ARCADIA NEWS

VOL. 29 NO. 3 ARCADIA • BILTMORE • CAMELBACK CORRIDOR JUNE 2021



BEST IN SHOW

A fourth-grader's artwork has a chance to be the design for an upcoming $5 Duck Stamp.

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CRUISIN' ARCADIA

Happy Father's Day to all the awesome dads!

FROM SKATER TO STAR

Mia Lovell's skateboarding career reached new heights as she showed off her skills in a Hollywood movie.

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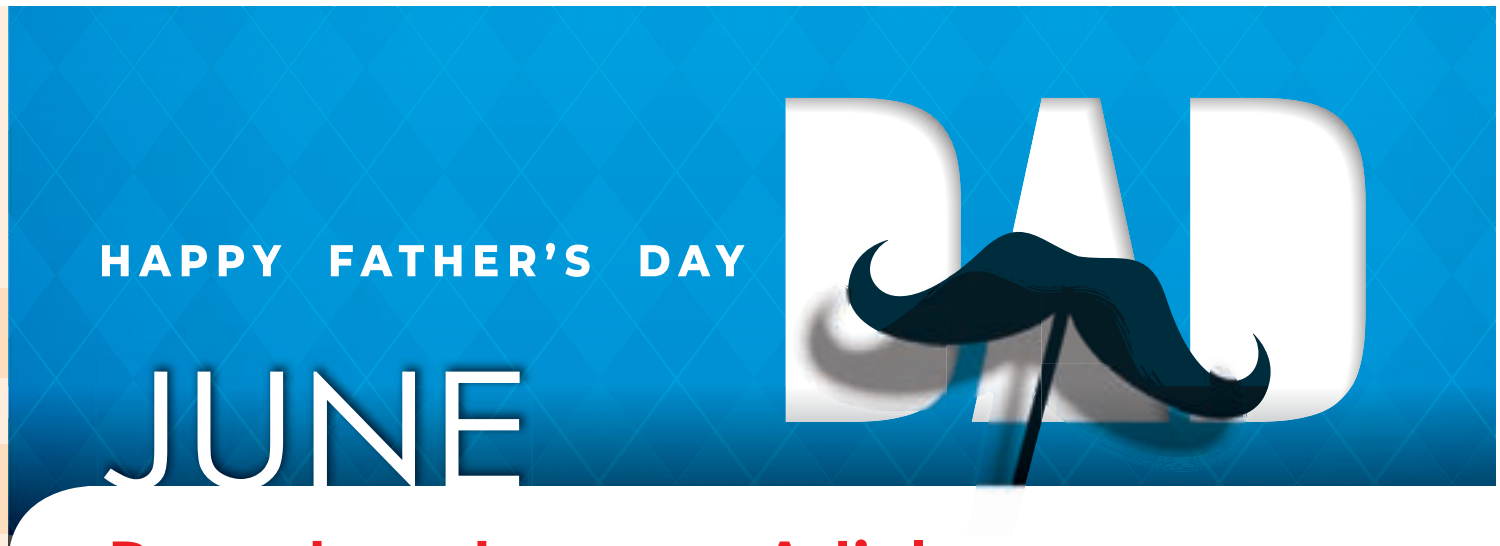
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ON THE COVER:
Beckham and Cash Holmes take a drive around the block with dad, Chance.
PHOTO: SANDRA TENUTO PHOTOGRAPHY, SANDRATENUTO.COM





EDITOR'S NOTE



Happy Father's Day to all the awesome dads out there, and congrats to this year's graduates!

As the month of May came to an end, students all over Arcadia donned their caps and gowns and headed to venues around the Valley to receive their diplomas. It was a welcome sight, as it seems our little corner of the world is finally getting back to normal.

We have a lot of "new" in this month's edition – new eateries have opened, art pieces were installed, people have joined the roster at our schools, and students finished out the year with recognition from various organizations; new accomplishments they can add to their list.

We want to see what you're doing for summer vacation this year, so make sure to email photos or share them through social media @arcadianews. You'll have a chance to be featured in a special section of the September edition and one photo will also be selected for our cover. The deadline to send in photos is August 8. We can't wait to see all the fun you've had!

Happy summer days are ahead! Thank you for reading *Arcadia News*,

Mallory

– Mallory Gleich

P.S. *Arcadia News* is looking for freelance writers to be part of our award-winning newspaper. If you or someone you know loves to write, email me: editor@arcadianews.com.

UPCOMING THEMES:

JULY	AUGUST	SEPTEMBER
Summer	*Back to School*	*Fall Sports*

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"A father carries pictures where his money used to be." *– Steve Martin*

Arcadia News 2021 Scholarship winner

By Mallory Gleich



Rheana Stangler

Rheana Stangler doesn't give up easily. Throughout her high school career, she's maintained a stellar GPA, challenged herself with AP classes and fine-tuned her Mandarin.

She was recently accepted to the University of Texas at Austin and now she can also add *Arcadia News* Scholarship winner to her list of achievements.

During her time at AHS, Rheana was on the state champion varsity pom and dance teams and was also involved in the National Honor Society, Bring Change to Mind Club and Key Club.

"Varsity pom was the highlight of my high school experience. I started my sophomore year, and we've grown the past three years significantly – we took home the state title in March, and I'm so proud of how far this team has come," she said.

Rheana explained that although sometimes she felt physically and mentally exhausted, it was all worth it. She gained relationships, friendships and memories that she will cherish forever.

This fall, Rheana will be attending UT Austin's McCombs School of Business with an unspecified business major.

"Growing up, I have always had an entrepreneurial mentality. With that being said, I want to take this passion and apply it to my education and career," she said.

Rheana said that being part of a media or newspaper company would be a fantastic opportunity. Her future goals include traveling the world and pursuing a career she loves. She said that a career in journalism or media goes hand-in-hand with business and that her love for writing inspired her to pursue a career in both fields.

"Graduating from high school and heading off to college is extremely bittersweet; I will miss the little things in high school, but I am so excited for the new experiences that will come my way in college," Rheana said.

"I do want to thank my support system: my family," Rheana said. "They are my cheerleaders. With them by my side, I feel constantly inspired to achieve new goals. Thank you for everything!"

Congratulations, Rheana, and we wish you luck on your next adventure.

Since its inception in 2005, The Arcadia News Scholarship has awarded $14,000 to graduating seniors. Some awardees have returned to write for the News, and many have gone on to successful careers in journalism and media.





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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-4/30/2021)

Active Homes -	99 homes
Homes Sold -	136 homes
Average Sale Price -	$1,975,000
Average Sold $ Per SF -	$492
Average Days On Market -	74 days

There is currently 3 months of home inventory. (based on 2020 sales results)
2021 home sales have increased 13% this year. (based on 2020 sales results)
2021 home prices have increased 13%. (based on 2020 sales results)
2021 $ Per Square Foot prices have increased 12%. (based on 2020 sales results)
2021 homes are taking 28% less time to sell. (based on 2020 sales results)

2021 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2021-4/30/2021)

Active Homes -	43 Homes
Homes Sold -	68 Homes
Average Sale Price -	$913,000
Average Sold $ Per SF -	$372
Average Days On Market -	40 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 15% this year. (based on 2020 sales results)
2021 home prices have increased 13%. (based on 2020 sales results)
2021 $ Per Square Foot prices have increased 12%. (based on 2020 sales results)
2021 Homes are taking 32% less time to sell. (based on 2020 sales results)

TOMMY ATKINSON

Free MLS Access: visit
TommyAtkinson.com

WHAT'S HAPPENING, *ARCADIA?*

Black Cat Coffee House, located at 48th St. and Indian School Road, is hosting a food drive to benefit St. Vincent de Paul. Participants can drop off non-perishable food items at the shop. The drive will run through June 7 everyday until 8 p.m.

theblackcatcoffee.com

A new senior living center is being constructed on 32nd St. between Campbell and Camelback Roads. **Clarendale Arcadia** will open in two phases, the first in summer 2022 and the second in winter 2022 with 248 units, including 40 memory care apartments. The six-acre facility will also have a swimming pool/spa, athletic amenities, a dog park and a salon.

clarendalearcadia.com



Design Lab, a residential and commercial design center located at 32nd St. and Indian School Road, recently opened its showroom to the public. The women-owned and operated business focuses on home remodels and offers consultations, a design team and specifics on cabinets, countertops, flooring, tile, plumbing, lighting, closet systems and more.

designlabaz.com

Right next door to Design Lab is the newly-opened second location of **Tru Realty** offices. Tru Realty opened in 2010 and has expanded its team to 160 agents that cover the Valley from Scottsdale to Arcadia and beyond.

trurealty.com

Metier Pharmacy has a new home. The retail drugstore moved six blocks west to its new location on 36th St. and Indian School, across the street from The Stand Burger Shoppe. Everything is the same – only the building has changed.

