

ARCA DIA News



VOL. 28 NO. 11

AR

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FEBRUARY 2021



LIFETIME OF SERVICE

Taking a look back at the impressive life of the late Phoenix Councilman Calvin Goode.

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PAWS WITH A CAUSE

Power Paws aims to 'empower people for independence' – with help from furry friends.

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MICHELANGELO LIVE

A state-of-the-art exhibit brings the Sistine Chapel to downtown Phoenix.

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FEBRUARY

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The Arcadia High Pom squad has reason to celebrate this year as they recently garnered the top spot at a district event, which gained them a seat at nationals.



ON THE COVER:

Sami met his furry friend Taylor through Power Paws' nonprofit service dog project. After the pups are trained by experienced volunteers, they are matched with their human partner to help and heal in more ways than one!

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EDITOR'S NOTE

February is a big month. We've got Groundhog Day, Valentine's Day and even some fun "holidays" like National Pizza Day on the 9th and International Polar Bear Day on the 28th.

It's also Black History Month, American Heart Month and Arizona's birthday.

Did you know that Lake Havasu City owns the original London Bridge that was built in the 1830s? Robert P. McCulloch, Sr., the founder of Lake Havasu City, bought all 10,000 tons of it in 1968 for \$2.46 million, and had it taken apart, block by block, and reassembled in 1971. Or, that Arizona has recorded more species of hummingbirds than any other state? You can learn more on page 32, where Arizona historian Marshall Trimble shares some fun and lesser-known facts about the Grand Canyon State.

This issue also pays tribute to Councilman Calvin Coolidge Goode, who spent 22 years as a representative on the Phoenix City Council. He was the second African American to have been

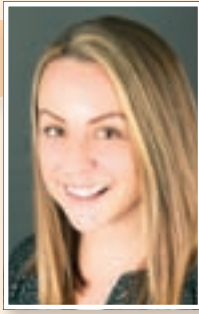
elected to the council at the time, and during his tenure he advocated for civil rights, small businesses and more. Goode passed away in December and will be remembered for his passion for the people in his community. His story is on page 10.

We also have stories about campaigns for the less fortunate and for those suffering from mental health challenges due to the ongoing pandemic. Some of our neighborhood kids are doing amazing things to help the community and keep us Arcadia Strong.

As always, if you have story ideas, please send them to editor@arcadianews.com. Until next month, thank you for reading *Arcadia News*!

mallory

— Mallory Gleich



Border & Brown's tea towels showcase some Arizona neighborhoods and common AZ quips.

Arcadian opens new online shop celebrating Arizona

By Rachael Bouley

Area resident Landry Brown has combined her love of Arizona with her creative knack for design and crafting to form a new business. The online gift boutique, called Border & Brown, features Brown's signature collection of unique prints, rustic tin mugs highlighting different Arizona cities, along with shirts and other items like tote bags and tea towels.

The business came about in early 2020 during the quarantine.

"I had nothing but time on my hands at home and was updating some of the prints in our house," Brown said. "I like to make things for myself and friends if I can't find exactly what I'm looking for elsewhere."

After creating a few prints for home and getting requests from friends to make copies, the idea for her own business took off, and she began preparing for the launch. Luckily, she had some inspiration for homegrown designs stored away, so coming up with product designs was an exciting and gratifying process.

"As a first-time business owner, I've found immense joy, motivation and togetherness while navigating my new journey," Brown said. "It's been cathartic during these times to refocus on something that celebrates our home state."

Brown grew up in central Phoenix and attended Madison Simis, All Saints and Xavier College Prep before heading south for college at the University of Arizona. Before starting the shop, she worked as a reading specialist and teacher.

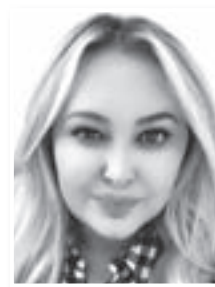
"Education is a forever passion of mine. When the pandemic hit, I found myself in a position to be able to pivot career paths and realize other dreams," Brown said. "Border & Brown became an outlet where I could connect with the community from the safety of my home."

She credits Arizona as the place where she's been able to foster lifelong friendships and provide her family with a stable foundation to watch her business grow and flourish.

"I'm so appreciative of seeing a business grow from the ground up and realizing how important community support is to achieve that," Brown said.

Brown also acknowledges the beauty of Arizona's environment, including one of the seven natural wonders of the world and the iconic Saguaro cactus. "We have some of the most incredible sunsets around, and the more you learn about all the little neighborhoods and cities around the state, the more you see things like that everywhere," Brown said.

Many of the Border & Brown designs are inspired by her childhood and learning about Arizona's history. The name is a combination of Landry's name and 'border,' because Brown wanted alliteration that had to do with our state.



Landry Brown

"I love the fact that we border another country. To me, a border represents the edges where two things meet with an exchange and sharing of ideas. Our border represents something beautiful; a meeting ground

between neighbors," she said.

Although this year has brought many challenges, Brown found a silver lining at a time when e-commerce is booming as many people are shopping virtually instead of in-person.

As someone who is immensely proud of where she lives, Brown is excited for big things ahead.

"To me, the community has been everything during these tough times, and I think all of us have realized the importance of a solid group of people who have your back," Brown said. "We can get through the tough times if we stick together, and I think Arcadia has done an excellent job of helping out those who need it. I'm excited to expand this circle through a brand I believe in wholeheartedly."

UPCOMING THEMES:

MARCH

Spring

APRIL

Outdoors

MAY

Women Appreciation

JUNE

Summer

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"Eat an apple on going to bed, and you'll keep the doctor from earning his bread."

— Old English proverb (see page 42 for more apple facts.)

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Arcadia Real Estate Stats

2020 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2020-12/31/2020)

Active Homes -	98 homes
Homes Sold -	362 homes
Average Sale Price -	\$1,725,000
Average Sold \$ Per SF -	\$433
Average Days On Market -	103 days

There is currently 4 months of home inventory. (based on 2019 sales results)
2020 home sales have increased 13% this year. (based on 2019 sales results)
2020 home prices have increased 21%. (based on 2019 sales results)
2020 \$ Per Square Foot prices have increased 14%. (based on 2019 sales results)
2020 homes are taking 12% less time to sell. (based on 2019 sales results)

2020 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2020-12/31/2020)

Active Homes -	38 Homes
Homes Sold -	236 Homes
Average Sale Price -	\$791,000
Average Sold \$ Per SF -	\$326
Average Days On Market -	59 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 18%. (based on 2019 sales results)
2020 \$ Per Square Foot prices have increased 15%. (based on 2019 sales results)
2020 Homes are taking 35% less time to sell. (based on 2019 sales results)



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TommyAtkinson.com



WHAT'S HAPPENING, ARCADIA?

Arcadia's 34th annual Neighborhood Meeting will be held online via Zoom on Thursday, March 4 at 6 p.m. ACMNA will send the code out separately. This year's meeting will have presentations from Phoenix PD on new leadership and local crime and safety updates, updates on Cholla Trail and City Council District 6, the annual State of the Neighborhood Address and what ACMNA has been involved in. A state representative (Butler, Marsh or Lieberman) may be present to address short-term rental legislation.

acmna.org

Camelback Pediatrics has moved to their new home at 3333 E. Camelback Road, Suite 175. Patients will be pleased to see that the jungle animals have also migrated to the new location. The clinic is operating with strict COVID considerations. Camelback Pediatrics has been working with Arcadia's families for over 50 years and would like to thank Arcadia and beyond for the honor of caring for the Valley's families.

camelbackpediatrics.com

Help **Arcadia High's PTO** raise money by donating gently used items to the Goodwill Retail Store at 3130 E. Thomas Road on Saturday, February 27, from 10 a.m.-2 p.m. Items that will be accepted include small appliances, books, clothing, handbags, housewares and much more. Masks and social distancing will also be in place.

arcadiapto.org



Water bottle donation

Hopi Elementary is in need of water bottle donations. The drinking fountains at the school are still unavailable for use, so the school would like to have disposable water bottles on hand for any students that forget their own. If you would like to donate, please drop off any amount and size water bottles outside the front office with the word "DONATION" written on it.



Curated Gifts AZ gift baskets

Arcadia locals Abigail and Emma Freeman, who attend BASIS Phoenix as 7th and 6th graders, recently started **Curated Gifts AZ** (with help from their mom) that focuses on creating unique gift baskets for kids. The idea stemmed from raising money for the National Junior Honor Society to make Kindness Kits for the homeless. They loved the idea so much that they decided to turn it into a business. The baskets include anything from candy, small toys, coloring utensils, books and small stuffed animals.

Visit the **Curated Gifts AZ** Instagram page

Echo Canyon Elementary is looking for in-person and virtual support volunteers. Duties range from helping with pick-up/drop-off to helping advertise the PTO, the newsletter, fundraising events, or attending Dining for Dollars to help spread the word. Behind the scenes, there is also a variety of support opportunities.

Those interested should email communications@echocanyonpto.com

Rehab Plus, a physical therapy business located on 42nd St. and Thomas, is holding youth fitness classes for boys and girls every Tuesday and Thursday from 3:30-5 p.m. The class is geared toward kids ages 9-16 and focuses on strength training, athletic development, speed and condition and agility exercises. Each class is \$25.

rehabplusphoenix.com

Congratulations are in order for **Arcadia High's Snowstorm** campaign, which raised over \$17,000 this year. The Arcadia Snowstorm is a way to show appreciation to teachers and staff; instead of gift-giving, patrons were asked to donate monetarily. The money went toward helping the faculty purchase family gifts, travel expenses and a variety of other options.

arcadiapto.org

Junk in the Trunk Vintage Market has unveiled their latest pop-up storefront, located at Scottsdale Quarter, 15059

N. Scottsdale Road, which opened in mid-January. Guests can shop from a collection of vintage, artisan-made and handcrafted goods from over 25 local vendors. Junk in the Trunk also has an online marketplace so people can shop from home.

junkinthetrunkvintagemarket.com

A new pop-up taco stand has recently made its debut on the patio at Jewel's Bakery and Café on 40th St. and Thomas. **Tru Tacos PHX** is available on Tuesday, Friday and Saturday from 6 p.m. until they sell out. The menu consists of al pastor, carne asada and nopal on house-made tortillas, plus salsas, margaritas and seasonal local beers.

trutacos.fun

The City of Phoenix is now accepting applications for the 2021 **Outstanding Young Man/Woman of the Year** awards. This program recognizes the achievements and contributions made by youth and raises awareness of the good things they've done. The award is open to any students currently enrolled in high school in Phoenix. The winner will receive \$500 and be eligible for another award if they win at the citywide level. The deadline to apply is February 26.

phoenix.gov



Hydrate IV Bar

Hydrate IV Bar, a Colorado-based company, is set to expand out-of-state with a Phoenix spa opening in the Arcadia Village Shopping Center, 3925 E. Camelback Road. Services include vitamin-infused IVs and injections for wellness, recovery and beauty. Hydrate IV Bar Arcadia will be offering a Founders Membership for \$99 per month to the first 50 members. They are set to open in spring 2021, and safety guidelines will be in place.

hydrateivbar.com

Grass Clippings, a retail golf company opened by Arcadia residents Connor Riley, Jimmy and Jake Hoselton and Pete Wilson will be opening their first retail store in February 2021 at 40th St. and Campbell, across from LGO.

grassclippings.club

Hearth '61 at Mountain Shadows Resort now has a Sunday Supper Club. One Sunday a month, the restaurant will feature a winery, distillery or local purveyor. Guests can enjoy four courses paired with beverages and enjoy a conversation with Chef Charles Wiley and a special guest. Upcoming dinners include a Tour of Italy on February 28 and Miura Wines with Emanuel Kimji on March 21. Each dinner starts at 6 p.m. and is \$109 per person.

