on campus and overall commitment to cultural appreciation has made them shine in the Arcadia community. The honor was presented at the East Valley NAACP Annual Freedom Funds Awards on October 12 at the Tempe Center for the Arts.

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Heroes finally recognized

By Sam Lowe



August 14 came and went relatively unnoticed for the most part, but it was a special day for a specific group of heroes. These are the Navajo Code Talkers, who played a major role in winning decisive battles during World War II. Although they were instrumental in the victories, their feats were neither praised nor recognized until 1968. Even then, their story was not widely shared.

In 1982, President Ronald Reagan declared August 14 as National Code Talkers Day. Then, in 2001, the 29 original Code Talkers were awarded Congressional Gold Medals and all those who followed (more than 350) received Congressional Silver Medals.

The Code Talkers trace their origins back to 1942. Twenty-nine young Navajos arrived at the Recruit Depot in San Diego, where they underwent intensive training in radio communications and message transmission. During this time, they also developed the radio code which applied Navajo language to military phrases. By using it, the Code Talkers provided a form of communication that the Japanese could never decipher.

The new system was implemented on August 7, 1942, when 15 Code Talkers landed on Guadalcanal with a Marine division. The maneuver proved to be so successful that more young Navajos were recruited and the program was expanded across the Pacific battle zones. All of that was kept a secret until 1968 – the code was considered potentially valuable even after the war.

Today, the Code Talkers' deeds have been examined, extolled, enumerated and even exploited in literature, movies and television. More than 500 books have been written about them. They have been the subject of several television documentaries and were the subject of *Windtalkers*, a full-length (and not particularly factual) movie starring Nicholas Cage. Their heroism is also recognized by a variety of museums and memorials across Arizona and New Mexico. Here are some of my personal favorites:

The most monumental, size-wise, is a huge bronze statue located on the northeast corner of Central Ave. and Thomas Road in Downtown Phoenix. It portrays a Navajo clad in native attire and holding a flute, which is considered by many Native Americans to be a symbol of the end of confrontation and the coming of peace. The statue was created by Doug Hyde and when it was installed in 1989, it was the first permanent memorial dedicated to the Code Talkers.





PHOTOS: SAM LOWE







There are various memorials dedicated to Code Talkers throughout Arizona and New Mexico.

In the Wesley Bolin Memorial Park (near the state capitol), a helmeted bronze Code Talker crouches while talking on his wartime radio. Designed by T. Barnabas Kane and Associates of Prescott, it was installed in 2008 and rises 16 feet above the surrounding landscape. An attached plaque lists the names and history of those it honors.

A third Code Talker bronze sends messages and keeps watch at the Navajo Code Talker Veterans Memorial Park in Window Rock. This one portrays a talker in full military gear, including radio, antenna and a submachine gun. It is the work of Navajo/Ute sculptor Oreland Joe, who also created a similar statue in Gallup, New Mexico.

In Kayenta, near Monument Valley, a collection of Code Talker relics and artifacts is on display at the local Burger King. They were placed there by Richard Mike, the owner and son of Code Talker King Mike. Fearing that his father's legacy might be lost to time, Richard installed them so the public might understand and remember. When the number of items outgrew the Burger King, Richard constructed the Shadehouse Museum next door to house the rest.

About 23 miles north of Kayenta, the Monument Valley Visitor Center has dedicated one wall to the memory of the Code Talkers, but the first official Navajo Code Talkers Museum is located in Tuba City.

THE LOWE ROAD

The museum is in the rear of the Tuba City Trading Post and, although rather small, gives visitors the opportunity to watch a film clip, then examine displays of arms, radios and other equipment used during campaigns on Guadalcanal, Tarawa, Iwo Jima and Okinawa.

All 29 of the original Code Talkers have passed away. Five of those who came later are still alive and have all surpassed 90 years in age. For most of their lives, the Navajo Code Talkers were unsung heroes whose exploits went unrecognized. Fortunately, their legacy has now become a major part of the American history of World War II.

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PHOTO: JENNIFER MARSHALL

The Corral family celebrates 100 years in Scottsdale



Tomas and Cecilia Corral.

By Jennifer Marshall

Any history concerning Scottsdale would not be complete without the acknowledgement and celebration of the contributions made by industrious Mexican immigrants.

From cuisine to architecture, the Latino people and their culture is interwoven into many different aspects of Scottsdale and Arizona as a whole. For some families, like the Corrals, their positive and enduring legacy in the Valley of the Sun only shines brighter each day.

"My paternal grandparents, Tomas and Cecilia Corral, came to this country in September 1919 from Cananea, Mexico," said granddaughter Maria Corral-Ramirez. "My grandmother didn't want her boys working in the copper mines. Alvaro, my father, was only a year old when they moved to Arizona."

The family was sponsored by farmer and rancher Edwin Orpheus Brown, who needed help working his cotton fields. E.O. Brown, as he was known, owned a large cattle ranch in what is today the DC Ranch neighborhood in North Scottsdale.

"After saving money from all his hard work picking cotton, my grandfather bought two acres for $200 in Scottsdale to grow his own," said Corral-Ramirez, "And in 1928, he built a house on the land. Today, that family home is now home to Los Olivos Mexican Patio, which my parents established in 1947."

Los Olivos sits on the corner of East 2nd Street and North Wells Fargo Avenue, and according to Corral-Ramirez, her grandfather owned that lot plus the land directly across from the ave., which now contains the Scottsdale Museum of Contemporary Art.

> *"The Old Adobe Mission was built with the helping hands of the Corral family and their neighbors back in the early 1900s."*

"This whole area, which was full of olive trees, was home to a big Hispanic community," said Corral-Ramirez. "The roads weren't even paved; they were still dirt."

The Corral home, which sat in the middle of this active barrio, was the hub of Hispanic life. From chapel, to bar, to community center, this family home served many other functions prior to its establishment as a Mexican restaurant.

"My father married a girl from Mexico named Elena," said Corral-Ramirez, "and they used my maternal grandmother's recipes to get the restaurant going."

Named for the olive trees covering the area, Los Olivos is the oldest Mexican restaurant in Scottsdale.

"Officials once wanted to move the restaurant," said Corral-Ramirez, "but Barry Goldwater, who was a senator at the time, didn't allow that to happen. He ate here all the time, and he said the restaurant was a landmark."

Goldwater isn't the only famous face to dine at Los Olivos. Ava Gardner, George C. Scott, Dean





Martin, Rock Hudson, Steven Spielberg and Tom Hanks are some of the many celebrities to enjoy Los Olivos made from scratch Mexican cuisine.

Today, family is still everything at Los Olivos. Corral-Ramirez says the entire gang – nieces, nephews, everyone – works at and supports the restaurant in some capacity. At 10, she was one of the first busgirls.

"This is where home is," Corral-Ramirez said, "A lot of people eat here, especially our regulars, and everyone gets along. We're family here."

The Old Adobe Mission, located near the restaurant on 1st and Brown, was built with the helping hands of the Corral family and their neighbors back in the early 1900s.

The Corral family was one of the first to arrive in Scottsdale, along with the many who followed to work in the cotton fields, citrus orchards, and on local ranches, their legacy lives on and continues to blossom at the Los Olivos Restaurant.



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Arcadia Little League welcomes Cheri Pierce as new president

By Kaylee McClaine

Baseball is in Cheri Pierce's blood. Growing up, Pierce was surrounded by the sport. Her dad coached her brother's team and she was involved with her hometown league in Darien, IL, where she played as a kid. She was always helping her dad drag the fields – even then, she was involved when it came to baseball.

As an adult she started volunteering as a coach with the Arcadia Little League (ALL) in 2011 when her daughter, Tessa, started t-ball. She continued coaching until 2015.

"When my daughter was young, it seemed like a natural fit for me to join this organization in a volunteer capacity to give back to the sport that helped make me who I am," Pierce said.

Pierce has been a member of the board since 2013 and also volunteered as part of the registration team and scholarship committee last year.

Now, Pierce has another title to add to her list as she was recently named the league's newest president.

"The scholarship committee is particularly rewarding as we are fortunate enough to be able to give back to families in the neighborhood who may need a hand by providing a full scholarship for a season," Pierce said.

The ALL community is driven by the strong, long-time support of parent volunteers such as Tony Giancana and Phil Breidenbach, who have been volunteering for nearly 20 years each.



PHOTO: CURT PIERCE

Cheri Pierce grew up on the baseball fields in her Illinois hometown, and hopes to instill her passion for the game into all who join Arcadia Little League.

As president, Pierce will continue to focus on growing the relationship between the league and the Arcadia community. She especially looks forward to seeing kids grow during the season.

"I don't think I can adequately capture the amazing rush you feel watching the child who hasn't gotten the bat on the ball all season and watch them finally get their first hit. To help these children feel that joy, sense of accomplishment and pride is everything," Pierce said.

Pierce and the league board will also look to make improvements to all of the playing fields and intend to invest in the girls' divisions as they continue to grow.

Pierce moved to Phoenix in 1996. She is a wife and mother who works as a flight attendant. She volunteers at Arcadia High School and also enjoys gardening, hiking, listening to old vinyl records and attempting Pinterest projects.

Pierce's real passion and motivation comes from her family. She and her husband Curt have two children. Tessa, 14, has a strength and confidence that Pierce admires, and Charlie, four, is "a bug-chasing, dirt-loving boy" who starts his first season with little league this year.

Cheri and Curt have grown to become each other's biggest fans. While Pierce is obsessed with watching her husband play in his 70s, 80s and 90s cover band, Nitrous 4 Dessert, Curt is equally obsessed with supporting her passion projects and love for baseball.

"Cheri is a natural leader, a hard worker, and is tireless in her support of Arcadia Little League and our community as a whole. I could not be prouder of her accomplishments," Curt said.

For more: arcadialittleleague.com.



NEWS BRIEFS



PAMPER YOUR PET

A new pet resort opened in late October on the southwest corner of 44th St. and Indian School Road. D Pet Hotel is a luxury resort for canines that has locations nationwide. Amenities include a spa and pampering, resort-style rooms (with televisions) for boarding, daycare and a boutique. Pups will experience 24/7 expert care and even get to spend time with their roommates during "recess." For more: arcadia.dpethotels.com.

STRETCH LAB

The Stretch Lab is an assisted stretching and flexibility training facility that will open in Arcadia in early December. Located in the Arcadia Commons plaza on 44th St. and Indian School Road, the facility will offer one-on-one and group exercises. Each session is 25 or 50 minutes long. Trained "flexologists" will guide guests through a series of stretches designed for their specific needs. For more: stretchlab.com.

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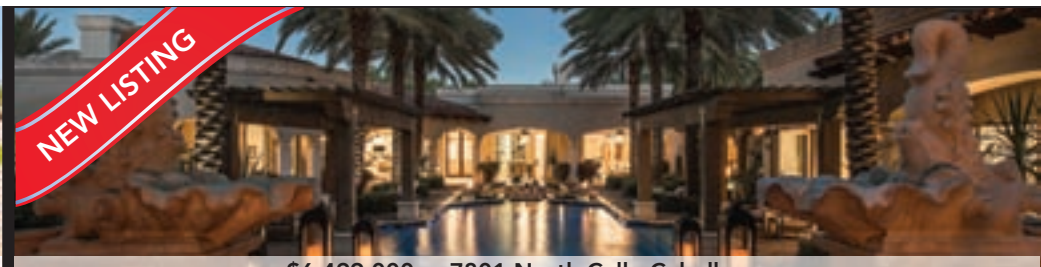
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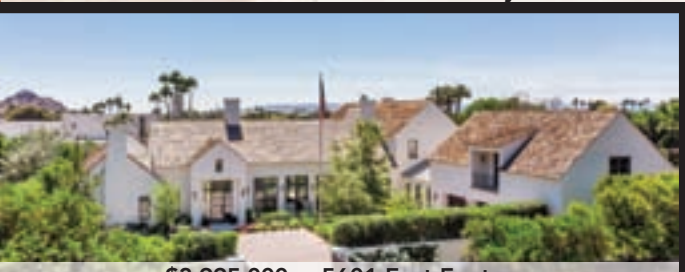
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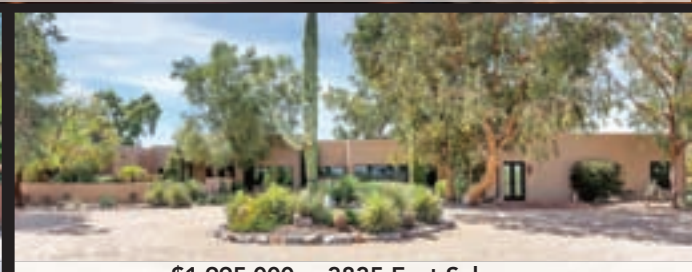
$6,499,000 7801 North Calle Caballeros
5 bedrooms, 7 baths, 10,006 square feet
7801callecaballeros.com



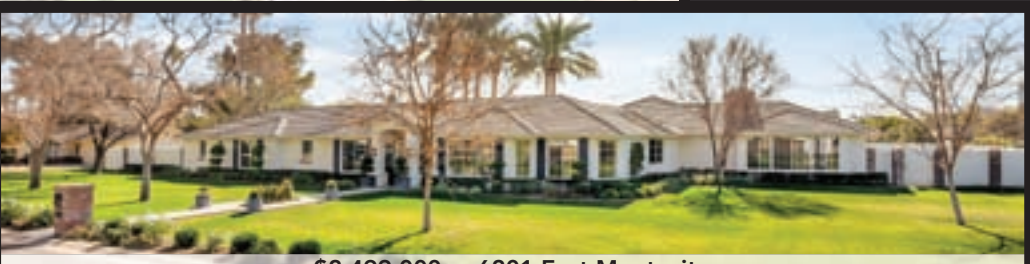
$3,995,000 5601 East Exeter
5 bedrooms, 7 baths, 7,570 square feet
5601exeter.com



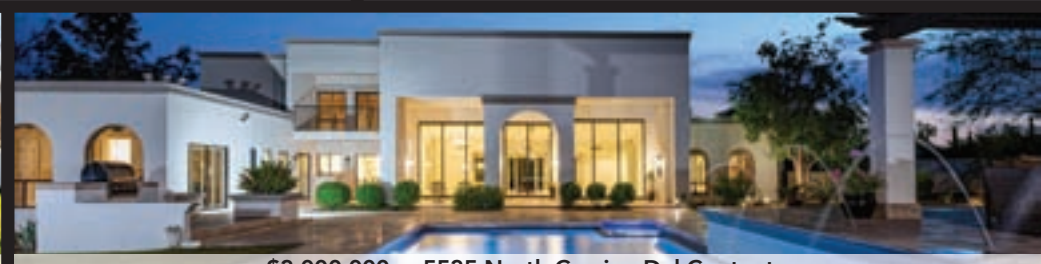
$1,995,000 6241 East Calle Del Norte
4 bedrooms, 6 baths, 4,812 square feet
6241calledelnorte.com



$1,995,000 3835 East Sahuaro
5 bedrooms, 7 baths, 5,903 square feet
3835sahuaro.com



$2,499,000 6201 East Montecito
5 bedrooms, 7 baths, 7,255 square feet
6201montecito.com



$3,000,000 5535 North Camino Del Contento
5 bedrooms, 7 baths, 6,179 square feet
5535northcaminodelcontento.com



$2,299,999 5339 East Desert Vista
4 bedrooms, 4 baths, 5,533 square feet, 2.5 acres/2 lots
5339desertvista.com



$2,139,000 7624 East Montebello
4 bedrooms, 5 baths, 3,923 square feet
7624montebello.com



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4 bedrooms, 5 baths, 5,000 square feet
4822palomino.com



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$1,865,000 6512 East Calle Redondo
4 bedrooms, 5 baths, 3,900 square feet
6512calleredondo.com



$4,195,000 5428 East Calle Del Medio
6 bedrooms, 7 baths, 7,656 square feet
5428calledelmedio.com



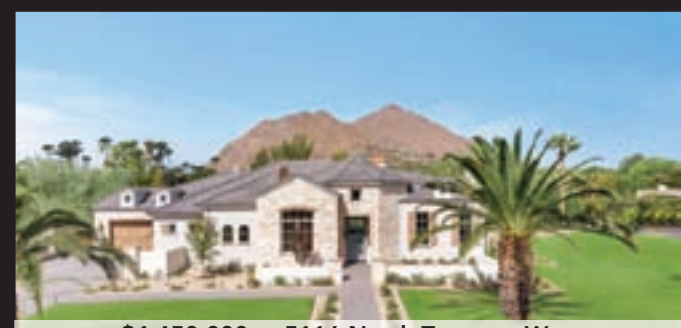
$3,524,000 6319 East Calle Del Norte
5 bedrooms, 6 baths, 5,395 square feet
6319calledelnorte.com



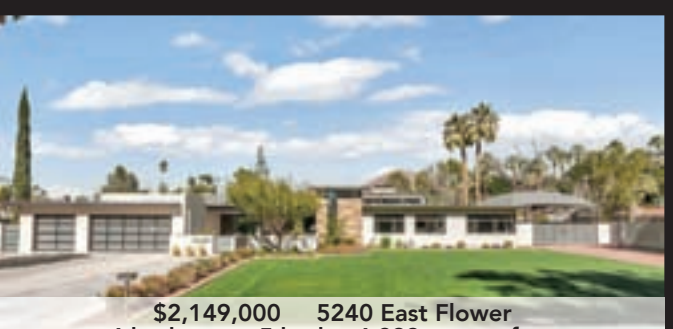
$3,595,000 6326 East Quartz Mountain
5 bedrooms, 6 baths, 6,453 square feet
6326eastquartzmountain.com



$4,245,000 6235 East Montecito
5 bedrooms, 7 baths, 6,651 square feet
6235montecito.com



$4,450,000 5116 North Tamanar Way
5 bedrooms, 7 baths, 6,530 square feet
5116tamanar.com



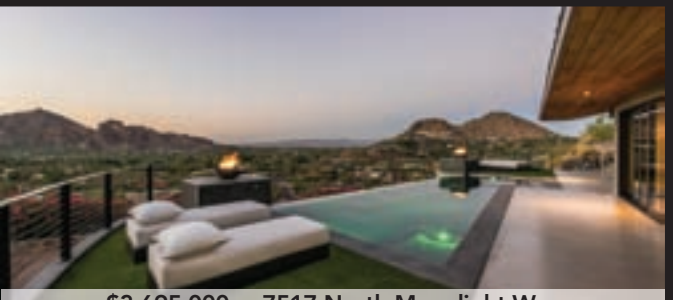
$2,149,000 5240 East Flower
4 bedrooms, 5 baths, 4,893 square feet
5240flower.com



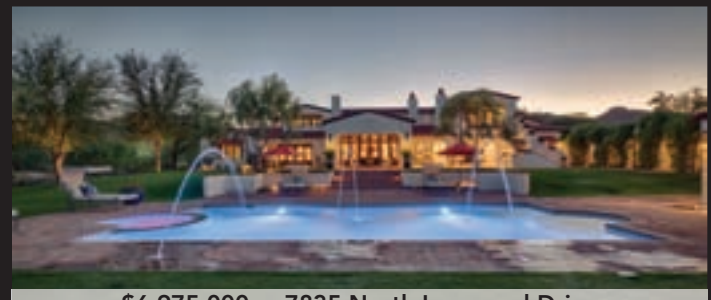
$4,395,000 6738 East Kasba Circle
5 bedrooms, 6 baths, 6,614 square feet
6738kasba.com



$2,595,000 6045 East Montecito
5 bedrooms, 6 baths, 5,113 square feet
6045montecito.com



$3,695,000 7517 North Moonlight Way
3 bedrooms, 4 baths, 5,104 square feet
7517moonlight.com



$6,975,000 7835 North Ironwood Drive
6 bedrooms, 7 baths, 9,153 square feet
7835nironwood.com

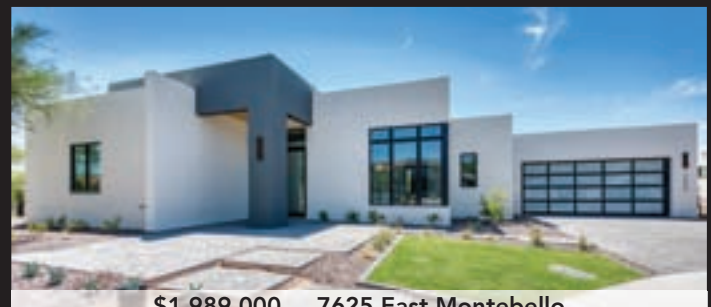


$2,995,000 7328 North Black Rock Trail
4 bedrooms, 5 baths, 5,350 square feet
7328blackrock.com

COMING SOON

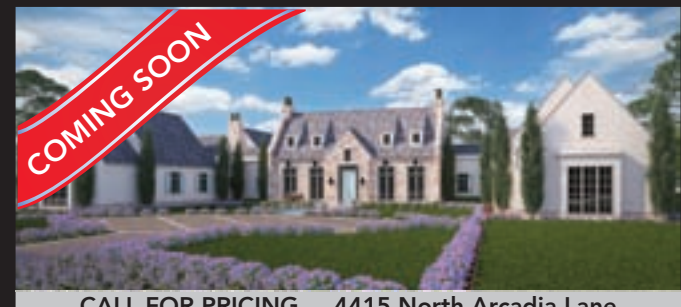


9038 North 54th Place
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4 bedrooms, 5 baths, 3,745 square feet
7625montebello.com

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4415arcadialane.com

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5 bedrooms, 6 baths, 5,735 square feet
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Q&A with Chef Eugenia Theodosopoulos



By Mallory Gleich

After spending her childhood helping in her family's restaurant and taking some time to learn the industry from professionals in Paris, Eugenia Theodosopoulos has shown the Arcadia neighborhood that baking is in her DNA with Essence Bakery and Café.