metierpharmacy.com

A new cocktail lounge will take over the former UnderTow space below Sip Coffee (36th St. and Indian School) with plans to open early this summer. **36 Below** will be an underground greenhouse bar (what the owners call a walipini speakeasy), which will be the first of its kind in Phoenix.

sipcoffeeandbeer.com



Arizona Sunrays (3923 E. Indian School Road) offers a summer day camp program on weekdays for ages 4 to 13. Children can learn gymnastics, dance, experience the NinjaZone, trampolines, water games and more. Each week will have a unique theme and a special guest. At the end of every week, there will be a camp show where campers get to display what they've learned. Hours are 8 a.m.-3 p.m. Cost is $89 for an individual day or $336 for the week.

arizonasunrays.com

Cruise the Zoo is back for the summer from June 6-August 10. Phoenix Zoo has reserved every Sunday, Monday and Tuesday of the summer months for cruising. The zoo will be closed to foot traffic on those days. Cruise the Zoo begins at 7 a.m. and runs until noon. Tickets are $50 for members, $65 per vehicle for the general public.

phoenixzoo.org

RUMMAGE SALE

PRE-SALE: TUESDAY, JUNE 15TH
2pm to 8pm | $5 admission
Includes hot dog, chips and drink – Children admitted free

JUNE 17: 8am-Noon
JUNE 18: 8am-Noon
JUNE 19: 8am-2pm
JUNE 24: 8am-Noon
JUNE 25: 8am-Noon
JUNE 26: 8am-Noon

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Phoenix Public Libraries now offer in-person visits for all locations. Guests will have to make advanced reservations, observe safety practices and visits are limited to 45 minutes per person. Patrons will be able to utilize all library services during their allotted time.

phoenixpubliclibrary.org

Maricopa County Reads, an online summer reading program, is open for all ages. This year's theme is "Tails and Tales." The program runs until August 1. Readers can earn points, unlock badges and win prizes. Kids up to age 11 can earn a free pizza, a meal from Rubio's and all participants will earn a free lemonade from Raising Cane's when they reach 500 points.

maricopacountyreads.org

Phoenix Rescue Mission launched its 9th annual citywide **Code: Red Summer Heat Relief Campaign** to help the Valley's homeless population and at-risk individuals during the summer months. Through August 31, the Mission asks the public to start water and food drives around the Valley and for assistance with monetary donations, which they will match up to $150,000.

phoenixrescuemission.org



The **Arizona Science Center** unveiled their latest exhibit, called POP! The Science of Bubbles. Visitors can get hands-on with activities like making bubbles with wands and watching a bubble drop every 15-20 minutes. Attendees can also learn the science behind bubbles and explore concepts like elasticity, surface tension, evaporation and geometry.

azscience.org

Phoenix resident Joan Greene continues her water drive for **The Society of St. Vincent de Paul** through June. Those interested in donating can bring cases of water to Fetch Natural Pet Market at 6058 N. 16th St., Phoenix. Monetary donations will also be accepted.

stvincentdepaul.net

The late Tomaso Maggiore's legacy lives on. His daughter, Melissa, recently opened her restaurant aptly named **The Italian Daughter**. Located on Scottsdale Road and Pinnacle Peak, the restaurant features classic and traditional dishes, pizza and charcuterie boards. There's also live music on the patio every night.

theitaliandaughter.com

Congratulations are in order for Arcadian **Jamie Boggs,** who recently assumed the role of vice president of athletics at Grand Canyon University. A Xavier Prep graduate, Boggs will oversee day-to-day department operations and serve as sport administrator for mens baseball, basketball, golf and soccer.

Scottsdale's **Museum of the West** will offer free admission for all dads on Father's Day. Groups can experience various exhibits like the Barry Goldwater *Arizona Highways* collection, the sculpture courtyard or take a self-guided audio tour of the building. Tickets are $20 for non-dads.

scottsdalemuseumwest.org

SCHOOL NEWS



AHS boys tennis team

Arcadia High's boys tennis team advanced to the state finals in May. The varsity team, comprised of Rhys Williams, Shane Heard, Justin Schoenborn, Jack Landon, Mason Smith and Sam Myerthall played well against Nogales in quarterfinals with a 3-3 game tie in the singles matches, but ultimately lost to Lee Williams High School.



Nicole Mabante

Congratulations to Nicole Mabante, a chemistry teacher at Xavier Prep and adjunct faculty at Rio Salado, who recently received the **Outstanding Adjunct Faculty** honor at Rio Salado. Mabante has taught at XCP for almost 13 years.

Xavier students represent 40% of all Rio Salado College's dual enrollments, and this May 112 Xavier students received their associate degree from Rio Salado College. "It is great to see the number of students that merit an associate degree increase each year. This becomes more and more beneficial to the student and their family," Principal Joan Nuckols said.

Biltmore Prep is looking to fill eight positions on their PTO for the upcoming school year. Positions include president and co-president, vice president and co-vice president, treasurer and secretary. Roles include working with school staff to create annual goals, fundraising, teacher grants, coordinating events and more.

For more: biltmorepreppto@gmail.com

WHAT'S HAPPENING, *ARCADIA?*

Readers are encouraged to check event websites for safety protocols.

EVERY SATURDAY IN JUNE

Dog Days in the Garden

7-10 a.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Enjoy the "cooler" morning temperatures and head to DBG for Dog Days in the Garden. Guests can bring their four-legged friends and stroll through various trails, listen to light music and have brunch at Patio Café. Admission is $25 for humans; dogs are free.

dbg.org

EVERY SUNDAY IN JUNE

Summer Concert Series

7:30-9 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. The Summer Concert Series continues this month. The railroad park will feature various local acts playing classic rock, country, rhythm and blues and 80s and 90s music. Different food trucks will also be on-site. There will be assigned spots, and masks are required. Attendance will be limited and participants must purchase tickets for assigned seating before attending events.

therailroadpark.com

WEDNESDAY 6/2

Zoom Boot Camp

9 a.m., online and at home. Arcadian Miriam Hahn of YouCare-SelfCare will introduce her latest boot camp geared toward gaining a faster metabolism. Participants will attend four weeks of weekly virtual calls, receive materials, recipes and worksheets and attend virtual cooking classes, all designed to help boost people's metabolism. The camp is $250 per person.

youcare-selfcare.com/classes

FRIDAY 6/4 – SATURDAY 6/5

Starlight Movie Night

8 p.m. at Scottsdale Stadium, 7408 E. Osborn Road, Scottsdale. Take the movie-going experience outdoors this weekend with Starlight Movie Nights. Groups of up to four will have their own socially distanced space to set up blankets and chairs. Gates will open at 7 p.m. for "socially distanced hour," where "summer vibes" music will be playing. The movie will start at 8. Reservations are required at $25 per space.

oldtownscottsdaleaz.com

SUNDAY 6/6

Arizona Wedding Show

9 a.m. at the Phoenix Convention Center, 100 N. Third St., Phoenix. Calling all brides – this event is for you. The Arizona Wedding Show is a one-stop-shop for dresses, venues, flowers, catering and music; all the things a person needs to make their wedding memorable. There's also a virtual showroom option available for those who want to plan from home. Tickets are $10 per person.

arizonaweddingshow.com



***Free Flow Yoga Night** at Mountain Shadows.*

SUNDAY 6/6

Cancer Survivor's Day Cookout

10 a.m.-2 p.m. at Harley Davidson of Scottsdale, 15656 N. Hayden Road. June 6 is National Cancer Survivor's Day. In honor, Chuck and Hannah Keels of the Arcadia-based Living Hope Cancer Foundation are hosting a cookout for the community. Free lunch will be served and there will be games, giveaways and a guest speaker. All ages are welcome.

livinghopecancerfoundation.com

FRIDAY 6/11

Wine & Wright Tour

5:30 p.m. at Taliesin West, 12345 N. Taliesin Dr., Scottsdale. Looking to learn more about the architecture of Frank Lloyd Wright? Here's your chance. Guests can embark on a guided tour surrounded by Wright's famed works and the landscape of Taliesin West; see his home and laboratory, all with a complimentary beverage in hand. Tickets are $50 per person.

franklloydwright.org

SATURDAY 6/12

Mud and Mimosas

10 a.m.-12 p.m. at Sunshine Sunflower Art Studio, 700 W. Campbell Ave., Phoenix. Get your hands dirty at this month's Mud and Mimosas class. Students will learn the techniques behind the pottery wheel, learn how to center clay and sip mimosas while creating a masterpiece. The studio provides all materials, plus OJ – students need to bring champagne and an open mind. Registration is $55.

