ARCADIA NEWS

VOL. 28 NO. 10 ARCADIA • BILTM[illegible]CK CORRIDOR JANUARY 2021



25 YEARS OF MEMORIES

Swim and dive coach Erica McClurg is handing over the coaching reins after 25 years at AHS.

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CLOSING THE YEAR ON TOP

Veritas Prep's boys cross-country team recently won their first state title in the school's history.

PAGE 32

IT'S GLEANING TIME

It's that time of year when Arcadia is getting ready to deal with their citrus trees.

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JANUARY

Sycamore Canyon Wilderness, Coconino National Forest. See more destinations on page 26.

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Arcadia High, Veritas and Xavier Prep's girls volleyball teams each had successful seasons, with a spot in the final four for Arcadia and advancing to the quarterfinals for Xavier.



ON THE COVER:
The Veritas Prep cross country varsity (Div. IV) state champs, led by Jon Barney and Nicholas Logan. The team contended with Glendale Prep before securing the state title.
PHOTO COURTESY OF KWYN JOHNSON



IT'S TIME TO JUMP INTO SWIM LESSONS

AGES 8 WEEKS TO 12 YEARS
SMALL GROUP CLASSES
INDOOR POOL

Safety Starts HERE
HUBBARD FAMILY SWIM SCHOOL

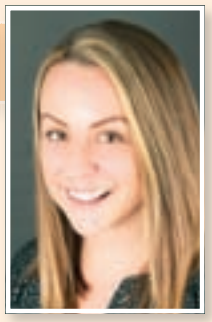
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EDITOR'S NOTE



Is it just me, or does 2021 almost feel like a dice game? We're all collectively holding the die in our hands, whispering, "Come on, give us a good one, give us a good one." With 2020 (or what I like to call "the train wreck") finally in the past, we can focus our energy on rebuilding what was lost and rejoicing over what we have.

With all the ups and downs we dealt with last year, one thing remains true: the love and community that Arcadia continues to offer. January's edition is chock full of "love," from the grow boxes at Echo Canyon (page 16) to the well wishes of retirement from coaching for Arcadia High's swim and dive coach, Erica McClurg.

McClurg built successful teams out of the students – even winning the Arizona Interscholastic Association's Swim Team of the Century award back in 2000. She plans to continue teaching at Arcadia High and hopefully hone her gardening skills in her newfound free time.

Veritas also shared one of their recent fundraising efforts that had quite the interesting end game – the teacher who won got the opportunity to kiss…wait for it…a pig!

Dr. Daniel Atwood was the winner and told us that before leaning in for a smooch, Abraham the pig squealed loudly; something a lot of us are probably not used to.

We're also unveiling a fun throwback feature; check out page 11 to see what our cover looked like back in 2011. You might even recognize some of the kids.

Here's to you, Arcadia; we wish you the very best in the new year and thank you for reading *Arcadia News*.

Mallory

– Mallory Gleich

UPCOMING THEMES:

FEBRUARY	MARCH	APRIL	MAY
Arcadia History	*Spring*	*Outdoors*	*Women Appreciation*

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"Today is the first page of a 365-page book. Write a good one." *— Brad Paisley*





PHOTO COURTESY OF ERICA MCCLURG

Coach Erica McClurg (left) with former Assistant Coach Becky Martens.

After 25 years, McClurg hanging up coaching whistle

By Jennifer Marshall

Erica McClurg, the coach of Arcadia High's swim and dive team for the past 25 years, is retiring after this year's season.

McClurg is an Arizona native and was born and raised in the Arcadia neighborhood. She is also an Arcadia High alum. She swam and ran track while in high school and graduated from the University of Arizona with a degree in exercise and sports science.

After college, McClurg took a job with Macaroni Grill, where she remained for several years.

"At Macaroni Grill, I ended up being a trainer, which meant I traveled around the country and opened up new restaurants," McClurg said. "While this was my first introduction to teaching, I didn't give the idea of teaching any consideration or thought at that time."

Her restaurant career had taken her to Colorado, and after tiring of the cold winters, she moved back to Arizona and returned to work at the Macaroni Grill in Scottsdale.

That first spring back in Arizona, McClurg's old track coach at Arcadia High asked if she wanted to come back and help out the athletic department. When she expressed an interest, he offered her an assistant coaching position.

"I immediately fell in love with coaching," McClurg said, "and I reasoned that if I was going to coach, then I should go back to school and earn my teaching degree, which I did at ASU."

McClurg earned her certification in physical education and science and began her academic career at Arcadia as a P.E. teacher. Eventually she earned a chemistry certification, which allowed her to teach AP and honors chemistry.

After coaching track that first spring, she was asked to coach the swim and dive team.

"That was the autumn of 1996," McClurg said, "and now, 25 years later, this seemed a great time to retire from coaching. I've had a great career, and I've loved every moment of it."

During her tenure, she won Coach of the Year multiple times, led her team to several state championships, and, in 2000, Arcadia High was named swim team of the century by the Arizona Interscholastic Association, given they had won the most championships.

> ***"I hope that I've made swimming a positive and fun experience for all those students I've coached and, in the process, created special memories for them."***

McClurg will continue to teach chemistry, as she has three more years until full retirement. She also plans to focus more time on the National Honor Society, which she sponsors with another teacher. And in her free time, she hopes to plant a garden.

She's helping to hire a new swim and dive coach to ensure the team she has built is maintained.

"Our swim and dive group is such a family team," McClurg said. "When there have been multiple swimmers at different ages in a particular family, I've often been involved with those parents and kids for up to ten years. I hope that I've made swimming a positive and fun experience for all those students I've coached and, in the process, created special memories for them."

This little piggy stole the show at Archway Veritas

By Melissa Hirschl

A combination of old-fashioned fun and a silly idea produced giggles, laughter and a sense of togetherness at Archway Veritas's Kiss the Pig event this past November. Part of the annual Fall Festivitas, the event showcased a brave teacher who puckered up to a small pig named Abraham, courtesy of student votes. Students and staff were able to enjoy the show through Zoom.

Even though the main festival was scratched this year, some events were able to happen, and determined parent volunteers ensured that the Kiss the Pig event was one of them.

> ***It's fun to see teachers compete for votes and the whole school get excited about the contest. It's even better when we get to help promote and dance with our dancing pigs out front.***

"With 2020, it's great for everyone to be involved with something that gives them a sense of normalcy," Lauren Morstad, president of Archway Veritas Parent Student Organization, said. "It's exciting that parents and kids could still be part of this fun event, but the safety of the community was of utmost importance."

Parent volunteer Kelli Grove provided the school with a COVID-19 safety proposal, and with the help of Walking M Farms out of Mesa (who let Abraham come out and play), the event was transformed from a possibility to a reality.

"The virus may have canceled many special events on campus this year," she said, "but with a little creativity, coupled with safety procedures and a supportive school community, we made it happen.

I knew we had to give the kids a little something special to look forward to, something that would lift their spirits and support our teachers and staff as well."

The Kiss the Pig event also doubled as a fundraiser for the school. Kids could donate their loose change and vote for the teacher they wanted to smooch the swine. According to Morstad, this year's signature event raised $2,700 for the AVPSO budget, which assists with school-wide events and programs that benefit and support the teachers and administration.

This year's "kisser" was music teacher Dr. Daniel Atwood, who won out against Dean of Students Moira Hyde and fourth-grade teacher Trevor Guyette.



PHOTO: JENNIFER CHIANG

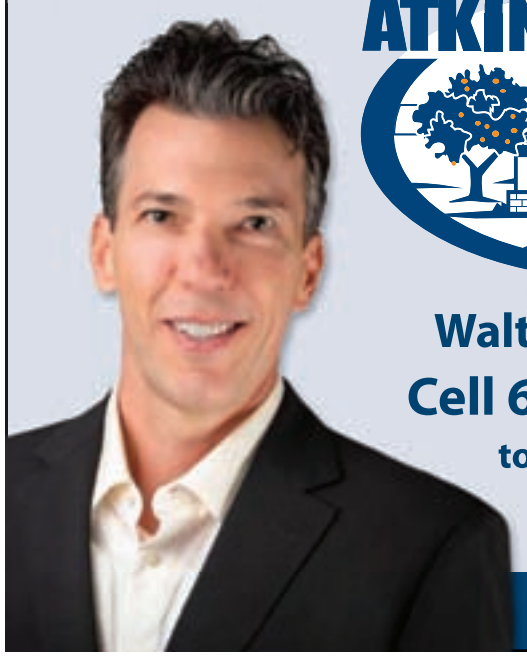
Dr. Daniel Atwood and Dr. Mary Frances Jeffries with Abraham the pig.

Reflecting on the fun of being a candidate and winner, Atwood said, "It feels good to join the pantheon of esteemed teachers and colleagues who have given the winning smooch. I tried my best to spread 'propaganda' against my opponents with slogans like 'A vote for Hyde is one in which we can take pride.' But the students enthusiastically ignored it and voted for me instead."

Atwood said his advice for anyone who might have to kiss a pig in the future is that the pig may squeal very loudly in your face – so be prepared!

Parent volunteers added some creative flair to the event by wearing whimsical pig costumes before class started on the days leading up to the event. "It's fun to see teachers compete for votes and the whole school get excited about the contest," said fourth-grade student Abigail Neal. "It's even better when we get to help promote and dance with our dancing pigs out front."

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Arcadia Real Estate Stats

2020 HOPI SCHOOL DISTRICT SALES RESULTS
(1/01/2020-11/30/2020)

Active Homes -	110 homes
Homes Sold -	321 homes
Average Sale Price -	$1,699,000
Average Sold $ Per SF -	$432
Average Days On Market -	102 days

There is currently 4 months of home inventory. (based on 2019 sales results)
2020 home sales have increased 10% 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 14%. (based on 2019 sales results)
2020 homes are taking 13% 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
(1/01/2020-11/30/2020)

Active Homes -	37 Homes
Homes Sold -	218 Homes
Average Sale Price -	$756,000
Average Sold $ Per SF -	$317
Average Days On Market -	60 days

There is currently 2 months of home inventory. (based on 2019 sales results)
2020 home sales have increased 10% this year. (based on 2019 sales results)
2020 home prices have increased 14%. (based on 2019 sales results)
2020 $ Per Square Foot prices have increased 13%. (based on 2019 sales results)
2020 Homes are taking 34% less time to sell. (based on 2019 sales results)

2019 TAVAN SCHOOL DISTRICT SALES RESULTS

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

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WHAT'S HAPPENING, *ARCADIA?*

ARIZONA AUTO WEEK



Vehicle enthusiasts from all over the country wait patiently for the beginning of the year, which is when Arizona Auto Week typically happens. Due to safety concerns, 2021's auction week has changed, with a few auctions being postponed or moved online. Below is the latest information we have at time of publication. Check websites for current updates.

GOODING & COMPANY

Online Only

Gooding & Company announced that its annual Scottsdale auction will be held exclusively on the Geared Online platform. The auction will continue the company's online-only series with a special sale during the Scottsdale automotive week. An early highlight is the 1966 Ferrari 275 GTB Long Nose.

When: Jan. 18-22

goodingco.com

BONHAM'S

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

Historic British auction house Bonham's offers a more intimate auction environment with unique autos like 1958 Porsche 356A 1600 T2 Speedster or a 1991 Lancia Delta HF Integrale Evoluzione 1 with desirable Martini 6 livery.

When: Jan. 21

bonhams.com

RM SOTHEBY'S

OTTO Car Club & Storage 15550 N. 78th St., Scottsdale

RM Sotheby's has a new location for its 22nd annual Arizona sale kicking off its 2021 auction calendar. The sale is set to present approximately 80 blue-chip motor cars spanning the spectrum of the market, hand-picked by the company's expert team.

