ARCADIA NEWS

VOL. 27 NO. 10 — ARCADIA • BILTMORE • CAMELBACK — JANUARY 2020



IT'S TIME TO GLEAN

Arcadians can gather their extra citrus to donate to local food banks this year.

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MARCH TO THE TOP

AHS Marching Band is on a winning streak, recently placing first in two state championships.

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HOPI GOES WESTERN

Hopi Elementary brought the west to school with cowboy tunes and dances.

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JANUARY

Camelback Mountain is one of several hiking spots featured on page 20.
PHOTO: TODD PHOTOGRAPHIC SERVICES

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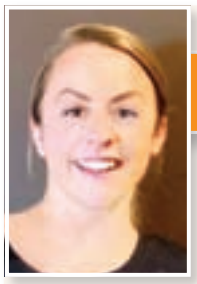
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The Chicago Hamburger Company, a local tribute to the food and the city, celebrated a 30-year anniversary under the ownership of Chicagoan Bob Pappanduros.

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Start the new year with a clear and calm mindset from an Arizona wellness retreat – some of which are right in our own neighborhood.



COVER IMAGE:
AHS's Spirit of Arcadia Marching Band practices for the AzMBA.
PHOTO COURTESY OF JAN GARDNER





EDITOR'S NOTE

Our neighborhood will welcome the new year with a long list of accomplishments, from the Arcadia High School Marching Band winning two state championship titles in December to the Phoenix Suns/Mercury training facility breaking ground on Camelback Road.

Arcadia's schools have much to celebrate: Hopi Elementary students recently celebrated their heritage with Western Day, Ingleside Middle School raised their letter grade from a B to an A and Arcadia High's Cheer team placed second and qualified for the state championship in February.

This January, we are focusing on the art of "you time," with stories on hiking trails, wellness retreats and the history of the New Year's resolution.

We have a lot to look forward to in the coming months at *Arcadia News*. Not only are we adding another *Arcadia Home and Design* to the roster in March, but the *Camp Guide* will be packed full of good stuff for our neighborhood campers.

We want to wish everyone a safe and prosperous new year, and as always, thank you for reading *Arcadia News*.

—Mallory

LOOKING AHEAD:

FEBRUARY
Theme:
Arcadia History
Ad deadline 1/15

MARCH
Arcadia Home & Design Guide
Ad deadline 2/14



APRIL
Camp Guide
Ad deadline 3/13



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THIS MONTH'S WINNER:

Gina Ostrowski, Echo Canyon Elementary
Nominated by Paige Rogers



ARCADIA NEWS TEACHERS we love

How long have you been at Echo Canyon?

I have been teaching here for two years. I looped from kindergarten to first grade with my current class. Looping is when a teacher follows their class to the next grade level. Our school loops K-1, 2-3 and 4-5. Each teacher stays with their class for two years. Next year, I will return to kindergarten.

Where else have you taught?

I started my teaching career in Minnesota. I worked in Minneapolis Public Schools teaching 3rd grade.

Why did you choose to teach this grade?

I love the play-based learning and socialization that happens in the younger grades. It is so much fun to incorporate cooperative, hands-on activities into every aspect of the curriculum.

What was your initial feeling when you saw Principal Hughes and the rest of us walk through the door?

I was very surprised when I was told, and I think the kids could tell. The big group hug from the kids summarizes my feelings that day: loved, supported and part of a caring community. It is inspiring to know what a difference we make in the lives of our students and families.

What is your favorite part about being a teacher?

The kids. There is never a dull moment in the life of a teacher, and that is due to the wonderful personalities that walk through my door each morning. We are always on the go: learning, creating, discovering and having fun.

Did you always want to become a teacher?

Yes. My parents have the proof. I wrote a journal entry in elementary school stating that I wanted to be a teacher when I grew up.

What is the best part about teaching younger grades?

In kindergarten, I saw so many little faces light up as they discovered they could read for the first time. It was a magical feeling for me as well.

Our class had already built such a strong foundation last year that we were ready for first grade on day one. I had built strong connections with the kids, and they had built strong connections and friendships with each other.

What are some unique techniques you use for teaching?

Each morning, I incorporate some aspect of yoga and mindfulness into our routine. We breathe and move while working on our concentration and awareness.

What do you like about the area?

I grew up in Green Bay, Wisconsin and moved here two years ago. It is beautiful! You can see cacti, palm trees and mountains all in the same view. Our school has wonderful gardens that we use for learning. I find myself walking around our campus just to take in the view and relax.

Favorite inspirational quote?

"Tell me and I forget. Teach me and I may remember. Involve me and I learn," Benjamin Franklin.

Students deserve the opportunity to be involved in their learning every day. Those are the experiences they will look back on.

Winning teachers receive Arcadia News *gift items and 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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- **Hopi school district, 1/2 acre lot. fixer upper. Up to $ 1,300,000.**
- **Hopi school district, any size lot. fixer upper. Up to $ 900,000.**
- **Tavan school district, fixer upper. Up to $ 500,000.**

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Arcadia Real Estate Stats

2019 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2019-11/30/2019)

Active Homes -	152 homes
Homes Sold -	285 homes
Average Sale Price -	$1,353,000
Average Sold $ Per SF -	$369
Average Days On Market -	116 days

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

2019 home sales have increased 0% this year. (based on 2018 sales results)

2019 home prices have increased 6%. (based on 2018 sales results)

2019 $ Per Square Foot prices have increased 5%. (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

(1/01/2019-11/30/2019)

Active Homes -	52 Homes
Homes Sold -	204 Homes
Average Sale Price -	$640,000
Average Sold $ Per SF -	$275
Average Days On Market -	91 days

There is currently 3 months of home inventory. (based on 2018 sales results)

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

2019 home prices have increased 1%. (based on 2018 sales results)

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

2019 Homes are taking 4% more time to sell. (based on 2018 sales results)

2018 TAVAN SCHOOL DISTRICT SALES RESULTS

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

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44|Camelback development is a go with height reductions

By Cody Kennedy

The Phoenix City Council in late November approved a mixed-use development plan to be built on the northwest corner of Camelback and 44th Street. Arcadia residents were initially opposed to the building height proposed by RED Development, the company behind the project, but the developer has agreed to lower the height requirements from 75 or more feet to 59 feet, with additional space for rooftop gardens and lounges.

Construction of the previously approved Suns/Mercury practice facility broke ground a week before the council approved the plan. In addition to the facility, there will be retail and office buildings, a storage facility and a boutique hotel/restaurant owned by Phoenix restauranteur Sam Fox. All of these buildings will encompass nearly 18 acres that will soon be known as 44|Camelback.

"We are thrilled that the city of Phoenix approved our PUD (Planned Unit of Development) for mixed-use development at the northwest corner of 44th Street and Camelback Road, a property location that we believe is the best in the state," RED Development Managing Partner Mike Ebert said in a statement. "It is with pride and humility that RED, along with our partners, Sam Fox and the Phoenix Suns and Phoenix Mercury, will work together to create a world-class destination."



44|Camelback site plan that was unveiled at the first ACMNA open house in July.

Starting in June of 2019, neighborhood groups gathered signatures of those who opposed the building height proposal – altogether collecting over 2,000 signatures.

"The groups and the developer came to an agreement, which was that the office building on the corner would be dropped to 58 feet and also the setback that was originally going to be 20 feet will now be 35 feet," said Dr. Marvin Borsand, a board member of the Arcadia Camelback Mountain Neighborhood Association.

Borsand said there was also a suggestion to design the building in a staggered format, like a wedding cake, to reduce some of the height. Another change that came from the meetings was that Fox will not be adding condominiums to the top floor of the hotel; instead there will be more hotel rooms added.

Borsand also said that because neighbors on the west side of the development were concerned with their view being obstructed by a second office building, the developers are looking to stagger the building – the furthest point west on the building will be 32 feet with the next level reaching 44 feet. The parking lot on the northwest corner will be a low-rise, two-story structure.

At this time, architectural plans for the mixed-use buildings have not been finalized. The development will break ground early this year.





PHOTO COURTESY OF CHRIS THUMAN

Representatives of Ingleside's Student Ambassadors.

Ingleside earns an 'A'

By Rhys Lee

In just two years, Ingleside Middle School has been able to jump from a low "B" grade to an "A" grade as designated by the Arizona Department of Education. Although Ingleside doesn't have a motto, their 'students first' mentality has contributed greatly to their improved grade.



Principal Chris Thuman

"It was one of the things I kept harping on in staff meetings and one-on-one meetings," Principal Chris Thuman said. "Every time there's issues and stuff coming up, the decisions we make have to be in the best interest of the students. It might be more work for the adults, it might be something different than the adults have done before, but if we do it right and the end results can be better for the student, that has to be the way we go."

With this mindset, Ingleside implemented new bell structures and schedules to promote better synergy among the teachers. Instead of teachers trying to meet with each other at any time they could find, Thuman rearranged schedules to allow them to meet daily for more than an hour.

Thuman reiterated, "Developing work-embedded time for teachers to collaborate and plan together each day was the single most impactful support we could put in place to help teachers become more effective in all they do."

Thuman also changed the teachers' schedules so they could focus on one subject instead of multiple subjects. Teachers of the same subject meet daily to better evaluate how to aid students.

"They're teaching the same class four times a day," Thuman said. "They plan for it once and do it all day long. Their lessons and effectiveness in the classroom get better and better every day. This is the true model of what an effective professional learning community should look like."

Thuman also hired another counselor, bringing the total number of counselors to three.

He said this will promote social/emotional learning for the students. The counselors stay with students in one grade from the time they enter until they leave, which builds support for the students. The same counselor meets with the same students, and the counselors can use the same methods to better aid the students.

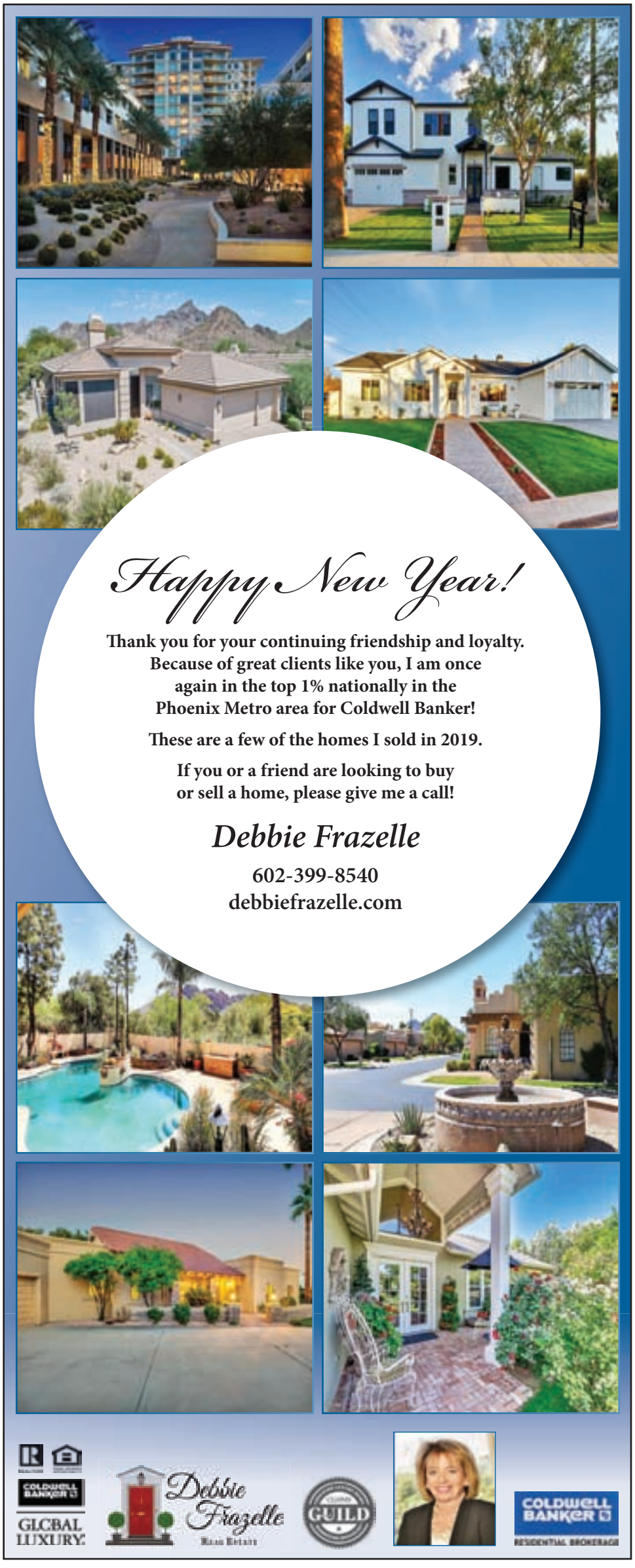
This puts Ingleside's student-to-counselor ratio at less than 300:1 for each grade. The state average is approximately 500:1, and the Scottsdale School District's average ratio is 450:1.

This system has also increased grades and student academic growth over the past year. Improved test scores are only one part of the school grade. Actual demonstrable growth over time contributes the most.

"We're seeing more than a year's gain many times," Thuman said. "Some kids are coming in at a late fourth-grade level as a sixth grader, but they're catching up and leaving at a sixth-grade level within a year or year and a half."

The greatest growth has been their English Language Development program, headed by Simona Bojkova. Bojkova relates to the struggle of students whose second language is English and helps to better aid those who are learning the language.

Although these small improvements are only one part of the school's grade change, Thuman said that everything is about consistency now. Staying true to the 'students first' mentality will continue to be the focus for Ingleside.



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Thank you again for a great 2019 and please keep an eye out for our real estate market reports in 2020 that will be inserted into the Arcadia News on a quarterly basis. We are always around should you have any questions regarding your home or other real estate needs in the area. Continue to choose local in 2020!

From our family to yours, Happy New Year!

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THREE-PEAT!

AHS Marching Band continues their winning streak

By Pam R. Selthun

The Spirit of Arcadia Marching Band is on a three-year winning streak. In 2017 and 2018, the band won the Arizona Marching Band Association's (AzMBA) state championship in the 2A division. This year they did it again, with their performance of *Along Came a Spider*, composed by Gary Gilroy.

Arcadia High School Band Director, Jan Gardner, described the winning performance as being directly inspired by the life cycle of the eight-legged creature.

"We took the idea of a spider and developed three parts to our performance: black widow, web and trapped. The music inspired the visual components and the movements."

The hard work and creative presentation of the composition garnered an even more prestigious award from the organization when the band won its first Grand Championship title in the 1A/2A division.



PHOTOS COURTESY OF JAN GARDNER

Earlier in the season, the band made a clean sweep of special caption awards for Outstanding Music, General Effect, Visual, Color Guard and Percussion at the Sunrise Mountain Invitational, where it also had a first-place win out of seven bands in its division.

When the group participated in the Marching Band Exhibition in early November at Chaparral High School, they were in high spirits thinking about how they would go to the state championship later that month.

Gardner said all 58 band members work hard to excel, including those in the Color Guard, like Captain Trevor Tinsley. The Color Guard helps to enhance the band performance with costumes, choreography and flags. Gardner added that Drum Major Lainey Durschlag conducts the band with precision and expertise.

Lainey and Trevor are both seniors and have been a part of the group all four years at Arcadia.

"When I lead the performances, I feel proud of my band," says Lainey. "One of my favorite parts about being the drum major is that I get to watch our performances as they happen. Seeing our hard work pay off at the AzMBA Championships and Grand Championships was an amazing experience."

The band members get to connect with other students while playing their parts and putting together award-winning performances.

"My favorite part about being in band is performing all across Arizona, alongside my band family. I spend countless hours rehearsing with these people, and it really brings us together in a way that not much else does," says senior tuba player Nick Stevens.

"The band always pushes us to be our best. You've always got to push to improve. It has definitely pushed me mentally



and physically. I have developed a self-discipline that I can apply to other areas of life, such as a career, to always be achieving at a high level, in and out of band."

The 2019 Spirit of Arcadia Marching Band roster: Lainey Durchslag, Theodore Gossett, Elsa Steen-Koppell, Abby Smason, Jasmine Alyasiri, Lola Patocka, Natalie Stevens,, Daniel York, Stephenie Hermosillo, Armando Campos, Nico Perez, Luis Taquillo, Andrew Perez, Bijan Levinson, Helene Petruzzi, Nick Stevens, Lex Holguin, Jasmine Silva, Max Toledo, Lucy Kores, Julius Enriquez, Bill Trang, Meganne Hendricks, Ginale Fierro, Jordan Burchard, Mattie Felten, Jacky Hernandez, Daniel Taquillo, Sol Lara, Michael Darnall, Noah Gonzales, Trevor Tinsley, Cat Degroote, Jessica Pusa, Serenity Holguin, Brenda Cobarrubia, Etoile Scofield, Ashley Perez, Faith Loar, Katie Acosta, Desi Randall, Bonham Manstis, Keegan McAfee, Jocelyn Silovich, Luis Teran, Chris Scott, Anon Ishimoto, Aiden Barrett, Zaria Jackson, Rosalinda Rendon, Jeremy Hopper, Monica Rendon, Kayla Gamino, Axel Olague, Jaren Nez, Ryder Bridge and Donna Vera Cruz.

For more: AHSinstrumental.com.



This year's performance won the Spirit of Arcadia Marching Band its third consecutive first place win.

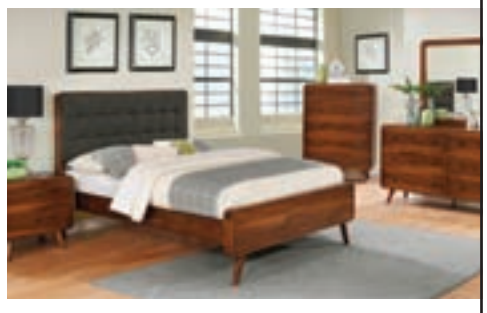
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AHS Pom Squad from left to right: Madisyn Hostler, London Earl, Sydney Guest-Nelson, Jules Johns, Mella Strand, Rheana Stangler, Isabella Olvera, Coach Ashley Parcell, Ava Farias, Julia Gryp, Stella Morganstern, Alyssa Blanks, Elana Naftolin, Libby Collins, Sophia Alba.