sunshinesunflower.com

Bike and Seek Scavenger Hunt

9-11 a.m. starting on the Marshall Way Bridge, 7124 E. Stetson Dr., Scottsdale. Grab your bicycles and head to Old Town for a scavenger hunt of historical proportions. Participants will visit various locations, learn about the city's historical landmarks and see unique sites as they solve riddles and brain teasers. Teams that uncover all the letters correctly and reveal the phrase in under two hours can win a prize. Registration is $15.

oldtownscottsdaleaz.com

MONDAY 6/21

Free Flow Yoga Night

6:30 p.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise Valley. This yoga class welcomes all ages and levels. Guests just need to bring their own mat and water bottle and head to the lawn, where a professional instructor will guide the hour-long class. Admission is free but registration is required.

mountainshadows.com

MONDAY 6/21 – FRIDAY 6/25

Best of the 90s Camp

9 a.m.-3 p.m. at School of Rock, 13610 N. Scottsdale Road, Scottsdale. This camp is geared toward budding musicians. Students will spend the week learning and practicing songs from 90s rock and punk bands like Nirvana, Weezer, Green Day and Pearl Jam. Classes are for kids ages 10-18. Registration is $500 per person.

schoolofrock.com

THURSDAY 6/24

Scottsdale Gold Palette ArtWalk

6:30-9 p.m. at the Scottsdale Arts District along Main St. from Scottsdale Road to Goldwater Blvd. and north of Indian School Road on Marshall Way to Fifth Ave. Attendees can enjoy small bites and drinks while listening to live entertainment "designed to inspire a vacation vibe" while visiting participating local art galleries. Attendance is free.

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Class of 2021 celebrates with in-person events

By Mallory Gleich

Despite another unorthodox year, Arcadia schools set out to celebrate students taking the next steps in life in a more traditional way, with fifth graders who are moving to junior high, eighth graders heading to high school and seniors embarking on their next chapter. This is how area schools celebrated the class of 2021.

ARCADIA HIGH

Arcadia High held its second annual graduation parade on May 27. Two hundred seniors decorated their cars and headed to the Hopi Elementary parking lot to receive congratulations from family members and the community. Student Government member Lily Ashworth was the grand marshal, and a senior sang the National Anthem.

Graduation took place on May 29 at Salt River Fields with limited seating, and parents and friends greeting seniors with all the pomp and circumstance they could muster. Afterward, the graduating class headed to their own celebration at Castles N' Coasters, hosted by the Arcadia High PTO.

BROPHY PREP

Seniors were able to celebrate with their parents at the 73rd annual commencement ceremony on May 22. Brophy and Xavier seniors also held their prom later in the evening. Both events were held on campus.

"Having an in-person graduation was the perfect way to celebrate our class's success over the past four years," senior Henry Palmer said. "Every kid dreams of walking down the aisle at graduation, tossing their cap into the air as they melt into a sea of cheers, and being able to share this pivotal life moment with our friends and family. Doing this in-person made it that much sweeter."

CHRIST LUTHERAN SCHOOL

CLS was ecstatic to be able to hold an in-person ceremony this year. Eighth-graders gathered for a ceremony on May 22.

Student Tabitha Sywak, who has attended CLS since she was a preschooler, said, "In-person graduation is so important. It's our last chance to be together, to see the excited and sad faces of those who are leaving. To see how much students have grown since the first day you met them."

HOPI ELEMENTARY

Hopi sent their fifth-graders off in style with a drive-through celebration. They also participated in an annual staff-student kickball game and the traditional "clap out," where the whole school lines the halls as fifth-graders walk through one final time.

"I am excited for our fifth graders to move on to middle school," said Principal Tamara Jagodzinski. "They are ready to take on this next chapter in their lives. We are sad to see them go but are so excited to see what the future has in store for them!"

INGLESIDE MIDDLE

Families at Ingleside were gifted with yard signs to flaunt their graduating eighth-graders. On May 26, a drive-through parade was held to continue the celebration. Students decorated their family vehicles while the community gathered, and shouts of "congratulations!' were heard from near and far. After the parade, students headed back to campus for their Year End Party. This year's theme was Out of This World – graduates were treated to live music, games, food and lots of fun to cap off their last year before high school.

PHOENIX COUNTRY DAY SCHOOL

This year, senior graduation will look much like the traditional, in-person ceremony the school has held for the past 60 years, but with wellness protocols in place. The graduation will happen on June 10.

"The most important part about having in-person graduation this year – especially for the small PCDS community – is that we lost a sense of community and togetherness with online classes. Having in-person graduation is having a community and family of people to move on with – not just shutting your laptop at the end of the year," senior Bennett Montrose said.



PHOTO COURTESY OF DOMINIQUE PAPLACZYK

2021 Xavier Prep High School graduates.

VERITAS PREP

Veritas held their eighth-grade promotion and senior commencement on May 21 and 22 at Camelback Bible Church, with parents, staff and students coming together to celebrate in person. Before the official ceremony, graduates were honored with a senior tribute night.

"This honoring is set aside for the students, their parents and teachers. It is an intimate moment of celebration in which each student is extolled for his or her virtues. The ones presenting the tribute speeches are those teachers or coaches who know the student most fully and who give the tribute as a gift to the student and his or her family," parent Ginny Cardenas said.

On the last day of school, May 21, seniors walked the halls of Veritas for the final time with their fellow graduates. After the ceremony, they spent senior grad night at MacDonald Farm.

Eighth graders were treated to a luncheon to welcome them to their first year of high school.

XAVIER PREP

On Monday, May 10, the Baccalaureate Mass was held at St. Francis Xavier, with only graduates and parents attending. At this event, 31 Gold Keys were presented. This reception honors alumnae mothers and their graduating daughters with flowers in a vase etched with the Xavier crest, for the moms, and a golden key charm for the daughters.

On May 15, Xavier seniors received their diplomas. The commencement was held at St. Francis Xavier Catholic Church, where students, parents and faculty were all able to attend. The ceremony was also live-streamed in Xavier's Performing Arts Center. Of the 261 seniors who graduated, 112 also received an associate degree from Rio Salado College as part of Xavier's dual enrollment program.

Congratulations to these and all other Arcadia area schools!



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A chance to put her stamp on the art world

By Melissa Hirschl

Fourth-grader Dorothy Zhou has been expressing herself through art since kindergarten, and her artistic talents were rewarded last month when she won Best in Show in the Junior Duck Stamp Conservation and Design Art Contest sponsored by the U.S. Fish and Wildlife Service.

This yearly contest gives students around the country the opportunity to win awards for renderings of one of five eligible waterfowl species. It also combines the best of talented artwork around the country with habitat conservation.

It took Dorothy five months to create "Duck in the Lagoon," a colorful and detailed painting of a green-winged teal duck that will be displayed in galleries across the U.S. for 14 months.

"Dorothy has an artistic eye and has always identified as an artist," Kristen Youn, art teacher at Veritas Academy, said. "Her parents facilitated opportunities for her to practice at school, outside of school and on her own. She is very precise and detailed and takes a lot of pride in her work."

Dorothy is eligible to win another prize in the National Duck Stamp Competition held in September. The winning artwork of that contest will grace the unique $5 duck stamp sold by the U.S. Postal Service beginning in 2023.

Dorothy received her Best in Show award at a ceremony in May. In addition to a certificate and a ribbon, Dorothy received gifts perfectly tailored to her passion: art supplies such as pencils, paint, pastels and watercolors.

"I was very surprised I won but elated at the same time," Dorothy said. "I've always loved drawing and painting animals and using lots of details. I mainly paint animals, scenery and landscapes, and I am looking forward to creating even more drawings and paintings."

Dorothy also won art awards in 2019 and 2020 from the George Montgomery/NRA EXPLORE Youth Wildlife Art Contest for her pieces depicting an otter and a duck.



Dorothy's artwork that won Best in Show for the Junior Duck Stamp Art Contest.

"I enjoyed that contest a lot, and I wanted to try doing paintings of animals again. My art teacher is the one who told my mom about the Duck Stamp contest and entered me in it," she said.

Dorothy has received lessons from Zhiying Sue of the Xiao Su School of Art in Paradise Valley for the last four years. She has taught Dorothy a lot of technical skills, including the correct way to use a brush, how to mix colors, build composition and contrast, and how to observe.

> ***"She's very focused and has been continually refining her skills and abilities as an artist."***

Veritas Assistant Headmaster Megan Opitz reflected on the five years she has known Dorothy: "She is a very astute student who always works hard to better herself. She's very focused and has been continually refining her skills and abilities as an artist. I'm sure she will continue being successful."

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PHOTO COURTESY OF JIE (JANE) PU

Dorothy with her art teacher Zhiying Sue.

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Dave Rowe with Turner Ashby on the drums.



Aaryan Wadwekar playing piano.



Eliza Meltzer playing bass guitar.