How long have you been in the Arcadia neighborhood?

My husband and I moved here from Paris in 1994. We had a bakery in Tempe that opened in 2007 that we no longer own. Essence Bakery opened in 2013.

How long have you been a chef?

My brothers still own the restaurant that my grandfather opened in 1931 in Ohio. I "accidentally" went to college and tried to do something else but ultimately ended up back in the business. I grew up in Cambridge, Ohio, and from there went to Syracuse, then Boston, then Paris and from Paris to Phoenix – but I've been in kitchens since I was nine years old.

Once you get into the thrill of making people happy with your food; making it all work together no matter what happens is what you're really in it for. That's what I love – making people happy with my food.

What was it like growing up in the restaurant business?

I'm one of five siblings. We all worked in the restaurant; nobody asked us if we wanted to work. It was like okay, today you're washing dishes… at 13, my dad said, "Today you're learning how to bake pies."

I had to work every day after school, but I had a great time. I had a great childhood.

Did you go to school for cooking?

I went to what the French call a "perfection" school. It was all in French. I went to Paris, learned French and went to a culinary school for people that are already in the business called L'ecole Lenôtre.

You learn chocolate, you learn bread, certain kinds of sauces. I actually ended up working there. I also have "chef" certificates, but I believe that my certification comes from what I do.



PHOTOS BY DAVIS WINBORNE

An Essence staple, macarons.

IN THE KITCHEN

Where did the idea for Essence Bakery come from?

We moved here in 1994 and started a catering business, which we had for 17 years. In 2006, we were on vacation in Colorado and we were at a market. There was all this organic food, and we just thought, "Why don't we start a restaurant that does really great organic food?" Organic and local, because that's the way we eat. We figured if that's the way we eat, other people want to eat like that, so that's what Essence offers: "organic whenever possible," good food.

What is the inspiration behind your recipes?

I would say everything. Thirty years ago, I was in Greece and they were doing these iced coffees called frappés. It stuck in my brain so when we opened Essence I said, "We have to do these." We call them *glaces*, which is a little more French. I got that idea from Greece.

My inspiration comes from traveling, it comes from meeting people, it comes from eating at other places, it comes from people asking me, "Hey, have you ever made this before?"

Also, since I'm of Greek origin and I lived in France, a lot of my inspiration comes from there.

What is your most challenging dish?

Making croissants in the desert. It's a lot of butter and it's all based on temperature. So, we have the croissant dough that's a living thing, that you can't just walk away from and pause and come back to it later.

Future plans for Essence?

We have started a pilot apprenticeship program. I currently have two apprentices who just graduated from high school with culinary credits.

We will be offering cooking lessons as well for those who want to learn multiple dishes like baked goods or Greek foods, etc. They will feature local chefs as well.

What do you do when you're not working?

I like to have people over for dinner. I really like cooking. When I'm not cooking, I hike. I spin. I do Pilates. I travel and I love spending time with my husband. My next project is to learn Greek fluently.

What is your favorite comfort food and why?

Lamb, because I grew up eating it… I actually brought a lamb's head into kindergarten show and tell and I couldn't understand why the teacher was mortified.

What is your signature dish?

Ever since I was a kid, I've been making a dish called spanakopita – spinach and feta cheese – with my dad, who learned it from my grandmother, who came here from Greece. I could eat spanakopita for breakfast, lunch, dinner, hot, cold or lukewarm. I would say that dish is the nearest and dearest to me.

What is the most challenging part about being a chef?

It's predictably unpredictable. That's part of the thrill. I mean, you go to work and you have a plan, but that plan is all out the window – sometimes within 30 seconds once you're at work. But you solve the problems and you make everything happen.

Do you have any heroes?

My parents. My dad taught me how to work and gave me a work ethic and my mom…she was amazing. Everyone loved my mom because she made everybody feel special.

What advice do you have for aspiring chefs?

Just because you like to cook and you like to make people happy with food doesn't mean you're going to be a great chef. If you are a very organized person who doesn't like surprises, this isn't the work for you. This business is very hard and I don't think people realize how much goes into it. Work in a restaurant for six months. If you really like it, put yourself in culinary school and really commit.

Scottsdazzle

NOV 30 – JAN 1, 2020

Join the merriment and cheer as we celebrate the season with our 4th annual Scottsdazzle holiday extravaganza! There is something for everyone — this month-long celebration, delights residents and visitors alike with festivals, concerts, unique events, stunning decor, dining, shopping, drinks and more.

Sing-Along & TREE LIGHTING CEREMONY

Saturday, November 30, 7:00 – 9:00 PM
Scottsdale Waterfront

This free, family-friendly kickoff to Scottsdazzle celebrates the season by welcoming guests of all ages to enjoy a magical evening chock full of holiday goodies and hot chocolate beginning with a Scottsdazzle tradition: a sing-along led by local celebrities featuring classic Christmas tunes by MusicaNova Orchestra. Culminating with the actual lighting of Scottsdale's specially designed holiday tree featuring an array of customizable color combinations.

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Veterans Day parades, runs and ceremonies

By Pam R. Selthun

Here are some local Veterans Day events to give everyone the opportunity to thank, honor and remember all those who are serving or who have served in the U.S. Armed Forces.



Phoenix Veterans Day Parade.

VETERANS DAY CELEBRATION

Monday, Nov. 11; 3-4:30 p.m.

The McCormick-Stillman Railroad Park hosts the city of Scottsdale's annual celebration and includes a military band, honor guard and guest speakers, including Senator Martha McSally and Army veteran JB Spisso. This program is free for all ages. For more: therailroadpark.com.

NATIONAL VETERAN SUMMIT

Tuesday, Nov. 5 – Thursday, Nov. 7

Over 1,000 veteran-owned companies will return to Phoenix for the 3rd Annual National Veteran Summit. This year's theme is "advancing economic opportunity for the military community" and will include roundtable talks, an awards dinner, employment summit, career fair, Bridge Forum and workshops.

The Bridge Forum this year will showcase mental health professionals, veterans, first responders and law enforcement and will focus on how to help and hire those with PTSD and how to break the stigma surrounding mental illness and veterans. This event is free for active duty service members, National Guard and Army Reserve and veterans. For more: herozonasummit.com.

VETERANS DAY 10K

Sunday, Nov. 10; 8 a.m.

If you're into fitness and supporting a good cause, register to participate in the 7th annual Veterans Day 10K, 5K, or 1-mile run/walk at Kiwanis Park, 101 W. Baseline Road, in Tempe. StartLine Racing is hosting this event to raise money for Team Red, White and Blue (RWB). Team RWB held similar race events at Arizona Falls in Arcadia in August and September. All ages and ability levels are welcome.

Registration for the 10K is $45 through November 9, $35 for the 5K or virtual run, and $25 for the 1-mile fun run/walk. The 10K race begins at 8 a.m., the 5K at 8:15 a.m. and the 1 mile at 8:25 a.m. There will be an awards ceremony for the top three finishers in each age category in the 10K and 5K. For more: startlineracing.com.

PHOENIX/TEMPE VETERANS DAY PARADES

Monday, Nov. 11; 11 a.m.

Honoring America's Veterans hosts this parade. Last year there were 300 marching units, 2,500 marchers, 10 floats, 45,000 spectators and eight Veteran Grand Marshalls.

The best places to view the parade are Camelback Road, east of Central Ave. and west of 7th St., and 7th St. south of Camelback to Montecito Ave. Make sure to arrive early to park on the side street around the parade route and snag a good spot for viewing. The parade ends at 1 p.m. and the streets reopen shortly thereafter. For more: honoringamericasveterans.org.

The city of Tempe also hosts a parade on Veterans Day from 8 a.m.-2 p.m. Stand along Mill Ave. and watch as the parade travels from Gammage Auditorium to Tempe Beach Park. A short ceremony follows to honor veterans.

AVONDALE VETERANS DAY CEREMONY

Monday, Nov. 11; 8:30 a.m.

Bring the whole family for a 5K fun run with bootcamp-like obstacles at the Avondale Veterans Day ceremony, Fun Run and Hero's Breakfast at Estrella Mountain Community College, Avondale Campus, 3000 N. Dysart Road, Avondale.

The event begins at 7:45 a.m. and the 5K begins at 8:30 a.m. A Warrior's Breakfast will follow and a Veterans Appreciation Ceremony will be held at 9:30 a.m. All proceeds support Veterans Increasing Persistence Program (VIPP), designed to assist veterans in financial situations that may prevent them from going to school or completing a degree.

Register before the event for $30 or pay $35 the day of the event. After the run, stay and play at the kids zone and enjoy free giveaways and entertainment. The morning will conclude with a Veterans Day ceremony.

For more: estrellamountain.edu.

VETERANS DAY TRIBUTE

Monday, Nov. 11; 2-4 p.m.

A little further away is the Pride of Goodyear Veterans Day Tribute presented by the parks and recreation department at the Goodyear Ballpark, 1933 S. Ballpark Way. All five branches of the military are invited to participate in this family-friendly event that honors the men and women who serve our country. There will be musical performances, speeches and an interactive flag garden. Register for free tickets on Eventbrite.





Arcadia's TROOP 6 Wreath Sale

Help support Arcadia's Boy Scout Troop 6



22" mixed evergreen wreath: noble fir, berried juniper and incense cedar. Red velvet water-repellant bow and faux holly berries included. $27.

Wreaths start at $25

Troop 6 Boy Scouts will hand-deliver fresh wreaths locally December 2 – 6

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BOY SCOUTS OF AMERICA®

Holiday evergreens come from Sherwood Forest Farms in the Pacific Northwest.

Arizona Fall Festival invites guests to 'go where the locals go'

By Miriam Cruson

The very first Arizona Fall Festival was started by Kimber Lanning, it featured 27 booths and saw some 300 people walk through the gates.

Now in its 15th year, the festival has grown to an estimated 30,000 guests. This event is an opportunity for visitors and residents to celebrate local businesses and their contributions to our neighborhoods.

Megan Noonan, the marketing director for Local First Arizona – the organization that hosts the festival every year – explains that the festival is "an opportunity to highlight local vendors and tell their story."

This year, 200 vendors will be showcased, ranging from outdoor specialists to naturopathic remedies.



PHOTO COURTESY OF LOCAL FIRST ARIZONA

What started as a small gathering in the Duck and Decanter parking lot has now grown to a festival welcoming over 30,000 guests each year.

Farm to Fridge will showcase its home-cooked meal solutions. Strawberry Hedgehog will show off its endless selection of soaps and Mustache Pretzels will offer its old-fashioned, handlebar mustache-shaped snacks.

The festival has something to offer every age group. There will be a kids activity area offering an array of crafts and unique items for the youngest revelers. Kids can enjoy bouncy houses to help bounce off some energy and a take a trip over to Buster, the vintage yellow school bus, to buy a tasty treat.

Adventurous guests can take a peek into prehistoric times with Dino Crew Entertainment, which will bring dinosaurs back to life. There will also be a picture booth with well-known superheroes and princesses ready for a closeup.

Those over 21 can venture to the Hensley beverage garden where locally-made spirits, wines and beers await.

ASU Sustainable Cities Network recognized Arizona Fall Fest as a Platinum Level Green Event in 2018. To keep the honor going, guests can make a $1 donation and receive a reusable wine glass to be taken from booth to booth throughout their tour of over 30 beverage merchants.

WHEN:
Saturday, November 2
10 a.m.-4 p.m.

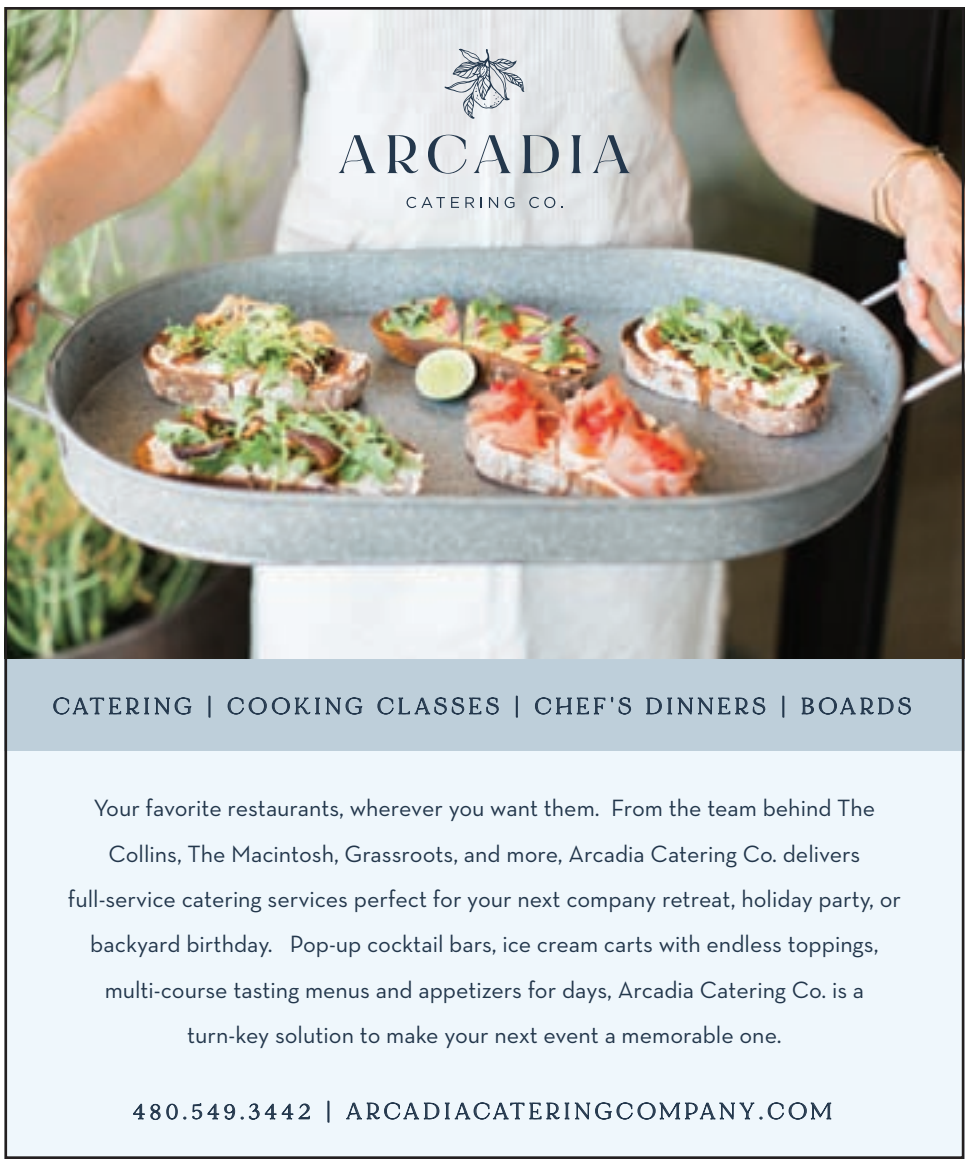
WHERE:
Hance Park,
200 E. Moreland St., Phoenix

localfirstaz.com/fall-festival

Four-legged family members are not excluded from this day of fun. Hance Park welcomes pets and there is even a "Kanine Corner" to celebrate furry festival-goers.

The venue will be filled with the sounds of local acts and cultural groups who will be performing on stages scattered throughout the festivities all day long. Groups will grace the "Main Stage 2019" presented by Zia Records every hour on the hour.

Noonan hopes that sharing these entrepreneurs' stories will "really support local businesses and showcase to help people explore Arizona and all that it has to offer."





PHOENIX • ARCADIA • SCOTTSDALE

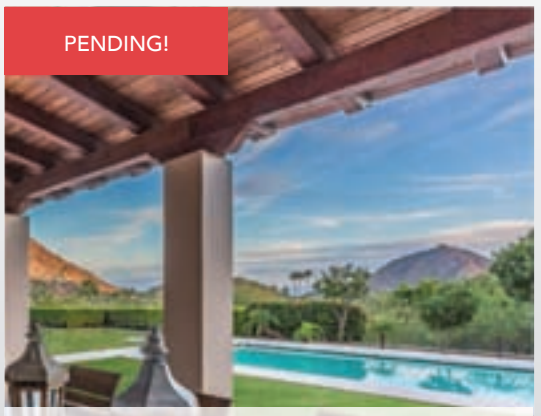
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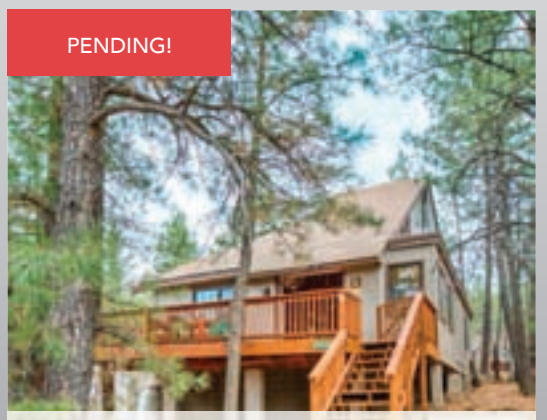
9814 N 85th St
$879,000

PENDING WITH BUYER!



4336 E Montecito Ave
$559,900

PENDING!



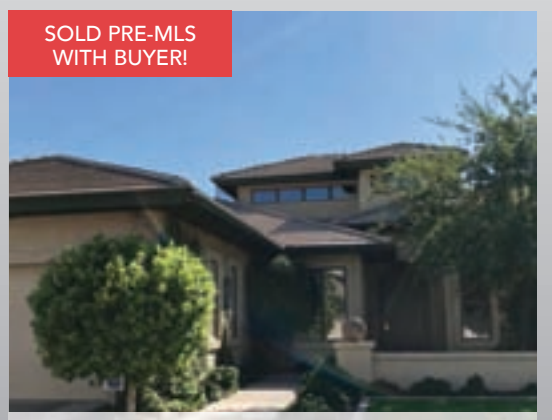
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In Loving Memory of My Dad
Rick Vanderhoff
June 16, 1936 - September 30, 2019

I lost my dad a few weeks ago. His passing was unexpected but thankfully he did not suffer. My entire family was there to share his last day together. And now as we head into the holidays my heart is heavy to know that, for the first time, we will celebrate without him. But I am so very grateful for the lifetime of love and laughter.
We will miss you dad.





Flam Chen performance at the 2018 Canal Convergence.