AHS Cheer and Pom shows off spirit at state qualifiers

By Rachael Bouley

The Arcadia High School Cheer and Pom squads that make up the school's spiritline program have both qualified for the USA Nationals competition, a testament to the Titans' energy and enthusiasm for their sport.

The cheer team placed first and the pom team placed second out of 22 teams at the Arizona Interscholastic Association's (AIA) State Qualifiers in November. Cheer head coach Moriah Johnson said the girls' success was the result of their commitment and hard work.

"This win was so exciting since this is their second year competing as a team," Johnson said. "From the beginning the girls showed up with the right attitude, ready to get work done. Our warm-up was as perfect as warm-ups could go."

A solid start and weeks of preparation gave the Titans the confidence they needed when they hit the mat to perform in front of the AIA judges. Johnson said the cheer and pom squads both impressed the judges, standing out from the rest of the competitors from around the Valley.

> *"From the beginning the girls showed up with the right attitude, ready to get work done."*

"They looked really clean and their energy topped it off, which is what really helped us stand apart," Johnson said.

Johnson said the squads are very dedicated to early morning practices. They are constantly honing their routines and work to make every section of their performance run smoothly. Cheer and pom coaches prioritize preparation and practice, with the cheer team focused on tumbling and stunting, while pom is more dance-based.

"It felt amazing to get first, like all of our hard work had paid off," said Cheer Co-Captain and senior Anna Gibb. "We are so excited to compete at all of the other competitions and can't wait to improve in our difficulty level, such as new stunts and tumbling. I also hope that we do just as well at state and other competitions this year, especially since it is my last year competing with this team."

There are 15 athletes on cheer and 14 athletes on pom. One of the keys to success is taking the choreography and making it their own. Keeping time together is also important, as the teams practice consistency while they run the routines.

"They only have one chance to compete with their routine, so they have to be able to do it with their eyes closed. And in their sleep," Johnson said. "That way they feel confident they can complete it."

Johnson took over as head cheer coach in July. A former cheerleader at Greenway High School, Johnson said she's strict with making sure the team looks clean and synchronized in every aspect when they perform. While her guidance has undoubtedly helped, Johnson said the teams deserve the credit.

"I'm just the one who tries to prepare them as much as I can," Johnson said. "Once they are out on the mat, there's nothing I can do to help them."

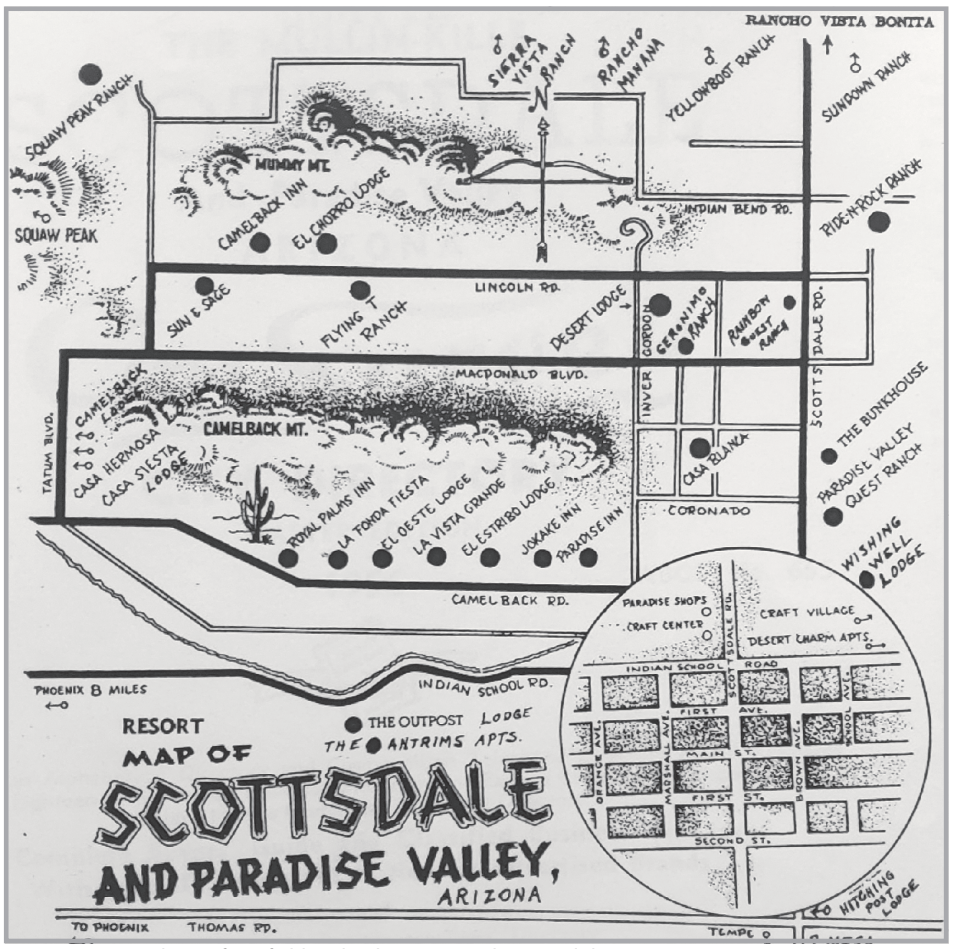
Johnson said that there's always an element of suspense at the cheer and pom competitions as the squads don't watch the other schools perform. Finding out how they placed, especially at a big event like state qualifiers, is one of the most exciting elements.

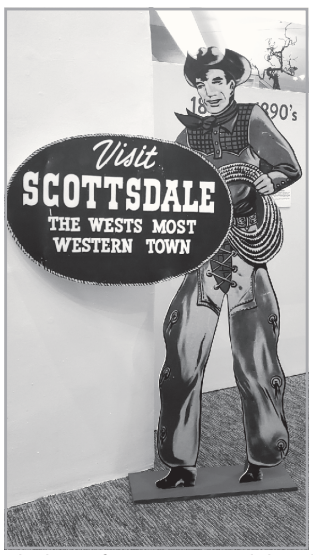
"Coaching them has been a blast," Johnson said. "I always tell my girls and their parents that I couldn't ask for a better team or a better program. My first season has been everything I could have dreamed of."

The state championship takes place on February 1. Nationals will take place on February 14-16 in Anaheim, California.











Clockwise from top: Scottsdale Police Department, 1959; Parada del Sol program cover, 1962. Scottsdale resort map, circa 1950s; photo of Winfield and Helen Scott; early Scottsdale sign.

Scottsdale's history now on permanent display

By Mallory Gleich

The Civic Center Library in downtown Scottsdale has unveiled its newest permanent exhibit: The Scottsdale Heritage Connection.

Visitors are now able to search through a multitude of materials related to the City of Scottsdale and its history, dating back as far as the 1950s.

The area in which the exhibit is located was once called the Southwest Room. Back in the 1970s, the library was looking for a way to collect all of the history of Scottsdale.

"They built a space in the Eureka Lofts as a way to capture all of the historical documents that are in the room," said Trey Granger, president of the Friends of the Scottsdale Public Library organization.

In 2012-2013, the materials were moved to the basement of the library. Patrons had to be guided by library staff members in order to find specific materials.

"A group of Scottsdale citizens reached out and said, 'Hey, we want this to be more accessible,' because some people don't have access to the internet and wanted to be able to conduct research, so the Scottsdale Heritage Connection was born," Granger said.

The fundraising effort was started in 2017. In just over two years, the organization raised over $400,000 in donations and trades.

"It's a place where people can come and do research. Everything in the room is also digitized and there are also computers available for people," Granger said.

The exhibit includes a variety of books about Scottsdale history. There are also records from City Council and other public meetings, newspapers from Scottsdale-based publications (dating back to the 1960s), business directories and yearbooks from area schools. Materials were provided through public and city donations.

Outside of the exhibit, there is a timeline of Scottsdale's history starting from the 1860s with Winfield Scott. Patrons can walk around the exhibit and get a glimpse into the past, with snapshots of places like Brown's General Store, a popular meeting spot until the 1930s, and Los Olivos – which is still open today.

"The exhibit is open for everyone and free of charge – and it's a way for people to experience the history of Scottsdale," Granger said. "Now that the materials are out of the basement and have their own space, we are comfortable with the fact that this history will be preserved."

In the future, the exhibit will include monthly history lessons. Visitors can meet with one of Scottsdale's historians and learn about specific topics.

For more: scottsdalelibrary.org/historical.

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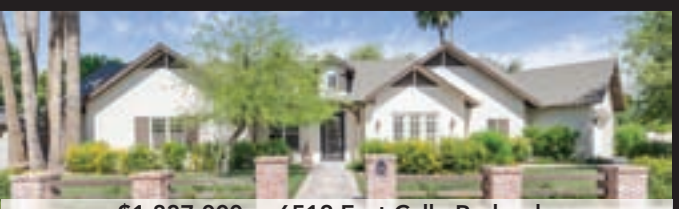
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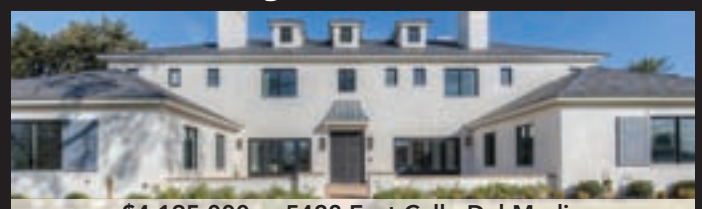
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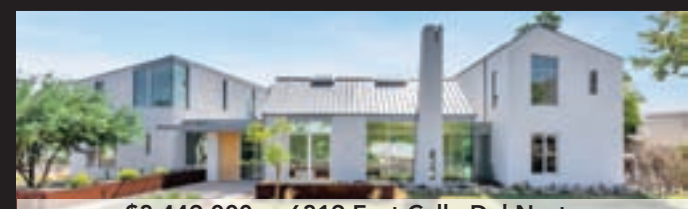
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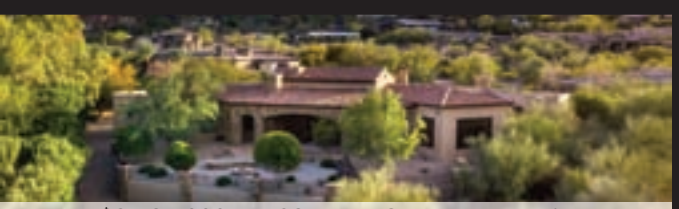
$1,837,000 6512 East Calle Redondo
4 bedrooms, 5 baths, 3,900 square feet
6512calleredondo.com



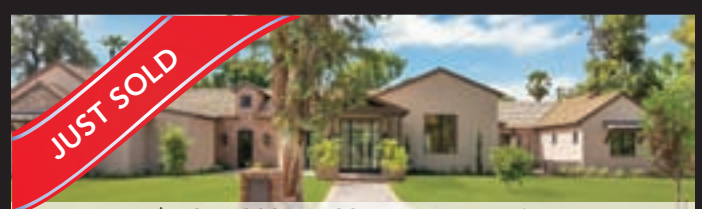
$4,195,000 5428 East Calle Del Medio
6 bedrooms, 7 baths, 7,656 square feet
5428calledelmedio.com



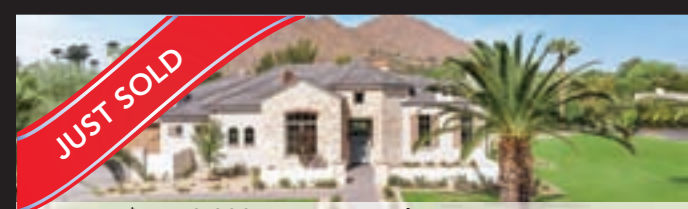
$3,449,000 6319 East Calle Del Norte
5 bedrooms, 6 baths, 5,395 square feet
6319calledelnorte.com



$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



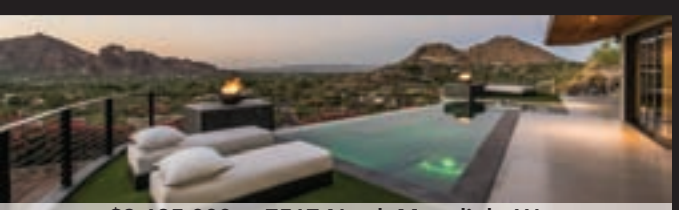
$2,149,000 5240 East Flower
4 bedrooms, 5 baths, 4,893 square feet
5240flower.com



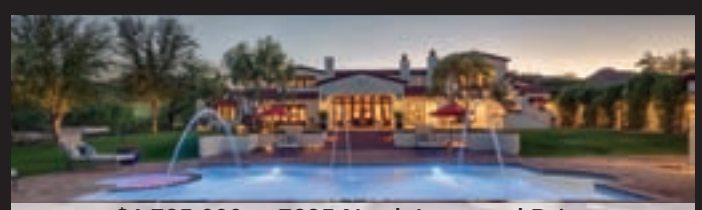
$4,395,000 6738 East Kasba Circle
5 bedrooms, 6 baths, 6,614 square feet
6738kasba.com



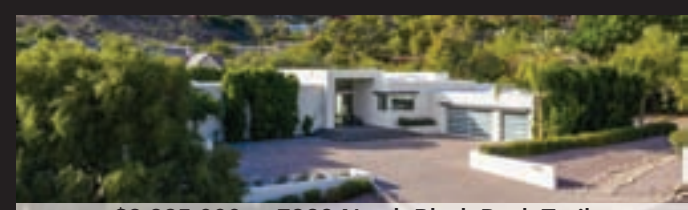
$2,595,000 6045 East Montecito
5 bedrooms, 6 baths, 5,113 square feet
6045montecito.com



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



$6,795,000 7835 North Ironwood Drive
6 bedrooms, 7 baths, 9,153 square feet
7835nironwood.com



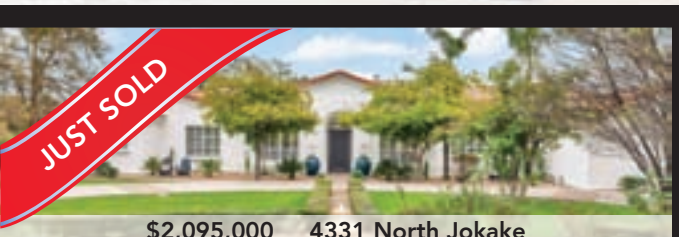
$2,995,000 7328 North Black Rock Trail
4 bedrooms, 5 baths, 5,350 square feet
7328blackrock.com



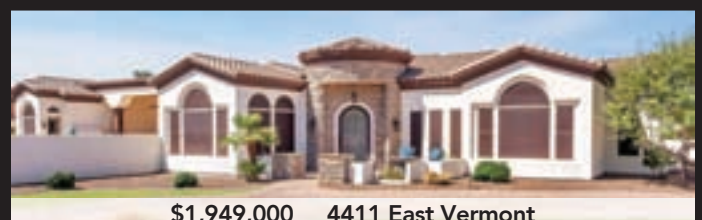
4701 East Exeter
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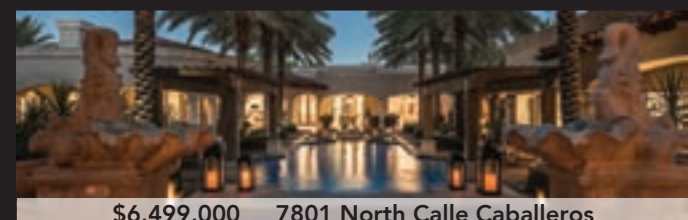
CALL FOR PRICING 5202 North Quail Run
4 bedrooms, 3 baths, 3,274 square feet
5202northquailrun.com



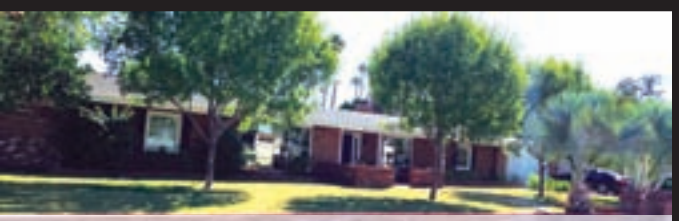
$2,095,000 4331 North Jokake
5 bedrooms, 5 baths, 5,684 square feet
4331jokake.com



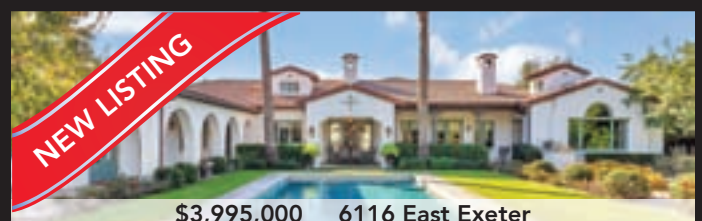
$1,949,000 4411 East Vermont
4 bedrooms, 5 baths, 4,525 square feet
4411vermont.com



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



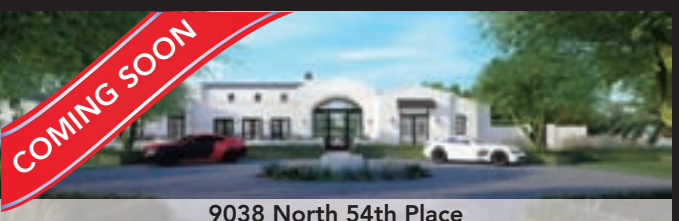
$1,195,000 3833 North 60th Place
4 bedrooms, 3 baths, 3,727 square feet



$3,995,000 6116 East Exeter
4 bedrooms, 7 baths, 6,287 square feet
6116exeter.com