Reservations are available at mountainshadows.com



Crispy chicken parmesan pizza

The latest concept from Fox Restaurants, **Fly Bye**, is a to-go-only pizza, salad and chicken joint located on 7th St. south of Bethany Home Road. Fox converted a former Culinary Dropout into a new space that offers fan favorites like chicken tenders, wings and classic cheese pizza. Or, you could try out the artichoke pesto or buffalo butternut squash pizza if you're looking for something with a little more flair. The spot is open from 3-9 p.m. Sunday-Thursday, and until 10 p.m. on Friday/Saturday.

flybyetogo.com

From the mom whose family owns Gadzooks, **Mama Linda's Bake Shop** recently opened their first brick and mortar on 20th St. and Osborn. The shop offers cookies, with flavors such as pumpkin, chocolate chip s'mores and lemon blueberry, plus pies, cupcakes and more. Guests can order online, as well.

mamalindas.com

According to the **Arizona Department of Public Safety**, the grace period on Arizona's distracted driving law has ended. The law prohibits drivers from using a phone or device, writing or reading text messages, watching, recording or broadcasting video while driving or operating a vehicle. The law was passed in the spring of 2019. You can still use hands-free options and a phone can be used to report an emergency. The first violation is between \$75 and \$149, and subsequent offenses can reach as high as \$250.

azdps.gov

WHAT'S HAPPENING, ARCADIA?

Readers are encouraged to check event websites for safety protocols.

EVENTS

SATURDAY 2/6

WALKIN' THE LINE

5:30 p.m. at the Arizona Broadway Theater, 7701 W. Paradise Lane, Peoria

This event is a little out of the neighborhood, but if you love Johnny Cash, you won't mind the drive! The Arizona Broadway Theater presents Walkin' The Line, a two-hour tribute concert featuring Scott Moreau, who starred in the Broadway show *Million Dollar Quartet*, as he sings hits like Folsom Prison Blues, Ring of Fire, and A Boy Named Sue. Tickets start at \$52, and social distancing is in place.

azbroadway.org

THURSDAY 2/11

WINEMAKER DINNER

6:30 p.m. at the Hyatt Regency Scottsdale, 7500 E. Doubletree Ranch Road

This event is for food lovers and wine connoisseurs alike. The dinner will feature the Wagner Family and Caymus Vineyards. Guests will enjoy a four-course dinner and learn all about the lasting dream of Charlie Wagner, whose son Chuck now runs the vineyard. Registration is \$99 per person.

hyatt.com

THURSDAY 2/12

SAMPLE & SHOP EVENT

4:30-7:30 p.m. at Hotel Valley Ho, 6850 E. Main St., Scottsdale

Guests can enjoy a special, free wine tasting and shopping experience at the Good Crush Sip + Shop event. Learn about each wine and try 16 pours at this socially distanced, limited-capacity event. Guests will also get a 20% off voucher with a purchase that they can use at ZuZu. There will be a maximum of 25 guests per time slot and masks are required.

hotelvalleyho.com

SATURDAY 2/13

CANDLELIGHT OPEN AIR EVENT

7 or 9 p.m. at The Croft, 22 E. Buchanan St., Phoenix

Downtown Phoenix's newest venue, The Croft, presents outdoor concerts with social distancing so that folks can get back to live music. This month, they're offering a Valentine's Special. Head downtown for music from the Listeso String Quartet, performing Mozart: Eine Kleine Nachtmusik 1st movement, La Vie en Rose, Can't Help Falling in Love and more. Tickets start at \$50 per person.

thecroftdowntown.com



Walkin' The Line at the Arizona Broadway Theater.



Live Music and Classical Movie Series at the Royal Palms Resort.

THURSDAY 2/18 AND 2/25

VIRTUAL WILDLIFE SERIES

6:30-8 p.m., online

The Arizona Game and Fish Department has rolled out a new way to keep people connected with Arizona's wildlife with the Virtual Wildlife Speaker Series. They've partnered with the Southwest Wildlife Conservation Center and Boyce Thompson Arboretum to introduce and educate folks about critters in the Southwest. This month's lectures are on California Condors and American Black Bears (February 25). The 90-minute lessons will be hosted by AZGFD biologists Jeff Meyers and Cheyenne Dubiach. Registration is \$10.

azgfd.com

FRIDAY 2/19 AND 2/26

LIVE MUSIC AND CLASSICAL MOVIE SERIES

6 p.m. at the Royal Palms Resort, 5200 E. Camelback Road, Phoenix

Royal Palms invites music and movie lovers alike to the Vernadero Lawn, where this month's classic movie, *Singing in the Rain*, and the Miguel Melgoza Duo will be entertaining. Held on two separate nights, guests can enjoy the film and music with a socially-distant setup. There will also be snacks and beverages available for purchase. This event is free, and seating is first-come, first-served.

royalpalmsresort.com

ONGOING UNTIL 3/28

ARIZONA FINE ART EXPO

10 a.m.-6 p.m. at 26540 N. Scottsdale Road, Scottsdale

Voted the best place to buy art in 2020, the Arizona Fine Art Expo invites guests to meet artists in their creative space

and immerse themselves in the process. There will be over 120 artists on-site showcasing multiple mediums, such as bronze, stone carving, metal and wood sculptures, southwest art, western art and mid-century modern pieces. Season passes are \$10, with 12 and under free.

arizonafineartexpo.com

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Swim for the Light raises nearly \$6,000 for mental health

By Mallory Gleich

Even with all of the chaos surrounding the world today, people are still finding ways to keep positive and shine a light on causes that mean a lot to them and to others. Such is the case with Xavier senior Kelly Scott, who created Swim for the Light, a mental health awareness campaign where participants swam for the cause.

"I watched one of my very close friends struggle with behavioral health challenges, especially because of the isolation due to the pandemic," Scott said. "After being with her while she struggled to make it through the day, I knew I wanted to do something that would help her and anyone else suffering from these challenges."

At the start of quarantine, Scott read about the effects the pandemic had on people with behavioral health issues. A friend reached out about her struggles, and Scott realized it was time to step up and do what she could to shine a light on the issue.

"I've been in the swimming community for the last 12 years, so I immediately thought to plan a swimming relay to raise awareness



Kelly Scott

for behavioral health," Scott said. "My dad works closely with the Valleywise Health Foundation, and he told me about how they are the largest provider of behavioral health services in the Valley, so he scheduled a Zoom call with them. I presented my idea to them, and we began planning from there."

Swim for the Light was born. Each participant filmed a video of themselves swimming their "leg" of the relay and speaking about why behavioral health is essential. They were also asked to set up a fundraising page so people could donate to the cause. Anyone who swam and donated at least \$15 earned a free Swim for the Light shirt and cap. The event lasted all of December and has so far raised almost \$6,000.

After the event ended, Scott put the videos of each swimmer swimming their leg of the relay and their testimonials together to create

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After the event ended, Scott put the videos of each swimmer swimming their leg of the relay and their testimonials together to create



Scott hopes that the success of the campaign will inspire people to continue swimming for the cause and plans on making the event an annual one.

a Swim for the Light "highlight reel" video, which can be viewed on YouTube.

The campaign gained popularity quickly, and swimmers from Xavier, Brophy and Seton Prep joined in. Word spread so far that even five-time Olympic medalist Matt Grevers and National Champion Amy Bilquist participated.

"I was very excited that people wanted to participate," Scott said. "I had put so much work into planning all of the event details

that it was rewarding to see people wanting to help. It was great to see people were as invested in raising funds and awareness for behavioral health as I was."

In the future, Scott hopes that Swim for the Light becomes an annual event. She hopes to attend Notre Dame after graduation and wants to major in political science and possibly minor in philosophy.

valleywisehealthfoundation.org/swim-for-the-light

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Phoenix advocate Calvin Goode: The Conscience of the Council

By Jennifer Marshall

Former City of Phoenix Councilman Calvin Goode spent a lifetime serving the residents, businesses and institutions of Phoenix. He was the longest-tenured elected official in Phoenix history, serving on the city council for 22 years from 1972–1994. After leaving the council, Goode continued to advocate for civil rights and immersed himself in the community through the school board, government programs and nonprofits.

Goode passed away in December, leaving behind a legacy of public service that will be remembered for innumerable reasons.

“Phoenix City Councilman Calvin Coolidge Goode is one of the greatest Phoenicians who has ever lived,” said Congressman and former Phoenix Mayor Greg Stanton. “If there were a Mount Rushmore of Phoenix leaders, he would certainly be on it.”

Goode was born in Depew, Oklahoma in 1927, the third of eight children. His parents relocated to Arizona when he was just a baby. The Goode family homesteaded outside of Gila Bend, and worked in the fields as sharecroppers. After graduating from George Washington Carver High School in 1945, Goode went on to earn a bachelor’s degree in business and a master’s degree in education from ASU.

“He was known as the Conscience of the Council,” Stanton said, “and he served on the City Council both when members represented the entire city and when we broke it down into the district system. He was an important transition leader in Phoenix government in the early 1980s.”

When Goode was elected to the Phoenix City Council in the early 1970s, he was only the second African American to serve (the first was Morrison Warren, elected in 1965). His legacy also includes his legendary work on civil rights.

“Certainly, he’s best known for his work on getting a Martin Luther King holiday passed in the City of Phoenix,” Stanton said. “Getting it passed statewide was incredibly difficult as we had a holiday and lost it, which caused a great deal of consternation.”

Once the city enacted the district system, Goode represented District 8, which included the Eastlake Park neighborhood near downtown Phoenix where Goode lived – in the same house – for over 65 years. According to Stanton, Eastlake is considered the “cradle of civil rights for Arizona,” with Goode residing



PHOTOS COURTESY OF THE CITY OF PHOENIX

where many marches began. He ran his accounting business, Calvin Goode & Associates, from the same location.

Retirement didn’t stop this dedicated community servant from doing what he loved: helping people, families and neighborhoods. He was a familiar and welcome face at City Hall for years after he finished his official duties.

“He was a leader on education, housing and protecting neighborhoods,” Stanton said. “His record as a member of the council is extraordinary and second to none. I greatly admired him. When I ran for Mayor, he supported me early on, and to have someone so well respected support me like that truly helped me. I owe him personally, and I’ll never forget that.”

Gail Knight, a community leader who currently serves on the Balsz School District Governing Board, also has fond memories of Goode and considers him to have been her mentor, as well as a colleague and friend.

In the early 1990s, Knight and her husband, Leonard, moved to Phoenix when he was selected for a public administration fellowship.

“I’ve always called Mr. Goode the most caring, kind and gentle man,” Knight said. “We began our journey here with him. We were very comfortable in San Diego when he took a liking to my husband. Mr. Goode came to see us in California to talk to my husband and me. And after meeting him, moving here and getting to know him, I began to understand how devoted he was to service and others. We met and just fell in love with Mr. Goode and his wife.”

Knight’s husband worked to reduce gangs and drugs in the Phoenix area while fostering positive redevelopment,



Clockwise from left: Calvin and his wife, Georgie; Goode & Associates, which doubled as his home and business; in his early career; with son Jerald and Gail Knight in 2018; high school graduation in 1945.

and Knight herself was involved in many aspects of revitalization. She was working for the Community Excellence Project in South Phoenix when Goode retired from the council.

“He’d been working in this area of the city before his retirement,” Knight said, “and once he retired, he accepted a position on the organization’s board. Mr. Goode wanted to help the residents with revitalization; it was truly like he’d never left City Hall. He was always such a giving and kind person.”

Knight said that so many streets and neighborhoods have permanently changed for the better because of Goode’s work and influence. He’d look at a need, and then he’d figure out how to improve it, and today, many projects he initiated are still going strong.

“Mr. Goode devoted all of his service work to the City of Phoenix,” Knight said, “and he was always involved with every aspect of government that would make his community better. He stayed focused on his district because there was so much he wanted to accomplish, and that’s why he continued to work on his goals long after his retirement.”

According to Knight, Goode’s successes were rooted in his strong sense of family. He and his wife were very family-oriented and cared deeply about the community and its families’ health and happiness.

“He never stopped working on what he enjoyed most, which was serving the community,” Knight said. “And he was truly the catalyst for change as he wanted to build up and improve District 8 with the involvement and input of all the families. Residents would call him to come to a city hall meeting with them, and he’d go. He was always there for the community. From the young to the old, he motivated and inspired everyone to be their best.”