When: Jan. 22

rmsothebys.com

RUSSO AND STEELE

7722 E. Gray Road, Scottsdale

It's the 21st anniversary for Russo and Steele's signature auction event. This year's event is by invitation only.

When: March 27, 2021

russoandsteele.com

BARRETT-JACKSON

Westworld of Scottsdale, 16601 N. Pima Road, Scottsdale

Headquartered in Scottsdale, Barrett-Jackson is the granddaddy of the collector car auctions. In the interest of safety for everyone involved, this year's event has been postponed until March.

When: Week of March 22

barrett-jackson.com

Almost There: A Mom + Pups Rescue is a nonprofit specializing in the rescue, care and adoption of large breed pregnant dogs and their puppies. Geri Hormel and her partners, Megan and Annie, recently opened their newest brick and mortar shelter (complete with a play yard and meet and greet room) on 26th St. and Indian School Road. The rescue offers volunteer and foster opportunities and also accepts donations.

almostthererescue.org

Freytag Fine Jewelry is now open for business in the space formerly occupied by W.R. Williams Fine Jewelry. Located in the Arcadia Town Center at 48th St. and Indian School, the completely remodeled showroom features diamond and gemstone jewelry and watches. Owner Bryan Freytag has a connection to the location and the business as a fellow jeweler and a long-time friend to Randy Williams.

For more, check out the Freytag Fine Jewelry Facebook page

The **Arcadia Junior Titans** team is looking for players and coaches for the spring 2021 season. This program is geared toward kids ages 8-14 for tackle football, with practices that started in December and will go to March. Official games will also begin in March, and there are no club fees.

President John Blanks at arcadiajuniortitans@outlook.com

Cholla Trail, which has been closed since March 2020, has plans to open soon – this time with a bathroom and water fountain for hikers to use. The new trail has hikers entering through a construction road south of East Vista Drive – a newly constructed route at one end of The Phoenician's golf course will connect to the main Cholla Trail. Those interested in submitting comments on the reopening should contact Sam Stone, chief of staff for Phoenix Councilman Sal DiCiccio.

council.district.6@phoenix.gov or 602-262-7419

My Three Girls Bakery, located on the corner of 48th St. and Indian School, has officially closed. Arcadia Tavern, located in the same complex, closed and reopened in late-December as **Taberna de Arcadia,** a restaurant that focuses on smoky Arizona flavors and al pastor style dishes. The eatery partnered with the owners of The Porch, who run the new concept.

A new vegan burger joint will be opening in early 2021 at 33rd St. and Indian School Road. **Beaut Burger's** menu consists of burgers 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. The owners will also be opening a dairy-free ice cream shop, called **Bristlecone,** next to the burger spot.



Almost There: A Mom + Pups Rescue

beautburger.com

Their first location is in the heart of the Town too Tough to Die. Now, **Tombstone Brewing Company** has brought their craft beers and food to Phoenix (at 40th St. and Thomas), "Where people can casually gather for a pint. This is an exciting destination for beer lovers with crafting ales and lagers that range from the traditional to the far reaches of what beer can be." There are 12 beers on tap and a range of appetizers, sandwiches and burgers for guests to choose from.

tombstone.beer

A new eatery opened up in November on Camelback Road and 11th St. **Chantico Mexican Restaurant** is billed as casual dining with inside and outside patio seating available. Chantico's menu includes brunch and dinner, with dishes like ribeye, chili relleno and ceviche along with a happy hour and signature drinks.

chanticophx.com

A new pho spot opened in November next to the Sprouts on 32nd St. and Indian School Road. **Pho Bar Central's** menu offers rice noodle soup, spring rolls, banh mi and local craft beers. Pho Bar is open from 11 a.m.-8 p.m. Monday through Saturday.

For more, check out the Pho Bar Central Facebook page



CHS Principal Amy Palatucci

Jobs for America's Graduates, a national organization that helps young people succeed in school and the workplace, has named **Coronado High Principal Amy Palatucci** as the recipient of its 2020 National Educational Leadership Award. Every year, JAG hosts an event recognizing individuals who contribute to its success in state and national education, government or workforce development arenas. Louisiana Governor John Bel Edwards, chair of JAG's Board of Directors, announced Palatucci's award on Dec. 3. She was nominated by the state's organization, JAG Arizona.

A new planned private residential community broke ground in Scottsdale in November. **Ascent at The Phoenician,** located next to The Phoenician Resort and at the foot of Camelback Mountain overlooking the resort's golf club, comprises approximately 200 properties, including amenities like a private homeowner pool and fitness club.

ascentatthephoenician.com

The latest eatery at 40th St. and Indian School is taking shape and will soon become **Eat Up Drive Thru**. Word on the street is that it will be a healthy alternative from the creators of Chop Shop.

Keep up to date by visiting the Eat Up Drive Thru Facebook page

Arcadians Jessica and Jacob Carter, along with their partner, started a business pre-COVID called **Nurture Boss,** which is an automated mobile nurturing tool for multifamily housing. The trio produced proprietary software that creates custom and personalized landing pages (sent via text) to people who are looking for new apartments. Clients, apartment management and ownership companies can communicate personal messages with multiple people at once.

nurtureboss.io

Phoenix Public Library is still offering curbside service. Library-goers can place holds for physical materials through the online catalog, pull up to curbside service and pick everything up from the safety of their cars. People can also get kids' café meals, MACH1 to-go bags, book and movie bundles and Seed Library seed packets from curbside service. Beginning Dec. 8, curbside service hours are Monday through Saturday, 8 a.m. to noon and 3:30-5:30 p.m., Tuesdays, Wednesdays and Thursdays.

phoenixpubliclibrary.org

WHAT'S HAPPENING, *ARCADIA?*

Readers are encouraged to check event websites for safety protocols.

In partnership with the Arizona Community Foundation, **College Depot** is offering free online workshops to help students find and apply for scholarships. Kids can learn application tips, how to write an essay and secure strong letters of recommendation. One-on-one appointments are available by calling 602-261-8847. Upcoming 2021 dates are Wednesday, Jan. 13, 5-6:30 p.m. and Thursday, Jan. 28, 4-5:30 p.m.

phoenixpublicliblary.org

EVENTS

The Old Town Scottsdale Farmers Market

Saturdays from 8 a.m.-1 p.m.

Attendees will find organic produce, seasonal specialties such as cider and apples, flowers, pork, beef, fish and eggs from Arizona growers. Guests can also find cheese, freshly baked bread, jams and tamales. Drive-through pickup lanes are open for pre-orders and for patrons who want to remain in their vehicles.

arizonacommunityfarmersmarkets.com

Cruise Zoolights

Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix

Throughout January, guests can view the annual Zoolights from the comfort of their vehicles and still witness all of the magic. Zoolights includes millions of twinkling lights and animal sculptures. Guests can tour the Africa Trail and see the Wildlife Lantern Safari, featuring 66 animals like polar bears, mammoths, koalas and kangaroos. Kettle corn and hot cocoa will be available for purchase. Tickets are $75 per car for nonmembers, $60 for members.

phoenixzoo.org

Phoenix Art Museum Exhibit

Wednesday-Friday from 10 a.m.-7 p.m. at Phoenix Art Museum, 1625 N. Central Ave.

Opening on January 2, the Phoenix Art Museum will feature an exhibit with prints by some of the most respected names in art history, including Paul Cézanne, Edvard Munch, Mary Cassatt, Paul Klee, Louise Nevelson and Robert Rauschenberg. The exhibit will explore the "modern rebirth of printmaking as an art form, with a particular focus on the role of women artists in that history. The exhibition will place more than 50 European and American artworks from the U.K.-based Schorr Collection and the museum's own collections in conversation with each other, and many of these prints will be on view for the first time in Arizona." Tickets are $23 for adults and $5 for kids.

phxart.org

Art History Lecture

Thursday, January 21 from 5:30-7 p.m. Shemer Art Center, 5005 E. Camelback Road

This month's art history lecture is all about Dutch baroque painting in the golden age of Dutch power and prosperity, featuring artists Frans Hals and Jan Vermeer. Presented by Eleanor Sypher, Ph.D., guests will learn about Hals' technique while enjoying beverages and hors d'oeuvres. Registration is $10.

shemerartcenter.org

The R + R Show

Friday, January 22 Virtual

Brought to you by Hotel Valley Ho, The R+R Show brings together Executive Chef Russell LaCasce and Hotel Manager Ronen Aviram, who will show guests how to make some of their ZuZu favorites at home – complete with recipes. The team will share expert tips along with ideas for cocktail pairings and chef-approved leftovers.

Watch for free on Hotel Valley Ho's website or YouTube channel

Fried Chicken and Wings Festival

Saturday, January 30 from 12:30-5 p.m. at The Pressroom, 441 W. Madison St.

It's going to get saucy at the second annual Fried Chicken and Wings Festival.



The Old Town Scottsdale Farmers Market



Fried Chicken and Wings Festival

Guests can enjoy classic, modern and fusion chicken recipes from over 10 local vendors. There will also be an art market, lawn, board and video games, drinks and dessert. Tickets are $10 for adults, $4 for kids.

Visit the Fried Chicken and Wings Festival Facebook page

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Dear Neighbors...

This time last year, no one could have predicted that 2020 would pan out the way it has. It was a year that has taught us about the importance of our homes, the value of our community, and the significance of the relationships we maintain around us.

As a local business, we could not be more appreciative of the neighborhood support that we have continued to receive throughout such a tumultuous year. Your trust has granted us the opportunity to serve nearly 250 families this year alone. Additionally, we have welcomed 17 new agents, 2 new support staff, and opened a new office in the heart of North Central Phoenix. We are now more capable than ever to serve the greater good of our community, expanding our expertise from Arcadia and Biltmore to now include Scottsdale, Paradise Valley, the Southeast Valley, and beyond. We are looking forward to growing even more with the coming year, including the opening of our third office location.

The 2020 real estate market has been one to behold. In the face of a pandemic, it seems as though people recognize the value of home more than ever, and we are honored to provide such a valuable service in making the transition as seamless as possible, especially under such unique circumstances.

Thank you, again, for a great 2020. We are always around should you have any questions regarding your home or other real estate needs in the area.

Best Wishes into 2021,



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Some answers to 'what is that thing?'

Winter is here, and that means one thing: Out-of-state friends asking questions about unusual items and edifices that have taken up permanent residence in the Valley. And I, having taken up permanent residence in the Valley more than a half-century ago, am ready with the answers.



The Lowe Road

BY SAM LOWE

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

What's that pointy thing sticking up on the corner of Scottsdale Road and Frank Lloyd Wright Boulevard in Scottsdale?

Back in 1957, famed architect Frank Lloyd Wright designed a new Capitol building for Arizona, to be located in Papago Park. The design included a distinctive spire rising from the center. The state rejected Wright's proposal, so the project was scrapped. In 2002, the developers of Scottsdale Promenade needed an attention-getting landmark, so they dug out Wright's plans and determined that the spire would be ideal. Work began on the 40-ton structure in 2003, and it was installed in 2004 at the cost of one million dollars. It rises 127 feet and is composed of 1,700 pieces of steel and translucent panels. At night, 142 eight-inch lamps illuminate the spire from the inside, casting a bluish hue for more than a mile.



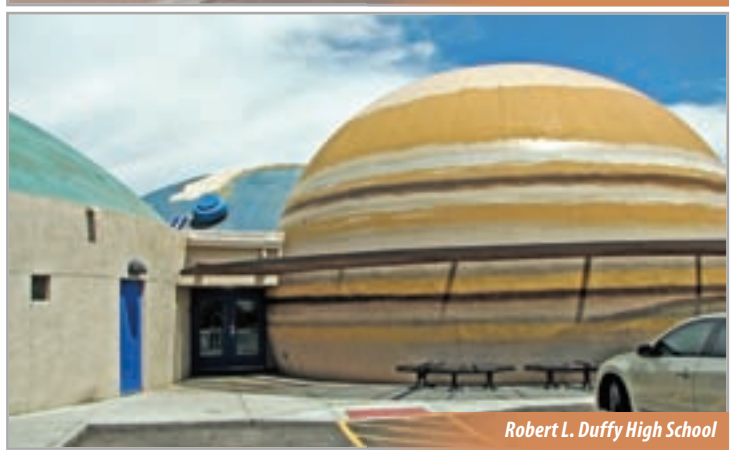
Frank Lloyd Wright spire



"Release the Fear"



SkySong



Robert L. Duffy High School

Does that sculpture on the corner of Central Avenue and Roosevelt Road in Phoenix have a name?