PHOTOS COURTESY OF DAVE ROWE

Bringing back the music with Phoenix jazz group

By Mallory Gleich

Dave Rowe spent 35 years as a music educator and molder of young minds before retiring in June 2020. This decision didn't sit right with his former students, so they reached out to him earlier this year to gauge his interest in starting a jazz band.

"At the time, I felt this was very important because many people had become depressed and, in my opinion, music education brings purpose and happiness to people's lives. So, I agreed to start jazz training for my students," Rowe said.

Rowe's career as an educator started in 1985. He taught band at Miami High School in Miami, Arizona, before moving to Phoenix and teaching for 33 years at Phoenix Country Day School.

The new jazz band started practicing in April. It consists of trumpets, trombones, saxophones, a rhythm section with drums, a piano, a guitar and a bass. The band performs jazz from artists such as Duke Ellington, Arturo Sandoval, Eddie Harris, Miles Davis and many blues selections.

Rowe said he initially expected about 10 kids to show up, but currently, there are more than 30 attending rehearsals.

"Last year left so many people down in the dumps, so we created this band to spread a little joy to our community," band member Eli Silverman said.

Karsen Yue, another band member, said, "I'm excited to get back into playing a little jazz before I graduate. Last year, we had some crazy talented players, and I was sad we didn't get to finish the year together. Now, I have this opportunity. Both the sounds and the feelings I get while playing jazz are so satisfying. I'm glad I get to blast my bari (baritone saxophone) again."

Rowe said that the goal of the band is to educate students about jazz music.

"I want them to appreciate and learn to enjoy a sense of community," he said. "Music brings people together and helps increase imagination, creativity and an amazing variety of culture. Music improves self-confidence and helps us conquer our fears."

The band's first performance took place in May at the Phoenix Farmer's Market. Their next performance will be at Biltmore Fashion Park on June 5 at 10 a.m. Eventually, they would like to play concerts at Cityscape Downtown and Steele Indian School Park.

"If this program is as successful as I think it is going to be, we will continue it into the future," Rowe said. "There are also rumors that our group may appear at the French Quarter Festival in New Orleans in October."



PHOTO: DAVE ROWE

Caden Nakaji, Zac Daitch and Siddarth Vadnerkar.

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A journey through Arizona's historic train depots

There was a time when the railroad depot was an exciting spot to visit. They were places where locomotives filled the air with steam and loud belching sounds, while strangers peered from the windows of passenger cars. They also had a lot of ambiance. The sound of the telegraph key, clicking messages that only a chosen few could understand. The fragrance of a special kind of cleaner that kept the hardwood floors shiny. The corrugated benches with arm rests strategically placed to discourage depot napping.



The Lowe Road

BY SAM LOWE

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

All these things are gone now, and for the most part, so are the depots themselves. Many were torn down when trains quit stopping in their towns. Some were moved to new locations or left in their original place and recycled, and some were abandoned.

Occasionally, an old depot continues to serve its original purpose, and in Arizona there are a few that have survived.

The Flagstaff depot is a classic example of mixed-use recycling. It sits along Route 66 and it's one of the few depots left where people can actually buy a ticket for a real train ride as opposed to an excursion junket. Built in 1926, the Victorian Tudor style depot contained a general waiting area on one side and a women and children's area that was segregated from the rest of the building. Currently, the Flagstaff Visitor Center occupies the old depot along with an Amtrak ticket office.



Douglas



Flagstaff



Patagonia



Prescott



Skull Valley



Willcox

The Grand Canyon Railway sits between two historic working depots: The Williams Depot and the Grand Canyon Depot. The old Williams Depot was constructed in 1908, and it and the adjoining Fray Marcos Hotel were part of the Harvey House chain that once stretched along the Santa Fe Railroad line across the Southwest. The depot is still heavily used because the Grand Canyon Railway carries about 170,000 passengers every year.

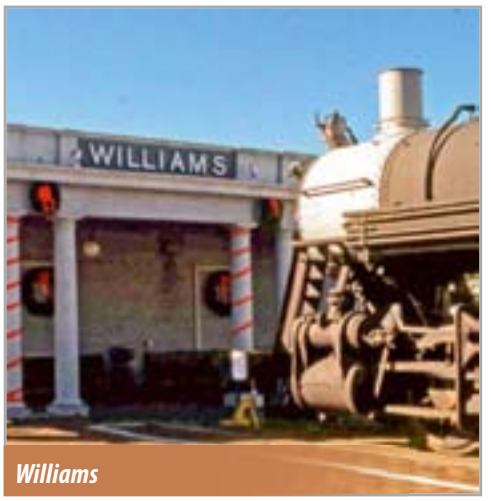
The Grand Canyon Depot was built in 1910 also by the Santa Fe RR. It's a two-story log structure, one of three of its kind in the entire nation and the only one still in use. It is also on the National Register of Historic Places.

The original Douglas train station serves as an example of repurposing an old depot. The European-looking structure now serves as the city's police station. The building is in its original location, but the tracks are gone. It was built in 1914 by the El Paso and Southwestern Railroad then abandoned when passenger service in Douglas ended.

One of the oldest depots in Arizona was salvaged by the citizens of Wickenburg and now serves the community in another role. The depot was built in 1895 and closed its passenger service in 1969. It was scheduled for demolition until the community raised $80,000 to acquire and restore it. Now it houses the Wickenburg Chamber of Commerce and Visitor Center and averages 35,000 visitors a year. The exterior is pretty much in its original form, although the loading dock had to be removed for safety reasons. But the wood from the dock was recycled into a large conference table now used by Chamber officials.

Prescott's train depot was built in 1907 by the Santa Fe, Prescott and Phoenix Railroads – 21 years after the railroad arrived to the town. The Mission Revival building was last used for railroad purposes in 1988 before becoming home to a small shopping arcade. Today it's filled with private offices.

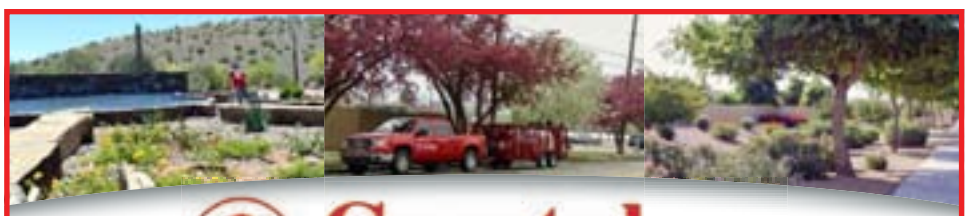
Patagonia's old train station was also repurposed and now serves as the town hall, housing a variety of offices as well as the town council chambers. The Southern Pacific Railroad built the depot around 1905, and it served as a rail facility until the early 1960s. The city eventually acquired it and refurbished it. The exterior still looks like a depot, but the interior looks like city offices.



Williams

The old depot in Willcox underwent a similar revival. When the Santa Fe discontinued passenger service, the building was scheduled for demolition until locals appealed and the railroad agreed to sell it to them for one dollar. But there was a hitch – it had to be moved off railroad property and that would cost about $40,000. No problem, said the residents. They raised the money, moved the depot and converted it into their city hall and a small museum.

While the aromas of train depots have drifted off and the telegraph clicks have faded into oblivion, some of these old depots – and the memories they contain – have survived.