PHOTO BY ANDREW JORGENSEN/JORGENSEN PHOTOGRAPHY

CANAL CONVERGENCE

Bringing art and community together

By Amanda Savage

The international art world, Arizona artists and the local community will intersect for ten days of free entertainment, interaction and inspiration this month when Canal Convergence returns to the Scottsdale Waterfront for its seventh year.

Since its inception, the event has won many awards, the most recent being the Gold Grand Pinnacle Award, for last year's event from the International Festival and Events Association (IFEA).

But the event didn't originally set out to create a community of innovative contemporary artists from across the state and country.

"Canal Convergence was born through the collaboration between Scottsdale Public Art, the City of Scottsdale and SRP. The original vision for the event was to create a free, entertaining public art event that could also educate the public about SRP's history, water management and conservation," explains Jennifer Gill, public art manager for Canal Convergence.

The event started as "Night Lights" in 2008. After the Soleri Bridge and Plaza was complete in 2011, the first Canal Convergence was held in 2012. It has grown each year since. In its first year it grossed 5,670 attendees. Last year's event welcomed 270,000.



PHOTO ANDREW JORGENSEN/JORGENSEN PHOTOGRAPHY

Floatus light display by Walter Productions.

"We have a variety of programming this year. On the weekends, we have multiple workshops with both the artists of Canal Convergence and local and national artists and educators with unique, hands-on activities," says Gill.

One unique performance this year will be offered by "laser artist" Mike Gould.

"The fancier term I sometimes use is interactive, kinetic, neo-optic art," he explains.

Although he's based in Michigan, Gould's creations have been displayed across the country. He won four ILDA awards (International Laser Display Association), which he describes as "the Grammys" of his industry.

But his lasers aren't the same lights used to annoy pets and create obstacles in elaborate jewel heists.

"When you say laser light show, most people think beams shooting out over rock bands," Gould says. He explains that these beams have two siblings in the laser family, "images" and "Lumia." Gould experiments with Lumia.

> ***"We like to encourage artists to not do what is easy, but instead what is unique, groundbreaking, and worth the blood, sweat and tears."***

"Lumia is very wispy, contemplative and slowly-moving. It's sort of like animated smoke," he says. Gould started experimenting with lasers in the 1960s when he would host light shows for his friends and "have a good ol' time."

Gould started working with Wayne Gillis, his partner-in-art, in 1972. Gould acts as the designer and Gillis works in the technical aspects of configuring the electronics.

Gould promises that what he's bringing to Scottsdale "will be something totally new that most people haven't seen before."

Artists with impressive accolades make up a major piece of Canal Convergence. Bridging the local art community into the bigger conversation is another crucial goal of this event and why it is so popular.

"For the local art community, it offers the opportunity for Arizona artists to showcase their talents on an



PHOTO BY SEAN DECKERT

Blumen Lumen, by FoldHaus.



PHOTO BY SEAN DECKERT



Folded geometric flower inspired by Blumen Lumen.

PHOTO BY SEAN DECKERT

internationally recognized scale, and be inspired by the amazing artworks of national and international artists," says Gill.

"I really love the workshop aspect. People are signing up because they want to be there, or they're coming to the event because they want to be there," explains Amanda McGlothern, a visual arts teacher at Tempe High School. She worked as art educator for last year's event and will host two interactive art workshops this year.

"Sometimes art can be intimidating but in settings like this it's very friendly to all abilities and levels and ages."

"We like to encourage artists to not do what is easy, but instead what is unique, groundbreaking, and worth the blood, sweat and tears," says Gill.

Gould will also host an all-ages "do-it-yourself laser light show," where participants can build and take home their own "laser lumium." He will also present at Arcadia High on November 12 for a talk and demonstration on laser light shows. He hopes to inspire "the next generation of laser artists."

McGlothern wants to change the misconception that art must be done "in one way." She will be hosting a Gyotaku printing class.

"Gyotaku is the ancient art form of printing fish, coming from Japanese fishermen in the mid-1800s," she explains. "Which has become its own art form since its humble origins and was originally a documentation of fish. They'd catch the fish and since they couldn't take a picture of it, they'd print it."

Along with the art installations, there will be new performers, including a new local dance company and an improv comedy group. Scottsdale Water and its cutting-edge recycled water treatment will present the One Water Brewing Showcase, where local brewers will use Scottsdale's recycled water to brew beers for consumption at Canal Convergence.

This event, which runs Nov. 8-17, has become a meeting place for all types of people, engaging with one another in a way that pushes forward the contemporary art world, the Arizona art scene, the neighborhoods of Phoenix and Scottsdale and the ideas of creativity and community.

CANAL CONVERGENCE

WHEN:
November 8-17

WHERE:
Scottsdale Waterfront
7135 E. Camelback Road, Scottsdale

canalconvergence.com



"Life Lines" by CASA MAGICA.

PHOTO BY DAYVID LEMMON



WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 11/1

An Evening with R.L. Stine

6:30-8 p.m. at Burton Barr Central Library, 1221 N. Central Ave., Phoenix. Spend the night hanging out with one of the most prolific and popular writers of the millennial generation – the man who created the "*Goosebumps*" series. R.L. Stine will be on-site discussing not only that series, but the pieces he's written for adults, as well. This event is free and is first-come, first-served, but registration is required. Doors open at 6 p.m. For more: phoenixpubliclibrary.org.

SATURDAY 11/2

Arcadia Neighborhood Picnic

2 p.m. - 5 p.m. at Hopi Elementary School, 5110 E. Lafayette Blvd., Phoenix. It's the 21st year of this neighborhood favorite. This year's BBQ/Picnic will feature Phoenix Police and Fire, lots of burgers, dogs, Chik-fil-A, popsicles and ice cream. There will be live music from Arcadia's own band, Dusty Tuffet. The Dino Crew will be there, too. Everything is FREE this year. The *Arcadia News* will also be on-site!



Bentley Scottsdale Polo Championships *at WestWorld in Scottsdale.*

Music from the Heart – Rock Band Showcase

10 a.m., 2:30 p.m., and 6:30 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy. Higher Octave Healing provides music therapy for developmental disabilities, hospice, and recovery. Today, Higher Octave will present its 7th annual music showcase, "Music from the Heart." Guests are invited to come out and support 15 bands comprised of teenagers and adults with special needs and developmental disabilities, who are ready to show off their skills. Tickets are $12. For more: tempecenterforthearts.com.

Bentley Scottsdale Polo Championships

10 a.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Created by Jason Rose, who graduated from Arcadia High School in 1988, as the most-attended polo event in the country, The Bentley Scottsdale Polo Championships are not to be missed. In addition to the matches, there will be live music and performances, human and canine fashion shows and an appearance from Polo-master Nacho Figueroa. General admission starts at $30. For more: thepoloparty.com.

Arizona Fall Fest

10 a.m.-4 p.m. at Margaret T. Hance Park, 67 W. Culver St., Phoenix. Local First Arizona presents the 15th annual Arizona Fall Fest. Attendees can enjoy more than 40 food trucks to choose from, a kid zone with games and activities, a sports zone featuring the Arizona Cardinals, Diamondbacks and Coyotes, a vendor village, plus local live music and cultural performances. This event is free for all ages. For more: localfirstaz.com.

SATURDAY 11/2-11/3

Shemer Arizona Art Festival

10 a.m.-4 p.m., at Shemer Art Center, 5005 E. Camelback Road, Phoenix. Each year this two-day event kicks-off holiday shopping with more than 40 artists specially selected from all across Arizona showcasing one-of-a-kind works, plus artist demonstrations and interactive opportunities to create your own gifts! There will be children's art activities in an interactive $5 kids zone, live music, food & beverage vendors, and a silent auction!



WHAT'S HAPPENING, *ARCADIA?*

SUNDAY 11/3

PANDA Prowl

2-4 p.m. starting at Prince of Peace Lutheran Church, 3641 N. 56th St., Phoenix. The Phoenix Women's Board of the Steele Children's Research Center has organized a 5K to raise awareness and funds for PANDA (People Acting Now Discover Answers). This year, funds will go toward pediatric medical research awareness. Come out and enjoy the 5K as well as face painting, music, food trucks and activities, plus a commemorative t-shirt for all participants. Registration is $30. For more: azpanda.org.

WEDNESDAY 11/6

History Presentation at CCL

9:30 a.m. at Christ Church Lutheran, 3901 E. Indian School Road, Phoenix. Enjoy a monthly presentation and lunch at CCL. This month features one of Arizona's most acclaimed and respected journalists, Jana Bommersbach, who will discuss Laura Nihell, a famous journalist and editor in Jerome noted for her strong opposition to Arizona's Chinese Purge in 1909. Lunch will be served after the presentation. For more, call 602-955-4830.



Pancakes and Booze *at The Duce in Phoenix.*

THURSDAY 11/7

Em-Pow-Her

6:30 p.m. at Shaneland Arts, 301 E. Camelback Road, Phoenix. This class is all about sisterhood and encouragement. Join artist Teresa Moore as she guides the class on a journey of self-expression with an art project focused on the female form and spirit. This group will work with various mediums. There is no experience necessary. Registration is $65. For more: shanelandarts.com.

Art One Gallery Open House

6-9 p.m. at Art One, 4130 N. Marshall Way, Scottsdale. Kraig Foote and the Art One family are commemorating 26 years of contributions. To celebrate, guests are invited to come and hang at the studio, enjoy a silent auction, music and painting, plus homemade tacos and refreshments. The gallery is welcoming donations to achieve "26 donations in 26 years." This event is free. For more: artonegalleryinc.com.

FRIDAY 11/8

Pancakes and Booze

8 p.m. at The Duce, 525 S. Central Ave., Phoenix. This L.A.-based event started in 2009 and has since traveled to more than 35 cities around the nation. Now, it's landed in Phoenix. This event allows guests to revel in music performances from local artists and DJs and check out local art, artists and live art shows…not to mention some great pancakes. Tickets are $10 and this is a 21-and-over event. For more: pancakesandbooze.com.

SATURDAY 11/9

Arcadia Children's Business Fair

10 a.m.-1 p.m. at Arcadia Park, 3402 N. 56th St., Phoenix. The Acton Academy of Phoenix presents the 5th annual Children's Business Fair, an opportunity for kids to experience what it takes to start their own business. Kindergarteners through eighth graders will develop a brand, create a product and then sell their products to the public at an open marketplace. There will be 125 booths to browse and support the youth of Arcadia. Admission is free. For more: childrensbusinessfair.org.



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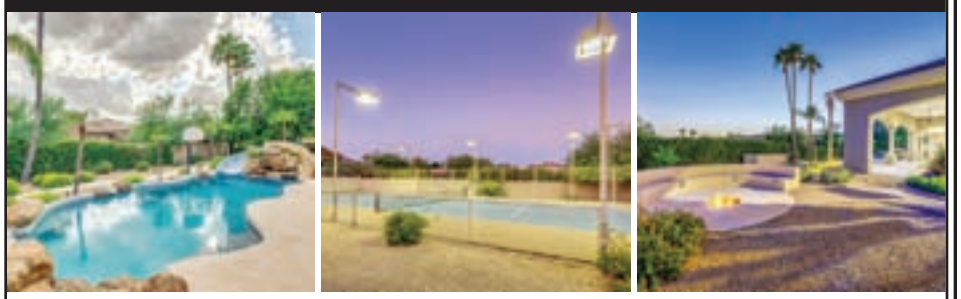
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WHAT'S HAPPENING, *ARCADIA?*

SUNDAY 11/10

North Mountain Blues and Brews

11 a.m.-5 p.m. at North Mountain Brewing Company, 522 E. Dunlap Ave., Phoenix. Dedicated to "bringing together the local community through the universal language of art and food," the Blues and Brews Festival will provide a little of both. Guests can enjoy various music acts, a vendor village, art showcase, plus beers and BBQ. Tickets are $15. For more: nmbluesbrewsandartsfest.com.

FRIDAY 11/15

Magic Moments Boutique

9 a.m.-5 p.m. at 7901 N. Central Ave., Phoenix. Support local artisans at the Magic Moments Boutique. Guests are welcome to browse through various displays of hand-crafted gifts, from home décor, apparel, gifts for pets and children, woodworking, pottery, keepsake boxes and baked goods. This event is free, but the hosts encourage attendees to bring a non-perishable item for donation to the Desert Mission Food Bank. For more: crossroadsphx.com.

SATURDAY 11/16

Lunch and Learn

1-3 p.m. at Marcellino Ristorante, 7114 E. Stetson Dr., Scottsdale. Learn how to make your own chef-inspired pasta dish with Chef Marcellino. Diners will have the opportunity to work with fresh ingredients and learn how to cook Pollo Saporito using fresh ingredients from the kitchen. Attendees will also dine on salad and Chef Marcellino's homemade biscotti. Registration is required and classes are $40 per person. For more: marcellinoristorante.com.

Arizona Honeybee Festival

9 a.m.-3 p.m. at North Phoenix Baptist Church, 5757 N. Central Ave., Phoenix. Come out and learn about nature's little pollinators. Guests can meet local beekeepers and members of the beekeeping association, listen in on educational talks, shop the vendor village and enjoy family-friendly activities like a balloon pollinating game, experiential beehive and a dress-up photo station. This is a free event. For more: azhoneybeefest.org.



Mac and Cheese Festival *at Salt River Fields in Scottsdale.*

Mac and Cheese Festival

11 a.m.-6 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The Mac and Cheese Fest is back at Salt River Fields and will feature more than 25 restaurants. There will be live music, a beer garden, lawn games, and a kid zone. Each restaurant will battle it out to see who will win the Golden Noodle trophy for best mac and cheese. Tickets start at $15 for general admission. For more: macandcheesefestaz.com.

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WHAT'S HAPPENING, *ARCADIA?*

SEND EVENTS TO
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SUNDAY 11/16

Phoenix Pizza Festival

11 a.m.-5 p.m. at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Head downtown for the 5th annual Phoenix Pizza Festival. Guests can enjoy more than 20 pizza vendors, dessert trucks and other food vendors plus beer stations, lawn games, live music and a kid zone. Tickets are $10 with slices from $2-$4. For more: phoenix.pizza.

SUNDAY 11/17

Phoenix Pheast

5-8 p.m. at Phoenix Public Market, 721 N. Central Ave., Phoenix. What better way to celebrate our local farmers than with a feast? This year's celebration will highlight chefs and restaurants from around the neighborhood. Guests can enjoy snacks and samples, sip on specialty cocktails and wines and listen to live, local entertainment. Tickets are $65-$125. For more: phxpheast.org.

Downtown Donut Festival

10 a.m.-3 p.m. at Margaret T. Hance Park, 67 W. Culver St., Phoenix. The 2nd annual Donut Festival will feature more than 20 local donut shops slinging some delicious dough for $1 a sample. There will be live music, a vendor village, lawn games, activities and a kid zone, along with craft beer and mimosas to sip on. Tickets are $8. For more: downtowndonutfest.com.



Phoenix Pizza Festival *at Margaret T. Hance Park.*

SAT. 11/16 – MON. 11/18

Phoenix Art Museum Anniversary Celebration

Saturday 10 a.m.-5 p.m., Sunday 10 a.m. -7 p.m., Monday noon-5 p.m. at the Phoenix Art Museum, 1625 N. Central Ave., Phoenix. In honor of the museum's 60th year, guests will be offered special pricing, including the newest exhibit, "Legends of Speed." There will also be a self-guided scavenger hunt, activities with a local artist, as well as musical performances and a presentation by the Hip Historian, Marshall Shore. For more: phxart.org.

THURSDAY 11/21

Fish and Sips

5-8 p.m. at Odysea Aquarium, 9500 E. Vía de Ventura, Scottsdale. Try a new happy hour and drink with the fishes. Guests can enjoy craft brews, cocktails and food while touring the aquarium. There will also be lawn games and live music. Guests can get close to sharks and sea lions through one exhibit and may even get a behind-the-scenes look at a few of the other aquarium exhibits. Tickets are $25. For more: odyseaaquarium.com.

FRIDAY 11/22

65 Roses & Wine Gala

5-10 p.m. at the Chateau Luxe, 1175 E. Lone Cactus Dr., Phoenix. The Arizona Chapter of the Cystic Fibrosis Foundation presents an evening of fine dining and wine to raise funds to promote awareness and research for the foundation. Guests will enjoy a reception and cocktails, dinner, dancing, awards ceremony and a live auction. Tickets are $250 per person. For more: events.cff.org/65rosesaz.

SATURDAY 11/23

Mystery in the Museum

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 Curator Conundrum. There will also be a cash bar and light snacks after the event. Pairs are $30, individual sleuths are $20. For more: smoca.com.

SATURDAY 11/30

Tree Lighting Ceremony

7-9 p.m. at the Scottsdale Waterfront, 7135 E. Camelback Road. Celebrate the opening of Scottsdazzle, Old Town's month-long holiday extravaganza, with a family-friendly tree-lighting ceremony at Scottsdale Waterfront. This free event will start off as most Christmas events do – with a Christmas song sing-along, featuring classic tunes by MusicaNova Orchestra. Guests can also enjoy hot chocolate and holiday treats and conclude the event with the lighting of Scottsdale's specially-designed Christmas tree. For more: scottsdazzle.com.

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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."

For example, Dr Heng's office charges $599 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. There is never a charge for a so-called crown build up. Other dental offices could customarily run from $800 to $1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, $599 for a root canal, $499 for immediate denture (each), cleaning starts at $30.

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



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

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



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"Meet Mrs." | Ray Artigue

Carol Nalevanko

By Ray Artigue

Though she's quite intelligent, Carol Nalevanko appears to think there are only 25 letters in the alphabet because she always leaves out the "I." No matter how many times she is asked about herself and her many accomplishments as president of DMB Sports Clubs, she deflects credit or praise and talks about her team.

It's more than just humility, it's her management philosophy and it has led to four decades of success as she and her staff of more than 900 employees have built a health club business model that is envied by the fitness industry countrywide.

> "We did this together!"

"Anyone can lease buildings and fill them with workout equipment and recreational amenities, but The Village Health Clubs are about a culture of family and friends," Nalevanko says. "We focus on the human connection."

It obviously is working, as the four Valley club locations grow continuously and their members seldom leave. While the national average for fitness membership retention is 64 percent, the Village boasts 80 percent and many who belong are charter members.

"It's all about our people as we're in this together and the ultimate results are friendships," says Nalevanko, "As you can leave a treadmill, but you can't leave a friend."

Nalevanko migrated to Phoenix after graduating from the University of South Dakota with a degree in Recreation Management. She and a handful of sorority friends sought warmer weather and job opportunities and she quickly found both in Arizona. Her first job was with the Metro Sport & Health Club as an activities director.

"I grew up all over the world as my dad was in the Air Force and so it felt good to finally put down roots and stay in one place." She and her husband, Richard, live in the Arcadia neighborhood and have no plans of ever leaving.

"Arcadia and the Camelback Village have grown up together over the years. The neighborhood resembles the club because they are both gathering places and knitted together by multiple generations of families."

Nalevanko's formula for instilling a sense of "family" at each of the Villages is to be sure everyone knows one another. "Employees must know employees, members need to know their fellow members, and of course employees have to know each and every one of our 25,000 members."

When Nalevanko isn't working, she is likely pursuing her passion for high adventure. In the past, those have included hiking the Inca Trail, sleeping in a hammock deep in the Amazon jungle, and running with the bulls in Pamplona, Spain. When she isn't running, she is walking… more precisely, the Camino Walk that took her from Portugal to Santiago, Spain, over a 167-mile course that spanned 10 days.

"I like to avoid the fancy-schmancy places," she says. "Traveling off the beaten path is so much more fun."



Little wonder then that Nalevanko says the best gift she has ever received is her good health. "Well, and also a cool putter from my husband. He got off easy as I'm not much into diamonds."

An appropriate title for her autobiography? Unsurprisingly she offers, "We did this together!"



NEWS BRIEFS

THANKSGIVING PREP CLASSES



Beckett's Table cooking classes are back again. While guests enjoy lunch and wine tastings, they will also be a part of a personalized cooking demonstration by Chef Beckett, who has themed each class to match the seasons and holidays. On November 9, the class will be all about Thanksgiving – what to cook and how to cook it. Classes are $95 and include lunch and samples. For more: beckettstable.com.