Indeed it does. It's called "Release the Fear," and it's made of melted down firearms. Artist Robert John Miley spent more than a decade turning guns into art, and the result is a steel sculpture that weighs 17,000 pounds. Four tons of the material came from guns that were used in the commission of violent acts. They were confiscated by various law enforcement agencies across Arizona, which donated them to Miley when they heard of his project. The weapons were melted down and then recast, some of them back into the shape of the guns that make up the statue's base. Miley used students and criminals as his workforce. The young people came from neighborhood schools; the convicts were chain gangs who volunteered to help. The work drew some initial criticism, including one from a fellow artist who noted that "it looks like a Gumby." But the same artist later commended the piece, which now stands as a sort of symbolic landmark for the rejuvenated Roosevelt Row.

Is that thing in Scottsdale a giant circus tent or a gigantic yacht?

It may look like a tent big enough to hold a multitude of trained elephant acts or a sailing ship large enough to contain both the Nina and the Pinta. It's actually part of SkySong, more appropriately known as Arizona State University's Innovation Center, which takes up a lot of ground on the southeast corner of Scottsdale and McDowell Roads. The mixed-use project will eventually consist of 1.2 million square feet of office, research and retail space, plus a hotel and conference center if all goes as planned.

The big, white, sail-like structure that towers over the project soars 125 feet above the surrounding buildings and contains 50,000 square feet of Teflon-coated fiberglass material. The architects designed it for shade and to withstand dust storms, summer monsoons and blustery winds. They didn't have to concern themselves with making it snow-resistant.

What are those round-roofed buildings east of downtown Phoenix?

They are the Robert L. Duffy High School, which takes academic architecture to the outer limits of our universe. All four buildings on the campus are large monolithic structures with domes painted to look like Earth, Neptune, Saturn and Jupiter. Despite their unusual exteriors, all four function as regular classrooms. Inside, they feature a gymnasium, basketball court, rooms for classes (including astronomy courses) and a daycare center. Each building is solar-powered and equipped with the latest technology. The school opened in 2010 and can accommodate 240 students once regular schedules resume after the current pandemic. It's located near 24th St. and Jefferson.

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Trends for 2021

2020 was a historic year. The pandemic caused a lot of unexpected change, and some of that may be here to stay. Let's look at what changes employees can expect in their 2021 workplace.

Glassdoor's Chief Economist Dr. Andrew Chamberlain recently shared his five predictions on what the future holds at work. First, office life will return, but will never be the same. Second, employees will expect progress, not pledges, on corporate diversity, equality and inclusion. Salary expectations will get a permanent work-from-home overhaul. Company cultures must adapt to post-COVID-19 realities. And although the COVID-19 recession is likely over, those jobs lost during the pandemic may never return.

More than 40% of U.S. workers have been working from home full-time since June 2020. This dramatic shift has caused significant changes in the way we work. Chamberlain believes that although companies have been forced to rethink work from home policies, employees will ultimately return to work once it's safe.



Career Corner

BY ANGELA COPELAND

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

Remote work allows companies to hire from anywhere, but it has downsides. Chamberlain cites poor employee communication, lack of motivation and performance, lower creativity and lack of spontaneity as the drawbacks. Casual bonds created through in-person interactions are critical for building a culture of innovation and creativity. According to Glassdoor's workforce's internal survey, most workers prefer a hybrid work arrangement, splitting time between home and office.

The Black Lives Matter movement also cast a needed light on racial inequality that will impact our workplace in the future. Companies are being pushed to make real progress on diversity and inclusion efforts. The public also expects more transparency on these efforts going forward. A recent Glassdoor survey found that more than three in four employees and job seekers say workplace diversity is an important factor when evaluating companies or job offers.

Chamberlain also predicts a shift in salary expectations. He believes tech workers moving from expensive metros such as San Francisco or New York should expect pay reductions from five to 30 percent, depending on where they move. If a worker has a unique skillset, a company will be forced to pay the fair market rate for that skillset, regardless of where they live. On the flip side, if the location is no issue, job seekers will likely face more competition as they apply for jobs.

Ultimately, the unexpected nature of 2020 has forever changed our workplace, for good and for bad. Here's to a better 2021!

FROM THE ARCHIVES



ARCADIA NEWS

Vol. 18 No. 10 AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 January 2011

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LET'S TRY NEW THINGS IN 2011!

Jacob Staudenmaier, Jack Beckis, Max McCauley, Dallas Greene, Mitchell Arndt, Ethan Flatley and Jon Hake had a tasty time at the fishing hole. Didn't eat 'em, just donated them to science. *Read McCauley's story on page 41.*

They loom in front of all college-bound students: the ACT and SAT tests. Experts and experienced parents talk about the best ways for a student to prepare.

Page 12

The advertising art program at Arcadia High School has been a State Gold Medal winner 25 of the past 26 years, and this year's group of students keep up the good work.

Page 18

Two Squaw Peak Traditional Academy kindergartners win trophies that are taller than they are for their ability to play winning chess. Nine rounds of it, to be exact.

Page 27

ON THIS ARCADIA NEWS COVER FROM JANUARY 2011:

Jacob Staudenmaier, Jack Beckis, Max McCauley, Dallas Greene, Mitchell Arndt, Ethan Flatley and Jon Hake had a tasty time at the fishing hole. Didn't eat 'em, just donated them to science.

ARCADIANEWSONLINE.COM


Vegan stuffed delicata squash


Vegan "Just Egg" omelette


10-minute hummus


10-minute blueberry smoothie bowl

Arcadian offers plant-based wellness program

By Mallory Gleich


Miriam Hahn

Arcadia resident and Arizona native Miriam Hahn turned her passion for plant-based eating into a business with YouCare-SelfCare. Located in the Arcadia area, YouCare focuses on clean, healthy foods with Hahn's wellness program, boot camp and cooking classes.

Hahn was born and raised in the Biltmore area. She attended St. Thomas and Xavier and majored in business at Arizona State University. It wasn't until more than a decade ago that plant-based eating habits became part of her life.

"I've been eating this way for 12 years and have never felt better," Hahn said. "I wanted to take my passion for health and use it to help others."

Hahn and her family (a husband and three daughters) moved to Arcadia three years ago from north Phoenix. It was then that YouCare-SelfCare got its start.

"It's a private wellness practice, specializing in a plant-based lifestyle and disease prevention," Hahn explained.

Years back, Hahn was experiencing colds that would turn into sinus infections, leading her to change her diet.

"I felt like I was always on an antibiotic because they would clear and then come right back," Hahn said. "I read about the causes of sinus infections and learned that dairy was a huge contributor. I gave it up completely and haven't had a cold or sinus infection since."

Hahn then decided to look into the side effects of all animal products.

"I realized that my energy levels were not great, I wasn't sleeping well, and I had put on extra weight. All of this completely improved when I switched over to eating plant-based," she said.

Hahn says that the 12-week Wellness Program is the anchor of the business.

"Weekly classes meet in a group setting in my kitchen," Hahn said. "Each week, we cover lifestyle habits in the areas of food, exercise, sleep, stress and environmental toxins."

Hahn reveals new habits at every class and includes food demos, tastings and organizational tips for working wellness into people's lives.

"By the end of the program, attendees have new habits and rituals that help them look and feel their best," Hahn said. "Many have said it is life-changing."

The Boot Camp option has different themes – the most recent being "Boosting your Metabolism" with fiber.

"As we get older, our metabolism slows down, but we can do so many things to speed it up," Hahn said. This boot camp helps people learn how to fuel their gut for optimal health and a speedy metabolism."

The boot camp lasts for four weeks. Hahn sets up an hour-long Zoom call that offers weekly downloads, new recipes/materials, worksheets to help keep people on track, strength training exercises and prizes.

Hahn also offers meal prep courses called "Cook Once, Eat All Week." The series has three-course options with Mexican, Italian and American-themed foods.

"I want to break down the stereotype that plant-based meals are bland, boring and short on protein," Hahn said. "I love seeing the reaction from class members when their expectations are changed after tasting some of my recipes. They are surprised that a healthy plant-based meal can also taste good."

To come up with recipes, Hahn often takes traditional dishes and converts them. Her favorite dishes to create are salads, "with dressings that are just as healthy as the salad."

Hahn likes to exercise when she's not working, starting her day with a three-mile run along the canal. She also plays pickleball, reads motivational books, listens to podcasts and writes a weekly article for the Plant Based World newsletter. She also hangs out with her family, who she says are her main recipe testers.

The Zoom Boot Camp and Wellness Classes will start on January 6.

youcare-selfcare.com



Miriam's Greek Pita Pizzas

Ingredients

- 6 pitas
- Hummus
- 1 cup English cucumber, diced
- 1 cup tomatoes, diced
- 2 tsp olive oil
- 2 tsp Bragg's vinegar
- 1/4 cup red onion, diced
- 1/4 cup kalamata olives, halved or chopped
- 1 tsp oregano
- 1/2 tsp pink salt
- 1/4 tsp garlic powder

Instructions

1. Brush the tops of the pita breads with a little avocado oil, and sprinkle with a little salt, oregano and garlic powder.
2. Broil in oven for 2-3 minutes until just brown.
3. Mix up all of salad ingredients and toss.
4. Layer pita breads with hummus and add salad mixture.