Goode’s namesake will live on in the former Phoenix City Hall building that was renamed after him, and the Calvin C. Goode Lifetime Achievement award that the city created in 1994 – of which, he was the first recipient. But when Goode was once asked during a video interview what he would like to be remembered for, he said, “Don’t talk about all the awards. I got a lot of plaques, but remember me as a person who tried to do the best thing for people.”

“Calvin Coolidge Goode is one of the greatest Phoenicians who has ever lived. If there were a Mount Rushmore of Phoenix leaders, he would certainly be on it.”

— Congressman and former Phoenix Mayor Greg Stanton

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Traveling travails: Vandalism from around the world

By Sam Lowe

During a travel writing career that has covered more than 40 years, I have been borne from one destination to another by motor vehicles, sailboats, cruise ships, the backs of large animals, tour buses, jet planes and other forms of transportation.

And on every one of those excursions, I have enjoyed countless situations that have made the trip pleasurable. But, of course, there have been a few irritating incidents. None were severe enough to spoil the adventure, just enough to annoy and embarrass fellow adventurers.

Among the leaders on my list are rude travelers, particularly those who ignore the rules. They take photos in places where signs forbid it. They swear at bartenders in foreign lands because they don't make certain drinks as they do back home; they bully their way into crowded tourist sites while others are



The Lowe Road

BY SAM LOWE

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

waiting in line.

They're always late for tour bus departure times, complain about seating arrangements and smoke in non-smoking areas because they think the rules don't apply to them. They criticize local customs and meals, loudly refuse to try new food and criticize those who do, and sneak into areas marked "No Trespassing" so they can brag about getting photos nobody else has.

Delightfully, some of them get what's coming to them. In Germany, one of my fellow travelers – upset that a waiter didn't bring her the right kind of water, removed her wig and threw it at the waiter while screaming, "You



Dublin



Vienna



Croatia



Argentina

people should learn to speak English!" The waiter left, then returned with the manager, who politely but firmly asked the woman to leave.

One day in China, a tourist insisted on snapping photos despite signs in many languages warning against doing so. A guard approached, grabbed the man's camera and opened the back to expose the film. Then, while the offender screamed at the top of his lungs, the guard slid the camera into his pocket and calmly marched away. The man looked to his companions for assistance. They were too busy applauding the guard to offer any help.

Next, there are the local tour guides who insist visitors know absolutely everything about their particular city while passing up stunning photo ops

in favor of some nondescript narration about what happened here in pre-Roman times. On that same level are the quasi-intellectuals who insist on knowing every little detail about what happened here in pre-Roman times so they can dominate the dinner table discussions with their new-found knowledge, even though they misinterpret most of it.

But my list-topper is graffiti.

When I look at spray-painted defacements and felt-tipped scrawls, I wonder what goes on in the minds of those who perform such eyesores.

It is particularly prevalent in Europe. On a recent trip to Vienna, I spotted a massive wooden church door with a spray-painted slogan spewed across it. The church was more than 600 years old. That makes little difference to

those whose art medium spurts from an aerosol can. In Prague's business district, every building has been spray-painted from ground level up to about the six-foot mark. Apparently, the "artists" had to stop at that height because they don't carry step ladders.

In Athens, hundred-years-old sculptures bear the scars of graffiti. In Bariloche, Argentina, a war hero's bronze statue is completely covered with red and blue paint blotches. Museums, schools and memorials are all targets.

I asked a man at an information desk in Vienna why there's so much. He replied, "They're young people. They're just exercising their right to freedom of expression."

And I'm an old person, just exercising my right to object.

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"Meet Mrs." | Ray Artigue

Susan Junker

By Ray Artigue

For someone who claims she got a "late start in life," this accomplished woman has made up her fair share of ground. Though her budding career was put on hold to raise a family, Susan Junker reengaged the workplace in a way that is making a real difference.

As a dedicated wife, mother and humble community servant, Junker has always focused on service to others.

"The point of serving is to give of yourself, whether it's your time, your resources, or your heart, for the benefit of others," Junker said.

Undoubtedly, she learned this altruistic principle from her parents, her large extended family and the middle-class upbringing in which she and her four siblings were raised. "I was the middle child or peacemaker and always worried about keeping everyone safe and happy," she said.

After attending Oregon State University, she moved to Arizona in 1988; she and her husband John married later that year. They eventually settled in Arcadia in 1991, where they raised their children, daughter Lucy and son Michael. She regards her family as "the greatest gift of all."

Before starting a family, Junker worked in administrative and management roles in the commercial real estate, auto racing and performing arts industries.

These days, she works at St. Vincent de Paul, serving the past nine years as a senior development officer and executive assistant to CEO Steve Zabilski.

"Susan is respected by everyone who works here, and her contributions are extremely significant," Zabilski said. "I am most grateful for her."

Junker says it is she who is fortunate to be involved with SVdP and calls it "a place of second chances, grace and healing."

"The people who work and volunteer at SVdP are the humblest, most generous and loving individuals I have ever met. They help people in ways that are hard to describe," she said.

Among Junker's many contributions while at SVdP is co-founding WISH – Women in Service and Hope – a

group of dedicated women who serve as ambassadors and advocates for SVdP. These leaders embody hope and helping others with dignity, encouragement and love.

"Many people want to serve others but may not know how," Junker said. "What you receive from volunteering is far greater than what you

give, and the gratitude from our guests at SVdP is profound."

When Junker isn't busy caring for others, she enjoys sewing, playing the piano and spending time with family.

"Being from the Northwest, I was used to a lush, green environment, so I've always felt right at home in the Arcadia neighborhood. Our family loves the sense of community and how friendly people are," Junker said. "This is a very

generous community with hearts for helping others and bringing them great hope."

It's a little wonder she fits right in!



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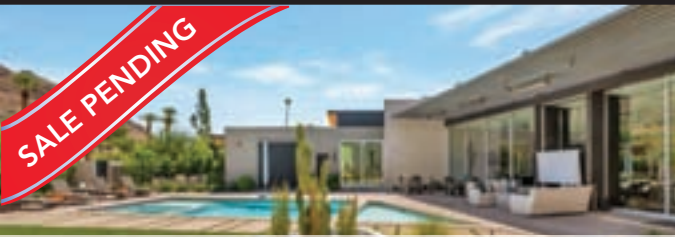
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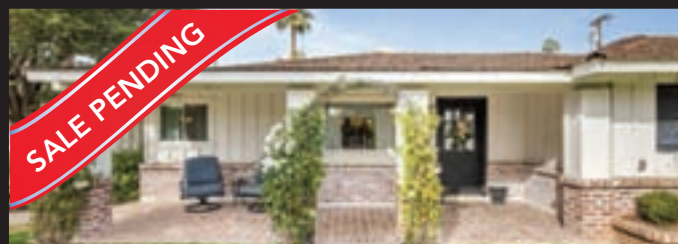


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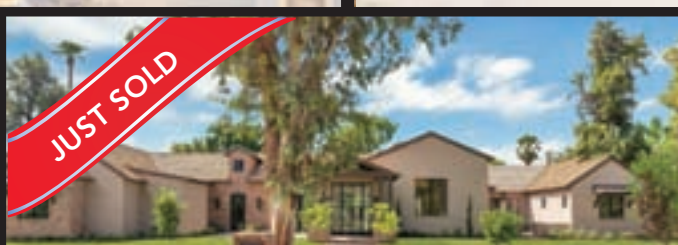
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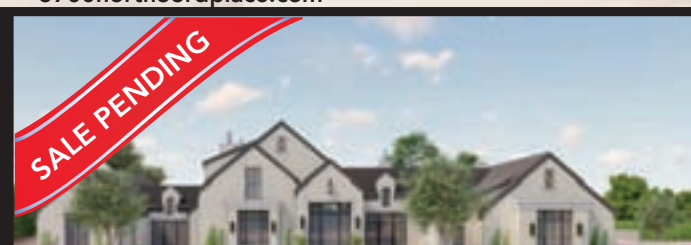
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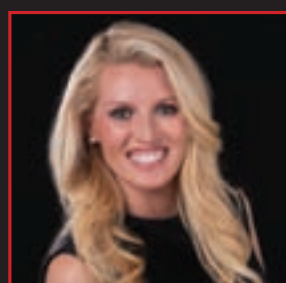
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Miss Arcadia heading to the Miss Arizona USA Pageant



PHOTO COURTESY OF FAITH PHARES

Faith Phares is competing in the Miss Arizona USA Pageant – her first in almost 10 years.

By Courtney Moser

The beautiful dresses. The wide smiles. The talent show. All of these drum up one vision: a beauty pageant, and something that has been a dream for Arcadia resident Faith Phares. As the current Miss Arcadia USA, Phares will participate in the 2021 Miss Arizona USA pageant in May – her first in nearly 10 years.

After competing in Miss Illinois Teen USA in high school, Phares took a long break from the pageant world to attend college and start her career. But she always hoped she would be able to participate once more. When she realized that her age would soon make her ineligible for Miss Arizona USA (the age limit is 27), she turned her focus to making her dream happen before it was too late.

“I wish I would have done it earlier. I didn’t want to look back and regret not doing it now,” Phares said.

Once she passed the application process for Miss Arizona USA, Phares could choose her local title. As a producer for the *Arizona Daily Mix* at AZ-TV in Arcadia, she spends almost all of her time in the area. So, it was only fitting to represent the community as Miss Arcadia USA.

Phares has worked and lived in the neighborhood since graduating from ASU with a bachelor’s degree in sports journalism.

“The views in Arcadia are like nowhere else, with Camelback Mountain and fruit trees throughout,” Phares said. “I’ve fallen in love with the community.”

Although she found success as Miss Swimsuit during Miss Illinois Teen USA, Phares didn’t grow up in the pageant world. Her childhood was spent mostly on farms and moving around with her military family. For most of her life, she felt more comfortable on a dirt bike than a stage.

“I was so nervous as a teen; now, I’ve had a lot more experience on-air,” Phares said. “I know who I am and what I stand for.”

For Phares, winning the title would allow her to dedicate a lot of time to community service and helping out at local businesses and events. And now that she’s gained more perspective and confidence, she is standing tall when it comes to her pageant platform of assisting veterans and military families around the state. Her father was in the Army, and her brother followed his path as well. She said she is proud to have the chance to shed more light on the organizations helping military families, homeless veterans and more.

To get ready for the Miss Arizona USA pageant, Phares needs sponsors to cover everything from the pageant fees to the required outfit changes. Along with an interview process, the pageant will include swimsuit and evening gown presentations. If she wins, Phares will head to the Miss USA Pageant that will hopefully happen in November – COVID permitting.

Follow Phares’ journey on Instagram at @FaithPhares

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Sometimes, four feet are more helpful than two

By Mallory Gleich

We've all seen the videos on social media: dogs who do good deeds, who help their humans in time of need or are just there to put a smile on someone's face. They've also proven to be helpful with disabled children and adults – and one such nonprofit, located just up the road in Scottsdale, aims to help.

The idea for Power Paws began in August 2001, as a volunteer project for the Abels – a Scottsdale family who fostered a canine for another local nonprofit. After that, the project became a passion for daughter Shoshanna Abel, and Power Paws was created.

The nonprofit “provides highly skilled assistance dogs to help disabled children and adults manage challenges with mobility, Type I Diabetes, and PTSD.” They also train dogs that work with professionals who serve survivors of sexual or domestic abuse. Power Paws is one of only two Arizona accredited agencies by Assistance Dogs International to train service dogs for the disabled.

Executive Director Elaine Starks got her start at Power Paws in 2014, when she was hired as the development officer.

“My youngest brother James was an independent contractor for disabled children,” Starks said. “He suggested I look at a role supporting the disabled. It took 12



PHOTOS COURTESY OF POWER PAWS

Eager pups are ready to learn.

years, as I watched how he expanded the activities for the kids he served.”

Starks and her brother started with Gompers – a disability service and support organization in Phoenix – to help build Arizona’s first accessible playground and garden to share with other agencies supporting kids in the disability community.

“Just six months prior [to my starting at Power Paws], James lost his battle with pre-existing conditions, and my initial thought was, ‘I wish James had had a Power Paws dog,’” Starks said.

