ARCADIA NEWS

VOL. 28 NO. 4 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — JULY 2020



AHS NEW PRINCIPAL

Dr. Cain Jagodzinski will start the 2020-2021 school year at Arcadia High School.

PAGE 4

CRUISIN' THE ZOO

Continued by popular demand, this four-wheel event allows patrons to visit the zoo in a unique way.

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TEENS LEAD EFFORT

A Xavier teen enlisted the help of friends to start the Navajo Nation Supply Project.

PAGE 11

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Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Mailed subscriptions $36 annually for Continental U.S. Contact office for details. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2020) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Audited by:

CIRCULATION VERIFICATION COUNCIL

Monthly circulation: 20,000.
Primary distribution by U.S. Postal Service.



JULY

Glen Canyon National Recreation Area is one of the suggested summer camping spots in our story on page 40.

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With safety in mind, *Arcadia News* has provided some activities and decorating ideas that families can do while celebrating the 4th of July at home.

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Resorts in the Valley are offering some of the best deals of the summer for those who plan on keeping their vacations close to home.

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Scottsdale Citizen Advisor Bruce Wall regaled folks with tales of notorious crimes from Scottsdale's past in his presentation at Scottsdale's Mustang Library.

ON THE COVER:

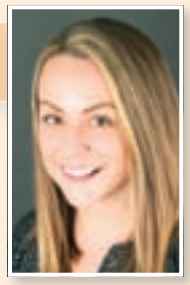
Ambassador Animal Resource Keeper Nichole Grosser holds Merlin, a Harris's hawk that comes from the southwestern United States. During the Cruise the Zoo event, Nichole holds a presentation describing interesting facts and figures about Merlin's breed.

PHOTO COURTESY OF THE PHOENIX ZOO





EDITOR'S NOTE



To our loyal readers,

It took me a long time to write this. Really, I stared at the computer screen for 20 minutes before even getting that first sentence down. Our world, our country and even our neighborhoods seem broken, confused and scared. 2020 has been a tough year, to say the least.

A basketball legend lost his life. The wildfires in California and Australia and now here in Arizona, "murder hornets," mass shootings, the pandemic and then, the recent deaths of George Floyd, Breonna Taylor and many others brought on a flurry of protests and events fighting racism and police brutality.

I learned about the five core values of journalism while attending the Walter Cronkite School of Journalism. They are: truth and accuracy, independence, fairness and impartiality, humanity and accountability. While we are not a national publication, we hold these values to the highest standard and report things that are true and things that are happening in our community.

That's where you come in. Our publication is all about you, Arcadia, and we strive to bring you the good news. We know that the world is heartbroken. Our goal is to give you a break from all of that. A moment to smile, to learn a little more about your neighbors and your neighborhood.

Please reach out with any story ideas or feedback to editor@arcadianews.com. Send us your photos. Send us your concerns. We want to hear it all and share the good news with the community.

We hope that you and yours are safe, happy and healthy and that you enjoy the rest of your summer.

Be well,

Mallory

Mallory Gleich

AHS welcomes new principal for 2020-21 school year

By Mallory Gleich



Dr. Cain Jagodzinski

Arcadia High School will encounter many new things in the coming school year, including a new parking lot, fresh paint and a brand-new principal, Dr. Cain Jagodzinski.

Dr. J (for short) was born in Denver, Colo., and lived there until he and his family moved to Phoenix in 1989.

He holds a bachelor's degree in secondary education with a major in history and a minor in biology. He also earned a master's degree from Arizona State University in school administration and a doctorate in educational leadership from Northern Arizona University.

Before coming to Arcadia High, Dr. J was the principal of Fountain Hills High School and a teacher and administrator in the Paradise Valley Unified School District.

He was the dean of students at Shadow Mountain High School and assistant principal at Sunrise Middle School and Shea Middle School. He also spent 11 years coaching high school basketball.

Dr. J said that the hiring process to become Arcadia High's principal went well.

"It allowed me to meet the community, staff and the district leadership team. Although it was virtual, it was a great experience and made me very excited to get started," Dr. J said. "The hardest part of the process was that it was virtual – I have never participated in an online method like that."

Dr. J said he is most excited to continue to meet the students, staff and community of Arcadia.

"I want to listen and learn from each group of stakeholders while learning the traditions and history of Arcadia High School. Leading a neighborhood school with a rich history of excellence will be very rewarding," Dr. J said.

"I believe that it is essential for leaders to listen, be visible and make themselves available. Additionally, the principal must be an instructional leader on campus," he said.

Dr. J's goal for the upcoming year will be to focus on building relationships and student achievement. He explained that he wants to continue the work happening at AHS while connecting with students, staff, parents and community members.

"I want to listen and look for new initiatives to further the growth of our students," Dr. J said.

When he's not at work, Dr. J enjoys playing basketball and taking road trips with his family. He also enjoys playing classic arcade games from the 80s.

Dr. J's name may look familiar to some. His wife, Tamara, is the principal at Hopi Elementary School.

"I am looking forward to working with Mrs. J and the entire Arcadia learning community," Dr. J said. "The feeder schools have had great success academically and provide students wonderful opportunities to learn in a supportive and caring environment. A piece of advice I have taken from these great leaders is to enjoy the incredible support the community gives their schools."

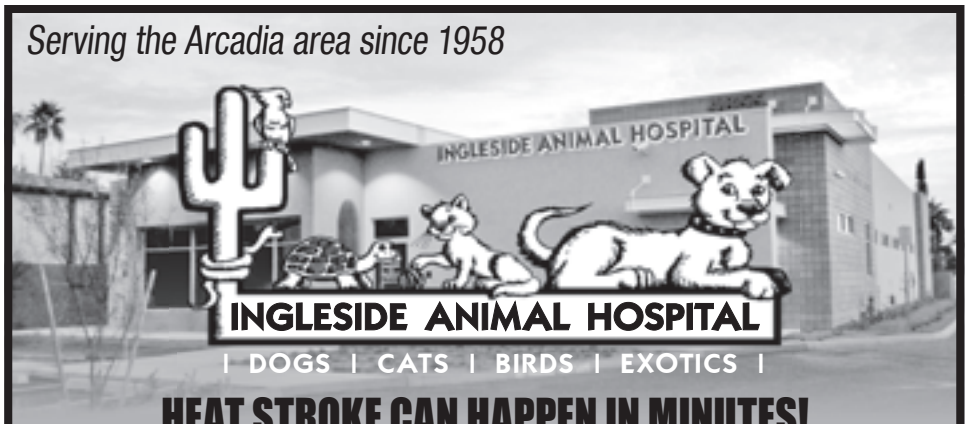
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AHS graduate wins Design a Transit Wrap Contest

By Rachael Bouley

2020 has been a big year for Kate Flores. Not only did she graduate from Arcadia High School, but she was also named the winner of the Valley Metro Design a Transit Wrap Contest.

Now in its 20th year, the contest encourages high school students to use their creativity to produce artwork for buses and light rail trains.

"It gives students a sense of civic pride and ownership of the transit system," Valley Metro spokesperson Madeline Phipps said. "We hope that the contest will increase awareness of the transit system and encourage students to become transit users if they aren't already."





PHOTOS COURTESY OF VALLEY METRO

Kate Flores was inspired by Arizona scenery and used it to create the winning design.

Flores' artwork and artistic talent impressed the judging panel, which was made up of educators, school administrators and representatives from local businesses and the arts community. Her design, titled *Oh The Places You'll Go With Valley Metro,* earned her first place and her art will be featured on the bus and light rail train for one year.

Flores' design resonated with judges because of the familiarity of the cityscape, the reference to the desert, and the landmarks of the Tempe Bridge and Camelback Mountain. "The rays are reminiscent of the Arizona state flag," Phipps said.

The title of Flores' artwork is a tribute to her senior year and moving on to college. She was inspired by her neighborhood and places like downtown Phoenix, Camelback and Mill Avenue.

"I came up with my design by looking at some of my favorite pictures of Arizona and past Valley Metro contest winners," Flores said. "I wanted a design that showed different areas of Phoenix but also created a sense of unity between every individual spot."

AHS graphic design teacher Dianna Cure urged Flores and the rest of her class to enter the contest. "I spent every day in class working on my design for about six weeks," Flores said. "I worked on it during Advertising Art III, using Adobe Illustrator and Photoshop."

Cure broke the big news of Flores' win. "When she called me, I was super surprised and almost couldn't believe it," she said.

Flores began drawing when she was a child, and that has blossomed into a love for graphic design. She is thankful for the opportunity and Cure's constant support.

"Winning the bus wrap was unreal, and I am so grateful I can share my work with everyone in Phoenix," Flores said. "I really couldn't have done any of it without Ms. Cure. She is constantly pushing me to be better and get out of my comfort zone. She's an amazing teacher, and without her encouragement, winning the bus wrap wouldn't have been possible."

Flores plans to attend the University of Arizona in the fall. "I am looking into taking art classes in college and moving forward in graphic design," Flores said. "I am so beyond excited to be a Wildcat and cannot wait to start the next four years."

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Arcadia Real Estate Stats

2020 HOPI SCHOOL DISTRICT SALES RESULTS
(1/01/2020-5/31/2020)

Active Homes -	145 homes
Homes Sold -	110 homes
Average Sale Price -	$1,602,000
Average Sold $ Per SF -	$407
Average Days On Market -	118 days

There is currently 6 months of home inventory. (based on 2019 sales results)
2020 home sales have decreased 15% this year. (based on 2019 sales results)
2020 home prices have increased 15%. (based on 2019 sales results)
2020 $ Per Square Foot prices have increased 9%. (based on 2019 sales results)
2020 homes are taking 1% more time to sell. (based on 2019 sales results)

2019 HOPI SCHOOL DISTRICT SALES RESULTS

Homes Sold -	312 homes
Average Sale Price -	$1,362,000
Average Sold $ Per SF -	$371
Average Days On Market -	117 days

2020 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/01/2020-5/31/2020)

Active Homes -	71 Homes
Homes Sold -	69 Homes
Average Sale Price -	$733,000
Average Sold $ Per SF -	$305
Average Days On Market -	73 days

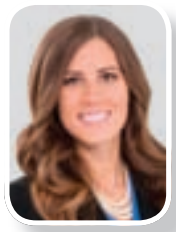
There is currently 4 months of home inventory. (based on 2019 sales results)
2020 home sales have decreased 22% this year. (based on 2019 sales results)
2020 home prices have increased 11%. (based on 2019 sales results)
2020 $ Per Square Foot prices have increased 10%. (based on 2019 sales results)
2020 Homes are taking 20% less time to sell. (based on 2019 sales results)

2019 TAVAN SCHOOL DISTRICT SALES RESULTS

Homes Sold -	221 Homes
Average Sale Price -	$651,000
Average Sold $ Per SF -	$276
Average Days On Market -	91 days

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WHAT'S HAPPENING, *ARCADIA?*



Allison Pederson

Arcadia Pediatric Dental has welcomed Dr. Allison Pederson to their practice. Dr. Pederson hails from Tucson. After completing her training, Allison was honored with the prestigious Ralph E. McDonald Scholar Award for outstanding performance in pediatric dentistry. Dr. Pederson is also a Diplomate of the American Board of Pediatric Dentistry, a member of the American Academy of Pediatric Dentistry and a member of the American Dental Association. For more: arcadiapediatricdental.com.

The reins are being passed on at **Mane Attraction Salon**. The business welcomes Chris and Jenny Knudsen, who will be the third generation husband and wife team to take over the salon. The previous owners include Marino and Mary Anne Morelli and Kendall and Beate Ong. Mane Attraction has been in business for over 40 years; it was founded in 1977. For more: maneattractionsalon.com.

Pro Recovery Zone, a full-body cryotherapy and hyper-wellness lounge located at 2502 E. Camelback inside the Biltmore Fashion Park, celebrated its grand opening in early June. Cryotherapy has various benefits, such as helping with muscle pain, inflammation and migraines. Some of the services that will be offered include stretch therapy, cupping and myofascial release. Memberships are required. For more: prorecoveryzone.com.

The **Arcadia Camelback Mountain Neighborhood Association** is looking for three new members to join their board. Board members help preserve the integrity of the neighborhood and take part in meetings/events. For more: info@acmna.org.

For those looking to purchase masks, two local retail shops are offering their handmade wares. Mary Zarob of **Q. Contrary** and Rick Vanderstelt of **Van Allen Men's Fashion** are selling masks at their shops as well as online. Each shop has different designs, shapes and sizes. For more: qcontrary.com or van-allans-mens-fashion.business.site.

Registration is now open for in-person classes at the **Shemer Art Center**. Classes will start on July 6. Examples of available classes are: pottery open studio with Alan Jones, mixed media and collage with Sue Hunter and printmaking: silkscreen & intaglio printing with Larry Nisula. For more: shemerartcenter.org.

Arcadian Nicole Adams has opened her salon at the Salon Boutique plaza at 32nd St. and Indian School Road called **The Hair Gal**, in suite 68. Services include cuts, color, styling and more. For more: salonboutique.net.

A Phoenix-based app development company recently created an app called **Avem**, which is focused on helping people discover amenities while they are out-and-about. With Avem, people can find restrooms, drinking fountains, ramadas and parking while they are visiting various trails and outdoor venues. For more: avem.io.

In late-May, the **Arizona Department of Veterans' Services** hosted a parade for the residents of the Arizona State Veteran Home in Phoenix. Families, volunteers and loved ones of the residents brought their decorated vehicles and posters through the parking lot of the ASVH. This was the first time the families and residents have seen each other since March. For more: dvs.az.gov.

Boys Hope Girls Hope is holding their annual back-to-school drive for the upcoming school year. They are in need of notebooks, paper, calculators, pens, scissors and binders. Folks can also help out by donating a gift card or donating directly to BHGH. Supplies can be dropped off at Boys Hope Girls Hope of Arizona, 3443 N. Central Ave., Phoenix. For more: bhghaz.org.



Boys Hope Girls Hope has kicked off their school supply donation drive.

The Merchantile of Scottsdale is offering a Sip and Shop event on Fridays at 4 p.m. or Saturdays at 11 a.m. Groups of four or more will receive a complimentary bottle of wine or mimosas to enjoy while shopping. Guests must register beforehand. For more: themerchantileofscottsdale.com.



Jeremy Pacheco

Genuine Concepts welcomes a new executive chef to their round-up of restaurants. Jeremy Pacheco, formerly of Lon's at The Hermosa Inn, will be joining the new Director of Operations Chris DeSaye. This new team has helped with the reopening of Arcadia staples The Vig and The Little Woody, plus Ladera Taverna y Cocina, The Womack, and The McMillan, which recently opened in Flagstaff.

The **Supercuts** at Arcadia Towne Center on Indian School and Arcadia Dr. has closed. Their last day was in early June. **Panera Bread** at 44th St. and Camelback has also permanently closed.

From Blossom to Bloom is a local mentoring/teaching program run by Arcadian Larissa Rose. Rose teaches kids from kindergarten to 3rd grade and specializes in math, reading and writing, skill sets such as time management and social and emotional wellbeing. Sessions are 60 minutes and the cost is $25-$50. For more: fromblossomtobloom.setmore.com.

Clovr Life Spa, a beauty and wellness spa that opened up in late February is now open again and taking appointments with increased sanitization and social distancing measures. Situated in the Uptown Plaza on Camelback Road and Central, this spa offers massage treatments, facials, nail services and waxing. The "chill zone" offers guests a place to relax and enjoy a beverage and snack. Prices range from $25-$150 and memberships are available. For more: clovrlifespa.com.

The **Sonoran Desert Chorale** is now providing virtual programs for people around the Valley and beyond. Folks can tune in to their YouTube or Facebook page and enjoy a concert series of previously performed songs or watch the Singer Sketch series that will take audiences behind-the-scenes to learn about the singers, such as their hobbies or special skills, plus stories, recipes and favorite moments or songs. For more: sonorandesertchorale.org.

Looking for a new spot for mimosas and breakfast favorites? Look no further than 40th and Indian School, where a new breakfast restaurant opened in early June. **Brunch & Sip** offers all the breakfast classics, including French toast, eggs benedict and homemade biscuits and gravy, plus local beers and mimosas. For more: brunchnsip.com.