FOOD TRUCK ROUNDUP

Shemer Art Center is finishing off its food truck roundup for the fall season. On November 20, three to five food trucks will park at the center and offer dinner options such as Chef Wade's Mac-n-Cheese, The Chicken Coop AZ, Eur Haus and Satay Hut. Take a night off from the kitchen and head to Shemer for dinner.

MNM FURNITURE

MNM (mix and match) Furniture opened on the southwest corner of 24th St. and Indian School in late September. The store sells modern furniture and custom-designed sofas and sectionals, as well as custom bedding. For more: mnmfurnitureaz.com.



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Life experiences spark Veteran's Hands in Action nonprofit

By Miriam Cruson

Helping others is the life mission of Elisabeth Lewandowski, an Army reservist, mother and wife of a soldier. She started Veteran's Hands in Action, a faith-based nonprofit, to share the "gifts" she has received with others.

"Being a Christian is such a gift," said Lewandowski, "And it feels good for us to be able to bring gifts that God has given us to other people."

A combination of life experiences sparked Lewandowski to start the nonprofit.

Years ago, Lewandowski met a woman who was speaking at a Phi Theta Kappa Honor Society event she attended while at college. The speaker was from Sri Lanka and she told the students that if each of them gave just $1, it would feed all the kids in her school back home for a full year.

Lewandowski also recalled a volunteer Army chaplain, who also happened to be an Army ranger, who used his off-time to bring pizza to Lewandowski and her fellow trainees who were not allowed to leave their post during military exercises. She was impressed that he took his own time and money to show them they mattered.

"Giving is one of my favorite things. It makes me feel good," said Lewandowski.

Lewandowski met her husband in the service and together they have continued to support veterans around the world. There are about 150 wounded warriors living in the barracks just outside the VA Hospital in Phoenix while recuperating or awaiting treatment. The Lewandowskis deliver snacks, books and magazines to these men and women.





PHOTO: ELISABETH LEWANDOWSKI

Lewandowski and her husband in Haiti. The nonprofit hosts a Christmas party each year as well as a New Year's Eve party for an orphanage in Haiti.

Throughout the year, Veteran's Hands in Action stays diligent in raising money to help out those who made sacrifices in the name of our country. Lewandowski hopes to find a spot for a thrift store or perhaps obtain a truck which would make hauling items much easier.

One of her favorite annual events is the Veteran's Hands in Action Christmas party, which is thrown with the help of donated decorations, Christmas cards, wrapping paper and gift bags for those who have nowhere to be for the holidays.

Lewandowski's sister runs an orphanage in Haiti which is home to 100 children. Whenever possible, Lewandowski goes to Haiti to bring dresses and high-heeled shoes to the girls for their New Year's celebration.

"It is the first time they have worn high heels and a fancy dress," says Lewandowski, "It is a really big deal for them."

Lewandowski majored in International Studies in college and brings that knowledge to the children, teaching them about different cultures. They always have Hispanic night, where they make piñatas and artwork.

Lewandowski is fulfilling her dream of a nonprofit, a veteran always at the ready to help others. Along with donations, Lewandowski is currently looking for a grant writer to help her organization reach even more people. For more: email Elisabeth at elewandowski@ymail.com.

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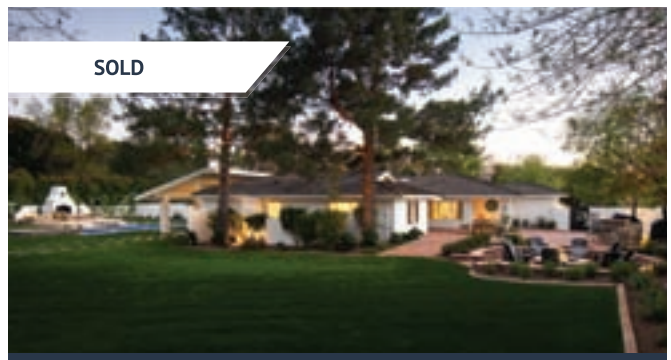
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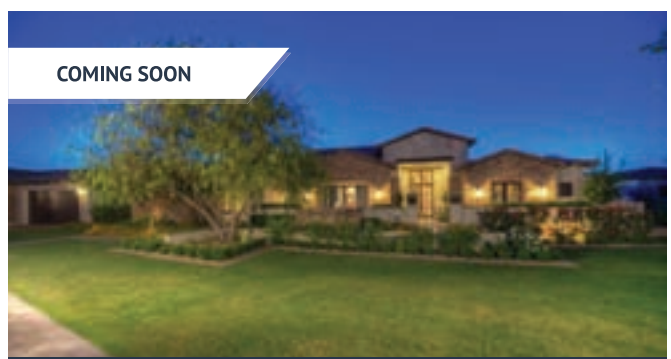
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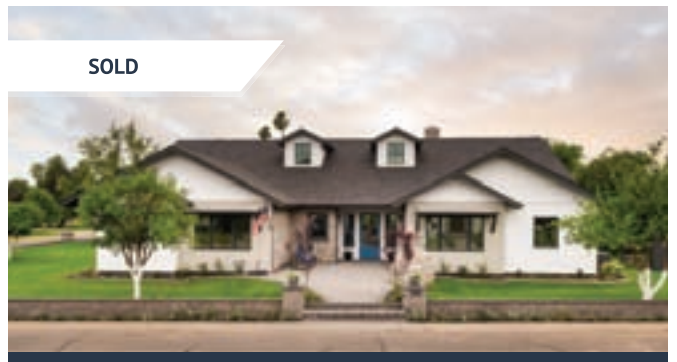
5601 E Montecito Ave $2,300,000

4 bed / 3.5 bath / 4,360 sqft



5601 E Calle Paisano $1,295,000

4 bed / 3.5 bath / 3,050 sqft



6519 E Monterosa St $2,400,000

4 bed / 3.5 bath /4,294 sqft



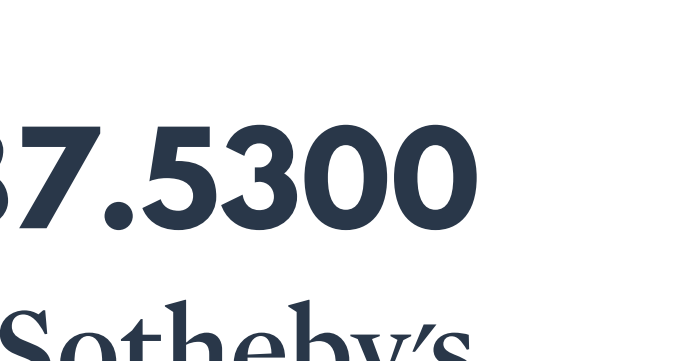
5939 E Orange Blossom Lane $1,799,000

NEW CONSTRUCTION



4602 E Lafayette Blvd

4 bed / 3 bath / 3,296 sqft



6640 E Kasba Circle $2,800,000

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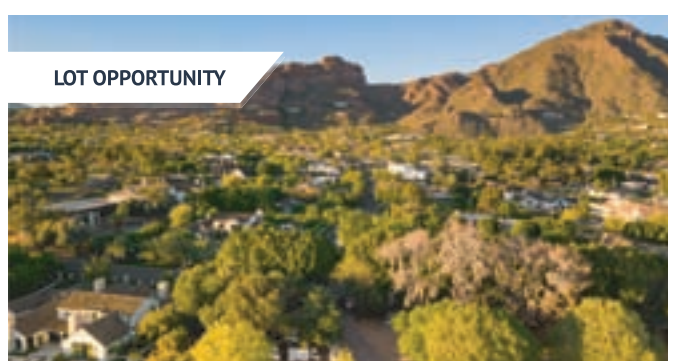
4735 E Calle Del Medio

5 bed / 4 bath / 4,473 sqft



4601 N Arcadia Drive $1,295,000

30,000 sqft lot



4825 E Exeter Blvd $1,650,000

27,748 sqft lot

Local non-profits rally for donations on Giving Tuesday

By Amanda Savage

Giving Tuesday is the antidote to a materialistic holiday season. It's celebrated the Tuesday after Thanksgiving and is a primarily online event focused on donating to non-profits instead of shopping. It is celebrated in 150 countries and grossed $400 million in 2018, according to givingtuesday.org. Organizations of all sizes will participate in this year's event on December 3.

Here are some local non-profits participating this year:



PHOTO COURTESY OF COOPER'S CHANCE



PHOTO: SARAH GRONE

Companies like Cooper's Chance and Waste Not are accepting donations for Giving Tuesday.

COOPER'S CHANCE

Who: Cooper's Chance is on a mission to "rescue, rehabilitate and re-home abused and neglected animals and educate the public on humane and responsible pet ownership."

What: This campaign focuses on raising funds for the Second Chance Medical Fund, which raises money to save sick and injured animals from shelters and give them the immediate care they need to survive.

Where: givingtools.com/give/301.

Why: The money goes directly to treatment, medications, surgeries and therapy for more than 200 animals per year that would have otherwise been euthanized.

THE FOUNDATION FOR HOMELESS CATS

Who: The Foundation for Homeless Cats takes a localized, grassroots approach to managing the overpopulation of feral cats across Maricopa County.

What: The team has a goal to hold 100 spay/neuter clinics for outdoor cats.

Where: shorturl.at/efxC8.

Why: Feral cat caregivers and volunteers receive no public funding and no help from any municipal animal control.

YWCA METROPOLITAN PHOENIX

Who: "YWCA Metropolitan Phoenix is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. We focus on how race and gender impact the issues that impact Phoenix and we create safe spaces for necessary and courageous conversations," said Mary Beth Gregory, director of marketing and communications.

What: The "Dare to be Powerful" social media campaign. The group will also launch its annual AZ Tax Credit Giving campaign, where donations could qualify for a dollar-for-dollar tax credit.

Where: ywcaaz.org/donate.

Why: "Giving Tuesday donations will support our programs and services, ensuring that our West Valley seniors have healthy meals and companionship that supports their ability to age in place, and for women and their families to receive the skills, tools, and support they need to create financial stability. Through safe spaces and courageous conversations, the Valley becomes a more just and equitable community," Gregory said.

ONE•N•TEN

Who: "We serve LGBTQ youth and enhance their lives by providing empowering social and service programs that promote self-expression, self-acceptance, leadership development and healthy life choices," said Clayton Scherf, director of development and marketing.

What: As a qualified charity, taxpayers could receive a dollar-for-dollar reduction in their Arizona state tax liabilities.

Where: onenten.org/give.

Why: A donation to one•n•ten will directly aid and fund single-occupancy studio apartment housing for LGBTQ youth through the institution's partnership with the Promise of a New Day (POND). It will also help fund Camp OUTdoors, "the largest LGBTQ+ summer camp in the country."

THE COALITION FOR SONORAN DESERT PROTECTION

Who: The Coalition for Sonoran Desert Protection conserves the long-term biological diversity and ecological role of the Sonoran Desert in southern Arizona through protecting connected open spaces, wildlife habitat and wildlife linkages.

What: For Giving Tuesday, the coalition's goal is to raise $5,000 toward its year-end goal of $65,000.

Where: sonorandesert.org/donate-now.

Why: "By donating to our organization, you will be supporting protected open spaces, safer roadways and the incredible wildlife of the Sonoran Desert," said Associate Director Kathleen Kennedy.

WASTE NOT

Who: Waste Not uses excess perishable food from caterers, grocers, and various other food purveyors; food that would otherwise be thrown away, to combat hunger and food waste. The organization serves 60 agencies, such as after-school programs, daycare centers and senior facilities.

What: During Giving Tuesday the organization will push its Ride-Along program, a donor membership program, via social media campaign.

Where: wastenotaz.org/donate.

Why: "For every $1 donated to Waste Not, five meals are provided to people in need. We estimate 75,000 people receive food from Waste Not every year," said Executive Director Kate Thoene.

KEEPERS OF THE WILD

Who: Keepers of the Wild provides a lifelong home to all of its 130 exotic animal rescues. Its mission is to set new standards for the ethical treatment of exotic and wild animals, to educate the public and advocate protection from illegal breeding and pet trade.

What: An annual fundraising campaign called "Help Feed Rescued Exotic & Wild Animals in Arizona." GlobalGiving is offering $500,000 in incentive funds and $42,000 in bonus prize money this Giving Tuesday.

Where: globalgiving.org.

Why: $40 cares for a lion or tiger for one day; $50 can feed a pack of wolves.

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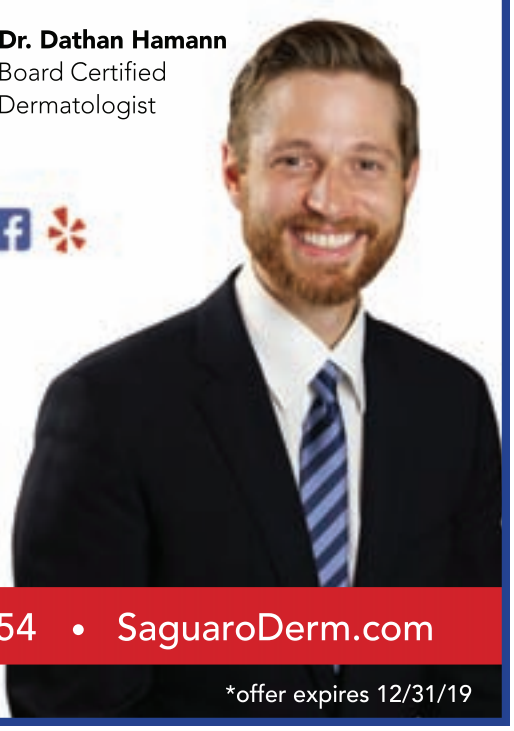
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Sustainability: What is it and what can I do?

By Colin Tetreault

Don't you love the perennial cocktail party question: "So, what do you DO?" Insert the standard responses: business, medicine, government, nonprofit. Instead, I think there is a better approach: "Will you tell me more about what impact you create through your work?" The latter opens the conversation to one of vision, opportunity and the future.

Over the next few months, we'll be jumping into a variety of subjects that cover the broad field of sustainability. Answering what it is, why it matters and perhaps most importantly, how you can participate. Topics will range from water and energy to justice and equity; government and business innovation to recycling and transportation. My overall goal is to link people to practical insight and advice on how to create impact.

> *"No generation can contract debts greater than may be paid during the course of its own existence."*

While some may think that sustainability is a term reserved only for the patchouli-wearing lovers of the Lorax, I'll offer a different framework and lens. Sustainability is – at its core – balancing our environmental, social and economic realms to create opportunity, beauty and prosperity. Think of this in three Venn Diagrams (above). You remember those, right? Your sixth-grade teacher said that they may one day save your life (insert eye roll). Well, now is the time.

Sustainability isn't about one area or the other, but a conscience effort to find opportunity in viewing our economy, society and environment as a complete and holistic system.

Sustainability isn't a new thing or concept. In fact, some great American heroes talked about sustainability hundreds of years ago. Thomas Jefferson, in a letter to James Madison, said, "I say that the earth belongs to each generation during its course…No generation can contract debts greater than may be paid during the course of its own existence."

We can also invoke one of our great western and conservative advocates, Theodore Roosevelt, in understanding the role of our natural and economic worlds, "The nation behaves well if it treats the natural resources as assets which it must turn over to the next generation increased and not impaired in value."

Fast forward to today: every single Fortune 500 company has a chief sustainability officer, director, or equivalent. Our domestic and global capital markets believe that sustainability grows revenue, reduces risk and advances the brand. Investment houses like BlackRock and State Street now view sustainability as a guiding thesis of investment strategy and performance.

As to the original question, "What do I do?" I'll answer it by saying "I create, empower and unleash Change Agents in businesses, governments and communities to create an economically prosperous, socially-just and environmentally-beautiful future for all."

And now you, my fellow Arcadians, will learn a bit more about being a change agent for Phoenix and beyond by thinking and acting in a more sustainable manner.

If you have questions, comments, or subjects you'd like to discuss, reach out through this newspaper: editor@arcadianews.com.

— Colin Tetreault is a Corporate Sustainability Practitioner and Principal at S2 Consulting, LLC.

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RENAISSANCE MAN



From music to soccer, Twice Baked band leader has many talents

By Max Bechtoldt

A quick peek inside Adam Zweiback's home reveals that music is a central facet of who he is. A drum set, piano, keyboard and organ occupy his living room. The more you see of his house; the more music seems to take over.

Zweiback could be considered a modern-day Renaissance Man. Not only is he in his band Twice Baked, but he is also in a Grateful Dead cover band called The Harvest; he has an ACT/SAT prep business, has taught music and has been the Arcadia High School girls soccer coach for eight seasons. His resume as a coach is strong, with annual playoff appearances including one state title game appearance.

Despite his varied resume, he says music is his first love. Zweiback made his first appearance in a band at the age of eight as a drummer. He credits The Beatles as igniting his passion in music, specifically Paul McCartney.

"I really gravitated toward Paul. I just loved his voice and all the harmonies," Zweiback said. "I loved his bass playing and his guitar and then I saw him play piano, and I kind of took that and became a multi-instrumentalist too."

Nowadays, he mostly plays guitar in Twice Baked. The name of the band is a reference to his last name. Zweiback is a type of bread eaten in Europe that is – you guessed it – baked twice. The band also includes his son Jacob on bass, two drummers, Bill Wilson and Cole Tucker, Tom Gilson on keyboard and Keith Baum on saxophone, who was one of the original founders with Zweiback. The two met 20 years ago when their sons were in the same class at school. They also bring in a rotating group of guitarists and female vocalists.





PHOTOS COURTESY OF ADAM ZWEIBACK

(above) Zweiback and his son, Jacob, share a moment on stage. (left) Zweiback and Jacob visit drummer Cole Tucker at one of his games. (right) Twice Baked also has a rotating list of guitarists and female vocalists for gigs.

Tucker is a part-time drummer due to his other job – shortstop for the Pittsburgh Pirates. Because of friendships that Tucker has had during his baseball career, Twice Baked has a few celebrity fans – one of which is Los Angeles Dodgers all-star Cody Bellinger.

Twice Baked plays Zweiback's original music and a variety of covers – everything from Red Hot Chili Peppers to Motown – even Britney Spears. The band's music can be described as rock and adult contemporary.

FUN FACT

Twice Baked gets its name from the definition of Adam's last name. Zweiback: a type bread in Europe that is baked twice.

The band practices at least once a week and has regular gigs at Provision Coffee Bar.

Zweiback isn't the only musician in his family. His wife Kimberly is the tenured professor of organ music at ASU. His other son Ronnie has already created quite a stir in the indie music scene, gaining a following in the Phoenix area.

"I've lived in Arcadia for 20 years. I've had children go through Arcadia High and have coached there, so it's really fun with the band. So many people from the community come to see us," said Zweiback. "Parents from children that I taught, teachers from the school, former players of mine… it's been really great."

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Fostering Tomorrow's STEM Innovators and Leaders

Detour Company Theatre makes the stage a home for all

By Rhys Lee

Sam's journey to starting the Detour Company Theatre began with a simple question. Her developmentally disabled son, who works as the Theatre Arts Coordinator at the Phoenix Day School for the Deaf, visited her at work one day and asked "When is it going to be my turn?" to be on the stage.

She looked for theatre opportunities for disabled people and came up empty. So, she took a leave of absence to begin her own theatre group in the mid-2000s and never looked back.

Early on, with help from friends and colleagues, she staged three plays through a brief association with a social program for adults with developmental disabilities. After those productions, in late 2001, she broke off and started the Detour Company Theatre to provide performance opportunities to disabled people. Detour was officially incorporated in January 2002.

"There was no place for these people to even audition," Sam says. "[The group] provides a place where they can risk, and they can dream, and they can dare to tackle something that seems impossible. It's about opportunity."

The greatest asset Detour utilizes as a nonprofit organization is the Scottsdale Center for the Arts (SCA), which provides the group with performance space and a tech crew. "Without [SCA] we wouldn't be able to survive," Sam says. Detour's association with SCA also enables the organization to have a greater presence in the community.



PHOTO: CHRISTINE KEITH AND CHESWICK PHOTOGRAPHY

For 17 years the Detour Company Theatre have staged various productions, including Shrek and Mamma Mia.