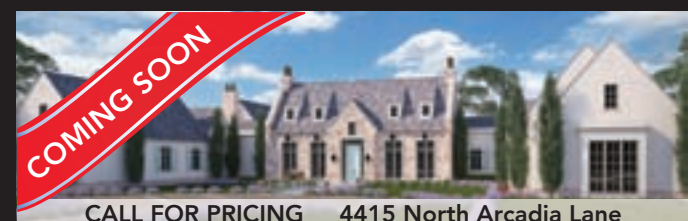
$3,045,000 4615 East Calle del Medio
5 bedrooms, 6 baths, 5,735 square feet
4615calledelmedio.com



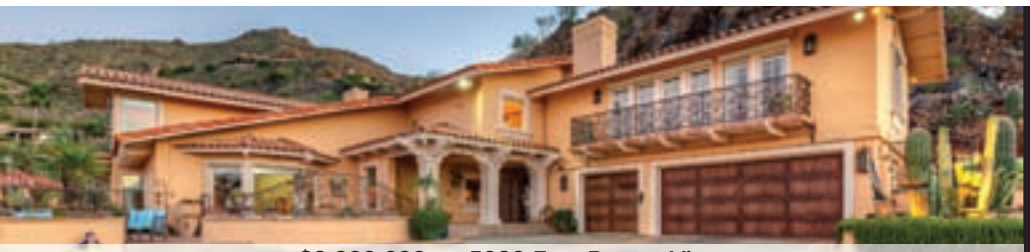
9038 North 54th Place
CALL FOR PRICING & INFORMATION
9038north54thplace.com



$1,974,000 7625 East Montebello
4 bedrooms, 5 baths, 3,745 square feet
7625montebello.com



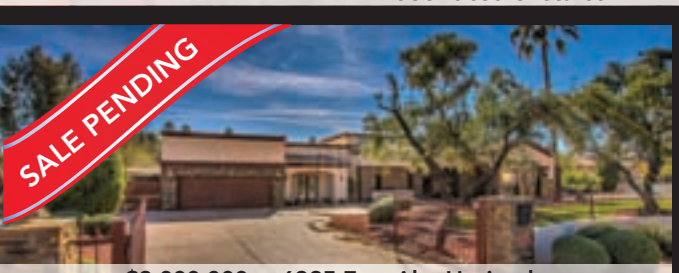
CALL FOR PRICING 4415 North Arcadia Lane
6 bedrooms, 14 baths, 12,748 square feet
4415arcadialane.com



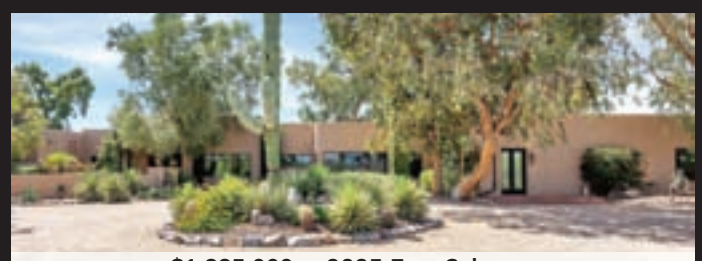
$2,299,999 5339 East Desert Vista
4 bedrooms, 4 baths, 5,533 square feet, 2.5 acres/2 lots
5339desertvista.com



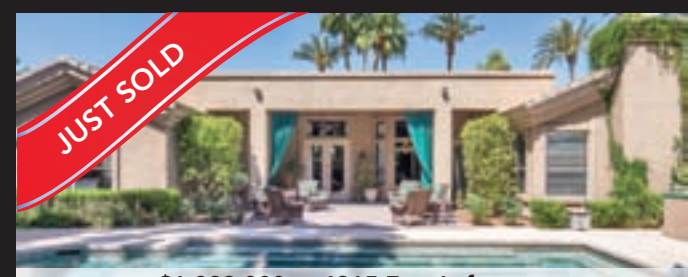
$1,995,000 6241 East Calle Del Norte
4 bedrooms, 6 baths, 4,812 square feet
6241calledelnorte.com



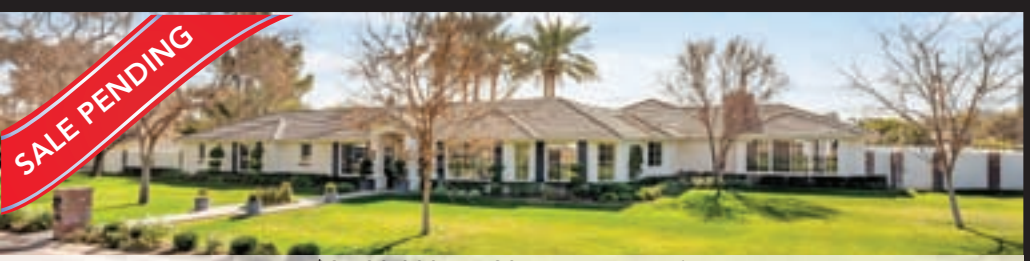
$3,000,000 6325 East Alta Hacienda
5 bedrooms, 4 baths, 5,702 square feet
6325altahacienda.com



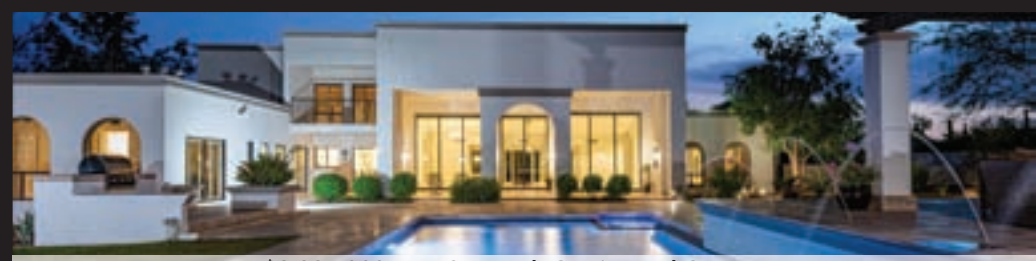
$1,995,000 3835 East Sahuaro
5 bedrooms, 7 baths, 5,903 square feet
3835sahuaro.com



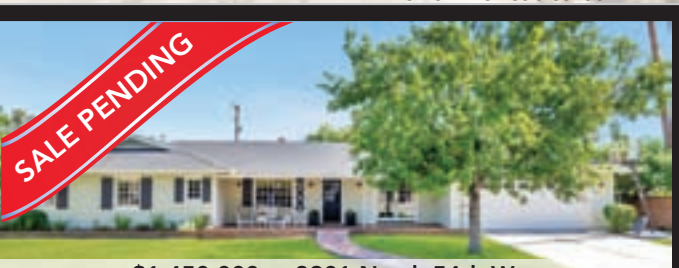
$1,099,000 4915 East Lafayette
4 bedrooms, 3 baths, 3,327 square feet



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



$2,825,000 5535 North Camino Del Contento
5 bedrooms, 7 baths, 6,179 square feet
5535northcaminodelcontento.com



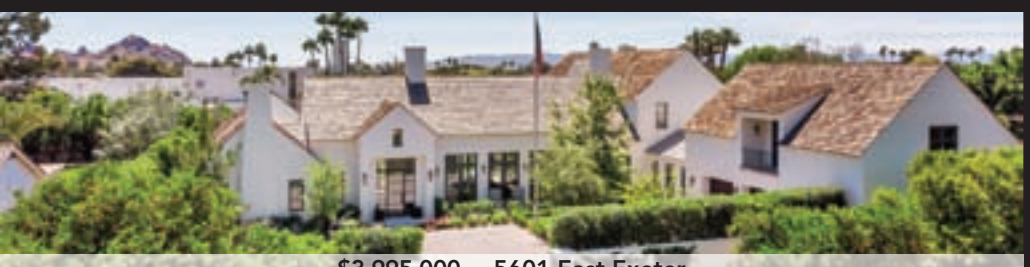
$1,450,000 3901 North 54th Way
4 bedrooms, 4 baths, 3,241 square feet
3901fiftyfourthway.com



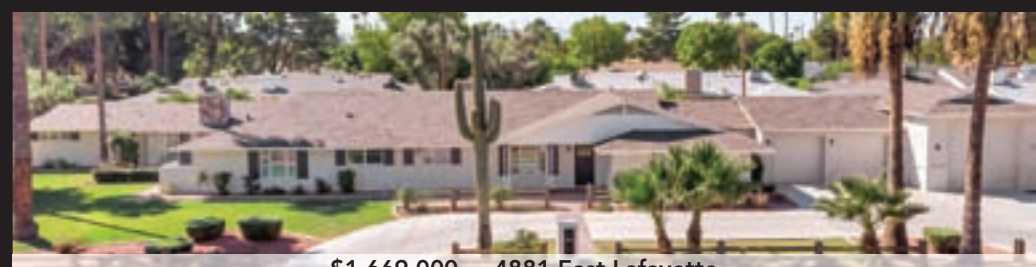
$3,200,000 4822 East Palomino
4 bedrooms, 5 baths, 5,000 square feet
4822palomino.com



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



$3,995,000 5601 East Exeter
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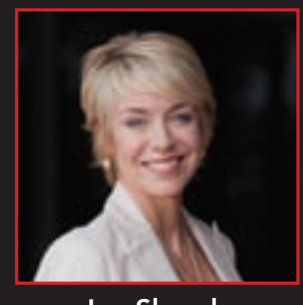
Jonah Joffe



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Q&A with Beth Goldwater



By Mallory Gleich

With little-to-no experience in the restaurant business, Beth Goldwater started her career in the industry by working at a small café in Chicago. Now, more than a decade later, Goldwater will be expanding her career as a restaurant owner with a second eatery on Camelback Road.

Arcadia News talked with Goldwater about her beginnings and what's new for Bertha's Café.

IN THE KITCHEN

Where are you from?

We are from New York, but we moved around quite a bit when we were younger. We ended up in Arizona in 1998 and then our parents moved back to New York, and we stayed. The first Bertha's opened in 2005.

When did you get into the restaurant business?

I was going to college at the time, and I visited my brother in Chicago. I was supposed to stay for a week but I was having so much fun, he allowed me to stay for the summer. He's like, "You have to get a job," because he wasn't going to have me not work. So, I got a job at a café, with absolutely no experience, and I had so much fun at this tiny little café.

It was early morning hours, making coffee and everything from scratch, and I thought, "I can't believe people do this for a living." It was so much fun and I just got hooked. I went back and changed my major to hotel/restaurant management at NAU.

Did you always know you wanted to be a baker?

No. Originally, I was going to school for architecture. I knew I wanted something with a creative feel. I looked at a fashion institute – I knew I wanted to be creative, but I didn't know which medium. I took some classes in fashion and architecture, but I didn't get that inspiration until I got into this industry.

What is the story behind the name Bertha?

Bertha comes from my twin sister. She thought it would be funny in high school to tell everybody – I think it started with me telling her not to call me Bertha, and when you tell a sibling not to do something, they do it tenfold. So that's what happened, and now my nieces and nephews call me Aunt Bertha – all my friends and family, that's just what they call me.

What is the inspiration behind the dishes at Bertha's?

I started off creating cheesecakes out of my brother's restaurant, Nixon's, in Phoenix. And I loved making pastries. It was something where I could be creative; it was my passion. I got busy enough that I decided to do this on my own and went from there. I found a tiny spot and opened up a place.

The inspiration is just my love of being creative with food. I made a business plan, and my husband and I created a menu and it actually became more popular than the cheesecakes almost. That part has been really fun and a learning process.

What is your signature dish?

I would say cheesecake, since that's what I started with and that's my passion. We have a lot of flavors. My favorite has been a baklava cheesecake – the creamy with the sweet, it was so good. Or the s'mores one – that one is my favorite too.

What is the most challenging dish you've had to cook?

Our recipes are pretty simple – we do a lot of comfort food. The only thing that's challenging is if I'm getting distracted and burn something.

It's probably something that I'd make at home, like a dish I'd make for a holiday dinner.

What is your go-to comfort food?

My husband cooks at home a lot – there's a lot of meat and potato dishes. But I would have to say tacos, because he actually makes a really good taco. Or his green chili pork.

What is the most challenging part of being a restaurant owner?

Right now, it's hiring. I have an amazing staff and a lot of people who have been with me for a long time, so I don't have to do it often, but when I do it's hard to find that good person. And since we have a small staff, it's almost like you're playing "match" where you're looking for a person that gets along with everybody. You want them to enjoy working together.

What do you do when you're not working?

I'm hanging out with my 7-year-old. He had a holiday concert recently, and I was excited to see him right at the front – he's a short little guy.

Who inspires you?

You go through phases and styles of cooking – my new place has a Southwest feel to it and we're using a lot of spices, so I'll say Bobby Flay at this point. He uses a lot of spices and does a lot of relatable food, so I'm going through a lot of his books and shows for inspiration.

What advice has stayed with you throughout the years?

When I was going to pastry school, one of my teachers said, "Never memorize a recipe," specifically for baking, because you might mess up. I tell my bakers, don't memorize this because you have to be precise, and if you miss one of those things that you've memorized, you could mess up the whole recipe.

Who would be your dream dinner guest?

My mom. Because I think she would be really proud. And let's include my grandparents as well.

Tell us about your new restaurant at the Camelback Esplanade.

It's called Goldwater's. The food is American with a Southwest feel – some of the recipes are passed down from my husband's family. It will focus on breakfast, lunch and craft cocktails.

The location is where my brother had his first restaurant – it was a political pub where a Democrat and Republican could sit and watch the debate and there were no bad words; it was a discussion. My last name is Goldwater – so the new place has a political feel to it (I'm related to Barry by marriage), but we changed it around to represent the Goldwater women.

I didn't want to get political, and Barry gets a lot of attention, so I went with the women of Goldwater. One of them started Planned Parenthood in Arizona – some of them have done some amazing things and started amazing companies, so it's cool to be a part of that. The grand opening will be January 2.

What advice do you have for people who want to pursue a career in this industry?

Don't think about it as a part-time job. This better be your passion. It's stressful, so you better enjoy it because you'll be living it. Also, get yourself a supportive spouse!



PHOTOS: DAVIS WINBORNE

White chocolate chip cookies wait in a tray for baking.



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CHICAGO STATE	CHICAGO STATE FEB. 15 | 6 PM
NM STATE	NEW MEXICO STATE FEB. 27 | 7 PM
UTRGV	UT RIO GRANDE FEB. 29 | 6 PM
CSUB	CSU BAKERSFIELD MARCH 7 | 6 PM

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Local gallery raises money for student artists

By Kaylee McClaine

Art One held its first anniversary fundraiser in November to celebrate 26 years in business and to raise money for their newly-named nonprofit, NCBFST (nurture, create, believe, flourish, succeed, and transform) Foundation for Student Artists.

For the past five years, Art One has hosted an anniversary celebration to showcase artists and remind the community of its mission, which focuses on representing high school and college student artists, as well as local artists in Arizona. But this year, Art One wanted to plan something extra special for its anniversary celebration.

The Art One family asked the community to participate in their "26 Donations for 26 Years" fundraiser. By asking for one donation for each year Art One has been open, the local business was hoping to raise money for the foundation, which had zero funds when it re-launched last year.

The foundation provides tuition assistance, art supplies and other art-related expenses to high school and college artists. By providing financial assistance to this underfunded group, the organization has become a re-invention of Foote's first nonprofit, the Newton-Foote Foundation.

The fundraiser was held at Art One's gallery in Old Town Scottsdale during the Thursday Night ArtWalk. The event included live music from musician Janelle Loes, live painting from artist Pat Cain and homemade tacos. Guests could buy 26th anniversary NCBFST t-shirts as well as bid on art pieces in a silent auction.

Monetary donations given the night of the fundraiser came with a raffle ticket for $100 off a purchase at Art One Gallery. By the end of the event, the gallery collected 50 monetary donations, sold 13 art pieces in the auction and sold ten t-shirts. The donations raised over $8,000 for the NCBFST Foundation.

The success of the fundraiser inspired the gallery to make it an annual event. The donations received this year will be dispersed to various schools, students and organizations throughout the year.

Art One Gallery and the NCBFST Foundation share an overall goal to create a community for up-and-coming local artists, and provide a place where they can further their art careers. In addition to helping local artists, the foundation hopes to educate the community on the importance of supporting the arts and education.

For more: artonegalleryinc.com.



PHOTO COURTESY OF ART ONE GALLERY

Original art pieces from the Autism Academy for Education & Development were featured at the silent auction.



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Echo Canyon Gardens inspire students, grow healthy appetites

By Pam R. Selthun

As managers of Echo Canyon School's gardens, Lou Rodarte and his wife Ann have turned their labor of love into a hands-on curriculum that takes garden produce into the classroom and invites students to taste locally-grown food prepared by some of the best chefs in the Southwest.

Echo Canyon's Chef in the Garden Program has been so popular that the school decided to branch out and invite local chefs to share their knowledge by hosting interactive cooking demonstrations for students, parents and the community.

For the third year, the school has hosted a Chef in the Garden Family Night featuring chefs from the Blue Watermelon Project, an initiative of Slow Food Phoenix, to promote healthy eating and gardening in schools.

Slow Food's mission is to "create a diverse and inclusive food community that supports good, clean and fair food for all by educating, advocating and connecting," especially within the area schools. The Blue Watermelon Project was started by Chef Charleen Badman, who was the winner of the 2019 James Beard Award for Best Chef in the Southwest.

Family Night is an opportunity for parents to experience what Echo Canyon students do in the program. The event features interactive food-prep stations with demonstrations and samples. Participating chefs talk to guests about their dishes and even extend invitations to help them prepare – and eat – the food.

All of the food, including local produce, is donated from suppliers and cooks, the Rodarte family, and a grant from Sprouts that was secured this year.

"We fed 500 people at this event. All the stations mirror an actual Chef in the Garden class that we have done with the students during the year, and feature produce from the school gardens," Ann said.

"Chef in the Garden is celebrating its 10-year anniversary this year," she said. "We are working now in 10 schools and have 25 chefs participating in the program."



PHOTO COURTESY OF LOU RODARTE

This year, the Family Night in the Garden event fed over 500 people from the neighborhood and surrounding schools. Participating chefs set up demo stations for folks to watch and sample each dish.

