

ARCADIA News

VOL. 28

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

NOVEMBER 2020



VETERANS DAY

There are various ways for people to celebrate Veterans Day, from up close or afar.

PAGE 32

TENDER LITTLE HEARTS

Tender Little Hearts' mini horses aim to bring to light equine therapy and its effect on people of all ages.

PAGE 40

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Did You Know? Shipwrecks, including the U.S.S. Arizona, above (p. 50).

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This year, *Arcadia News* reached out to the community to help recognize some of the Veterans and military personnel who have impacted our lives.

34 Celebrating a legacy

The late Alice Bendheim spent 60 years fighting for important causes with her work at the American Civil Liberties Union of Arizona.

46 Going, going, gone!

A Paradise Valley teen brought the sport of Wiffle ball to the Valley with the Little League Wiffleball organization. The inaugural tournament was held at Scottsdale Stadium.

48 Arcadia sports

Sports season is underway at Arcadia High. Although games are being played a little different this year, players are ecstatic to be back in their element on the green.



ON THE COVER:

10-year-old Raelynn Valliere reads *Ragged Robin* to Dolly, a mini horse, as part of the Tender Little Hearts Reading Program.

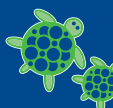
PHOTO COURTESY OF TERRY HOLMES-STECYK



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EDITOR'S NOTE

Here are a few things you might not know about me: First, I celebrated my 32nd birthday in late-October. Second, Thanksgiving is my favorite holiday, with deviled eggs at the top of my "favorite food" list. And third, one of my strangest obsessions is mini horses.

I don't know why, but I love them. So imagine my delight when I stumbled upon Tender Little Hearts mini horse therapy. A few weeks ago, I made the trek out to 136th St. and Dynamite, over the roller coaster gravel road to Tender Little Hearts Ranch. I was greeted by founder Terry Holmes-Stecyk and her minis Dolly and Mazy, and a mini donkey named Boone.

The organization was started as a way to introduce people young and old to equine therapy. Holmes-Stecyk explained that the way peoples' eyes light up when they see the minis is incomparable – and I can agree because I was in heaven while hanging out with them. Check out the story on page 40.

This month, we're also highlighting some of Arcadia High's sports teams, as well as

Veritas' House Program and their inaugural Athletic Director's Cup. Things aren't quite back to normal, but our neighborhood schools are keeping in high spirits.

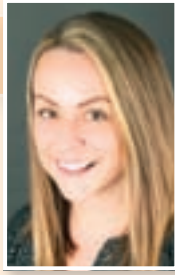
The second Arcadia Podcast is now available (arcadiapodcast.com). No. 2 is hosted by yours truly and features local chef and Arcadia resident Christopher Collins. We hope you enjoy it!

Some of our community members are featured in our Veterans Day shoutouts on page 8. We want to thank everyone who contributed and to give thanks to our veterans for their service!

Happy Thanksgiving from our families to yours, and thank you for reading *Arcadia News*.

Mallory

— Mallory Gleich



AHS junior earns Eagle Scout

By Mallory Gleich

Arcadia's Boy Scout Troop 6 has added another Eagle Scout to its ranks with Arcadia High junior Dylan Burges.

Dylan started with the Boy Scouts in 5th grade.

"I was initially involved in Pack 6 as a tiger cub when I started in 2nd grade at Hopi and was just led into Boy Scouts," Dylan said.

Dylan explained that the Boy Scouts has taught him leadership skills and independent life skills that he's learned while camping and backpacking. "I feel very privileged to have had these opportunities and to have had amazing adult leaders at my side," Dylan said.

He received the Eagle Scout honor in early July.

"Achieving the rank of Eagle Scout is the pinnacle of scouting," Troop 6 Scoutmaster Steve Radonich said. He explained that a scout must complete seven rank advancements over multiple years. They must also earn a minimum of 21 merit badges, provide leadership to the troop, and develop, implement and lead an Eagle Scout Project.

"From there, they complete the Eagle Project workbook, have a Scoutmaster Conference and pass a Board of Review at the council level," Radonich said.

Dylan's project involved mural restoration at the Rio Salado Habitat Restoration Area.

"We had about 40 scouts show up to help restore four large murals under a bridge over several hours. The murals looked amazing afterward," Dylan said.

"As scout leaders, we are privileged to



Dylan Burges

witness the growth and maturity of the scouts over time," Radonich said. "The project is so meaningful for the scouts because they build leadership and planning skills they will use their whole lives to benefit our communities and the world as they become adults."

"Receiving my Eagle Scout made me feel as though I had finally accomplished the main goal of scouting," Dylan said. "In my eyes, the award is a token of appreciation and a reminder of the years I

spent scouting with amazing people."

Dylan plans on attending an out-of-state university. His top choice is the University of California Santa Barbara, followed by the University of Washington.

"I would like to go into the field of computer science or videography, possibly," he said. "My future goals are to continue to do well in school while giving every other activity my all at the same time. I strive to be the most well-rounded kid I can be."

"Eagle Scouts are important to our community, country and the world because they have shown the willingness to live by the Scout Law and Oath: To be trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent," Radonich said.

Burges is the 218th scout to earn his Eagle rank since Troop 6 was formed in 1935.

Troop 6 holds their Monday night meetings at Prince of Peace Lutheran Church on 56th St. and Indian School Road.

Reach Scoutmaster Steve Radonich at steve@scoutwm.com

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." — John F. Kennedy

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LOST CAT



- Cat's name - Thom, A brown/grey Bengal Mix with white chest and paws
- Last Seen on Oct. 8th around 68th and Exeter
- He had a Tag but may have lost it. He is chipped.
- He is a lovable little guy and we miss him dearly

If you've seen our Cat around or have any information please contact Carol at **602-577-4460**.

VFW Post 720 ready to celebrate 100th anniversary

By Mallory Gleich

The Veterans of Foreign Wars started over 120 years ago after the Spanish-American War in 1898 and the Philippine Insurrection from 1899-1902. Many soldiers arrived home injured and unwell, with no way to take care of themselves. As a result, a group of veterans started the Veterans of Foreign Wars of the United States to support these men and women. Today, there are over 1.5 million members.

Arcadia's local post, Post 720 (located on Thomas Road) will be celebrating its 100th anniversary in early 2021.

"Our post tries to help the veterans that come through our door, whether it be with benefits that they're entitled to, or overcoming hurdles...we have a veteran resource fund to help (like if a vet comes up short on rent)...we try to step up and help as much as we can," said Commander Joseph Dora. Dora has been an official member since Operation Desert Storm.

Post 720 used to be located in Central Phoenix, on 7th Ave. and Pierce at a former armory.

"We were opened by a bunch of different veterans. We're the second oldest continuous operation in the state of Arizona," Dora said. The post moved to the Arcadia area in the 1950s.

"Our post wasn't doing so well when I became commander four years ago. We've slowly rebuilt the structure, and we're working on bringing in more members and being a bigger part of the Arcadia neighborhood," he said.

Post 720 holds a Friday night fish fry and Sunday brunch that are open to members and the public. They also hold a Thanksgiving dinner every year. They have a dance floor that can be rented out and a smaller room – Wolfenbarger Hall – named after one of their Hall of Fame members.

The Hall of Fame was started three years ago and includes five members who have given years of service and volunteer hours



Post 720 has been part of the Arcadia area since the 1950s.

to the post. Elizabeth Wolfenbarger might be a familiar name – she's an Arcadia resident and was the first member of the Hall of Fame.

"We're trying to build a positive community base, and we have a lot of good people who are part of the post. I'm very honored to be the commander. My mom and dad were VFW members, and my dad was an All American commander. We want to be a place where people can come and use our resources," Dora said.

Other members of the VFW elect commanders. Before becoming commander, Dora was the senior vice post for five years.

"The VFW is more than just a hall.

I've seen the differences that it's made in people's lives," he said. "It's something that means a lot to me. Our motto is 'we've only just begun,' and I hope to see us last another 100 years in the community."

Post 720 has some fascinating history behind it. Barry Goldwater was a lifelong member before he passed in 1998. The post adopted the unit that's named after him at Sky Harbor.

The post has been home to soldiers with silver and bronze stars, along with many who have earned Purple Hearts.

They also hold welcome home celebrations for soldiers returning from service.

"Those celebrations are great. You get home, and you know you're finally safe

and able to let your guard down. It's a great honor for our post to be able to do that. It's a beautiful thing to be able to thank the men and women who are fighting for our freedom," Dora said.

Post 720 was able to keep its doors open when the pandemic hit.

"We were able to clean up our facility and repaint our canteen area. We turned a negative into a positive and helped families as much as we could," Dora said. "People think of the VFW like a smoky old bar where old vets tell war stories. But we're more than that. Sometimes if you sit down and listen to the stories, you'll learn a lesson. I'm happy to be a small part and make a difference in someone's life," Dora said.

The 100th anniversary will be held in April 2021.

vfw.org



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Arcadia Real Estate Stats

2020 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2020-9/30/2020)

Active Homes -	145 homes
Homes Sold -	253 homes
Average Sale Price -	\$1,698,000
Average Sold \$ Per SF -	\$427
Average Days On Market -	109 days

There is currently 6 months of home inventory. (based on 2019 sales results)

2020 home sales have increased 7% this year. (based on 2019 sales results)

2020 home prices have increased 20%. (based on 2019 sales results)

2020 \$ Per Square Foot prices have increased 13%. (based on 2019 sales results)

2020 homes are taking 7% less 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

(1/01/2020-9/30/2020)

Active Homes -	52 Homes
Homes Sold -	169 Homes
Average Sale Price -	\$732,000
Average Sold \$ Per SF -	\$312
Average Days On Market -	61 days

There is currently 3 months of home inventory. (based on 2019 sales results)

2020 home sales have increased 5% 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 12%. (based on 2019 sales results)

2020 Homes are taking 33% 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

Free MLS Access: visit TommyAtkinson.com



WHAT'S HAPPENING, ARCADIA?



22" mixed evergreen wreath

Help support local Arcadia Boy Scouts by buying a wreath! The annual **Troop 6 Wreath Sale** is happening now. Wreaths – and other holiday greenery – start at \$25 for local delivery. Direct delivery is available to the continental U.S., which makes holiday gift-giving easy. Proceeds from this fundraiser help Troop 6 fund backpacking trips, camp outings and community service projects. Final orders are due by November 8. Order online at sherwoodfundraiser.com/arcadiatroop6.

arcadiatroop6@gmail.com
or text 602-319-5930

Every December, **Hopi Elementary** hosts a Holiday Care Drive and picks a program to support during the winter holiday season. Hopi is currently looking for parent volunteers for each classroom to coordinate the collection of needed items.

Contact volunteers@hopipta.com.

Christ Church Lutheran is looking for donations and volunteers for their Wednesday morning food pantry. Every Wednesday from 9:30-11:30 a.m., families can come to the front of the school and pick up a box of goods. CCL's highest need is protein items, such as peanut butter, canned tuna/chicken or canned/dried beans. Donations can be dropped off at the office or school drop off. On average, CCL donates over 100 boxes a week.

cclphoenix.org

Registration is now open for **Shemer Art Center's** winter classes. Guests can choose from various lessons, such as pottery, ceramics, silkscreen and photography. There will also be workshops available in-person and virtually for watercolor, calligraphy and many others.

shemerartcenter.org

FitPHX is now offering free virtual fitness classes through December 8. Every Tuesday at 6 p.m., participants can log into Zoom and get moving – from the comfort of their homes. Workouts are family-friendly and include Turbo Kick, Zumba, P90X, PiYo and more.

Visit the [FitPHX Free Virtual Fitness Series Facebook page](https://www.facebook.com/FitPHX)



Scottsdale Dia de Los Muertos at the Old Adobe Mission grounds.

Each year, **Shemer Art Center** selects one high-achieving Arizona artist to recognize during its Shemer Honors event. This year, the honor goes to Beth Ames Swartz, a mixed-media artist celebrating a nearly 60-year career. Swartz will be honored during the 2020 Shemer Honors event, held virtually on November 13 at 6 p.m. Swartz will also introduce her works of art in an exhibition at the center, which will be on display through February 2021. Attendees of the virtual event will learn about Swartz and her career and enjoy a personal tour of her new art display.

shemerartcenter.org



Beth Ames Swartz

A new vegan burger joint will be opening up in early 2021 at 33rd St. and Indian School Road. **Beaut Burger's** entrées are made from 100% ground plants, veggies, grains, beans and nuts served on homemade buns. They'll offer the classic side – French fries – along with artichoke salad, coleslaw and dill pickles. This is the first Phoenix location for the eatery.

beautburger.com

Junk in the Trunk Vintage Market recently unveiled a pop-up storefront for the holiday season, located at Scottsdale

Quarter, 15059 N. Scottsdale Road. Guests can shop from their collection of vintage, artisan-made and handcrafted goods from over 25 local vendors for the entire month of November and into December. Junk in the Trunk also has an online marketplace so people can shop from home.

junkinthetrunkvintagemarket.com

Condé Nast Traveler recently announced the results of its Readers' Choice Awards, and congratulations are in order for **The Hermosa Inn**, which was recognized as the #4 Hotel in The Southwest and West. More than 715,000 readers submitted responses rating their travel experiences across the globe. These awards are the longest-running and most prestigious recognition of excellence in the travel industry.

hermosainn.com

The last days of the 4th annual **Scottsdale Dia de Los Muertos Art Installation** are happening on Nov. 1 and 2 from 9 a.m. to 10 p.m. in Old Town Scottsdale. Guests can tour the walk-through exhibit on the Old Adobe Mission grounds (3817 N. Brown Ave., Scottsdale) and check out fine art, Mesoamerican inspired sculptures and traditional altars. Arizona, Los Angeles and Mexico City artists will be on display. COVID-19 safety protocols and social distancing will be in place. This event is free.

scottsdaleiadelosmuertos.com



Brioche Chocolate Chip Bread Pudding

Starting November 1, Valley steak and seafood restaurants **Dominick's**, **Steak 44** and **Ocean 44** will start a campaign to support three Arizona charities who have lost funds due to the pandemic. Guests who dine at these restaurants will be able to round up their checks to support the Phoenix Heart Ball/American Heart Association, PANDA and Make-A-Wish Arizona. The campaign will run through November, with 100 percent of the proceeds going toward charity.