The **Camelback Colonnade**, on 20th Street and Camelback Road, is welcoming four new tenants to the plaza. Dori Hand Roll Bar and Ramen opened in early March and offers sushi rolls made-to-order as well as other dishes. The Camelback Barber Shop recently opened. Opening this summer is Five Below, a specialty discount store and IPolish Nail Bar. For more: reddevelopment.com/camelback-colonnade.

"From the LDV Winery Vineyard Kitchen" is a Facebook Live concept happening on July 2 and 9. Guests can log on to the LDV Winery Facebook page and join owners Peggy Fiandaca and Curt Dunham in the kitchen as they make dinner with items they currently have in their

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pantry. Guests can cook along with Peggy and Curt, who share the recipes ahead of time and who will also offer wine tips and pairing suggestions for each meal. For more: visit the LDV Winery Facebook page.

Marcellino Ristorante will present a Wine Dinner Series for the month of July, on the 14th and 28th. Guests can enjoy a four-course dinner and specially chosen wine pairings with Chef Marcellino and Sommelier Dario Soldan of Classico Wines. Attendees will learn about wine characteristics, origins and why they pair well with each course. Cost is $75 per person. For more: marcellinoristorante.com.

Salt River Fields is hosting D-Bats Summer Camp this year from July 13-17 or 27-31. Kids ages 6-13 can come out and learn all about baseball and softball and the skills necessary to play the game, such as throwing, catching, hitting and base running. There will be games and fun while learning tips and tricks about "America's favorite pastime." Prices range from $50-$200. For more: dbatscottsdale.com.

Have an event or brief that you'd like to add to What's Happening, Arcadia? Share your ideas and events and send them to editor@arcadianews.com.

★★★★★★ CELEBRATE THE 4TH ★★★★★★

The Arcadia Camelback Mountain Neighborhood Association has decided to cancel the annual Arcadia 4th of July parade due to concerns surrounding the pandemic and the gathering of large groups. *Arcadia News* has provided a few other Independence Day festivities going on around the Valley and Arizona. Have a safe and happy holiday, everyone!



Firecracker Express on the Verde Canyon Railroad.



Schnepf Farm's 4th of July tailgate party.

Spend your Fourth on the **Firecracker Express** with the **Verde Canyon Railroad**. A live bald eagle and other feathered friends from Liberty Wildlife will join the trip at the depot from 11 a.m. to 12:45 p.m. Prior to departure, there will be an Independence Day barbecue with burgers and hotdogs, potato salad, watermelon, lemonade and ice-cold brews. Education, a good meal and great views are what's on the menu at Verde Canyon. Tickets are $111 for adults and kids. For more: verdecanyonrr.com.

Schnepf Farms will hold a 4th of July party to celebrate this year. The event will feature live music, watermelon eating contests, a National Flag Service, artisan vendors, food trucks, a beer and wine garden, lawn games and fireworks. Tickets are $25 per car. For more: schnepffarms.com.

Westworld of Scottsdale will host its 4th of July celebration a little differently this year. Starting at 7 p.m., guests are welcome to enjoy the fun from the comfort of their own vehicles. Entertainment includes a Parade of Heroes, a salute to honorees to applaud their selfless work during COVID-19, a Roger Clyne & The Peacemakers concert and a fireworks show to cap off the night. There will also be food available for purchase. Tickets start at $25. For more: scottsdale4th.com.

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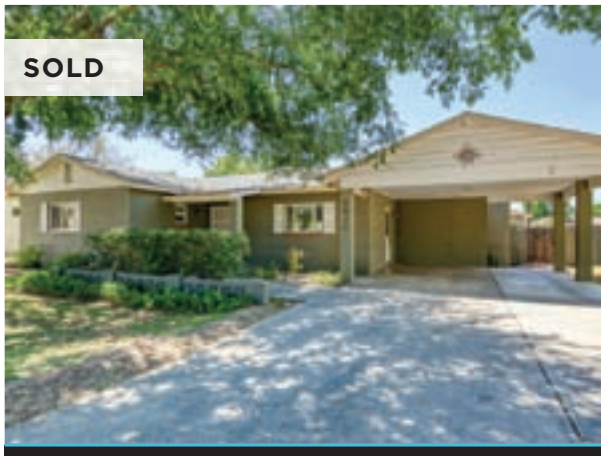
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3915 E. HAZELWOOD ST.
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3247 E. SELLS DR.
4 BED | 3 BATH



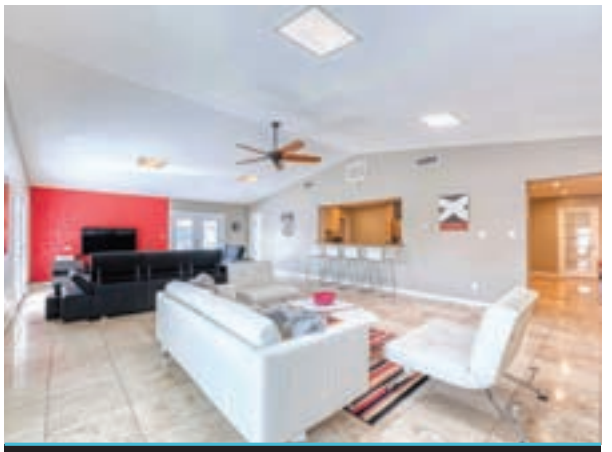
4340 N. 57TH PL.
5 BED | 7 BATH



2005 E. NORTHVIEW AVE.
3 BED | 3 BATH



4248 E. GLENROSA AVE.
4 BED | 3.5 BATH



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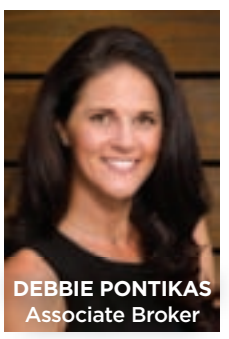
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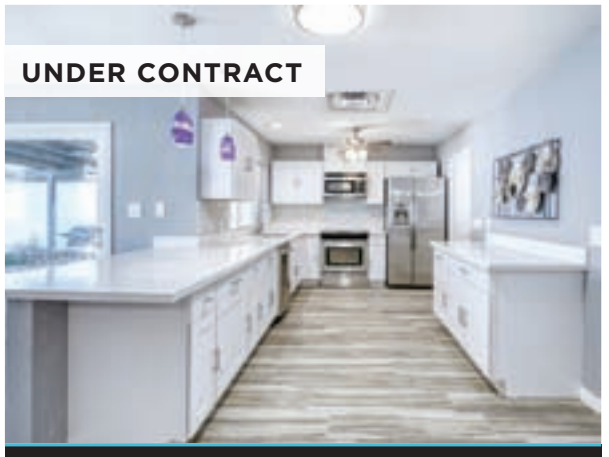
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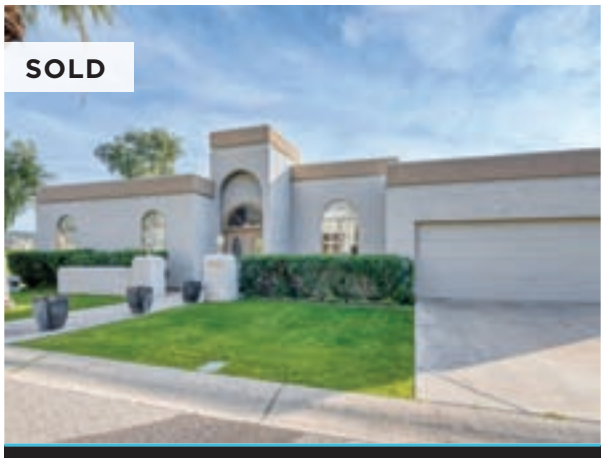
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4 BED | 4 BATH



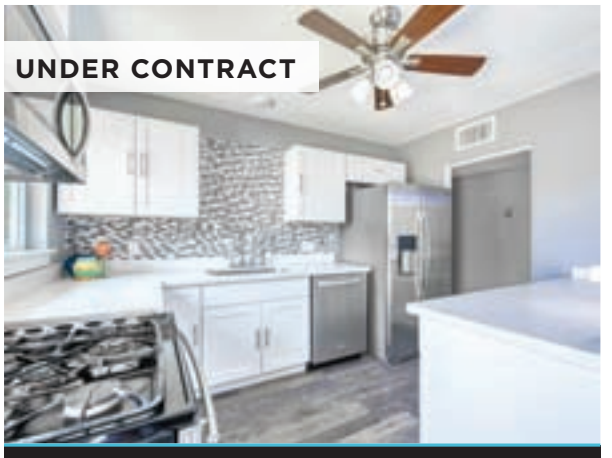
6221 N. 30TH WAY
2 BED | 2 BATH



823 W. SOLANO DR.
5 BED | 4 BATH



3197 E. STELLA LN.
3 BED | 2.5 BATH



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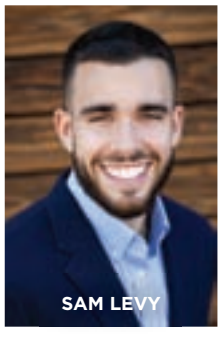
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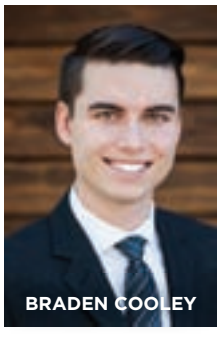
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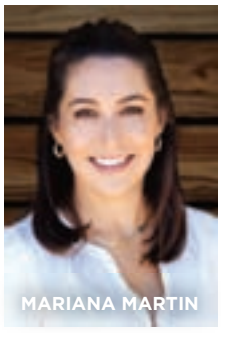
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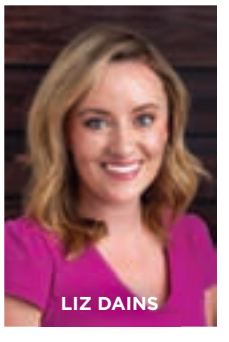

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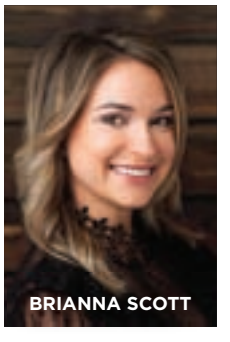

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Neighborhood schools congratulated their graduating students with pomp and circumstance while keeping up with social distancing guidelines. PHOTOS COURTESY OF JON DOYLE, JOSEPH KOVESDY AND DORCAS GUEST-NELSON

How they did it: Graduation 2020 around Arcadia

By Mallory Gleich

Given the restrictions that were placed on schools during the last few months of the academic year, graduation ceremonies seemed unlikely. That didn't stop Arcadia area schools from celebrating the students who are taking their next steps in life – 5th graders who are moving to junior high, 8th graders heading to high school and seniors who are moving on to their next chapter. This is how they celebrated.

ARCADIA HIGH SCHOOL

Arcadia High School held an inaugural Senior Parade on May 20, where students and their families drove through the Hopi Elementary parking lot to celebrate the graduates. They were greeted by Principal Stevens. The Grand Marshal and Student Body President Charlie Siegel spoke a few words and senior Olivia McGinley sang the National Anthem.

The students were celebrated with pomp and circumstance while neighbors cheered from the sidelines. Arcadia High also held a virtual graduation on May 21. Several students gave speeches and Mr. Stevens announced names of each graduate. Diplomas were distributed at school the next day.

BROPHY PREP

Brophy Prep held an event called "Diploma Days," where each senior walked through Robson Gymnasium in their caps and gowns and received their diplomas. In June the school had a graduation drive-by event and a livestreamed ceremony displayed on big screens so families didn't have to leave their cars. The valedictorian spoke during the livestream, as did the president and principal of the school.

CHRIST LUTHERAN SCHOOL

At Christ Lutheran School, students had a designated time to collect their diplomas. Eighth graders and their immediate family were welcomed into the sanctuary, where students walked down the aisle and were greeted by the administration and their advisors, while family members took photos at a safe distance.

A recording of the ceremony, along with a message from Pastor Dave, readings by the advisors and valedictorian and Laubenstein award winners was shared with the students.

"It was very emotional for me and the faculty as we had not seen our students for a couple months," Principal Jon Doyle said. "The families were overjoyed with the opportunity to have closure in person with the faculty and staff as well as the link to send to family and friends to celebrate as well."

HOPI ELEMENTARY

Hopi Elementary held a 5th grade graduation parade at the end of May. Students dressed in school colors and decorated their family's cars. As they drove through the Hopi parking lot, they received their graduation certificate and a party bag.

"The 5th grade parade was truly amazing," Principal Tamara Jagodzinski said. "It was a wonderful way to celebrate our 5th graders. I am so grateful for the parent volunteers that put this together. Emily Blais and Liz Ord were so thoughtful in their planning. It was so wonderful to see the kids and say goodbye. Under the circumstances, I could not have asked for anything better!"

MADISON HIGHLAND PREP

Madison Highland Prep held a virtual graduation for their seniors on May 21. Instead of participating in-person at The Madison Center for the Arts as originally planned, the graduates participated from their homes around the Valley. Pre-recorded speeches were played during the video ceremony, which also featured photos of seniors from early childhood to adolescence.

Valedictorian Elliot Montano spoke of the unprecedented challenges the Class of 2020 faced as a result of the pandemic.

"The last few months of our senior year were taken from us, and yet this terrible tragedy has only brought everyone closer together," Montano said. "The outreach I have seen online has been tremendous as we continue to celebrate not only ourselves and our accomplishments but the accomplishments of others as well."

ST. THERESA CATHOLIC SCHOOL

St. Theresa Catholic School had a drive-through graduation/parade in the church parking lot in mid-May. All of the staff from preschool to 8th grade came out to cheer on the graduates – with everyone in school colors. Students and their families were encouraged to decorate their vehicles. Later in the summer, St. Theresa plans on holding a mass to honor their graduates.

VERITAS PREP

Veritas Prep held an 8th grade promotion parade in early May where students and families decorated their cars and were welcomed by the senior class and their new teachers.

After the 8th grade parade, seniors also participated in their own parade, where cars were decorated in their college's colors. Teachers handed out caps and gowns. Chick-fil-A and Jamba Juice donated breakfast for all of the seniors and teachers on the last day of teacher appreciation week after the parade. The 8th graders participated in a virtual promotion ceremony and senior graduation took place on June 19.

Local teens create Navajo Nation Supply Project

By Elizabeth Birch

After learning about the high infection rate of COVID-19 in the Navajo Nation, Xavier Prep sophomore Caroline Purtill, Phoenix Country Day School juniors Max Goldstein and Ben Richardson and PCDS sophomore and freshman Alex and Sierra Goldstein decided to help in the fight.

"We didn't have a lot to do and thought we might as well be helping out in our community," Max said.

"These young warriors are fighting alongside every one of us," Navajo Nation President Jonathan Nez said after receiving a U-Haul full of supplies from the kids on May 29 in Window Rock.

The teens named their endeavor the Navajo Nation Supply Project, and they promoted it by sending emails to people on their contact lists. Days after, they began to receive responses. Donations poured in, starting with friends and family, and then they continued coming in from other people.

"We received a lot of traction from social media accounts and a lot of donations from people we don't know, which was amazing," Ben said.

The group said that this has been an experience to remember. "It was shocking to see how much people do want to help out, and I never realized how much our community does come together," Caroline said.



PHOTO: MAX GOLDSTEIN

Two Navajo Nation workers helped Max, Ben, Sierra, Caroline and Alex unload all the supplies and donations received from the community at the end of May. The group raised over $15,000.

"The best part is that I never thought we would get more than $1,000 or even more than a couple of hundred dollars. Most rewarding is seeing the donations pile up," Max said. Ben added, "It has been great seeing all the donations come in and then dropping off supplies. We got to meet with the president of the Navajo Nation, and that was very exciting."

After gathering donations and going on multiple shopping trips, the group drove to Window Rock's food distribution center. They transported essentials, including non-perishable food, diapers, baby wipes, formula, bath tissue and paper towels. "It may sound cheesy, but it does feel good to help people. I felt happy looking at the U-Haul," Sierra said.

They spent $2,000 on water pallets and are hoping to eventually gather enough money to help set up a water tank, which will reduce the use of plastic and provide twice the amount of water in the Navajo Nation. The teens said they are learning a lot during this process, such as how to obtain building permits for water tank implementation and how best to allocate funds.