Those who participated this year include Badman, Jason Raducha of Noble Bread and Cotton and Copper, Juan Zamora of Chula Seafood, Chris Mendoza of North Italia and Helen Yung of Sweet Republic.

Past participants include Arcadia resident and The Parlor owner, Aric Mei and Sacha Levine of Century Grand.

This year, students from Glendale, Maricopa and Ironwood High School joined the event as well.

"Jason Raducha's Noble Bread with Chris Mendoza's freshly made, hand-pulled mozzarella with tomatoes and garden-picked basil is always a crowd favorite. Raducha generously supplies us with his fresh bread whenever we go out with the students. We always say if you add the bread, they will eat anything," Ann said.

The people who donate their time and talent to share their passion for healthy eating are all invested in the Blue Watermelon Project.

"If I'm reaching the children that are in kindergarten through eighth grade, then that effort translates into a high school student that wants to have a better lunch program," said Badman. "It'll continue to an adult who eats better. It'll continue to an adult that expects better from what is coming out of those cafeterias."

For more: slowfoodphoenix.org.

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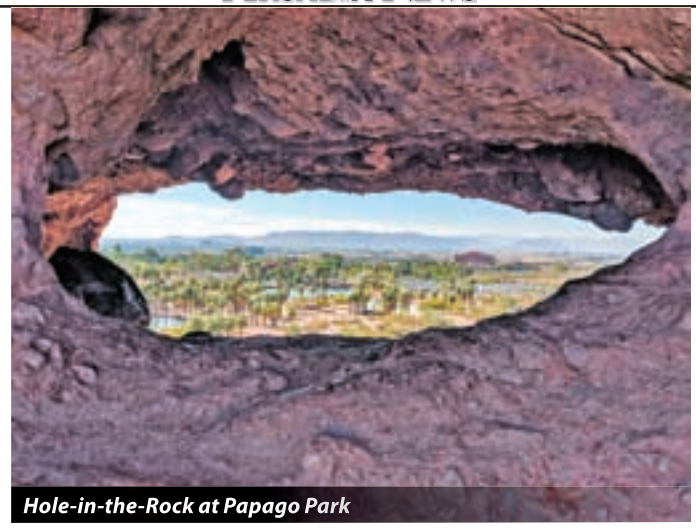


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Camelback Mountain


Hole-in-the-Rock at Papago Park


Piestewa Peak

Find your trail at Phoenix Mountain Preserve

By Pam R. Selthun

Hikers could hike a new trail every day of the month, with more than 60 available in the Phoenix Mountain Preserve. Some trails are rated "extremely difficult" by the City of Phoenix Parks and Recreation Department, like the climb of the 2,608-foot Piestewa Peak in the Phoenix Mountains Park and Recreation Area, or the Echo Canyon or Cholla trails, each of which summits the 2,704-foot Camelback Mountain.

Other trails are rated "moderate," with an elevation change over areas of uneven surfaces, obstacles of 8" or less, and rocks and ruts. Most trails, aside from the well-known summit trails, are dog-friendly and easy to maneuver, like the popular 8A Quartz Ridge Trail at 32nd Street and Lincoln Drive, or the longer, moderately difficult Freedom Trail 302 around Piestewa Peak. No matter what kind of trail hikers are looking for, the Phoenix Mountains Preserve offers a wide variety.

In early October, the City of Phoenix celebrated the grand opening of new and upgraded amenities as part of the ongoing Piestewa Peak Trailhead Improvement Project. Reconfigured and expanded parking areas, a new 104-foot-long vehicle/pedestrian bridge, restrooms, ramadas, a ranger station and a 60-foot-tall entry monument were added to the Phoenix Mountains Park and Recreation Area. The Mohave Trailhead's ramada is currently under construction, but all trails are still open to the public.

The Mohave Connector Trail links to Mohave Trail 200, a 1.7-mile lightly trafficked out and back trail, as well as 8A. Those who are familiar with the area know how to create a loop, connecting Trail 200 to 202; 8A to 8B, the Ruth Hamilton Trail; and to 304, a nature hike that leads to the furthest end of the Phoenix Mountains parking lot at 2701 E. Squaw Peak Dr.

The Hiking Project app, created by REI, catalogs trails shared by other hikers and lists a 3.8-mile loop around Phoenix Mountain Preserve, which includes a 917-foot ascent and descent. This app and others such as All Trails or Map My Hike can help hikers decide where to go, provide directions on how to get there and offer recommendations by other hikers. For more: alltrails.com/trail/us/arizona or mapmyhike.com.

Two easy-rated trails to try are the popular Hole-in-the-Rock Trail and the Papago Park Nature Trail, both located at Papago Park in between the Phoenix Zoo and Desert Botanical Garden. The nature hike is a half-mile with only a 20-foot elevation change. Hole-in-the-Rock is 0.2 miles with an elevation gain of 200 feet.

The nature trail guides hikers along a bordered pathway in the heart of Papago Park. Signs identify some of the native plants in the Sonoran Desert. The Hole-in-the-Rock Trail features a natural dirt and step path to a large, wind-eroded hole in a butte, which has a view of the Phoenix metropolitan area.

8A Quartz Ridge Trail is a moderately difficult, out-and-back 1.7-mile trail that includes a few switchbacks and a 500-foot climb. It's a dog-friendly trail, but only has parking spots for two dozen cars.

Another option is to park on 36th St., north of Lincoln Dr., and hike to 8A from 8B, the Ruth Hamilton Trail, 0.9 miles with an elevation change of 430 feet. For a challenge, hikers can try the Mohave trails 200 and 202. A little further away, but worth exploring, is Trail 308, the Lookout Mountain Circumference Trail. This 2.6-mile loop, rated "moderate/difficult," has an elevation change of 1700-feet. Dreamy Draw Recreation Area at 2421 E. Northern Ave. is another popular destination for hikers, mountain bikers and people with dogs.

When hiking to the summits of Camelback or Piestewa, be aware that both are rated "extremely difficult." On a clear, sunny day, the 360-views from either summit are worth the climb, but hikers should make sure to wear sunscreen and bring sufficient water. Gloves are a good idea too, especially for the boulder climbing on the Echo Canyon side of Camelback.

Read the "Take a Hike. Do it Right" safety guidelines on the Phoenix Parks and Recreation website for more information.

All trails remain open during the five-year infrastructure improvement plan for the Phoenix Mountains Preserve, which started in summer 2017. For more: phoenix.gov/parks/trails/locations.


Ruth Hamilton Trail


Quartz Ridge Trail



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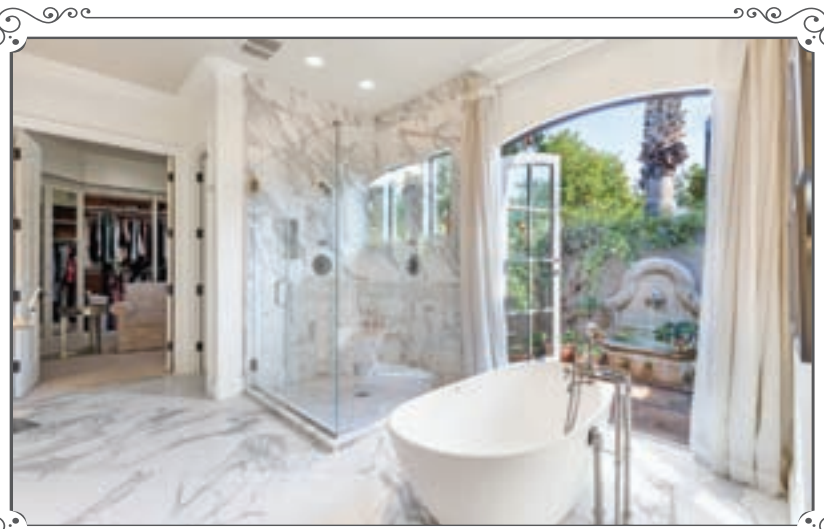
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Left: Hopi fourth and fifth graders dance the Hinky Dinky Parlez Vous and Nellie Gray. Right: (from left) Ryan Ragland, Cormac Flaherty, Marty Tsinnie, Earnest Reasy, Beckham Wright, Jameson Brown.

Hopi Elementary celebrates Western Day

By Mallory Gleich

The children at Hopi Elementary donned their cowboy hats and boots in early December and headed to school to participate in Western Day, a celebration of square dancing and music that has taken place at the school for the past four years.

"Western Day started about 20 years ago at Anasazi Elementary School where Karen Derkach and I first taught Physical Education together," said P.E. teacher Tim Marriott. "We started teaching square dance and line dancing as part of our curriculum and then decided that it would be fun to showcase our talents in front of our fellow students and parents and turn it into a show."

Marriott said that the performance began as a way to celebrate Western heritage in Scottsdale and Arizona, and that they try to hold the event around the time of the Parada del Sol held in Old Town Scottsdale. This year, the performances were put together with the help of music teacher Janet Fredrick, P.E. teacher Jennifer Lee and art teacher Valerie Conti.

"When Karen and I transferred to Hopi about five years ago, we wanted to continue the tradition of cowboy dancing, but also saw and welcomed the opportunity to collaborate with the other special area teachers to make the performance bigger, better and more inclusive," said Marriott.

The Hopi Western Day tradition is a show that includes dancing, singing cowboy songs and creating Western-themed artwork to put on display for fellow students, parents and the community.

"The purpose/goal is to have fun, learn the songs and dances, perform for a crowd, celebrate our Western roots and collaborate as a special team on a common goal," said Marriott.

The kindergarten through fifth grade classes practice for two to three weeks to prepare.

This year, the kindergarten classes sang *Tony the Pony* and *She'll be Comin' Round the Mountain*. The fourth and fifth grade songs were *Can-can/Buffalo Gals* and *Crawdad Hole*.

"I like the dancing because it's fun and fun to learn too," said third-grader King Reasy.

"It brings joy to me because I love to sing and dance," said third-grader Avery Heinricks.

Parents were welcome to come out at specific times during the day to watch their kids perform, and a rootin', tootin' good time was had by all.







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WHAT'S HAPPENING, *ARCADIA?*

THURSDAY 1/2 – FRIDAY 1/3

Winter Break Day Camp

9 a.m.-4 p.m. at the Children's Museum, 215 N. 7th St., Phoenix. The Children's Museum presents Day Camp, a place where kids ages 5-8 can come hang out during winter break. Kids will take part in various games and activities, including creating wishing wands, homemade party poppers, slime and frozen bubbles. Cost for members is $45; nonmembers is $55. For more: childrensmuseumofphoenix.org.

FRIDAY 1/3

Science with a Twist

6-10 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. This event is like a science field trip with a boozy twist. This month's theme is New Year's revolution. Attendees can sip cocktails, watch live demonstrations, try out the hands-on activities and explore the Science Center. There will also be a DJ and laser light show going on in the Dorrance Planetarium. Tickets are $12 for nonmembers. For more: azscience.org.



Archaeology for Kids *at the Pueblo Grande Museum in Phoenix.*

SATURDAY 1/4

Night of the Three Kings

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time for Noche de Reyes Magos, or Night of the Three Kings. This Latin holiday celebrates when the three wise men followed the star to Bethlehem to give gifts to baby Jesus. Celebrate with Mariachi music, specialty food, games, activities, and even meet the three kings – when they arrive on camels just like they did back then. Tickets are $25 for adults and $15 for kids. For more: phoenixzoo.org.

Archaeology for Kids

9:30 a.m.-12:30 p.m. at the Pueblo Grande Museum, 4619 E. Washington St., Phoenix. Kids ages 7-12 can become an archaeologist for a day and explore the science of archaeology while doing a simulated excavation of a Hohokam pit house. Attendees will learn how to identify artifacts and discover how archaeologists learn more about past cultures. The class will include a tour of the archaeological site. For more: pueblogrande.com.

SUNDAY 1/5

Melrose Vintage Market

9 a.m.-3 p.m. at Campbell Place Plaza, 700 W. Campbell Ave., Phoenix. This monthly pop-up market is a family friendly event with over 45 vendors selling their wares. Attendees will find vintage furniture, decor, clothing, knick-knacks, handmade jewelry, art and crafts. There is a kid zone and food trucks available. This event is free. For more: melrosevintagemarket.com.

Resolution Run

7:30 a.m. starting at the West Buttes Parking Lot at Papago Park on Galvin Pkwy., Phoenix. It's hard to keep New Year's resolutions, so this run can be the perfect start. Head to Papago Park for a 5K run/walk that circles the golf course and passes by the scenic buttes. Participants will receive a commemorative t-shirt, and there will be medals for those who place. Proceeds will go to City of Phoenix Youth Fishing. Registration is $40. For more: fieldworksevents.com.



NEWS BRIEFS



ARCADIA LITTLE LEAGUE

Registration is now open for Arcadia Little League. The cost for one player is $180, $165 for second and third players and any additional are free. From the website: "Division placement is determined by a combination of variables including player age, skill level, prior league experience, prior coach recommendation, league guidelines and parent input." For more: arcadialittleleague.com.

AHS NEEDS VOLUNTEERS

Arcadia High School is looking for parent volunteers for the lunch period – called "One Lunch". This time period allows every student to eat together, clubs/teams to meet, students to get help from teachers or make up tests, etc. AHS needs volunteers for the cafeteria line, assisting cafeteria employees with food at the kiosk and running the á la carte cash lines. There are multiple shift options available. For more information, email Karen Treon at ktreon@gmail.com.

WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 1/10 – SUNDAY 1/12

Desert Bloom Yoga Festival

6:30 p.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise Valley. Experience a weekend of tranquility at this year's Desert Bloom Yoga Festival. Guests will enjoy various events centered on all different types of yoga, meditation and nutrition classes while staying at the resort. Packages start at $299. For more: mountainshadows.com/bloom.

Maricopa Home and Garden Show

10 a.m.-6:30 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. Calling all home improvement, DIY-ers and everyone in between. Find ways to spruce up the home or garden with over 100 exhibitors, plus seminars, classes, crafting, DIY wallpaper, kitchen updates and wine tastings. Tickets are $8 per person. For more: maricopacountyhomeshows.com.

SATURDAY 1/11

Feeding the Future

1-4 p.m. at The Farm at South Mountain, 6106 S. 32nd St., Phoenix. Hosted by the Blue Watermelon Project, Feeding the Future brings together Valley chefs and high school students whose goal is to better school lunches. Teams of students will present their lunch ideas for attendees to sample and vote on, plus drinks and desserts from Blue Watermelon chefs. Tickets are $75. For more: visit the Feeding the Future 2020 Facebook page.



***Arizona Bridal Show** at the Phoenix Convention Center.*

Arizona Bridal Show

9 a.m.-3p.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. Ladies and gents, get ready to find all your wedding needs in one place. Over 400 vendors will be on-site, showcasing food, cakes, music, tuxes and dresses. Take care of all those wedding to-dos in one place. Tickets are $10 or $30 for the VIP Package. For more: arizonabridalshow.com.

WEDNESDAY 1/15

Alzheimer and Dementia Workshop for Caregivers

6-8:30 p.m. at Valley Presbyterian Church, 6947 E. McDonald Dr., Paradise Valley. In partnership with the Alzheimer Association, VPC will be offering workshops for caregivers of alzheimer and dementia patients. Attendees will discuss strategies to provide hands-on care, legal and safety plans, resources available and guidance for caregivers and patients. This workshop is free. For more: vpc.church.

THURSDAY 1/16

Demonstrate and Doughnuts

6:30-9 p.m. in the Old Town Arts District, E. Main St., Scottsdale. Part of the Gold Palette Art Walk Series, the Demonstrate and Doughnuts event invites guests to stroll through participating art galleries while sampling doughnuts and enjoying traditional bagpipe performances and other live entertainment. Proceeds will benefit the 100 Club. This event is free. For more: scottsdalegalleries.com.

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 1/18

Insider Public Art Tour

1-3 p.m. starting at Hotel Valley Ho, 6850 E. Main St., Scottsdale. Local art expert Ace Bailey will be the guide as attendees check out some of the area's permanent art installations. This two-hour walking tour will explore pieces like Knight Rise, the Goldwater Bell and the Soleri Bridge and Plaza. Guests will also have a chance to sample snacks from Super Chunk Sweets and Treats. Registration is $25 per person. For more: hotelvalleyho.com.

Celebrate Hip Hop

9 a.m.-5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. January kicks off with the beats and the bass at the MIM. Attendees will enjoy musical performances, live-painted street art and break dancing at the center's newest event, which will celebrate the hip hop musical genre. Tickets are $20 for general admission. For more: mim.org.

Dogs' Day in the Garden

8 a.m.-2 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. It's a dog day afternoon at DBG. Bring the whole family (dogs included) for a walk on the trails, where attendees can meet new friends, pose for photos, learn about nonprofits, try out doggy yoga, shop and enjoy samples for guests and their pups. Tickets are $22 for humans and $4 for four legs. For more: dbg.org.



Dogs' Day in the Garden *at Desert Botanical Garden.*

Cooking with Beckett's Table

11 a.m. at Beckett's Table, 3717 E. Indian School Road, Phoenix. While guests enjoy lunch and wine tastings, they can also be a part of a personalized cooking demonstration by Chef Beckett, who has created themes for each class to match the seasons and holidays. This month, the demo will be all about winter soups – what to make and how to make it. Classes are $95 and include lunch, samples and wine tastings. For more: beckettstable.com.

SUNDAY 1/19

Pastry Throwdown

10 a.m.-3 p.m. at the 6th Street Market, 24 E. 6th St., Tempe. Local vendors will be battling it out to see whose pastry is the best at the Pastry Throwdown. Folks are welcome to sample each dish – ranging from sweet buns to cookies – and vote for their favorite. Afterward, enjoy the 6th Street Market festivities, with shopping, art and music to enjoy. This event is free. For more: visit the Pastry Throw Down Facebook page.