EVENTS

NOVEMBER 2020 COOKING CLASS

November 4 from 6-8 p.m. with Arcadia's own YouCare SelfCare guru – also known as Miriam Hahn. Miriam teaches cooking classes each month for groups of 12. This month's event will be fall-themed, with guests creating appetizers, soup, salad and an entrée – and then enjoying it together on the patio. All meals will be plant-based, and guests can bring a beverage of choice. Classes are \$45 per person.

youcare-selfcare.com

WHAT'S HAPPENING, ARCADIA?

Readers are encouraged to check event websites for safety protocols.



Stella Artois Polo Classic in Scottsdale

THE STELLA ARTOIS POLO CLASSIC

November 7 at WestWorld of Scottsdale, 16601 N. Pima Road. The 2020 Stella Artois Polo Classic is here – with a “safe” twist. This year’s event will keep with safety precautions, with masks required and limited capacity, but still plenty of fun. What’s more, this year’s event will host Morehouse College, playing at WestWorld for the very first time. Guests will enjoy polo matches, a fashion show, a guitar showcase, a post-polo concert and a Barrett-Jackson preview. Tickets start at \$30 for general admission.

thepoloparty.com

CAMELBACK CLEAN UP

November 15 from 9-11 a.m. The Camelback Clean Up event is back again this year. Participants will meet at Shemer

Art Center, 5005 E. Camelback Road. Parents and kids should make sure to wear pants, long-sleeved shirts and gloves (sunscreen, hats and water bottles are a good idea, too.) The Arcadia Camelback Mountain Neighborhood Association will provide trash bags, vests and pickers. This event will last around 90 minutes.

acmna.org/events

BLACK FRIDAY HITTING CLINIC

November 27 at Salt River Fields, 7555 N. Pima Road, Scottsdale. Students can enjoy two hours of hitting, swinging and everything in-between as they learn the fundamentals of a successful baseball swing at the Salt River Fields Baseball Academy. The clinic will be hosted in the Colorado Rockies batting cages, and each session is limited to the first 25 campers on a first-come, first-serve basis. There are two sessions: 6-12-year-olds from 10 a.m.-12 p.m. and 13-18 from 2-4 p.m.

saltriverfields.com

ONGOING

HOLIDAY LIGHTS AT SALT RIVER FIELDS

Kicking off on November 23, guests can view the holiday lights from the safety of their vehicles this year. The loop is over one-mile long and boasts nearly 5 million twinkle lights, six holiday-themed tunnels

and a “carriage-ride” option to really boost the holiday spirit. Tickets are \$36 on weekdays and \$46 on weekends, with VIP options available.

holidaylightssrf.com

MUSIC IN THE PARK

Biltmore Fashion Park at 2502 E. Camelback Road will be hosting live music sessions every Saturday in November on the center lawn. Bring chairs, blankets and snacks and be regaled by the musical stylings of NEON. This event is free.

shopbiltmore.com

PUZZLE RIDES

Recently opened in Old Town Scottsdale, Puzzle Rides is an adventure game that combines a golf cart, an escape route and a scavenger hunt for a night of fun. Players are taken on a guided path and use teamwork and elements of the route to solve a series of puzzles before time runs out. There are different themes, and the games are safe for all ages. Registration is \$100 per person.

puzzlerides.com

VIRTUAL

DINNER IN THE STACKS

November 14. Hosted by the Phoenix Public Library, this year’s Dinner in the

Stacks event is happening online. Starting at 5:30 p.m. guests can shop the online silent auction, featuring local art and literary treasures. Or purchase a creative literary-themed dinner box, such as “Dragons Love Tacos” or “The Old Man & the Sea” box, curated by local Chef Malone Deever of Conceptually Social. Proceeds will benefit library programs.

dinnerinthestacks.org

CIVIL WAR ROUND TABLE

November 17. Scottsdale’s Civil War Round Table discussions are back – but this time, they’re virtual. This month, join author Donald Frazier on Zoom as he discusses his book, “Blood & Treasure: The Civil War in the Southwest,” which regales readers with the Confederacy’s plan to conquer the Southwestern territories of New Mexico and Arizona. Admission is free.

scottsdalecwr.org

LIGHT UP A LIFE

November 22. This year, Hospice of the Valley’s annual remembrance celebration will be held on television rather than in-person. Participants who have previously submitted photos of their loved ones can view a slideshow on AZTV Channel 7 starting at 5 p.m.

hov.org

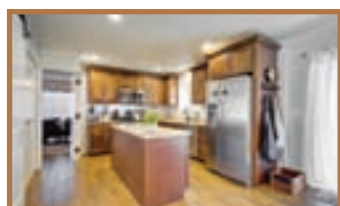
Hopi School District and Amazing Views of Camelback Mountain

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No other home offers such close proximity to trendy, upscale restaurants & shopping. Take an evening walk to Chelsea’s Kitchen (.7 mi) though a neighborhood canal entrance. Feeding the ducks on the way is optional. Take a quick, 7-minute walk for a lively evening at Buck & Rider (.3 mi) or Steak 44 (.3 mi). Follow it up the next morning at The Henry (.3 mi) for their unique see & be seen brunch experience. On Sundays, ride your bike down the canal to catch a game over brunch at O.H.S.O. Brewery (1.5 mi), or take your kids to Kachina Park (.4 mi) & stop over for refreshments at La Grande Orange Grocery (.6 mi).

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Wishing you a happy Thanksgiving and holiday season!



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Submitted by: Melissa Hirschl
Jeff Hirschl – Navy. Stationed in San Diego in 1969. "Thank you so much for your service for our great country! I love you!"



Submitted by: Roni Mier
Joe F. Mier – A Tech Sgt. in France in 1944. He was one of six brothers serving in the military at the same time.



Submitted by: Greg Bruns
Edward Bruns – Grandfather of Arcadia News Publisher Greg Bruns who was drafted into the U.S. Army in 1943 at age 19. He was wounded in southern France and awarded a Purple Heart.

Thank you VETERANS

From all of us at the Arcadia News



Submitted by: Heidi McNeil Staudenmaier
Archie McNeil – Shoutout to my dad, Archie McNeil, age 90, of Preston, Iowa. He served in the Army during the Korean War from 1952-54. He was stationed in Salzburg, Austria, and reached the rank of Sergeant. Proud of my dad's service to his country!



Submitted by: Erin Denk
Wally Collins – I wanted to give a shoutout to my dad, Wally Collins, who owns Wally's American Pub & Grill on 44th St. and Camelback Road. He was in the U.S. Air Force from 1968-1969 in the 535 TAS in Vietnam and from 1969-1972 in the 552nd Airborne Early Warning Squadron as a Captain/Combat Pilot in Thailand, Iceland and Korea. He was awarded the DFC (Distinguished Flying Cross) as well as other commendations!



Submitted by:
Tracy Keller Townsend
Al Townsend –
As a member of the Army
National Guard for over
10 years, Sgt. Alfred
Townsend recently returned
home from a year-long
deployment to Afghanistan
with the Arizona National
Guard's Aviation Medevac
unit (Phoenix Dustoff).
He previously deployed
to Kosovo in 2016 and
Afghanistan in 2011-12.
Thank you, Al, for your
continued service and
dedication to our country
as well as your commitment
and selflessness as a
citizen soldier.



Grandparents of Arcadia News staffer Roni Mier's husband,
Arthur, with their six sons who all served in WWII.



Submitted by: Heidi Loftin
Grant Loftin – Currently a senior at the U.S.
Military Academy at West Point, who will serve
as an Officer in the U.S. Army upon graduation in
May 2021. Grant is a 2017 graduate of Arcadia HS.



Submitted by: Heidi Loftin
Jim Loftin – Former U.S. Naval Petty Officer
who served with the Pacific Fleet and was
involved in the embargo of El Salvador, Arabian
Sea, Persian Gulf, Yemen and East Africa.



Submitted by: Heidi Loftin
Dr. George Eifler – Former U.S. Naval Officer
who served in Operation Desert Storm in 1990
Kuwait and Saudi Arabia.



Submitted by: Amy Schleeper
Pvt. David Schleeper – based in San
Antonio, TX. "We are so proud of the things you
have already accomplished and are excited to
see the amazing medic you become!"



Submitted by: Amy Schleeper
Cpl. Stephen Schleeper – Army 1990-1996
"Thank you for your years of service and
instilling in our kids the desire to serve!"



Submitted by: Arcadia News editor Mallory Gleich
John Gleich – Vietnam Army Vet 1962-1965
"Thank you for your service, pop!"



Operation: Everyone supports frontline workers

By Cliff Summerhill

During the stay-at-home order, local jewelry maker Christy Alvarado and her friends decided to start making beaded bracelets to give to the staff at St. Joseph's Hospital – she called the line Bracelet Joy.

"The jewelry line is something that we can leave for [frontline workers] to let them know 'you matter,'" she said. "We appreciate everything they are doing and sacrificing."

Alvarado said her bracelets are all handmade and showcase fun, inspirational words to spread love to those on the front line.

"My friend Jenny worked at St. Joe's, so she would be my inside angel to distribute to the healthcare heroes," Alvarado said.

Soon after the initial effort, she reached out to some other friends who were also giving back at St. Joe's by baking home goods for the hospital nurses. Quickly, they formed Operation: Everyone.

They reached out to people on social media and soon found a flurry of support from local businesses like Santa Barbara Design Studio, Cold Stone Creamery and Paula Jacqueline Cakes. They also received donations of gift cards, pastries, treat bags, monetary gifts and more.

"It was an example for our children," Alvarado said. "Even though we are in a pandemic, there are ways we can give back."

To expand Operation: Everyone, she needed to enlist other community groups to make bracelets.

"Jewelry was a given since we had been making it already, but we just needed a team of bracelet makers to help out," Alvarado said. "We got a group of seniors



In April, Christy Alvarado sent appreciation bracelets to St. Joseph's Hospital.

from Arcadia High School to help put them together for Camelback Pediatrics."

As she moved forward with the bracelet making, Alvarado incorporated a handmade stethoscope charm with a frontline worker that reads "2020" and a nurse symbol with a healthcare worker, both with the same inscription. The charms are being used in necklaces as well.

In addition to the custom jewelry, she wanted to include sweet treats as a part of her mission to give back.

Bracelet Joy is something that we can leave for [frontline workers] to let them know 'you matter.' We appreciate everything they are doing and sacrificing."

While celebrating National Ice Cream Day, she enlisted the help of Leo's Ice Cream Truck to provide ice cream to the workers at Camelback Pediatrics. Before that, Operation: Everyone was gifted a large donation from Cold Stone Creamery Tempe for healthcare workers at Valleywise Health.

"Because of generous donations and partnering, we have been able to provide some treats or food to the workers," Alvarado said.

As the program continues, the jewelry maker will continue working with Leo's Ice Cream Truck and has also reached out to Fresche, Dulce de Churros, Kona Ice and UnBaked for additional partnerships.

Operation: Everyone has served Banner Health, St. Joseph's Hospital, Abrazo Heart Hospital Central Campus, Valleywise, HonorHealth Piper Surgery Center, SMIL offices and Camelback Pediatrics.

Moving forward, Operation: Everyone is working on a "Healthcare Hero Token" that supporters can buy and pass out to their healthcare heroes.

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Brophy Prep excels in the MAKERS Challenge

By Jennifer Marshall

The MAKERS of Change Assistive Technology Challenge, sponsored by Southwest Human Development, invites high school STEM teams to come up with ideas to improve the lives of children with physical and developmental disabilities through the use of assistive and bio-technology.

Southwest Human Development is Arizona's largest early childhood nonprofit, with 40 different programs to help kids.

"By working with both the children and their parents, we have a program to help no matter what problem a child has. Our vision is a positive future for everyone," said Senior Manager of Donor Partnerships David Reno.

The nonprofit's annual MAKERS Challenge supports the Adapt Shop, which is a workspace where MAKER's technicians create assistive technology that allows kids to grow, develop and "live life to its fullest."

"Three years ago, we had a piece of equipment we wanted to improve," Reno said. "But when we took it to some companies to see if they could redesign it to be lighter, cheaper and easier to produce, they told us no. They recommended that we get a whole bunch of high school kids to do that for us. Thus, the birth of the MAKERS Challenge."

Every year in early September, MAKERS officials release a series of unique needs to STEM teams throughout the Valley. These teams then select what problem they want to focus on and solve. MAKERS is open to STEM teams of all sizes and experience levels.

"These challenges have future tech titans applying their skills to create new mechanisms to help people with disabilities today," Reno said. "Another part of the mission is to instill in these young people the love of helping others, especially kids."

The eight-week challenge ends on November 7 when STEM teams present their concepts. Teams can place in four different rungs:

- Level 1: Proof of Concept
- Level 2: Physical Design
- Level 3: Data Collection
- Best in Show: Best Idea

"For Level 1, teams don't have to build a device, they just have to have a great idea for one," Reno said.

Reno explained that to achieve Level 2, teams must have started taking steps to build a device. Reaching Level 3 means that teams have installed sensors on their device and recorded functional data that physical and occupational therapists can use to analyze how useful the tool is. Best in Show means that the concept is so well done that it will most likely be further developed.

Since the inception of the program, Brophy Prep has been a strong performer and contributor.