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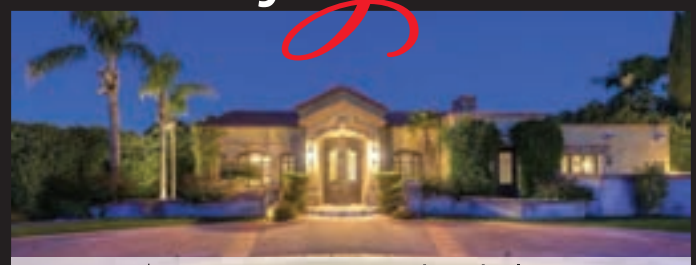
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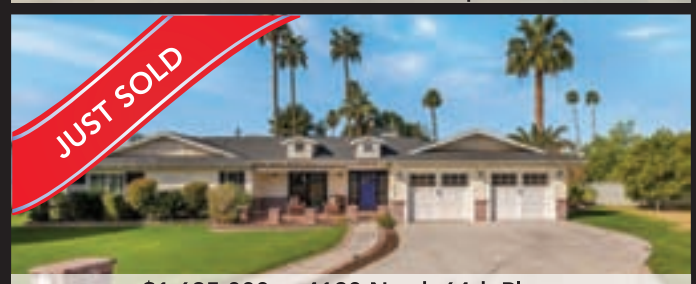
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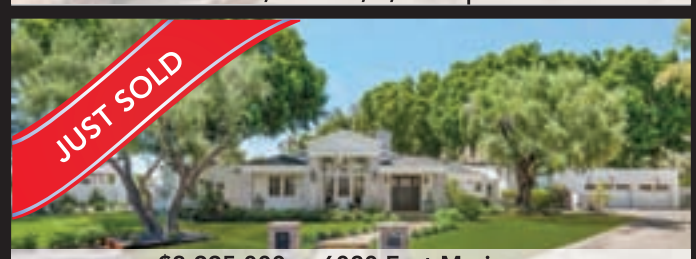
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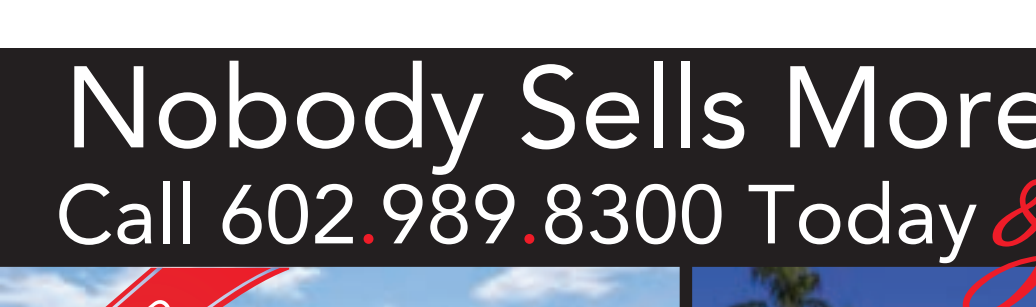
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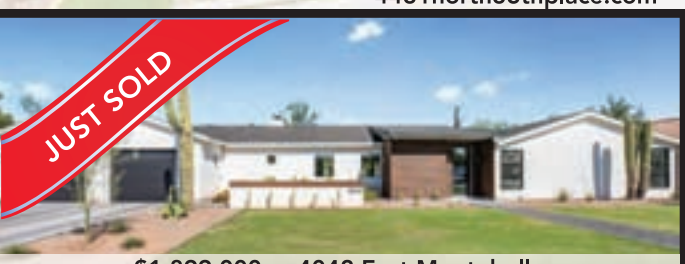
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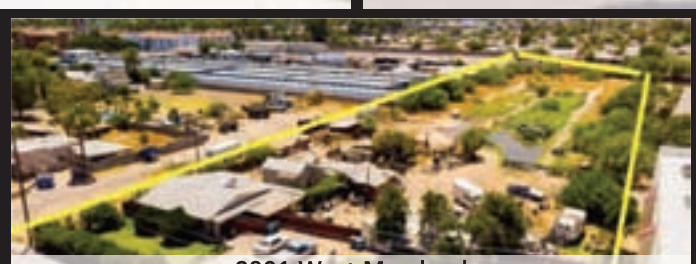
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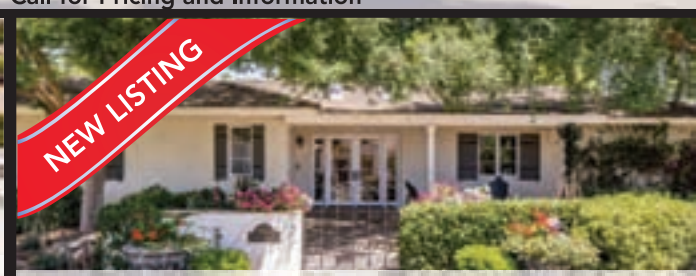
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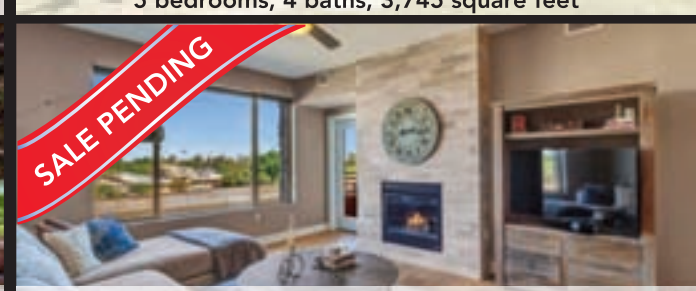
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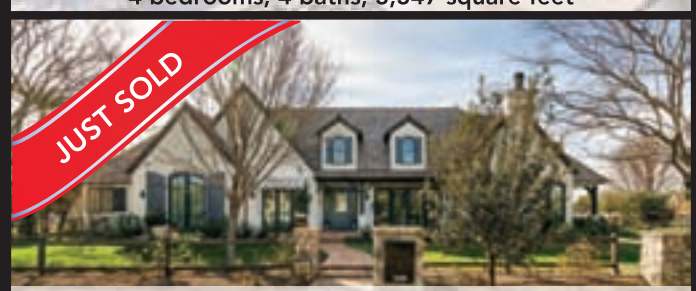
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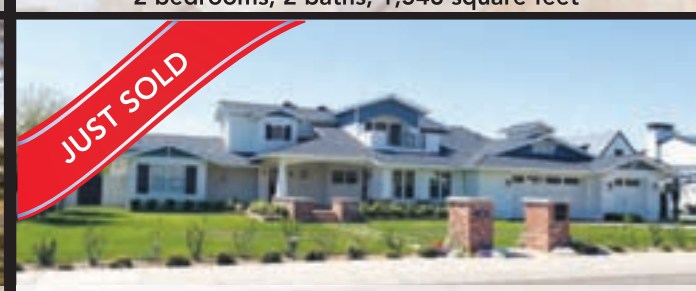
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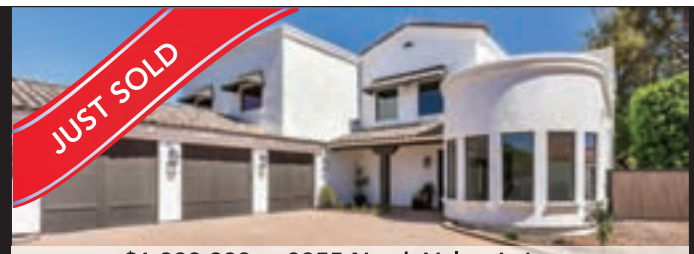
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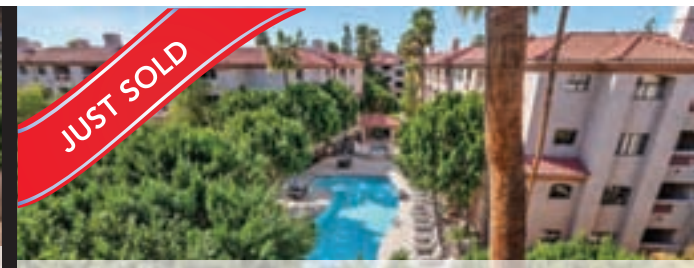
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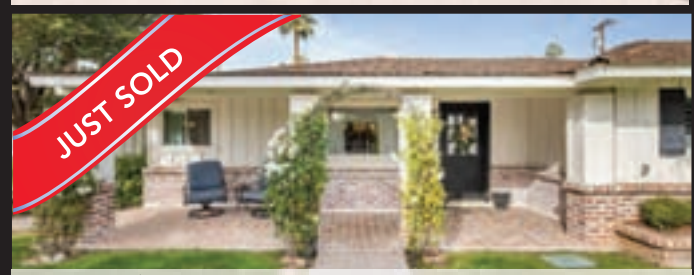
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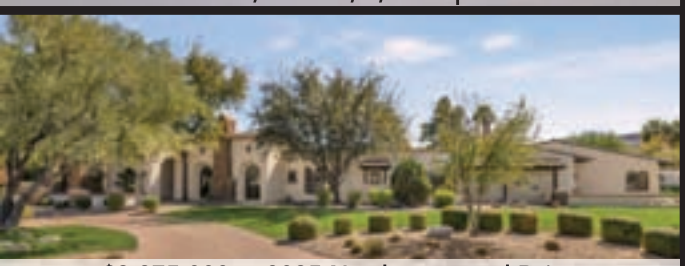
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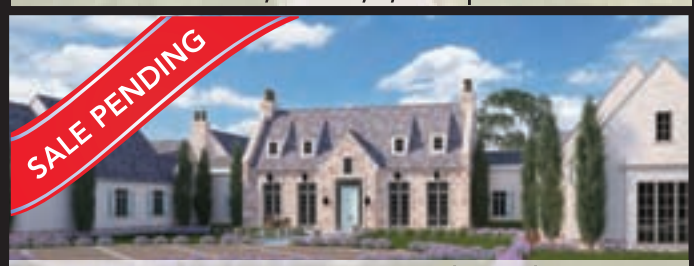
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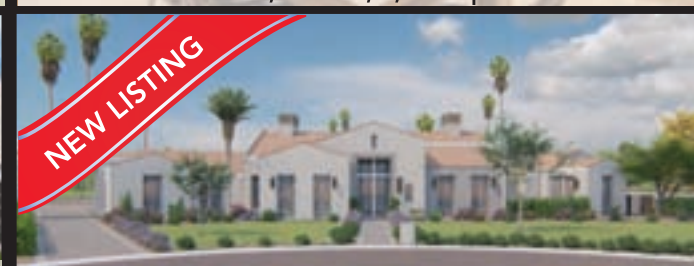
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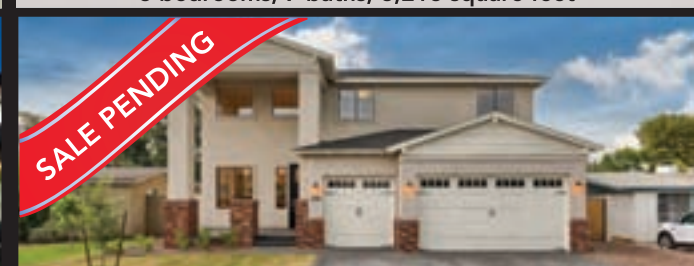
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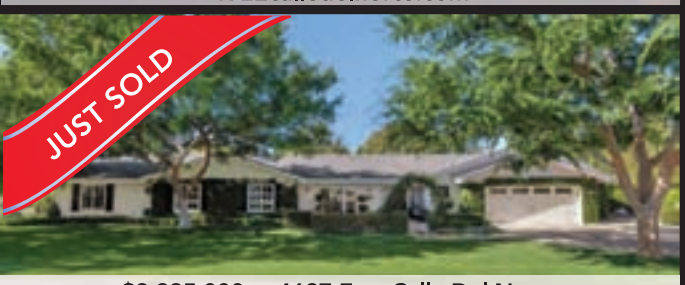
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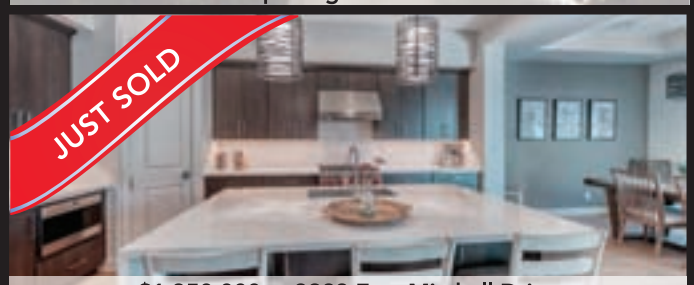
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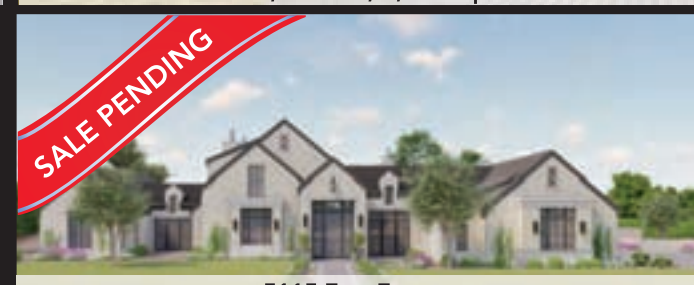
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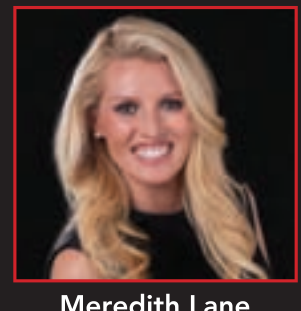
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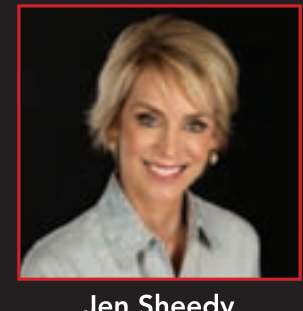
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In the Kitchen