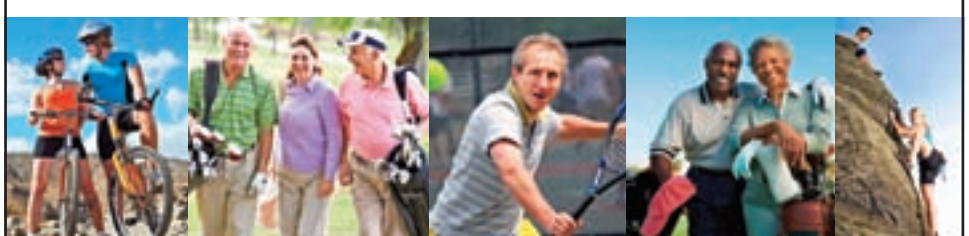
They plan to continue fundraising efforts for the Navajo Nation community and are hoping to make another trip soon.

For more: Navajo Nation Supply Project on GoFundMe.com

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The curse of the Petrified Forest and Waikoloa Beach

By Sam Lowe



Northeastern Arizona is separated from the Hawaiian Islands by more than 3,000 miles, a vast body of water, climate, humidity, and many geologic, geographic and cultural differences. But they have one thing in common: The Curse of the Rocks. Whether the curse is real or not is the stuff that creates legends.





(left) Petrified log from the Petrified Forest National Park in Holbrook, AZ. (right) Lava rock from Waikoloa Beach, Hawaii.

Visitors to the Petrified Forest National Park near Holbrook are warned that picking up petrified wood is not only illegal, it can also be costly. Fines for those caught trying to smuggle out pieces of the forest, even the tiniest sliver, can run as high as $275. Even worse, those who steal often run afoul of the curse.

But the park is vast – more than 90,000 acres – and the temptations are high, so many who go there inevitably take a sample home. And for some, the price is high.

In the Rainbow Forest Museum, the visitor center at the south end of the park, there is a book filled with testimonials from people who fell under the bad mojo associated with the pilfered stones. Every year, the park receives hundreds of letters and packages containing pieces of stolen petrified wood and notes written by guilt-ridden petty thieves. They relate woeful tales about the suffering caused by their illegal acts.

One tortured soul confessed: "We smuggled out three small pieces of petrified wood, carefully stuck inside a bra on the body. That evening our bad luck began. One person had stomach cramps and diarrhea... that same night we were the only ones to be attacked by flying ants in the campground..."

Another penitent person wrote: "I am returning the rock and the bad luck that followed it. Since I have had it, my bike has been stolen, and my feet had blisters as big as my hand. And I know my side hurts, and it might be a hurnea (sic), and worse (sic) of all me and my girlfriend are about to break up."

Park rangers say the stolen pieces are not returned to their original surroundings but are stashed in a separate area. And, they add, nobody knows for sure when or how the legend of the curse started.

THE LOWE ROAD

Across the water, at Waikoloa Beach in Hawaii, packages arrive almost daily from all over the world. Some of them weigh nearly 20 pounds. All contain lava rocks that were stolen from the area, along with letters of apology and pleas for forgiveness.

This is because the thefts are illegal; they also offend Pele, the Hawaiian goddess of volcanoes. According to legend, she puts a curse on every person who removes the rocks from the island. The letters that accompany packages give credence to the power of the goddess by detailing the bad luck that followed those who dared to challenge her.

One woman wrote: "My husband brought back some lava rocks that he found on Waikoloa Beach. I was not aware that he had done this until I commented on the story I had seen on the Travel Channel. When I told him, he confessed that he was one of the guilty. I know this is an urban legend, but after reading the stories and then thinking back to all the misfortune we have suffered since that time, my husband asked if I would find out how to return the rocks."

A man from Germany returned some of the geologic samples and said, "Here I send back the rock that I stole from Pele...the year 2000 was bad for me and my family. My wife's father died. I'm a marathon man and have broken my leg. Later problems with my pancreas. Please give it back."

More than a ton of lava rocks have been shipped back to the island since 2002. Most are returned to the beach or placed in a garden of native plants. At noon on the first Wednesday of each month, Hawaiian elders perform a ceremony in the garden, asking Pele to accept the returned rocks and remove her curse.





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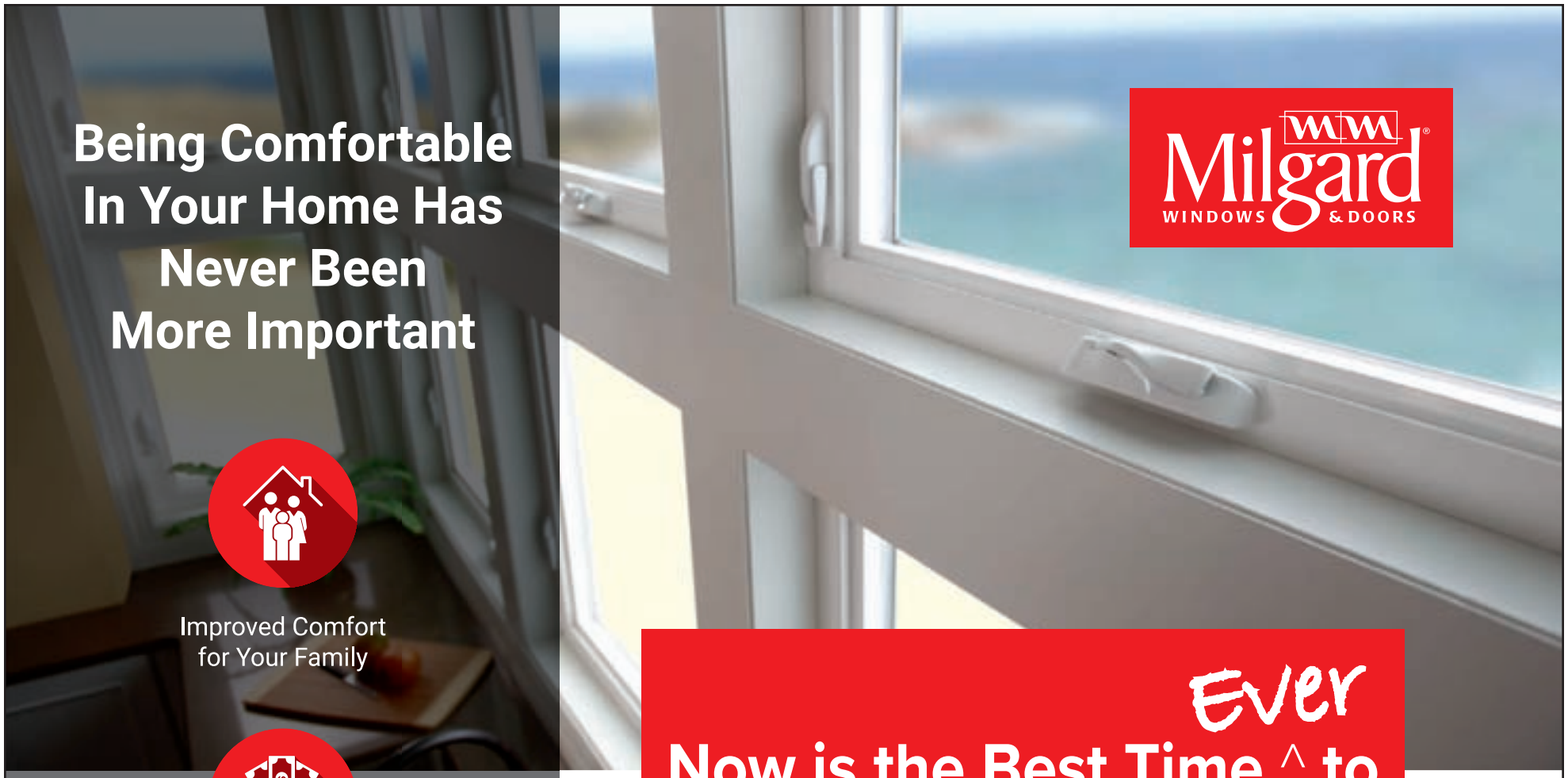
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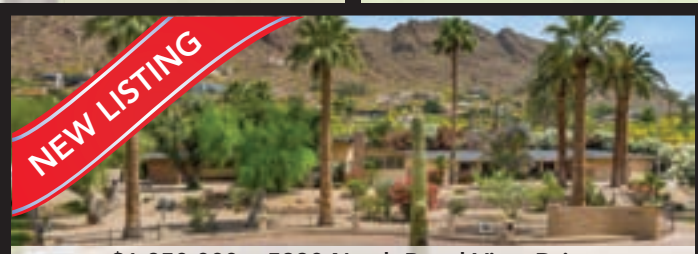
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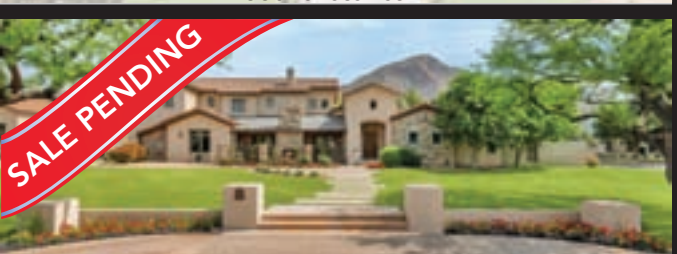
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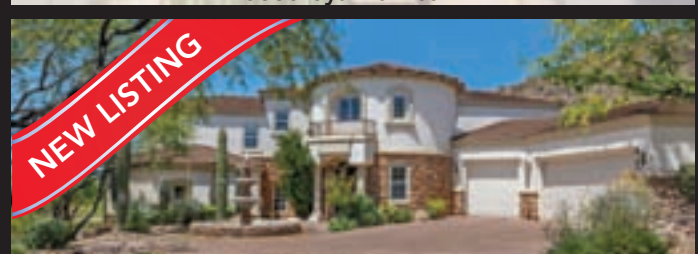
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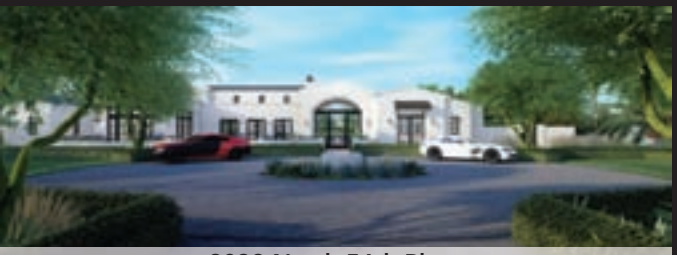
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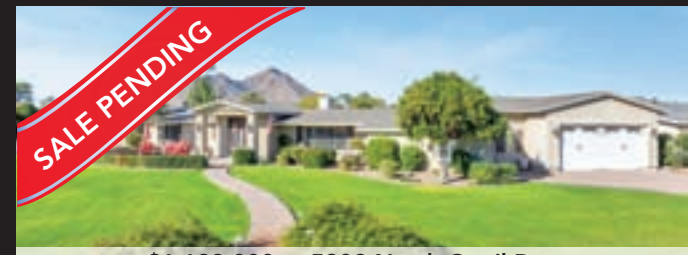
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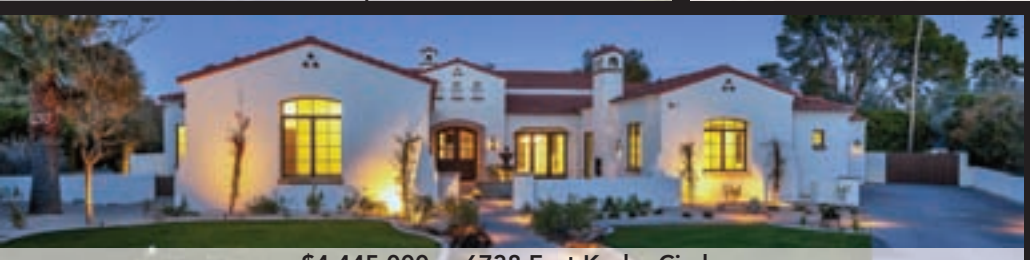
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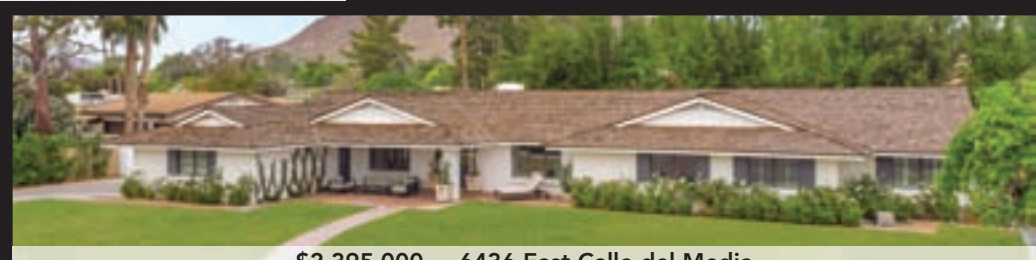
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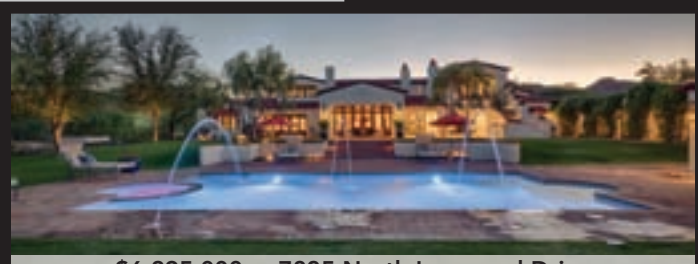
$4,445,000 6738 East Kasba Circle
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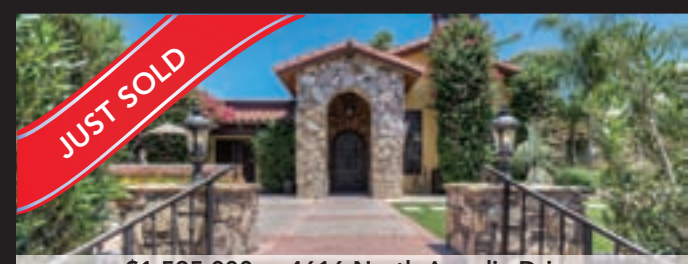
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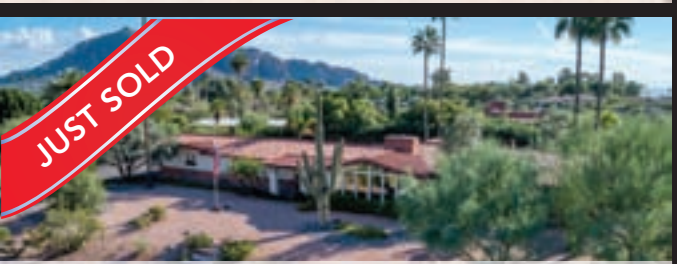
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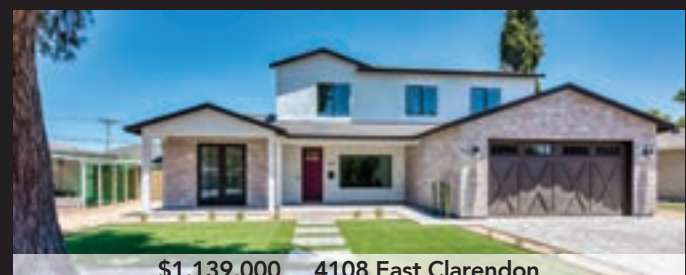
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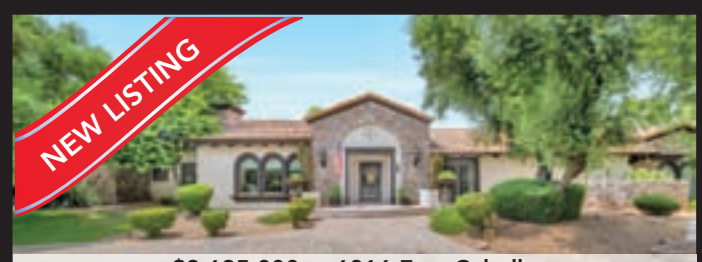
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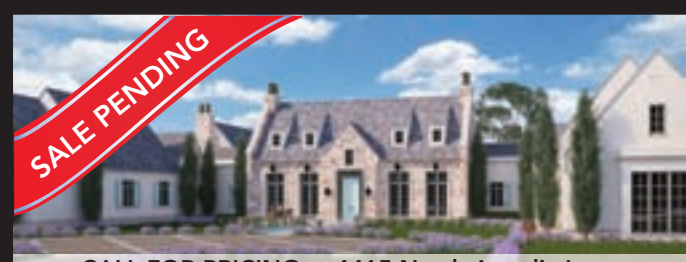
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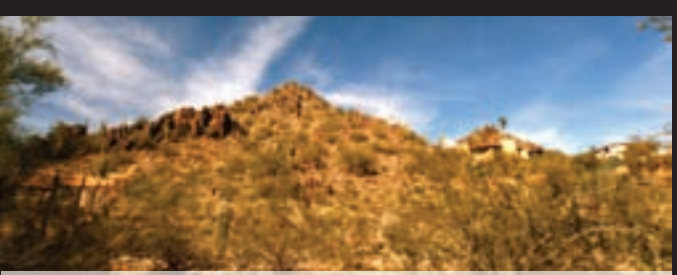
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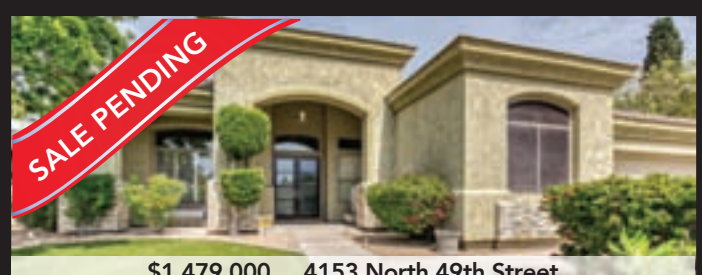
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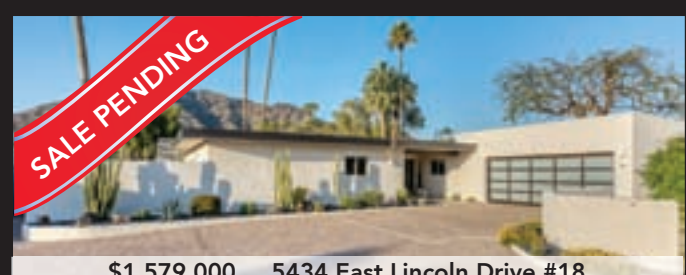
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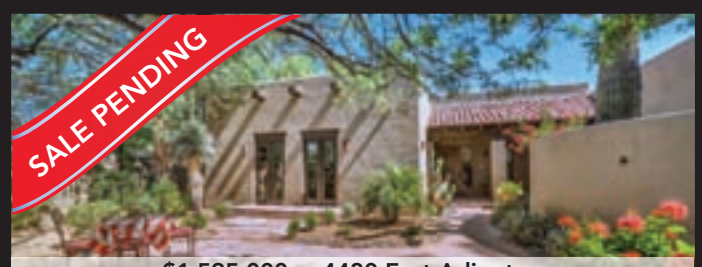
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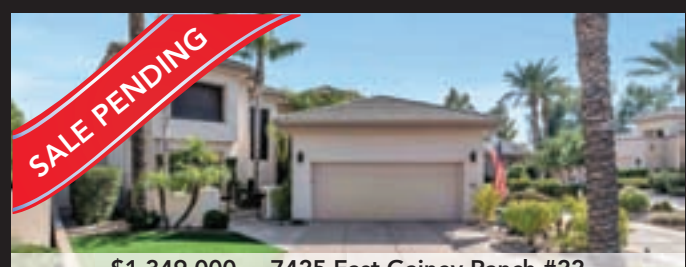
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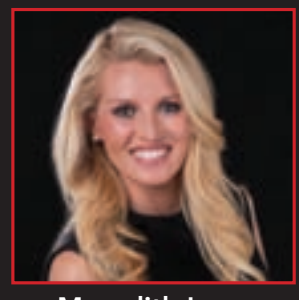
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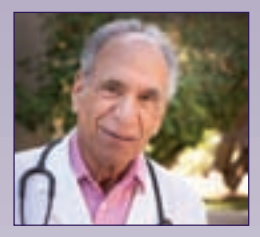
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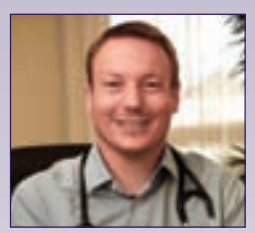
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PHOTOS COURTESY OF OLIVIA ALLEN