PREP TIME: 10 MIN • **COOK TIME:** 5 MIN • **TOTAL TIME:** 15 MIN

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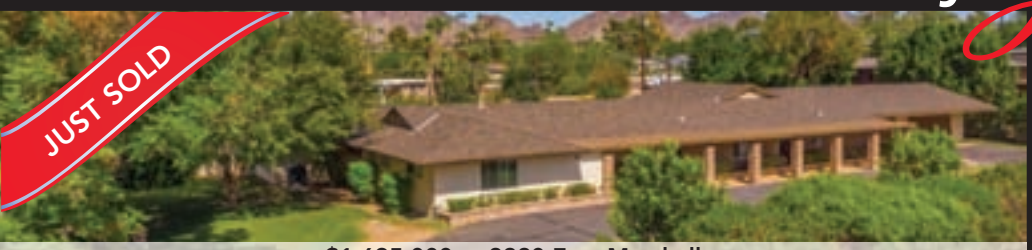
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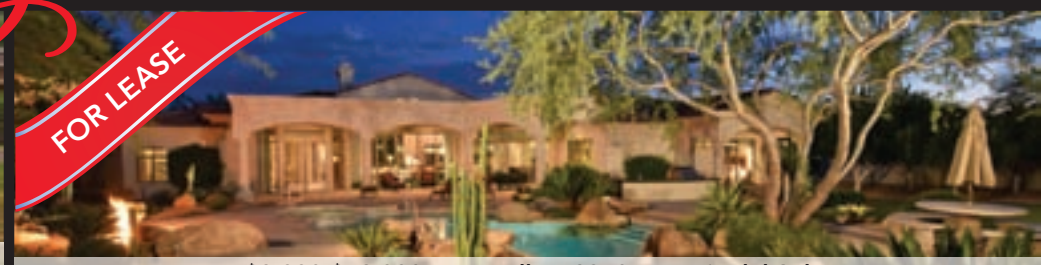
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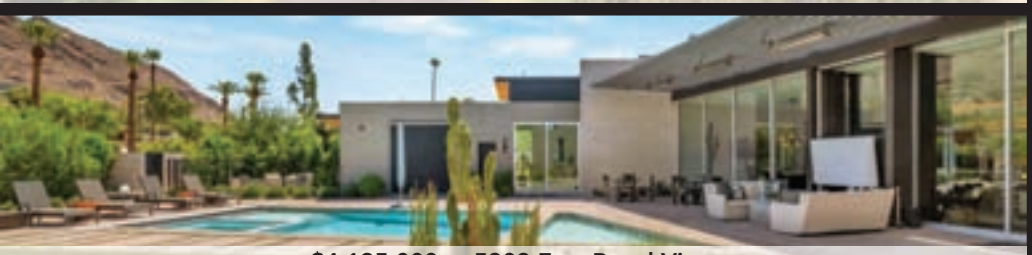
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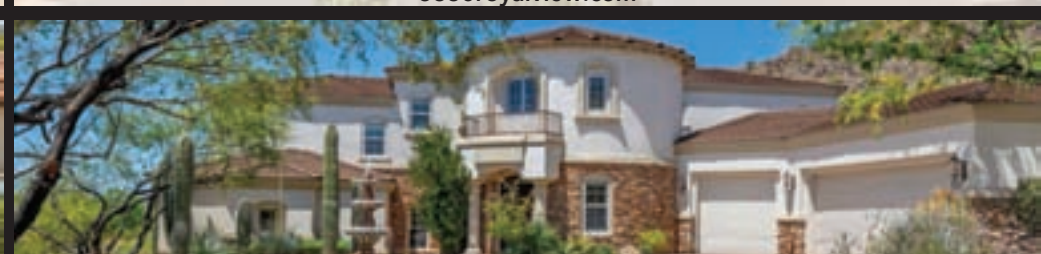
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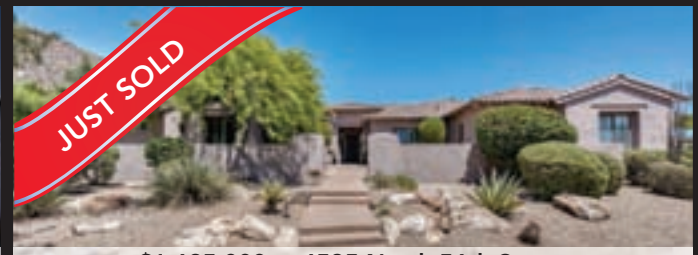
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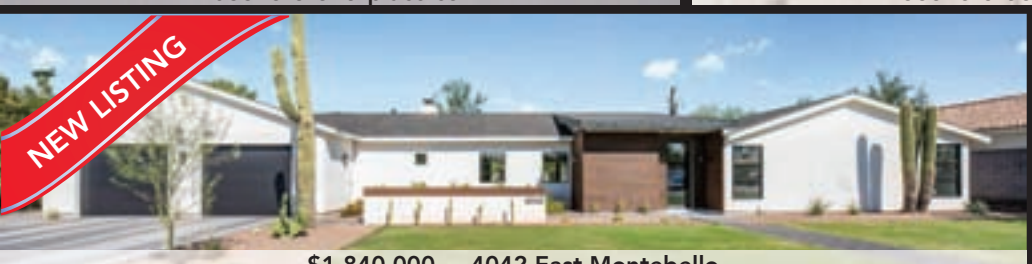
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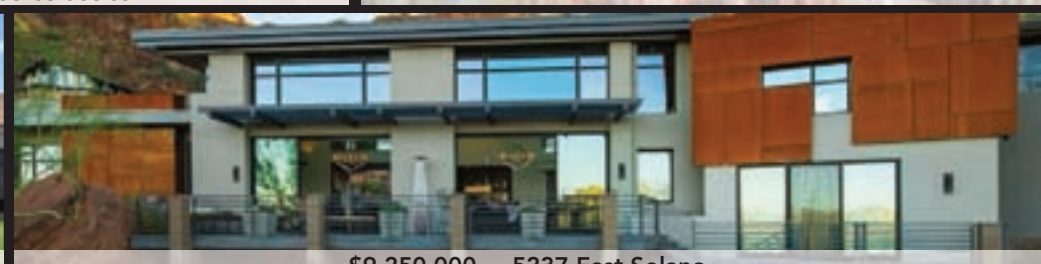
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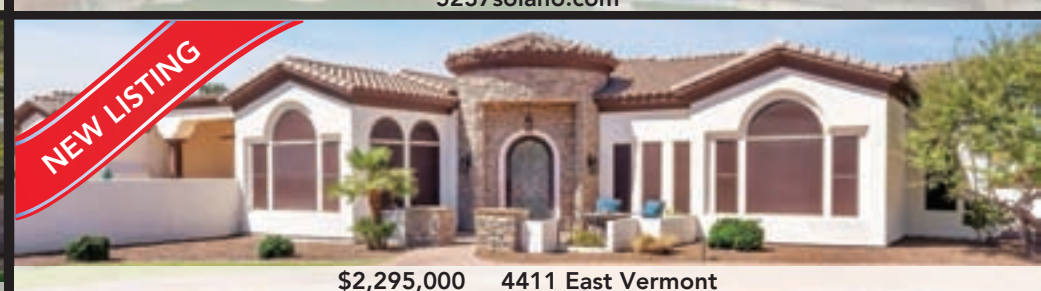
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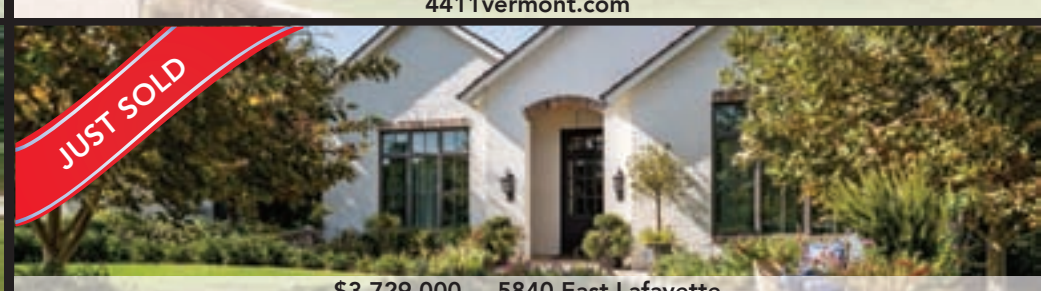
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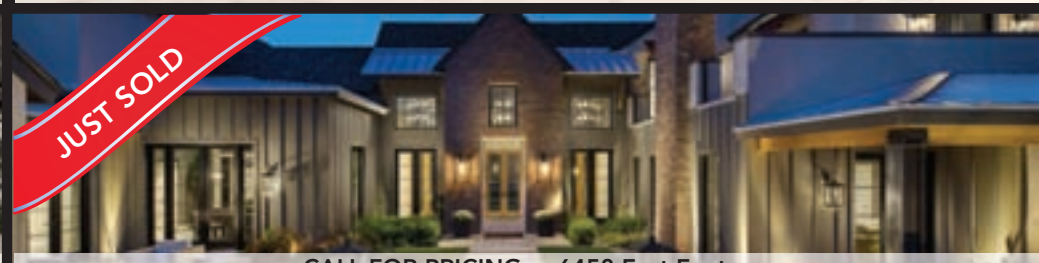
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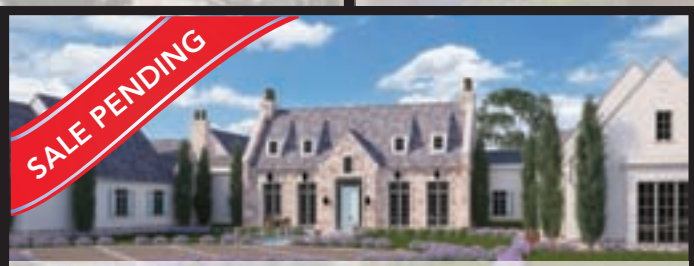
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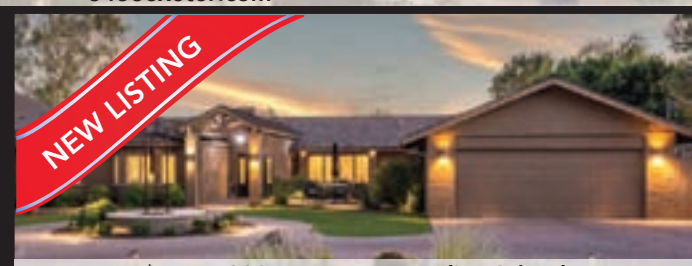
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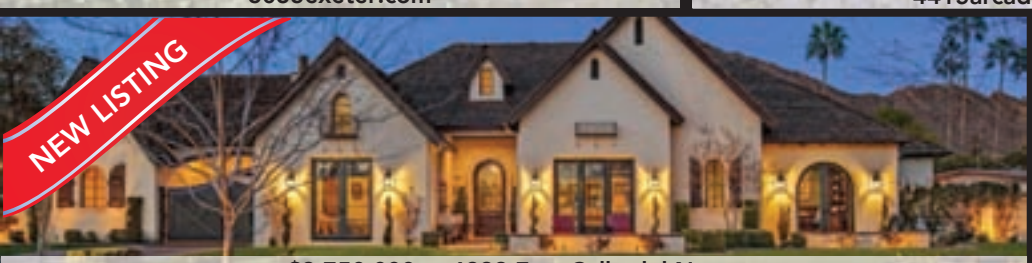
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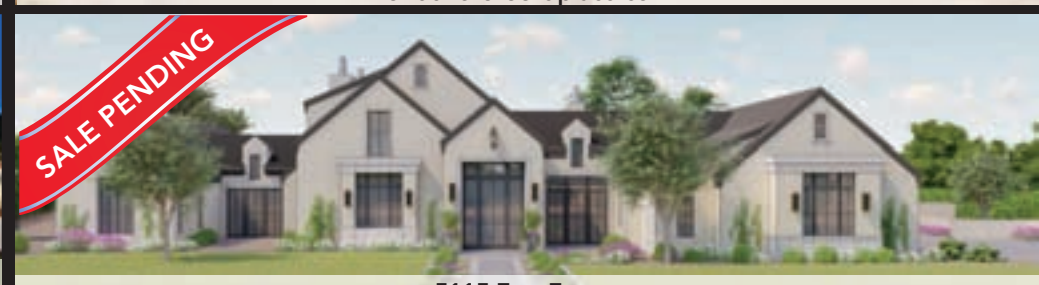
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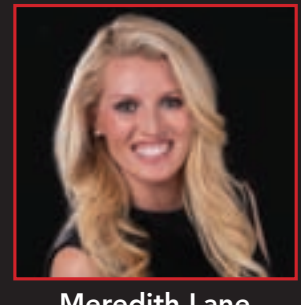
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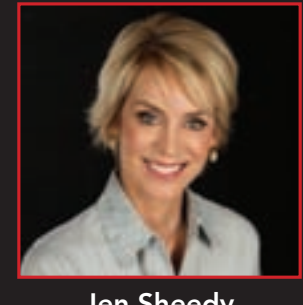
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Echo Canyon thinks outside the box

By Jennifer Marshall

Echo Canyon Elementary has long been known for its student gardens, chef program and overall hands-on learning experiences. When COVID hit and social distancing practices took effect, everything changed. However, the team of school leaders working in conjunction with their chef and gardening partners found a way to think 'outside the box' and continue to put education first.

Throughout the pandemic, Echo Canyon has had to restrict who enters the campus, which means they can't have people visit, like the contributing gardeners and chefs who usually are part of their educational programs. They have also banned the sharing of gardening tools and materials. In short, school officials recognized that, for the time being, they wouldn't be able to run their garden and chef programs as initially planned.