She explained that the dogs are trained over 16 months and attend class twice a week to see if they have the right

temperament and work ethic to be placed into service. Volunteers foster the dogs, train them and reinforce cues at home. They are then matched with the right client based on the client’s personality and needs.

“As executive director, you are often the first person to hear the benefits of Power Paws dogs,” Starks said. “Those are the moments that make my day.”

Stark recounts one case with a child who had mobility challenges and was also diagnosed as nonverbal. “Within one week of placement, her first word was the dog’s name. Within a month, she was speaking in short sentences, and now she has full-blown conversations. Her dog now attends all medical appointments with her. After three years, she is moving to become an independent handler for her dog.”

Volunteers who work at the nonprofit must attend an accredited apprentice program at a school where education extends to specialized veterinary medicine. Starks explained that it takes about four years for a person to be trained in the industry.

“It takes three years of training through an apprenticeship program with a least one year of practical work experience,” she said. “The two-part process educates students about the industry and various experiences in training dogs. Then students learn to work and train individuals with disabilities.”

Starks explained that the most challenging part about running a nonprofit is creating a robust volunteer program. She said that recruiting and training the right volunteers is also challenging, but the benefits outweigh any problematic aspects.

Power Paws also offers a couple of kid



Executive Director Elaine Starks with her brother, James.



Summer camp program.

programs: a reading program for Title 1 students and a summer camp.

“Hearing teachers report on the academic benefits to the students, and the kids’ excitement of summer camp as the activities roll out and when they have fun with the dogs, is a great feeling,” Starks said.

Summer camp consists of two-week sessions where kids learn about the importance of service dogs and how each person has “different abilities.” Each day starts with Dogyoga (yoga with dogs), then basic obedience classes for dogs, making treats and forming a “Writer’s Club” to create short stories. They are in the process of developing a virtual program for summer 2021.

“Our dogs truly empower people for independent living by removing the barriers and challenges of a disability,”

Starks said. “But we could not do our work without the support of our community. The return on their investment of time or a donation is priceless in the lives of those we serve.”

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'Home' is where your job might be

As the pandemic continues to rage on in the United States, many of us have felt isolated and lonely. This is especially true for anyone who is living away from their loved ones. One solution that many workers are trying is working from a new location. They're going where their loved ones are.

Countless people are moving to their hometowns, near their parents or other cities where they have connections. Even if the move is temporary, it provides the needed relief of reconnecting with family and friends.

Many companies have become very good at remote work. Employees work from vacation homes or other countries or the guest room at a family member's home. And they're getting the same amount of work

done that they were before. If you've been wondering whether or not working from another city is right for you, explore your options. I've been surprised at how understanding many employers have been toward their employees. Even some government workers have the opportunity to apply to work from another location.

If you're finding yourself lonely and in need of a change of scenery, now is the time. Before you do anything, consider this advice:

- 1. Have a conversation with your boss.
- 2. Get the verbal okay to work from another location.
- 3. Put your intention in writing in an email to confirm.

From there, you can plot your move. If moving your stuff is not a viable option, look for a storage unit near where you currently live. For a small amount of money, you can store your current belongings until you return. Look for furnished apartments in your destination city. Typical apartment rental websites and vacation websites like AirBnB are a great place to start. If you don't see good furnished options, some companies rent furniture from month to month.

The pandemic has been challenging for many employees. But for remote workers, this time may be an opportunity. If you've thought of working from another location, talk to your boss and do your research. Make your move and make some lemonade with these pandemic lemons.



Career Corner

BY ANGELA COPELAND

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

From the Archives



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Twins Giada and Capri Panattoni show their excitement for Valentine's Day as they create crafts and pose in a heart-themed photo booth at The Shemer Art Center. Discover our Valentine's Day coverage starting on page 24.

As Arizona prepares to celebrate its 102nd birthday, we share the must-see spots of the Grand Canyon state.

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After 70 years of marriage, this fascinating couple tells their story of love and commitment.

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Is there a vegetarian in your life? Find out the best spots for a vegetarian themed Valentine's Day dinner.

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In this Arcadia News cover from February 2014; twins Giada and Capri Panattoni show their excitement for Valentine's Day as they create crafts and pose in a heart-themed photo booth at the Shemer Art Center.

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Arizona's pit stops have become more than that

Arizona's highways can seem pretty lonely at times, miles upon miles of emptiness. Then, in the distance – you see it: a much-needed spot to pull over, gas up and perk up before hitting the road once more. In many instances, these are not your ordinary pit stops – these are roadside attractions. Those kitschy, weird, even corny establishments end up being not at all what they advertised themselves to be.



Robin's Adventures

BY ROBIN SEWELL

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

Just east of Interstate 17 in Camp Verde is the world's largest Kokopelli, commonly known as "that big flute player." The giant yellow sculpture stands 32 feet tall and weighs a whopping five-and-a-half tons. The Navajo god of wealth and fertility is a symbol seen across the Southwest. Still, this one is simply a giant billboard for the former Krazy Kokopelli trading post, which has turned into a coffee shop and Mexican restaurant. For many, it is still a great photo op.

On the other hand, you don't always have to be big to get noticed. Sometimes being the smallest can earn you quite the reputation and turn your supposed shortcomings into bragging rights. In the town of Superior, just off Highway 60, is the world's smallest museum.

Once an ordinary Tuff Shed, now it is a 134-square-foot museum of not so small treasures. Dan Wight and Jake Reaney opened the museum in the mid-90s to lure diners into the Buckboard Café next door. Some of the unique exhibits you can check out include a 1984 Compaq computer, a Beatles concert poster, a letter from President-elect John F. Kennedy to Jake Reaney from the 60s and the world's largest Apache tear, which is a semi-precious gemstone. This type of obsidian rock only comes from Superior.

More than just a roadside attraction, a monument in Winslow is an all-out destination. Even if you are not an Eagles fan, chances are you've heard the lyrics from their song "Take It Easy," about standin' on the corner in Winslow, Arizona.

In fact, in some ways, that 1972 song and those lyrics helped put this historic town back on the map. Winslow, located on Route 66 about 50 miles east of Flagstaff, was the largest town in northern Arizona until I-40 bypassed the town in the late 1970s. In 1998,



Standin' On The Corner Route 66 Gift Shop, located in Winslow, AZ.

the town created the Standin' on the Corner Park, paying homage to the song.

The park has it all: a life-size bronze statue of a guy with a guitar and a two-story Trompe L'oeil mural where you can see the girl in a flatbed Ford reflected in the storefront. The town now estimates 100,000 people stop by every year to stand on that corner, making Winslow more than a roadside pit stop.

From US 60 to I-17, Highway 93 to Route 66, Arizona's roadways build connections to our past with stops that let us linger a little longer. Some have been called tourist traps, but today they've gained cult status, luring travelers off our Arizona highways. From the world's biggest to the world's smallest, roadside stops give you the chance to slow down, take a look, enjoy the photo op and, like the song says, "take it easy."

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All you need is love

Long before email salutations, true romantics found ways to express themselves with valentines. These cards were made of paper, often by hand, but they were rarely simple.

Your grandparents were in love once and so were their parents before them. So before you throw any heart-shaped, crusty old cards in the dump, maybe you can see if there is a little money to share as well as heartfelt words.

Many American valentine crafters used not only ink and paper, but adorned their creations with sketches, watercolors, pinpricks and cutouts to make them more interesting and personal.

Occasionally, semiprecious stones and jewels found their way into a valentine. Sometimes natural elements such as bark and dried flowers were used along with cloth, yarn, ribbon and even locks of hair. The earliest valentines were sealed with wax and delivered by hand. If the greeting was anonymous, it would be left where the intended recipient would surely find it. Most of the oldest valentine treasures are in museums now and rarely found by romantic collectors today.

Mass-produced valentines found their way to marketplaces in the late 1830s, and the first printed ones started to be made in the United States in the early 1840s. By the middle of the 19th century, hearts, roses and Cupid with his bow became popular with both valentine

creators and givers.

During the 1870s, George C. Whitney developed material and the equipment needed to create fancy embossing. Before this machine-age introduction, paper lace was most often imported from around the world. Stand-up cards and three-dimensional cards hit popularity around 1895, along with honeycomb paper puffs which opened to form bells, Asian fans, hearts and other various shapes. Being convenient to mail, these cards remained popular for many years to come.

Honeycombs were easily mailed to happy recipients who folded them out and placed them on a mantle or dresser for all to see. The Victorian versions often featured automobiles, ships and trains with moving parts to add special effects. Unfortunately, the movement and playtime caused them to deteriorate more rapidly than other types of valentine greetings. This scarcity adds to their value however, and they are currently prized by collectors...that is, when you can find one!

For goods made of paper more than 100

A brief history of Valentines and how they became mainstream



Victorian era valentines were created on paper lace.

years old, Victorian cards can be found in relatively good condition. In fact, the colors on the cards are usually still quite vibrant if properly stored.

Anyone seeking vintage valentines will find the supply of older cards dwindling. The popularity of Victorian decorating and reproductions on calendars and other paper goods during the past 20 years introduced many new collectors to the field. Those just starting to collect often seek valentine postcards produced from about 1900 to 1930, and newer flat cards exchanged between children during the 40s and 50s due to their affordability and availability on auction sites like eBay.

As collectibles in the future, cards have the potential for increasing in value. So I would think twice about throwing out grandma's shoe box full of memories!



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Phoenix welcomes Michelangelo's Sistine Chapel exhibit

By Melissa Hirschl

While the Sistine Chapel is over 6,000 miles away, there's an opportunity to marvel at some of the breathtaking aspects of it in downtown Phoenix until February 14. Michelangelo's Sistine Chapel: The Exhibit is being hosted at an event space called The Croft Downtown. Visitors can see 34 state-of-the-art reproductions of the frescoes found on the ceiling of the Sistine Chapel in Vatican City.

The individual panels measure 9' x 18' each, and are replicas of the world-renowned scene that was painted by famous Renaissance artist Michelangelo over 500 years ago, from 1508-1512. The 10,000 square-foot exhibit, which recounts events from the Old and New Testament, includes two of Michelangelo's most famous paintings: The Creation of Adam and The Last Judgment.

In the courtyard outside the exhibit, visitors can glean fascinating facts and secrets about Michelangelo, thanks to a small theater that provides educational videos that are both whimsical and entertaining. They can even find out which painting Michelangelo inserted himself into.

The ambiance of the exhibit is enhanced by

ethereal church-style music that continually plays in the background.

According to Angela Karp, co-founder of The Croft, the exhibit has attracted an eclectic group of visitors, from priests to homeschoolers. "We are bringing Rome to Phoenix," she said.

According to Karp, the enormously popular exhibition has been presented all over the United States, as well as in Austria, Berlin, Bogota, China, Poland, Shanghai and Vienna.

The event adheres to COVID-19 safety protocols using managed entry and exit times and timed-ticketing that allows only 50 people in the venue at once. Masks are mandatory. Visitors are free to meander through the exhibit, reading the explanations posted at each piece, or use an audio device that goes into more depth about each painting.

"This is a chance to take your time and enjoy the artwork," said Karp. "Visitors are not shuffled through, as they would be at the Sistine Chapel. Plus, everyone is free to take photos."

Karp said that an advantage to their exhibit is that The Croft's ceilings are a lot lower than the 65-foot-high ones in the Sistine Chapel. "I am always fascinated by walking



PHOTOS COURTESY OF THE CROFT DOWNTOWN



Over 30 reproductions of the famed artwork are showcased.

into the exhibit. I feel that each fresco is so interesting and incredible," she said. "I love talking to the people attending; they are just overwhelmed. They love absorbing all the fascinating information."

The exhibit is on display at The Croft until February 14 at The Croft Downtown at 22 Buchanan St., Phoenix. General admission is \$18, and children five and under are free. thecroftdowntown.com

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Behind the Business with Arcadia Premium

5618 E. Thomas Road #100
arcadiapremium.com

By Mallory Gleich

Arcadia Premium has become quite beneficial to the neighborhood (especially these days) with its convenient beer, wine, cheese and charcuterie delivery service. The shop, located at 56th St. and Thomas, is run by husband and wife team Joel LaTondress and Lara Mulchay, who recently spoke with *Arcadia News* about what's going on at Arcadia's local "Mom and Pop Bottle Shop."