"In 2019, Brophy won Best in Show along with Level 1 and Level 3," Reno

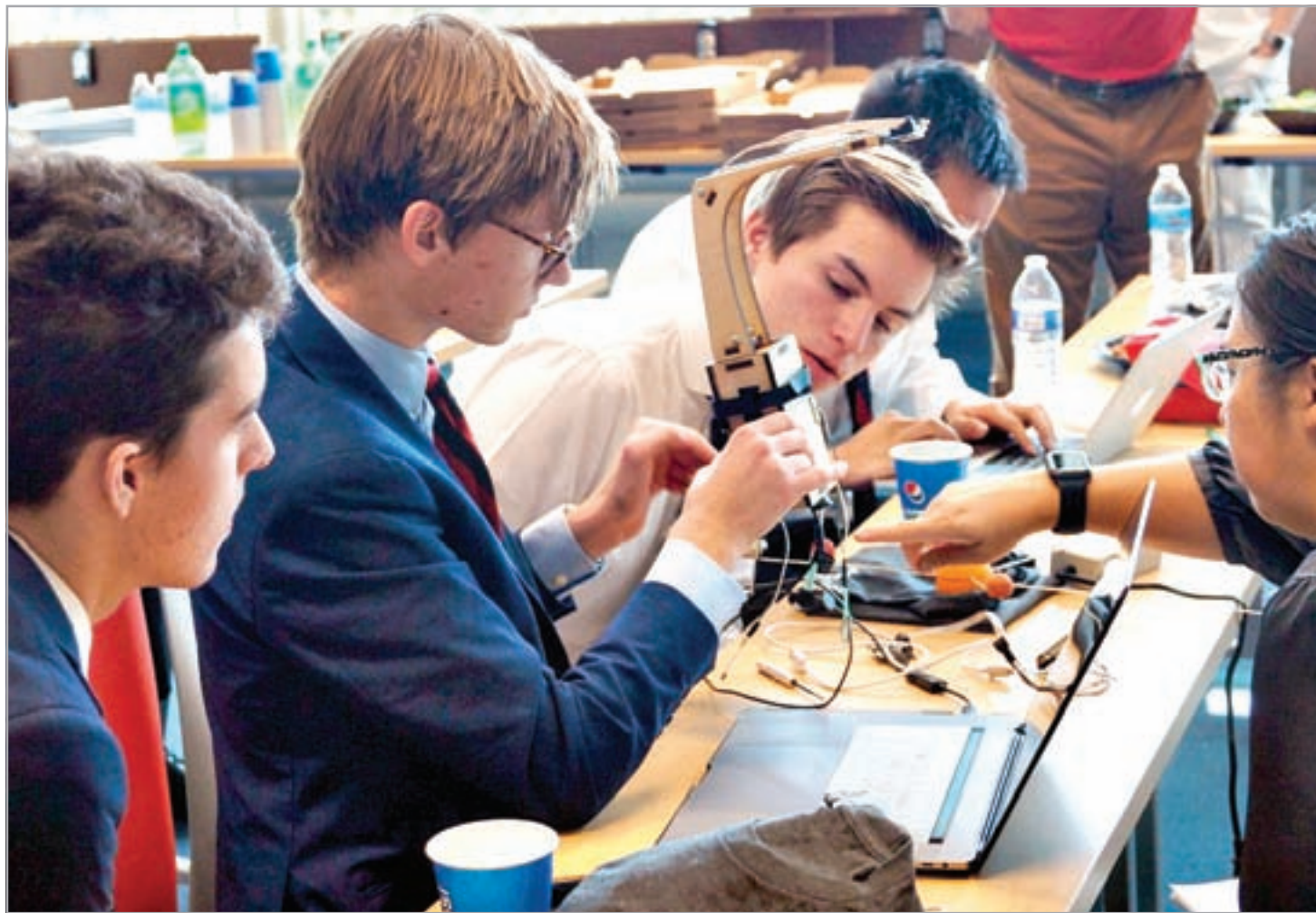


PHOTO: ALEX SWARTZ, SOUTHWEST HUMAN DEVELOPMENT

Kevin Yin, Raymond Link, Hunter Gruler and Liam Nelson.

said. "Their program is top of the line, well-funded, with all sorts of resources and very experienced. Their team often continues to fine-tune their different solutions long after the challenge."

Last year, Brophy's team created a headrest for a child who had head instability. They embedded sensors on the left and right side of the headrest, so therapists could

study the data and see how often the child was keeping his or her head upright and centered versus laying it to the left or right.

In the end, when an apparatus has been vetted and deemed serviceable, MAKERS personnel post the design and results on their website as open source for anyone who desires to take it to the next level.

swhd.org

THIS YEAR'S CHALLENGE

As a team, choose one of Matt's [the child in need] occupational therapy goals to work on. Each goal requires software and hardware development. Level 1 submissions will plan out how to develop for both software and hardware components with a Proof of Concept for each. Level 2 will require the development of the software and hardware described in Level 1. Level 3 will require teams to use the software and hardware developed to measure the data requested from Matt's occupational therapist.

Goal 1:

Increase access to personal computer with assistive technology.

Goal 2:

Increase motor control to both upper extremities.

Source: swhd.org



World War II Memorial

Veterans Day remembered with national memorials

During a trip to Washington, D.C., I had the opportunity to tour the National Mall. It is a magnificent tribute to America’s greatness, from the towering Washington Monument at one end to the powerful and compassionate likeness of Abraham Lincoln at the other.



The Lowe Road

BY SAM LOWE

Former Valley newspaperman Sam Lowe now writes about his travels across Arizona, the U.S. and the globe.

There are three memorials at the west end of the mall that have had a long-lasting effect on me. I had seen many photos and television clips about them, but their impact wasn’t felt until I saw them in person.

The first was the Vietnam Veterans Memorial. The wall is made up of 140 black granite slabs and is inscribed with the names of more than 58,000 Americans who lost their lives during the conflict in Southeast Asia.

Millions visit the memorial every year, and many of them leave such personal tributes as

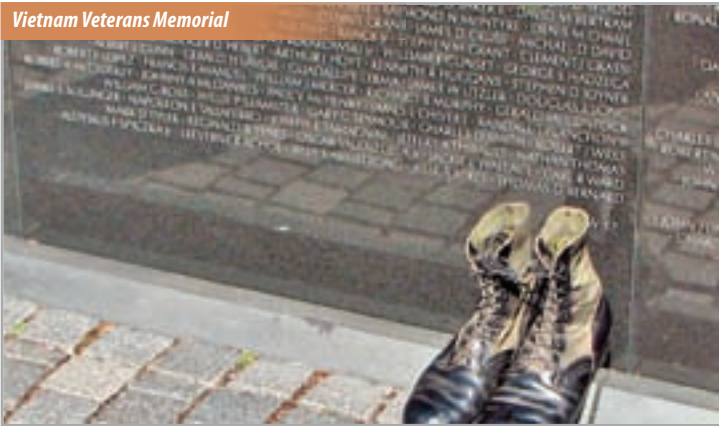


Korean War Veterans Memorial

army boots and dog tags at the base. Nearby stands The Three Soldiers statue and the Vietnam Women’s Memorial.

A short distance away, the World War II Memorial takes up 7.4 acres and features 56 granite pillars and two triumphal arches arranged in semicircles around a large pool and fountains.

The pillars represent the 48 states in existence during the war, plus the District of Columbia and seven United States territories at the time: Alaska, Hawaii, Guam, the Philippines, Puerto Rico, American Samoa and the U.S. Virgin Islands. It is a tribute to the millions of service members who fought and the millions who kept the home front safe.



Vietnam Veterans Memorial

However, it is the Korean War Veterans Memorial that still haunts me. It is stark, and the soldiers depicted are so lifelike that you feel the cold they suffered through in that dark time. There are 19 statues in the memorial.

They’re made of stainless steel, and they’re all gray, which furthers the illusion of bitter cold. The statues were sculpted by a Vermont artist named Frank Gaylord. Each stand about 7 feet, 3 inches tall. The figures represent a cross-section of the military branches with an ethnic mix of soldiers who fought in the conflict.

The figures are surrounded by juniper bushes, meant to symbolize the rugged

terrain of the Korean battlefields. The granite stripes inlaid in the ground represent the obstacles they had to overcome. The soldiers are all partially covered by ponchos that are historically accurate and create a sense that the entire column moves toward some unknown target.

What I found most impressive were the eyes. They look directly into your soul, speak to you and ask if this sort of madness will ever end.

The memorial can be viewed almost any time as it is open 24 hours a day and illuminated at night. If you ever make it to Washington, D.C., make sure to check it out.



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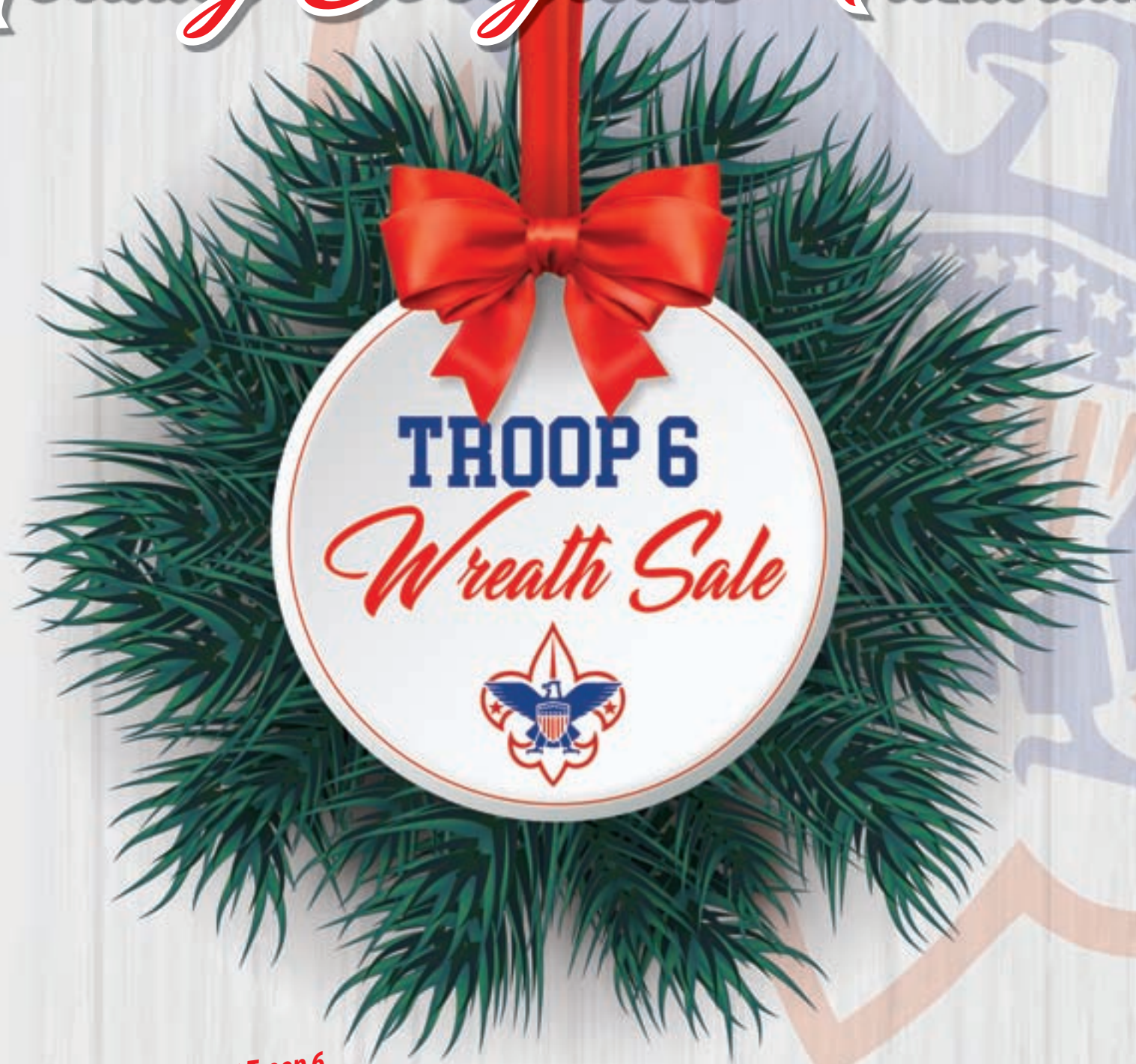
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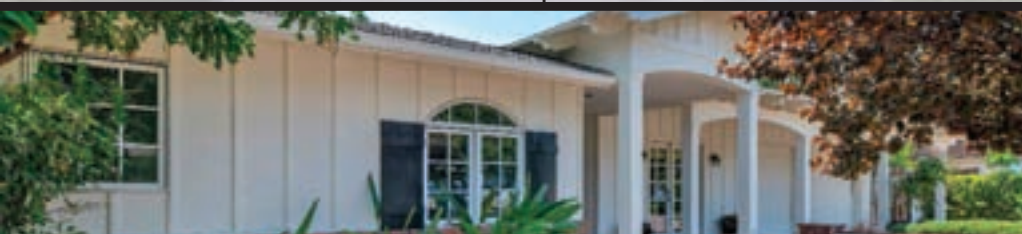


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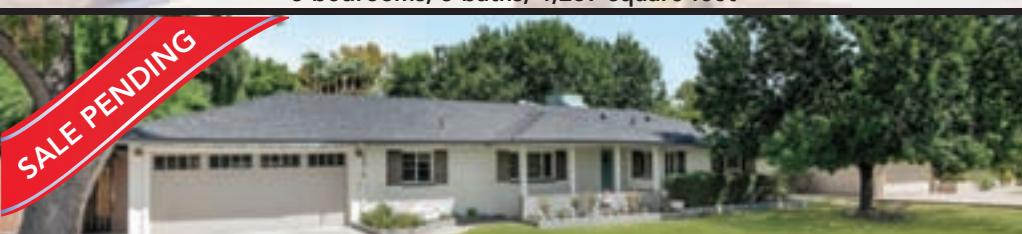


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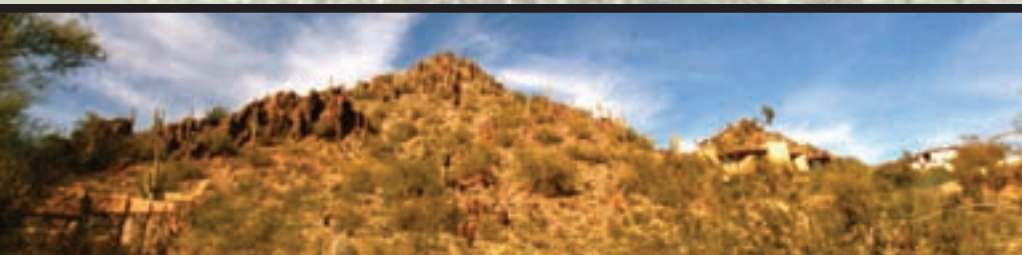


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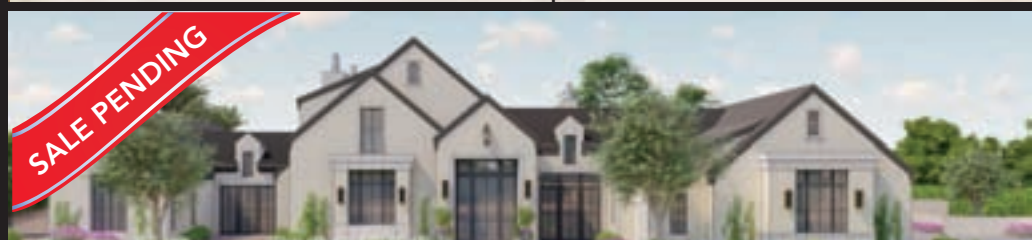


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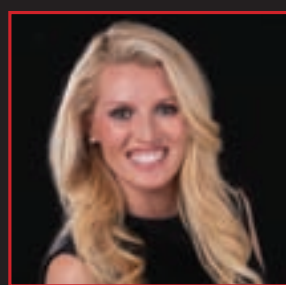
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PHOTO COURTESY OF KRIS KAINASS

Amie Lyon and Kris Kainass.