"We have a wonderful partnership with the Blue Watermelon Foundation," Principal Kat Hughes said. "They've worked tirelessly brainstorming ways to keep our gardening and our chef in the garden programs alive for our students."

Established by local chef and restaurateur Charleen Badman, the Blue Watermelon's mission is to foster healthier eating habits in kids.

"The Blue Watermelon's solution was grow boxes," Hughes said. The boxes contain materials to grow food and a corresponding recipe to cook a small dish.



PHOTOS: LOU RODARTE

Grow boxes contain materials to grow food and a corresponding recipe to cook a small dish.

Each grow box has a theme that determines the seeds included. Some recent packs included chickpeas with a recipe for making pancakes, while another box contained the "three sisters," a mixture of squash, beans and corn.

"We've given grow boxes to our special needs kids as well as preschool, first, third and fifth graders," Hughes said. "Our goal is for kids in each grade level to have a grow box to take home so they can engage in gardening and cooking with their families."

Teachers are also weaving gardening and cooking into their curriculum, and in the classroom, students have shown off photos of their finished recipes. Leading Phoenix chefs are creating YouTube videos to accompany the recipes. The hope is that families will watch the videos together and, sharing in an activity, they'll prepare healthier food.

"We are so appreciative of the community partnership we have with the Blue Watermelon Project, which is overseen by Chef Badman," Hughes said. "Through all of this, they've kept Echo at the forefront of their mind and worked hard to help us to maintain the great accomplishments we've made."

In the future, the school wants to incorporate specific vocabulary words that relate to their gardening and chef initiatives. They see each box as a learning opportunity for students, their families and teachers.

"Grow boxes have helped us to keep our philosophy of hands-on learning alive, which is at the heart of what we do," Hughes said. "I like to say that thinking outside the box put us in the box."



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Inaugural 'Day of Service' brings Cub Scouts together

By Rachael Bouley

The first annual Day of Service on November 14 was a big success for Pack 6 and other Cub Scouts throughout Arizona. The event was created by the local BSA Grand Canyon Council to combine Scouting's service outreach with cities and other community partners, to help others with recovery due to the Coronavirus.

Arcadia's Pack 6 aims to encourage young boys and girls to become responsible citizens and good leaders through various community engagement activities and special projects. The Day of Service was one of their recent initiatives, with a group of about 60 Scouts from first through fifth grades hitting the trails to hike and pick up trash in Papago Park.

The Scouts come from local schools, including Hopi, Tavan, Christ Lutheran School and Veritas. Throughout the Cub Scouts program, kids are given opportunities to make the world a better place through community service. Cleaning up litter in a local Valley park helped the Scouts understand the importance of respecting the environment.

The Day of Service was established after a group of Valley Scouting leaders completed a Wood Badge leadership training program. The adult group (called the Fox Patrol) worked with the Grand Canyon Council, a nonprofit organization chartered by Boy Scouts to deliver Scouting programs across central and northern Arizona. Together they spread the word and shared inspiration for service projects, which is how Pack 6 came up with the idea to pick up litter in Papago Park.



PHOTO: JASON YOUN

Arcadia's Cub Scout Pack 6 spent two hours picking up litter around Papago Park.

"Pack 6 loves to serve, so we looked at the needs of our community and balanced that with finding an activity that did not pose a risk to our kids," Youn said. In years past, we would work with food banks, but this year an outdoor activity seemed like a wise choice."

Working outside proved to be a great idea, as the Cub Scouts thoroughly enjoyed two hours of fresh air along Papago Park's winding trails.

"With trash bags, rubber gloves, and grabber claws in hand, the Scouts spread out in every direction," Youn said. "When the work was done, the kids had collected 15 large bags of trash!"

Helpful, clean and reverent are included in the 12 points of Scout Law, and all Scouts promise to adhere to the BSA's "Outdoor Code," which includes being clean, careful, considerate and conservation-minded in the outdoors.

The Cub Scouts continue to learn about good ethical and moral choices through their projects. Kyla, a 2nd grade Wolf Scout, embraces all the fun Cub Scout activities, especially the Day of Service.

"I felt excited because I like helping the community," Kyla said. "People can enjoy the park without seeing trash on the ground."

Liam, a 5th grade Webelos II Scout, also embraced the project.

"It was fun, and I got to spend time with my den," Liam said. "Cleaning up the park makes me feel good because I did something for the community."

Pack 6 will continue giving back in the future, whether it be cleaning up their campsites on camping trips or eventually, food bank service projects.

"Now that Covid-19 forced us to find a socially distant project, we have found that cleaning public parks is both a great opportunity for kids to grow and also a great benefit to all those that use Papago Park," Youn said. "We plan to do a similar project again next year."

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"Meet Mr." | Ray Artigue

Matthew Richardson

By Ray Artigue

What started as Matthew Richardson's wife's infatuation with Chick-fil-A's lemonade has turned into an entire love affair between the Richardson family and the popular fast-food restaurant chain.

This affair ultimately resulted in the revitalization of 44th Street and Indian School's northeast corner, with Richardson opening his own Chick-fil-A franchise in 2013.

Over time, it has arguably become Arcadia's favorite fast-food restaurant, acting as a magnet for hungry neighbors of all ages. Seeing the cars that stretch into the street daily is simple proof.

> ***We are so blessed by the trust and the favor of the community. We do all that we can to return the support.***

"It's been so special for us to become a part of the rich history of Arcadia. My family now knows what it feels like to experience a true sense of community," Richardson said, "and we just love it."

Richardson says he and his family rarely ever leave the neighborhood. "My entire life is now lived on one block as I have just a 35-second commute from home to the restaurant."

Asked how many hours he works each week and he just laughed. "I haven't worked in eight years because I love what I do, and if you love what you do, it isn't really work."

Operating the quick-service restaurant has been a family affair from the very start. Richardson's wife, Rachel, and their three boys, Joseph, Noah and Matthew, Jr., all work in the restaurant, handling different responsibilities.

"The boys are older now, but when they were youngsters and helping in the restaurant, customers would become concerned and accuse me of employing minors. We solved that problem by getting them name tags that said 'family member,'" Richardson recalled with a chuckle.

Richardson's nametag title has evolved over the years, and today it simply reads: 'Chief Encourager.'

"At this point, my role is to mentor the younger employees and allow them to learn by doing. I hope that their experience working here will have a lasting and positive impact on their lives," Richardson said.

The restaurant began operating with 45 team members, but today it requires nearly 100 people to serve up the legendary breaded chicken sandwiches.

The coronavirus has made it tougher on everyone, employees and customers alike, but it hasn't slowed the business. Richardson says they have become an exclusive drive-thru, mobile curbside business with the parking lot acting more like a staging area for cars. He also created a delivery service and estimates they make about 100 deliveries per day.

"We are so blessed by the trust and favor of the community and do all that we can to return the support. At last count, we work with 33 different schools in the area, helping to meet their various needs," he said with a note of pride.

The school closest to his restaurant – and his heart – is Arcadia High where his boys go and where he gives much of his time serving as president of the football booster club and as a Young Life volunteer.

"The success of the business has allowed me to do more in the community, and I intend to do all that I can to give back and demonstrate the gratitude of my family."



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Vandalism and other crime on the rise in Arcadia

By Cody Kennedy

Arcadia's neighborhoods have seen an increase in property crime in the form of graffiti and vandalism. Tristahn Schaub, Arcadia Camelback Mountain Neighborhood Association president, said that although graffiti and property damage has always taken place in the area, they've noticed an uptick in 2020.

"It might be the increased rates of joblessness or kids not going to school or involved in physical activities that has fueled the wreckage," Schaub said.

Schaub said that the most affected areas by graffiti are along the canal, but there have been incidents on community properties. A large home being constructed on Lafayette Boulevard was spray-painted on one entire side. The major roadways and institutions are just as susceptible – Camelback Christian Church east of 62nd St. and the Church of Latter-day Saints on 56th St. have also been hit.

"We've had thefts of Christmas decorations, packages, a resident's lawn was torn up by a vehicle, and I got nailed by a flying cup of fruit punch," Schaub said.

The baseball field at Camelback Christian was torn up by truck tires, causing thousands of dollars' worth of damage. The field is under repair, but the little league season that starts next month might be in jeopardy.



PHOTO COURTESY OF CHERI PIERCE

Baseball field at Camelback Christian Church.

"We just seeded and fixed everything to get ready for the season, and now it's ruined," Cheri Pierce, president of Arcadia Little League said. "We have to have dirt delivered, hire a crew. I'm sure it was a lot of fun to watch this happen – but now, we have a financial burden. Two divisions – 14 teams – won't be able to play this year if we can't get the fields fixed in time."

"The church noticed activity happening two/three times a week, starting before Veteran's Day. There are alcohol bottles and cans, glass, trash. It's probably 15-25 people doing this."

Schaub said the Phoenix Police Department was contacted, and their graffiti experts said there are new people trying to get their 'name' or art out there to build a reputation for themselves. "Arcadia Falls at 56th and Indian School was victim to a lot of this newbie [graffiti] activity," Schaub said.

"These kids are not in live school, sports and recreational outlets are closed, and they have time on their hands," Schaub said. "But it's not just the kids. I think people steal to get the money they need and are upset and use graffiti as an outlet."

In both the vandalism and the graffiti cases, the police have been notified. Vandalism falls under criminal damage and a class 6 felony when the value of the damage is above $1,000 (ARS 13-1602).

"It's mixed with emotions," Schaub said. "People feel compassionate for what 'kids' are going through and don't want lives ruined over a silly prank. But they do want the behaviors to stop."

Schaub explained that with the graffiti and theft, police can access homeowners' Ring doorbell and security camera footage with their permission, and they can use that video and neighboring homeowner's video to track down criminals.

Phoenix Police Officer Jared Sherman is the community action officer and direct point of contact for matters relating to crime and policing in the area. Sherman can be reached via e-mail: jared.sherman@phoenix.gov.

To report graffiti, call the Phoenix graffiti line at 602-534-4444 or email blight@phoenix.gov (make sure to include the address or location if possible). To report vandalism, theft or any other crime in progress, call 911.







How much is that dolly in the window?

It is estimated there are well over 300,000 avid Barbie collectors in the world. In 2012, some Barbies sold anywhere from $5 up to an obscene $85,000 (for the Diamond Barbie). Still to this day, vintage Barbie dolls command attention when searching for their values in the current market, so make sure you know how to use resources to assist in finding what you need to know.

A Barbie should be an item you have because it appeals to you.

This is the point where the value of your doll becomes intangible, so even if the worth of your Barbie isn't valuable to the market, the sentimental worth could be valuable to you.

Created in 1959 by Ruth Handler and named after her daughter Barbara, Barbie was an instant success. First sold at the American Toy Fair in New York City, it received a cool reception from the toy buyers. Today, they can be found and purchased around the world. In today's market, the first doll's value ranges from $8,000-$12,000.

Not only has Barbie undergone many changes over the years, but she has managed to keep up with current trends in hairstyles, makeup and clothing. She has been a continual reflection of fashion history since her introduction to the toy market. However, Barbie's cost and value depend significantly upon which one you have in your possession.

According to local doll expert Scott Gram, there are some crucial characteristics you should look at to help determine the value. First, scrutinize it and note wear and tear or defects. If you have a doll that has never been removed from the box, it will carry a much higher value than one that has been removed.

Gram also noted to look at the date on the doll's abdomen as it is not the date it was made, but instead is when the mold was created. He stated that Barbies that have the most collector value were made in Japan and can be worth substantially more than one made in Korea.

Gram also pointed out that you will also need to search for the solid metal tubes in the first Barbie's legs that have matching metal holes in the bottoms of her feet – these were used to fit the doll on a stand. Surprisingly, the stand can be worth more than the doll since so many were thrown away.

Accessories can also fetch more of a monetary value, such as original clothing or hard-to-find outfits.