What is the story behind Arcadia Premium?

J: Hal and Bryn Rathvon first opened it in January 2015. What they envisioned was a delivery business, but they needed to have a retail storefront to run that. Most of their business was online, but by September 2015, they didn't have enough traffic and were about to close down.

At the time, we were customers and had been ordering from them every couple of weeks. We ended up striking a deal and buying the business from them. We had already researched beer and wine, so we came in here and turned everything over. We decided to open this business because it was a turnkey opportunity, and we figured all of the stuff that we'd already learned from almost opening a restaurant would make it an easy transition.

Our restaurant was going to be three meals a day with cheese and charcuterie options, as well as grab-and-go. We saw this as a retail opportunity as well [after the restaurant fell through].

Did you always know you wanted to run a business?

J: I don't know if I did. I was a programmer and spent 15 years in corporate IT, and I was getting super burned out. Even before we got married, we talked about doing something – the vision was always a restaurant.

L: Even as a kid, I knew I wanted to own a business. I always wanted to do something food or music-related. My best friend and I, instead of playing with Barbies, we would play "business."

So this concept was already up and running?

J: [The previous owner's] worked on it for two months to get it started. This business has an extensive e-commerce component, and I think he started six months before, getting the website up and running. So since we already had that, getting started was pretty easy.



Arcadia Premium owners Joel LaTondress and Lara Mulchay.

What has been the best part of owning a business?

J: I think the customers are the best part. We have a ton of regulars and some really cool customers. Before COVID, I used to know at least four or five of them by their first name. Since March, it's taken a different turn, but I'd say it's the customer. I like when a customer comes in and says, 'we don't know any of these wines,' and I ask what they like – and they come back and say, 'that was awesome.' That's super gratifying.

L: When the customer comes in and says, 'We love your shop. We're so glad you're here.' We wanted to develop the store we want in our neighborhood. We designed what the people want or what doesn't already exist. We have a platform to support small businesses and producers, and I like that.

The toughest part?

J: Probably the hours. It's labor-intensive. The website is its own thing, and the store is its own thing – I spend a lot of time adding stuff to the website. And ordering – we order from around 20 vendors, so managing and ordering – it takes a lot of time.

What can people find at Arcadia Premium?

L: We have cheese, charcuterie, Noble bread comes in every week, local crackers. We've got stickers from a couple of gals from the East Valley. Stationary, candles from Crass Candle. Pretty much anything – like if you needed something for a housewarming or birthday gift.

You don't have to be a drinker to come in here and shop.

J: We have non-alcoholic beer, cold brew and ginger beer, too.

Where do the products come from?

L: They're from all over the world. Our cheese and charcuterie are from the United States – it's all American, artisan and farmstead cheese. We have a ton of stuff that vendors also sell at farmer's markets – eggs, tortillas, pasta. All of our pickled stuff. The beer is mostly all from the United States. Wine is all over the place, but at any time, we've got 15-20 Arizona wines.

J: Right now, wine-wise, we've got 200 different brands.

Why do you think supporting local is important?

J: I think besides the obvious – keeping money in Arizona, especially during COVID. We brought in a bunch of brands that didn't have any representation or scale outside of a farmer's market. We were their first retail placement, so bringing it into Arcadia allowed them to have placement, and we've been successful with their brands. I like that. It's nice to have a platform to bring products to other people.

L: It's more about community and smaller businesses. We have to concentrate on quality – the products tend to be superior. It's not stuff that's pumped out in a factory. We're helping other businesses realize their dreams and passions, whether it's a small brewery or cheesemaker, a candle maker or jewelry. It's more about the community and quality.

How did the pandemic affect your business?

J: We were in a pretty unique position that a lot of people scrambled to do, especially on the e-commerce thing. A lot of these restaurants – if they didn't already do take out, they were putting their menu on Toast (a restaurant take-out app) and figuring out how curbside would work. We already do all of that.

When we took over the business, our online presence was reduced because we kept the doors open, so it was like 5% of our business was delivery. Suddenly, in two weeks, we went from 7% to 41% online sales.

L: We did have to pivot for sure in terms of product; we needed more people here. Now, we spend a lot more time at the shop updating products and keeping online inventory accurate. But this business was absolutely made for this type of situation. Go online, and someone will bring it to you. Some customers we haven't seen since COVID, but we deliver to their houses. Others drive up, and we put it in their trunk. I can't say it hasn't impacted us – we're busier and a lot more grateful that our business is thriving. It's a bizarre place to be.

What are your plans for the future?

L: We're hoping to do some on-premise event type stuff. Maybe open up another location with a bar and food aspect.

Right now, we're working really hard and maintaining this. It's hard to make plans; 2020 put everyone in a tailspin, so we're just cautiously watching and waiting for the right situation.



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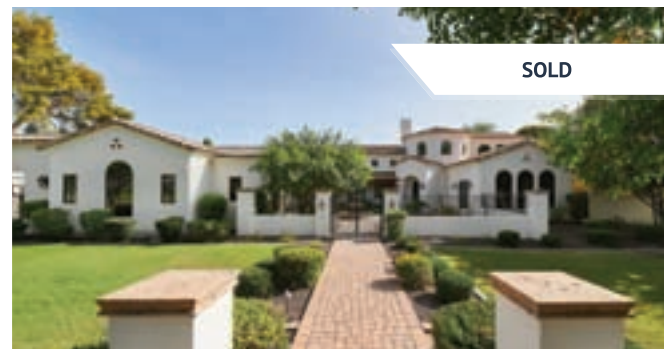
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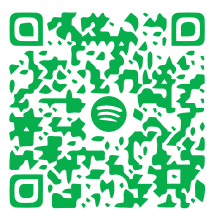


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PHOTO COURTESY OF GORDON C. JAMES AGENCY



Gordon C. James PR Agency has worked with over 20 clients and various nonprofits during its 30-year career.

Local PR agency fosters spirit of giving for anniversary

By Cliff Summerhill

It takes more than just time to build a business, especially in a highly competitive field like public relations and marketing. An industry leader needs to be innovative, excelling in communications and creative services while continually forging and maintaining vital relationships across nearly every business sector. These are some of the pieces that make up the success with one local agency.

Gordon C. James Public Relations, located near 40th St. and Camelback, recently celebrated its 30-year milestone. In a tumultuous year, the agency has stayed the course while adapting to the terms of a different business world.

The man behind the business, Gordon James, was born in Salt Lake City and relocated to Phoenix with his mother shortly after his birth. He lived downtown with his grandparents and great grandmother and attended Madison Simis Elementary and Central High. James left the desert after high school to further his education and start a career. He attended the University of Colorado, where he earned his bachelor's degree in business administration, and then made his way to Iowa.

"I moved to Des Moines after graduation," James said. "What luck, because I would have never met George H.W. Bush if I hadn't moved there."

James was in the real estate management business, renting office space to politicians who needed to set up for the caucuses. He rented Bush his first campaign office in 1978.

"I met him there, and it was love at first sight," James said. "I started as a scheduler for the 1980 Bush for President campaign and then eventually did advance work, event management and media relations for GHWB, finally joining him at the White House after he was elected President in 1988."

"I still cannot believe that I have been honored to work for two Presidents, GHWB and GWB. Who would have ever thought a Central High kid would have such an honor?" he continued.

He explained that the start of GJCPR came about when "I knew I wanted to get out of the 'every four-year (or two-year) election

cycle.'" James moved back to his hometown and started an agency that would continue for several decades – and counting.

"For about 20 years, our offices were in the same building my grandfather used for his insurance agency," James said. "We've had the opportunity over the past 30 years to work in every state and multiple foreign countries."

In addition to the PR business, James is on the board of Arizona State University's Walter Cronkite School of Journalism and the Veterans Medical Leadership Council. He is also an inductee into the Arizona Veterans Hall of Fame after serving in the Iowa National Guard from 1969 to 1975, which he said was "the honor of a lifetime."

Celebration plans for the company's 30th anniversary were put on hold this year due to the pandemic.

"Instead, we are focused on acts of kindness as individuals and as a company. We will be using the party finances to contribute to the nonprofits we value, as well as those our client's value," James said.

The company recently assisted the Veterans Medical Leadership Council with transitioning to a virtual "Heroes One and All" fundraising luncheon. Through the years, the firm has served various companies and organizations, including Bank of America, TriWest, St. Vincent de Paul, Childhelp and Crossroads.

"I met the ladies who founded Childhelp, Sara and Yvonne, some twenty years ago," James said. "Their life mission of protecting some of our most vulnerable is dear to my heart. We are fortunate to work with multiple nonprofits here in Arizona and nationally."

The last year has put a damper on some facets of public relations and marketing, but Gordon C. James is confident and ready.

"2020 brought change that will likely stick with us," James said. "While we are looking forward to more in-person events – from galas to press events – the virtual technology we adapted during COVID has led to some exciting additions to our capabilities and reach. Our intention is to continue to grow as a business and continue to contribute to our community."

Unconventional times call for creative spring break measures

There's no way around it: spring break will feel different this year. While traveling and gathering with family and friends is not advised, young minds still need a mid-semester break. Parents do, too, especially if they've taken on teaching roles. We all need to recognize the year's stressors and push the refresh button.

Spring break doesn't have to include a beach or an amusement park. The critical part is the break from your usual routine. One project to consider is creating an art-friendly space in your home. This can appeal to all ages, as well as be a stress-buster. It can also add a new focal point that could last beyond the break.

The Home Atelier

A small atelier, or studio, is a space for creating and expressing emotions through art. With your child as a co-architect, find a room in your home with lots of natural light and define the space using rugs, tables and furniture. It can be as small as a child's table area

or as large as a room.

Choose materials with an aesthetic appeal: natural stones, wood, glass, clay, textiles, paints, small building materials, corks, magnets, bottle tops, glues, papers and brushes. Strategically place art and architecture books nearby to inspire. Less is more in an atelier.

Use natural materials that delight the eye, skipping the bright plastics or commercially made items. Ideally, use open-ended materials instead of those that dead-end in a predictable craft. Children can help collect things from your home or nature.

Adults should give children the freedom to create unencumbered, monitoring mainly to add items that inspire new curiosities. Older children may want more sophisticated materials such as acrylic paints, papers, different kinds of clay and cutting utensils.

If the atelier is a hit with your family, it's a good idea to rotate items in and out



Painting and woodworking are outlets that can inspire creativity for kids and adults alike.

to keep children interested and appeal to all ages. Remember, parents need emotive spaces as well, so feel free to join the fun. The children's interests should dictate new explorations, but some examples of extending creativity may include:

- A sewing machine and fabrics; even very young children can learn to sew with help.
- A potter's wheel for those who are getting serious about creating with clay.
- A gardening atelier with seedlings started indoors, a large bin with earthworms or a household composting project.
- A woodshop can appeal to all ages. With some instruction, goggles and minimal supervision, young children can create things in a woodshop studio just as prolifically as they can with paints and brushes. Older children can learn to use electric tools. A family project like a doghouse or birdhouse can involve each family member, no matter how young.

Spring break can be an outside-of-the-box creation this year. Have fun and enjoy the break from the usual routine.

WE ARE TROOP 6

All photos taken pre-pandemic. Troop 6 follows CDC recommended safety protocols.

Chartered in 1934, Arcadia's Troop 6 enjoys a rich history in Arizona Scouting and remains one of the most well-established and accomplished Boy Scout Troops in Arizona today. Service, community engagement and leadership development become increasingly important parts of the program as youth lead their own activities and work their way toward earning Scouting's highest rank, Eagle Scout.

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For more information, contact our Scoutmaster, Steve Radonich 602-717-3006 or steve@scoutwm.com or visit arcadiatroop6.org



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BY NOLA ENGE

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Who knew? Fascinating facts about the Grand Canyon State

By Rachael Bouley

Arizona celebrates 109 years of statehood on February 14. Since 1997, Arizona's official state historian Marshall Trimble has dedicated his life to studying western history and sharing the love of his home state with students at Scottsdale Community College and the wider community.