SAT. 1/18 – SUN. 1/19

Rock 'n' Roll Arizona Marathon

7:30 a.m. at CityScape, 1 E. Washington St., Phoenix. The 16th Annual Rock 'n' Roll Marathon and Half Marathon are back and ready to rock. Saturday will be the half marathon, and Sunday will have both the full and half marathons available. There will be live music by local bands and cheer squads. Headlining the concert this year is the Gin Blossoms. Folks should also attend the health and fitness expo before the marathon. Registration is $30-$110. For more: runrocknroll.com.

ARIZONA AUTO WEEK



BARRETT-JACKSON

Westworld of Scottsdale, 16601 N. Pima Road, Scottsdale

Headquartered in Scottsdale, Barrett-Jackson is the granddaddy of the collector car auctions. The event draws more than 350,000 visitors from all over the world. Last year they sold more than 1,800 cars for over $118 million.

When: Jan. 11-19
barrett-jackson.com

RUSSO AND STEELE

South of the 101 North Freeway and Scottsdale Road (new location)

It's the 20th anniversary for Russo and Steele's signature auction event. This year they have secured a "picture-perfect location" for Arizona Car Week attendees.

When: Jan. 15-19
russoandsteele.com

BONHAMS

The Westin Kierland Resort & Spa, 6902 E. Greenway Pkwy., Phoenix

Historic British auction house Bonhams offers a more intimate auction environment with unique autos like the 2008 Koenigsegg CCX or a 1932 Alfa Romeo Cabriolet.

When: Jan. 16
bonhams.com

GOODING & COMPANY

Scottsdale Fashion Square, 4700 N. Scottsdale Road, Scottsdale

Running for 9 years now, Gooding & Company's auction features mostly European collectible autos from the early half of the 20th century.

When: Jan. 15-18
goodingco.com

RM SOTHEBY'S

Arizona Biltmore, 2400 E. Missouri Ave., Phoenix

Take one of the most well-known names for luxury auctions and pair it with one of the most exclusive resorts in the Southwest. In 2016, they sold a 1937 Mercedes for nearly $10 million.

When: Jan. 16-17
rmsothebys.com

MOTORSPORT AUCTION GROUP

Peoria Sports Complex 16101 N. 83rd Ave., Peoria

The MAG will feature more than 500 collector cars with a focus on classics, muscle cars and hot rods.

When: Jan. 10-12
motorsportauctiongroup.com

RITCHIE BROS. LEAKE AUTO

Salt River Fields at Talking Stick, 7555 N. Pima Road, Scottsdale

This year's inaugural auction will include 120 autos from internationally-recognized collector John Staluppi's "Cars of Dreams Collection."

When: Jan. 15-19
leakecar.com

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WHAT'S HAPPENING, *ARCADIA?*

SEND EVENTS TO
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SATURDAY 1/25

Tacolandia

1-5 p.m. at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Now in its fourth year, Tacolandia continues to deliver the best in taco artistry from around the Valley. Presented by *Phoenix New Times*, taquerias and restaurants will be on-site serving up samples – from crazy ingredients to authentic street style. There will also be live entertainment, cash bars and an awards ceremony. And the best part? The samples are unlimited. Tickets are $25 for general admission. For more: tacolandiaphx.com.

Doggie Street Festival

10 a.m.-4 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The 5th annual Doggie Street Festival is a "dog, cat, parrot and rabbit adopt-a-thon", where folks can bring the family pet and enjoy live music, treats for humans and pets, guest speakers, contests, an auction, prizes, a VIP area, demos and kid's activities. This event is free. For more: doggiestreetfestival.org.



Arizona Military Vehicle Show *at Turf Paradise in Phoenix.*

Arizona Military Vehicle Show

9 a.m.-5 p.m. at Turf Paradise, 1501 W. Bell Road, Phoenix. The 29th annual military vehicle show is back for another round of all things military transport. Guests can check out tanks, jeeps, ambulances, recon and utility vehicles, plus a swap meet with vehicle parts, uniforms, supplies, memorabilia and artifacts. There will be a patriotic assembly and food available for purchase. Admission is $8. For more: armytrucks.org.

SUNDAY 1/26

Arizona Wine Festival

11 a.m.-5 p.m. at Heritage Square, 113 N. 6th St., Phoenix. Join Willcox Wine and the Cochise Graham Wine Council for their annual festival. There will be over 25 wineries on-site, and guests can sample each while enjoying live entertainment, various food trucks, plus vintage shopping and a vendor village. Tickets are $20-$45. For more: willcoxwinecountry.org.

Sunday A'fair

12-4 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. Now in its 33rd season, the Sunday A'fair celebrates local music and art with free outdoor concerts in Scottsdale Civic Center Mall, an arts-and-crafts market, activities for kids and families, and free docent-led tours of the sculptures in the park. Food, snacks, cocktails, beer, wine and soft drinks will be available for purchase. This event is free. For more: scottsdaleperformingarts.org.

WEDNESDAY 1/29

Think and Drink

7-9:30 p.m. at the Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Get your think on while also getting your drink on. DBG presents the Think and Drink event, where local experts, scholars and industry professionals will gather to talk about newsworthy topics. Afterward, guests can mingle and enjoy drinks, music and yard games. Tickets are $35 for general admission. For more: dbg.org.

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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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NEWS BRIEFS



DORI HAND ROLL AND RAMEN

Dori Hand Roll and Ramen Bar will be making its way to the Camelback Colonnade Center near 20th St. and Camelback in early 2020. The restaurant will boast a hand roll selection and an extensive ramen menu by Chef Jared Lupin. Diners sit at a bar in front of a personal chef and the rolls are made to order. The restaurant will also have a Japanese speakeasy in the back with cocktails and small plates. For more: dorihandrollandramen.com.

GOLDWATER'S NOW OPEN

Beth Goldwater of Bertha's Café has opened a new concept at the Esplanade on 24th St. and Camelback. Goldwater's offers breakfast, lunch and a happy hour with cocktails crafted by a local mixologist from Young's Farm. Guests can expect American dishes mixed with Southwest flair. The restaurant is open Monday through Friday.

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"Meet Mr." | Ray Artigue

Bill Herndon

By Ray Artigue

The best way to describe Bill Herndon is as an "American Patriot."

He actually wears that label as a badge of honor, citing family ancestry, his upbringing, service in the Marines, and his adoration of Winston Churchill.

You'd assume that he was a military brat who was dragged around the world, learning to salute those coming and going. Surprisingly he was not, as he grew up an only child in rural Texas and his family ultimately migrated to Detroit while his father rose through the ranks of General Motors.

"My dad was a finance and insurance executive with GM, and so I just assumed that I'd follow in his footsteps," said Herndon, "and that's sort of what happened."

> "We just love Arcadia as it's all about community."

Bill attended the University of Michigan, earning a degree in Industrial Engineering. From there he began a 40-year banking career that took him around the world.

"I started with Citibank, working in their New York office at a time when computers were just coming out," he said. "More importantly, it afforded me an opportunity to meet and marry Sally, my wife of 53 years."

From the Big Apple, the young couple and their two young children – Will and Alyson – got transferred to Brussels and then San Juan, Toronto and London.

"We loved everywhere we went and just kept smiling so the children thought it was all good," he said.

As Herndon's career unfolded, he ultimately returned to the states and his family settled in Los Angeles and San Francisco. He signed on with Bank of America, becoming Vice President of Technology for their U.S. mortgage business.

"Growing up, I was always interested in how things worked and that wound up coming into play throughout my career. A vision or plan is important, but you have to know how to get there and I'm pretty good at making things happen," he said, admitting that his analytical mind concentrates on process and results.

No better example is when he led the way at BofA, adopting the earliest RadioMail technology that became the precursor to modern day email. Giving up his office, he hit the road and learned to use electronic communications to lead his staff and work with colleagues throughout the country. In 1996, the *Wall Street Journal* did a feature story on Herndon, portraying him as the maverick "Road Warrior."

Indeed, all roads lead home, and that brought him and his wife to Arizona in 2004 as their son and Sally's sister already resided here.

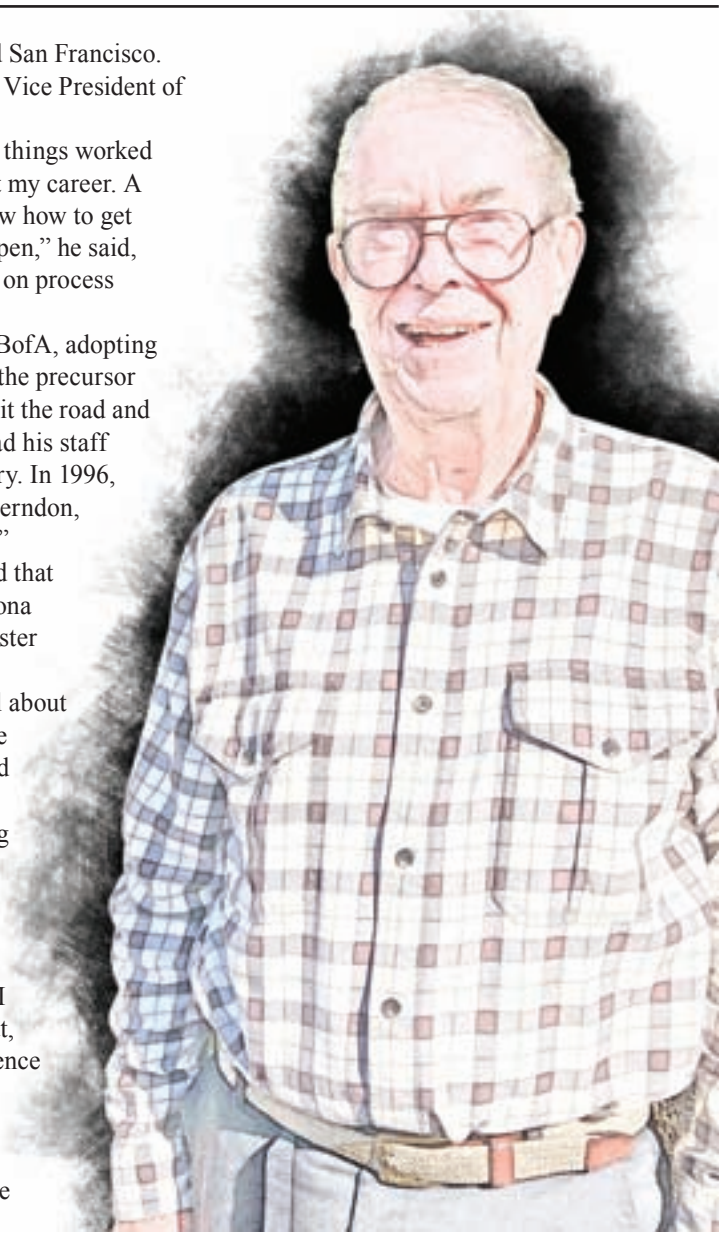
"We just love Arcadia as it's all about community. It kind of reminds me of Texas: very friendly, caring and trusting people," he said.

When the Herndons aren't enjoying the splendors of the neighborhood, they find themselves in Bigfork, Montana every summer, escaping the heat and feeding Bill's appetite for the great outdoors.

"Honestly, I'm a gun guy and an adventurer. I guess I got that from my family tree as my great, great grandfather fought at the Texas Independence Battle with General Sam Houston in 1836," Bill said.

Herndon said he is not one to ever look back.

"I'm very satisfied with my life as things have gone well and that makes me quite happy."



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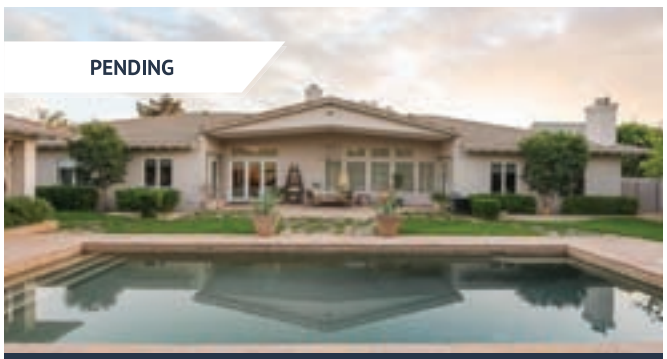


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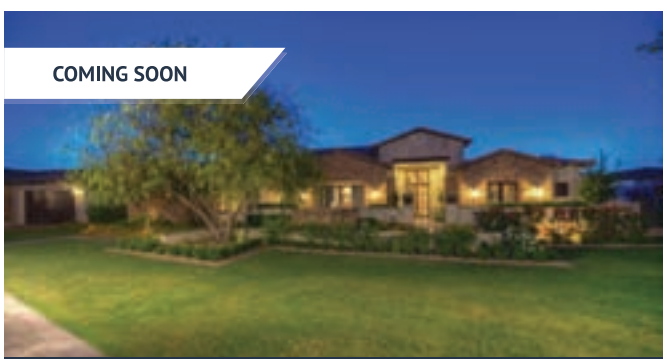
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Chicago Hamburger Company owner celebrates milestone

By Mallory Gleich

It's been there for more than 40 years. Situated on the corner of 38th Street and Indian School Road, the Chicago Hamburger Company is a beacon of hope for those looking for Chicago-style favorites. While the neighborhood changes around them, owner Bob Pappanduros and his staff remain dedicated to their menu of hamburgers, hot dogs and beef sandwiches.

Before it was a hamburger joint, the building was home to Pete's Red Hots, a Chicago-based eatery that served gyros and Italian beef. In 1981, the restaurant changed hands and names and the Chicago Hamburger Company was born. Pappanduros took over in 1989, and this year he will celebrate 30 years as the owner of Arcadia's little piece of the Windy City.

Pappanduros' father owned a restaurant back in Chicago called Peter B's. While he was growing up, Pappanduros worked in his father's kitchen, continually learning the ins-and-outs of the restaurant business for over a decade.



Owner Bob Pappanduros' favorite memorabilia includes the photos customers give of themselves wearing Chicago Hamburger Company t-shirts around the world.

"I moved to Arizona in 1982 and promised myself that I'd never work in a restaurant again," Pappanduros laughed. "Eventually I moved up to kitchen management and when I got to the point that I was working too many hours, I decided it was time to get my own place."

Pappanduros had primarily been working in dinner "houses," but knew that he didn't want a place with a large staff or where he would constantly be working nights.

"I liked working in restaurants, but I didn't want to give up my life. My goal was to have a place where I'd be able to go home at night and be with my family," Pappanduros said.

The Chicago Hamburger Company is situated within Arcadia's business community, which Pappanduros said helps with the popularity of the restaurant.

"There are a lot of people working during the day. We have a great lunch crowd," he said.

Guests are also in for a treat when they step through the door of Chicago Hamburger Company, especially if they happen to be fans of Chicago sports teams.

Plastered on every inch of the walls is Chicago sports and city memorabilia, from a life-size cutout of Michael Jordan and photo of the 1985 Chicago Bears team to street signs and photos of customers wearing the restaurant's t-shirts in locations around the world.

"This collection is over 40 years old. Some of it was here when I got here, some of it is mine or my family's stuff, but a vast majority really comes from customers," Pappanduros said. "They'll have something – this restaurant means something to them – and they bring it in and give it to us."

The most popular item on the menu is the Windy City sliders. Pappanduros says they go through about 400 to 500 sliders every day.

"When I first bought the place, in my infinite wisdom, I was going to take the sliders off the menu," he said. "Then, my first day here back in 1989, two-thirds of the people who walked in ordered sliders. I didn't realize that that's what we were known for."

The Chicago Hamburger Company boasts a devoted staff, a few of which who have been there for more than 20 years.

"The reason why I'm still here is because of my crew. Two of them have been here for 30 years. I don't have to worry about turnover," Pappanduros said.

When he's not manning the restaurant, Pappanduros spends his time as a "hockey dad," watching his daughter's games or playing in a neighborhood band with his friends.

For more: chicagohamburger.com.

What we can all learn from techies



By Angela Copeland

CAREER ADVICE

I received a text from a friend who works in IT that said, "I spent some time today figuring out a new video software." It had a link to a fun, short video he had created.

My friend's job doesn't involve producing videos, but he and two other IT associates wanted to create a YouTube channel. This is the second project they've worked on together as well as starting a podcast.

These group projects aren't uncommon in the technology world. Techies are creating new social network groups on Meetup.com every day. They gather together and learn how to use software like WordPress, Python, Java, Oracle and PHP. They bounce ideas off of one another about how to start a podcast, how to build video games or how to make mobile apps.

They organize breakfasts, lunches and weekend-long coding sessions called hackathons. They host events for younger generations to teach them about programming. And these technology professionals do all of these activities in their free time. The companies they work for don't sponsor these events, and they aren't compensated for participating.

But the time they devote helps to keep their skill set up-to-date. Technology is a field that's constantly evolving. In IT, if you want to keep up, you must keep learning. It creates job security.

In addition to beefing up their resumes, these activities help expand their network. If there's a job opening, you can bet someone will look inside these groups for candidates.

These groups can also cross-pollinate ideas with those outside their company's four walls. They aren't confined to traditional thinking on how to do things, and they can compare notes with others.

Although other industries may not change as often as technology, there are a number of great lessons to be learned from this group. First, don't wait for your company to keep your skills up-to-date. It's your responsibility. Be sure not to neglect your continuing education.

This means you may have to use some personal time or even some of your own money. Think of it as an investment in yourself and your future value.

Once you've decided to give this strategy a try, you may wonder where to begin. Meetup.com is one place to look for special interest groups. You may also check the colleges in your area for continuing education courses. Professional organizations can also be a great place to look.

Sometimes universities such as Harvard and MIT place some of their course materials online – for free. There are many other online resources such as LinkedIn and website forums where you can network with others in your field.

At the end of the day, in the world of work, learning is the new loyalty.

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



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Mountain culture

Local company finds inspiration atop popular Phoenix landmark

By Madison Van Nortwick

Camelback Culture, a local apparel company, is a labor of love for Jes Shapiro.

Before starting Camelback Culture, Shapiro was an interior designer with her own consulting business in Texas. When Shapiro and her husband Ben moved to Arcadia in January 2011, she was shocked to see the immensity of Camelback Mountain looming over her home.