How can you tell if you own an authentic vintage Barbie doll? Gram shared the list of essential identification marks: blonde or brunette hair in a ponytail and curled bangs; eyes looking sideways with white irises, and pointy eyebrows. Remember clothes help make the woman, and Barbie in the black and white zebra-striped one-piece swimsuit with white sunglasses and black open-toed high heel shoes have made this lady an icon.



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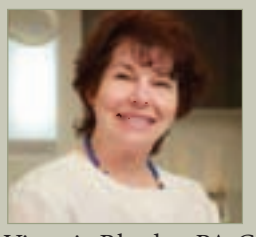

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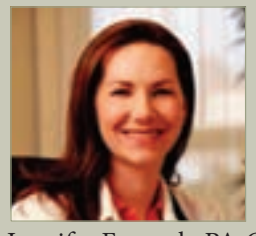

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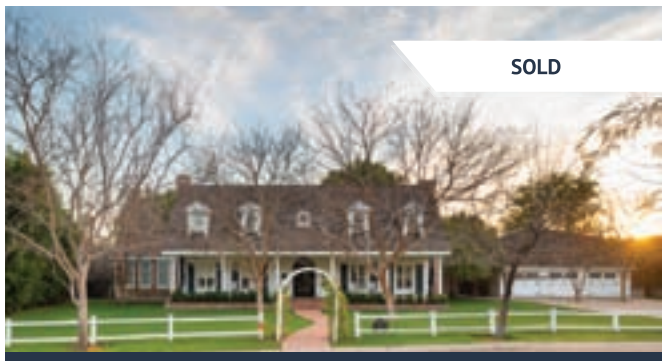


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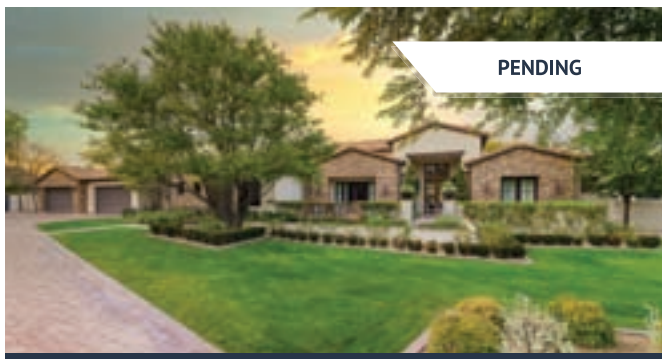
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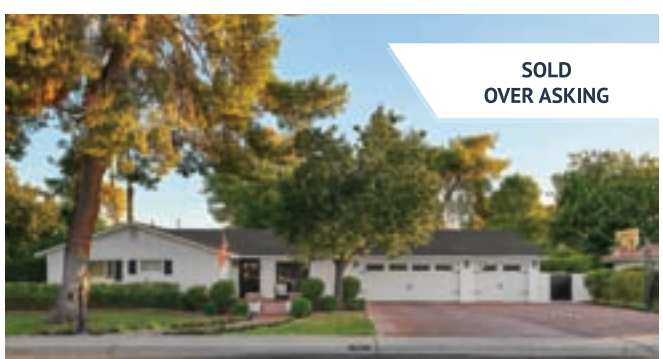
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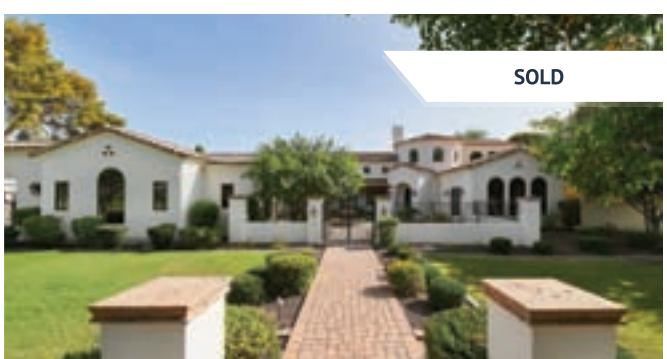
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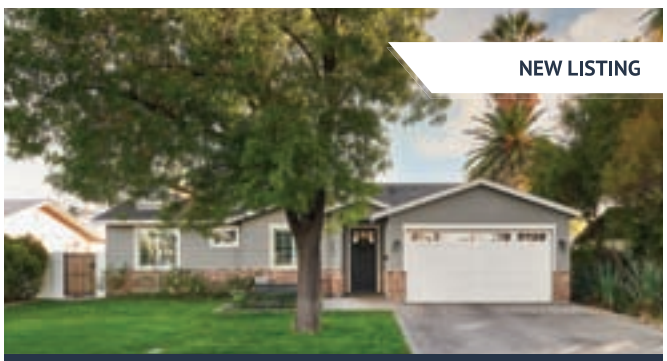
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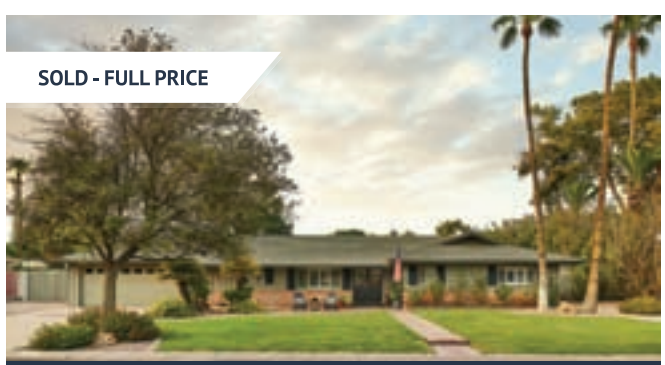
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Goldfield Ghost Town and Mine Tours



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Get out! Exploring the Grand Canyon State

By Jonathan Crowell

Many of Arizona's best escapes can be found just a short drive away from Arcadia.

"The numerous attractions and parks in greater Phoenix offer outdoor adventure and relaxation for the entire family," VisitPhoenix.com Director of Media Relations Douglas Mackenzie said. "There are many fascinating cultural and educational offerings to enjoy with your family or for a great date night."

Here are nine unique spots people can find around our beautiful state:

1. SOUTH MOUNTAIN PARK/PRESERVE

One of the largest municipal parks in the United States, South Mountain features an unforgettable glimpse of the Arizona desert, just south of downtown Phoenix. Hike to your heart's content, take photos, and if you're feeling extra spry, there are horse rentals near the entrance to the park.

phoenix.gov/parks/trails/locations/south-mountain

2. GOLDFIELD GHOST TOWN AND MINE TOURS

This slice of the Old West is situated about 20 miles east of Mesa, at the base of the Superstition Mountains. The "ghost mining town" features mining tours, a zipline, a shooting gallery, a historical museum, shopping and free gunfighter shows every Saturday and Sunday between 12-4 p.m.

goldfieldghosttown.com

3. MESA ARTS CENTER

The largest arts center in Arizona (212,755 square feet) is located in the East Valley. It features five art galleries in its Contemporary Arts Museum, workshops and classes, live music, theater and speaker shows.

mesaartscenter.com

4. SYCAMORE CANYON WILDERNESS (COCONINO, KAIBAB AND PRESCOTT NATIONAL FORESTS)

You'll find hiking, swimming, fishing and history at Sycamore Canyon Wilderness in Arizona's Red Rock Country. About 40 miles southwest of Flagstaff, Sycamore Canyon Wilderness contains more than 50,000 acres of colorful rock formations, pinnacles and a rare desert habitat.

fs.usda.gov/recarea/coconino

5. WATSON LAKE (PRESCOTT)

Head to Prescott for hiking, boating, fishing and picnicking at Watson Lake and its park. Visitors can also have plenty of free fun and sightseeing in Prescott National Forest, Thumb Butte Park and Prescott's downtown historic area.

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

6. PUMPKIN SPRING POOL, LITTLEFIELD

Of course, we've all heard of the Grand Canyon. But maybe you've never heard of a limestone-based, pumpkin-shaped spring pool located at the bottom of the canyon that might make you want to jump in for a dip. Resist the temptation, because the arsenic-rich water is toxic – but it does make for a great photo opportunity. How often do you see a spring pool housed in a giant pumpkin?

atlasobscura.com/places/pumpkin-spring-pool

7. ARAVAIPA FARMS ORCHARD AND INN, WINKELMAN

Okay, so this one's not free. But it does have amazing scenery down south in the heart of Arizona's Sonoran Desert, along with outdoor activities, garden-to-table dining, and other one-of-a-kind resort experiences for you and your friends or family.

"Aravaipa Farms is a unique sanctuary for you to reconnect with yourself, your loved ones and nature. The draw for our guests are numerous. But I would say their top picks include our walking path through our 900 fruit tree orchard and the creek side path around our property," Kari Madden, managing director, said.

aravaipafarms.com

8. APACHE DEATH CAVE, WINSLOW

As if Route 66 weren't notorious enough, alongside it you'll find a historical site known as the Apache Death Cave. Legend has it that in the 1870s, an Apache war party attacked a Navajo camp near the Little Colorado River. The Navajos exacted their revenge on the Apaches, and rumor is that the Death Cave remains haunted.

atlasobscura.com/places/apache-death-cave

9. VALLEY OF THE MOON, TUCSON

Valley of the Moon's creation is credited to a U.S. postal clerk back in the 1920s. George Legler imagined a mystical realm where "peace abounds and kindness reigns." He bought the land, and with the help of some friends, got to work on the "Land of the Moon," complete with hidden caverns, towers, boulder walls and winding footpaths. In 1967, Catalina High School students took over the project, and that effort is now known as the George Phar Legler Society.

tucsonvalleyofthemoon.com

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SUSD hires COVID-19 specialist

By Melissa Hirschl

Scottsdale Unified School District is taking a strategic step in streamlining COVID-19 information by hiring a COVID-19 specialist.

The department recently hired Whitney Jennings to be the nexus between the district and the Maricopa County Department of Public Health. Jennings will have multi-faceted duties, including coordinating the district's tracking and reporting of student and staff COVID-19 cases and overseeing communication protocols.

Jennings graduated from the University of Arizona and worked as a legal assistant and in human resources before starting this position in early December.

According to SUSD Superintendent Dr. Scott Menzel, "Jennings will essentially be our 'quarterback,' the person who directs SUSD's efforts to ensure we are taking a consistent approach with our reporting to the county and with our communications to families and staff."

"In consulting with MCDPH and based on ongoing conversations with other Valley superintendents, it is clear that COVID is going to be with us for a while. I hope we don't need this position for long, but we certainly need it now," Menzel said.

Jennings will communicate directly with nurses, principals and district leadership regarding confirmed cases. She will report to Dr. Jed Bowman, SUSD assistant superintendent of human resources.



Whitney Jennings

According to the district, Jennings' primary duties will be gathering information on positive cases, determining close contacts of positive instances, advisement on quarantines and facility mitigation efforts, all following public health recommendations and SUSD guidelines.

"This is a critical position and will hopefully be a timesaver for the administration at SUSD," Governing Board Member Sandy Kravetz said. "It will free up the time of the administrators on-site and in district offices."

Jennings will also be interacting with symptomatic, exposed or COVID-19 confirmed employees to provide guidance.

"I am incredibly honored to join the SUSD team, and look forward to assisting our school administrators and nurses with the new and difficult work they have taken on this school year because of the pandemic," Jennings said.