Raising the wine bar from grape to glass

By Melissa Hirschl

Some say that wine is more of a lifestyle than a beverage. Arcadia moms and wine aficionados Kris Kainass and Amie Lyon enthusiastically agree.

The two have parlayed their love of wine into a new business venture called Fit Fun Wine. As sales representatives and consultants for the "clean-crafted" wine producer Scout and Cellar, Kainass and Lyon tout that they are ready to "disrupt the wine industry."

"Many commercial wines contain a plethora of additives," Lyon said. "S&C, however, is free from any sugars, GMO ingredients, synthetic pesticides, dyes or chemicals. You wouldn't eat a burger that was full of junk ingredients, so why should your wine experience be any different?"

While wine was "love at first sight" for Kainass, the relationship started to go astray when she noticed changes in her physical reaction to wine, which led to a re-examination of her original passion.

"I loved the taste, but it started to keep me up at night," she explained. "I'd also feel groggy the next day. As much as I love wine, it just wasn't worth it any longer, and I pretty much stopped drinking it altogether."

Lyon had similar experiences. The discovery of S&C turned out to be the perfect way to revive the duo's zeal.

"S&C has particular vineyards they work with," Lyon said. "They travel the world, finding small family-run vineyards that only handpick their grapes and make wine the way nature intended. They are so committed to excellence; the wine is double tested at the University of California Davis to verify it's free of junk."

Client Libby Short is a firm believer in the business as well. "I used to wake up with a stuffy nose and headache, no matter how much wine I had the night before. After drinking S&C wine, I have absolutely no side effects the next day."

After recently launching their business, Lyon realized that Fit Fun Wine possessed the potential to generate money and positively impact the community.

"Now that we have a footing, we realize there is a real opportunity to bring people together over wine, whether it's during cooking, family time, or gathering with friends," Lyon said. "Community building is the most important aspect of our new venture."

To promote their inclusive philosophy, Kainass and Lyon provide Zoom wine tastings where they bring wine samples to your door, free consultations, a monthly newsletter, social media videos and a wine club.

Eager to improve others' lives outside the community, the duo gives a portion of sales to a nonprofit each quarter. Their current charity is Teen Lifeline, a support center staffed by teens who help other teens with questions and concerns.

Kainass and Lyon have found that human connection isn't lost; it is just being overshadowed. They see this business as an opportunity to bring that connection back.

"The bigger our base gets, we can see hiking clubs, book clubs and community events being part of our business venture," Lyon said. "Fit Fun Wine extends far beyond what is in your glass."

Visit the FitFunWine Instagram and Facebook pages.



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Great Hearts athletics offers new incentive for winning

By Jennifer Marshall

Veritas Prep's Athletic Director, Kayla Walsh, is the winner of the inaugural Great Hearts Director's Cup.

"With this new award, we are mimicking the Stanley Cup in a way, as the Director's Cup symbolizes which high school had the most successful athletic season," Walsh said.

The award was established by Great Heart Academies' Arizona Network Director of Athletics Jon Rickey, along with other athletic directors. The cup represents overall excellence in athletics during each school year.

Walsh explained that after the spring season, every Great Hearts high school tallies up their wins, and whoever has the highest score is the cup winner. Veritas is one of 14 high schools in the Great Hearts system, which operates charter schools in Arizona and Texas.

Each athletic win in every sport is worth a certain amount of points. Bonus points are awarded for school teams that win a regional game or place in state competition. For example, the Veritas boys' soccer team won the state championship, earning extra points.

"Because of COVID, we didn't play a spring season. But when we added up the points we



Kayla Walsh

had accumulated, we had the most out of all the Great Hearts high schools, so we won the cup, which has 'Veritas Prep 2019-2020' engraved on it," Walsh said.

Once a month, the Great Hearts Arizona athletic directors meet. Walsh explained that the Director's Cup is another way to connect and have fun competing with each other.

"While we're all competitive, we have great respect for each other,"

Walsh said. "But we love to brag about our students and our successful teams.

So this is an exciting way to keep tallies on who is winning what sports and who ultimately has the top athletic department."

"The Great Hearts Director's Cup is displayed in my office, and it is a point of pride for the students to see it and know that it was

their hard work and dedication that helped Veritas to win it," Walsh said.

With athletics at Veritas up and running, the competition is on for the best of the best at Great Hearts for 2020-2021.



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Wow.

Like you, I can't believe the year we've had.

For me, it's been unsettling and, frankly, at times, a bit depressing. Things changed so quickly. And I miss my old life!

But in the midst of all the craziness, I've developed an even greater appreciation for Arizona and our beautiful neighborhood.

We are so incredibly lucky to live in such a vibrant community which, despite the lockdowns and restrictions, still has an incredibly strong heartbeat. Emphasis on **heart**.

So as the holidays approach, I'd like to express my gratitude for all things Arcadia.

I can't think of anywhere I'd rather be as we ride this thing out.

Stay safe everyone. And Happy Thanksgiving!

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In the Kitchen

with **Chef Rick Boyer**
of The Phoenician

6000 E. Camelback Road, Scottsdale • thephoenician.com

By Mallory Gleich

It would seem that Arizona keeps calling Chef Rick Boyer back. His most recent return six years ago was his third – and his second round working at The Phoenician. With a career spanning over 20 years, Chef Boyer knows all the ins-and-outs of a kitchen – and how to stay positive when things turn out unexpectedly.

Where did you grow up?

I grew up in Massachusetts, just south of Boston. This is my third time living in Arizona – I've been back for six years. I moved here the first time in 1993. I came down and just fell in love, and one of my first jobs was actually at The Phoenician. In total, I've been here for about 15 years.

I went to school in Vermont, and then a vocational school in Massachusetts and studied culinary arts. When I was 14, I worked in some local restaurants. When I graduated high school, I applied to the New England Culinary Institute and graduated there with an associate's degree and never looked back.

Did you always know you wanted to be a chef?

As a young man, both my grandmothers were phenomenal cooks. One was English, and one was French. My grandmother on my dad's side was the first person to teach me how to cook. And during the holidays, I would always spend time in the kitchen – I was mesmerized by them. That's where I fell in love with cooking.

Oddly enough, when I went to vocational school, my first choice was carpentry. I like to be creative, and that's why I love culinary arts. You can create and have the satisfaction of pleasing people with what you've created.

Where and what was your first position in the industry?

My first position was as a pastry "finisher" in a doughnut shop in New Bedford, Mass. I made the doughnut glazes. I also washed the pots and the floors, so I was a steward. I was also a dishwasher at a pizzeria and worked my way up there.

Do you have a favorite chef that you've worked with?

I have lots. I would say my career took off when I came to The Phoenician. Right out of the gate, it was known as a food and

beverage destination. The food, prepared by Chef Alex Stratta, Robert McGrath and James Boyce was years beyond what everyone else was doing. I give lots of credit to Alex Stratta for holding me accountable in technique and teaching me the fundamentals of cooking outside of school. I've taken things I learned here back in the 90s with me throughout my whole career.

What are the first things you learned how to cook?

Growing up in New England, I learned how to make chowder and fish and chips, pot roast – I started cooking those first. I grew up in a town with Portuguese culture, so lots of seafood. Learning how to cook shellfish and clams, and learning how to make chowder the right way, those were some good inspirations for me.

Where else have you worked?

I've worked at the Broadmoor Hotel in Colorado, The Phoenician and Arizona Biltmore in the late 90s. I was a chef at Boca Raton Resort and Club in Florida, and then after that, became an executive chef at the Biltmore Estate in Asheville, N.C. I worked for the Kohler family in Wisconsin for a few years. Then I came back here to help with the relaunch of The Phoenician in 2013 as executive chef.

What is your inspiration for new recipes?

Seasonality is first. We build our menus on the best products we can get each season – also, the demographic. We have travelers that visit us from all over, and they expect us to deliver a high level of product and cater to their needs. The food has to be fresh and vibrant – and that comes with seasonality. We want to put stuff on the menu that we know will sell and attract our demographic.

What's the most challenging part of being a chef?

When you work at a high-level property, there's not a lot of room for error. So the biggest challenge is the commitment to being great and surrounding yourself with people who aspire to be greater than good. Training never stops. We're always working to be better. The biggest challenge is also the biggest opportunity, the biggest strength, because it keeps us fresh, moving and focused. The work is never done, but we're always striving to improve and stay consistent.



What's it like working in the Midwest compared to here?

People [in the Midwest] want simple food that's prepared at a high level. Working there was a phenomenal experience for me. I was able to help relaunch a couple of restaurants, and to work for the Kohler family was second to none. Here, it's important to keep The Phoenician as a food and beverage destination.

What's your signature dish?

Whatever you're in the mood for! Each restaurant [at The Phoenician] has its signature dish. You never know it's going to be a signature until you put it on the menu and people fall in love with it. For instance, the buttermilk buns at Mowry + Cotton – that became an instant signature.

Favorite part of being a chef?

The constant pursuit of excellence. On a day to day basis, I am thrown so many challenges that I'm trying to perfect – training, education, inspiration – and that, for me, is what keeps me coming back. I get to train and inspire young individuals. I get to be creative daily. I can't imagine sitting at a desk and looking at numbers all day – although that's part of the job, that's not the biggest part. Training and learning and instant gratification and feedback, those are things I love.

Any funny industry stories you'd like to share?

When I was in school, I was in class making beef bourguignon. I was searing the beef tips, and I seared them a little too hard. They got a little dark. The instructor, in his French accent, called me out, "What are you doing? You burnt them," and of course, as a young

man, I was confident that I had not. So he went and got a loaf of bread, absorbed the oil in the pan and asked me to eat it. So I ate the bread with the burnt grease, and I can tell you, it did not taste good. I spit it out. Lesson learned – it's okay not to know everything because, in this business, you have to be adaptable.

What are your hobbies?

I enjoy golfing, being outdoors, reading cookbooks, mysteries and leadership books and hiking. Spending time with my three children and cooking in the kitchen with my family.

Go-to comfort food?

Whole roast chicken with mashed potatoes. My wife laughs at me because I cook at such a high level, come home and eat so basic. Something about a whole roasted chicken with potatoes and veggies – I'm in heaven.

How do you overcome challenges in your life and the kitchen?

When things become stressful, people come back to the fundamentals of who they are and how they were trained – back to their core values. I pride myself on having strong core values and fundamentals, and I take that with me in my personal life. Faith, family and health come first.

In my personal and professional life, staying focused and having a positive approach is critical, even when we entered the first phase of COVID-19. We had to adapt. It's never as bad as it seems, and we'll work through it. Again, surround yourself with good people and good processes. The wellbeing of the team and our guests comes first, too.

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"Meet Mrs." | Ray Artigue

Coley Arnold

By Ray Artigue

Coley Arnold's superpower could easily be being a super mom. Or maybe it's being a super business owner? Then again, why not just call her Superwoman?

Lofty praise it is, yet 36-year-old Arnold does seem capable of clearing tall buildings in a single bound or conquering a multitude of other hurdles in her routinely 16-hour days.

Coley owns four businesses but, more importantly, has four children – and they're all adorable, rambunctious boys: Baylor, Broden, Benson and Booker. The youngest is 18 months old, and though he sleeps just fine, mom isn't quite as lucky.

"Motherhood is the hardest but most rewarding job on the planet. One that runs on no sleep, lots of coffee and thinking you're never doing enough," she said.

Coley met her husband, Justin, while attending ASU. They have been married for 15 years. With dry wit, she says, "We always love each other, but on days we just like each other, we know we are winning!"

Justin is very supportive, according to Coley. His strengths are her weaknesses, and they balance out each other. "He encouraged me to start the business, saying, 'just go for it.'"

"It" became Junk in the Trunk Vintage Market, which Coley started with her partners, Lindsey and Kevin Holt,

in 2011. Since then, the business has flourished and now has multiple markets throughout California and Arizona. They also just launched an online marketplace.

"It was almost an accident how the business began as we started in a friend's backyard, hosting about 20 vendors displaying their wares," Coley said. "The neighborhood became flooded with over 600 eager customers, and the police came to break up the ruckus."

Today, she and Lindsey scour the country a few times each year to go "treasure hunting" for everything from vintage furniture, clothing, jewelry, art and accessories, and outdoor and garden items.

"I guess I caught the bug for vintage treasures when I was a very young girl attending garage sales with my parents. I love seeing someone's junk transform into something that brings a smile to people's faces."

Coley's latest venture is The Vintage Arcadia, a collaborative space for shopping, dining, special events and business meetings. She and Lindsey are also opening a pop-up store this month at Scottsdale Quarter.