Arcadia was one of the five SUSD high schools that turned on their football stadium lights to show support for Black Lives Matter.

AHS student petitions SUSD for stadium light memorial

By Mallory Gleich

Incoming Arcadia High senior Olivia Allen reached out to the Scottsdale Unified School District in early June with a proposition.


Olivia Allen

Amid the recent protests and events around the country, Allen wanted to find a way to get herself and the community involved. She petitioned to have the football field stadium lights turned on at all five high schools in the district, to honor George Floyd and show that the school district stands with the Black Lives Matter movement.

"When I originally decided to have a lighting memorial, I was only going to email Arcadia High School. But after talking it over with my parents, we decided to ask that all five SUSD high schools turn on their lights," Allen said.

After she made the petition, Allen and her parents shared it on their social media.

"I also contacted a few local Instagram pages to help me share it," Allen said. "I just wanted to get as many signatures as possible." In all, Allen received over 1,000 signatures.

AHS chemistry and physics teacher Jon Martens helped Allen get in contact with SUSD. Then, she emailed Superintendent John Kriekard explaining that she wanted to turn the football field lights on for 8 minutes and 46 seconds at all five of the SUSD high schools to memorialize the death of George Floyd and show support for the Black Lives Matter movement.

Allen's request was approved, and on Tuesday, June 9, at 8:46 p.m., Arcadia, Chaparral, Coronado, Desert Mountain and Saguaro High Schools turned on their football field stadium lights.

"A few of my friends came and helped me set up a table with water and a speaker with music playing. We had a huge turnout. My parents counted around 60 people there," Allen said. "Before the lights turned on, I gave a quick speech letting people know why we are here and thanking them for their support." There was a moment of silence and another speech.

"I told people that this is just a small step in the right direction and that change comes from communities," Allen said. "And that people need to take action by donating, peacefully protesting, signing petitions and voting. The most important part of the petition was showing students at the SUSD schools that their school and their community stand with the Black Lives Matter movement."

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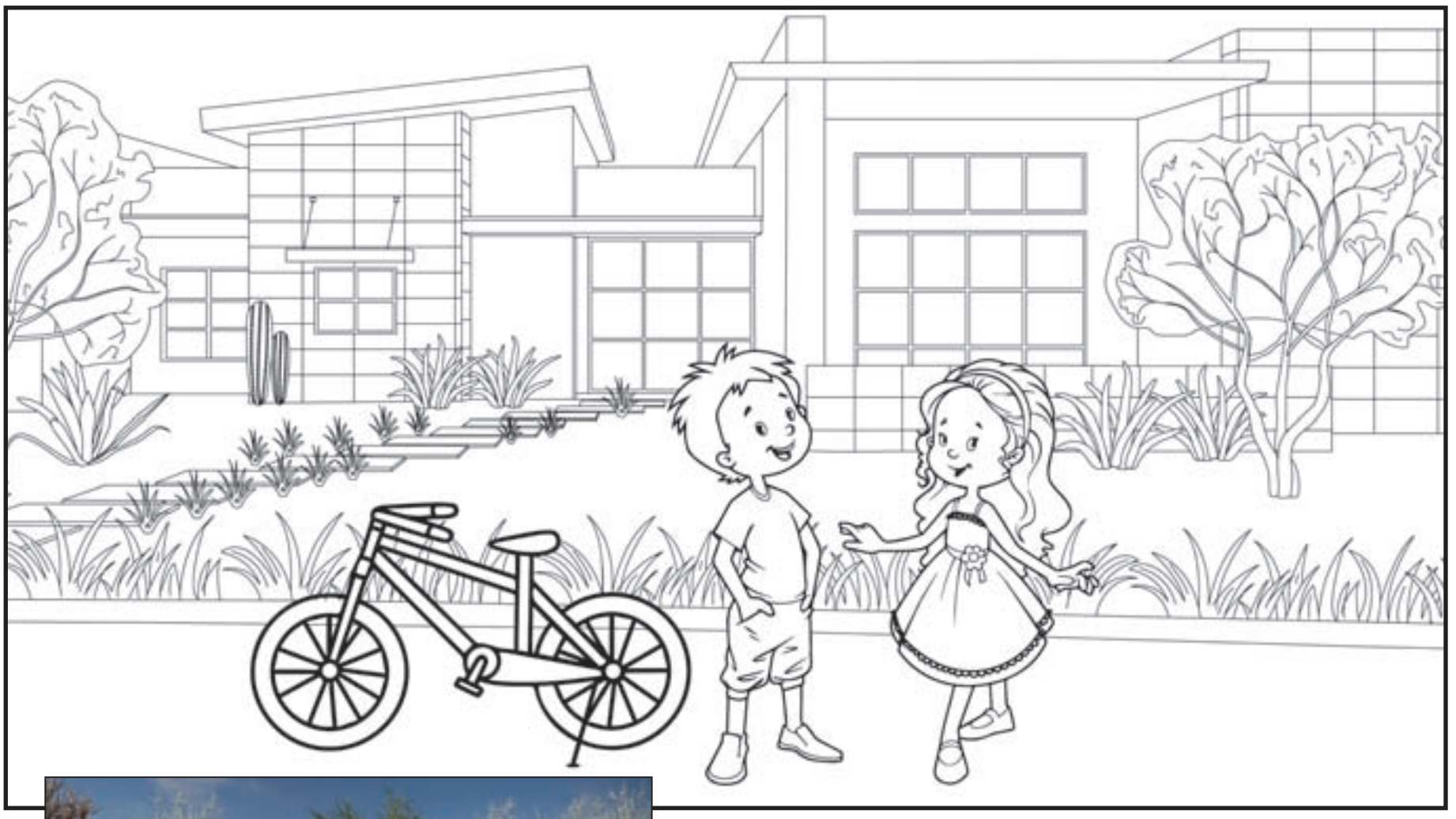
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In the Kitchen

with Tee Pee's Kathy Killeen

By Mallory Gleich

Tee Pee Mexican Food has been an Arcadia staple since 1958. It's a family-owned restaurant that owner Kathy Killeen holds near and dear to her heart. She learned how to cook in the restaurant's kitchen with her parents Tony and Anna, who passed it along to her in the 70s. *Arcadia News* caught up with Kathy to learn more.

Where are you from?

I was born and raised in Phoenix. I am a fourth generation Phoenician. I've been in Arcadia since 1964.

What is your favorite part of Arcadia?

We live in such a charming neighborhood. There is so much to love. I love the fact that I have been witness to generations of families coming into Tee Pee. I have witnessed children being brought in as babies, growing up, getting married, starting their own families that are now bringing their own babies into Tee Pee.

These same customers have witnessed my children grow up, get married and have their babies. Therefore, my customers become like family. We have been privileged to be a part of their memories. I love all the progression we have seen in the neighborhood as of late. I love all the new homes and businesses mixed in with the older ones. My favorite part of Arcadia is that we, as a community, are progressive and are accepting of change while also keeping it old school. We are a kind community that takes care of each other.

How long have you been the owner of Tee Pee?

I have owned it for the last 20 years. Before that it belonged to my parents. I started working for them when I was 15 and at this point, I have done every job there is to be done in a restaurant.

I was a hostess during high school, but I guess it was a natural progression for me to follow in my parents' footsteps. I was very fortunate to learn from their hands.

Any interesting facts about Tee Pee?

We have had many celebrities come in to eat with us, as well as various athletes, movie stars and President George Bush, Jr. Many people do not know that my parents were not the first owners.

My father Tony Duran was the accountant for the two brothers who owned it in 1960. After a few years they offered to sell it to him, and the rest is history.

Who first taught you how to cook?

My mother. She was the only cook when they bought Tee Pee in the 1960s and added her own creativity and love to the menu. She was a tiny woman and needed help so I would come in and assist her. She was such a lovely, sweet, gentle person who taught me so much in the kitchen. She trained me in preparing all the recipes. I have so many fond memories of time alone with her at the crack of dawn cooking while the world was still asleep. We have always cooked everything fresh daily, so we had to get an early start.

Where else have you worked?

When I was 21 years old, I worked at a restaurant called Boojum Tree on 19th St. and Camelback. It was next to the old Coco's that used to be there.

What is the inspiration behind the dishes at Tee Pee?

The inspiration is to continue the tradition of carrying on the same great taste and quality that was created so many generations ago.

We are known for our chili relleno. We are the only place that serves it here in town. It's an egg soufflé, made mostly from egg whites, a few yolks and whipped to a meringue, cut into two halves, browned on each side and stacked together then stuffed with green chili strips and cheese and baked. It's totally out of this world – people come from all over to try it. It takes around 30 minutes to bake but it's so worth it.

What is the most challenging part of working in the restaurant industry?

Keeping up with the constantly changing rules and regulations with tax laws and health recommendations. Things are always changing in this business.

What is the one item you cannot live without in your kitchen?

My Hobart mixer. I use it for making refried beans, tamales, chorizo and many other items. Also, fresh chili from Hatch, New Mexico is a must.

What is your go-to comfort food?

There are so many great restaurants around the Arcadia neighborhood and we frequent just about all of them. My favorite comfort food is Italian and my favorite place is Adela's Italian Restaurant on 40th St. and Thomas. The food and atmosphere is so relaxing. I love it there.



What do you do when you're not working?

My husband Zip and I enjoy relaxing on our patio at home with our fur babies listening to music. We enjoy traveling when we can and visiting with our friends and family.

What advice has stayed with you throughout the years?

The advice my parents would always give me pertaining to running a restaurant was:

1. Always work together as a team.
2. Never ask anyone to perform a job that you, yourself, would not be willing to do.
3. Always roll up my sleeves and jump in to get it done.
4. Never be too proud to push a broom.

Who inspires you?

My inspiration comes from my parents. I was so blessed to have them as my parents. They were both such wonderful examples of people who always showed up to everything in life with an incredible amount of kindness, generosity and love in their hearts. They inspire me to live a life with honesty and integrity.

How was Tee Pee affected during the shutdown?

Our figures are off from last year but considering we missed spring training season and a lot of tourism, we did not do too bad.

We are so blessed to have so many loyal customers that saw us through this difficult time and are still supporting us. Our local community keeps us in business. Thanks to them we were able to stay open serving to-go orders and selling our house-made margaritas – that was a huge seller during the shutdown. We were running out of gallon jugs to sell them in!

I do want to say thank you to all that support local family businesses. We truly appreciate you!

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Arcadia newcomer Brunch & Sip brings Valley legacy to area

By Mallory Gleich

From the minds of the owners of Lo-Lo's Chicken and Waffles comes Brunch & Sip, a new neighborhood eatery at 40th St. and Indian School. For those who are fans of breakfast, this upscale joint has dishes for every appetite.

Larry and Rasheedah White, the husband and wife creators of Lo-Lo's and now Brunch & Sip were born and raised in Arizona. They grew up in South Phoenix and went to Mountain Point and South Mountain high schools.

Larry's grandmother is a familiar face in the downtown Phoenix area. As the owner and operator of Mrs. White's Golden Rule Café, she knows a thing or two about good food – her restaurant has been open since 1964. Larry learned all he knows about cooking from working in her kitchen.

"I used to play with my army men in the kitchen," Larry said. "I've been in the restaurant scene all my life."

When Larry would stay with his grandmother as a boy, he'd head to the kitchen and play with the pots and pans. When he got older, he started working in the restaurant and learning what it takes to run a successful eatery.



Rasheedah White

The Golden Rule Café has been open for 56 years, and at 95, Mrs. White still has every intention of keeping her business open. Now, the restaurant is managed by Larry's father and sister, with Grandma coming in two days a week to make sure everything is running smoothly.

"Grandma taught me everything I know," Larry said.