It was in the background of the Shapiro's daily lives, while Shapiro homeschooled her twin boys. She became more acquainted with the mountain after Ben started hiking it regularly (something like 325 times in one year kind of "regularly"). Camelback Culture was born out of love for the mountain.

Shapiro started the company as a way to support Ben and his hiking endeavors. She created a t-shirt for her husband, and when he wore it while hiking Camelback, he noticed that it seemed to spark something in others on the mountain. Ben was constantly asked where he got his shirt. So, Shapiro decided to learn Adobe Illustrator and has been creating "mountain-inspired" apparel ever since. Along with the shirts, Shapiro has created a variety of sweatshirts, hoodies, tank-tops, stickers, fanny packs and photo prints.

When Ben got to know the regulars on Camelback, the pair realized they had something much bigger than t-shirts. Shapiro then saw the potential in making lasting connections with others who enjoyed hiking just as much as she did.

"We started making people stop and talk to each other," Shapiro said. "We just wanted to have everybody really come together and get to know one another."

"It's a binding force in the community and not everywhere in the world has something like that," Shapiro said. "I think that it is just this huge jewel that we have here."

Shapiro said that folks don't have to be an expert hiker – or a hiker at all – to join the Camelback Culture community. "You just have to love the mountain, go out there and connect with people," she said. "Hiking can strip away all the vanity and stress in daily life. It really gives you that moment when everybody is just a person and they all manage to accomplish the same thing."

Shapiro hopes that in the future more people will find community within Camelback Culture. She believes success for the hikers would be for people to "take the lessons of the mountain and bring them down and have everyone act like that in their daily life."

For more: camelbackculture.com.



Apparel company Camelback Culture was born out of a love for the mountain, the challenges it presents and the community it fosters among those who climb it regularly.

PHOTOS COURTESY OF JES SHAPIRO





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Unfortunately, due to health reasons, I am stepping back from the day-to-day running of W.R. Williams Fine Jewelry. Please note the following changes to our operations as a result:

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- The store will be open normal hours, 10AM to 6PM, Tuesday through Saturday.
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Thank you once again for your patronage, friendship, and support. I wish you and your loved ones a very happy New Year.



With great gratitude,

Randy Williams

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PHOTO COURTESY OF MARKETING WORX

Young entrepreneurs participate in a "business meeting" prior to the main event.

AZ Children's Business Fair lets kids be CEO for the day

By Jennifer Marshall

The Arizona Children's Business Fair was established by a group of Phoenix entrepreneurs looking to mentor the younger generation. The event provides kids with hands-on entrepreneurial involvement and experience, including serving as boss for a day.

While the fair is loosely affiliated with Acton Academy Phoenix, it is officially organized under New Learning Ventures (NLV), an educational nonprofit in the Valley.

Acton Academy's Austin, Texas campus was the birthplace of this fair. As Acton campuses spread around the world, so, too, did its events. The Phoenix founding entrepreneurs were familiar with Acton's fairs and decided to bring one to the neighborhood.

"Around the same time the first business fair was held in Phoenix, we launched Acton Academy Phoenix," said president and CEO of NLV, Andrew Collins.

After their first successful fair in downtown Phoenix, NLV hosted one at Arcadia Park, on 56th St. and Indian School, for Acton students. The fair grew so much that the downtown event ceased, and now the Arizona Children's Business Fair is held every autumn at Arcadia Park. Because of its popularity, the fair is now open for kids from all over the Valley, not just Acton students. Kids between the ages of six and 13 are able to participate.

Two to three weeks before the fair, young entrepreneurs are invited to attend a pitch night. After receiving a 20-minute brief on economics, profit and the art of the pitch, kids have the opportunity to rehearse their business ideas for volunteers and coaches and receive invaluable feedback.

"NLV supports all Arizona students to make sure we're creating powerful learning experiences like this fair," Collins said. "The fair is learning by doing, and it's really fun. In addition to understanding how to create value and exchange in a market economy, kids are also taught communication, planning, design, productivity and collaboration skills, which are essential in any career."



Andrew Collins

Collins is not the only person who thinks the fair is exciting. The kids love it too.

"It was a good experience. I think anybody can do a business if they want to. A few people were there with their dogs, and they were really nice. One person bought my dog treat and gave it right to their dog. The dog munched it up! I felt happy," said Vera Treadwell, age 8.

"You can make money and get to actually practice selling things outside. One lady who stopped by my booth is a floral designer on Camelback, and when she saw my booth, she told me that she has competition," said Lucy Chaney, age 9.

"I learned that business costs affect how much money you actually earn. Next year, I plan to have less costs," said Ty Flake, age 8.

The 2019 fair showcased about 130 kid-run enterprises. Children create their own products or services and rent a booth where they officially unveil their businesses. The public is invited to shop, and real money is exchanged for goods and services.

Custom poetry, handmade bookmarks, dog treats, purses, food, painted tiles and games are some of the many unique businesses that have been featured at the fair.

At the end of the business day, committee members bestow awards for the most creative idea, best business potential and best pitch/presentation in three different age categories.

"My passion is to support a broader, holistic approach to learning," Collins said. "Instead of measuring student success on how they perform on a standardized test, the real test is what they're capable of going out and achieving."



TACO GUILD

546 E. Osborn Road • tacoguild.com

By Cody Kennedy

PLACES WE LIKE

In 1893, nearly 20 years before Arizona became a state, George and Edna Smith purchased a plot of land near the corner of 7th Street and Osborn for $30 to build a church.

First called Smith's Chapel, the church later became Bethel Methodist. The property was vacated and deconsecrated in 2012. It was then that the owners of Taco Guild stepped in, ready to worship two things: tacos and tequila.

The ambience of Taco Guild is worth discussing. From the giant wooden-door entrance to the stained-glass windows on either side of the building, this place is nothing if not beautiful. What's even more interesting is that the wood ceiling beams, the windows and the pews placed near the back of the restaurant are all original to the building.



To the right of the entrance is the bar area, with a wall of liquor bottles that reaches halfway to the ceiling. There is bar seating and high-top tables for guests, as well as low-top tables, a few of which share the pews for people to sit on.

Service starts with a basket of chips and four types of salsa ranging from mild to hot. The appetizer list has the classic snacks like guacamole and quesadillas, but also offbeat items including yuca fries and avocado fries.

The yuca fries are made with yuca root, sriracha cilantro aioli, tajin, cotija cheese and chile oil and have an almost potato-like consistency: crunchy on the outside, soft on the inside, with the aioli giving the dish a slightly spicy kick.

The avocado dish is simple yet large and filling. The avocados are fried and served with sweet cilantro habanero sauce, cotija and lemon cilantro aioli. The avocado slices were evenly breaded and the sauce was sweet. This dish is one that patrons could easily fill up on.

The current taco menu boasts 11 options, which come à la carte. There is a three-taco plate for those who want to try a variety. I tried the coffee beef, Korean fried chicken, and from the server's recommendation, the chipotle cherry steak.

Tacos are served on flour or corn tortillas. The coffee beef taco, served with jicama, cilantro, caramelized onion and micro "mirepoix" (a flavor-base made from diced vegetables that are cooked on low heat), has a generous serving of beef that is tender and juicy. The onions and cilantro made this taco a savory one.

The chipotle cherry steak and Korean fried chicken tacos are surprisingly subtle in flavor. Each taco has a substantial portion of meat, but it is overshadowed by the other ingredients and could use more sauce.

The Korean chicken taco is topped with spicy pickled red cabbage, cucumber and jalapeño salad and jalapeño foam, which sounds spicy, but my taste buds remained intact with each bite.

Taco Guild also features lobster, shrimp, al pastor and carnitas tacos, as well as enchiladas and a burrito bowl option for lunch and dinner. Along with wine and local brews on tap, there is an extensive cocktail menu, including various margarita drinks and a tequila flight.

There is a happy hour during the week and a brunch menu on the weekends.



1. *Avocado Fries.* ***2.*** *Yuca Fries.* ***3.*** *Coffee Beef Taco.* ***4.*** *Korean Fried Chicken Taco.* ***5.*** *Chipotle Cherry Steak Taco.* ***6.*** *Sautéed Plantain.*



The ceiling has the original rafters that were built in 1893.

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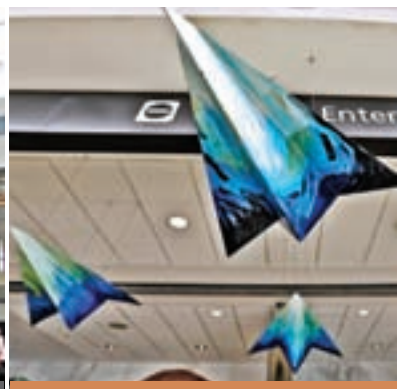
Fascinating airport art from around the world


ALBUQUERQUE


AMSTERDAM


CHICAGO


DALLAS


DENVER

By Sam Lowe



Although I had to use them frequently during my days as a travel writer, airports are not very high on my list of favorite places. But I have learned to tolerate them because…well, if you're going to fly, you're going to wait. And, sometimes, wait and wait and wait. I guess it's all part of some master plan to teach us patience and tolerance.

But eventually, during those extended periods of sitting and staring at the arrival and departure screens, it occurred to me that time goes faster, even slips by in a hurry, when I'm waiting in an airport that features art exhibits. Many terminals have been displaying works for a long time; others are getting on board in an effort to not only reduce boredom, but also enhance their city's image.

Since most of my journeys originate in Phoenix, I am very familiar with the Phoenix Airport Museum, a collection of more than 600 works and gallery spaces. Most of them are located in Sky Harbor International and they range from a biplane soaring through a replica of the Grand Canyon to "dangos" (a series of large ceramic sculptures that resemble giant vases) to photographs of Arizona cowboys.

The waiting areas at Sky Harbor have featured photo exhibits dealing with ranchers, steel sculptures, ceramics, collages, oil paintings, abstracts, Chicano art, huge murals and even an exhibit on luthiery (the art of guitar-making).

Although the exhibits are changed occasionally, they're usually around for several months. As in most other airports, the exhibits are free to view, on display 24 hours per day and usually located in the pre-security check areas.

Denver International Airport's art includes 30 murals and sculptures. My favorites were "Experimental Aviation" (130 small planes hanging from the ceiling), and "La Memoria de Nuestra Tierra" (Our Land has Memory), which uses sculptures to trace the history of the region.

Chicago calls O'Hare International "a canvas for public art" because of the almost endless assortment of artworks it displays. They include cityscapes, restored airplanes, a dinosaur skeleton cast in metal, wood carvings and a huge brass sculpture that I thought was a giant belt buckle until I read the plaque that said "Metamorphosis."

Several years ago, I spotted a larger-than-life statue of Rubeus Hagrid, one of Harry Potter's associates, in Malpensa Airport in Milan, Italy. It was built completely with Legos. It may be gone now, but hundreds of other works, including a customized private jet, still decorate the terminal.

The support pillars in the baggage claim area of Sacramento International Airport are eye-catching sculptures because they resemble suitcases stacked from floor to ceiling. Sea-Tac, Seattle's international hub, displays more than


PHOENIX

THE LOWE ROAD

100 glass, photo and metal works. And one of its restaurants attracts diners with a life-size sculpture of Walter Jones, an All-Pro tackle who played football for the Seahawks.

In the Netherlands, Amsterdam's Schiphol Airport not only has an excellent variety of metal sculptures (including two seated metal sack men), it also lets those who wait use its 20,000 square-foot indoor park. Back in Ohio, children who pass through Columbus International Airport are given postcards and asked to draw pictures of the things they saw on their travels and mail them back, which are then displayed throughout the airport.

They do things big in Texas, so it's no surprise that a mural entitled "Houston Bayou" in Houston's George Bush Intercontinental Airport covers 584 square feet in a walkway between parking garages. And at Dallas-Fort Worth International, more than 30 sculptures adorn the terminal interiors and others stand in an outside garden near the parking garage.

A large-than-life sculpture of a Native American chasing an eagle greets visitors at Albuquerque's International Sunport, and a metal work that resembles a giant pretzel gone amok confuses flyers at the international airport in Dublin, Ireland.

So, even when you're standing still during your travels, there are still plenty of things to see.

Instead of grumbling about the airport wait, I find it much more pleasant to wander around and acquire some culture. Besides that, walking and gawking is very good exercise.


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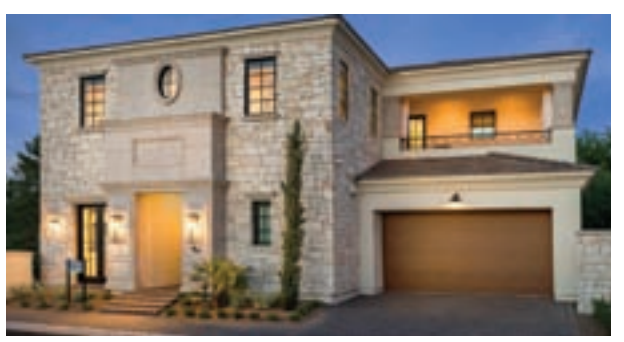












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Discovering the Eternal City to close out 2019

By Robin Sewell

ROBIN'S ADVENTURES

How often do you come home feeling like you need a vacation after your vacation?



It's usually when you've gone some place far away and are trying to pack in so many activities, excursions and cities because you want that long trip worth the miles traveled.

I recently discovered that sometimes having less of an agenda makes for a more authentic experience. My husband and I decided the best Christmas gift to each other would be time together, away from schedules, deadlines and cellphones.

We threw a dart at the map and thought "when in Rome…" you can eat, drink, and let time stand still for a week.

Other than asking a few friends for some must-experience recommendations, we figured if we picked a great place to stay, they'd help us figure out the rest. The moment we drove onto the cobblestone street and saw the doorway of our hotel, I knew this trip would be special.

The Portrait Roma, located in a quaint neighborhood near the famed Spanish Steps, set the stage for our entire getaway. Prior to checking in, the staff sent us a questionnaire asking what we liked, from pillows to music, even our water preference.

Everyone knew our name, and we were treated less like guests and more like well-loved family members. The resort even has a lifestyle team who really took the time to get to know us so they could carve out a unique tailored experience for our first time in Rome. We wanted a little culture, history, great food and downtime to savor each moment.

Our first day, we just strolled and wandered the streets to see what we would discover. We climbed the Spanish Steps, made our way to the Trevi Fountain, one of the most famous fountains in the world and then, just by happenstance, we literally bumped right into the Pantheon.

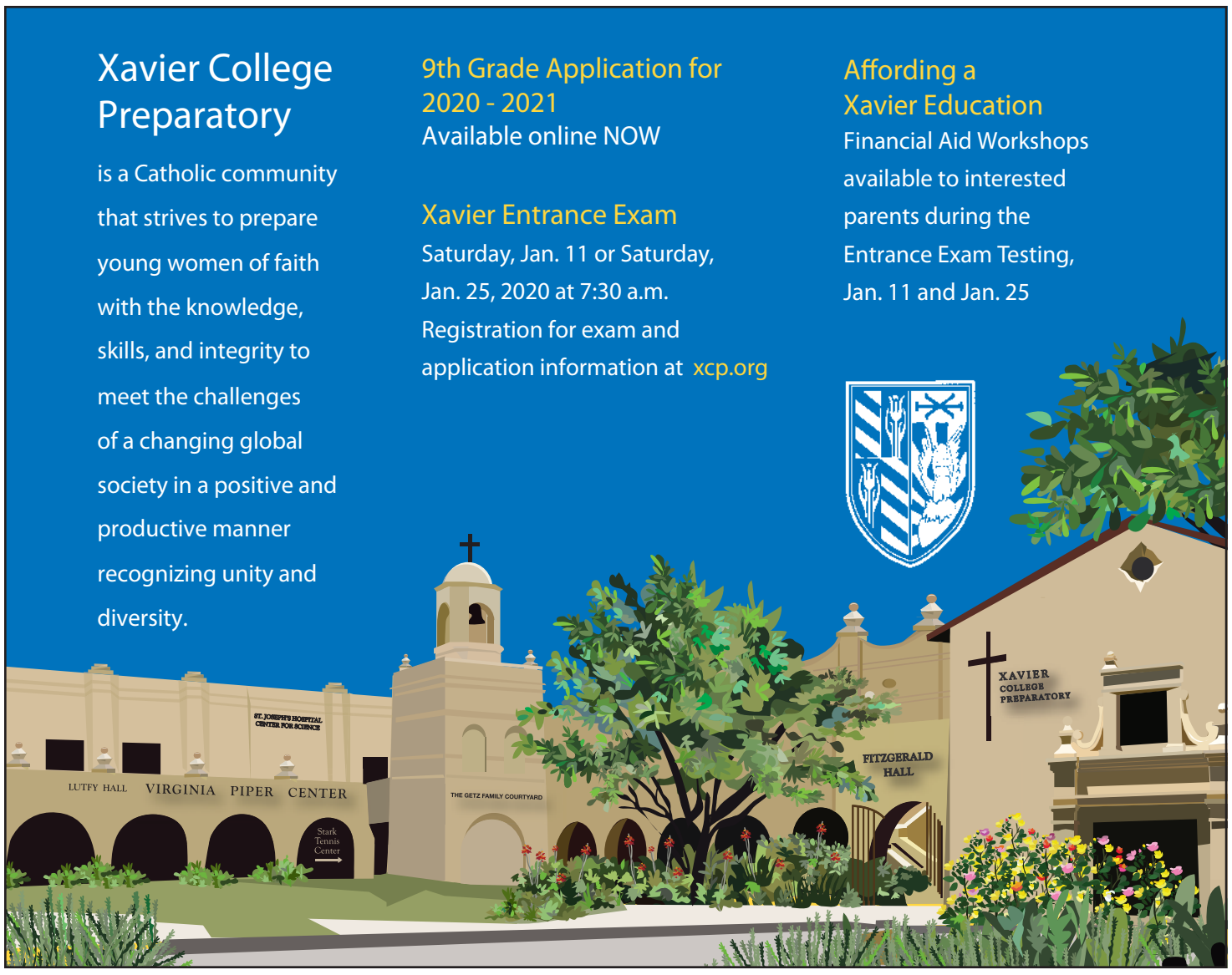
This extraordinary building is actually an exquisite temple built as a place for everyone to worship. A very modern concept, given it was originally built between 25-27 B.C.