When asked what makes her tick, Coley said, "creativity!" She is quick to add that her real motivation in life is her family. "Having a family business is nice because it allows the boys to help out, showing them what they are capable of doing."

The Arnold family has resided in Arcadia for nearly 10 years. "We couldn't wait to get into Arcadia as we just love how friendly everyone is," Coley said, "and it feels like a small town in a big city."

When Coley isn't scrambling to fulfill her responsibilities, her favorite way to relax is in a

darkened movie theater. "I get a big tub of popcorn loaded with butter, and I'm a happy camper."

What's her advice for others considering the plunge into self-employment?

"If there's something you really want to do, don't wait for the right time because it doesn't exist!"

Coley Arnold and her business partners recently appeared on the Arcadia Podcast. View episode at arcadiapodcast.com.



"If there's something you really want to do, don't wait!"

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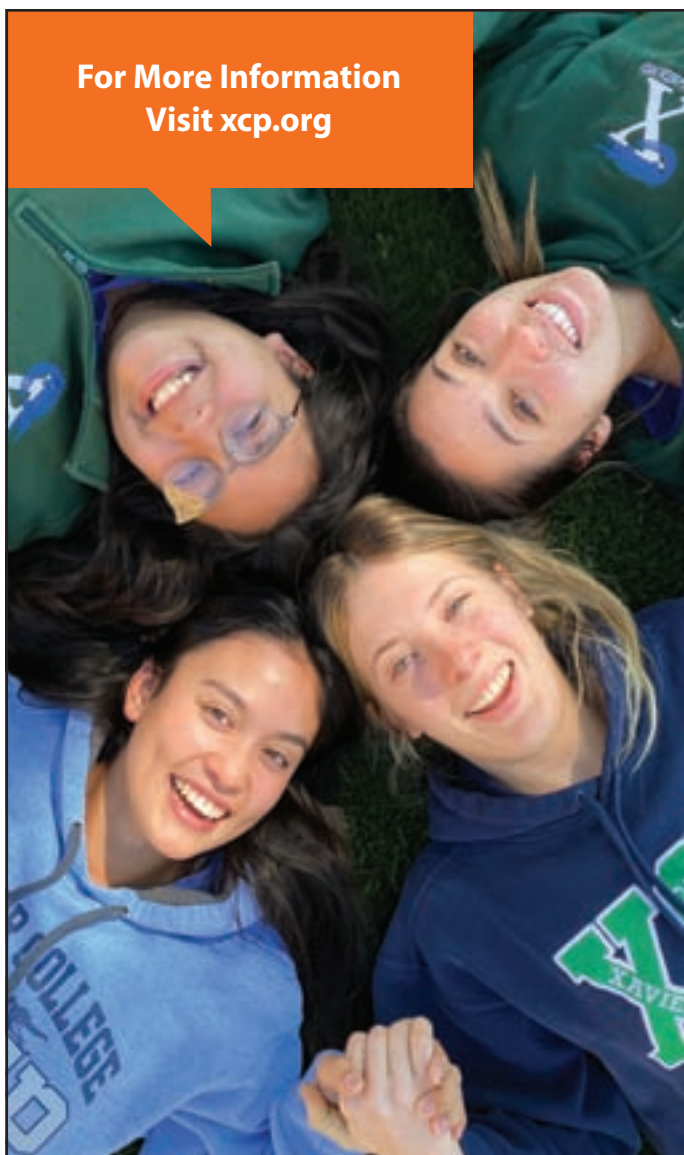
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ICM Food & Clothing Bank



St. Mary's Food Bank



Phoenix Rescue Mission

Spread hope this holiday season with local nonprofits

By Courtney Moser

There are over 21,000 nonprofit organizations in Arizona alone, ranging from homelessness and hunger relief, to animal shelters and everything in between.

The amount of assistance needed – especially after the pandemic changed our lives drastically – has doubled and tripled, causing nonprofits to struggle with donations, supplies and the delivery of both.

In the spirit of holiday giving, here are just a few organizations that could use some extra support this year.

ARIZONA HELPING HANDS

It was important for Arizona Helping Hands to stay open throughout the pandemic to continue providing services to the state's 14,000+ children in foster care. They provide essential items and resources for foster families and kids. This year, their annual Holiday Toy Drive will rely on the community to collect 30,000 toys to distribute to foster kids.

To help, people can shop the Arizona Helping Hands' Amazon wish list or drop off new, unwrapped toys to their warehouse

between 9 a.m. and 5 p.m. during the week. They're located at 3110 E. Thunderbird Road, Ste. 100, Phoenix.

azhelpinghands.org

PHOENIX RESCUE MISSION

Facing an increasingly large poverty rate and hunger crisis in our state, Phoenix Rescue Mission is more motivated than ever to make a lasting impact. Their new campaign, "Fed Up! Hungry for Change," sets out to not only address hunger but the root causes of hunger as well – such as a lack of vocational development and mental health services. They offer food and resources to help end the cycle of poverty.

To work with Phoenix Rescue Mission on this campaign, you can volunteer your time at an event, donate money online or drop off food at their warehouse. They also need volunteers for their drive-thru Thanksgiving Meal Distribution event on Nov. 21.

phoenixrescuemission.org

ICM FOOD & CLOTHING BANK

ICM Food & Clothing Bank typically serves 100-150 families per day. However,

during the pandemic, their numbers spiked, and they had to adjust to help everyone safely. That meant temporarily closing their clothing room (which is now back open by appointment only) to provide a makeshift waiting room and allow for social distancing.

To help ICM serve all of the families and individuals in need around the community, people can sign up to volunteer online or drop off donations at 501 S. 9th Ave. Some of the items they need the most include peanut butter, beans, canned soups, nutritious snacks for kids, diapers (especially larger sizes), shampoo, sheets and towels. They also need more men's and children's clothing.

icmaz.org

ST. MARY'S FOOD BANK

Once the pandemic hit, the number of people coming to St. Mary's Food Bank more than doubled. At the same time, they lost roughly 80% of their volunteers. One of the most important ways to help St. Mary's Food Bank right now is by volunteering.

St. Mary's Food Bank also has several events coming up. On Nov. 7, they're hosting the Tex Earnhardt Memorial Food

Drive at three Basha's locations to collect money and food donations. Then on Nov. 21, they're holding a turkey drive at various Safeway and Albertsons locations. The goal this year is 12,000 turkeys.

Sign up online to pack emergency food boxes, distribute meals and more at firstfoodbank.org

ARIZONA ANIMAL WELFARE LEAGUE

When everything shut down in the spring, the Arizona Animal Welfare League had to find homes for every animal in their shelters. They have re-opened by appointment only and have many more animals who need to find homes.

Along with adopting or fostering animals, people can help the AAWL by donating online at aawl.org or donating pet care items, like food and leashes. People can also sign up for their virtual 22nd annual Walk to Save Animals on Nov. 7. This is their largest fundraiser of the year, and it helps raise money for homeless and medically in-need animals.

Sign up at walktosaveanimals.org

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Welcoming fall with a visit to southeast Arizona

Thanks to our winter visitors, the annual changing of the license plates means it is fall in Arizona. All jokes aside, there are parts of this state where true autumnal beauty flourishes. Orange, golds, ambers and reds – no, I'm

not talking about a flight of beer from one of our local breweries; I am talking leaves.

Most Valley residents will head north to Sedona, Oak Creek or Flagstaff for autumn beauty. I prefer those paths less traveled to the land of standing rocks, Chiricahua National Monument, and its lesser-known eastside entrance.

To access the eastside entrance, guests must come

through the town of Portal. You'll enter Cave Creek Canyon, then follow the Southfork #243 trail to one of Arizona's most biodiverse areas.

I'd say watch out for birders, but its color, not birds, that draws visitors in this



Robin's Adventures

BY ROBIN SEWELL

Robin Sewell is the host and executive producer of the Arizona Highways Television, Saturdays and Sundays on CBS.



Chiricahua National Monument

time of year. As you walk along the trail, Sycamores, some gold, others a beautiful reddish color, are the first signs of autumn.

Further up the trail is an area marked Maple Camp, where a grove of red-leaved Maple trees creates the most beautiful

and surreal Arizona scene. Make sure to look up onto the cliffs – you might spot flaming Aspens.

Autumn color is a short season in Arizona, so call before you make the trip.

While you are in the area, check out the town of Portal. Grab a bite at the Portal Peak Lodge Café, where staples like huevos rancheros and southwestern beef hash highlight the breakfast menu. Save room for the house-made deep-dish cobbler with ice cream.

A fun fact about Portal: It is rumored to have more Ph.D.'s per capita than anywhere else in Arizona. Biologists, geologists and anthropologists have flocked to this community and set up shop to conduct field research.

Not far from Chiricahua National Monument's west side entrance is the town of Willcox. This southern Arizona town is known as the birthplace of "Arizona Cowboy" Rex Allen and Arizona's original agri-tourism destination, Apple Annie's. There are apples and pumpkins of all shapes, sizes and colors. Guests can pick out a pumpkin, test their skills inside

the corn maze, or grab a bucket and pick some fresh fruits and veggies.

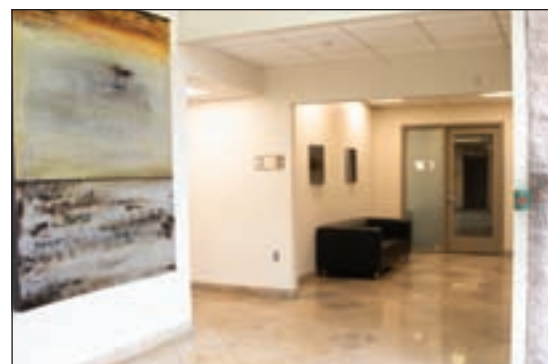
Owned by the Kirkendall family since the 1970s, Apple Annie's had hoped to cash in on the booming apple industry. In the 1980s, that business model proved unsuccessful, so they pivoted and opened the farm to the public.

Now, you will find acres of produce and fun. Guests can even pick sunflowers. Where else can you do that in Arizona? For many Arizonans, this has become a family tradition and a great escape from the city.

Stop by Apple Annie's country store to pick up some apple bread. They have hundreds of jarred goods, from apple butter to preserves, pickled items and salsas. Their fudge counter was popular with the *Arizona Highways* TV crew.

For the Kirkendall family, with all of the work and the sleepless nights, seeing people have fun and hearing kids tell parents, "This is more fun than Disneyland," makes it all worthwhile.

friendsofcavecreekcanyon.com
appleannies.com



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Bartender – Century Grand



SAMANTHA HICKMAN
Bartender – Windsor

GRRRL POWER

All Women Take-Out Cocktail Initiative supports hospitality industry

By Rachael Bouley

If there's ever been a perfect time for a cocktail, 2020 is it. With the COVID-19 pandemic turning the hospitality industry upside down, a new project is bringing the community together to support female bartenders and the greater bar and restaurant scene.

The All Women Take-Out Cocktail Initiative launched by Barter & Shake is the passion project of Kailee Asher. She is the marketing director at Barter & Shake

Creative Hospitality, which owns and manages Century Grand and UnderTow, two popular cocktail bar concepts in Phoenix.

Years of work in the hospitality industry inspired Asher to put together a project that highlights female bartenders across the Valley.

The goal of the project is to bring awareness to gender equality by having seven female mixologists craft a signature drink.

Proceeds from the program support Another Round Another Rally (a COVID-19 relief fund) to kickstart the nonprofit's professional development fund for females in the hospitality industry.

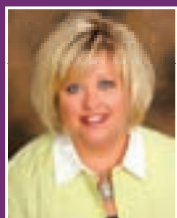
"This initiative is designed to benefit our local community and build some unity, reengage people and get them excited," Asher said. "Our hospitality folks thrive off of human interaction, and when they are all stuck at home, it's pretty tough on them."

While Barter & Shake originally

envisioned the event as an in-person experience with dinner and drink pairing to coincide with the 100th anniversary of women's right to vote, the pandemic forced them to make some adjustments. The food component was eliminated, and it was shifted to a more casual, virtual version with a focus on the craft cocktails and the talented bartenders who made them.

In October, each participant was featured on Barter & Shake's social media pages with a photo, their workplace, background in

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“This initiative is designed to benefit our local community and build some unity, reengage people and get them excited.”

bartending, their inspiration for their cocktail – and, most importantly, how to prepare it. New cocktails are released weekly. All of the drinks are batched into 50 bottles with two servings each and are available for sale online or in the Grey Hen Rx store until they run out, with the option for curbside pickup at Barter & Shake’s restaurant locations.

Asher said that getting some of the Valley’s brightest female bartenders involved in the initiative, along with nationally awarded female mixologists, has helped generate conversation, appreciation and support for one another. This is especially important in a year where many bartenders have been out of work.

“This gives the bartenders a chance to share their career path and stories of how they have succeeded as females in the hospitality industry,” Asher said. “It’s intended to be a positive and engaging program for our community of female bartenders.”

The initiative will make a new professional development fund possible, aiming to promote gender equality and diversity in the industry



KRISTINA JONAS
Bartender & Manager – UnderTow



NICOLE GIAMPINO
Bartender – Century Grand



CHANEL GODWIN-MCMAKEN
Lead Bartender – Little Rituals

by eliminating barriers to entry and advancement. This fund will offer reimbursement for courses and accreditations from The Court of Master Sommeliers and the Wine & Spirit Education Trust.

From the mentorship program to the drink sales, Asher is pleased with the feedback and hopes the program will continue to grow.

“I think that its general purpose was

successful, and it got these bartenders back into the mindset and mentality of making drinks, ideating cocktails and going back to work. So that was great,” Asher said.

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An Arizona native, Dr. Roden enjoys spending time outdoors with his wife and their two dogs. He also enjoys traveling, woodworking, leatherworking, photography and being involved in his church.

For his complete bio, go to www.arizonaeyes.net/doctors/joshua-j-roden-o-d/.