Trimble said he has the best job in the world and continues to learn new stories about the state. Here are some of the best little-known facts about Arizona that he shares through his teaching, writing and public speaking.

THE LANDSCAPE

Trimble was born and raised in northern Arizona, and one of his favorite things is its wide-open space. Ninety percent of the state's people live in just 2% of the land. There are 92 wilderness areas within Arizona's borders, more than the entire eastern part of the United States combined. This includes 22 national parks and monuments and 32 state parks. Of course, there's the Grand Canyon, one of the seven wonders of the world.



Night-blooming cereus

Arizona also contains all four American deserts: The Sonoran, Chihuahuan, Great Basin and Mohave.

There's the Grand Falls on the Colorado River, which are higher and taller than Niagara Falls – with a small catch. “Like with a lot of Arizona things, this is true only when there is water in the river,” Trimble said. “It only runs in the spring, but when it does, the falls are taller than Niagara Falls.”

Arizona has flowers that only bloom at night (night-blooming cereus cactus) and the Petrified Forest, which dates back 225 million years, making it even older than the Grand Canyon.

THE WEATHER

Arizona residents are no strangers to the sun, but one intriguing fact is that we



Marshall Trimble and Bud Brown, 1984.

have more sunnier days than the Sunshine State of Florida. On average, Arizona has 85% sunny days; Florida is in second place with 73%. Even in the snowy mountains of Flagstaff at nearly 7,000 feet, the town enjoys the sun 79% of the year. In Yuma, the sun shines for an average of 11 hours a day, the most in the world for a city.

“When I think about the people that suffer in the winter weather back East, I think we are pretty well off and have a lot to be thankful for to live in Arizona, with the open space and the lifestyle,” Trimble said.

ARIZONA ANOMALIES

Arizona is chock full of surprises, so much so that Trimble published a book in 2018 called *Arizona Oddities: Land of Anomalies and Tamales*. Here are some of his favorites:

- The Casa Grande National Monument isn't in Casa Grande – it's in the neighboring town of Coolidge.
- There is a town called Gila Bend and a county called Gila County – Gila Bend is not in Gila County, it's in Maricopa County.
- Similarly, Maricopa is not in Maricopa County, it's in Pinal County, and the town called Pima is not in Pima County – it's in Graham County.
- There is an Apache County, but that's not where Fort Apache is – it's located in Navajo County.



Casa Grande National Monument in Coolidge.

- The Lost Dutchman of the legendary gold mine wasn't a Dutchman; he was a German.

HISTORIC TOWNS

Arizona is home to an array of historic locations and unique communities. Bisbee is the southernmost mile-high city in the U.S., while the town of Nothing, off of U.S. Route 93, is truly a ghost town with nothing and no one in it. It reached a population of four people in its heyday, with a small gas station and convenience store, but it was abandoned by 2005. An attempt to reopen the town in 2009 was short-lived.

“A guy opened up a little pizza store there, but it didn't last long,” Trimble said. “Last time I heard, there was nothing in Nothing.”



There's also the town of Nowhere, between Prescott and Peeples Valley/Yarnell, but Trimble said if you blink, you'll miss it.

The interesting places don't stop there. Trimble was once asked where central Arizona was. He got it wrong, as the small town of Central isn't located in the state's center at all, but rather in far east Arizona near Safford in Graham County.

The town of Winslow in Navajo County once had the busiest airport in the Southwest. In the late 1940s, during the pioneering age of passenger airplanes,

Winslow Airport was the perfect spot for transcontinental planes from New York to California to stop and refuel.

THE MAKING OF MCDONALD'S

The first McDonald's franchise restaurant was built in 1953 in Phoenix at Central Avenue and Indian School Road. Trimble was among the many Arizonans picking up 17-cent hamburgers and 20-cent cheeseburgers.

In 1975, the first McDonald's drive-thru was built in Sierra Vista. When soldiers from neighboring Fort Huachuca went to the McDonald's in Sierra Vista after they got off-duty, they couldn't get out of the car in their battle dress. “A smart-thinking manager of the McDonald's cut a hole in the window so the soldiers could pull up to the window and order through the window, and business boomed,” Trimble said. “Word quickly got back to the McDonald's headquarters.”



Today, Arizona has over 200 McDonald's – about 4.1 of the famous fast-food restaurants per every 100,000 people. Sedona claims the only McDonald's in the world where the arches aren't golden, as the beautiful teal arches stand out from the rest.

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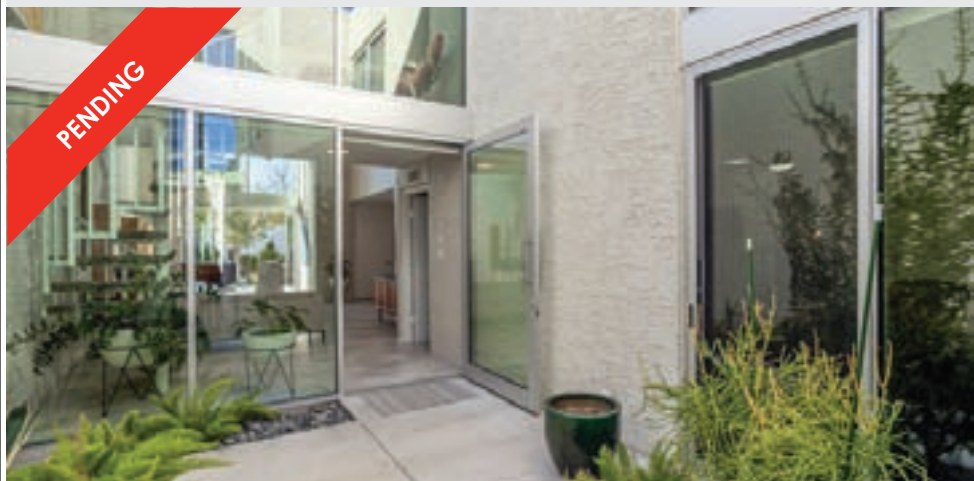
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Five simple tips for boosting health and immunity

We can do so many things to build our immunity, feel energetic all day long, sleep great, shed weight and look vibrant, and the good news is, it is easier than you think. The key to making changes is starting small and committing three to four weeks to make new changes part of your lifestyle.



*Plant-based
Wellness*

BY MIRIAM HAHN

Miriam Hahn is the owner of YouCare-SelfCare, a private wellness practice specializing in plant-based lifestyle and disease prevention.

Here are five easy ways to rest, recharge and get on the healthy track for 2021:

1. Start your day with a cup of warm lemon water.

Since your liver has been busy detoxing your system overnight, drinking warm lemon water first thing helps to flush out toxins while also providing hydration and

vitamin C. You can add raw honey to increase antiviral, antifungal benefits. Just add the juice of half a lemon to warm water, add a teaspoon of raw honey and sip. (Using a glass or stainless steel straw will protect your teeth.)

2. Buy organic food as much as possible. We are consuming food all day long, and we want it to be clean and free of chemicals. Buying organic is easy

to do, and it is the quickest way to start eliminating toxins.

3. Reduce processed foods. Every time you bring processed food into your system, you are also bringing in various artificial colors, sweeteners, thickeners, preservatives and sodium. Think about making some of the things you now purchase at stores from scratch, such as pasta sauce, hummus, salad dressings, soup and energy bars. When you must buy something packaged, go for foods that have five ingredients or less.

4. Get 7-8 hours of sleep per night.

Your body repairs and replenishes itself during sleep. By not getting enough sleep, you weaken your immune system, your brain doesn't function as well, it can lead to weight gain, and you are more susceptible to getting sick. It is a simple math problem. If you get up at 6 a.m., make sure you are asleep by 10 or 11 p.m. This means preparing for bed the hour before you need to be asleep. Turn off electronics, read something soothing, take a bath, etc. Let your brain relax!

5. Get movement daily. Exercise is the key to youth. It is critical for heart health, great for your metabolism and recent studies show it can help prevent Alzheimer's disease. The optimal workout plan includes a mix of strength training and cardio. It doesn't have to be an exact science. Get out for a run, walk or ride and mix in some push-ups, lunges and squats. Start with 10 minutes a day and work up to 30. You will start to see the benefits in a few weeks!

youcare-selfcare.com

Miriam's Corn Chowder

Ingredients

- 4 cups roasted corn (1 bag, frozen)
- 1 red pepper, diced
- 1 red onion, diced
- 4 cloves garlic, minced
- 2 jalapenos, diced
- 1 cup cilantro, chopped
- 3 cups yukon potatoes, diced
- 4 cups vegetable broth
- 1 tsp each: cumin, pink salt
- 1/2 tsp each: celery seeds, smoked paprika
- 4 oz vegan cream cheese

Instructions

1. Saute the onion, garlic and red pepper in a soup pot for 5-8 minutes.
2. Add the cream cheese and mix until blended.
3. Add in potatoes, broth, spices and cilantro. Bring to boil and then reduce to low for 5 minutes. Add frozen corn and cook 5 more minutes. (test to make sure potatoes are done)
4. Blend half of soup using an immersion blender or regular blender.
5. Top with more red onion, cilantro and jalapenos!



PREP TIME: 15 MIN • COOK TIME: 20 MIN • TOTAL TIME: 35 MIN

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\$7,250,000 Seller Representation



\$6,400,000 Buyer Representation



\$6,250,000 Seller Representation



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\$5,600,000 Seller Representation



\$5,500,000 Dual Representation



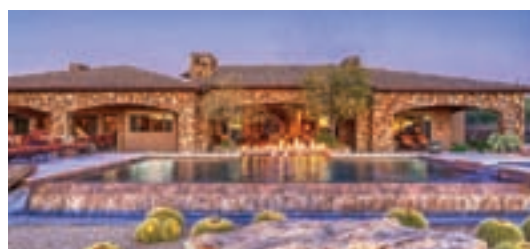
\$5,100,000 Dual Representation



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Top 20 Sales of 2020



School athletics advocate to speak at global forum

By Amanda Savage

This June, Arcadia resident Don Kile will present a case for making sports and extracurricular activities part of the required programming for schools. His audience will be some of the world's most-recognized leaders in education.

Kile was recently recognized as one of the Top 100 Visionaries in Education by the Global Forum for Education and Learning.

School-sanctioned athletics and school-sponsored activities promote citizenship, fair play, fair dealing and sportsmanship.

"As a result of this recognition, I will have the opportunity to present and argue that eliminating sports and other activities due to budget cuts on public school funding, or implementing pay-to-play is likely to hurt students who come from families in poorer demographics," Kile said. "And, I hope to cite the connection between these predictable negative outcomes at the individual student level and a weakening of the community."

Kile is surprised and a little puzzled by the recognition. "Making a case for returning to

the fundamental mission of public schools is not really cutting edge thinking or particularly visionary, but I am pleased to use this honor to advocate for the cause," he said.

Kile was nominated for the award by an anonymous colleague at Arizona State University. He had to undergo a series of interviews with the GFEL before being recognized in October.

The GFEL is an international educational conference that aims to create a forum for the "brightest minds" to discuss education and pursue possible solutions.

Kile has worked for The Ellman Companies for 25 years in numerous leadership positions focusing on innovation and strategic development. He is currently serving his 10th year as a member of ASU's University Athletics Facilities Board. He also works with the Arizona Interscholastic Association, Classroom Teachers Assistance Fund, Grand Canyon State Gridiron Club, National Sports Foundation and National Quarterback Club.

Kile's advocacy for education comes from humble but profound beginnings. Both of his parents were teachers.

"As a student, being an athlete was at the center of most of my experiences. Letter jackets. Fight songs. Rivalries. If you were not on the team, you had an on-campus job supporting the activities somehow. Everyone in the school and community got involved," Kile said.

Now, he aims to bring school spirit



Don Kile, a former high school baseball player (who now focuses on football), has pursued a passion for intertwining athletics, education and community.

to communities everywhere and is on a mission to advocate why it's vital to a holistic educational experience.

"My advocacy for promoting broader participation on school-sanctioned athletics and school-sponsored activities is firmly based on the belief that these programs promote citizenship, fair play, fair dealing and sportsmanship," Kile said. "All school-sponsored activities instill a sense of pride

in self, school and community, and result in peer-to-peer teaching and learning of lifelong lessons and skills of teamwork, self-discipline and physical and emotional development."