On other days, we toured the Coliseum, the underground and the Roman Forum. The workmanship of this ancient wonder is impressive and mind-boggling, but what I found most fascinating was the history lesson about the workers, gladiators, kings and gods that were once a part of this life.

We also went to Vatican City, where we sat breathless looking up at the ceiling of the Sistine Chapel and the brilliance of Michelangelo. We also went to the Galleria Borghese to admire the Bernini sculptures.

We did a lot in just five days, but we also had plenty of leisure time to just walk around, stop for an Americano at the oldest coffee house in Rome, indulge in Roman specialties like Carciofi alla Giudia and Bucatini all' Amatriciana and just get lost in this ancient, romantic city where all you have to do is be present to soak up its timeless, eternal past.

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



NEWS BRIEFS



PIE SNOB

Pie Snob Bakery recently opened their second location at 16th St. and Maryland, just north of Bethany Home. Pie Snob offers a variety of flavors, with whole pies and slices available in-store. Pie Snob rotates its weekly menu every Tuesday. They also offer special orders and catering. For more: piesnob.com.

ROCK 'N' ROLL MARATHON

Registration is now open for the 17th annual Rock 'n' Roll Arizona Marathon, half-marathon and the Kids Rock race. Starting at the Arizona Center on Van Buren and 2nd St. in downtown Phoenix, the full marathon will wind its way through the Arcadia neighborhood before concluding in Tempe on Saturday, January 18 and Sunday, January 19. Registration is $20-$120. For more: runrocknroll.com.

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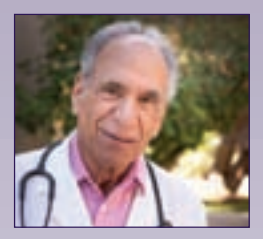
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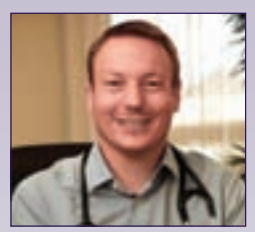
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Vintage doilies.

Crochet: worth more as a labor of love

ASK THE APPRAISERS

By Tom Helms

Our client opened a wood and metal, leather-strapped trunk, and neatly wrapped in tissue paper was layer upon layer of crocheted and embroidered handiwork created by her grandmother and three aunts.

The trunk contained hours of labor, a devotion to the hook and needle and a symbol of a bygone era. Most homes our company enters have a drawer, a box, or a bag of needlework hidden from view as if longing to return to simpler times. Such pieces are priceless to their owners, but have marginal value in today's market.

In the scope of time, crocheting is a relative newcomer. Its growth began in the 1840s in France and England when Riego de la Branchardiére, a seamstress, created pattern books that taught crocheted thread lace-making and other elaborate needlework designs.

De la Branchardiére published a book of patterns that was widely circulated in Ireland during the Great Irish Famine. It was then that Irish nuns began to teach local women and children to thread crochet to make lace, which was cheaper than the traditional bobbin variety. These elaborate works were then shipped all across Europe and America and purchased as Irish lace. The industry was born and the popularity of the art spread.

The doilies, centerpieces, dresser and table scarves adorned the home of the rich. Ladies of leisure claimed the handicraft and resented "the poor folk" who tried to tackle the art. During the mid-1800s, crocheting was considered a craft only for the wealthy, which caused a battle between the classes. In fact, all methods of needlework were taught in schools except crocheting.

Crocheting was considered to be so important that a bride-to-be was expected to have a minimum of ten crocheted pieces stored in her hope chest to be used when she set up her household.

Such pieces were used to protect table and dresser tops and upholster backs of chairs and chair arms, which added a bit of elegance that was necessary to the Victorian home. Over the years, the art grew. Bags, clothing, beaded crochet and artistic and complicated designs emerged during the late 1800s through the 1950s.

Vintage doilies and embroidered scarves are worth more to a family's history than they are in today's market. The maker was not laboring over their cherished pieces to make money, but just the opposite. It was a labor of love.

Our advice to our clients is to select their best crocheted piece and place it in a shadowbox frame and write information about it on the back. For example, *"the doily or centerpiece was made in 1915 by my grandmother (name). It is 8" in diameter, made from cotton thread. It was passed to my mother (name) in 1971 and to me (name) in 2020."*

In doing so, you have just added provenance to the item which now makes it a genealogical artifact that can be treasured.

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


Embroidered scarf, circa 1920s.



PHOTO COURTESY OF EMILY HOLDAWAY

Colleen's daughters are committed to making an impact with their efforts to bring awareness about ovarian cancer to the world.

Pursuing Colleen's Dream

By Miriam Cruson

Colleen Drury loved life. She exercised, loved to cook, travel and spend time with the people she adored. She also "gave the best hugs," according to her grandchildren Chloe, Luke, Blake and Caleb. In 2007, Colleen was diagnosed with Stage 3-C ovarian cancer. Six years later, she passed away, but not before setting her daugters on a whole new course.

In 2012, Colleen's daughter Nicole Cundiff and her husband Billy created the Colleen's Dream Foundation (CDF). Over the course of the next seven years the nonprofit organization has quickly risen to become the largest, privately-funded ovarian cancer-specific group in Arizona.

The driving force behind Colleen's Dream is research that will lead to an early detection test for ovarian cancer, which in turn could save thousands of lives every year. Currently there is no early detection test for ovarian cancer like there is for breast and cervical cancers. In a woman's lifetime, one in 75 will develop ovarian cancer. Only about 20 percent of those are discovered in the early stages.

Earlier discovery greatly increases the chance of eradication and this is what Colleen's Dream fights for every day. The organization has partnered with some of the top researchers in the country, helping to fund research at hospitals and universities, which are also working tirelessly to develop early detection and improved treatment.

"As I look out in the future, I dream of a time when women of all ages will have a reliable early detection test for ovarian cancer and more humane treatment for those women with late stage ovarian cancer," Colleen once said.

$50,000

Last year, CDF was able to donate $50,000 to TGen, a non-profit genomics research institute based in Arizona, to support ovarian cancer research.

The foundation also provides seed funding; money is awarded to startup companies that are focused on cutting-edge ovarian cancer research and solutions for earlier detection. To date, $1.3 million has been awarded to research grants.

The organization's website contains valuable information, such as early signs and symptoms, as well as different ways to contribute to the foundation.

CDF's Luau for the Dream annual fundraiser was held at the Hotel Valley Ho in Scottsdale this past year. Leis were given at the door and attendees enjoyed entertainment from hula and fire dancers.

Although this was an evening of fun and community, the ultimate goal was to raise funds for the development of the life-altering early detection test for ovarian cancer. This year, CDF was able to donate $50,000 to TGen, a non-profit genomics research institute based in Arizona, to support ovarian cancer research.

"We will take the next year to return to our roots and determine how we can maximize the gala in a way that will more effectively build a world without suffering from ovarian cancer," Cundiff said, "That's the dream my mom wanted for the foundation."

For more: colleensdream.org.





OUT OF THE AREA, *BUT WORTH THE DRIVE*

FRIDAY 1/3 – SUNDAY 1/5

Taiyou Con

Times vary, at the Mesa Convention Center, 263 N. Center St. Taiyou Con is a three-day convention that celebrates all things anime, including cosplay, video games, and other aspects of Japanese culture. Guests can enjoy shopping, guest speakers, panel talks, a masquerade, gaming tournament, and a mini-festival with food, games and entertainment. Tickets are $30-$150. For more: taiyoucon.com.

SATURDAY 1/4

Hello Handmade Market

9 a.m.-1 p.m. at Copper Trails School, 16875 W. Canyon Trails Blvd., Goodyear. Keep things homegrown this year and check out the Hello Handmade with Love Marketplace. This pop-up is free for all ages. Attendees will find locally made home decor, accessories, clothing, art, vintage items, furniture and bakers showcasing their wares. For more: hellohandmademarket.com.

SATURDAY 1/11

Glitter and Glow

4-10 p.m. at Murphy Park, 7010 N. 58th Ave., Glendale. Light up the night at Glendale's annual Glitter and Glow block party, which is the conclusion to their Glendale Glitters holiday event. There will be more than 20 hot air balloons, 1.6 million twinkle lights, live music from local bands, food, plus rides and activities for the family to enjoy. This event is free. For more: glendaleaz.com.



***Taiyou Con** at the Mesa Convention Center.*

Pizza Throwdown

5-9 p.m. at the Peoria Sports Complex, 16101 N. 83rd Ave. It's a competition to see who's got the best pizza in town – and the guests are the judges this time. Over 10 pizza joints will be on-site serving up their best slices. Guests can also enjoy a beer tent, games and activities for the kids. Entry is free; guests buy the slices and vote for their favorite. For more: visit the Pizza Throwdown Facebook page.

Front Porch Pickins Marketplace

4:30-8:30 p.m. in downtown Peoria. Shop everything from mid-century to farmhouse, from industrial to urban boho and everything in between at this marketplace. Held during Second Saturday, this event will be accompanied by live musical performances, an art showcase, one-night-only pop-up restaurants, photo ops and specialty vendors. This event is free. For more: frontporchpickins.com.

FRIDAY 1/17 – SUNDAY 1/19

Fine Art and Wine Festival

10 a.m.-5 p.m. in downtown Carefree, 101 Easy St. Relax and stroll through over 155 juried fine arts with artists from the U.S. and abroad. Showcasing painting, jewelry, sculptures and photography, guests can sip domestic and imported wines while browsing. For $10, patrons will receive a commemorative wine glass, tastings, as well as live musical entertainment. Tickets are $3. For more: thunderbirdartists.com.

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

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SAT. 1/18 – SUN. 1/19

Sedona VegFest

8 a.m.-5 p.m. at the Sedona Performing Arts Center, 995 Upper Red Rock Loop Road. Educate and celebrate the plant-based lifestyle. Healthy World Sedona presents VegFest, a two-day event focusing on the education of plant-based diets. There will be cooking demos, presentations, featured speakers, an art show and exhibitors. Tickets are $40 per day or $60 for both days. Kids 12 and under can attend for free. For more: healthyworldsedona.com.

Buses by the Bridge

9 a.m. at the Lake Havasu State Park, 699 London Bridge Road. Spectators are invited to come out and see vintage Volkswagens and buses and partake in all the activities at Buses by the Bridge's 24th annual event. There will be live entertainment, a kid zone, bounce houses, a corn hole tournament, air balloon rides and a chili cook off. Guests are also welcome to camp out for the weekend. Tickets are $5 per person for general admission. For more: golakehavasu.com.



Arizona Balloon Classic *at the Goodyear Ballpark.*

Dillinger Days

Times vary, at Hotel Congress, 311 E. Congress St., Tucson. Travel back to the 1930s for a classic speakeasy event. There will be dinner, dancing, whiskey tasting and live music all in honor of one of the most notorious mobsters in Arizona. Then on Sunday, guests can enjoy a reenactment of Dillinger's capture, a vintage car show and arts and crafts. Tickets are $45 for the speakeasy. For more: hotelcongress.com.

SATURDAY 1/18

Flagstaff Brew Haha

2-6 p.m. at the High Country Conference Center, 201 W. Butler Ave., Flagstaff. Flagstaff's 9th annual beer festival is back with over 60 local, regional and western breweries and over 100 different beers for guests to sample. There will also be live music, bratwursts for purchase, plus vote for the Snowman award and People's Choice award. Proceeds will benefit the Flagstaff Ski Club. Tickets are $40-$45. For more: flagstaffbrewhaha.com.

WEDNESDAY 1/22

Cheese Making Class

6-8 p.m. at Artisan Olive, 5930 W. Greenway Road, Glendale. Pick up a new skill at Artisan Olive's cheese making class. Attendees will learn how to make fresh mozzarella and burrata, and learn the techniques and procedures of cheese making while also sampling their creations. This is a 21 and over event. For more: visit the Making the Cheese Facebook page.

FRIDAY 1/24 – SUNDAY 1/26

Arizona Balloon Classic

8 a.m. at the Goodyear Ballpark, 1933 S. Ballpark Way. This event hosts more than 20,000 guests each year. The 9th annual Balloon Classic will have up to 30 hot air balloons floating into the Arizona sky. The Desert Glows event during the evening will showcase illuminated balloons glowing in time to music. Participants can also enjoy air balloon rides, a family fun zone, live entertainment and a vendor village. Tickets are $20 for one-day entry. For more: abcfest.com.



"Nostalgic Sadness" by David Warner • 18" x 24" x 1" • oil on canvas

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DID YOU KNOW?

HOW OLD? 2000 B.C.

The earliest recording of a new year celebration is believed to have been in Mesopotamia, c. 2000 B.C. and was celebrated around the time of the vernal equinox, in mid-March. In religion, regardless of creed, the New Year's resolution concept is to annually reflect upon self-improvement.

HOW COME?



1907 The year the **Times Square New Year's Eve Ball** came about as a result of a ban on fireworks. The first was an illuminated 700-pound iron and wood ball adorned with one hundred 25-watt light bulbs.

HOW MANY?



2,688 Waterford Crystal triangles cover the current New Year's Eve Ball.

HOW MUCH?

11,875 lbs The weight of the current New Year's Eve Ball.

1.5 tons The amount of confetti that is dropped in Times Square.

LARGEST CELEBRATION

2.4M



The largest New Year's Eve celebration on record was in 2008 in Rio de Janeiro, Brazil. 2.4 million people gathered at Copacabana Beach.

TRADITIONS AROUND THE WORLD



AUSTRALIA - Sydney fireworks display
BRAZIL - underwear attire
CHILE - cemetery sleepover
DENMARK - shattering dishes
ECUADOR - burning effigies
ESTONIA - eating seven times on New Year's Day
ITALY - wearing red underwear for good luck
SIBERIA - lake diving with a "new year tree"
SPAIN - a mouthful of grapes
SOUTH AFRICA - throwing household items out the window
THAILAND - water fight

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NEW YEAR'S EVE CELEBRATION

FUN NEW YEAR'S EVE FACTS

Three popular destinations in the United States to ring in the New Year are Las Vegas, Disney World and New York City.

12% of Americans fall asleep before midnight on NYE.

48% of parents plan to count down the last 10 seconds of 2019 by 9 p.m.

54% of Americans plan to kiss someone at midnight.



65% of Americans make New Year's resolutions.

71% of Americans plan to lose weight or eat healthier.

9.2% are successful at achieving their resolution.

80% of resolutions fail by February.

$17.88 is the average hourly rate for a babysitter on New Year's Eve (20% more than any other time of the year).

Source: wallethub.com

SAY WHAT?

IT'S TIME TO TORCH MR. OLD YEAR

In Colombia, Cuba and Puerto Rico, families stuff a life-sized male doll called Mr. Old Year with memories of the outgoing year and dress him in old clothes from each family member. At midnight he is set on fire, thus burning away the bad memories of the year.



NEW YEAR'S EVE WORD SEARCH

P	T	O	A	F	B	E	X	H	F	R	W	P	O	A	V	F	S	X	R	X	G	X	F	Y
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F	Y	W	L	A	Y	W	E	Z	U	S	W	F	E	E	U	X	V	A	L	J	A	H	C	R
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Arcadia News

A brief history of New Year's resolutions

By Amanda Savage

While Americans make mostly health-related pledges every December 31, most don't stick with them beyond the first half of the new year. In ancient times, resolutions were profound commitments to powerful deities, and there were serious consequences for not following through.

Acknowledging and celebrating seasons is an ancient practice. Like the beginnings of many modern traditions, New Year's resolutions derive from milestones in the agricultural calendar and a devout appreciation of nature.

The Babylonians were the first recorded group to celebrate a defined new year, but the warming lushness of spring symbolized the new year in Mesopotamia. They didn't have a ball drop or lip-syncing celebrities, but a 12-day festival called Akitu, which celebrated the gods of Earth and encouraged citizens to resolve any lingering debts and to make promises to their gods in the year to come.

In Rome, Julius Caesar established January 1 as the start of the new year. January's namesake could be the Roman God Janus, a two-faced god that symbolized time, transitions, beginnings and endings. He could look into the future and the past at the same time.

When Christians became a force of moral standards in the Middle Ages, they kept with the theme of new beginnings and commitments but replaced pagan gods with the Christian God, and parties turned into prayer vigils. In Judaism, Rosh Hashanah and Yom Kippur hold similar ideas of forgiveness and starting over.

The common thread tying each era together is self-improvement.

The term "New Year resolution" gained momentum in the 18th century, and the religious undertones of the holiday faded and were replaced with bottles of champagne and personal commitments to betterment.

According to a *Harvard Business Review* study conducted by psychologist, researcher and *New York Times* bestselling author Tasha Eurich, most people believe they are self-aware, but only 10-15% actually are. Self-awareness is instrumental in successful relationships, careers and mental health.

Some researchers and authors, like James Clear, believe that true change comes from adjustments to small habits verses setting (and failing at) massive goals. Clear is the author of the *New York Times* best-seller "Atomic Habits."

Perhaps a successful year of achieving goals could come from letting go of a deadline or a number and simply sticking to healthier habits. Whatever your New Year's resolutions may be, it's never too late to start working on them.



Father Time and Baby New Year depicted in the book Frolic & Fun*, 1897.*

Xavier art teacher receives recognition



PHOTO: DOMINIQUE PAPLACZYK

According to other teachers, Dunn has always been an advocate for the art community and tries to encourage her students to support art as well.

By Kaylee McClaine

Alison Dunn, an art teacher at Xavier College Prep was recently honored with the 2019 Secondary Division Outstanding Art Educator award during the annual Arizona Art Education Association (AAEA) conference.