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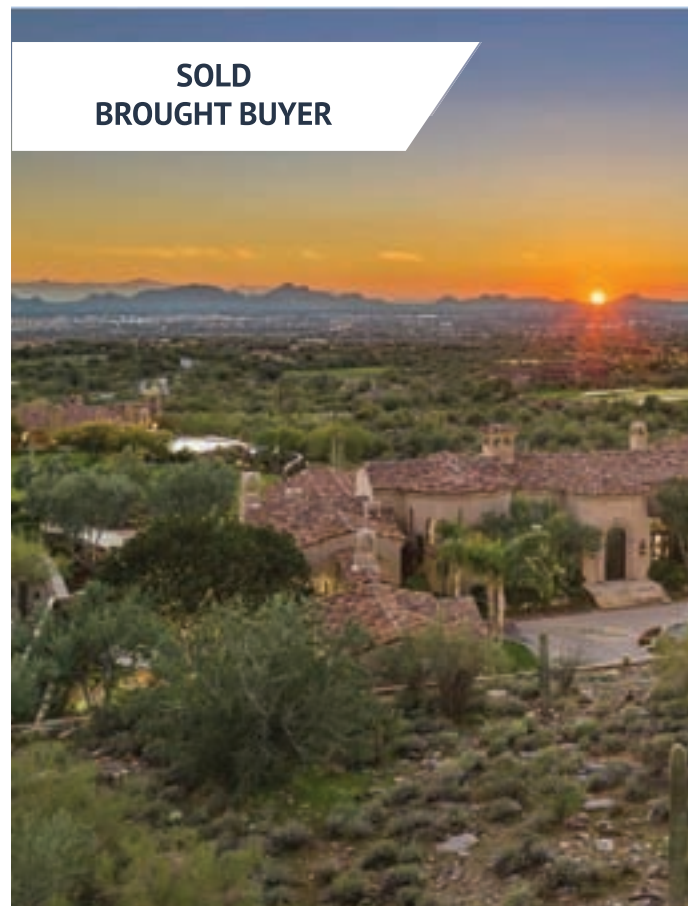
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Veterans Day activities adapt to new reality

By Melissa Hirschl

Despite the health and safety challenges facing Veterans Day activities, there are leaders in our community who have determined the “show must go on,” albeit with some adaptations. Here are a few organizations taking the lead in honoring our veterans on Wednesday, November 11.

★ ★ LIBERTY PERFORMANCE TRAINING QUALITY RESILIENCE FITNESS ★ ★

Liberty Performance Training is partnering with Quality Resilience Fitness to sponsor the QRF Buddy Team Drive to raise money for veterans’ mental health awareness. With a \$20-\$30 fee to enter, singles or groups can test their mettle as they move a loaded, weight-adjusted Husafel stone (used as a test of endurance for hundreds of years in Iceland) as far as possible within 20 minutes. The significance of the time is the sobering fact that every twenty minutes, a veteran commits suicide. Winners will receive a commemorative t-shirt.

libertyperformancetraining.com

★ ★ CITY OF PHOENIX ★ ★

Honoring America’s Veterans will host a virtual Veterans Day event instead of the annual parade that has taken place for the past 23 years. The virtual celebration, dubbed “USA, A Beacon of Liberty,” will stream live on Honoring America’s Veterans’ YouTube and Facebook pages at 11 a.m. on November 11. They are also shifting the role of the traditional Veterans Grand Marshals to “Honor our Heroes” honorees, according to Executive Director Paula Pedene. The hour-long event will honor seven veterans from World War II to the present. Phoenix’s mayor will speak, and there will also be a band. “It will be a healing event,” Pedene said, “where we give thanks and gratitude to our veterans.” The organization is also sponsoring an essay competition



for high school students throughout the Valley, with cash prizes for each grade.

honoringamericasveterans.org

★ ★ CITY OF MESA ★ ★

For 13 years, the City of Mesa’s legendary Veterans Day parade has attracted around 20,000 spectators. With safety being the dominant concern this year, the parade will have a twist. “This year, attendees will actually ‘be the parade’ as they view static Veterans displays from the safety of their cars while driving along the parade route,” East Valley Parade Association President Lisa Sandoval said. The National Guard, American Legion, Veterans of Foreign Affairs and other civic and community groups will be parked along the route with banners and displays. Five-ton trucks, helicopters, and a replica of the USS Arizona will also be on display. The band “To Serve” will be performing. “Our veterans’ service to the community doesn’t end when they take their uniform off,” Sandoval said. “They typically become first responders, health care professionals, teachers and even

Scout leaders. That is why our theme this year is Celebrating Lives of Service.”

Visit the East Valley Veterans Parade Facebook page or evvp.org

★ ★ CHRIST LUTHERAN SCHOOL ★ ★

CLS will be giving veterans lots of much-needed recognition this Veterans Day as well. Thanks to student brainstorming, the school will sponsor a drive-through parade in contrast to their annual Veterans Breakfast. “Preschoolers through 8th graders will be holding signs and balloons,” Community Outreach Coordinator Megan Gotshall said. Humvees from Luke Air Force Base will be displayed as well. In conjunction with the Packages from Home organization, students will decorate care package boxes and collect items to fill them. “The community is encouraged to donate money for postage or bring in non-perishable items for the boxes,” Gotshall said. The parade starts at 9:30 a.m. Cars should enter at 40th St. and Piccadilly Road.

Contact Megan Gotshall at mgotshall@cclphoenix.org

Local nonprofit engages community support for educators

By Rachael Bouley

The Million Dollar Teacher Project is a Valley nonprofit that wants to see more support for teachers inside and outside the classroom. Since its inception in 2016, MDTP has helped around 3,000 teachers and 90,000 students in 16 school districts across the Phoenix metro area.

The project recently celebrated its fourth anniversary and continues to work with schools to create community-driven initiatives.

“We partner with schools to increase teacher recognition, drive more support directly into their classrooms and create innovative ways to impact how they are compensated,” Founder and Executive Director Lloyd Hopkins said.

Hopkins looks forward to working with more schools in the Arcadia area. MDTP partnered with Pima Traditional School in the Scottsdale Unified School District through the Million Dollar Teacher Tree Initiative, which donated over \$4,000 in school supplies to the school.

The Teacher Tree Initiative is a classroom supply drive where teachers make a list of what they need for support. The list is then shared with the local community who can give back and help the teachers do more in the classroom. The first two years of the drive were done in partnership with Scottsdale



Lloyd Hopkins

Fashion Square Mall. This year it went virtual to keep the donations and teacher support strong throughout the pandemic.

By planning easily accessible and cost-effective programs, Hopkins says that MDTP

can significantly help the community. The Take a Teacher to Lunch program is made possible through partnerships with local restaurants and businesses. The program brings catered lunches to school campuses to provide a morale boost for teachers through a good meal.

There’s also the One in a Million Teacher Series. Each month, a teacher who goes above and beyond gets recognized through MDTP social media with rewards like massages and dinner packages.

MDTP also partners with community high schools and colleges to recruit teams of interns and volunteers to directly support teachers in the classroom, assisting with their workload through parent engagement, lesson planning, curriculum, classroom management and group or one-on-one work with students.

“We also partner with businesses to offer meaningful discounts to educators on goods and services,” Hopkins said. “Teachers have an opportunity to retain more of their salary,



PHOTO COURTESY OF THE MILLION DOLLAR TEACHER PROJECT

The vision of the Million Dollar Teacher Project is to “create a world where every student is taught by a highly trained, qualified, understanding and engaged teacher.”

and the community has the opportunity to highlight and support teachers and show that they appreciate them through these discounts.”

The list of participating restaurants, gas stations and stores continues to grow as MDTP looks to raise awareness for teachers and the many challenges they face, such as low pay, out-of-pocket expenses, long hours and poor work-life balance. MDTP wants to see more support and celebration of the teaching profession, which will help

current teachers and encourage others to pursue the pathway.

“I think as a society, we forget how important the profession is,” Hopkins said. “If we think about it, teachers are the cornerstone of society, impacting all professions and aspects of our lives. For eight to nine months out of the year, teachers often spend more time with our kids than we do, and we are entrusting them to care for our students.”

mdtproject.org

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ACLU of AZ co-founder remembered for her work in civil rights

By Rachael Bouley

Alice L. Bendheim was known as a fierce supporter of civil liberties who wasn't afraid to speak her mind. The mother of four co-founded the American Civil Liberties Union of Arizona in 1959, and for 60 years she never stopped fighting for the freedoms and causes she cared for so deeply.

Bendheim passed away in September at the age of 90, but her children and the ACLU of Arizona community said they will always remember her passion and determination.

As a former schoolteacher turned lawyer, Bendheim was outspoken on many significant issues affecting Arizonans and Americans in general. She joined Arizona's ACLU group in 1954 before it was an official affiliate of the national organization. Her commitment never wavered as she worked hard to strengthen ACLU's efforts during the 1960s civil rights movement and the feminist movement in the 1970s.

Bendheim's family said she was eager to support civil rights, but it wasn't always easy to do in a traditionally conservative state like Arizona. Her work with the ACLU led her to lose her job as a teacher due to concerns she may have had an "undue influence" on her students. However, this only furthered her passion for protecting civil liberties.

"It bothered her yet inspired her and



Alice L. Bendheim.



Visiting Egypt, 1992.



With her newborn daughter Ruth, 1962.

raised her passion to a certain degree. She had to fight that – she just thought that people's rights should come first, and they should all be treated fairly," Bendheim's daughter, Ruth Schaefer, said. "She was always an advocate for free speech."

Bendheim focused much of her time on freedom of expression and the treatment of prisoners and their rights. Unlike other moms at that time, she worked while also studying to become a lawyer. She represented clients primarily in divorce and child custody cases.

Her career and family didn't stop her

from serving as president, secretary and treasurer of the ACLU board of directors as well as a member of the National ACLU Advisory Council and Board. She became the longest-serving member of ACLU of Arizona after taking on these responsibilities for almost 60 years.

Last November, Bendheim was awarded the ACLU of Arizona's Civil Libertarian of the Year award at an event celebrating the nonprofit's 60th anniversary.

"She inspired me to do my best, and all the typical mom things, but also taught me how to speak up for myself and help other

people who may not be able to help themselves," Schaefer said.

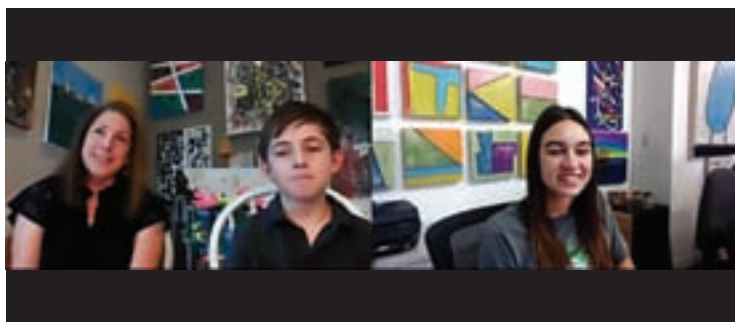
Her children say their mother always needed a purpose, and she never failed to find a cause to keep her on her toes and heavily involved in the community. Most people who knew Bendheim recall her penchant for letting her thoughts be known.

"She didn't breathe without a strong opinion," Schaefer said. "She didn't like what was going on right now. For the future of our country, she'd want a world where people have differences but can solve them peacefully without so much friction."

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JEFF *fields*

The National Association of REALTORS® announced Jeff Fields, with Russ Lyon Sotheby's International Realty in Scottsdale, as one its five 2020 Good Neighbor Award winners. As a volunteer and past board president of nonprofit Teen Lifeline, Fields has served more than 28,000 youth through a peer-to-peer teen crisis hotline while providing community education on suicide prevention.

NAR's Good Neighbor Awards honor 10 Realtors® annually for making an extraordinary impact on their communities through volunteer work. Over the past 21 years, the Good Neighbor Awards program has awarded nearly \$1.4 million in grants to more than 200 REALTOR® led nonprofits. Their impact has been felt in 40 states, 15 countries and in Puerto Rico.



“

*I am proud to honor
Jeff Fields
for dedicating his
time and passion
to giving hope to teens
who had none.* ”

- President Vince Malta

“Our Good Neighbor Award winners leave a remarkable impact on their communities every year, but everything these Realtors® have done in 2020 is even more impressive and more commendable,” said NAR President Vince Malta, broker at Malta & Co., Inc., in San Francisco, Calif. Fields became passionate about saving teens from what he calls “the most preventable death” after losing several friends to suicide.

With the award, Fields will receive a \$10,000 grant for his charity and will be featured in the November-December issue of Realtor® Magazine

In lieu of the traditional ceremony held every year at the REALTORS® Conference and Expo, each winner will also be honored by their local Realtor® associations over the coming months.

“Congratulations to all of the Good Neighbor Award recipients, on behalf of everyone at realtor.com®,” said realtor.com® CMO Mickey Neuberger. “In an extraordinary year, these Realtors® inspire us to care about others and contribute to making our communities a better place.”

To read his full story, go to magazine.realtor.com/jefffields



More information about the Good Neighbor Awards is available at nar.realtor.com/gna. The National Association of Realtors® is America's largest trade association, representing more than 1.4 million members involved in all aspects of the residential and commercial real estate industries.

Veritas Houses help students build a strong school community

By Mallory Gleich

PHOTOS BY JIM WARD

Six houses. Middle and high school students. No, this isn't Harry Potter. This is Veritas Prep's "house program," where incoming 6th graders are inducted into a group, or "house," to help with a smoother transition to middle and high school.

"The idea is to improve the communication and community within the student body," said physics teacher Jim Ward, who took over the program when the founder left Veritas. "As the school has grown, we thought that having a house structure would help facilitate a stronger community."

Ward explained that the structure also helps the relationship between the younger and older students.

"We have a mentor program, but the houses also help the younger kids look up to the older kids and see by example. It helps build and nurture the culture and character development of the students," Ward said.

Each year, juniors can apply for house leadership. There's an application process where students discuss Veritas culture, the honor code, and how they see themselves furthering the community and the school's development. They also need two teacher recommendations. The applications are reviewed by a panel of teachers who select three seniors that will lead each house.