Kile will present in front of conference attendees on June 10 at the MGM Grand in Las Vegas, Nevada. He will speak on the topic of building stronger communities through school activities and athletics.

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Care package campaign helps homeless in the Valley

By Mallory Gleich

Arcadia newcomer Alyssa Duchesne, who has spent a good portion of her life moving from place to place – namely Canada, San Francisco, Coronado and now, Arcadia – decided that last year, the holidays were going to be about more than spending time with family.

The 19-year-old started a GoFundMe campaign during the Christmas holiday to provide care packages to the homeless in the area.

“It’s no secret this past year has been one of the most tumultuous times in modern history,” Duchesne said. “The homeless population of our country has been labeled as one of the most vulnerable populations in the pandemic. My mission stemmed not only from the heartbreak of the year but also the notion that those on the streets are the forgotten ones of this pandemic.”

Duchesne is currently a student at American University in Washington, D.C. She’s studying international relations with an emphasis on conflict resolution and political communication.

She kicked off her campaign by researching what kind of people need the most help during the holidays. She read an article on the homeless populations’ limited resources, since some shelters and kitchens sustaining these communities were closed during the pandemic.

“I also know the reality of being lucky

enough to sleep in a shelter is low, and there are many who do not get the opportunity,” Duchesne said.

Instead of dropping off packages at local shelters, she searched for people on the streets that had difficulty staying at these places because of mental health issues or other reasons.

“My mission stemmed not only from the heartbreak of last year but also the notion that those on the streets are the forgotten ones of this pandemic.”

“I would say one of the hardest parts about this was spotting the people and then pulling over or crossing busy streets or hopping out at red lights to get to these people,” Duchesne said.

She started her GoFundMe campaign with a realistic goal she thought she could reach. “I know 2020 was difficult for everyone and understood that donating to others might not be in the cards, so I kept that in mind, not expecting much,” she said.

Duchesne started at \$500 and ended up at over \$900. She explained that the donations came from various places.

“The beauty of constant relocation is all the people I’ve been able to meet within my communities. These contributions have come from lifelong family friends to unknown people,” she said. They came from former high school teachers, folks from the Canadian town she’s from and strangers in her new neighborhood. “I was shocked at all the people willing to help. Grateful is an understatement.”

Once she raised the money, Duchesne enlisted her parents’ help to make grocery runs for supplies. The care packages included blankets, soap, deodorant, first aid kits, feminine hygiene products, tissues, mouthwash, toothbrushes and toothpaste, snacks, water and gift cards to nearby food places.

She also included masks, hand sanitizers and other sanitary protections – and some dog food to hand out for those with pets.

Duchesne said the reactions from people who received the care packages ranged from elation and disbelief to confusion and surprise.



Alyssa Duchesne

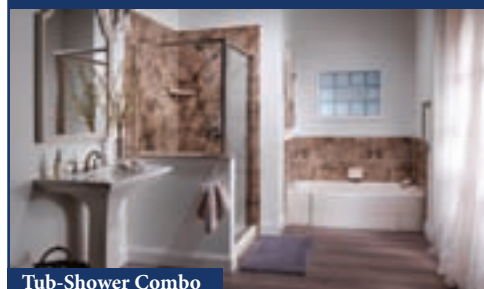
“It was a complete array of emotions which showed me all the kinds of people living on the street,” she said. “Some said this was their first year on the streets, some had families or animals, and some said they’ve been without a home for so long it was the first time someone truly ‘saw’ them. It was apparent they were thankful. That leaves an impact on you like nothing else.”

Volunteering and service projects have always been something that Duchesne wanted to partake in. She volunteered to coach a youth girls’ volleyball

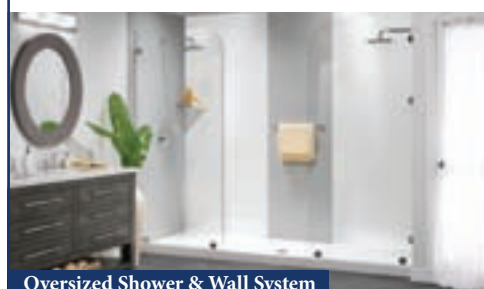
team in high school and joined local political campaigns and beach cleanups.

“I think it’s too often we underestimate the worth of a helping hand, random acts of kindness, or a listening ear. Small acts of caring for the community have the potential to change lives and mold a future we can be prouder of. I am grateful for those who donated to my service as they also volunteered for their community. I hope people know how much of an impact they can make.”

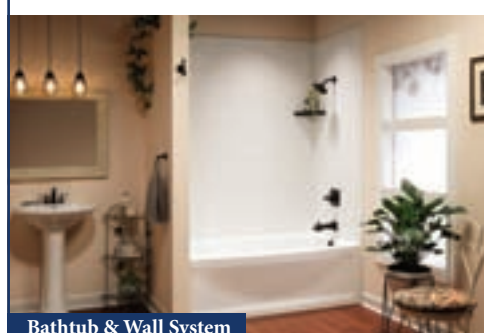
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Echo Canyon Elementary welcomes new librarian

By Cliff Summerhill

Dawn Treude is the latest addition at Echo Canyon Elementary School, and as its new librarian, she couldn’t be more eager to inspire a new generation of readers.

“My number one priority is to make Echo Canyon students feel welcome in the library and excited about books,” Treude said. “I’m working hard while the library is closed to students, so when they return, the space is inviting, and the books are shelved more openly for sight – rather than touch – browsing.”

Once students return to the library, they will see an inviting space filled with *Dog Man* (a comedic novel series featuring a cartoon half-dog, half-man police officer) decorations, stuffed animals and several pool-noodle lightsabers from Treude’s laundry basket of decorations.

Beyond the welcoming environment, Treude promises a different approach to the typical library setting.

“Traditionally, people think of a library in terms of the don’ts – talk too loudly, be silly, pick the same book over and over, etc.,” Treude said. “I’d like to refrain from that. Yes, we do sing in the library! Yes, we do laugh in the library! And yes, we do learn in the library!”



Dawn Treude

After being a stay-at-home mom for many years, Treude finished college with a degree in information and library science. She also holds certificates in creative writing from both Phoenix

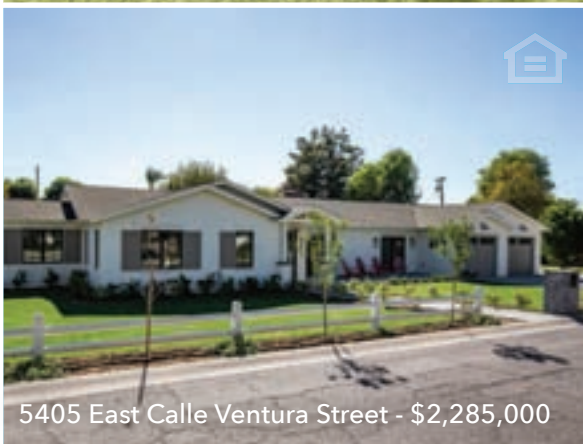
College and Stanford University. Treude has always been an avid reader but didn’t see herself as a librarian until she took a job at the Horizon High School library.

“I enjoy the rhythm of school life and the traditions like spirit week. The best part of any day is putting a book in someone’s hand,” Treude said. “Books delight, entertain and inform us. Reading for pleasure is my number one form of self-care, and I want my students to have books they love at home for that as well.”

Treude started in special education, but she has also worked in a public library setting and, of course, at multiple schools. Over her career, she’s stretched the traditional sense of libraries by introducing programs like “Shark Week,” creating a teen advisory board, and incorporating Star Wars into storyline.

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Xavier educators receive faculty award from Rio Salado College

By Mallory Gleich

What is the purpose of a teacher? Is it to make decisions about how best to help their students learn in an environment? To use caution and consider their values and those of their students? To continuously grow and improve themselves and their students?

The answer is, of course, yes to all of these and more – which is how two Xavier teachers received the Outstanding Faculty Award from Rio Salado College for the 2018, 2019 and 2020 school years.

Jennie Weiland and Allison Dunn have been part of the Xavier Prep community for over 20 years. During their time at Xavier, they have participated in the dual enrollment program with Rio Salado College. The program started in 1987 and offers students the option to earn college credits alongside their regular high school credits. Xavier was the first high school in Arizona to make the program available to its students.

Weiland teaches AP biology, honors biology and college prep biology at Xavier. She started teaching at Xavier in 1997, shortly after she graduated from college. Dunn teaches AP art history, AP studio art, honors independent study, oil painting I & II and intermediate and advanced drawing/painting. She's been at Xavier since 2008 and, before then, taught at various universities, including ASU.



Jennie Weiland and Allison Dunn.

They are both adjunct professors at Rio Salado, with Weiland teaching biology and Dunn teaching various online art classes.

Rio Salado College's Outstanding Faculty Award recognizes its full-time and adjunct faculty members. Xavier faculty, who are also Rio Salado faculty, are eligible. Awardees are selected by Rio



Salado's department chairs and are based on evaluations and performance.

"I was shocked and then very pleased to receive this award since it is nice to be valued," Dunn said.

"This program allows parents to save thousands of dollars in tuition when their student goes to college, but it also makes life easier for the student," said

Xavier Director of Marketing Lisa Zuba. "For example, some may get preferential housing because they're not considered a 'freshman.' Also, students can end up earning a bachelor's and master's degree in four years because she's arriving at college with credits."

Weiland explained that in the last few years, approximately one-third of Xavier's graduating seniors have achieved either their Associate of Arts (AA) or Associate of Science (AS) degrees in addition to their Xavier high school diploma. Numerous additional students have also earned enough dual enrollment college credits to cover several of the many universities' requirements.

"It is a fantastic option for many students," she said.

Weiland and Dunn were presented with plaques that read, "For your devotion to students, your love of learning, and your outstanding teaching."

"It is always really nice to have hard work and sincere effort be recognized, both personally and professionally," Weiland said.

"Our students and the entire Xavier community benefit greatly from Alison and Jennie's instruction and inspiration," Xavier Principal Sister Joan Nuckols said. "They ensure our visual arts and science programs are a vital component of 21st-century learning."