Justine Dachel & Julie Moreno, owners of Jewel's Bakery & Café

4041 E. Thomas Road • jewelsgfcafemenu.com



By Mallory Gleich

Julie Moreno and her daughter, Justine Dachel, are Arcadia-born-and-bred restauranteurs whose goal is to change the game when it comes to gluten-free food. After Julie's second daughter, Sophia, started experiencing food allergies, she and Justine started creating traditional and new recipes sans gluten. What started as an in-home operation grew to become Jewel's Bakery & Café, located at 40th St. and Thomas Road – an endeavor that continues to grow in popularity since they opened eight years ago.

What's the story behind Jewel's Bakery?

JULIE: My nickname is Jewel, so that's where the name came from. We started baking pastries out of my kitchen, thanks to cottage law (a regulation that permits people to make homemade products and commercially sell them). We made pastries and bread, and it just got so busy that we decided to open a restaurant.

Sophia was sick with a lot of food allergies and gluten sensitivity, so I started researching different recipes because I had a big family to feed, and it was hard to keep her stuff separate and make different meals. I started messing around [with the recipes] because when I tried to serve my whole family a gluten-free meal, they would get mad at me! Plus, it's expensive, and back then, there wasn't really a variety. That's where we started – in 2013 – and we've been here for around eight years. Justine took over fully in January 2018.

Justine, how did you get into the restaurant business?

I started working in restaurants when I was 16. I worked every position, from host to dishwasher. Cooking has always been in my blood, so it was easy for me to just fall in love with the entire operation. To this day, you will still find me washing dishes, cooking on the line and talking with my customers.

I'm a third-generation restaurant owner, so it was really just a natural step. But we did farmers markets for three years to build our brand before we opened our brick and mortar. I love just to do it all.

What kind of cuisine is at your restaurant?

JULIE: I would say it's homey food mixed with healthier options. Home-style with a tie to New Mexico because that's where my mom's side of the family is from. A lot of chilies – a lot of Southwestern things.

JUSTINE: It's comfort food for sure, but it's all handmade and fresh to order. We use local and all-natural ingredients. What sets us apart is that it is all food you wouldn't think would be gluten-free.

Tell us about the most popular item on the menu.

JULIE: We sell so much chicken. Our chicken and waffles, the Nashville hot sandwich and the ones served on waffle buns are definitely the most popular.

Where do you get inspiration for your dishes?

JULIE: Right now, I mostly handle the pastries – so weirdly enough, I watch a lot of reels on Instagram to see how other people are cooking and find and learn different techniques. I just got a new mousse cake mold, and they have insane shapes. I made a geode cake, too, and it's really cool.

JUSTINE: The inspiration is giving our customers something they haven't been able to have in a long time, or maybe never had. I've had people cry over eating our fried chicken because it had been years since they've gotten to eat it.

Julie, where did you learn to cook?

From my mom and grandma. They've always cooked and baked. My mom's mom was really into cakes, and my mom made cakes, so I started teaching myself. That's the main thing I do here now – help with cakes and pastries. Every pastry – gluten and not gluten – I basically taught myself how to make. Savory dishes always came naturally to me, ever since I was a kid.

But you weren't always in the restaurant industry…

No – before I had my second child, I was a first-grade teacher in the Isaac School District. After that, I worked in mortgages for a while, and then I started working with pastries. This industry isn't always fun; it's the hardest thing I've ever done! You have to make sure you have the right mix of people in your restaurant to help it flow smoothly.

When you're not at the restaurant, what are you doing?

JULIE: I manage my dad's businesses. And I have six kids – so that keeps me pretty busy.

JUSTINE: I'm probably hanging with my daughter.

What is the best part of working in the industry?

JUSTINE: Easy to answer this one. It's my team. It's the people I get to work with every day. My customers are pretty amazing, too, so maybe that's a tie.

Tell us about the pop-up taco shop that's recently taken up residence at Jewel's.

JULIE: Yes! The Tru Taco pop-up shop is every Thursday through Saturday from 6 p.m. until they run out. My daughter is married to the kitchen manager here, and his father worked at Tacos Chiwas for many years. After he lost his job there, he started the pop-up, and since we have the space, we offered for them to do it here.

They offer various tacos, like the al pastor or the carne asada. There's even one with a Flaming Hot Cheeto tortilla.

What's in store for the future of Jewel's?

JULIE: People are always asking us to expand – but one place is a lot, so that's a maybe. We're also working on getting my flour line produced. It will have brownie and cake mixes and all kinds of stuff that's better than what's out there. I also plan on starting up my baking/decorating classes again. In May, I did a Mother's Day-themed class and hope to come up with another one soon.

JUSTINE: We launched Tru Tacos pretty recently. They stay true to our roots of being 100% gluten-free. So many Mexican foods are naturally gluten-free – most people don't realize that. It's been going really well, so we plan on growing that the same way we did with Jewel's!