There are a variety of events that each house participates in, including athletic and academic field days. They support other clubs, like the Great Hearts Helping Hands, and participate in a fall food drive where they compete to see which group collects the most food.



"The most important part of being a house leader is creating a strong sense of community within," senior Olive Mehrer said. "The main way we do that as house leaders is by planning events. The activities within these events must be entertaining and eventful for all students."

This year, the groups planned on doing an adopt-a-charity event, but it was put on hold and will hopefully be back in motion soon. They are doing an art recreation challenge based on the Getty Art Challenge that was popular on social media in the spring. House members will recreate a famous work

of art and will vote on the top three. They will also have a movie night for house members and are working on a game night.

"The first quarter has been a transition, so we're looking to do more in the second quarter," Ward said.

The houses are named after important historical figures: Charlemagne, Leonardo da Vinci, Homer, Newton, Joan of Arc and Washington. Students remain in the same house during their entire school career. Each has a billboard set up in the dining hall to communicate with members.

"We are working on a project where each house can adopt a section of the school and be in charge of the



cleaning and maintenance," Ward said. "They each have their own flag – normally, the houses create a new flag and banner at the start of the semester, but that wasn't able to happen this year."

"As a house leader, it is of the utmost importance to form a positive culture among the students. I want students to feel at home in House da Vinci, and it should be a wonderful experience for all involved," senior Michael Shirias said. "I hope that through my hard work, I will be able to fulfill my duties as a house leader, and make the house into what I have imagined it to be."

The current leaders consider their positions a high priority. "The students explained that it's so helpful coming in as a 6th grader or a freshman to feel more comfortable and what a great experience it is. They say, 'I've been waiting for this day since I was a freshman.' It's something they aspire to be," Ward said.





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Phoenix College celebrates its centennial in 2020

By Jennifer Marshall

In January, Phoenix College kicked off their centennial celebration by unveiling a time capsule. The capsule includes written quotes from students, faculty and staff expressing what is most meaningful to them about their time at the college, which was established 100 years ago this past September.

The college started celebrating early because many of their usual events have been canceled. Their September 13 Founder's Day was transformed into a virtual party, and their November Gala is being moved to the Spring of 2022, when they'll celebrate their 100th graduating class.

The administrators of Phoenix Union High School District founded Phoenix College in 1920 because they believed there needed to be more than one college in the Valley. At the time, Tempe Normal School, the precursor to Arizona State University, was the only college in the Phoenix area. The next closest institution for earning a four-year degree was the University of Arizona in Tucson. Phoenix College was started as a two-year school, so the founders partnered with the University of Arizona to develop the curriculum.

"One aspect that encapsulates what makes us most unique for the period [is] the fact that we have never been a segregated school," Development Director Deborah Spotts said. "We've always been integrated and open



PHOTO: CHRISTINA FLORA

History Program Director Dr. Ty Welborn and Development Director Deborah Spotts unveiled the centennial time capsule in January.

to everyone. That's always been a point of pride for us."

Spotts relates how, in 1964, Phoenix College's football team traveled to Georgia to play in the NJCAA Georgia Peach Shrine Bowl Championship. Georgia was very much segregated at that time, so the players and coaches were shocked to be playing an integrated team.

"As anyone can imagine for this era, this caused some consternation in the town and the stands," Spotts said. "Phoenix College has always been ahead of what was happening nationally. We currently have a student enrollment of more than 50% Hispanic. Our diversity is another tremendous point of pride for us."

The college is also famous for having

trained civilian pilots for World War II, and when the GIs returned home, Phoenix College was there to offer night school for the vets. Fast forward to the 1980s, and the college was offering computer learning programs that, at that time, were typically only available at large powerhouse universities like Stanford.

"We're set up to serve all types of students in different situations. Students can take classes during the day or at night. We're very accommodating," Spotts said.

Many students take the core freshman and sophomore classes and then transfer to a four-year university to complete their bachelor's degree. Phoenix College also offers two-year degrees, such as nursing and dental hygiene, for those who are looking for more immediate and specialized training.

"One major project we've been working on for the last couple of years, in anticipation of our centennial, is our history book, which is coming out this fall," Spotts said.

Entitled "Our Past. Your Future. The History of Phoenix College," this coffee table-style book was written by local author and Phoenix College alumna Stella Pope Duarte, with a forward penned by Arizona State Historian Marshall Trimble, who's also an alumnus.

phoenixcollege.edu

Dinner Pal uses creativity to make dinnertime fun

By Jennifer Marshall

Three alumni from Xavier and Brophy recently joined forces to invent a game that helps young children overcome their picky eating habits.

Julia Teeter, a Xavier and UCLA alumna, Jack Rauch, a graduate of Brophy and USC, and Dylan Kertson, an alumnus from Brophy and Santa Clara University, developed Dinner Pal to enable families to enjoy dinner and focus on family time without food-related fights.

"When I was a kid, I was a pretty picky eater, and dinner was always a challenge," Rauch said. "Now, as an adult, I've been working to improve my eating habits, and through my research, I realized I could create a game to help families with young kids."

"I have siblings with young children," Teeter said, "and I've been to family dinners where I've witnessed the headache of getting them to eat their food."

Teeter, who has a background in psychology, said Dinner Pal is based on positive feedback.

"The process rewards good eating," Teeter said. "We're less focused on what kids eat as opposed to encouraging them to finish eating what's on their plate. And children will want to finish their plate so they can play the game."

"We don't want to focus only on veggies," Rauch said, "because research shows that when parents fixate on eating fruits and vegetables, their kids see that they're pushing them, and they'll push back by not eating them. The goal is to eat everything on their plate."

Parents purchase Dinner Pal every month and receive a new board with game pieces like decorative stickers. Every night that a child eats dinner without an argument, the child is allowed to move a piece on the board and



PHOTO COURTESY OF JULIA TEETER

Through the use of a game board and fun characters, Dinner Pal intends to help kids focus and make dinner time easy.

draw a card. The card may contain a fun food fact, a family activity, a recipe, or announce that it's prize night. All the prizes are prepackaged and range from small toys to crossword puzzles to figurines. In a month, children are eligible to win about five prizes in total.

The program is geared toward kids from the age of three to nine.

"The cards are all narrated by these unique food characters we've created," Teeter said. "We have a group of year-round characters, like Carter Carrot, and then

each month, we feature seasonal characters like Carly Cucumber for the summer."

"The rotating characters are based on what the kids see on their plate at a given time of the year," Rauch said.

In the future, the group hopes to offer three-month and annual subscriptions.

Readers who enter promo code ARCADIA will get their first month free.

dinnerpal.org

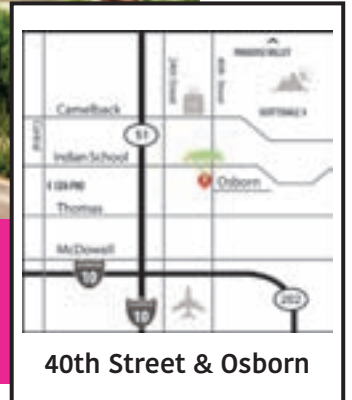


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HORSING AROUND FOR A CAUSE

Nonprofit provides therapy and reading fun with mini horses

By Mallory Gleich

Even the most subdued mood or lonely heart in a senior center can be transformed from somber to spirited in a matter of minutes. Once Dolly, Mazy and Boone make their entrances, the seniors' faces light up and the fun begins.

The trio are mini animals; two mini horses and a mini donkey, to be exact. They are part of Tender Little Hearts, a nonprofit organization helmed by Terry Holmes-Stecyk that focuses on therapy work with the animals.

"I started it as a reading program. People do [therapy] with dogs, but no one was doing it with horses," Holmes-Stecyk said. "Because the animals engage with people, they're excellent for therapy, whether it's with psychologists, trauma victims, children who have suffered abuse — they're just a healing animal."

The program started in March 2019, but Holmes-Stecyk has been involved in this type of therapy work for the past five years.

"As I began to retire and work fewer hours, I found myself needing something to do, so I started volunteering with a group called Mobile Minis," she said. From there, the reading program evolved, and Holmes-Stecyk decided to invest in her own horses.

"I remember caring for my grandmother, and I just knew how lonely she was. When I would bring my dogs by or when she would visit, you could see how engaged she would be and I thought, 'I want to do this'. It's amazingly rewarding," Holmes-Stecyk said.

Holmes-Stecyk explained that equine therapy has various outlets — in Arizona, several organizations use horseback riding as a treatment type. Patients work with occupational therapists and use the movement of the body for healing. Holmes-



PHOTOS COURTESY OF TERRY HOLMES-STECYK
Founder Terry Holmes-Stecyk (with Dolly) turned a childhood passion into a successful career with Tender Little Hearts.

Stecyk's specialty is bringing her "minis" to care facilities, hospices, trauma centers, senior centers, schools and even libraries for people to visit with them.

"It's just amazing — with children and seniors — sometimes I'll see them with their heads up against the horse's head, and they're not saying a word to the animal. The energy is just passing back and forth between them," she said.

She said that the horses are a great distraction to help with boredom for those who are unable to leave their facilities.

"There are so many different things they can do, even just with physical

touch. They're just soothing," Holmes-Stecyk said.

When Maserati (or Mazy, for short) and Dolly — both of whom were show horses at one point — and Boone the donkey head out to visit human friends, they ride in style in Holmes-Stecyk's cargo van. They're bathed and dressed in special shoes and therapy vests and usually hang out for an hour or so before heading back to the ranch.

"Dolly will sometimes dress in a tutu. The bright colors help to stimulate seniors — as soon as we show up, I don't exist anymore, and all the attention goes to the

minis," Holmes-Stecyk said. She brings brushes and bows and sometimes animal-safe body paint so that both kids and adults can play "dress up."

"I don't think that there's any age that doesn't want to be with them," she said.

On most of the visits, the minis will travel to different facilities. However, Holmes-Stecyk has had guests come to the ranch or more recently, due to the pandemic, participate in Zoom reading sessions.

"I knew that we had to do something. As of March 13, it was like, boom, everything was cut off. As summer was going on,



“It’s just amazing - with children and seniors - sometimes I’ll see them with their heads up against the horse’s head, and they’re not saying a word to the animal. The energy is just passing back and forth between them.”

I kept hearing from my mom friends, 'what are we going to do with the kids?'" Holmes-Stecyk said.

She wanted to create something that would appeal to children, so she reached out to a friend's husband, who took some video footage of the minis and created a

10-minute video so that kids could socially distance and read aloud to the animals.

“We have a viewer that often comes to watch the animals and hear the bird sounds – she’s in Dubai,” Holmes-Stecyk said. “Being able to hear the sounds and see the horses is great because she’s in a big city where they don’t have that.”

In the future, Tender Little Hearts is hoping to introduce a read-along with the minis.

“Hearing the words are so important for the younger readers,” Holmes-Stecyk said. “Also, it could be a tool for English as a second language, or English speakers learning Spanish. I’m excited about it.”

Holmes-Stecyk is also looking to add more minis to her family – especially a donkey friend for Boone, who she says is the “star of the reading program.” She would like to continue the reading sessions and hopes to start incorporating more school visits soon.

tenderlittlehearts.org

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One thing at a time

During the pandemic, many people are finding themselves overwhelmed. They're pushed to the edge with family responsibilities, health concerns, homeschooling and working from home.



Career Corner

BY ANGELA COPELAND

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

If you find yourself at this place, start by creating a list. Grab a piece of paper and a pen and jot down all of the things you need to take care of. Then, write down the amount of time you think each task will take. From there, take a look at your schedule to see when you can complete the tasks.

Often, when I reach the point of feeling overwhelmed, I will set a goal that is one or two steps below what I think I can achieve. Backing the goal down gives me the breathing room I need to

accomplish the other items on my list and do them well.

It's a great idea to push yourself. But sometimes, if you push too hard, you will fail to meet the goal. Normally, that can be a good thing as it can drive you forward. If you've reached the point of being overwhelmed, feeling like you're failing will only make it worse.

Remember, this is a crazy year. Every day feels more unbelievable than the last. Your job during this time is to keep things calm and on track.

When it comes to your career, if you can, try to keep moving on your everyday goals. There are many things you can do that don't take much time. You can update your LinkedIn profile. You can revamp your resume. Or, you can attend a seminar virtually. There are many conferences that have moved online this year.

Whatever you do, don't do everything at once. And if someone asks you what new hobbies you've learned or what new goals you've set, remember that it's not a competition. A pandemic is not an opportunity to prove anything to anyone. It's time to stay physically healthy and mentally stable.

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The difference between sterling silver and silver plate

Gone are the days of fine china, sterling, crystal, folded napkins and fine in-home elegant dinners. Sterling was the highpoint of finery for the dining table.

But today, it is challenging to tell whether an item is indeed sterling silver or just silver plate. And yet, the differences are easy to recognize – especially when you're getting ready to sell it.

Ask the Appraisers

BY TOM HELMS &
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Sterling silver stands for the purity of the metal in an object. Since pure silver is a little too soft to work, manufacturers use other metals to harden or stiffen the metal. An item with 92.5% silver content is considered "sterling." In America, the item is then marked *STERLING*.

In England, the guild system was in place for hundreds of years, making the regulation and marking of silver a national law. Silver (sterling) is also 92.5% pure but marked with a hallmark, usually the lion's figure. England uses other hallmarks (maker, date, city and sovereign), but the important one is the lion.

Unfortunately, America hasn't always been quite as strict as England, and before the 1850s or 60s, some confusion existed since some firms didn't mark

their goods. Others marked items *COIN*, *PURE COIN* or variations thereof. Coin silver relates to the percentage of silver in early U.S. coins – 90% rather than 92.5%. The difference is minor and insignificant.

The real problem comes with foreign silver. Standards vary around the world – as do the markings. In general, solid silver (sterling) goods bear a three-number mark like 800, 830, 900 or 925. These usually are percentages of silver like our 925. There are exceptions, of course, but not that many.

Silver plate cannot be marked sterling, bear a lion hallmark from England, nor bear the numerical marking of good silver. It can contain trademarks (often quite elaborate), unusual names (German Silver, EPNS), and, if foreign, usually a two-number designation, i.e., 10, 40, 60.