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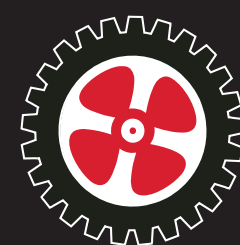
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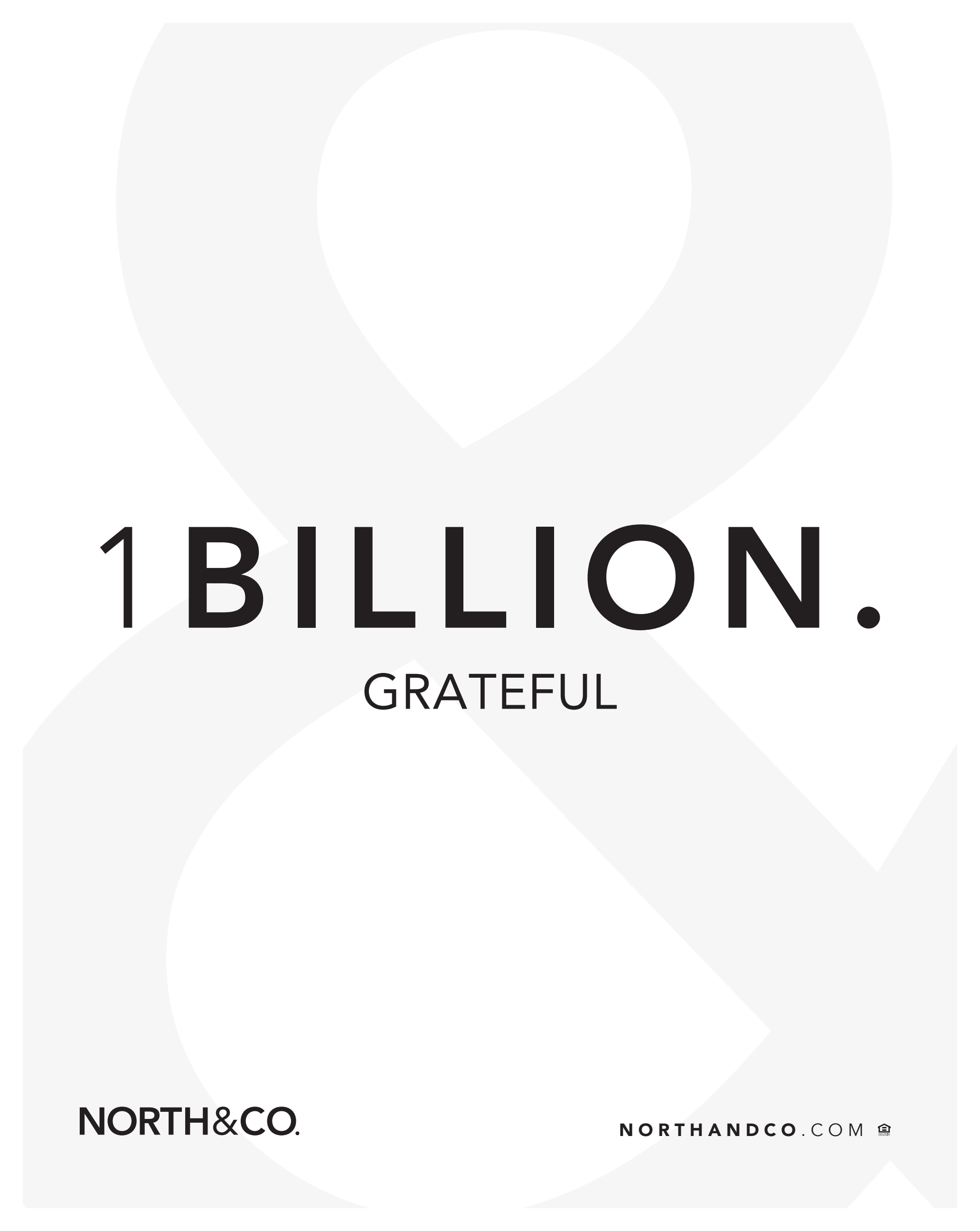


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ORIGINS

In 1929, Russian scientist Nikolai Vavilov first traced the apple genome with DNA testing. He identified most cultivars of the domesticated apple's primary ancestor as the ancient apple tree: *Malus sieversii*.

Malus sieversii is a wild apple native to Central Asia, specifically to the Tian Shan Mountains of Kazakhstan. They have been growing over millions of years but were domesticated between 3,000 to 4,000 years ago.

Pilgrims planted the first United States apple trees in the Massachusetts Bay Colony between 1628 and 1691. — nationalgeographic.com



HOW MANY?

7,500 varieties

Seven thousand five hundred varieties of apples are grown throughout the world. The U.S. has 2,500 varieties of apples, and apples grow in all 50 states. — illinois.edu



HOW LONG?

172' 4"

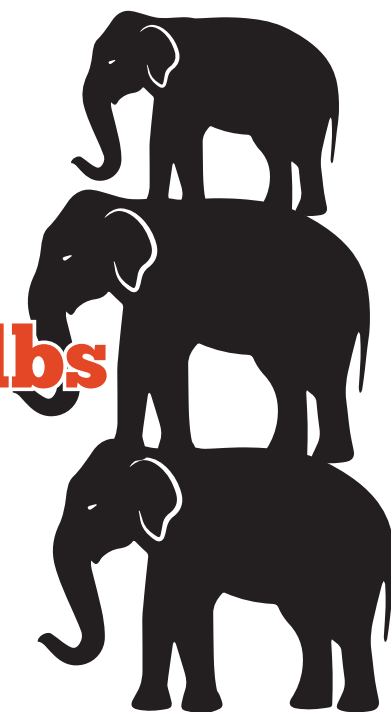
The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.) — littleclickers.com



HOW HEAVY?

34,438 lbs

The largest apple pie on record was created on August 16, 1997 in Wenatchee, WA. The pie weighed 34,438 pounds (the weight of two and a half elephants) and measured 44 feet by 24 feet. — seattletimes.com



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DID YOU KNOW? APPLES

APPLE FACTS – illinois.edu

- The crabapple is the only apple native to North America.
- The average supermarket apple is 14 months old.
- One hundred varieties of apples are grown commercially in the United States.
- Apples are fat, sodium and cholesterol-free.
- Apple trees take four to five years to produce their first fruit.
- Johnny Appleseed’s real name was John Chapman.
- Apples range in size from a little larger than a cherry to as large as a grapefruit.
- The apple tree originated in an area between the Caspian and the Black Seas.
- Apple computer got its name from one of Steve Job’s fruit-based diet plans.
- Apples were the favorite fruit of ancient Greeks and Romans.
- The largest apple picked weighed three pounds.
- Charred apples have been found in prehistoric dwellings in Switzerland.
- Some apple trees will grow to over 40 feet high and live more than 100 years.
- It takes the energy from 50 leaves to produce one apple.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.
- Don’t peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damaged cells, which can trigger some diseases.
- The Lady or Api apple is one of the oldest varieties in existence.
- The largest U. S. apple crop was 277.3 million cartons in 1998.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- It takes about 36 apples to create one gallon of apple cider.
- Apples account for 50 percent of the world’s deciduous fruit tree production.
- In 2006, 58% of apples produced in the United States were produced in Washington, 11% in New York, 8% in Michigan, 5% in Pennsylvania, 4% in California and 2% in Virginia.
- The apple variety ‘Red Delicious’ is the most widely grown in the United States, with 62 million bushels harvested in 2005.

- Many apples, after harvesting and cleaning, have commercial grade wax applied to preserve them. The waxes are made from natural ingredients.
- Newton Pippin apples were the first apples exported from America in 1768, and some were sent to Benjamin Franklin in London.
- Apples are the most frequently used fruit in Western art, literature and everyday speech.



SAY WHAT?

APPLES BELONG TO THE ROSE FAMILY

The rose family is one of the six most economically important crop plant families and includes apples, pears, quinces, medlars, loquats, almonds, peaches, apricots, plums, cherries, strawberries, blackberries, raspberries, sloes and roses. – englishclub.com

APPLE WORD SEARCH

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W U J E I K J X A E S K C A L B B Z S Y R R P C M
A J O K K F H Z I Q L A P L E Q W T A O Y U W R A
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(from left) Sydney Guest-Nelson, Rheana Stangler, Ava Farias, Coach Ashley Parcell, Libby Collins, Madisyn Hostler, Stella Morganstern and Elana Naftolin.



(back row) Ava Farias, Madisyn Hostler, Stella Morganstern, Alyssa Blanks, Campbell Clark, Libby Collins and Sophia Alba. (front row) Allie Logan, Jules Johns, Sydney Guest-Nelson, Kyle Kinkel, Elana Naftolin and Rheana Stangler.

AHS Varsity Pom takes first place; earns a spot at nationals

By Rachael Bouley | PHOTOS BY ASHLEY PARCELL

Since the season started in August, Arcadia High's Varsity Pom team has been working hard to build on their past successes. Finishing as runners-up in the state the last two years, the girls are ready for the next level. Their determination paid off with a top performance at the first competition in mid-December.

Coach Ashley Parcell said that finishing in the top spot at the USA Regional Virtual Competition was made possible due to their

strong connection with one another and determination to keep improving.

"The major keys to success were their perseverance to work harder than ever during a year with so many uncertainties, and the drive they have to push themselves to their limits and be the best they can be," Parcell said. "My athletes love each other like a family."

Qualifying for USA Spirit Nationals was worth the intense practices. They spent about 8 to 11 hours a week focused on stretching,

conditioning, dance techniques and rehearsal routines.

"They work extremely hard, and I couldn't ask for a better group of true athletes," Parcell said.

As they navigated the ups and downs of COVID, the squad said they appreciated spending time with one another at practice, and they were still able to cheer and perform at varsity football games while standing six feet apart.

"The girls were happy they were able to support and cheer on the Arcadia Football Team," Parcell said. "We have been extremely safe and have taken every measure possible, inside and outside of practices, to make sure we are all staying healthy."

Since starting the pom program three years ago, Parcell has shared some incredible memories with these athletes, including the seven seniors enjoying their last year on the team.

"The seniors have helped grow and mold this program, and they have set the standard

for the future of Arcadia Pom," Parcell said. "It is hard to be a senior in the middle of a pandemic, as so much has been taken away from them, but somehow, they continue to show up to practice, push themselves and motivate the team, doing it all with grace."

The team has continued to train in preparation for nationals, and everyone is excited to see what will come next. "Some of our team goals are to attend nationals and make it to finals," Parcell said. "We want to push to qualify and win our State Championship this year."

Whatever happens, Parcell is confident the future is bright for her athletes as some prepare for college dance team tryouts. "I am so proud of them," Parcell said. "They are an amazing group of young ladies and athletes."

Next up for the pom squad is the AIA State Qualifier on February 6. If they qualify, the girls will head to the state championship in early March.

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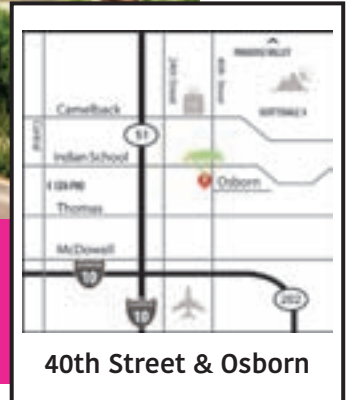
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Veritas linebacker Eli Ravelo (#52).

Veritas football player succeeds on two fields

By Jennifer Marshall

Making a total of 99 tackles in 2020, Veritas junior Eli Ravelo helped his team end their season 8-3. He credits his success on the football field to the skills he learned on the rugby field.

Ravelo began his high school career as a defensive lineman. Head Coach Jason Black noticed Ravelo possessed many talents. At the end of Ravelo's freshman year, Black informed him that he would be moving to a linebacker position. According to Black, linebackers cover more ground with more responsibility.

"I told Eli he had the talent; he just needed to trust us and put the work into it," Black said. "Eli worked on ways to grow his game, including improving his tackling skills. Outside of football, playing rugby is one way to gain more tackling practice."

Enrolling in a local rugby club, the Phoenix Firebirds, Ravelo got more assertive and built more confidence in himself and his techniques. His rugby efforts paid off when he made more than 90 tackles during his sophomore year.

"I had a friend who played rugby," Ravelo said, "and it truly did help my tackling and my ability to be aggressive on the field by defining my skills and angles on tackles."

After his success on the rugby and football fields, Ravelo recruited some of his teammates to play rugby.

"If Eli's going to get better at something, he finds a way to do it," Black said. "That's who he is; everyone knows he's going to put the work in to get the job done right. He's got the heart of a champion."

Black credits rugby with his players' improved performance on the field. Describing their football program as "a small school in a huge pond," Black says they're still working their way up the ranks.

When Black began as a coach four years ago, Veritas had not won more than three games a season. Because they were often considered such easy pickings, they played many homecomings and senior nights. Then, the first-year Black was coach, they won four games, and as their abilities steadily increased, they have found themselves making it to the playoffs the last two years.

"We don't necessarily have the biggest and strongest players," Black said, "but we have a team of kids who work hard because they know nothing is going to be given to them; they must earn it. They have found their edge – they play smart and fast."

As for football and rugby, Ravelo enjoys playing both sports.

"When I'm playing rugby, I think this is the most fun," Ravelo said, "and when I'm playing football, I think that's the most fun."

Ravelo is hoping to earn a college scholarship to play rugby in the future.

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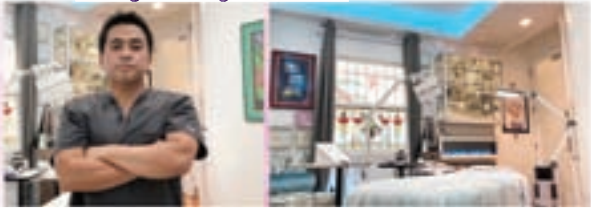
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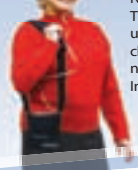
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