This award recognizes an outstanding high school art teacher who has an established record of exceptional teaching and advocacy for art education. The AAEA nominating committee decided to award Dunn based on peer nomination and letters of recommendation.

Catherine Robbins, another art teacher at Xavier, nominated Dunn. Robbins teaches next door and sees Dunn interact with her students each day.

"Alison wants the Studio Fine Arts Department at Xavier to be the best that it can be, and to that end, she gives excellent advice, shares resources and is a great role model. I wanted to nominate Alison for the Arizona Art Education award to let others know about her accomplishments and because she deserves it," said Robbins.

Dunn currently teaches AP Art History, AP Studio Art, Intermediate and Advanced Drawing/Painting and Oil Painting I and II at Xavier. In addition, Dunn has been the department chair of studio art since 2008, and she also sponsors the National Art Honor Society Chapter.

"Our students and the entire Xavier community benefit greatly from Alison's teaching and inspiration. She ensures our visual arts program is a vital component of 21st century learning," said Xavier principal Sister Joan Nuckols.

With her combination of techniques designed to awaken creativity and problem-solving skills, Dunn has inspired students' imaginations. Although a small percentage of students end up pursuing art as a college study, Dunn's teaching techniques go beyond the art classroom.

"A majority of [Dunn's] students will take what they learned in art class and apply it to many facets of their lives. Learning about and practicing art helps students think critically and apply creative solutions to problems," said Lisa Zuba, director of marketing and staff development at Xavier.

Dunn teaches her students to appreciate art by encouraging them to submit their work to competitions, such as the annual Congressional Art Awards. Each year, Dunn also oversees the school-wide student art show.

The Secondary Division Outstanding Art Educator award is an annual award that is given to one teacher in each educational division. To receive the award, teachers are nominated by peers and must then submit additional letters of recommendation to the awards committee.

"I feel so grateful and supported. I'm grateful to be recognized for how much effort it takes to be an effective teacher. There are misconceptions that teaching art is easy, when in fact, it's quite demanding," said Dunn.

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Wellness retreats to refresh mind and body

By Amanda Savage

Wellness tourism is a fast-growing industry that was last reported to be worth $639.4 billion annually by the Global Wellness Institute. Arizonans don't have to go far to experience some of the best of what the industry has to offer.

Some of the world's top-ranked wellness destinations, spas and retreats are located within the boundaries of the Grand Canyon state, making it easy to check off travel and personal care from your 2020 bucket list. Here's a roundup of Arizona wellness retreats to check out.

Sanctuary on Camelback Mountain Resort & Spa

Riding a bike to a day or weekend wellness experience at the Sanctuary on Camelback Mountain Resort & Spa could be ideal for Arcadians. Despite being in the heart of urban sprawl, the resort is private and boasts some of the most impressive views of Camelback Mountain and Scottsdale in the Valley. The 13,200-square-foot spa features modern services inspired by ancient Japanese wellness practices.

The Satori Wellness retreat is a package that offers fitness, spa, outdoor activities, nutritious meals and a complete lifestyle reset. For guests wanting to go á la carte, the Watsu pool, Zen Meditation Garden, Sensei therapists and Golden Lotus Balancing Ritual alongside basic fitness and salon services creates a more specialized experience. For more: sanctuaryoncamelback.com.

The Phoenician Spa

This spa is another wellness gem along Camelback Road that's elusively shadowed by the mountain and rows of palm trees. Its accessibility to Phoenix and Scottsdale makes it an easy choice for getting away without the hassle.

The Phoenician Spa features a Transformation Experience. Guests can reserve the Tranquility Suite, a special room dedicated to serving a full wellness retreat experience. Energy balancing, essential oils and signature experiences like sleep massage rituals and crystal-focused spa journeys are all offered, in addition to customary spa and salon services.

There is also a rooftop pool and an Aroma Design Bar, in addition to all of the fitness offerings at the recently completed Phoenician Athletic Club. For more: thephoenician.com.

Civana Carefree

Civana is the youngest member on this list, but it has already been featured in *USA Today* and *Travel and Leisure* as a top wellness resort. Fitness options, an immersive spa, "conscious" amenities and dining options make Civana in Carefree one of Arizona's "top spa destinations."

While the resort itself doesn't offer a retreat package, the hotel encourages a retreat experience. Civana offers over 70 types of enrichment classes ranging from mindfulness, personal growth, multiple types of yoga classes and creative arts. Every spa experience begins with a grounding ritual.

The hotel is home to the only five-climate Klafs Sanarium® (a sauna-type room) in the country. The spa offers services like sound baths, Chakra balancing, intention burning, angel card reading, shamanic journeying and a moon lodge. For more: civanacarefree.com.

Mii amo at Enchantment Resort

This Sedona retreat is world-renowned for its unique "journey" approach to wellness. Mii amo is tucked below the towering red rocks of Boynton Canyon and only steps away from the Enchantment Resort.

Besides the unique scenery, Mii amo stands out because it pays homage to Native American culture, from the spa's Anasazi-inspired design to its Crystal Grotto, which is the spa's version of a traditional Kiva (a room used by Puebloans for meetings and rituals).

Mii amo offers one-of-a-kind activities, like vortex walking experiences, lectures on how to recognize universal signs, canyon bathing, labyrinth walking and meditation, and hiking among archaeological ruins. For basic spa services, Mii amo features familiar wraps and massages, but also offers unique options like a Sedona Clay Wrap and an Anasazi Ubtan, an Ayurvedic ritual and beautification treatment. For more: miiamo.com.

Miraval Arizona

Like Civana, Miraval in Tucson is a destination resort, but they take the retreat experience to a higher level of luxury. Miraval offers packages that feature different amenities and activities. Every package comes with gourmet meals, resort credits, unlimited smoothies and healthy beverages and complimentary wellness classes.

Since relaxation and renewal can mean different things to different people, Miraval offers a range of options. They have an on-site beekeeper, farm, garden, equine ranch, rock wall and obstacle course. They also offer hiking, biking, art classes, counseling, guided meditation and discussions on quantum consciousness. There are also standard beauty services, along with Vasudhara and QI energy healing and Ayurveda services.

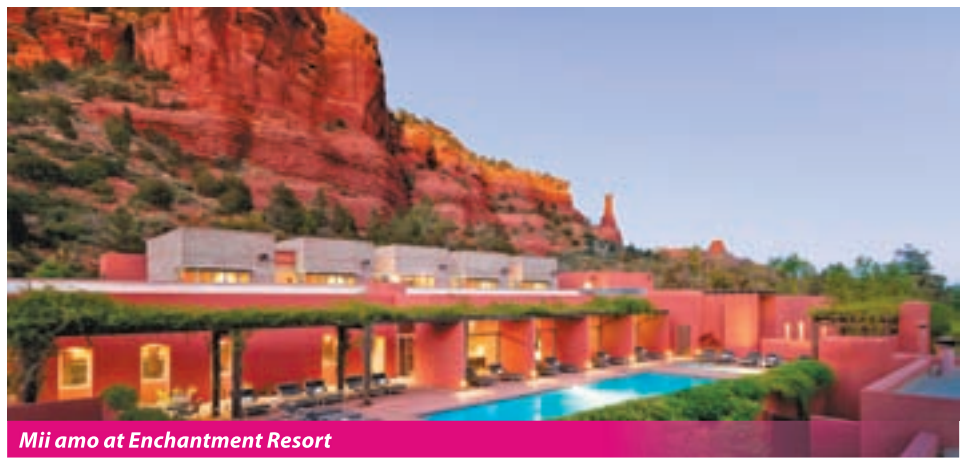
Miraval was the winner of *Travel and Leisure's* World's Best award for spa destinations in the United States in 2019. For more: miravalarizona.com.



Sanctuary on Camelback



Civana Carefree



Mii amo at Enchantment Resort



The Phoenician Spa



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A beginner's guide to Veganuary

By Amanda Savage

The Economist named 2019 "The Year of the Vegan," and although vegans make up a small portion of the American population, their numbers are likely to grow in 2020 and beyond.

The magazine coined the term Veganuary in 2014 as a campaign to support would-be vegans' New Year's resolutions to adopt a more plant-based lifestyle during the month of January.

The biggest misconception about vegans is that their lifestyle of being free of animal byproducts ends at the dinner table; when in fact, being vegan extends beyond food and into all facets of life. Animal testing on cosmetics and household cleaners, supporting corporations and chain restaurants that take part in factory farming and animal-derived ingredients in medicines and beauty products are all concerns for vegans.

In 2019, Phoenix and Scottsdale were both ranked in the top 50 cities for vegans and vegetarians in America by WalletHub. Arcadia is home to many options for food, beauty, home and beyond for anyone who wants to adopt vegan habits.



Some examples of vegan dishes available in the Arcadia area: Cauliflower Tacos (Coronado), Tofu Burger (Mother Bunch) and Tsoynami (Nami).

FITNESS

For fitness lovers or those considering embarking on a fitness journey, it's important to align with people who support a vegan lifestyle. For example, Jess Hutchens, the owner of Flawless Fitness, is an ACE-certified personal trainer, fitness nutritionist and behavior change specialist based in Scottsdale.

Also, consider joining fitness studios that make sustainability a priority or that are vegan-owned, purchasing county and state park passes and using the outdoors to aid in wildlife and environmental conservation.

DINING OUT

Navigating restaurants can be problematic for a lot of soon-to-be vegans. But as plant-based living becomes more mainstream, businesses are adapting to meet the growing demand.

While it's not an all-inclusive list, some local eateries that offer vegan-friendly options include Ingo's Tasty Food, La Grande Orange Grocery, Brat Haus, Hula's Modern Tiki, Simon's Hot Dogs, Tapas Papa Frita, The Henry, Dilla Libre, The Herb Box, Farm & Craft, Urban Phoenix Cafe, Kaleidoscope and Jewel's Café.

There are also a handful of chains with vegan offerings too, like Pita Jungle, Original ChopShop, Loving Hut, True Food, Cornish Pasty, Flower Child, Creamistry, MAD Greens, MOD Pizza, Tocaya Organica and Picazzo's.

FOOD

Vegans do their best to avoid taking part in commercialized agriculture. They believe factory farming has been known to treat animals poorly and that commercialized farming plays a role in deforestation, wildlife endangerment and environmental pollution. And, according to a 2015 report by the University of Minnesota, "roughly 20% of all greenhouse gas emissions" comes from agriculture.

Arcadians can shop at farmers markets like the Open Air Market at the Phoenix Public Market on Saturdays, and the Uptown Farmers Market on Wednesdays and Saturdays. Check Arizona Community Farmer's Markets for locations in Phoenix and the greater Valley.

Growing food is another option. For those not gifted with greenery, Dig It Gardens, Niche Organic and Farmyard are all resources for everything from tips, products, garden installation and maintenance services.

CULTURE AND COMMUNITY

It helps to have the support of other vegans when making a lifestyle switch. Events such as the Southwest Veg Fest, PHX Vegan Festival, Arizona Vegetarian Food Festival and Veg Out Vegan Beer and Food Festival are all starting places to meet like-minded people, find resources and get involved in the community.

BEAUTY

From animal-testing of cosmetics to ingredients like shellac, lanolin and collagen, mainstream cosmetics is another issue for vegans. Navigating the beauty industry as a vegan can be tricky because businesses aren't always forthcoming about their ingredients and testing procedures.

There are a lot of options for vegans in Arcadia who want to switch up their beauty routine. Spa 23, Organic Hair Lab and Pure Salon offer vegan salon services. The Mane Attraction Salon is vegan-friendly and is active in the community. For skin care and spa services, Sage Organic Skincare and Citrine Natural Beauty Bar both have vegan options.

HOME CARE

Vegans can face the same dilemmas with home products and services as they do when choosing cosmetics. In most commercial cleaners, the chemicals are tested on animals and there are many animal byproducts used in linens and furniture.

The Redemption Market, Phoenix General and Organic Living are all shops in Phoenix that offer vegan and environmentally-conscious products. Cleaning services like PurMaid and Eco Mama offer vegan-friendly solutions. Camelback Flowershop and Pueblo Life are good for flower arrangements and plants.

The businesses mentioned in this article are just some of the vegan-friendly options in the Arcadia area. Readers are encouraged to do their own research.

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Boys soccer teams at AHS and Veritas kick off season

By Jennifer Marshall

The boys soccer teams at Arcadia High and Veritas Prep are both off to a tenacious start.

ARCADIA HIGH

Arcadia's varsity and JV teams are both set to be strong contenders this year. Each team started off with a win against Bradshaw Mountain High School during their season opener.

"The varsity team is the defending 4A Desert Sky Region Champion," said AHS Head Varsity and Program Coach Keith Diamanti, who is in his second year coaching at Arcadia. "Last year, we were knocked out of the state tournament, so we're hoping to qualify this year and have a competitive result."

One of the team's greatest assets is its experience, brought by 13 veteran senior players.

"Our other strengths are based on defense," Diamanti said. "We're very organized, and our players have been taught the importance of defensive shape and being compact when not possessing the ball."

Diamanti sees areas of improvement on offense in regards to "utilizing more field space by attacking the outsides."

Many members of the boys varsity soccer team have accumulated extensive experience playing on various soccer clubs outside of school. Club athletics, which often span an entire year of competition, keep players in top form, making those students a strong asset to their individual school teams.

"While we're facing a very competitive schedule this year, with games against schools from bigger 5A and 6A conferences, we're really excited for the new season," Diamanti said.

The JV team, which welcomed 15 new freshman players this school year, was undefeated last year, and according to Diamanti, they are poised to enjoy a winning season.



PHOTO COURTESY OF KEITH DIAMANTI

The Arcadia Titans varsity soccer team boasts 13 veteran players.

VERITAS PREP

At Veritas Prep, Head Coach Richard Cardenas predicts a state championship win for the boys varsity soccer team, which started the season with two wins.

Cardenas coached the middle school for about five years before he started leading the varsity team last year.

"When I took over the reins, we ended the season 15 and 2, and we made it to the semi-finals of the state championship where, unfortunately, we lost," Cardenas said. "Our goal this year is to go all the way and win the state championship."

While three senior players graduated last year, Cardenas reports that the majority of their powerhouse team is still intact, which means they are hoping to advance further this season.



PHOTO COURTESY OF RICH CARDENAS

Veritas Falcons varsity soccer team started their season off with two wins.

The team's most significant challenge is retaining strong eighth grade players.

"I have many excellent former middle school players who are now playing for Brophy," Cardenas said. "Nevertheless, we have a strong team with lots of kids trying out to play each school year."

Like their counterparts at Arcadia, the boys of the Veritas varsity soccer team also participate in club sports.

"Regardless of club play or not," Cardenas said, "we all gather together as a team during the summer and we play indoor soccer in a league. This keeps us moving and practicing as a team and maintains everyone's skills at their peak."

Cardenas has nothing but praise for Veritas Prep, which he describes as being "super supportive," and for his faithful players who exhibit a family mentality as they help and mentor the younger members of the team.

NEWS BRIEFS



MASTRO'S RENOVATIONS

Mastro's City Hall in Scottsdale revealed its new look after a four-month renovation. Everything in the restaurant has been updated to a more modern look, including new lights, art, paint, furniture and flooring. The bar area now has new lighting and a new bottle display. The restaurant also added a tableside wine service, new uniforms and an updated outdoor patio. For more: mastrosrestaurants.com.

URBAN PHOENIX OPENING

A new café concept has opened in place of the 3 on Smith café, located east of 36th St. on the south side of Indian School. Urban Phoenix is a "relaxed, funky concept that is inspired by Mexican ingredients." Urban Phoenix also offers espresso drinks, sodas and teas. Owners Steven Contreras and Keri Frazier have created a menu of tacos, burritos and "rad plates" for breakfast and lunch. For more: urbanphoenixcafe.com.



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IT'S GLEANING TIME

By Mallory Gleich

Gleaning – the process of removing abundant ripe fruits from citrus trees – has become a familiar event for Arcadia residents. From January until March, many neighborhoods collect their excess oranges, limes, lemons, grapefruits and tangerines and donate them to local food banks.

The importance of timely gleaning was recognized after the discovery of roof rats in Arcadia in 2001. Arcadia's Citrus Program came shortly after, a volunteer-led organization that helped collect citrus and distribute it to Valley food banks.

The program was suspended in 2015 after the Asian Citrus Psyllid (ACP) was found in Yuma County, which led to a statewide citrus quarantine. The tiny ACP bug carries a bacteria called Citrus Greening, which ruins fruit and eventually kills the tree. According to the Arizona Department of Agriculture, ACP has the potential to devastate Arizona's citrus industry.

While residents are on their own this year in picking citrus, there are options for the fruit. St. Mary's Food Bank is partnering with Safeway and Shepherd of the Hills Church to host Citrus Saturday drop-offs.



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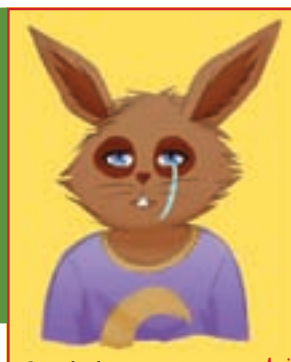
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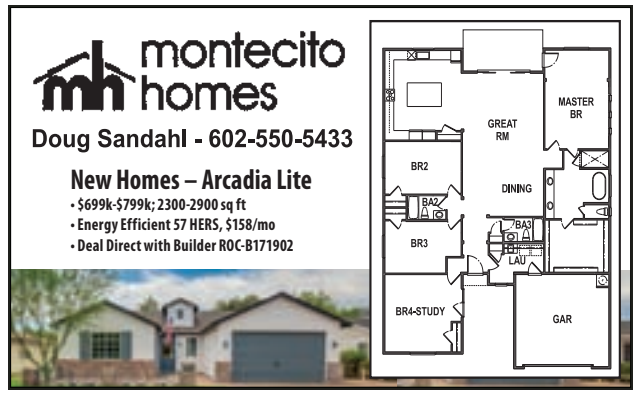
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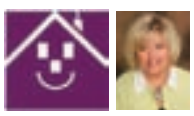
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