In addition to SCA, Detour has also received a lot of support from other theatres, who help the group by sharing props, set pieces, etc. And Detour shares back as well.

Right now, Detour hosts a beginning program that meets on Mondays. This group is for people who are just starting off or who want to act but may not be able to fully succeed on the stage (for instance, they may want to do improv instead).



Sam

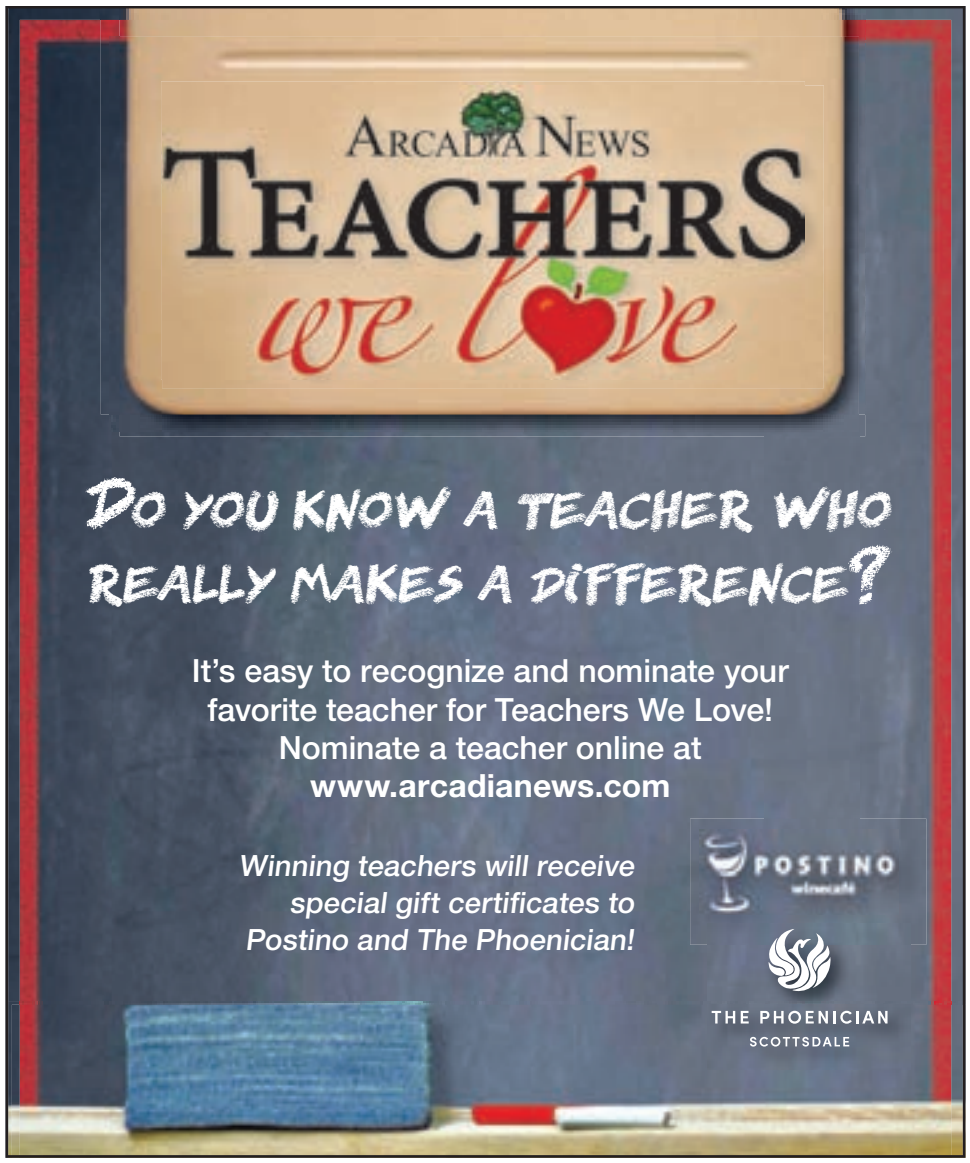
The mainstage program is split in half this year. One half is being led by Sam and will perform Disney's Newsies from January 10-12. The other half will be doing a different play the same weekend, but Sam is keeping the title of that performance a secret.

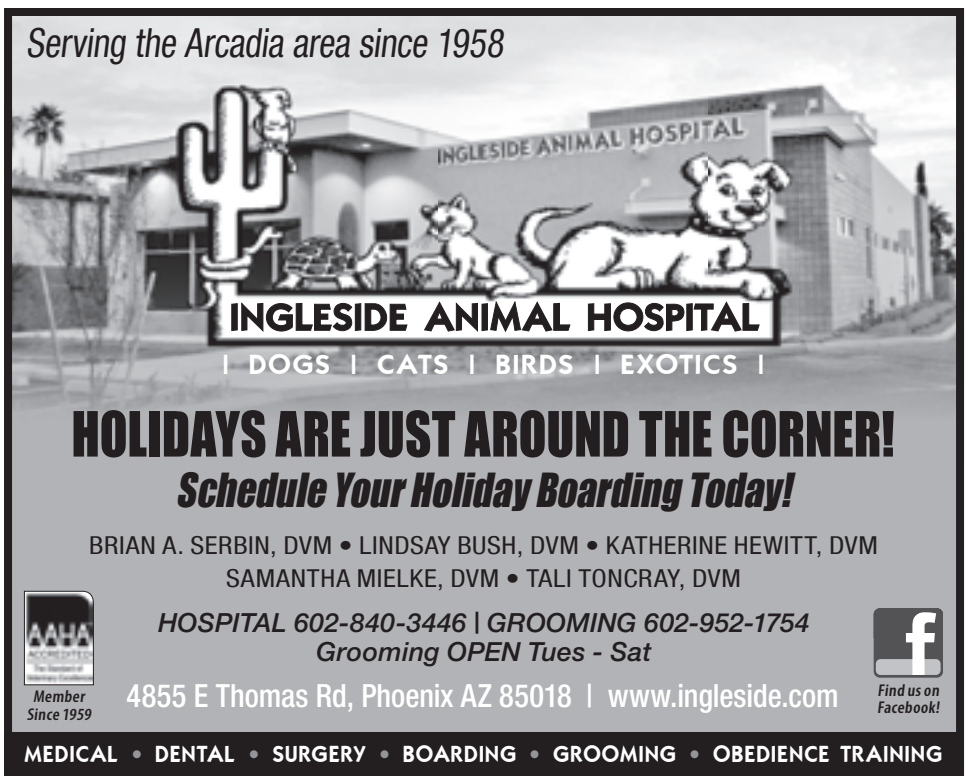
Detour also offers a traveling company, a summer program, and Detour intensives, which are five-week workshops that are more rigorous and focus on one aspect of theatre.

There are plenty of volunteer opportunities at the theatre, from sewing costumes, building sets, etc. Detour is also looking for teachers. The public, too, can become a part of their company.

"What makes Detour unique is the family it is," Sam says. "There are companies who help specific groups, like theatre groups for the blind or for the deaf. But we serve all of them. We take in everyone and put them onto the stage together, so we have interpreters and audio describers and mobility aids. We all watch out for each other, and we all learn to respect one another. The story they have together is just as good as the story they tell on stage."

For more: detourcompanytheatre.org.







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'Friends' program promotes reading, community resources

By Rachael Bouley

Nonprofit Friends of the Phoenix Public Library (FPPL) was established in 1977, and since then the organization has been fulfilling its mission to promote, enhance and expand the presence of the library for the benefit of the community.

Over the years, the organization has made a noticeable difference in the Valley, encouraging residents to get involved and check out everything the library has to offer while also making sure libraries have adequate resources to meet the needs of the community. The group has been involved in everything from advocating for the library system's success to raising funds through book sales and other events.

When FPPL first started over four decades ago, the Valley was booming, and members of the Library Advisory Board were concerned that the libraries would struggle to keep up with the blossoming population and growing demand.

In its inaugural year, the organization consisted of a dozen members, mainly volunteers from the libraries who wanted a brighter future for the library system. Harriet McIntosh, a local writer and library patron, led the group, in addition to co-founding Friends organizations in Sedona and Tucson.

The first objective for the newly-formed organization was to sell donated books to raise money, with the goal of supplementing the library's budget. While the organization has succeeded in raising millions of dollars over the years in support of the library system, fundraising is still a primary goal.

In the late 1970s and early 1980s, members of the group, now referred to as "Phoenix Friends," were busy engaging with concerned citizens who wanted to join the cause. FPPL began pushing Phoenix City Hall for more library money allocated in the budget, and they also took on bigger projects like bonds for the construction of new library branches across the greater Phoenix area.



PHOTO COURTESY OF PHOENIX PUBLIC LIBRARY

Of the many programs FPPL sponsors, Summer Reading at the Library is one of the most popular among kids.

As the suburbs continued to expand, FPPL had its sights set on continued improvements to the library system. In 1988, the group spread the word about a major "art bond" up for vote, which would define and highlight Phoenix's culture with a new central library and renovation of the art museum.

The people of Phoenix listened to the group's rally cry, and the bond was passed. This led to the construction of the Burton Barr Central Library, designed by well-known architect Will Bruder. When the bond funds ran out in 1994, FPPL stepped up to fill the gap, quickly generating more than $1 million in funds to complete the project.

At the time, Burton Barr had the largest reading room of all the public libraries in America, something that the Friends were thrilled to celebrate with the community.

Jason Peterson joined the group in 2001 and has been executive director for 15 years. He says the organization has shifted its focus to advocacy and awareness in recent decades.

"The Friends raised a lot of money to finish Burton Barr, and they decided they needed an organization solely dedicated to raising money. That's when a separate non-profit, the Phoenix Library Foundation, was created in 1997."

In addition to helping that branch thrive, the Friends have established chapters at all 17 branches of the Phoenix Public Library. This enables the organization to do more for the community by hosting regular book sales and generating publicity for public libraries.

Even when challenges come up – such as the 2010 City of Phoenix proposal to close six library locations during a tough budget year – the Friends stay true to the mission.

During that time, members of the group invited library patrons to sign "Don't close my library!" postcards in a campaign targeted toward the Phoenix City Council. Friends directors hand-delivered 20,000 of these postcards to then-Mayor Phil Gordon, and as a result of their efforts not a single library branch was closed.

"We let the mayor and city council know how the public views the library, and that in times of economic hardship people need the library more than ever," Jason said. "That was one of our biggest advocacy efforts."

More recently Phoenix Friends have been pushing for libraries to be open every day.

"It's really important for the community to have libraries open, and we're trying to make that possible," Jason said. "The library is a community center. We have millions of books and DVDs, but we also have the hive entrepreneurial center and workforce literacy center. The library is a resource with programs and services, much more so than ever before."

Friends of the Phoenix Public Library aims to continue safeguarding the public library system and protecting these valuable resources far into the future.

For more: plfriends.org.

Phoenix Indian School Visitor Center highlights storied history

By Max Bechtoldt

Upon entering the Phoenix Indian School Visitor Center guests are immediately greeted by a giant photo of a first-grade class in 1951 at the Phoenix Indian School. With identical uniforms and hairstyles, it is a striking reminder of how students' identities were stripped from them inside these walls.

Phoenix Indian School Visitor Center Curator Rosalie Talahongva believes this somber history is essential to teach to visitors.

"There is a history that has to be told and has to be remembered, and it is not all fun and happiness," said Talahongva. "It's a portion of our history that we need to remember, and that we need to teach in order to understand Native people."

Talahongva was a student at the school in the late 1970s and was hired as curator in June 2019. She remembers the visitor center as the music center, where she and many other students participated in band, choir and orchestra.

The building holding the visitor center was originally built in 1931. It housed six classrooms for the youngest children at the school. When converted to high school-only, the building was used as the music center until it closed in 1990.

The school's band traveled across the state to cities and Native communities and was used as a recruiting tool for adults to send their children to the Indian School. They also performed for multiple presidents and other prominent politicians throughout the 1950s and 1960s.



PHOTO BY MAX BECHTOLDT

Phoenix Indian School Visitor Center *at Steele Indian School Park.*

The school was a part of the "Indian School movement" that was created through the beliefs of General Richard Henry Pratt, who was famous for the mantra "kill the Indian and save the man." The schools were built in order to separate the Native children from the adults and assimilate them into the white culture. Here the children were treated like soldiers and forced to give up all of their traditions.

"The whole idea of opening this place is having it come full circle. You're coming from a place where it was involuntary to come to, and the annihilation of your people was happening here, to where now we tell the story and we educate people," said Talahongva. "It's about integrity and resiliency."

Recently, the building underwent a huge renovation, funded through a partnership between the City of Phoenix, Native American Connection and the Phoenix Indian Center. In October 2017 the building opened following a $1.5-million renovation.

The project won a Crescordia Award in the category of Building and Structures – Historic Preservation during the 39th annual Arizona Forward Environmental Excellence Awards Gala in September. Crescordia is a Greek term meaning "to grow in harmony." Awards are given to individuals and organizations that use sustainability to help improve their communities. The projects focus on finding a balance between the built and natural environment. Arizona Forward works to influence those in power to grow communities, stimulate the economy and enhance the environment.

Currently, the building holds a small museum with artifacts and history of the school that is available for tours by appointment. It also holds conference rooms and a large meeting area for graduation celebrations and events for Native people. The building houses a kitchen, used for cooking workshops for a variety of foods from different cultures.

Many of the ceilings are left intentionally unfinished in remembrance of the students who helped in the history of the center. It is a place to gather and acknowledge and learn about a piece of Arizona history.

For more: phxindcenter.org.



PA'LA

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PLACES WE LIKE

By Cody Kennedy

Pa'La seems like a hidden gem in Phoenix – even though it has been around for two years. What's happening at this place is wonderfully unique, and it's a foodie paradise. The bungalow that houses the restaurant was built in 1922 and it has been restored with careful attention to detail. The kitchen, dining room and patio provide seating for maybe 50 people – which means getting there early is your best bet. Owned and operated by Italian transplant Claudio Urciuoli, a clever chef who has experience in places with names such as Taggia, Prado and Bianco.

Pa'La is a Spanish/Italian word that translates to "for the people." On one of their brochures Pa'La is described as a reflection of "the seafood, grains, and vegetable-driven coastal cultures of the Mediterranean and South America." The meals are cooked in one of two places in the restaurant: a forged-steel grill or a hand-built wood-burning oven. Which means that during operating hours, two fires need to be maintained at all times in the kitchen.

To watch Urciuoli in the kitchen is almost like watching a scientist in his lab – except this lab is a kitchen and the experiments are delicious. The base ingredients are kept simple – olive oil, vinegar, sea salt, smoke and fire, but things branch out – way out – when it comes to the fresh ingredients.

Pa'La has their own bread called "skiaccia" – a crispy and delightfully chewy Italian flatbread almost like naan. The menu on our visit consisted of Tapas, Navarro Bowls with three seafood options and Skiaccia Sandwiches. The dishes can change frequently, depending on what fresh ingredients Urciuoli finds.

Our starter of Bufala Mozzarella with Wild Arugula, Tomatoes and Skiaccia was well-received and didn't last long. We almost fought over the homemade sausage in the Roasted Polenta with Spicy Sausage tapas – it carried a nice kick of heat that was perfect with the texture of the creamy polenta and the crushed tomatoes.

The Navarro Bowl – named after Chilean surfer Ramon Navarro – is the signature dish here. Loaded with different grains, vegetables, beans, seeds, cabernet vinegar, extra virgin olive oil and smoked soy sauce, the bowl comes with a choice of seafood: skate fish, wild shrimp or roasted octopus were our options.



Smoky flavored, firm, but still soft with the slightest bit of crisp, the octopus settled nicely with the grains; each forkful had a new flavor, it felt like eating a new dish every time I took a bite. Sweet, salty, bitter and crunchy textures combined to make this healthy dish feel like a guilty pleasure.

The Skiaccia Sandwich was crafted with an Arizona grass-fed, thinly-sliced steak marinated in chimayo chile powder and served with roasted poblano peppers and crimini mushrooms. This sandwich was filling and had just enough heat to make my eyes water. As a massive fan of any and all sandwiches, this one makes my top five of all time. I found myself wishing I had ordered another to go so I could experience it all over again the next day.

Pa'La offers a variety of beverages, including locally-curated wines and beers, mineral water and Mexican Coke.

Claudio Urciuoli and his crew have created a nothing less than a total food experience at Pa'La and it's an easy one to recommend to food lovers.



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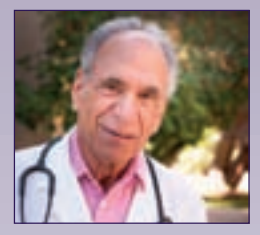
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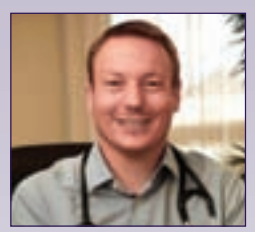
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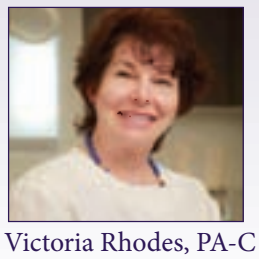

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MON–WED 7AM–7PM THURS–FRI 7AM–5PM SAT 7AM–NOON

Planning to travel overseas: Where will you go?

By Michelle Donati-Grayman

One-quarter of Americans plan to take an international vacation over the next 18 months, according to a recent AAA Travel survey. Advance travel booking data suggests that many travelers will head to popular European destinations including Rome, London, Dublin and Paris, and warm-weather locales in Mexico and the Caribbean, including Cancun, Montego Bay and Punta Cana, with most travelers in search of unique experiences.

However, the great American road trip remains a popular vacation option. For many, road trips are increasingly appealing to U.S. travelers while overseas. In fact, AAA's survey revealed that nearly 77 million adults have rented or used a personal vehicle while on vacation outside the U.S.

An international driving vacation comes with additional planning and paperwork for which travelers need to be prepared. An International Driving Permit (IDP) is a legal document that translates U.S. driver's license information into 10 foreign languages. The nominal $20 fee is a small price to pay for peace of mind while traveling.



More than 150 countries accept IDPs, however, many countries do not recognize U.S. driver's licenses without an accompanying IDP, and it is illegal to drive without a valid license and insurance in most places. AAA is one of only two entities authorized by the U.S. Department of State to issue these licenses. Members and non-members alike can easily apply for an International Driving Permit with an application accessible online or in person at AAA.

INTERNATIONAL TRAVEL TIPS

Planning an international vacation can be a daunting task, but travelers don't have to go it alone. Here are some tips to prepare for a trip overseas:

- **Book early for next year's trip.** Many travel suppliers offer early payment incentives to travelers who book and pay for their trips before the end of the year. Travelers who lock in their plans now can take advantage of great cost savings.
- **Seek the expertise of a knowledgeable travel agent**. They can make recommendations and help navigate the myriad options available for international travel, saving time, money and the hassle of planning solo.
- **Review the AAA Travel Guides**. They've been recently enhanced with additional international destination information, such as tips on where to go, how to get around, what to do and see and what not to miss on vacation.
- **Consider purchasing travel insurance.** Protect your vacation investment and ensure a smooth vacation experience.
- **Be aware of your surroundings and remain vigilant while traveling internationally**. Refer to the U.S. State Department for detailed recommendations and country-specific information. Enroll in the Smart Traveler Enrollment Program (STEP), which makes it easier for the nearest embassy or consulate to contact U.S. citizens in case of an emergency.

For more: AAA.com/Travel.

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FRIDAY 11/1 – SUNDAY 11/3

Phoenix Tattoo Expo

Friday 3-11 p.m., Saturday and Sunday open at 11 a.m., at the Delta Hotel, 200 N. Centennial Way, Mesa. The Phoenix Tattoo Convention is here, with more than 100 artists from around the country ready to tattoo. Walk-ins and appointments are available. There will also be a vendor village, so while waiting for a turn, guests can get some shopping done. Tickets are $25 and kids 12 and under get in free. For more: visit the Phoenix Tattoo Expo Facebook page.