Larry said that food and cooking have always been in his blood. When he was little, he used to fill up his red wagon with homemade hot dogs, hot links, chips and drinks and walk around the neighborhood selling lunches to the locals.

"Every Friday and Saturday when guys were out playing sports or doing whatever, I would cook hot dogs and stuff, and I would take my cart out in the neighborhood," Larry said.

When Larry would visit the Los Angeles area, he made it a point to visit Roscoe's Chicken and Waffles. One day, he decided that he wanted to bring chicken and waffles to Arizona. Larry started working his recipe on Saturdays and Sundays out of his grandmother's restaurant.

"Grandma is very particular. If you're not family, she doesn't want you in the kitchen," Rasheedah said. The venture proved a little tougher than he thought, so Larry stopped working on the chicken and focused on working at Mrs. White's.

After Larry and Rasheedah met and married, they decided it was time to start their own restaurant.

Their first brick and mortar opened in Phoenix in 2000.

"That's when we first birthed Lo-Lo's. In the 'hood. In a house," Rasheedah said.

They worked out of a residential kitchen that could only seat around 20 people. The restaurant took about two years to get commercially ready and officially opened in October 2002.

Rasheedah worked in banking and health care before quitting her job to help Larry with the opening of Lo-Lo's Chicken and Waffles in Scottsdale in 2008.

Since the opening of the first Lo-Lo's, Larry has perfected his chicken recipe.

"I had to refine the recipe over the years with the spices. I started with my grandma's base and added a couple of things because she wanted her recipe to be her recipe and never to be shared," Larry said.

There are currently six Lo-Lo's locations: four in Arizona, one in Texas and one in Vegas. The couple also opened up Monroe's Hot Chicken in downtown Phoenix.

"We went to L.A. a couple of times and the hot chicken scene – and Larry's like 'we should do hot chicken!'" Rasheedah said. Monroe's opened a little over a year ago near Central Ave. and Jefferson St.

Brunch & Sip, Larry and Rasheedah's newest venture, came about as a result of Rasheedah learning about a new space in the Arcadia area, where the couple resides.

"I was at Pilates, and this lady was talking about newly open space," Rasheedah said. "I told Larry, 'hey, we could do something cool here.'"

At the time, they were redefining the menu at Lo-Lo's, hoping to get back to the basics and "focus on what works."

They ended up taking the pancakes off the menu at Lo-Lo's, and the idea for a brunch eatery came about. Rasheedah then decided to make the restaurant one that could cater to any diet. The menu ranges from gluten-free, keto and vegetarian/vegan breakfast ideas – with classic dishes available as well. Almost everything is made in-house.



Chefs Justice Jerido (left) and Willie Graham.



PHOTO: ROB BALLARD

Avocado Toast.



Lemon Blueberry Ricotta Pancakes.

"It was a lot of fun creating the menu," Rasheedah said. "A restaurant that inspired some of the recipes is in L.A., and it's called The Griddle. It's one of our favorite places."

Rasheedah said her favorite part of the restaurant business is when the customer enjoys the food. "It's when we get to deliver and put together a product that people enjoy and that they like. We want you to enjoy what you have in front of you and have a great experience while you're here," Rasheedah said. "We want you to know that you're welcome here, and we're happy to have you."

Right now, Larry is writing a book about growing up and becoming part of the restaurant industry. He and Rasheedah are also opening a second Monroe's location in the near future on Scottsdale Road and Loop 202.

With a Lo-Lo's Chicken and Waffles at the airport, and franchising opportunities available, it's easy to see that this legacy has the ability to travel the world.

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"Meet Mr." | Ray Artigue

Park Howell

By Ray Artigue

Once upon a time, a young lad named Park, along with five brothers, a sister and their parents, grew up in the "Happy H" in Woodinville, Washington. Over time, Park grew tired of the gloom and rain of the Pacific Northwest and decided to move to Phoenix in 1985.

The story of Park Howell's beginning is fitting, for he is all about storytelling.

Howell makes his living teaching people how to tell their stories. More specifically, he works with companies and organizations through his consulting practice, Business of Story.

> *"Just give your family your time and your love."*

"After 30 years in the advertising business, owning and operating my agency right here in Arcadia, I realized that there was a better way to present commercial messages," Howell said. "It's not about facts and figures; it's about crafting a gripping brand narrative that customers can't resist."

Creating the perfect story is easier said than done, which is why Howell created his patented Story Cycle System, a 10-step approach to telling memorable and persuasive stories. The effectiveness of his system has led to work with companies like Dell, McCormick & Company, and the U.S. Air Force.

Howell has taught his applied science and bewitchery of storytelling at Arizona State University's Executive Masters of Sustainable Leadership program, transforming students into Chief Storytelling Officers.

"You have to understand the magic to cast the spell," he proclaims in the first chapter of his recently published book, *Brand Bewitchery.*

Howell's other passion is music. He began writing music in the third grade.

"The first live musical I experienced was *Yankee Doodle Dandy*, and it blew me away. From then on, I always wanted to be a producer in the entertainment business, and I got to do some of that in college," Howell said. "I earned degrees in both communications and music composition and theory, which led me into the advertising business."

And that would lead him to Michele, his wife of 34 years. She worked at the same ad agency he joined right out of Washington State University. They have a daughter, Corbin, and sons Parker and Caedon, and have enjoyed raising their family in Arcadia.

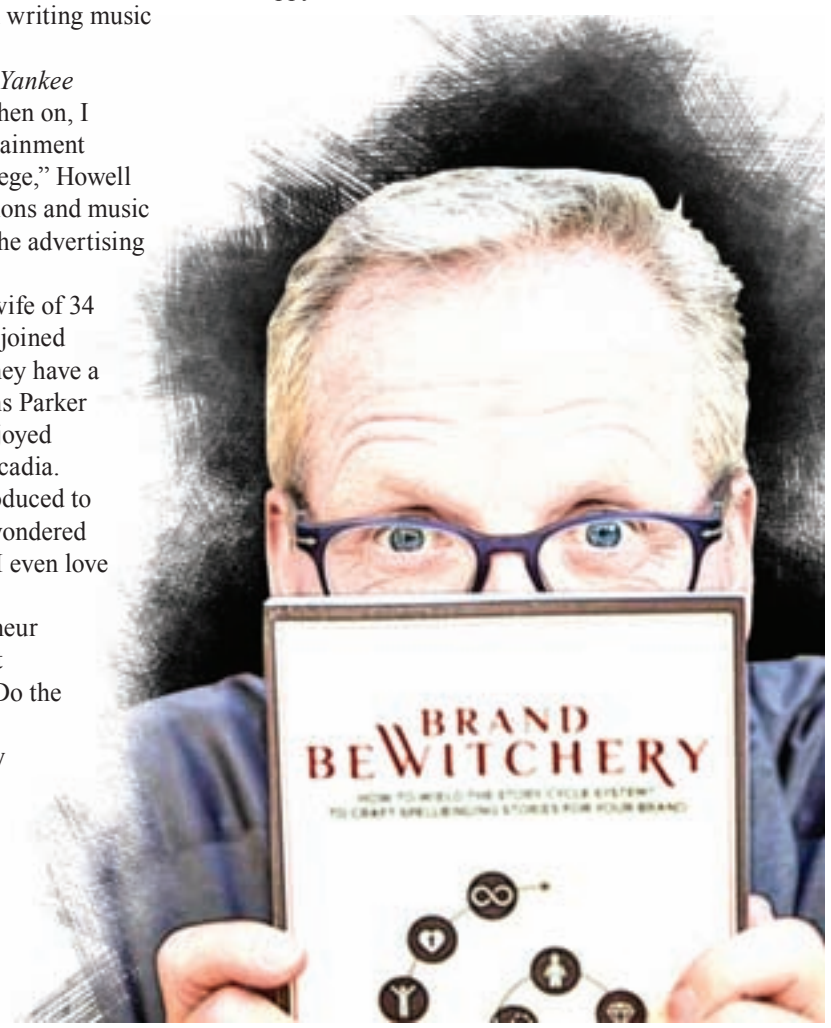
"When I was first introduced to Arcadia, I immediately wondered how I could get in there. I even love the word Arcadia."

The 59-year-old entrepreneur believes success in business is "fifty percent showing up and fifty percent following up. Do the math, and it's an 'all in' proposition."

Howell's philosophy has earned him many accolades during his career, including the prestigious "Ad Person of the Year Award" in 2010 by the American Federation of Advertising of Metro Phoenix. His ad agency, Park&Co, was also recognized among the Top 10 Impact Companies in Arizona by the Phoenix Chamber of Commerce.

When asked what advice he has for the next generation, he says, "Exactly what my dad told me… 'just give your family your time and your love.'"

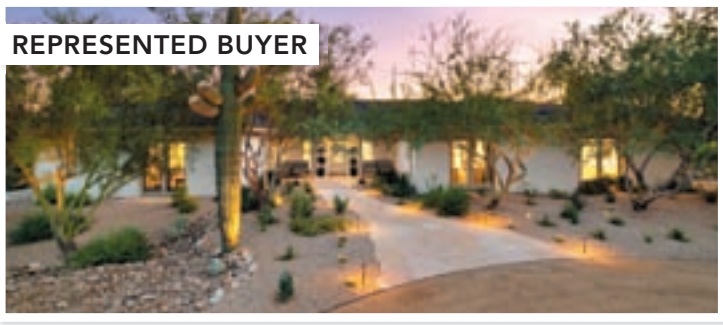
No wonder his father named his childhood home the Happy H.



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When they bring up pay

CAREER CORNER

By Angela Copeland

One of the hardest parts of the job interview process is answering the question: "How much do you make?" The question typically comes up in the first screening call with a human resources recruiter. It is also asked on online job applications.

Answering the question "how much do you make" or "how much do you want to make" can put you at a disadvantage as a job seeker. Sites like Glassdoor have shown us that there is a vast range of salaries offered for roles. Wages aren't standardized across industries or even within companies.

If your answer to this question is off by any amount at all, you can be eliminated from consideration. In other words, the company has a pay range in mind. If you don't correctly guess a number in that range, you're out. If you're too low, they may consider you to be underqualified; too high and they'll assume you'd say no to an offer. If you're inside of the range, but on the low end, you likely will be paid on the low end if they hire you.

If you ask a recruiter why they need to know this information, they'll tell you they want to learn if you're in the company's budget. However, companies know their salary ranges, and they ought to share those numbers and allow the job seeker to determine if it's a fit.

The good news is that salary laws are evolving. In several states and cities, companies can no longer ask for salary history. In California, if you're in a job interview and ask for the pay range, the employer must share it with you.

Beginning in October, Maryland is going to join this trend. The legislature passed HB123 that keeps employers from asking for your pay history – verbally, in writing or by any other means. Also, if the job applicant requests the pay range for the job, the employer must provide it.

Knowing the pay rate for a position shouldn't be a secret game that you need to know the rules of. Plus, as a job applicant, asking a company for this information shouldn't be viewed negatively.

On top of that, I've found many companies aren't aware of the rules. Even in states where the laws are apparent, the company still asks these questions. That puts the job seeker in a very awkward position.

If you're currently looking for a job, research the salary history rules in your area. No matter what they are, check out the company's salary data on Glassdoor, Indeed and LinkedIn. This will help prepare you for anything.

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

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The joy of collecting

ASK THE APPRAISERS

By Jeff Pearson

Collecting can add zip and zest to your life. Many collectors collect for the pleasure that each item brings to them. However, there are some who think each treasure found will become an investment. As appraisers, there are many times when we are forced to give clients unpopular news.

Recently we were asked to appraise a collection of die cast Hot Wheels and Matchbox cars from 1988 to 1999. The collector had a room with over 450 Hot Wheels, all in their original boxes or cartons and in excellent condition. He believed his vast collection of toy vehicles would double or triple in value.



An amassed collection won't likely offer you what you are looking for, especially if it lacks specificity or isn't narrowed down by certain criteria. For toy car collectors, to get a return on the cars you've collected, you must belong to a specialty club and find a buyer who's willing to pay a higher price for a specific type of vintage toy car.

Another collection we appraised was a rather large assortment of Hummel figurines. Most people have one or two, but the avid collector may have dozens. Before eBay narrowed the buying world and opened up once-locked markets, Hummels were expensive and regulated.

A few years back, a buyer would have been able to head off to Costco and buy a four-inch "Merry Wanderer" for less than $100, compared to one that was purchased in Europe in 1985 for over $250. Values have shifted, and what once was a collection of merit is now a memory.

But to the keen collector who knows the history of marks and symbols, the first ones still hold value – only to the buyer who is looking.

No matter what you collect, be it Matchbox cars, Hummels, shrunken heads or those little Snow Baby figurines – collect for the joy they bring. The search is half the fun. Having what you searched for in your collection gives you a feeling of fulfillment and a job well done in your quest.

— Contact Jeff at damshill@yahoo.com or A-Z Appraisal & Estate Consultants, 5525 N. 12th St., Phoenix, Arizona 85014.







Cruise the Zoo's opening date in early May saw over 2,000 vehicles (some even decorated with signs saying 'hello' to the animals) drive through its gates. PHOTOS COURTESY OF THE PHOENIX ZOO

Phoenix Zoo stays connected to guests with Cruise the Zoo

By Amanda Savage

The state shutdown on March 18 completely disrupted how the Phoenix Zoo conducted business.

"When we shut down, more than 80 percent of our revenue went away, so we lost over four and a half million dollars in less than three months, because we closed during our busy season," director of communications at the Phoenix Zoo Linda Hardwick said. "We knew we were never going to make that up. How could we adapt and do something to bring in a little bit of revenue?"

Hardwick's team acted fast. They launched a Digital Safari educational resource within days of knowing they would be shutting down.

Hardwick's social media team set-up a Cameo profile for the zoo's resident sloth, Fernando, that went viral. Cameo is a website and app where people can pay celebrities (who have profiles) to send messages to loved ones. Fernando has earned the zoo about $10,000 so far.

On Friday, May 1, Hardwick's team discovered another possible opportunity on Facebook. They saw that the San Antonio Zoo, a fellow member of the Association of Zoos & Aquariums, was hosting a drive-thru zoo event. After it sold out within days, Hardwick's team organized an executive meeting for the following Monday.

By Wednesday, tickets were being sold for "Cruise the Zoo" and opening day was scheduled for Friday, May 8. Much needed to be done within the few days between the executive team's sign-off and the first parade of cars rolling through the gates. From animal welfare to technology, graphic design and operations, the team pulled through.

Thousands of Valley residents have attended the Cruise the Zoo drive-thru experience, which provides a way to visit the zoo safely during the COVID-19 pandemic. Instead of foot traffic, visitors experience the zoo by driving through it.

"It was really neat to see how fast all these different teams moved and worked together to make it happen," Hardwick said. "The first weekend we ran CTZ we saw 650 cars each day of Friday through Monday; that's 2,600 vehicles."

The event has become streamlined and a completely contactless experience. Themed photos can be pre-purchased and sent to smartphones, snacks can be reserved and are distributed via color-coded stickers on windshields.



"We chose the trails that allow for the most amount of animals to be seen," Hardwick said.

The event hasn't only been enriching for humans seeking leisure outside of the home.

"We did notice that the animals started missing that guest interaction," Hardwick said. Even though zoo staff members stepped-up to engage the animals while there weren't guests, they didn't seem to replace wild children for animal entertainment.

"To see children and families hanging out of their windows and out of the moon roof, that was definitely something different, and the animals loved it. They were very curious," Hardwick said. "It has been nice to open Cruise the Zoo so people can see animals in person because there's definitely no replacement for that."

Despite a limited reopening of the zoo in June, Cruise the Zoo has been extended to the first weekends (Thursday through Sunday) of July and August during the zoo's summer hours, from 7 a.m. to 12 p.m.