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PHOENIX COUNTRY DAY SCHOOL

Skateboarding her way to the silver screen

By Jennifer Marshall

Fourteen-year-old Arcadia resident and Phoenix Country Day School student Mia Lovell can now add actress to her lengthy resume of accomplishments. Mia, an expert skateboarder, recently garnered a part in the movie *The Map of Tiny Perfect Things*, which Amazon released earlier this year.

"I got the part when a friend of mine, [professional skater] Amelia Brodka, was talking to Stunt Coordinator Mike McGill, who's also a huge name in skating, and he was looking for a female skater to do a stunt in a movie," Mia said. "Amelia showed him a video of me doing a kick flip, and I immediately got the part. I didn't have to audition or anything."

Last February, Mia traveled to Mobile, Alabama, where the movie was filmed. She spent her first day figuring out her wardrobe and devoted the second day to practicing and getting ready to perform her stunt in front of a rolling camera.

"At the skate spot, I warmed up and hung out with the other skater extras; we even went to some other skate parks, which was fun," Mia said. "On the day we filmed at the stair set, everything was ready to go. I did my kick flip six or seven times for the camera. The whole experience was super cool."

In addition to her stunt, Mia also had a minor speaking part interacting with one of the main characters. The scene involved a skating accident where the character was rushed to the hospital.



PHOTOS COURTESY OF MIA LOVELL

Mia (right) with lead actress Katherine Newton.



Mia Lovell performing a trick on set.

Mia's mom Stacy is grateful her daughter had this experience. "It was so awesome for Mia to be a part of this movie. And it was so cool for her to be one of 'the tiny perfect things' by being the only girl at the skate park and shocking the boys with a next-level skate trick," she said.

"The movie is excellent," Mia said, "and I'd say that even if I weren't in it. It's a great family film."

Mia aims to become a pro skater in the future, and with a backyard skate park set up for training, she's well on her way. Since competitions have been suspended, she's taken advantage of the time to practice. This year will be the first time skateboarding is featured in the Olympics, and Mia's goal is to compete in the next Olympic Games. She also hopes to star in more films.

"While there haven't been many parts available recently, I'm just accepting them as they come along," Mia said. "This was a great opportunity. All the producers and skater extras were nice, and it was fun to see what it was like to be a movie star."

Editor's note: check out the August 2018 edition of Arcadia News to see Mia in action! arcadianewsarchives.com





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Bricks from former Hopi campus repurposed in new mosaic

By Mallory Gleich

At the annual Hopi Spring Arts Fair event in April, students, staff and family members were treated to a surprise that was two years in the making. The PTA presented a new mosaic for the school that honored the ones that adorned the old walls.

The original campus was designed by architect Joe Wong and opened in 1960. It featured several mosaics crafted from pieces of brick painted and fired in a kiln to resemble kachina dolls.

"We believe Joe intended to celebrate and honor the Hopi heritage. He had a legacy of preserving and celebrating local and Arizona elements into his design," said former PTA President Kyle Christensen, who helped with the project.

When the original Hopi was torn down for a complete rebuild and remodel in 2018, the school put together a Restoration Committee spearheaded by PTA members Emily Blais and Laurie Davis and SUSD board member Dennis Roehler. The committee worked to save artifacts, materials and parts of the old building to create a legacy gift to the school.

"We felt a big responsibility to rebuild not only the physical school but, more importantly, the community, after such a difficult design process for the rebuild," Christensen said. "The kachina walls were cherished and authentically ours. We knew we wanted to make the campus feel like more than a set of brand new buildings. We wanted to do something that was truly Hopi and to make it our home once again."



PHOTO COURTESY OF KYLE CHRISTENSEN

Artist Kay King, working with Native American artist Kevin Sekakuku, crafted "Crow Mother."

After deciding on a new design, the committee got to work getting approval from the district. The first step was to build the frame, which was supposed to happen during spring break of 2020.

"It was against policy to build our frame because people had to be closer than a six-foot distance to build it," Christensen said. The frame was completed over Christmas break, and the committee hired local artist and Echo Canyon educator Kay King to complete the project. King worked nights and weekends until she finished in April.

King has been part of the SUSD community since 1995, and before then, she attended SUSD schools. She's an experienced mosaic artist whose work is also displayed at Ingleside Middle School.

"Making sure the artist incorporated the physical pieces of the old buildings into the project was mandatory. Not only did she have the artistic expertise to create our mosaic, but she also had a deep understanding of the SUSD and Hopi communities," Christensen said.

Native American artist Kevin Sekakuku also contributed. Christensen said he ensured that every detail of the art, from colors to symbolism, was in celebration of the Hopi culture.

The new piece depicts the Hopi Kachina Crow Mother who stands in the center watching over the children as they play, learn and grow.

"She protectively holds colorful seeds that represent the Hopi cardinal directions as well as people of all colors. There is a sky, and mountains in the background. In the sky are the Hopi symbols for clouds and sun," King said.

On one side of the mural is a stalk of blue corn, which symbolizes growth and transition and is a main staple of the Hopi tribe. On the other is a sunflower, which represents growth and knowledge.

"I hope that those old brick tiles and having this artwork here to celebrate the identity of our school and community give all who pass by it a sense of legacy, pride and belonging," Christensen said.

In addition to the mural, Hopi's student council purchased a hawk statue to donate to the school, and the reading benches from the old grounds are now established fixtures on the new campus.

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"Meet Mrs." | Ray Artigue

Martha Fogler

Good thing that Martha Fogler took four years of Spanish in high school, as it would come in handy years down the road when she became a tireless volunteer and advocate for Nuestros Pequeños Hermanos (Our Little Brothers and Sisters) – a charity that provides homes to orphaned and abandoned children.

The Michigan transplant came to Arizona to attend the University of Arizona, and like so many who hail from cold weather climates, she never left.

"My dad attended U of A, and so he, of course, wanted me to go there. We did tour ASU, but he pretty much rushed me through that visit," Fogler remembered with a chuckle.

> ***What I'm doing now is what I love.***

Fogler majored in finance and went to work for a bank upon graduation. It was a short-lived stint.

"I wanted to work for the Peace Corps," she said. "My mom had a heart for service and passed along the spirit of philanthropy to all of us kids."

The youngest of four, Fogler recalls that her father admitted that she was "a mistake," but he would go on to add, "the best mistake I've ever made!" She has more than lived up to the praise.

Fogler has been serving NPH for over 15 years, on both their regional and national boards, and she travels to neighboring cities to recruit volunteers and raise money.

She has become a passionate torchbearer for the nonprofit. "What I am doing now is what I love," Fogler said.

"I fell in love with the organization and the people they serve on my very first trip to the home in Miacatlán, Mexico. I was so sad to leave that my heart hurt," she said.

Fogler took her children – Emma, Kate and Will – to the homes when they were young, with the intent of also igniting their philanthropic spirit.

NPH currently has 14 homes in nine countries, including Latin America and the Caribbean, and they are currently caring for nearly 7,300 children. The homes are like communities that provide housing, education and medical care, and all total, more than 26,000 children have grown up in the NPH family since its founding in 1954.

When Fogler isn't busy pouring herself into community service, she enjoys traveling, reading, hiking and practicing yoga. Her latest hobby is pickleball, which she and her husband, Dave, pursue with a passion. "I think I'm addicted," she admitted.

Fogler has lived in Arcadia for nearly 30 years, and she says it has been wonderful as it reminds her of the Midwest with its green lawns and citrus trees. "We love walking our dog, Duke, or riding bikes throughout the neighborhood."

Anyone who knows Fogler says her superpower is in bringing people together for the common good. "I like connecting people and enjoy talking to anyone," she said.

"My advice to young people getting started in life is to use your passion and find a way to serve others. Through service, one can learn so much about themselves and the world around them."

Sage advice for us all.