SATURDAY 11/2

Pumpkin Smash

1-4 p.m. at the Las Milpitas de Cottonwood Farm, 2405 S. Cottonwood, Tucson. Not sure what to do with your pumpkin from Halloween? How about launching it across a field? The 4th annual Pumpkin Smash focuses on sustainable gardening practices and how they benefit the community. There will be pumpkin smashing, pumpkin treats, music, kids' activities, and guests will be able to learn about gardening and the science of composting. This event is free. For more: communityfoodbank.org/pumpkinsmash.



Arizona Wild West Days *in Cave Creek.*

Bacon, Blues and Brews Festival

12-9 p.m. at Founder's Park, 22407 S. Ellsworth Road, Queen Creek. The 3 Bs have come together for a festival not to be missed. There will be a plethora of bacon and blues artists crooning out guests' favorite tunes with beers to wash it all down. Local chefs will prepare their most popular bacon dishes, plus other performances and a kid zone. Tickets start at $10 for general admission. For more: baconbluesandbrews.com.

FRIDAY 11/8 – SATURDAY 11/9

Chuck Wagon Cook Off

6-10 p.m. at Tumbleweed Ranch, 2250 S. McQueen Road, Chandler. Get ready for an old-fashioned cook-off. On Friday, guests will enjoy music, dancing and food. On Saturday, there will be cooking demos and a junior camper cooking class. Then, teams will prepare meals straight from their chuck wagons and compete for the best. There will also be vendors, music and a kid zone. Tickets are $10-15. For more: chandleraz.gov.

FRIDAY 11/8 – SUNDAY 11/10

Arizona Wild West Days

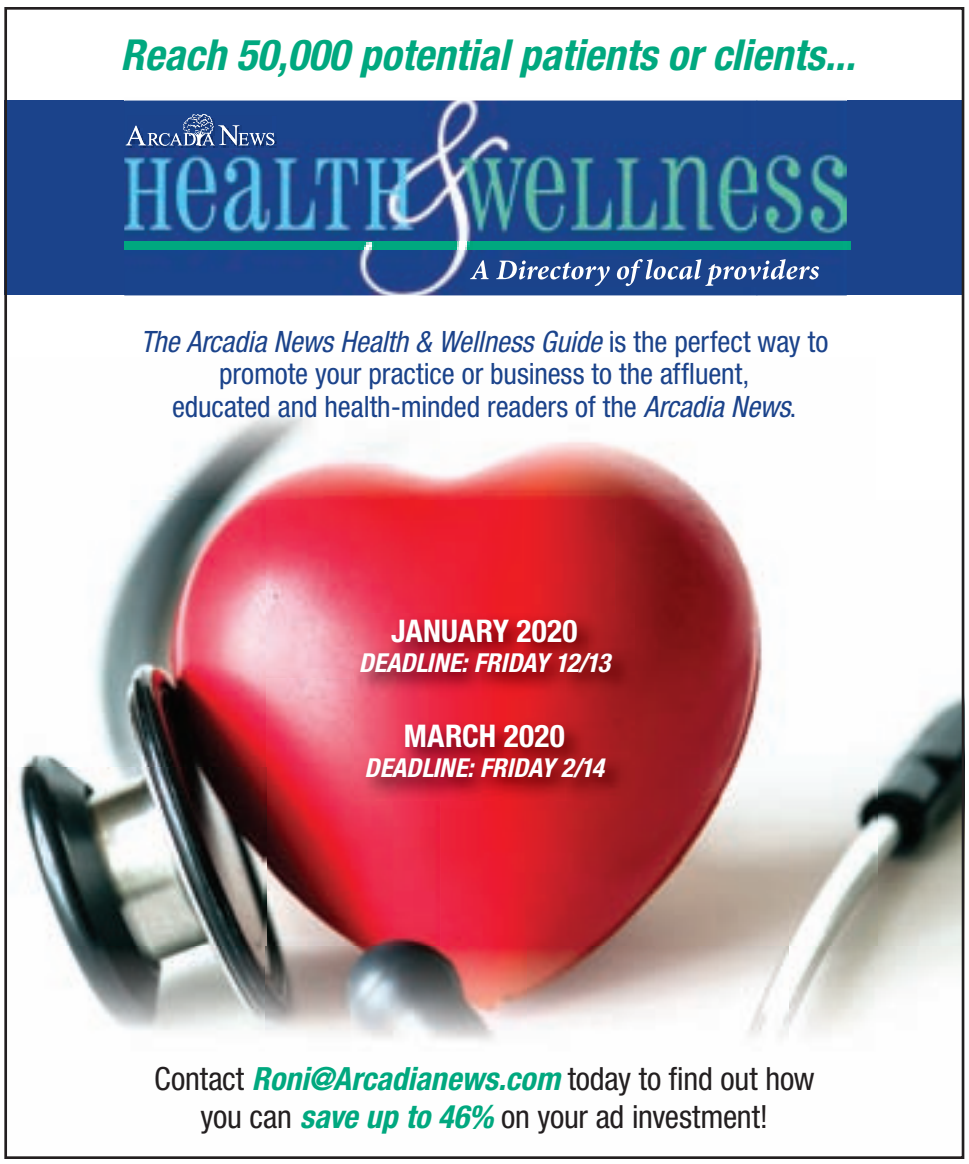
Times and locations vary, in Cave Creek. Get ready to celebrate the wild, wild west at Cave Creek's Arizona Wild West Days. There will be something for everyone to enjoy, including events like mutton busting, period costume contests, a bull-riding contest, a bathtub race, rodeo, kid zone, food and western entertainment. Grab your cowboy boots and get ready for a good time. For more: wildwestdayscavecreek.com.

SATURDAY 11/9

Canines + Cocktails

6-9 p.m. at Scottsdale Airpark, 15290 N. 78th Way, Scottsdale. Hosted by Forever Loved Pet Sanctuary, the Canines + Cocktails event will provide guests with an evening of dinner, drinks and music benefitting FLPS' senior animal program. Guests can also partake in a silent auction, photo opportunities and meet some of the sanctuary's adoptable dogs. Tickets are $50 per person. For more: foreverlovedpets.org.





OUT OF THE AREA, *BUT WORTH THE DRIVE*

SEND EVENTS TO
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SATURDAY 11/9

French Fry Throwdown

5-9 p.m. at the Peoria Sports Complex, 16101 N. 83rd Ave., Peoria. Local food trucks gather together to battle it out – only one can win in this French Fry Throwdown. More than 15 restaurants will be slinging potatoes, while guests enjoy samples, drinks, live music and entertainment for the kids. Votes will be cast for "best overall fries, best fry presentation and most creative fry." This event is free to attend. For more: getlocalarizonaevents.com.

SUNDAY 11/10

Arizona Harvest Fest

9 a.m.-4 p.m. at Dr. AJ Chandler Park, 178 E. Commonwealth Ave., Chandler. This fall festival promises fun for everyone. Now in its fourth year, the Arizona Harvest Fest will feature more than 150 vendors, live music and entertainment, kids' activities, pumpkin toss, pumpkin decorating, food contests and a cake walk. There will also be food trucks and a beer garden for the grownups. This event is free. For more: arizonaharvestfest.com.



Glendale Glitters *at Historic Downtown Glendale.*

SATURDAY 11/16

Friends of Erma Bombeck Luncheon

12 p.m. at the JW Marriot Desert Ridge, 5350 E. Marriott Dr., Phoenix. Presented by the Arizona Women's Board, this luncheon will bring together writers from all over the country to discuss their latest releases. There will be panel talks with the writers discussing their careers and inspirations. This year's authors include former *Arcadia News* columnist Kindra Hall, Elin Hilderbrand and W. Bruce Cameron. After, there will be opportunities for purchases and book signings. Registration is $200 per person. For more: authorsluncheonaz.org.

THURSDAY 11/28

Turkey Trot

7:45 a.m. at the Posse Grounds Park, 525 Posse Ground Road, Sedona. The 10th annual Turkey Trot is here to make calories disappear – at least until after the race. This 5K will span the Posse Grounds Park, where runners can enjoy the red rocks of Sedona. After the race, head to the post-party where runners are welcome to dine on pumpkin pie and watch the awards ceremony. Registration is $35. For more: sedonarunning.com.

FRIDAY 11/29

Ninja Kids Camp

1 p.m. at the Arizona Sports Complex, 3555 W. Pinnacle Peak Road, Glendale. The folks at Adventure Fitness Events will be hosting a ninja camp at the AZ Sports Complex. Kids will run, jump, crawl and climb through an obstacle course built for only the toughest of six to 13-year-olds. Registration is $45 per child. For more: arizonasportscomplex.com.

SATURDAY 11/30

Glendale Glitters

5-10 p.m. at Historic Downtown Glendale, 5850 W. Glendale Ave. The city will be illuminated by more than 1.6 million twinkling lights across 16 blocks during the annual Glendale Glitters event. Folks can also enjoy holiday entertainment, food, vendors and gifts, a winter wonderland complete with snow, and possibly even an appearance by everyone's favorite man in the red suit. This event is free. For more: glendaleaz.com.

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One small act can brighten the world around you

ROBIN'S ADVENTURES

By Robin Sewell



As I was going through the drive-through at Starbucks the other day, I got to the window to pay and the barista informed me that my order had been paid for. Turns out, the car in front of me had bought me my drink. I immediately thought, do I know that person? I mean, why else would a stranger – for no reason – buy me a cup of coffee?

As we head into Thanksgiving, a time we remind ourselves of the many reasons to be grateful, I thought about that coffee. Not the fact that I just saved five bucks, but how all day long following that unexpected gesture I was in an extra good mood, with a big smile, a pep in my step and thought about what I could do to make someone else's day a little brighter.

It's funny how the things you remember about your childhood, that you didn't realize at the time, end up having such a profound influence in your life. My mom was a single working woman who juggled three jobs to pay rent, keep food in the refrigerator and make sure the electricity wasn't shut off.

However, my most vivid memories are not of our struggles but of my mom's random acts of kindness. We always went to the mall during the holidays so she could take one of those Toys for Tot's cards off the tree and buy an unwrapped gift for a kid she didn't know.

She always felt bad that she could only afford one gift and then snuck back before Christmas to buy another. She made sure she had dollar bills to put the red Salvation Army kettle. Whether it was a turkey, canned food or a clothing drive, we were there with food and bags of clothes. We never had any serious discussions about why this was important to her or to the people she helped, it was just obvious that these small gestures made her happy.

When I went off to college and was on my own, it just seemed natural to continue down the road my mom unintentionally or intentionally paved for me. Along the way, I found my own causes where I give my time and I fully understand why any gesture can warm your heart.

My mom was in an assisted living facility for many years and I took my daughter to visit at least twice a week. She would play the piano and entertain not just my mom but also many of the other senior citizens who lived there. It wasn't always the most fun for a child, but it had become our family routine.

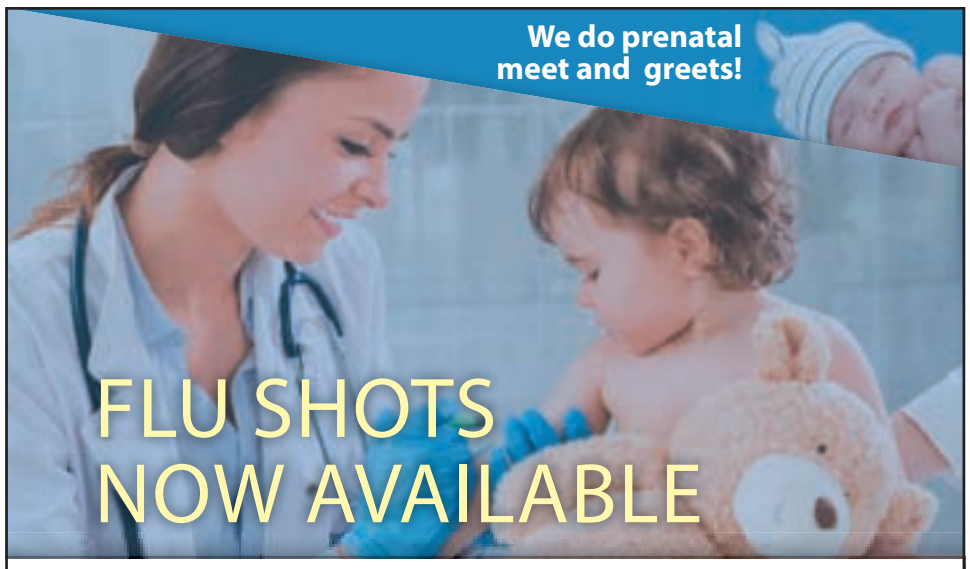
Years after my mom passed away and we had our last visit to the care facility, my daughter and I started volunteering at a different senior citizens' home. We visit with the residents, but most of the time, we lead a group in Bingo. By now, my daughter knows many of the people by name, who likes what prize and who gets mad if she yells out the numbers too fast or too slow.



Robin's daughter Milan follows in her grandmother's footsteps by visiting the local senior centers and playing bingo with residents.

The last time we were there, one of the women grabbed her hand and gave her back the candy she had just won because she told my daughter she had done such a great job.

It was an unexpected act of kindness that put the biggest smile on her face. She whispered that she couldn't wait to go back.



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Job searching can be an emotional rollercoaster

By Angela Copeland



CAREER ADVICE

Searching for a job anytime is tough. But job searching when you're unemployed is really tough. Through my work with job seekers, I've noticed a trend. Those who are unemployed are much more distressed by the process of job searching then those who aren't.

When thinking through this issue, I looked up the term "emotional roller coaster." I was surprised to find multiple websites that claim the term was coined by Dr. N. Amundson in relation to dealing with unemployment. He published an article called, *The dynamics of unemployment: Job loss and job search*.

I'd never heard of this article, but I was able to verify on Google Scholar that it does exist. In the description, it says, "We have developed an integrated model comparing job loss to the grieving process (denial, anger, bargaining, depression, acceptance) and job search to 'burnout' (enthusiasm, stagnation, frustration, apathy)."

If you have a family member who is unemployed, you have probably wondered what is going on. Why don't they just get over it? Be positive and have a better attitude, right?

Sadly, it's not that simple. When you experience other types of loss, like a death in the family, it can feel awful. At the time, there's nothing worse. But if other areas in your life stay stable, eventually, you start to feel somewhat normal again after a certain period of grief.

Unfortunately, with unemployment, these feelings of grief don't resolve. The unemployed person must alter every piece of their life in order to cope with a sudden loss of income. They may buy cheaper food. They may become isolated from friends because they don't feel comfortable with the cost of going to a restaurant for dinner.

With unemployment, the person continues to be in the middle of an emergency. The end point is unknown and worries multiply by the day. Loved ones might assume the unemployed person is doing something wrong. After all, if they were doing everything right, they would have a job by now.

> *"When you have a job, you job search in secret. When you're unemployed, everyone knows you're looking. "*

That's not the reality of the situation. Normally, when we look for work, we already have a job. We look passively. It can take a few years to find something that's the right fit. Nobody notices because we are still working. When you have a job, you job search in secret. When you're unemployed, everyone knows you're looking.

If you have an unemployed friend, cut them a little slack. It's not just something they should have a better attitude about. Just because they haven't landed a job doesn't mean they aren't good at what they do. It doesn't mean they should switch careers. It doesn't mean they need unsolicited advice. What it means is that they need your friendship and support to get them through this emotional roller coaster.

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

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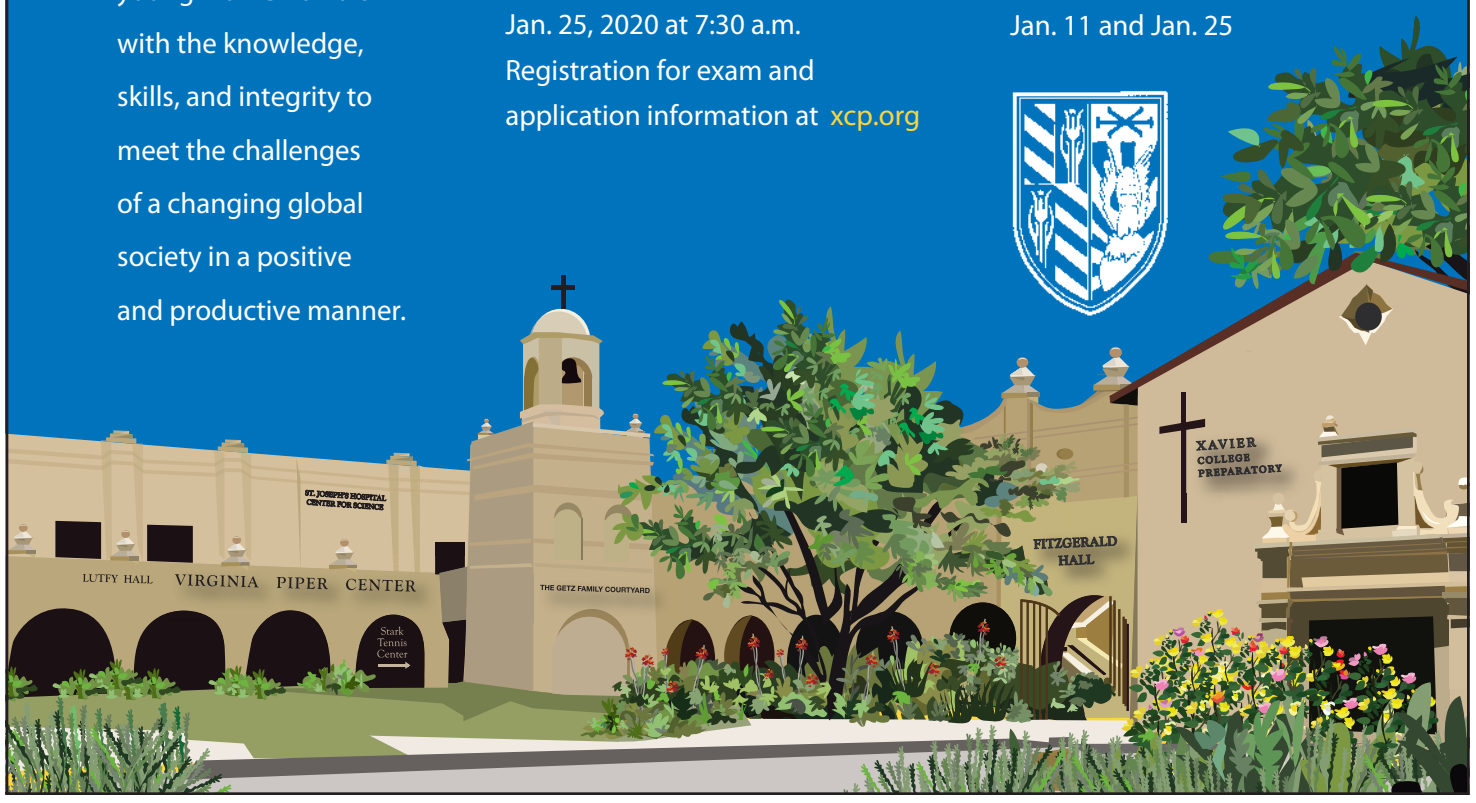
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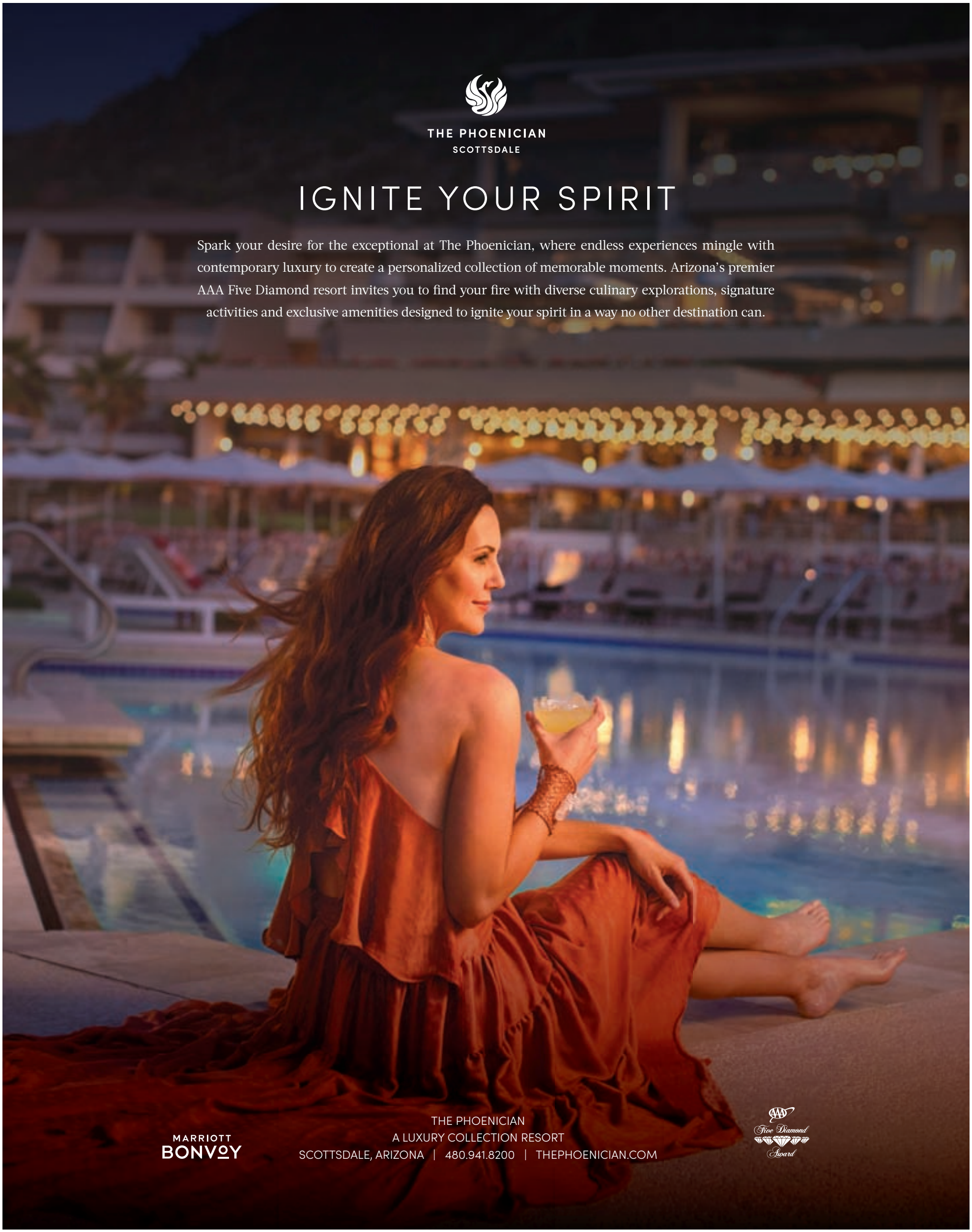