For more: phoenixzoo.org/cruisethezoo







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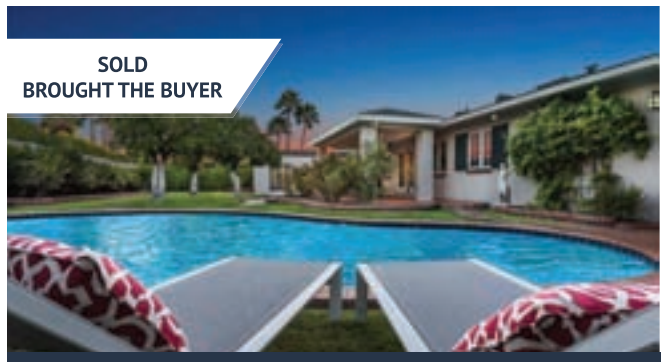
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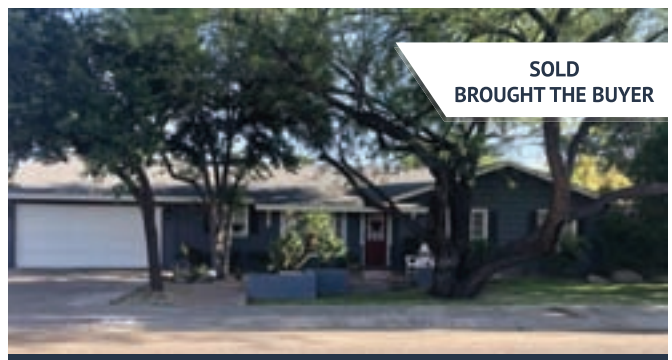
5408 E Calle Redonda
3 bed / 2 bath / 2,134 sqft



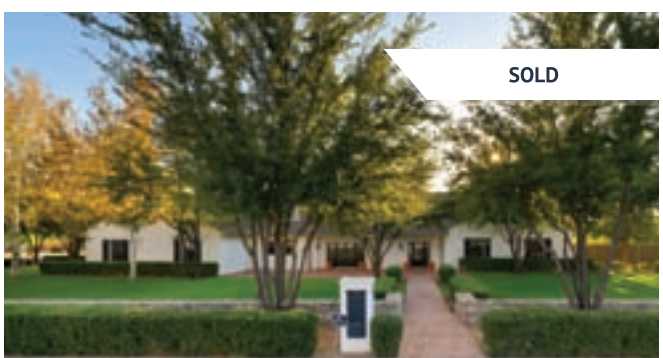
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3 bed / 2 bath / 2,003 sqft



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4601 N Arcadia Drive $1,150,000
30,000 sqft lot



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27,748 sqft lot

Xavier and Brophy students receive theatre honors

By Jennifer Marshall

Ten Xavier and Brophy students recently received top honors from the International Thespian Society.

ITS was created through the Educational Theatre Association and provides resources and support for educational theatre in middle schools and high schools. The group hosts events like festivals geared toward high school students.

Students who are members of ITS receive awards and accolades through a point system.

"Students are awarded points based on their level of involvement with theatre," theatre teacher Jessica Vining said. Involvement includes working on a show backstage, being part of the crew, or being a cast member. One point equals 10 hours.

Vining explained that students also receive credit when they participate in drama club or see a production, whether it's a community theatre play or one on Broadway in New York City.

"Each activity or involvement is awarded different points," Vining said, "and once a student earns 10 points, which is about 100 hours, they're eligible to be officially inducted into ITS."

Once a student becomes a member of this dramatic arts honor society, they join the ranks of other well-known, successful performers, like Tom Hanks, Goldie Hawn and Julia Louis-Dreyfus.



PHOTO: DOMINIQUE PAPLACZYK

(top row) Kyra Klonoski, Lauren Vickers, Chris Dorado, Grace Dimond and Talia Novack. (bottom row) Paige Pryor, Nicole Goldman, Sara Watson and Reese Cantu.

As members work and accumulate more points, they can also receive benefits such as a subscription to *Dramatics* magazine, which covers news in the theatre industry and is also tailored specifically to the needs of high school students.

This year, seven students were named Honor Bar Recipients after dedicating 1,100-plus hours to the theatre: Tatum Allen, Maria Arvizu-Diaz, Ryan Coury, Nicole Goldman, Grace McGovern, Ali Tichavsky and Sara Watson.

"ITS means a recognition of all the hard work and hours I put into my school's theatre program. I enjoy receiving that recognition," Xavier senior Maria Arvizu-Diaz said.

"ITS is more than a collection of individuals but rather is a combination of imaginations," Brophy senior Ryan Coury said. "I believe that our world is an impressive play born of many diverse perspectives, and ITS facilitates the expansion of this world by giving us students opportunities to contribute our verses. ITS is more than just a name and more than a group of people with similar interests – it's a family and one whose members can turn to it anytime and anywhere."

In addition to being Honor Bar Recipients, students who have devoted 1,300 or more hours to the theatre are also Medallion Recipients. This year's Medallion Recipients are Dante Dallago, Grace Dimond and Eden Tornquist.

"It was very special to come together as a theatre community to receive the awards virtually. It was great to see my friends be recognized for the work we do on stage and off. ITS recognizes the value of theatre not only in our lives but in the greater community and the importance of theatre in high school," Brophy senior Dante Dallago said.

Along with plaques, Medallion honorees receive another medal, which they can wear at graduation.

"I also give my students a special gift in the form of a book to encourage them in the theatre world," Vining said. "This is personal in that it's specific to each student and their interest in singing or acting."

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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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Let your creativity sparkle this July 4th

By Melissa Hirschl

If canceled firework celebrations have you down this year, now is the perfect time to let your creativity loose. There are myriad ways to celebrate the spirit of our great nation, indoors and out. Here are a few ideas.

RELAX WITH PATRIOTIC MOVIES

Watching patriotic movies is a great way to round out the holiday and escape from the daily headlines.

Indulge in new and time-honored classics, such as Lin-Manuel Miranda's Tony Award-winning *Hamilton*. *Mr. Smith Goes to Washington,* starring the legendary Jimmy Stewart, is the ultimate small-town "man vs. the political machine" story that can resonate with all generations. The classic *Yankee Doodle Dandy* stars James Cagney in a musical depicting the life of composer/singer/dancer George M. Cohan. Another movie the whole family can watch is *1776*. Based on the Broadway musical, the movie recounts the American Revolution's Continental Congress and its political struggles in declaring independence.



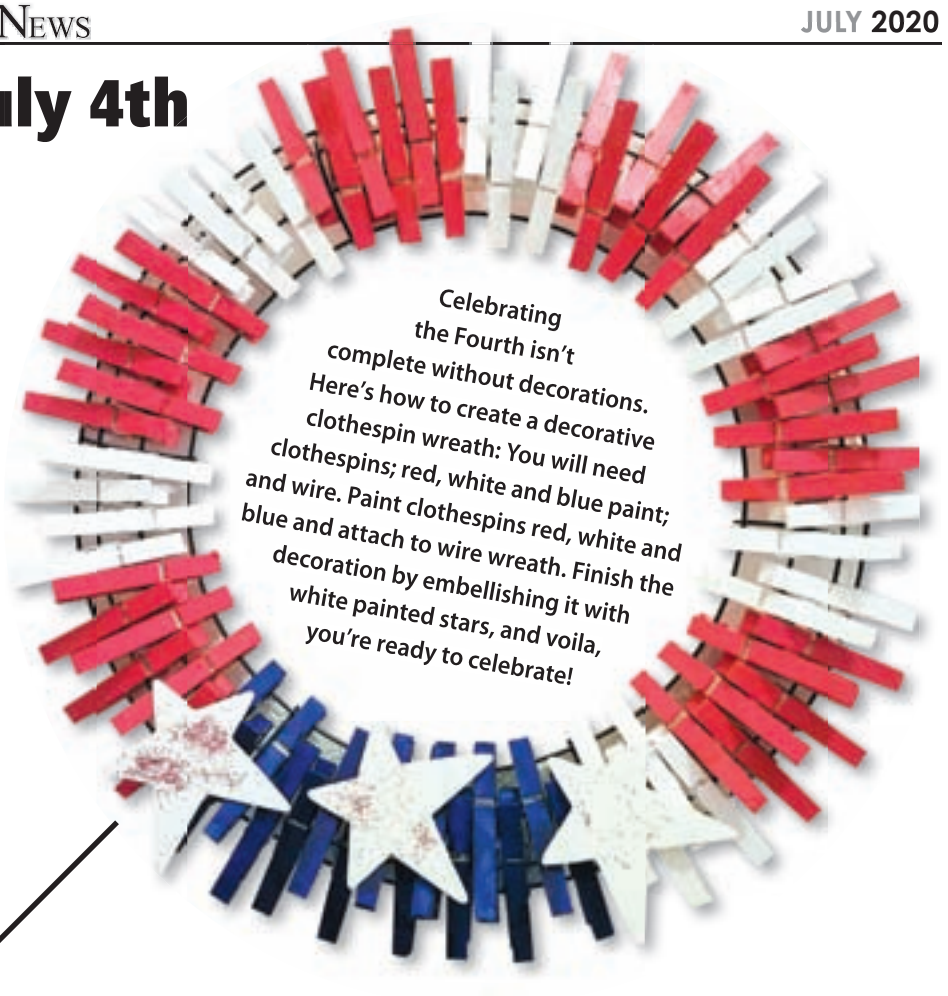
TABLE DECOR

Bring out your hidden Martha Stewart with some whimsical crafts, like nameplates with patriotic stars tied around napkins with twine. Add some patriotic colored confetti, hurricane lanterns and votive candles. Mason jars filled with small flags and flowers create a charming touch. And homemade banners add an extra dose of flair.

FOOD, GLORIOUS FOOD

Sheet cakes are a literal "piece of cake." Use blueberries for stars, with white chocolate pretzels and strawberries for stripes. For snacks, pretzels dipped in red, white and blue melted chocolate combined with colorful sprinkles are as fun to make as they are to eat. Another snack idea is fruit and chocolate kabobs – thread two pieces of banana, strawberries and pineapple on a skewer. Drizzle melted chocolate over and add nuts of your choice – freeze and eat.

Have a safe and happy Fourth of July!



ACTIVITIES

- ★ Create a bicycle parade by decorating the family's bicycles, tricycles, wagons or strollers with flags, streamers and ribbons.
- ★ Play Pictionary-style games using American history questions. Some other game ideas are Jenga; sack races; ring toss with red, white and blue bottles; three-legged races; slip-n-slides; dodgeball and Twister.
- ★ Have a cupcake decorating contest using sprinkles, red licorice, food coloring, blueberries, candy and icing. Confetti-filled balloons are another way to create some colorful magic.
- ★ Keep kids busy with a scavenger hunt using clues to find miniature Statues of Liberty, patriotic trinkets or any household item that's red, white or blue.
- ★ Play a balloon dart game with red, white and blue balloons.
- ★ Create and send thank-you notes for those serving in the Armed Forces.
- ★ Watch the Macy's fireworks display on TV.





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Summer Bridge helps freshmen prepare for college

By Kelly Richmond



With this year's high school seniors' in-school classes ending unexpectedly, many of the students were left without guidance for their upcoming adventure into college.

The Phoenix Public Library's College Depot Assistant Director, Kristopher Lukens Seydel, created a new program called Summer Bridge for these 2020 seniors.

The Summer Bridge Program allows students to work virtually with an academic advisor to create an individual summer plan based on what steps they have completed and what they need to do to ensure they're prepared to walk onto campus in the fall.

"Sometimes they will fill out their FAFSA and then think that they're ready to go, just because of a lack of awareness of everything," Seydel said. "What this bridge program does is kind of helps make sure that students have awareness."

The pilot program is currently helping first-generation college students and low-income families making under $42,000 a year. In addition, a second program started in 2016 called College Depot helps better educate students on how to prepare for college.

The workshop was designed by current college students to give incoming freshmen tips, hacks and strategies to be successful in college preparedness.

"Since 2016, 77 percent of our students successfully matriculated into college," Seydel said. "In 2019, it went up to 79 percent."

The Summer Bridge Program is different in that a group of students are assigned to an advisor who sets up an orientation for each student. Individual summer plans are created and then the advisor and student work together to ensure that every step is complete before the start of freshman year.

"It's exciting and nerve-wracking to see it actually moving forward," Seydel said. "Within two days, we had more than 22 appointments and then just a flurry more since then."

Seventy-five students have signed up so far and are excited to start their journey to completing their checklist for college.

For more: phoenixpubliclibrary.org



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Summer staycation deals in Phoenix and Scottsdale

By Amanda Savage

Hotel occupancy rates improved by two percent in June 2020 after five weeks of steady increases since the state reopened. To get tourism back on its feet, the Arizona Office of Tourism initiated a Rediscover Arizona campaign, aimed at residents who are ready to return to Arizona's open spaces and destinations.

Resorts and hotels throughout Phoenix and Scottsdale are offering massive rate cuts and discounts for Arizona residents opting to keep their summer vacations within state lines this year. Here are some of the deals.

Note: Rates valid as of July 31. Readers are encouraged to verify availability and amount, as they may change.

FAIRMONT SCOTTSDALE PRINCESS

The offer: Sip, Savor & Splash offers one-night stays starting at $199 with waived resort fees and a $100 daily resort credit, which is good at the spa, restaurants and in-room dining, and resort retail.

Who it's best for: Anyone in need of poolside solace. There are six different pools at the resort. One for adults only, one that is part of the spa and one pool that features two 300-foot waterslides.

How long it lasts: Now through September 7.

Why it's a steal: Nearly $40 is saved from the waived resort fee; $100 is saved when using the resort credit.

COVID-19 safety measures: scottsdaleprincess.com/stay-well.

HOTEL VALLEY HO, SCOTTSDALE

The offer: The Sip + Splash Package includes one round of poolside cocktails, breakfast for two at ZuZu, and possible room upgrade based on availability starting at $189 using code SPLASH.

It's best for: Couples or friends who want to extend a night out together and wear loungewear to breakfast.

How long it lasts: Now through September 3.

Why it's a steal: A $40 discount, not-including the room upgrade.

COVID-19 Safety Measures: hotelvalleyho.com/pristine-clean.

SANCTUARY CAMELBACK MOUNTAIN RESORT AND SPA, PARADISE VALLEY

The offer: The Arizona Residents Special offers 20 percent off standard rates.

It's best for: Couples, singles, gal pals and best friends looking for an adults-only weekend.

How long it lasts: Now through September 8.

Why it's a steal: This is one of the best deals the resort will offer all year. It's an opportunity to experience a truly luxurious desert oasis for less.

COVID-19 safety measures: sanctuaryoncamelback.com/covid-19.

THE CAMBY, PHOENIX

The offer: The Stay and Save promotion offers a 25-percent discount to travelers staying for two or more nights.

It's best for: Anyone missing the busy and creative feeling of a city. The hotel has a modern design and nostalgic style, decorated with all things Sonoran Desert.

How long it lasts: Now through September 7.

Why it's a steal: These are the best rates that exist anywhere (even third party "discount" sites). The Camby's pool and poolside bar are open. The Biltmore Fashion Park, golf courses, bars, restaurants and entertainment are all within walking distance.

COVID-19 safety measures: marriott-re-2019ncovc.com.

THE HERMOSA INN, PARADISE VALLEY

The offer: The Summer in Paradise Getaway offers rates of $159 plus tax and a resort fee of $34. This price includes two drink tickets, a $25 food and beverage credit, daily poolside treats and the possibility of an upgrade upon arrival based on availability.

It's best for: Couples, friends and family members. The resort is hosting a Cool Dining and Summer prix fixe menu, so it's an exciting time for foodies to visit.

How long it lasts: Now through September 30.

Why it's a steal: These rates reflect 30 percent savings from the best available prices.

COVID-19 safety measures: hermosainn.com/health-and-safety.

THE PHOENICIAN, SCOTTSDALE

The offer: Room rates starting at $169 per night with complimentary self-parking.

It's best for: Girls and guys weekend celebrations, family adventures and romantic getaways.

How long it lasts: Now through September 7.

Why it's a steal: Enjoy an AAA Five Diamond contemporary luxury and award-winning resort and state-of-the-art amenities at the resort's best rates of the year.

COVID-19 safety measures: thephoenician.com/commitment-to-clean.

THE SAGUARO, SCOTTSDALE

The offer: The We Love Locals promotion offers room rates as low as $79 per night with free self-parking and late check-out with the code AZLOCAL.

It's best for: Anyone who's looking for some excitement. The hotel is brightly colored and filled with eccentric accents. It's located in the heart of Old Town Scottsdale, so there's no shortage of entertainment and nightlife.