Silver plate consists of a base metal that is not expensive, like copper or white metal, which has a surface application of sterling silver. If it was handmade, like in Sheffield, England from 1780-1830, it could still be valuable, but the most we see is electrically fused and not very valuable.

Buyers are purchasing silverplate items for scrap: the silver and copper are claimed and salvaged along with the base metal that might be recycled. Many of the silverplate items were manufactured in the United States by William Rogers.

Hence, the 21st century is melting down the sterling finery that once was showcased on the affluent tables, and the wannabe silver plate goes to the scrapyard.

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Logan Rose (above) founded Little League Wiffleball in Paradise Valley.

THE NAME

Wiffle® takes its name from “whiff” (meaning to strike out), but the “h” was dropped before the brand was trademarked.



THE BAT

The original Wiffle bats resembled wooden stickball bats. The were replaced with plastic versions in 1959.

THE BALL

Wiffle balls actually come in three sizes: junior, original and softball. The baseball-sized original remains the official size.

Teen brings Wiffle ball tournament to the (little) big leagues

By Amanda Savage

In April of this year, 14-year-old Paradise Valley resident Logan Rose founded the Little League Wiffleball organization. Starting with just one team, the sport has grown, and in October, 32 teams competed in the Western Wiffleball Classic at Scottsdale Stadium.

“I wanted to create a memorable

Wiffle ball tournament that could just keep growing and growing,” Logan said. “I hope to eventually turn this into one of the biggest tournaments in America.”

Logan’s dad, who attended Arcadia High, won the 1995 Wiffle Ball World Series. Logan’s league was founded in the summer of 2019 with just him and his brother.

“We weren’t very dedicated, and it didn’t last very long, as we only played one series,” Logan said. “When COVID hit, I was inspired to start it back up, but this time with multiple teams and players.”

Logan first had to get approval from the city to play the tournament and to rent the stadium.

“Organizing the tournament was a

process that took a couple of months. It was my first time through the process, and I found it to be fascinating,” he said.

The tournament invited anyone in the Valley to make a team and sign-up to compete.

Here are the basics on the game of Wiffle ball: The batter has seven outs. Every hit not resulting in a home run is an out. At the end of the seven outs, the batter’s turn is up. Each ball hit over the fence, or the designated line on the ground, is counted as a home run.

Pitches can be thrown either overhand or underhand. The person with the most home runs at the end of the allotted time is the winner. Batters can play as many rounds as they want. Another round of seven outs settles a tie for first. The most home runs in the tiebreaker round is declared the winner.

The game of Wiffle ball is like a game of baseball without all of the running. It can also be modified to fit any size yard. Instead of a diamond, the game has a “V” with areas that mark single, double, triple and a home run, instead of needing space for bases.

The simplicity of the game is part of its charm. For starters, a Wiffle ball won’t break a window if it’s hit off-course. Funny or not, that was part of the inspiration for the invention of the Wiffle ball.

A Wiffle ball is made of plastic with slots on the sides to make it easier to throw. According to the Smithsonian, the inventor, David Mullany, got the idea by watching his son use a broomstick and plastic golf ball to play baseball so he wouldn’t break windows or have to worry about chasing the ball down the street.

The Wiffle ball was patented 63 years ago, and in 2017, the inventor was inducted into the National Toy Hall of Fame.

littleleaguewiffleball.com

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Titans football stays optimistic in the face of the pandemic

By Amanda Savage

In March, the *Arcadia News* spoke with Arcadia High School's new football coach Vance Miller about his impending first year. Miller expressed the objective of getting players to improve – both in the classroom and on the field. The importance of staying in shape year-round and working on the fundamentals was mentioned.

Not long after, everything was altered when a global pandemic forced a change in course. Now, the threat of the virus remains a potential disruptor to the football program.

"At any time, the rug could be pulled out from under us, especially if we have any COVID-type issues that affect the team," Miller said. "Up until early September, we followed our COVID prevention protocols and practiced when we could."

Miller said that the Arizona Interscholastic Association met with the Sports Medicine Advisory Committee to create guidelines. When they were given the green light to put on helmets, "It seemed like more of a reality," Miller said. "We still don't know 100% for sure."

But then shutdowns happened, and a season that normally starts in July was pushed out three months.

"Without access to weight rooms and normal facilities, we were not able to get into proper playing shape. We had less time to practice, and it affected us greatly. Without having spring practice and summer camps,



The AHS Titans are still making the best of a football season cut short and staying positive about the future of the game.



it made it difficult to install a system in our first year at Arcadia," Miller said.

Once athletic departments got the 'okay' to continue with their programs, practices resumed with new challenges.

"The biggest challenge and change is wearing masks the entire time. It's hard to coach in a mask and hard to breathe once they get sweaty, but we're doing it," Miller

said. "We also have to cut out time for our health safety check-in every morning. Not having the use of locker rooms has been challenging. Normal, everyday processes have been stopped and reinvented."

Despite recent injuries that Miller attributes to "not having enough prep time to get the boys in shape," the team is optimistic. The silver lining to these challenges is that the

Titans are not alone; every high school in the Valley is facing them.

"Every team wants a championship. As a new coach, I didn't interfere with the team's goals. I want to build a strong foundation, create cohesiveness and create a total program vision," Miller said.

Even though the team hasn't had the extra time to build a bond, they are senior-heavy and have a strong desire to succeed.

"We have a good number of talented kids," Miller said. "We got to have a season. The boys are looking for on-field success. I hope we can provide that."

Changes will include face masks worn on the sidelines and non-players on the field, only one captain flipping the coin for the coin toss and no post-game handshakes. There will be changes for fans too, as only parents are permitted to watch the games from the stands.

The National Federation of State High School Associations offers online access to games so that fans can watch at home. If you're missing the social aspect, Zipps on Indian School Road has been streaming the games.

"If we can weather this storm, I think we can overcome almost any adversity," Miller said.

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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. Dr. Heng offers no gimmicks, just modern quality dentistry at an affordable cost.



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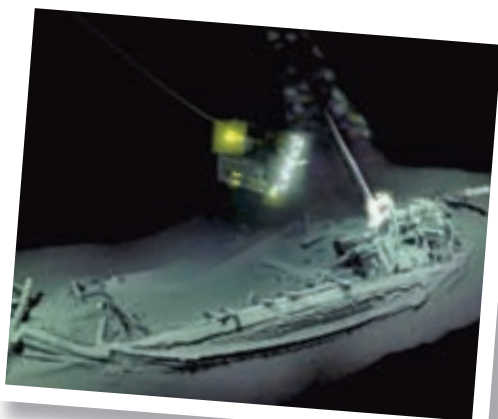
DID YOU KNOW? SHIPWRECKS

HOW OLD?

2,400 YEARS

In 2018, a Greek merchant ship dating back more than 2,400 years was found 1.2 miles below the Black Sea off the Bulgarian coast. The 75-foot trading ship is the world's oldest known intact shipwreck.

— BBC.com



HOW LONG?

1,504.10'

At 1,504.10 feet, the *Seawise Giant* was the largest ship ever built and was nearly twice as long as the *Titanic* (883 feet). It was also the heaviest ship of any kind, at 260,941 gross tons. The boat sunk in 1988 during the Iran–Iraq War but was later salvaged and restored to service. — *popularmechanics.com*



HOW MUCH?

\$500M

In 2007, the American company Odyssey Marine Exploration announced that it had uncovered gold worth an estimated \$500 million from the remains of the Spanish warship *Nuestra Señora de las Mercedes* (*The Black Swan*), which sank off the coast of Portugal in 1804.

— *worldatlas.com*



HOW MANY?

3 MILLION

Throughout history, there are thought to be more than three million shipwrecks on the ocean floor. From September 3, 1939 – May 8, 1945, the Battle of the Atlantic during WWII claimed over 3,500 merchant vessels, 175 warships, and 783 submarines.

— *popularmechanics.com*



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SHIPWRECKS

SHIPWRECK FACTS

The *USS Arizona* was an American battleship built for the US Navy and launched in 1915. On December 7, 1941, she was bombed and sunk by the Japanese at Pearl Harbor. 1,177 crew members and officers died.

Launched in 1906, the British ocean liner *RMS Lusitania* made 202 trans-Atlantic crossings before it was torpedoed and sunk by a German U-boat on May 7, 1915. There were 1,191 fatalities.

The *RMS Republic* sank on January 24, 1909, near Nantucket, Massachusetts. It's speculated that there is treasure in the shipwreck that could be worth hundreds of millions of dollars – perhaps even a billion.

The sinking of the *MV Doña Paz* is the deadliest of all peacetime maritime disasters. On December 20, 1987, the overcrowded passenger ferry collided with the oil tanker *MT Vector*. The subsequent fire and explosion killed 4,386 passengers. Only 24 survived.

In 1996, the *Queen Anne's Revenge* remains were discovered about one mile off the shore from Atlantic Beach, North Carolina. More than a quarter of a million artifacts have been recovered.

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Since 2000, nearly 300 people have gone overboard from cruise ships and ferries, according to data collected by Ross Klein, a professor in the School of Social Work at the Memorial University of Newfoundland in Canada. —grunge.com

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Coach Jason Jones, Parker Bond, Gavin Aurilia, John Dadam, Ethan Klose, Jack Peters and Manager George Downing.

Arcadia's golf team strives for victory at end of season

By Cliff Summerhill

As the season comes to an end, Arcadia High School's golf team hopes to take home the state championship in November.

The team recently participated in the Arizona Fall Preview Golf Invite and ranked first with a score of 573. They beat second place by 23 strokes throughout the two-day event.

Before the most recent invitational, the young men competed in the Antigua National High School Golf Invitational hosted by Hamilton High School, and the Dobson Classic hosted at the Dobson Ranch Golf Club. The team ranked fourth in each of those competitions, but at the Dobson Classic, they ranked first in their district, which includes the Saguaro, Chaparral and Desert Mountain High School golf teams.

"This is the most competitive team in the last five years," Coach Jason Jones said. "You've got some of the top golfers - probably half a dozen of the top 50 in the nation - here."

Jones said that Arcadia High School is blessed to have the second-best ranked player by the Arizona Junior Golf Association: senior Gavin Aurilia.

"He is poised to help bring his team the state championship," Jones said.

"This year has been a lot of fun, from getting to know new teammates to getting to know the ones I knew even better," Aurilia said. "We hope to win state this year, and our team is capable of doing it. We all just have to do our parts and play golf."

Close behind Aurilia is another senior, Ethan Klose.

"He is understated in his accomplishments

but completely overstated in his talent," Jones said.

In addition to the team's high-ranking seniors, Jones said the underclassmen players help move the team along and are maintaining their focus for the future. He said that the team is very focused and is hungry for a state championship.

"We held our breath this year because we didn't know what the COVID protocols would be," Jones said. "One of the saving graces of golf is COVID didn't greatly impact it."

Jones pointed out an increase in golf play in Arizona since it allows for social distancing. The team was eager to compete this season, and they were excited to be given the opportunity, even during the pandemic.

Last season, Jones said he had a competitive team, but they let themselves down at the end, only coming in third at the state tournament.

"We just didn't trust our ability to close the door," Jones said. "We walked away with a lot of regrets. Despite the competition, we were the better team. We just didn't show it."

They are eager to win the trophy this year and to right the wrongs from last season. Aurilia and Klose are especially driven as the state championship is the ranking guide for colleges.

Next year, Jones hopes to elevate the players and bring these underclassmen to a higher competing level.

"Two of my top players are going to graduate and move on to bigger and better things," Jones said. "Next season, I want to ensure there is some consistency amongst them."

“One of the saving graces of golf is COVID didn’t greatly impact it.”

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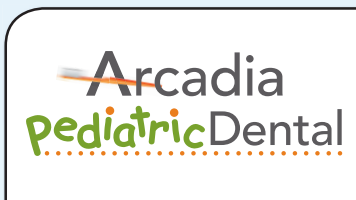
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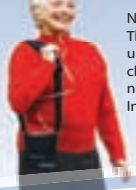
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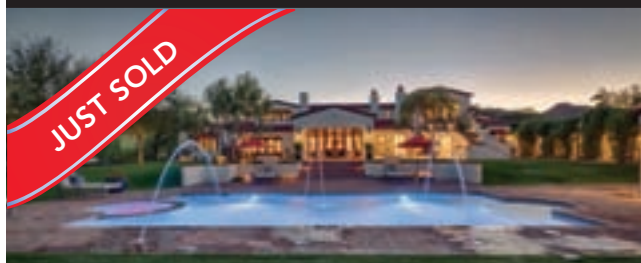
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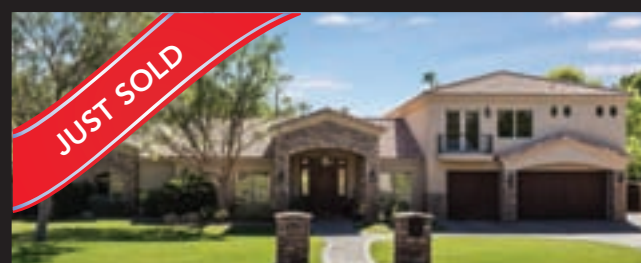
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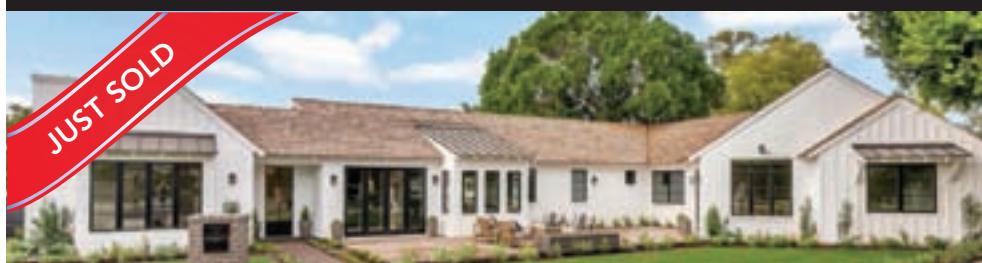
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