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ANNIVERSARY EVENT

Local publishing company American Traveler Press will be celebrating its 40th anniversary with a free event at the Camelback Changing Hands Bookstore on November 23 at 2 p.m. Guests will mingle with ATP's authors, enjoy snacks and learn the ins-and-outs of publishing. AT Publishing specializes in history of the Southwest and the Rocky Mountains and cookbooks. It has more than 200 titles still in print. For more: americantravelerpress.com.

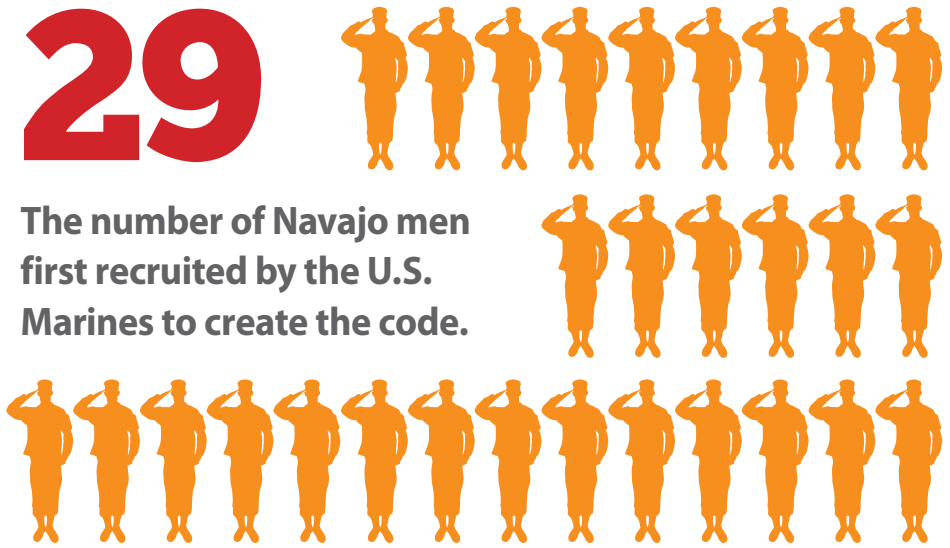

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HOW MANY?

29

The number of Navajo men first recruited by the U.S. Marines to create the code.



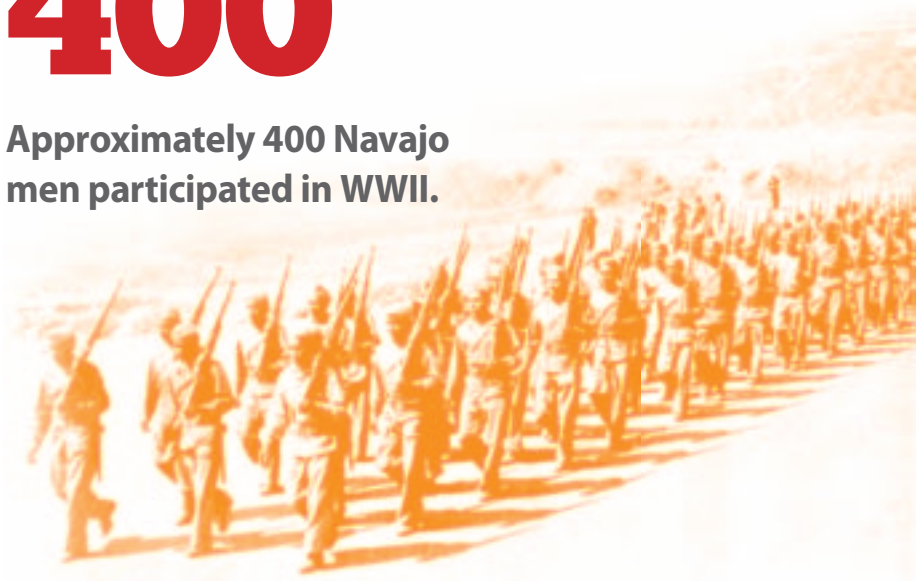
800

During the first two days of the Battle of Iwo Jima, six Code Talkers sent and received more than 800 messages without making any errors.



400

Approximately 400 Navajo men participated in WWII.



HOW LONG?

20 sec

A short message could be encoded, sent and decoded in as few as 20 seconds.



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NAVAJO CODE TALKERS

FUN CODE TALKER FACTS



- Phillip Johnston came up with the idea of using the Navajo language as a code in WWII.
- The Navajo Code Talker test program was started in 1942.
- The Code Talkers were between the ages of 15 and 25.
- 16 Navajo Code Talkers were killed in action.
- Since Navajo was only a spoken language, there was not a written alphabet.
- Words were chosen from nature to create the alphabet code. Example: The word *lo-tso* means whale in Navajo, and was the code word for battleship.



- Navajo Code Talkers were protected and were not allowed to be captured at any cost.
- The Navajo code word for America was "Our Mother."
- When the soldiers returned home they were not allowed to tell anyone what they did during the war.

SAY WHAT?

The Navajo code is the only unbroken code in modern military history.

CODE TALKER WORD SEARCH

S F B S Q W Z G L T L J L W F O O Q L G Q F Q I L
Y V T E B W H M Z R M P P C I S O G Q K M S N G S
F H K K O N R F E U W G F A I U G P N E R Y A A K
G O A J Z A R K C I D M U W O B C Y S E U H W Z G
P C J C T V L B Y Q E N F W R M V S B I T R A T X
L I P B A A L V G L A X P I M R A I V S P F H C D
J U U E T J O A M M H K S I P G R D F E T E G F D
K S X E X O U R I R H M Z E E T Z P B E G A O J X
P Y D A V G Q J L H G J C K Q C O R B A E S J O T
W O R W V M O U I G B Y U D L D A A U Y D Z E Q H
C G K A T W E Y T U X Z X Q O N H G O J L S D C L
R T A Z I W V L A K H W T F P P N A G X Y Q O L X
P P M K K K I I R O W Z K R L A J K D K L P C Z M
N C K Z R V M M Y A I K B A L N D W R E N Q S V P
Q T G I Z Y A S L I Y L V K R R R J O H N S T O N
L K J H G R A W Y S K H Y B Z Y U G K H E J J O L
Z T I R I P S D H X B D L Y G G B H Y K Q M P W K
Y D Q N E X Y I Z Y E E X O B S S S A Y O M A B D
V P E T M H E W W E D O C N E R P E N C X Y L V D
C S F S D W T A I P F Q P H L O R O H S I J D S F
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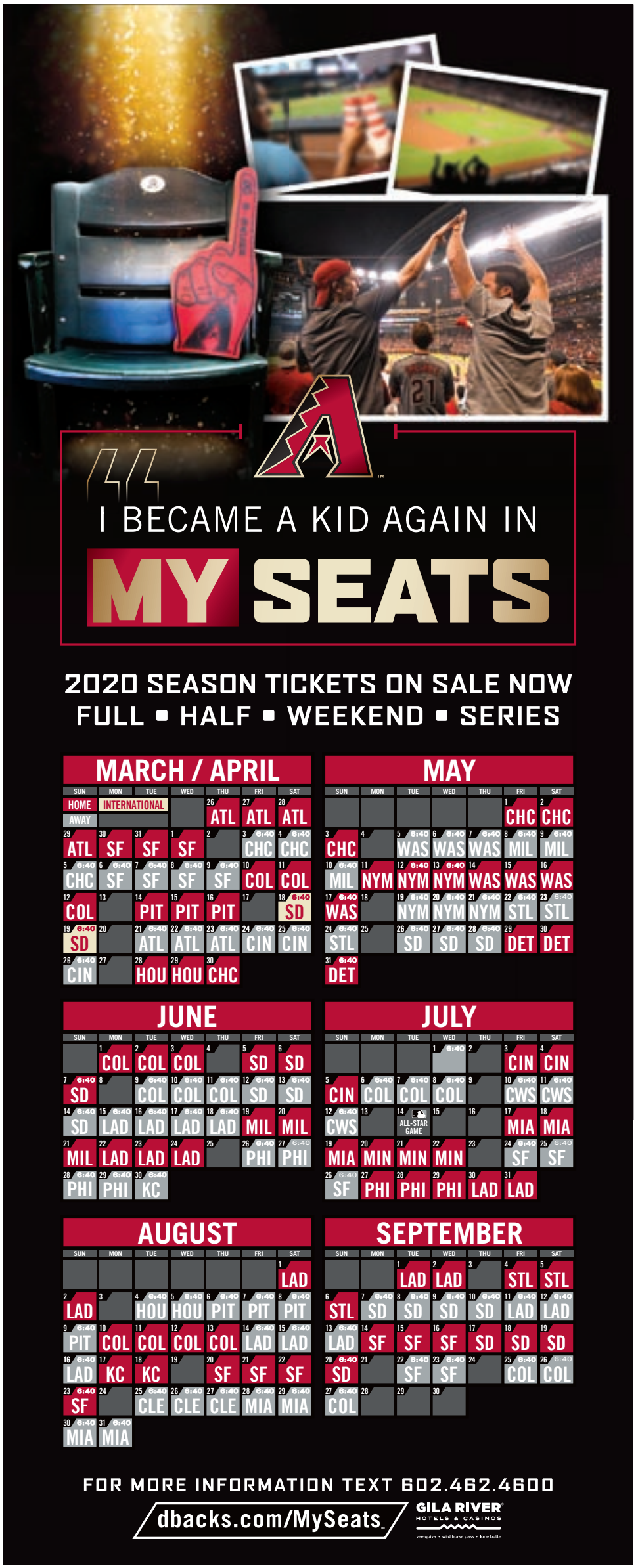
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Appraiser Q&A: let the treasure hunt continue

By Jeffrey Pearson ISA-CAPP

With help from our fine readers, I've come across many fascinating topics and unusual collections. Your submissions wind up being a treasure hunt for both of us. Keep those questions coming…

ASK THE APPRAISERS

I have a U.S. flag with 13 stars and was told it was from 1850, but I have no proof or provenance. Are 13-star flags of any value?

– Liz, Phoenix

They are more common than you may think. The 13-star U.S. flag has approximately 21 variations, with some being worth more than others.

The traditional flag pattern credited to Betsey Ross consisting of 13 stars in a circle is by far the most noted in folklore. While no historical evidence links Ross to the design, the legend began as early as 1876, when descendants began recounting her as the designer in their family history.

The transitions of star placements typically created the names for U.S. flag variations including Snowflake, Scattered, Oval with three central stars, Cowpens, the 4-5-4 and one the rarest and most sought-after, the Trumbull pattern. The Trumbull, featuring 12 stars in a square pattern with the thirteenth in the middle, was named after its creator, Revolutionary War patriot and artist John Trumbull.

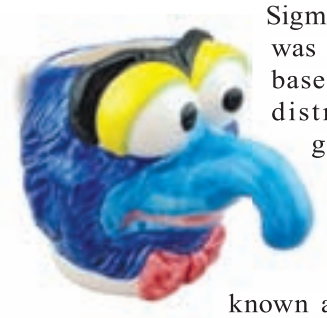
As pieces of patriotic history with varying availability and provenance, the value of U.S. flags can vary widely. A Betsy Ross-style 13-star flag with little documentation recently sold at an auction in Maine for $700; whereas a six-pointed Great Star pattern with a stronger validation sold for $4,000.

Instead of thinking in terms of collectibles possessing an absolute "true value," it is more practical to think of fair market values, as in the range of what the market is willing to pay. That's what it's really worth.

I have a hand-painted mug featuring Gonzo from The Muppets by Sigma Tastesetter with the original box and tag. I have not been able to find a true value for this so-called treasure. I hope that with your knowledge and resources you may be able to help.

– Michael, Sun City

This one made me giddy – I loved The Muppets as a child. The Great Gonzo or Gonzo the Great, as he used to be called, is the resident daredevil performance artisté on *The Muppet Show*. He is an odd-looking, unclassifiable alien creature with blue fur, bug eyes and a long, crooked nose. He takes pride in his uniqueness and enjoys everything he does, no matter how painful or ill-advised it may be.



Sigma Tastesetter was a New York-based importer/distributor of giftware that started in the late 1960s. Later it became known as the Towle International Company that became a leader in *Sesame Street* and *Star Wars* products and other figural cookie jars. Most common of The Muppets mugs were Miss Piggy and Kermit the Frog. Gonzo was made more scarcely and is now more difficult to find.

A comfortable, current fair-market value for your Gonzo mug would be $100-$200 depending upon condition.

Tune in next month for the further questions by our readers.

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



Last year, more than 40 school groups visited Scottsdale Museum of the West.

Scottsdale Museum of the West enhances programs for students

By Rachael Bouley

A local museum is on a mission to showcase Arizona's western way of life.

Scottsdale Museum of the West (SMoW), located in downtown Scottsdale at Marshall Way and 1st St., is expanding its educational outreach with new specialized school programs. Hosting student field trips and homeschool days has been a great source of pride for the museum since it opened in 2015, but the staff is now offering even more opportunities for local students to learn about the land and southwest region.

The museum organized its programs into six areas of study that educators can easily integrate with their in-classroom curriculums.

"The museum is looking forward to a busy school year," said Kat MacDonald, the museum's education and cultural engagement director.

"Last year, more than 40 school groups visited the museum. Our goal for 2019-2020 is to broaden our outreach in the Metro Phoenix area by introducing more educators to the wonderful resources we have available for them at SMoW," MacDonald said. "We want to partner with them to excite their students and to help them promote an understanding of the importance of this place we call home."

It's all part of the museum's vision to serve as a resource for teachers.

This year's school programs will build on that setup and focus on the following key areas: An Introduction to the American West, The Oregon Trail and Westward Expansion, Moments in Arizona History, The Five Cs of Arizona, Spanish and Mexican Influences in Arizona and Sustainability. These themes were chosen to align with classroom lessons.

By being immersed in captivating stories of the West, school-age children may feel a greater connection to where they live.

"Our region is rich in unique personalities, as well as culture and history, which naturally lends itself to the storytelling approach that helps students see the West from a new perspective," MacDonald said.

Whether learning about cowboy tools, designing their own brand or discovering the secret of soundproofing in the museum's theater (locally sourced cotton!) tours showcase the museum's features. This includes elements of conservation and design in the building, which have contributed to its earning the Leadership in Energy and Environmental Design (LEED) Gold Standard Certification.

"Students are not only hearing stories, they're also participating in a multi-sensory experience that includes things they can see, projects that encourage their personal creativity, and objects they can touch and try for themselves," MacDonald added. "It's a fresh interpretation of the subject matter."

"The program has contributed to the growth of our nation through advancements in industry, agriculture, transportation, art and culture, education, and much more," MacDonald said. "We celebrate these achievements but also connect them to the current challenges and opportunities facing the American West."

In addition to programs for schools, the museum also offers dedicated homeschool days, with permanent exhibitions and several regularly-rotating galleries and a family-friendly scavenger hunt.

For more: scottsdalemuseumwest.org.

Villa Montessori introduces four specialty nature gardens

By Jennifer Marshall

"Every child is unique, and therefore, each one learns in different ways."

This philosophy is a major tenet of Montessori education and the primary reason for the construction of four specialty nature gardens, which debuted in September at Villa Montessori School in Arcadia.

"Based on their individual interests, students participate in their own learning activities in the natural world," said Athena Moskoyes, fundraising and development specialist. "We want our kids to love nature enough to want to protect it as adults."

Named the storytelling garden, the bugs and birds garden, the monarch butterfly garden and the music garden, each supports the Montessori method, which includes taking the learning experience outside. Connecting with nature is just as important.

These four distinctive learning spaces took about two years to complete. Currently, Villa Montessori is working on establishing an art garden. Since these educational outdoor areas are privately funded by donations from parents and other benefactors, the process isn't a quick one.

According to Moskoyes, three women were instrumental in spearheading the project: Margo O'Neill, the head of school, Marilyn Burbach, the founder of Villa, and Mary Orlando, a former employee who is still involved in school activities.

"Margo foresees what we need," Moskoyes said. "Marilyn still resides near campus, and Mary is another Villa guru. These wonderful ladies have great insight and influence over Montessori systems and take charge of implementing programs to best help our kids."



The gardens reflect the Montessori method, which includes taking the learning experience outside of the classroom.

Because Villa Montessori houses its elementary and middle schools on separate campuses, the nature gardens are primarily used by the first through sixth grades.

"Teachers use the gardens for reading and music time," Moskoyes said. "We have discovery tools like binoculars, and children can also draw and do art; it's all their choice. Letting the child lead into what they would like to learn is the Montessori way."

The storytelling garden is a "magical, fairy place where imagination can spring to life and grow." With trees all around and ample chairs to relax in, this oasis is the place to savor the outdoors and a good book.

The bugs and birds garden features brightly colored birdhouses, bird feeders and a pavilion with eight vibrant toned pillars, or Peace Poles, representing minerals, earth, animals, humans and ancestors. This cheerful color spectrum attracts bugs and birds.

The monarch butterfly garden is an accredited and official Monarch Butterfly Waystation, which means this area helps to support and preserve butterflies during their seasonal migration across North America.

While butterflies only call Villa home for a few weeks, students have the opportunity to learn about them through the Monarch Waystation Program.

The music garden is home to three permanently-placed instruments: a "duet" metallophone/marimba, a "contrabass" chime and a "lilypad cymbals" bell. Here, kids can play music and stage musical shows. Moskoyes describes the instruments as being "multi-sensory," meaning students can hear and feel the music as they play.