How long it lasts: Now through September 8.

Why it's a steal: This deal offers up to 30 percent off standard rates.

COVID-19 safety measures: reservations.scottsdale@thesaguaro.com.

THE SCOTT RESORT & SPA, SCOTTSDALE

The offer: Rates as low as $99 per night for *Arcadia News* readers using the code ARCADIA.

It's best for: Families, couples, friends and singles looking to channel Hemingway vibes in sandals and straw hats.

How long it lasts: Now through September 12.

Why it's a steal: This offer can save guests up to 40 percent off.

COVID-19 safety measures: thescottresort.com/cleaning-standards.



PHOTO: NICKI SUNDERLAND

Birds-eye view of the pool at The Hermosa Inn.

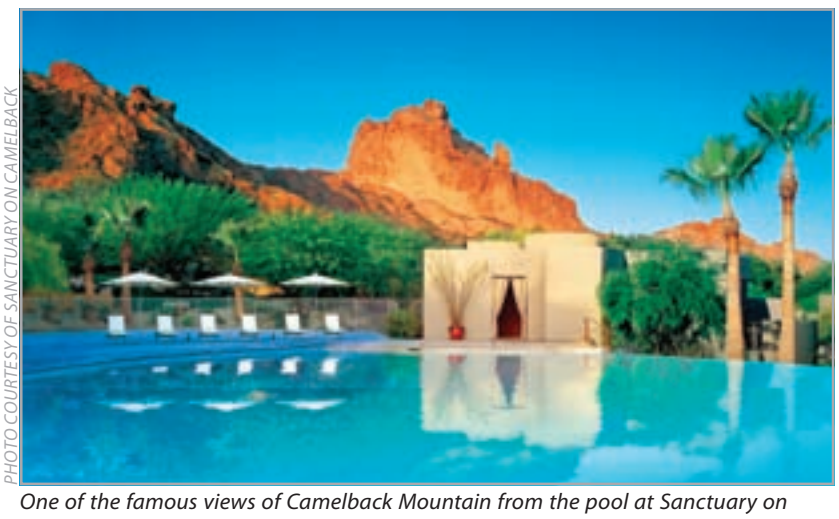


PHOTO COURTESY OF SANCTUARY ON CAMELBACK

One of the famous views of Camelback Mountain from the pool at Sanctuary on Camelback Mountain Resort & Spa.



PHOTO COURTESY OF THE SAGUARO

The pool deck at The Saguaro in Scottsdale.



PHOTO COURTESY OF THE PHOENICIAN

The Phoenician's newly renovated pool area.

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WILD, WILD WEST

Presentation recounts some of Scottsdale's infamous crimes

By Mallory Gleich and Max Bechtoldt

Scottsdale native and Citizen Adviser Bruce Wall has ample knowledge of Scottsdale's notorious crimes. His interest in this part of the city's history led him to create a presentation called "Scoundrels, Rascals and Cutthroats and the Scottsdale Lawmen Who Caught Them." It was presented at the Mustang Library.

Wall believes people have a general interest in hearing about law and order in the United States, especially in the West.

"Some people like the good people of Scottsdale and some people like the crimes of Scottsdale," said Wall. "And some people like both."

Initially, Wall thought he'd be happy if ten people showed up to the presentation. "But then 70 were at a showing," Wall said. "Eventually, we had a little over 100 people."

In the presentation, he recapped five of the most famous criminal activity stories in Scottsdale's past.

To start, Wall spoke about the first homicide in Scottsdale in 1901. The guilty party was a local mailman nicknamed Popcorn John (last name Rubenstein), who would sell popcorn on the weekends to make a little extra money.



Popcorn John, Bill Demand, Elliott Roosevelt, John Carpenter and Steven Steinberg.



PHOTOS COURTESY OF SCOTTSDALE PUBLIC LIBRARY

Deputies Bog Zeider, Dick Seidner, Frank Beck, Kenneth Pepper, and Marshal Henry "Red" Cooper (2nd Scottsdale Marshal), at the Scottsdale Marshal's Office on the steps of the Little Red Schoolhouse, circa 1957. Each Marshal was allowed to establish their own uniform or badge style. Red Cooper decided to go with the western 6-pointed star that the Scottsdale Police still uses today.

Popcorn John (also known as Crazy John to the locals) decided to shoot and kill a couple of Winfield Scott's farmhands, Amos Nigh and Peter Johnson, after a situation arose with the farmhands' horse and wagon. His defense was that the pair were interfering with the delivery of the U.S. Mail. Popcorn John was found guilty and sentenced to life in prison at the Yuma Territorial Prison.

"It is so iconic because so many of the founding members of Scottsdale were involved, including the man who founded the first general store in Scottsdale, J.L. Davis, who went in pursuit of the murderer," Wall said.

Next up, Wall discussed a double homicide in 1954. Town Councilman Vernon Don "Jim" Fredrick was shot in his home after a night out with friends.

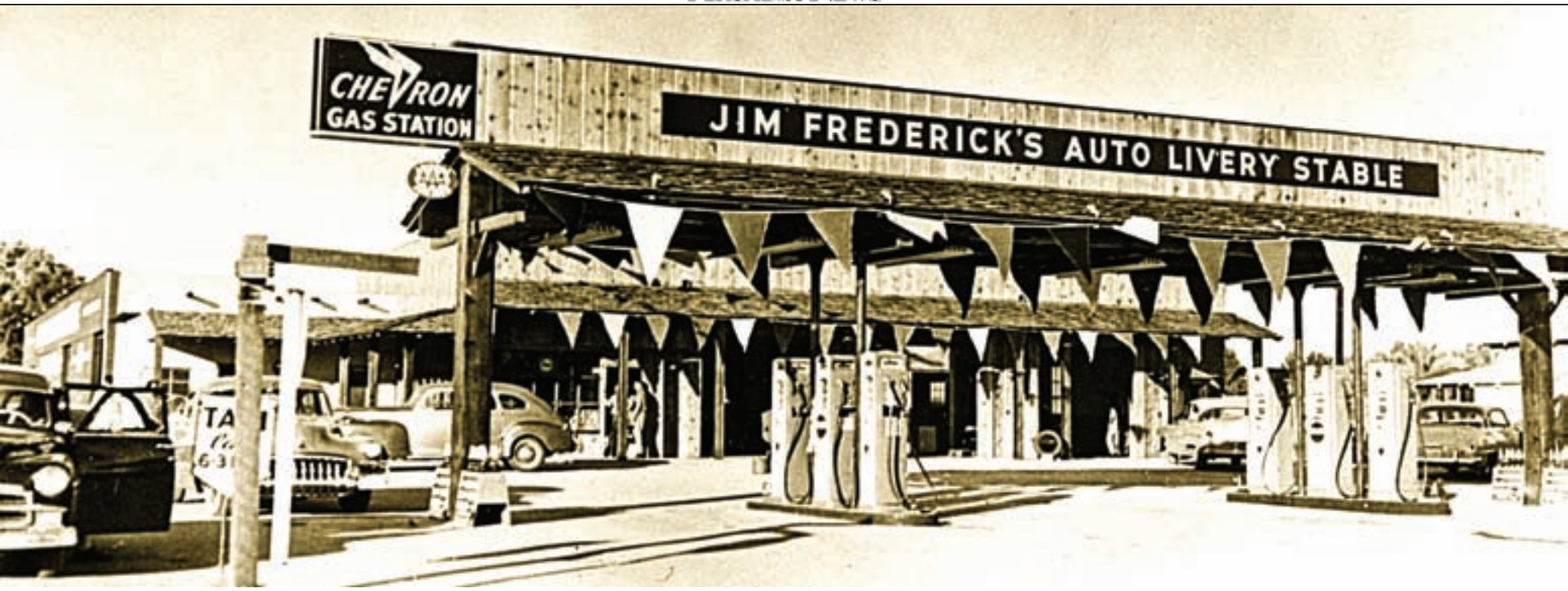
There are multiple theories as to the reason behind the shooting. Fredrick's neighbor, Bill Demand, thought that his wife Faye and Vernon were having an affair. Bill decided to shoot Vernon. Faye died shortly after in an accident when her car careened into the Arizona Canal. Bill was accused of murdering Vernon, but the case was never solved. No one figured out what happened to Faye or how she ended up drowning in the canal.

"If this had been today, it would have been a national front-page news story," Wall said.

The third case happened in 1959 and involved a DUI. Deputies Ken Pepper and Clyde Church were called to check on a suspicious vehicle. They found a drunk gentleman passed out in a car, but hesitated to arrest him, even though he was inebriated, because he was Elliott Roosevelt – the son of former President Franklin D. Roosevelt. Despite having a blood alcohol content that by today's standards would be considered very extreme, he was acquitted of all charges.

Wall explained that it's a compelling case to look at because of how different the result would have been in the modern-day.

The fourth case is, in Wall's opinion, the most famous case in Scottsdale history: the unsolved murder of Bob Crane. Crane was a 1960's TV actor known for the television series *Hogan's Heroes*. In 1978, he was participating in a local theater production at the Windmill Theater in Scottsdale.



Jim Frederick's Auto Livery Stable was a western-themed gas station at Scottsdale and Main Street, where Gilbert Ortega is now located.

After the play, he signed autographs, and then he and a friend went to Bob's car and saw his tires had been slashed. They took it to a gas station to get fixed and headed out to get coffee. That was the last time anyone saw Bob alive. He was discovered the next day by his costar, Victoria Berry, with trauma to his head and a cord around his neck.

Wall explained that multiple factors botched this case, such as detectives forgetting to set up a perimeter and giving tours of the crime scene. There are numerous theories about what happened, but the case is still unsolved. According to Wall, a majority of the evidence was corrupted and DNA testing would not be possible, even today.

The last case is from 1981. Nicknamed "Sleepwalking Through Murder," the case revolves around a woman named Elana Steinberg, who was stabbed 26 times by her husband, Steven. Steven had called the police and told them that two men had broken into their home. Before police showed up, however, he invited family and friends over to give them tours of the crime scene. He eventually confessed to the murder, but the defense lawyer argued that Steven Steinberg was in a dissociative state and that he was sleepwalking at the time.

The lawyer claimed that he was not responsible for the murder. The jury agreed – and Steven was found not guilty. Six months after the case, the legislature changed a law that sleepwalking could not be used as an insanity defense in Arizona.

"I love to see the audience react once they learn all the people in the story and how many cases have parallels to today," Wall said. "I also love including the 'planned tangents' when I talk about some aspect of Scottsdale or Arizona history that most people don't know. It fills the gaps in the story and makes history relevant."

Check out the full presentation on the Scottsdale Arizona YouTube page: bit.ly/2NhvyAu



Paradise Pharmacy was the location where President Roosevelt's son Elliott was arrested for DUI in 1959 by Scottsdale Marshal's Deputy Ken Pepper.



Winfield and Helen Scott's home at Indian School and Scottsdale, circa 1895, where the shootings of Amos Nigh and Peter Johnson happened.

Phoenix summer camps are ready to play

According to the Centers for Disease Control and Prevention, in-person summer camps should limit the number of people a staff member or camper has to interact with to decrease the spread of COVID-19. For more: CDC.gov.

By Amanda Savage

At the end of May, the Maricopa County Department of Public Health released their pandemic guidance for summer camps. But for many facilities, the recommendations came too late and 2020 dates had to be canceled. Despite closures and restrictions, many organizations within and just beyond the limits of Arcadia are hosting summer camps throughout July, both in-person and virtually. Here are some:



PHOTO: ASHTON BINGHAM

CAMP HUBBARD

A weekly camp that features essential sports like archery and volleyball along with crafts, games, field sports and other activities.

Ages: 5-14

Location: Griffith Elementary, 4505 E. Palm Lane, Phoenix.

Who it's best for: Kids who like to stay active.

Duration and dates: Week-long camps held Monday through Friday for full or half days through July.

Cost: $160 to $285

hubbardsports.com/details

CAMP ZOO TO YOU

The virtual edition of the Phoenix Zoo's annual summer camp traditionally hosted in-person at the zoo. This year there will be three, week-long sessions available with the themes of birds, reptiles and amphibians and mammals. Students can sign-up for all three, two or one.

Ages: Children entering kindergarten through sixth in the 2020-21 school year.

Location: Virtual

Duration and dates: Every week through July.

Cost: $15 per session for non-members, $40 for all three.

phoenixzoo.org/camps-programs

SUMMER BAKING CAMP

A baking camp with a weekly topic. July themes are Movie Theme Cake-Off, Christmas in July, Advanced French Pastries and Totally Tiered Cake.

Ages: 8-14

Location: Paula Jacqueline Cakes & Pastries, 4151 N. Marshall Way, Scottsdale

Who it's best for: Kid foodies and future chefs, and parents who secretly want their kids to bake them gourmet treats.

Duration and dates: Four-day sessions Monday through Thursday from 9 a.m.-12 p.m. and 2-5 p.m. throughout July.

Cost: $295

paulajacqueline.eventbrite.com

CAMP BE KIND

A virtual field trip to landmarks across the United States that offers 15 virtual classes, wellness activities, recipes and activities designed to engage the whole family with positive lifestyle and interpersonal lessons.

Ages: 12-18

Location: Virtual

Duration and dates: July 13-August 14. Classes are on Monday, Wednesday and Friday at 10 a.m.

Cost: $65 per household

thebekindpeopleproject.org/Be-Kind-American-adventure

MAD SCIENCE

Camp themes center around different STEM topics, such as NASA, robots, secret agent skills and chemical reactions.

Ages: 3-12

Location: 2701 E. Thomas Road, Phoenix

Who it's best for: Hands-on learners who are interested in how things work.

Duration and dates: Full and half-day camps are available. All camps take place over five days with different time sessions. There is also a virtual option.

Cost: Prices range from $130 to $260

nephoenix.madscience.org/parents-camps

SUPERCAMP

A mixed summer camp that dabbles in all different types of movement, from gymnastics to dance, a Ninja Zone and trampolines. There are also crafts, group activities and cinema time.

Ages: 4-13

Location: Arizona Sunrays Gymnastics & Dance Center, 3923 E. Indian School Road, Phoenix.

Who it's best for: Anyone interested in gymnastics and dance.

Duration and dates: Week-long camp from 8 a.m.-3 p.m. through July.

Cost: $336

arizonasunrays.com/super-camp

PHOENIX CENTER FOR THE ARTS SUMMER CAMP

Every Monday, campers can pick-up a mystery box from the Phoenix Center for the Arts to access their supplies for camp. Throughout the week campers will attend Zoom classes and undertake creative activities like writing, music and visual art related to their camp's theme.

Ages: 6-14

Location: Virtual

Who it's best for: Creatives who like to dabble in all art forms. Children who love movies, comics, science fiction and fantasy.

Duration and dates: Two-week sessions in July. Virtual classes will take place from 9 a.m.-12 p.m.

Cost: $250

phoenixcenterforthearts.org/summer-camp

LOGIC AND LEADERSHIP ACADEMY AT ASU

An educational program aimed to help teens build confidence, improve their interpersonal skills and master the discipline needed for success.

Ages: 12-18

Location: ASU Tempe Campus

Who it's best for: Teens who want to polish or build their leadership and coping skills.

Duration and dates: July 20-24 from 9 a.m.-2 p.m., with an optional career prep session from 2-3 p.m., and a family night award ceremony on Friday, July 24 from 4-6 p.m.

Cost: $350

leadaz.org/summer-program

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One of Arizona's true historic gems, Casa Amable is among the earliest homes in Phoenix and the first in the coveted Arcadia neighborhood. First occupied as a home in 1915, the original adobe structures reportedly date back to the late 1800's. Celebrated over the years in magazines, home tours, and philanthropic events, Casa Amable is renowned for its unmistakable charm and authentic historic character that simply cannot be replicated. The property has served as the Heard Museum's designer showcase home and received extensive coverage in Phoenix Home & Garden. In 2018 the home was featured in the Desert Botanical Garden's Patrons Circle tour. The serene grounds of this private gated oasis feature lush mature landscaping, fruit trees, and an elaborate organic vegetable garden. Lovingly updated and expanded over the years, Casa Amable features a chef's kitchen, walk-in pantry, wine storage, 3 car garage, office, bedroom guest wing, TV sitting room, and inviting family room. A series of charming courtyards and cozy spaces are enhanced by a total of 9 fireplaces. Casa Amable is a rare treasure in Arcadia and an authentic part of Arizona history.