Every Thursday, after MCDPH posts its weekly COVID case dashboard in the morning, SUSD analyzes the new data for the 15 zip codes from which they draw the majority of students. That analysis is posted, also on Thursdays, on the SUSD website at susd.org/metrics.

susd.org

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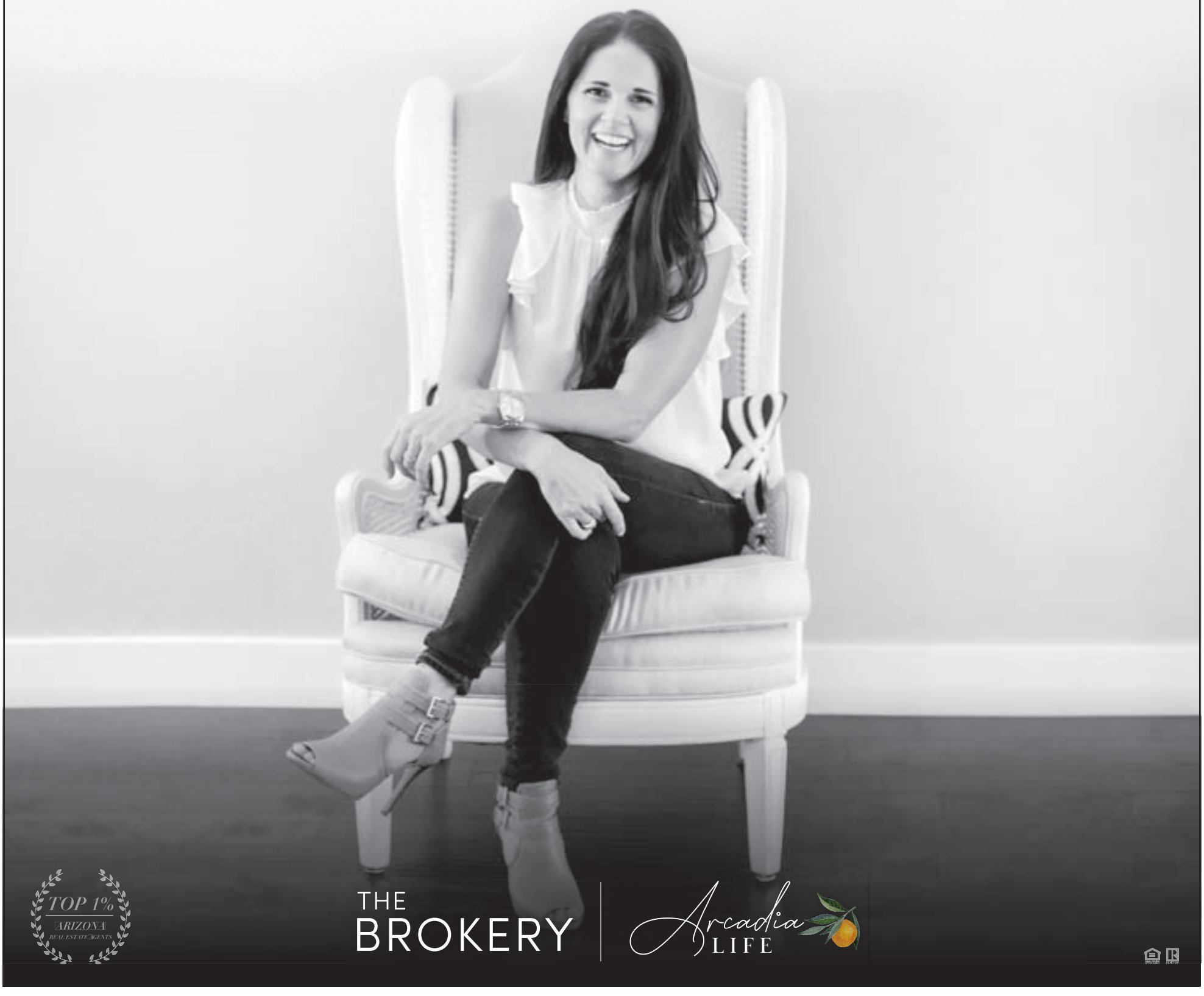
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Phoenix Heart Ball a success with online platform

By Amanda Savage

The 2020 Belle of the Phoenix Heart Ball opted for loungewear instead of a designer gown. She graced social media platforms instead of a dance floor and admired a shining computer screen instead of blooming ornaments of red roses.

Jennifer Moser was chosen to be the ball's chairwoman last year. But when the fundraising efforts began in February 2020, it became clear that the year's event would be unlike any other.

> ***We do not have our final numbers yet as we are in the process of doing an end-of-year push, but I can say the auction raised over $100,000.***

"Because of COVID, we were unable to meet and do much of the fundraising we would normally be doing in the spring. As the pandemic carried on much longer than anyone anticipated, I decided an online auction would be a way to raise additional funds, plus an area we have never used to raise funds in the past," Moser said. "Being unable to have these meetings, homeschooling our kids, the stress or hardship on a lot of us and just the uncertainty for everyone, I didn't feel comfortable asking or pushing for donations at that time."

2020 was the first time in 60 years that the Phoenix Heart Ball was canceled.

"Heart Ball has a lot of significant traditions, and we wanted to keep it the same time of the year instead of just pushing back to the following spring," Moser said.

According to Moser, the ball has generated millions of dollars for the American Heart Association throughout its existence. The annual event usually sells out.

"Even though we couldn't have a ball, the AHA still needed our funds, so it was time to get creative. Not only did we have our first ever auction, but we partnered with Steak 44 on a round-up campaign this past November and did several other creative things to encourage donations," Moser said.

The silent auction was live for one week, from November 15-21.

Some of the items up for auction were golfing with Larry Fitzgerald, dinner with Seth Joyner and in-home culinary experiences with chefs Jorge Gomez, Danny Grant and Markus Ford. The usual suspects, like autographed memorabilia, resort stays, jewelry, spa treatments and fine dining packages were available, too.

"We do not have our final numbers yet as we are in the process of doing an end-of-year push, but I can say the auction raised over $100,000," Moser said. "I was very pleased with the results. Raising that much money exceeded my expectations."



PHOTO COURTESY ROSE+MOSER+ALLYN AND THE AMERICAN HEART ASSOCIATION

Jennifer Moser with honorary chairs Dennis, Jeff and Mike Mastro (owners of Steak 44, Ocean 44 and Dominick's Steakhouse in Arizona). In November, Steak 44 did a round-up campaign and one full evening of all sales was donated to the Heart Ball.

Moser explained that there had been so much going on this year in everyone's lives that it was hard to predict how people would still donate to charities without their events.

"I know there were a lot of virtual auctions and donation requests out there because all charities are hurting. I'm thankful and grateful to those who not only bid on items but the generous individuals, restaurants and companies that were willing to donate items to help make the auction a success," she said.

Moser already has the 2021 Phoenix Heart Ball in mind. She'll return as the ball chairwoman, which will be the first time anyone has held that position for multiple years.



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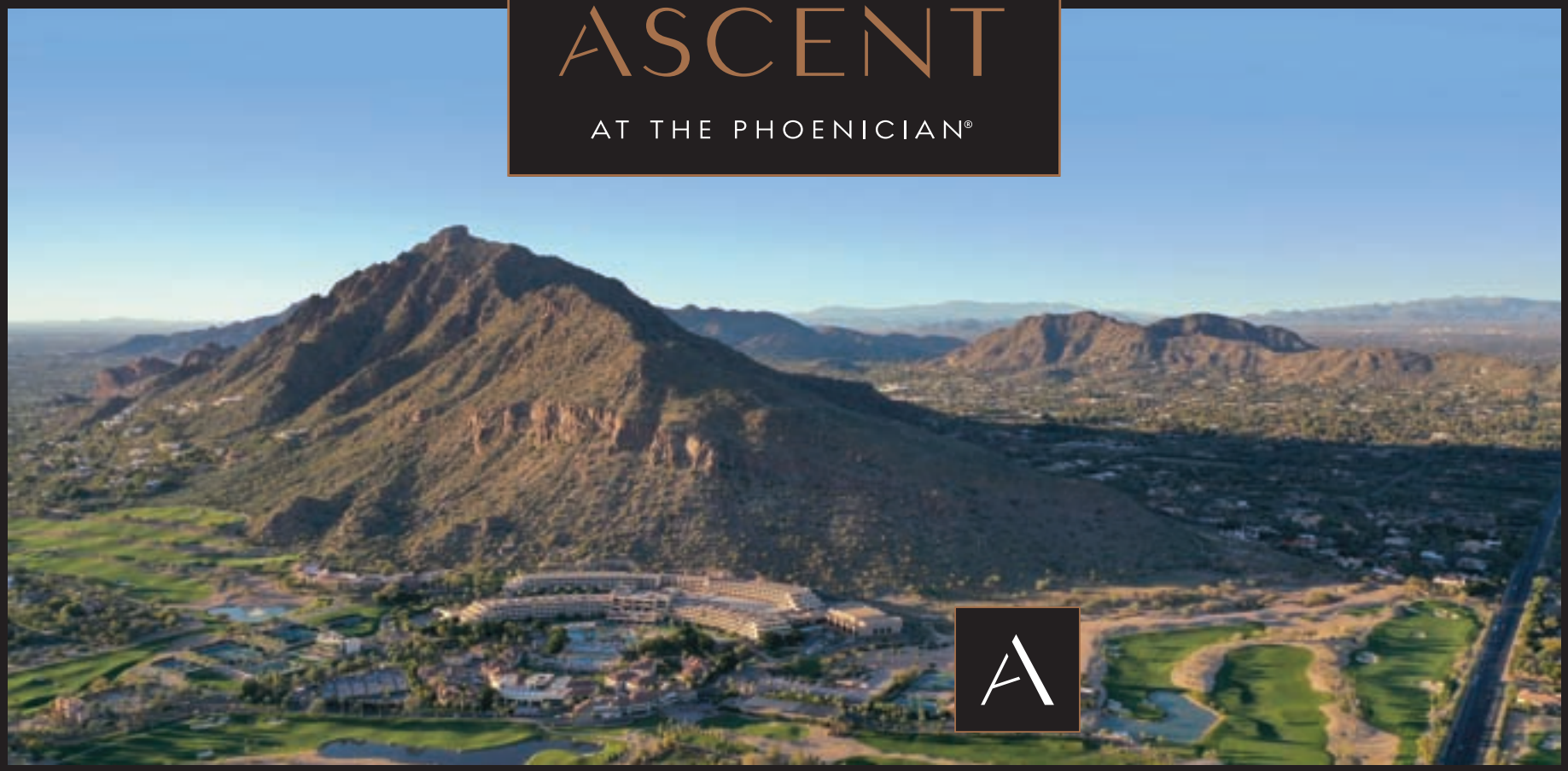
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The Veritas varsity cross country team: Nick Logan, Jon Barney, Kishan Bhatnagar, Timmy Soukup, Jacob Soukup, Maximo Valencia, Jake Hirsch, Peter Schillinger, Andrew Logan, Ian Rathsburg and Coach Jared Holmberg.

Veritas cross-country wins its first state title

By Jennifer Marshall

On November 13, the Veritas boys cross country team won its first Division IV State Championship.

The pandemic caused Coach Jared Holmberg to worry whether the team would have the opportunity to run cross country, but they never gave up the dream of competing or winning the championship.

"I told the guys to keep working all summer in case we were allowed to go forward with the season," Holmberg said. "We'd been chasing after a state title for a while, and I wanted them to be able to seize it if the chance came their way."

The team trained diligently, emphasizing running a lot of mileage at different speeds as cross country requires much endurance to compete. Strength-based workouts are also part of their regimen.

"We didn't win state last year," Holmberg said, "and to not win this year would've been soul-crushing for the seniors. With a lot of hard work, commitment and reliance on each other during this weird season, we won."

The cross country team is comprised of 11 athletes who have not only excelled on the field but also in the classroom. The athletes are honor students carrying a GPA of 4.0 or more.

"This year, we were focused on our goals, and we were determined to win," said senior Nick Logan, who has run cross country all four years of high school. "We have a perfect team vibe among us."

> ***More than any of the workouts, the conditioning or the coaching, their team culture was the foundation of all their success.***

Logan describes the practices as "high volume and high mileage," with the team practicing five days a week and unofficially on weekends. While he hasn't decided yet on what college he'll attend in the fall or if he'll run cross country, he knows he wants to be a mechanical engineer.