"In addition to our specialty gardens, which we liken to our front yard," Moskoyes said, "every classroom has their own individual garden, which we consider our backyard. Each class has their own planters where they grow flowers, veggies, fruits and spices. Every Friday, students pick what is ripe, and eat their bounty for lunch."

Beau Ellington rules the green at Kids World Golf Championship

By Kaylee McClaine



Seven-year-old Beau Ellington of Paradise Valley has much to celebrate as she recently earned the title of World Champion at the U.S. Kids World Golf Championship in her category.

In early August, Beau competed with 46 other 7 and under girls from around the world in Pinehurst, North Carolina. After three rounds, Beau's final scores were 42-32-34, finishing even par overall. Until age 10, the competitors play nine holes as opposed to the standard 18.

"Winning was so cool, but I especially enjoyed meeting kids from all around the world who share my love for golf," said Beau. While accepting the award as World Champion, she even gave a shout-out to her fellow southpaws: "This one is for all the lefties out there!"

Beau's mother, Lauren, says her daughter's competition in Pinehurst was not only an experience, but a lifetime memory. "Pinehurst was incredible. To compete against the absolute best junior golfers in the world and to finish on top was truly surreal," said Lauren.

Beau has been competing in tournaments for a little over a year. In addition to being World Champion at Pinehurst, Beau has also earned titles as U.S. Kids Arizona State Champion and the U.S. Kids Tour Player Champion. Beau says she would love to continue to play golf in high school, college and eventually in the Ladies Professional Golf Association (LPGA).

Beau's parents say she has had a golf club in her hand since she was a toddler and playing golf runs in the family. She is inspired by her grandfather, Mark Coward, who is a retired professional golfer of 20 years.

After attending All Saints Episcopal Day School, Beau spends her afternoons practicing golf at McCormick Ranch and Camelback Country Club.

Beau is also lucky enough to play her favorite game with her best friend. Gracie McGovern is a two-time World Champion – she and Beau train together.

Gracie's father, Sean, coaches the two friends and even doubles as their caddy.

"It's really exciting caddying as well as being Gracie and Beau's coach," McGovern said. "Having taught them both all the tools they are using and having the upmost knowledge of their strengths and personalities gives us a relationship that so far has worked well throughout the pressure of major competitions."

Beau and Gracie have a unique bond of being two of only three girls from Arizona to be named World Champions, the other being LPGA player Cheyanne Woods, Tiger Woods' niece.

In addition to playing golf, Beau loves to spend her free time fishing, swimming, making slime and riding bikes. She also loves going to the movie theater and doing art projects. Beau also really enjoys playing chess. Her favorite subjects in school are Spanish and science.

"One day, I would like to be a realtor like my mom and play college golf," said Beau.

"Knowing how hard and competitive the sport of golf is… having my daughter compete against all the best girls her age from around the world and winning the biggest tournament of the year makes me one proud papa," said Beau's dad, Chris.

When Beau isn't playing in tournaments, she enjoys playing golf with her grandfather, father, and brother, Crew (5). She also looks forward to Thanksgiving and Christmas day, when her family participates in a traditional golf match.



PHOTOS COURTESY OF LAUREN ELLINGTON

Beau has also earned the titles of U.S. Kids Arizona State Champion and U.S. Kids Tour Player Champion.

Veritas senior ready for next step in bright soccer future

By Rachael Bouley

Kylie Carwitz leaves her heart on the soccer field every day and her dedication to her favorite sport has opened up a world of possibilities for her.

A senior at Veritas Preparatory Academy, Kylie is getting ready to take the next step in her soccer career, which will see her lace up her cleats for Azusa Pacific University in Southern California.

Recently ranked as the 12th best soccer player in the Southwest region, Kylie is a force to be reckoned with on the pitch, fulfilling her duties as an outside back to support her team. She says it was great to see her ranking rise from the 20s.

"I jumped that far up and it felt really good," Kylie said.

Kylie has been in love with the game of soccer since she started playing in kindergarten with her friends. Over the years she's found a home at Utah Royals FC – Arizona, where she is part of the U.S. Soccer Development Academy. This is a feeder program for girls that can lead to national teams. This opportunity to compete at a high level and continue her development has helped Kylie succeed.

"I absolutely love the environment, my team and my coaches," she said.

Training alongside fellow soccer fanatics helps Kylie pick up on new skills, which came in handy during her time at Veritas.



Kylie Carwitz

Although Kylie only got to play at Veritas during her freshman and sophomore years due to club commitments, she will never forget her experience with the Falcons.

"I had a blast and it was so much fun being able to play with people outside of the club," Kylie said. "I think soccer teaches you so many different things and creates lifelong friendships. You will always have connections through soccer."

In the past two years Kylie transitioned from outside forward to her current position as outside back, a welcome change as she says she likes defense way better. With her switch in positions it took her longer than she anticipated to commit to college, but her decision was well worth the wait.

Kylie says one of her proudest moments was committing to play soccer in college, something she always wanted to do.

"I've committed to somewhere that I love so much and I'm so excited to go to Azusa Pacific," Kylie said. "I definitely want to play as a freshman, and I want to get awards like 'best freshman in the conference.' I just really want to go to college and make a difference for that team and win a national championship with them."



PHOTO: ARIANNA GRAINEY

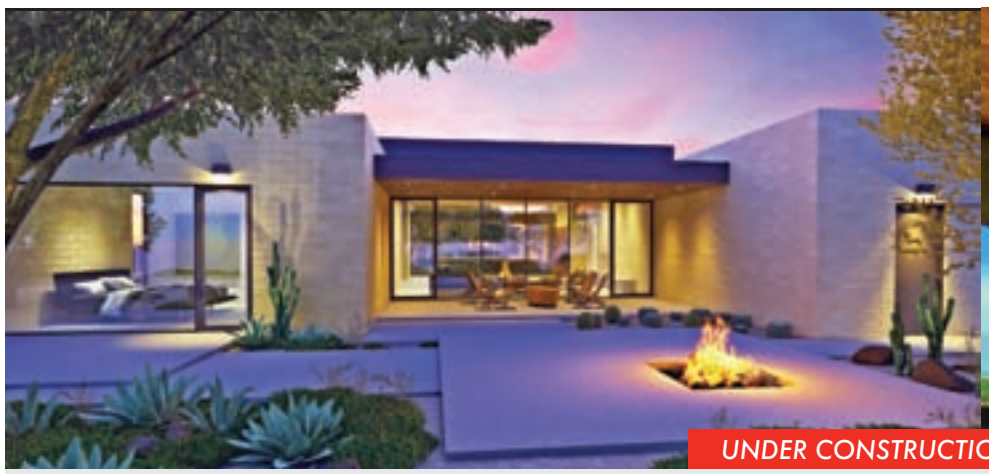
Kylie has been playing soccer since she was five years old, climbing the ranks from Rec and Club soccer all the way to Azusa Pacific University.

Kylie will be busy going after her goals with her family by her side. Not only does she have her soccer dreams to think about, but she's also eager to pursue her aspirations to go to medical school and become a doctor.

Kylie is no stranger to the art of juggling schoolwork and soccer practice as prioritizing is all part of her athletic ambitions. She's happy to put in the effort for the sport she's so passionate about.

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PHOTO: TRISTAN RAINE FILM

Arcadia's varsity team, from left: Hannah Walker, Melissa Hannay, Diana Thies, Maddie Knee, Maddie Mittendorf, Grace Koss, Jaclyn Reid, Ally Bolden, Lauren Sayre, Vania Mendez, Grace Eubanks, Zora Carrier, Megan Mellen, Bella Hanson.

Arcadia High volleyball teams put together solid seasons

By Jennifer Marshall

Arcadia High School's three girls' volleyball teams have a combined record 38-4 (at press time), dominating play at all levels this season and positioning the program for success for years to come.

The varsity team is poised to make a post season run, hopefully ending with a state championship. The playoffs begin on November 5. The state championship game is on November 13.

"This season we've had one of the best starts that we've had in a long time," said Head Coach Jackie Bunker. "I think one of the things that makes a big difference in our team is that we have so many returning players this year. Of the 14 girls on our team, only two didn't play on varsity last year."

In fact, the team's only losses were to Chaparral High School and Seton Catholic Prep, which also boast strong teams and look to figure into the post-season scenario. Going forward, Bunker is focused on keeping her team's confidence high.

"We have so much talent, and we have the skills," Bunker said. "But when you have an excellent record, maintaining that confidence is important."

The varsity team's success under Bunker can also be traced to Arcadia's JV and freshman/sophomore volleyball teams. Although these two squads don't have a post-season tournament to participate in, they each have records of 13-1, with their only losses coming to Chaparral.

The strength of the varsity team, which is almost entirely seniors, means the JV team is stocked with a talented roster of girls from ninth through 11th grades.

"We have freshmen, sophomores and juniors playing on our JV team," Bunker said. "Because we have so many seniors on our varsity team, we weren't able to move up a lot of girls from JV, so that left us with a team that was packed with serious experience."

The freshman/sophomore team is also talent-rich, and came closest to actually toppling rival Chaparral.

"That was a very close game; they went extra points in the third set," Bunker said.

Many of the girls on the freshman/sophomore team also play indoor club volleyball year-round or beach volleyball, so they bring that experience with them to the team.

"Having this high-level of experience definitely affects the overall performance of the team in a most positive way," Bunker said.

Bunker is in her fourth year as head volleyball coach at Arcadia, so she's been with her seniors since their freshman year. She says she's enjoyed her time helping her players play at high level and connect with each other.

"Our volleyball program has always been like a second family," said senior Grace Eubanks. "It's really hard to go into high school and adjust to such a big change in your life, but being on my team, I didn't have to worry about that anymore as I instantly found somewhere to belong."

Inaugural dodgeball tournament at Veritas Preparatory

By Rachael Bouley

Fourteen student teams hit the gym for an afternoon of fun during a dodgeball tournament at Veritas Preparatory Academy put on by The Falcon Club, a new parent-led organization that supports the school's athletics and performing arts programs.

Veritas parent and founding Falcon Club member Meg Seoane and her husband Steve created the tournament as a way to bring students and faculty together in play.

"We love the school so much and we thought this would be a great community event for Falcon Club to start the school year off on a fun note," Seoane said.

Students recruited their own teams of five of their peers from 6th-12th grades. Each team also recruited a Veritas faculty member as a bonus teammate, serving as a sixth player.

The single elimination tournament had two brackets, one for teams with players in 6th and 7th grades and the other for players in 8th grade and higher.

The Veritas Athletic Department helped design an easy-to-play tournament, with the winner in each bracket playing against each other to decide the championship.

Clare Van Brunt's "Rainbow Siege" team won the 6th-7th grade bracket and went head to head against the 8th and up bracket champions, Daniel Grimm's "Captain Grimm."

Captain Grimm went on to win the tournament, earning the inaugural Champion of Champions title and a bedazzled golden dodgeball made by Veritas senior Annika Seoane.



PHOTO COURTESY OF THE FALCON CLUB

The first-ever Falcon Club dodgeball event was well-supported by the Veritas Prep community and students are already eagerly awaiting the next dodgeball event.

By all accounts, the tournament was a success with many students already looking forward to the next one.

Other prizes included a giant bag of candy for the best costume, awarded to Meredith Flower's team of 7th grade girls "Good Girls Gone Rad," who were dressed head-to-toe in rainbows. The runners-up on Rainbow Siege received Zoyo gift certificates and the champions on Captain Grimm took home Dutch Brothers gift cards.

Seoane says the entire school community came out to support the event.

"Honestly the biggest surprise was how simple it was to run for the first time ever. We had so much help from our amazing faculty and dedicated parents," Seoane said. "The best part for me was watching the tournament unfold. It was awesome to see the teams compete with a crowd full of students, families and faculty all going wild cheering for them."

With more than 250 people in attendance, there were spectators rooting for their favorite team and plenty of competitors ready to duck and dodge. The Falcon Club has already received requests for another tournament, the club is planning on making this new tradition bigger and more fun.

"We will consider how to expand it for more teams and offer a double elimination format next time so the kids have more opportunities to play," Seoane said. "The joy of the tournament was the bonding experience it created across students and faculty. There's nothing like a chance to have simple fun to bring people together."

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PHOTO: MARK AND TARA CAVANAUGH

Only one other player from Arizona joined Trinity Cavanaugh (left) on the All-America High School Beach Second Team. Trinity now plays for Texas Christian University.

Xavier graduate named to All-America volleyball team

By Jennifer Marshall

Xavier alumna and beach volleyball player Trinity Cavanaugh was one of 16 girls from across the United States recently named an All-American by the American Volleyball Coaches Association (AVCA), earning a spot on the 2019 AVCA High School Beach Second Team All-America.

Cavanaugh, a pre-business major, is now on the beach volleyball team as a freshman at Texas Christian University (TCU).

Even though high school athletes often dream of playing on college teams, achieving this athletic milestone isn't easy. Cavanaugh has committed years of hard work, dedication and discipline to the sport she loves, which helped her earn All-American status.

Cavanaugh, who describes herself as having "always been a multi-sport athlete," started playing volleyball in middle school during her seventh and eighth grade years at Christ Lutheran School.

"I quickly discovered that I really enjoyed playing," Cavanaugh said, "so when I was 12, I tried out for an indoor volleyball club, and I was selected for the second team. This was a traveling team and was the start of indoor play for me."

After playing indoor for a few years, she found herself looking for something new, and not long after that, she heard about RPM Sand, which describes itself as "the premier youth beach volleyball club in Arizona."

"My freshman year was my last year playing for the indoor volleyball club team," Cavanaugh said. "My sophomore year, I decided to move solely to beach volleyball and the RPM Sand program because I was having more fun with that. I stayed with RPM through my junior and senior years."



Trinity Cavanaugh

At Xavier, Cavanaugh was a member of both volleyball teams, playing beach her freshman through senior years and indoor her freshman, sophomore and junior years.

"With indoor volleyball, players train specifically for one position," Cavanaugh said, "but with only two people playing beach, they must excel in all the fundamentals, like serving, passing and hitting, to be successful. Indoor is specialized and beach is much more well-rounded."

While the AVCA beach All-American award is separate from any high school honors, it is a significant achievement for Cavanaugh. She's earned many accolades from her alma mater. During her time at Xavier she's been the offensive player of the year, selected MVP her senior year, won four state championships and was chosen for the All-Arizona Beach Volleyball Team.

"One of my immediate goals here at Texas Christian University is to be on the starting lineup," Cavanaugh said. "I also want to continue to get better as a player and teammate by improving my skills as I grow my leadership abilities. My focus is directed on these coming four years. I want to have a really good college career here."

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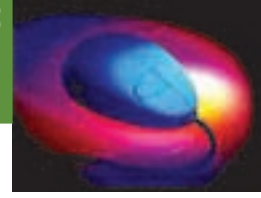
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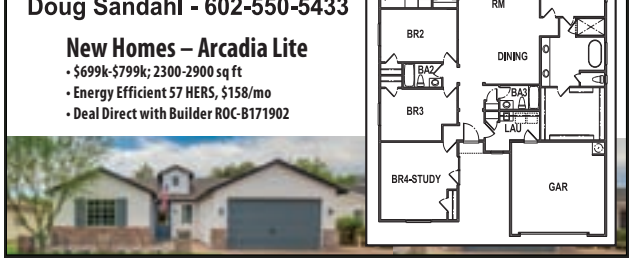
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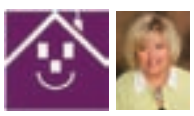
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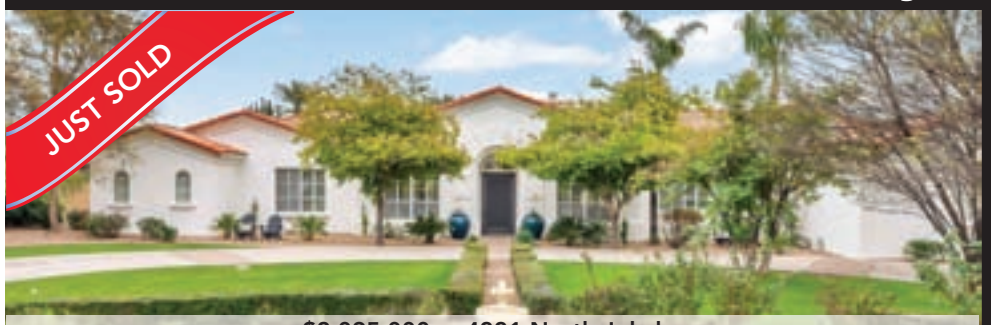
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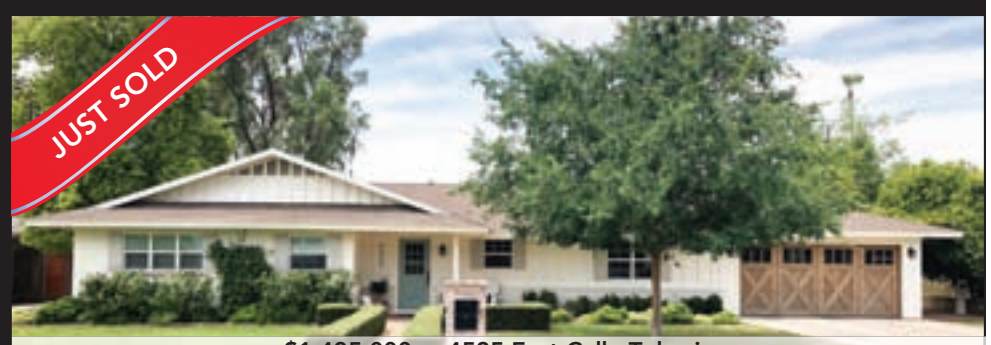
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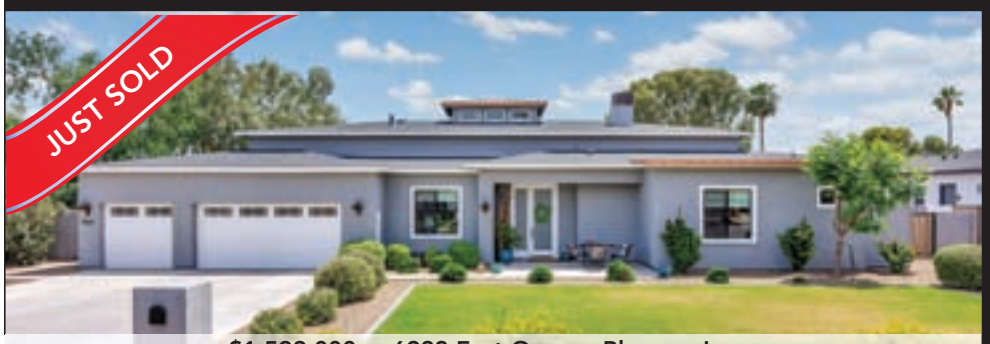
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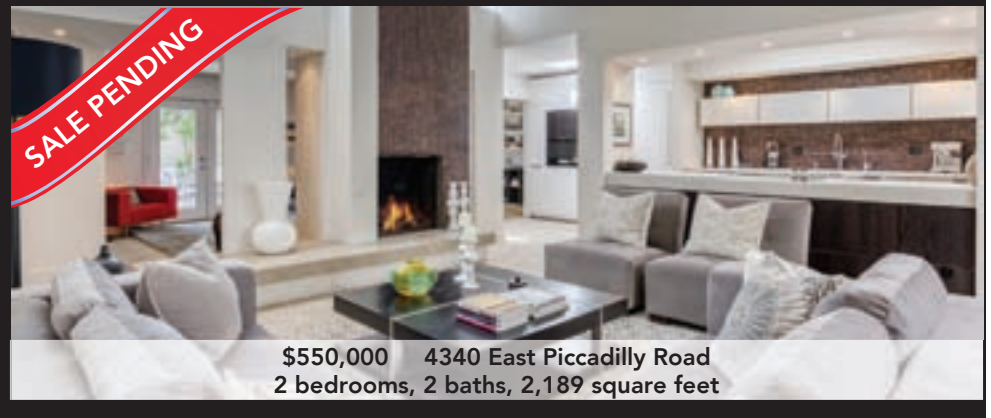
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