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Wahweap Overlook at Glen Canyon National Recreation Area in Page.

Back to nature: Cool camping spots to escape the Valley heat

By Max Bechtoldt

Making vacation plans in 2020 requires some unconventional thinking. Maybe this is a good time to break out the camping gear and travel north to cooler temps. These campsites are currently following CDC guidelines. They may have limited activities available, so make sure to check their websites before heading out.

CANYON VISTA CAMPSITE

Canyon Vista campsite is located just south of Flagstaff and features hiking, equestrian activities and rock climbing. The area, which is about three hours from Phoenix, features towering ponderosa pine trees, mixed conifer, aspen and oak trees. It also features views of the San Francisco Peaks. The site costs $22 per night, which covers eight people with one vehicle. Additional vehicles cost $8 each.

GLEN CANYON NATIONAL RECREATION AREA

Glen Canyon sits near the Arizona and Utah border and is about a four-hour drive from Phoenix. The area offers stunning views of the desert, canyons and Lake Powell – ideal for boating and fishing. Glen Canyon features a variety of wildlife and plant life, including hanging gardens in the crevices of the canyon. The park features a campground and various hiking trails. Admission is $25 per vehicle, or $30 if you bring a boat, and covers seven days in the park.

ASHURST LAKE CAMPGROUNDS

Also near Flagstaff and three hours from Phoenix is Ashurst Lake campgrounds. Ashurst Lake is touted as one of the best places to fish in Arizona, featuring rainbow and brook trout. It also offers a variety of other water activities, like canoeing and windsurfing. In addition, there are paths for mountain biking and hiking, with views of the San Francisco Peaks. The price is $20 per night per vehicle.

PRESCOTT NATIONAL FOREST

Prescott National Forest is an extremely popular and scenic location, featuring multiple campgrounds including **White Spar campground**. Just over a mile high at 5,641 feet, White Spar is surrounded by a forest of ponderosa pine trees. The campground sits directly next to **Granite Basin Recreation Area**, which features a five-acre lake filled with catfish, sunfish and large-mouth bass. The campsite prices start at $10 per day, but can reach as high as $28 in the high seasons.

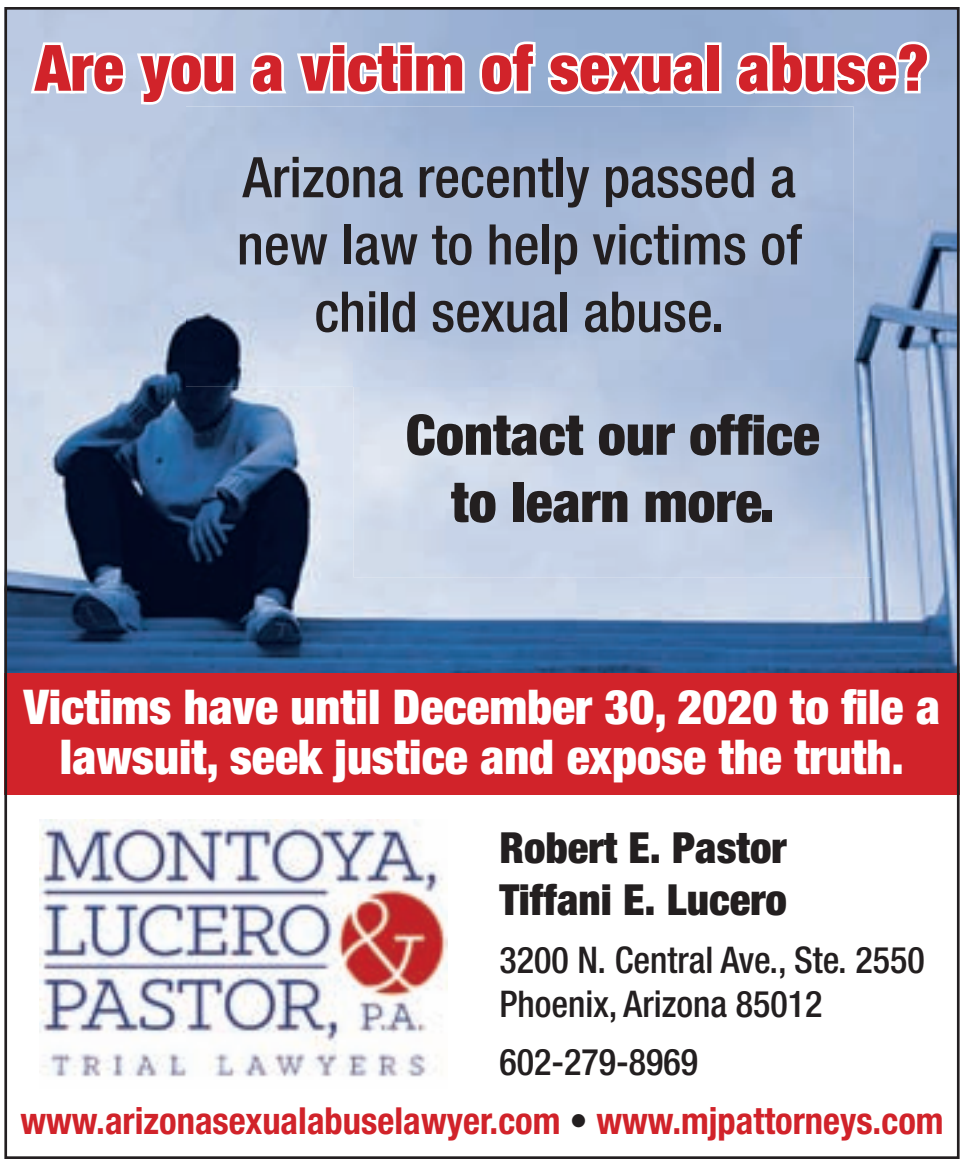
LYNX LAKE RECREATION AREA

Also in the Prescott National Forest is Lynx Lake Recreation Area, one of the most visited campsites in Arizona. Lynx Lake features a huge 55-acre lake which is perfect for trout fishing. It's also near two acclaimed bike trails and is one of the top spots for birdwatching in Arizona. The price for a campsite is $18 per vehicle, plus $5 for an additional vehicle.

For more: nps.gov or fs.usda.gov



Ashurst Lake is one of Arizona's top fishing destinations.





Watson Lake Park in Prescott. *PHOTO: TANYA NYGARD*

Arizona's swimming holes help beat the heat

By Kelly Richmond

Surviving the heat in the Valley can be tough, but where there's water – there's a way! These five swimming areas in Arizona are a great way to escape the clutches of 100-plus degree temperatures. Pack up the family and some snacks and head to the water.

WET BEAVER CREEK

A hotspot for locals across the Valley to test their ability to walk across slippery rocks, the creek is about a two-hour drive from Phoenix and 45 miles south of Flagstaff on I-17. Hiking, horseback riding and crawdad fishing are a few activities to help relax the day away. After a 3.5-mile hike up and into the red rock canyons, folks can find hidden creeks all around. The hard, flat rocks surrounding these creeks are great for sunbathing, so don't forget sunscreen and a towel.

azswimmingholes.com

SLIDE ROCK

Slide Rock is a popular spot seven miles north of Sedona. There is a 0.3-mile hike to get to the swimming area, where folks will find various areas with "slide-able" rocks, swimming holes and plenty of spots for sunbathing. Although it doesn't come complete with a camping site, it is a great stop to cool off on the way to any of the national parks nearby.

azstateparks.com/slide-rock

BULL PEN

This swimming hole has a rope swing, if you're up to the challenge. While the road getting to the parking lot might be tough for some cars, the short two-thirds mile hike to the swimming hole isn't. Located just 15 miles east of Camp Verde, this spot comes complete with cliff jumping and swimming and is dog-friendly. When it comes time for lunch there are several picnic areas offered by the park.

fs.usda.gov

WATSON LAKE PARK

This swim spot is located just four miles from downtown Prescott and right off Highway 89. It's the perfect family-friendly adventure built-in with camping, hiking, fishing, kayaking and swimming. Each one of the campgrounds is located within walking distance from a full shower and bathroom, along with barbeques. For those looking to rent kayaks, canoes, or bikes, the south boat ramp has it all. Watson Lake Park also allows for a dog-friendly, five-mile walk around the lake.

prescott-az.gov/recreation-area/watson-lake-park

EAST CLEAR CREEK

This creek is 45 miles south of Winslow and located on the Mogollon Rim. There is a four-mile hike into the canyon, which is a good way to break a sweat before jumping into the creek to cool off. The popular cliff jumping ledge is marked with a large Batman symbol so it can't be missed. For those looking to skip the hike and bring a boat, Winslow's McHood Park offers a boat launch for both motorized and paddle boats. The park comes complete with picnic areas and ramadas.

fs.usda.gov

WANTED: SUMMER VACATION PHOTOS

Every September we feature vacation photos submitted from our readers.

Your photo may even be featured on the cover!



SUMMER VACATION PHOTOS THAT MADE OUR COVER:

2016:

The Cadwell family on the beach in Coronado.

2017:

Carter Lampe washes ashore during his vacation in Del Mar.

2018:

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

2019:

Antonella, Owen and Avianna Klein fishing in Darling Lake, Minnesota.

Send your photos to editor@arcadianews.com
Be sure to let us know the names of the family or people in the photo, where you went and what you did!

DEADLINE: FRIDAY, AUGUST 7

DID YOU KNOW? SCORPIONS



HOW BIG?

9 inches

Heterometrus swammerdami **(the giant forest scorpion) holds the record for being the world's largest scorpion species at 23 cm (9 in) in length. It can weigh as much as 56 g (2.0 oz). It usually kills prey with its pincers, not venom.**

– worldatlas.com

HOW LONG?



48 hours

They have "book lungs" (like horseshoe crabs) and can survive underwater for up to 48 hours. They also can live a full year without food.

– quora.com

HOW OLD?

420M years



Early scorpions existed as far back as 420 million years ago.

They can live up to 25 years in captivity (2-10 years in the wild).

– todayifoundout.com

HOW MANY?



Arizona bark scorpion

Arizona giant hairy scorpion

30+ species

There are more than 30 species of scorpions in Arizona, but only the sting from the bark scorpion is considered to be life-threatening. *– desertmuseum.org*



Yellow ground scorpion



Arizona striped tail scorpion

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** Based on customer experience reviews shared online at www.thehartford.com/aarp as of April 2019.
*** The gift offer is good for first time responders who provide a valid email address. Responders will be sent an email to confirm the gift. All responders in IA, IL, MA and RI who do not provide an email address are still eligible to receive the gift The gift offer is not available in GA, ND, NM or PA, but residents may still request a quote. The gift is available only as a limited time offer. Please allow 4-7 weeks for delivery. Bottle not included.
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DID YOU KNOW? SCORPIONS

SCORPION FACTS

They aren't that dangerous to humans, but can be harmful to the elderly, small children and pets. The only scorpion in the U.S. with enough venom to kill a human is the Arizona bark scorpion.

The Indian Red Scorpion is considered to be the deadliest scorpion in the world.

They are carnivores and their diet consists of grubs, rodents, lizards and even their own young.


Indian Red Scorpion

They are arachnids.

They do not lay eggs; they give birth.

They have a slow metabolism and require a tenth of the oxygen of most insects.

They can survive on the moisture they obtain from food.

They dance before mating, and in captivity the female often eats the male after.

They are venomous and can control the amount of venom they use depending on the prey.

SCORPION WORD SEARCH

R	X	P	I	O	R	F	A	O	W	V	U	C	F	B	O	G	Q	K	R	A	B	H	B	E
J	W	P	R	Y	Q	G	G	Y	W	P	Q	S	S	U	N	T	V	R	W	X	C	I	C	E
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SCORPION
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SAY WHAT?



Scorpion fossils can glow for an extremely long time

They glow under ultraviolet light and their fossils can still fluoresce after hundreds of millions of years. – *quora.com*



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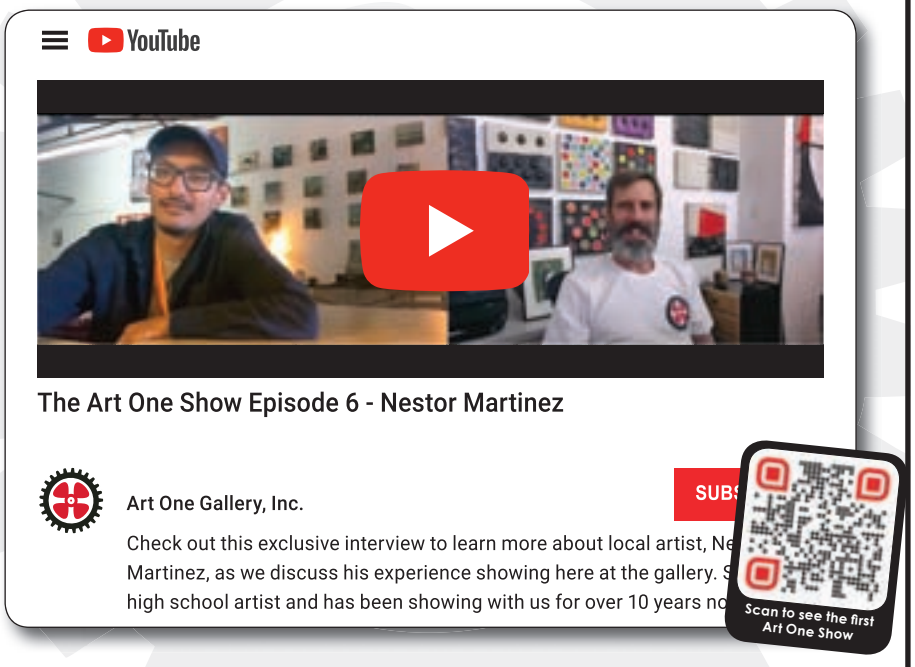
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Keeping pets safe during the summer months

By Evan Gower





With temperatures in the Valley reaching triple digits, it's understandable that many of us will stay inside to escape the blazing sun. However, many of our four-legged friends still need to go outside to get some exercise. With streets and sidewalks scorching hot during the day, it might be tough to figure out how to keep your best friend in shape.

Brian Serbin, DVM, a veterinarian at Ingleside Animal Hospital, stresses that "the best time to exercise your pets is early in the morning or late in the evening." Serbin recommends that walks and exercise should conclude by 9 a.m., and if a later walk is necessary, your pet should have booties to protect its feet from the hot pavement.

Serbin said that dogs are susceptible to sunburn, and pet-safe sunscreen is available. "Do not shave a dog to keep it cool – hair keeps dogs cool and protects them against sunburn," he said.

Serbin also said to have plenty of clean water available at all times during the day and recognize the symptoms of overheating, which include excessive panting or trouble breathing, drooling, weakness, disorientation and collapsing. Although a dog's internal body temperature is naturally higher than humans, a temperature of 104°F is too high. If a pet shows signs of overheating, veterinary care is recommended.

If your dog overheats, you should first move it to shade or inside, and then drape it in a lukewarm towel to lower its core temperature. Do not use alcohol or cold water. It's important not to make a dog drink water as it may be too focused on breathing. Continue all cool down procedures until the panting stops and the dog's temperature is 103°F or less – any further cooling could lead to hypothermia.

Indoor games for pets are also recommended. These games can include tug of war, hiding treats and teaching new tricks. Appropriate chew toys and treats should be soft and not damaging to teeth. Examples of these include rawhides, pig ears, bully sticks, rope bones, Kong toys and dental chews. Toys such as Buster Cubes keep dogs physically and mentally stimulated as they try to work for food and treats.

Also, for those who have pools, swimming is an excellent way for your pet to get exercise during the day and get rid of any extra energy it might have.

As a general reminder, do not leave your pet inside a parked car during the summer as temperatures can reach well over 120°F.

For any questions on how to keep your four-legged companion safe during the summer, contact your veterinarian.

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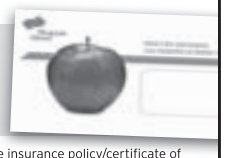
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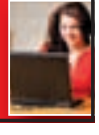
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