Senior Ian Rathsburg, who also runs long-distance track in the spring, describes winning state as "a huge relief" because they'd worked so hard for this for four years. He says cross country has created beneficial habits that will carry him far in life and beyond school and academics.

"Cross country is an insanely strenuous sport," Rathsburg said, "and what makes our team so special is the camaraderie of running with the guys. We have great team chemistry; we believed in each other and stayed true to our belief in one another. Our team is super strong."

While Rathsburg hasn't decided on his school yet, he plans to run cross country and join the Naval Reserves Officer Training Program.

"More than any of the workouts, the conditioning or the coaching, their team culture was the foundation of all their success," Holmberg said, "These guys have known each other for years, and they're close friends. They know how to work hard together and stick together through hard times, identifying together as a team."

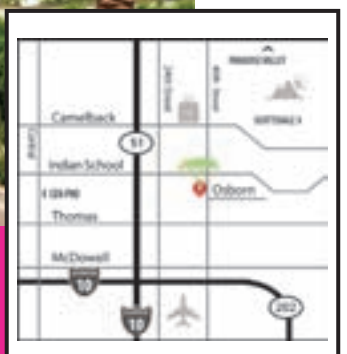
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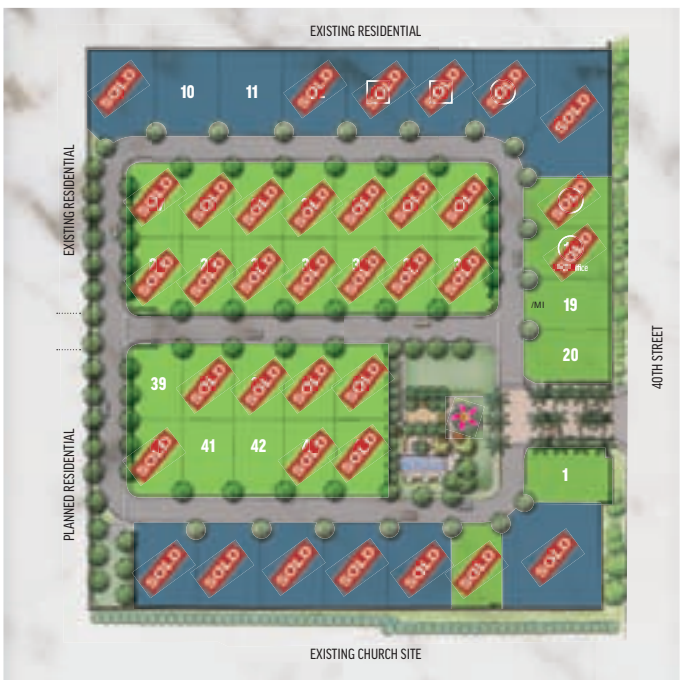
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Signing Day at Xavier

By Cody Kennedy

At Signing Day, athletes confirm their post-graduation plans by signing their national letters of intent, securing their spots at the collegiate level. In November, seven talented athletes from Xavier Prep took the next step in their educational careers. Congratulations Gators!



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Arcadia High varsity girls volleyball team.


Xavier Prep varsity girls volleyball team.

High school girls volleyball season round-ups

By Rachael Bouley

Even with the challenges of 2020, the fall volleyball season went ahead, and three Arcadia area schools came away with strong teams and big hopes for the future. Here's our roundup of the Arcadia High School Titans, Xavier Prep Gators and Veritas Prep Falcons varsity girls volleyball teams.

ARCADIA HIGH SCHOOL

The Titans made it to the final four for the first time since 2012 to finish off a successful 5A season, driven by contributions across the team after injuries and COVID hurdles. Coach Jackie Bunker said that many players stepped up to fill gaps, play different positions and keep the team on the path to their goals.

"The girls were very dedicated and committed to getting better throughout the season," Bunker said. "They came together to work through it, and I think with everything going on, the girls just loved being able to be at practice and gave it everything they had."

With four senior leaders – Madelyn Knee, Grace Koss, Vania Mendez and Lauren Sayre – as well as a talented sophomore and junior playing group, the Titans took out a 13-6 record.

When Knee suffered a season-ending injury in October, Sayre had a significant impact on the team, bridging the void, although Bunker says every athlete made a big difference.

"Everybody on the team had to step up at some point to have the kind of season we had," Bunker said. "This doesn't happen without really great senior leadership, which helped us get the best out of everybody."

Going into the playoffs as the ninth seed, the Titans beat the eighth seed before heading to Tucson to face the undefeated Ironwood Ridge team. Down two sets, they came back to win 3-2 in a determined display of teamwork and perseverance.

Although they eventually lost to Millennium to end their playoff run, the Titans are still immensely proud of their accomplishments and appreciate parent and staff support.

After wrapping up her fifth year of coaching, Bunker is excited for what the future holds. "We just want to continue being competitive and start making more of a name for our program. We should be in the conversation as one of the top teams," Bunker said.

Three Arcadia athletes were named to the 5A Northeast Valley All-Region 2nd Team: Knee, Bella Hanson and Tatum Longnecker. Mendez, Sayre and Ally Bolden received honorable mentions.

XAVIER PREP

The Gators made the most of their season, making it to the quarterfinals of the 6A State Championships.

"Administration was extremely diligent in making sure we followed all protocols to keep our girls safe," Coach Lamar-Renee Bryant said. "We were just grateful we had an opportunity to play."

The season began in a bubble, and despite some delays, games got underway with social distancing, equipment sanitization and daily symptom and temperature checks. "It showed the resilience of the girls, their families and the administration putting us in the position to play. It was about our common goal to safely play the sport we love, and I feel like the mission was complete."

Bryant credits contributions from junior setter Alexa Shiner, named to the 6A Premier All-Region 1st Team, and great plays by middles Phoebe Lewis, Isabella Sinacori and libero Kaori Robertson.

This season, the team is losing seniors Lewis, Robertson and Zaira Reyes, and while they will be missed, the squad is looking forward to another solid season next year.

"The goals moving forward are getting back to normal. Hopefully, we won't be dealing with COVID, and it's a thing of the past, and we can be mindful and present in the moment," Bryant said. "We want to compete at a high level and hopefully bring back a state championship to Xavier."

VERITAS PREP

The Falcons had a 9-11 record this season and won 3-0 against Valley Lutheran in the playoffs before falling to Chandler Prep.

Veritas Prep's roster was made up of two seniors – Bella Gulbranson and Shanna Swardson – six juniors, four sophomores and three freshmen. They lost six of their first seven games before bouncing back with four straight wins to get their season back on track.

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

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



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

Many of Dr. Heng's patients are young adults and seniors who have no dental insurance or have only a limited policy that gives them a few benefits and then charges more for their other needs. Dr. Heng offers no gimmicks, just modern quality dentistry at an affordable cost.



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DID YOU KNOW? SKIING

HOW OLD? 6,000 B.C.

Fragments of ski-like artifacts date back to 6,000 B.C. during the Mesolithic period in northern Russia. The word 'ski' comes from the Norwegian word *skíð*, which translates into 'piece of wood.' Norwegians used skis to cross frozen wetlands and marshes during the winter.



Cave drawing of the 'Rødøy Man' circa 4,000 B.C.

During the 1760s, the Norwegian army held skiing races around obstacles; these races were precursors to Olympic sports. The first national race took place in Oslo, Norway, in the 1860s. Nordic Skiing became an official sport at the 1924 Winter Olympics in Chamonix, France. – *bbc.com*

HOW FAST?

158.424 mph

In 2016, Italian skier Ivan Origone set the world record for fastest skiing speed at 158.424 miles per hour in Vars, France. (That's faster than a Nissan 370Z.) – *mensjournal.com*



HOW HIGH?

15,419 feet

Jade Dragon Snow Mountain Ski Resort in China has the highest ski slope in the world at 15,419 feet. Breckenridge, CO has the highest ski slope in the U.S.A. at 12,841 feet. – *skiresort.info*



HOW FAR?

832'

Stefan Kraft holds the record for the world's longest ski jump at 832 feet, set on the ski flying hill in Vikersund, Norway, in 2017. (That's almost twice as long as Chase Tower laid on its side.) – *guinessworldrecords.com*



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DID YOU KNOW? SKIING

SKIING FACTS

During the 1930s, Utah (Alta) and Idaho (Sun Valley) opened the first ski resorts in the U.S.

At least 80 countries feature a ski area of some kind, even North Korea and Dubai.

Astronaut Harrison Schmitt said that the Moon's Sea of Serenity would make an ideal spot for "lunar skiing holidays!"



Forty U.S. states have ski resorts.

Approximately 35% of skiing accidents result in knee injuries.

Before Germany created a ski tow in 1908, skiers had to hike to the summit.



Sir Arthur Conan Doyle (creator of *Sherlock Holmes*) helped popularize skiing.

'Skiing' is the only six-letter word in the English language with a double 'i' precisely in the middle.

Kitzbühel in Tyrol, Austria is considered to be the the most challenging slope in the world.

SKIING WORD SEARCH

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IT'S GLEANING TIME

By Mallory Gleich

The beginning of the year is prime time for citrus gleaning, and the Arcadia neighborhood has no shortage of citrus trees ripe for the picking.

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

The importance of gleaning was recognized after the discovery of roof rats back in 2001 and prompted Arcadia's Citrus Program, which was a group of volunteers who would come out and collect citrus from the surrounding neighborhoods. The program was suspended in 2015 after Asian citrus psyllid was found in fruits and trees in western Maricopa County.

Today, folks can donate their citrus themselves or consider hiring someone* to pick and haul the fruit away. Donations should be clean fruits void of leaves, stems, decay, etc.

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CITRUS DROP-OFFS

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sohucc.org

ST. MARY'S FOOD BANK ALLIANCE
2831 N. 31st Ave., Phoenix
St. Mary's will be accepting donations this year but will no longer be providing gleaning services. People can drop off their citrus at St. Mary's Food Bank Alliance from 8 a.m.-4 p.m. from January 11 through April 30.
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ROOF RAT INFO



The roof rat is dark brown or black and measures 13-18 inches including the tail. They weigh 5-9 ounces and are slim, nearly hairless and have large ears.

- Common signs of roof rat activity include hollowed-out fruits, damage to plastics on electrical wires and unsettled pets.
- They are usually found around swimming pools, laundry rooms, attics, garages and patios. They spend 90 percent of their lives four feet or more off the ground.
- Roof rats nest outside in trees, woodpiles and in dense vegetation like oleander bushes. Inside, roof rats prefer to nest in the upper levels of a structure in the attic and ceiling.

For comprehensive information and tips about preventative measures in Arcadia, visit **acmna.org/roof-rats-in-arcadia**.

Arcadia News

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Catherine Martyniuk is a Clinical Psychologist licensed in Arizona with a PsyD from Alliant International University. She is a Cognitive Behavioral Therapist with a primary focus with adults, specializing in anxiety, depression, trauma and grief related issues. She believes that healing can start for anyone who is ready to make small changes in their mind or lifestyle. Dr. Martyniuk is a solution focused therapist and is eager to help patients strive towards their goals. Dr. Martyniuk offers a free consultation to all new patients!

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Timothy Gloyd, M.D., FP/OB, received his Masters in Public Health and Medical Doctorate from St. George's University. Dr. Gloyd comes to FPS after working for several years in a rural Texas community. At FPS, he sees patients for a variety of conditions and concerns, including diabetes, hypertension, and ongoing health maintenance. His top piece of medical advice involves staying active. For more information, visit **fpsaz.com**.

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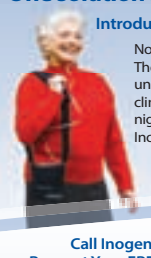
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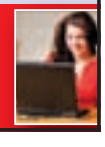
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