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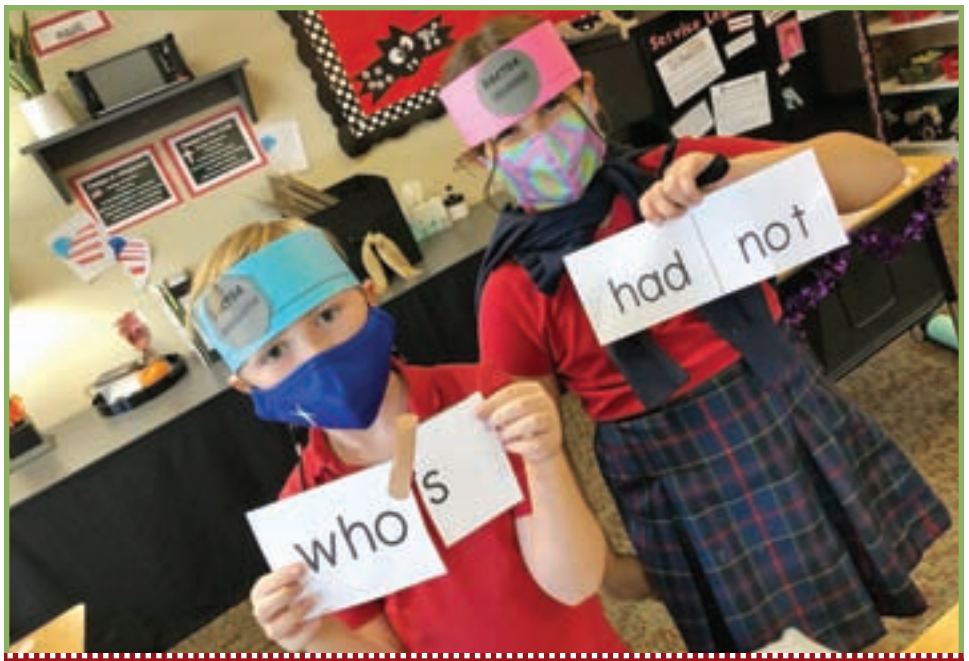
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Similarities between dinner parties and job interviews

The title of this column may sound funny. After all, you're looking for a new job, not a steak and baked potato, but there are lessons you can carry over from your dinner tonight to your job interview tomorrow morning.

Like a dinner party, you never know who you might be introduced to when you're searching for a job. When you go for an interview, it's essential to be friendly to each person you meet – whether they're the intern or the CEO.

There are also three topics universally considered impolite to discuss at dinner: religion, politics and money. The same is true for job interviews.

During the job hiring process, many people will review your resume and cover letter. Some you may never meet, and others you will spend hours with during the hiring process. Discussing your personal beliefs or assuming what others believe may easily lead you down the wrong path.



Career Corner

BY ANGELA COPELAND

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

The purpose of an interview is for your future employer to make judgments about you. They want to decide whether you would make a good fit for a particular role. In the same way that you wouldn't want to distract them or turn them off by wearing inappropriate attire, you should also avoid the pitfall of sharing your personal views.

Discussing money can also create tension. In an interview, talking about money is not recommended because you may harm your chances of receiving the highest possible salary. The saying goes that in negotiations, whoever speaks of money first is the loser. Keep this in mind, and allow the interviewer to show their cards before you do.

Just like saying thank you to the host of a dinner party, it's also important to thank the company you interviewed with. They put schedules on hold, set up meetings and sometimes have even flown an interviewee in. At a minimum, send a thank you note via email to each person you meet.

Remember, not everyone at an organization may share the organization's views, so be sensitive in how you share your personal beliefs.

From the Archives



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CHILLIN' WITH BIG DADDY

Happy Father's Day! Arcadia Dad Scott Hauer finds refuge in the pool with his kids (left to right), Danielle, Lucas and Dylan.

Arcadia High School juniors Brecken Byron and Gabi Zerbib attended the National Young Leaders Conference in Washington D.C. this spring. The conference brought together young leaders from across the country.

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The Arcadia 4th of July Parade is coming up next month, and this year it will include a marching band. The search is on for musicians who would like to join the band and be part of this annual community activity.

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Scottsdale Unified School District is serious about going Green, and has been implementing Earth-friendly programs since last summer. So far the district has received over $400,000 in rebates from APS, SRP and GE.

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YOUR SOURCE FOR NEIGHBORHOOD NEWS SINCE 1993

June 2008: Happy Father's Day! Arcadia Dad Scott Hauer finds refuge in the pool with his kids (left to right), Danielle, Lucas and Dylan.

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

2019:

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

2020:

Cole Krawczyk and Loki take in the views at Yellowstone National Park.

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DEADLINE: SUNDAY, AUGUST 8

A new assistant principal at Arcadia High

By Mallory Gleich


Barrie Pinto

A new face will adorn the hallways of Arcadia High next year when Barrie Pinto becomes the school's new assistant principal. Pinto, who currently serves as assistant principal at Fountain Hills High School, will join the school's administration team in July.

Pinto received her bachelor's degree in education from Ohio State and a master's degree in curriculum and instruction from George Mason University. She spent 20 years in Washington, D.C., before moving to Rio de Janeiro, Brazil, where her husband is originally from. While in Brazil, Pinto was a teacher and principal for expatriate families.

"We have a lot of diplomats and big companies – IBM, Coca Cola – so all of those executives had their kids going to our school. We imported books and curriculum from the United States, so it was a U.S. school, just on foreign land," Pinto said.

After a few years in Brazil, Pinto moved back to the U.S. with plans to open a charter school in California.

However, those plans fell through, and her family suggested she come to Arizona.

"I had to start fresh, from ground zero," Pinto said. She spent some time working as a teacher at schools in Peoria, downtown Phoenix and Paradise Valley before becoming assistant principal at Fountain Hills in 2019.

Pinto lives near Old Town Scottsdale, so when she saw the assistant principal position opened at AHS, she jumped at the chance. She interviewed with a committee comprised of teachers, parents and administrators before interviewing with Arcadia principal, Dr. Jagodzinski, and Superintendent Dr. Milissa Sackos.

> ***Life isn't all rainbows and roses but having a relationship with my students makes it a little easier.***

"The tradition of what Arcadia High has – that to me is very attractive. There's such a history of excellent programs across the board with music, fine arts, athletics, academics. It's rare to find a high school that has strength in so many different areas," Pinto said.

When she worked in Brazil, Pinto lived in the same community as her students and enjoyed running into the kids while dining or grocery shopping.

"The relationships that I build with everyone give me joy," she said. "My husband teases me that wherever we are in the world, somebody knows Mrs. Pinto – at Machu Picchu, looking at this serene thing and you hear 'hey Mrs. Pinto!' I pride myself on that. The fact that they seek me out means I impacted their lives, and that's important to me."

Pinto said that building these relationships while also remaining a disciplinarian when needed is one of her top priorities.

"Life isn't all rainbows and roses but having a relationship with my students makes it a little easier," Pinto said. "From the moment I left the interview, I felt very welcomed and like I fit in at AHS."

Pinto said she is excited to immerse herself in the traditions at Arcadia High and help change students' lives in any way she can.

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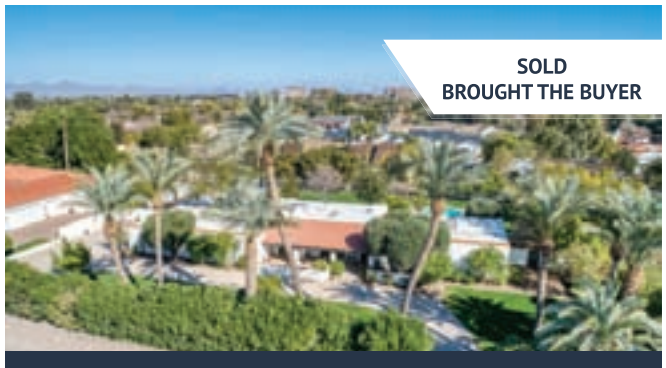
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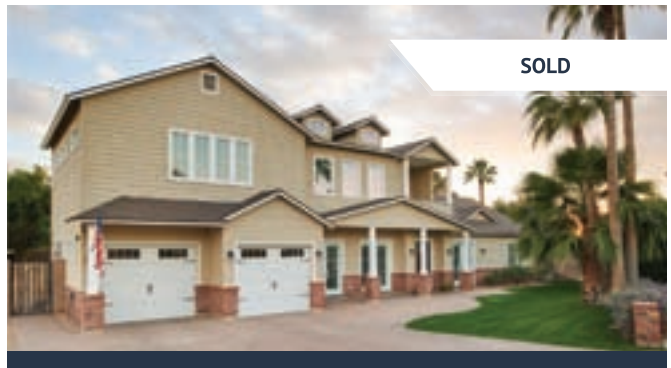
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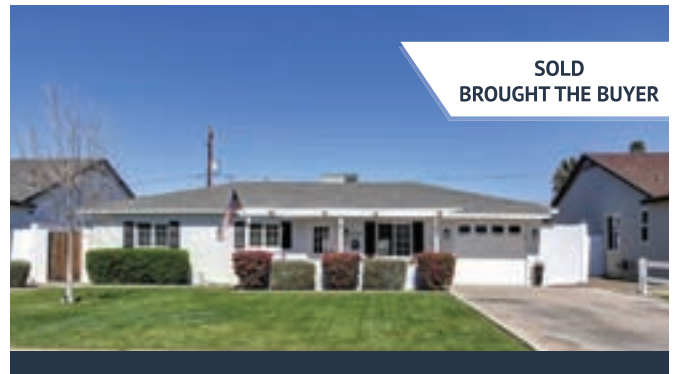
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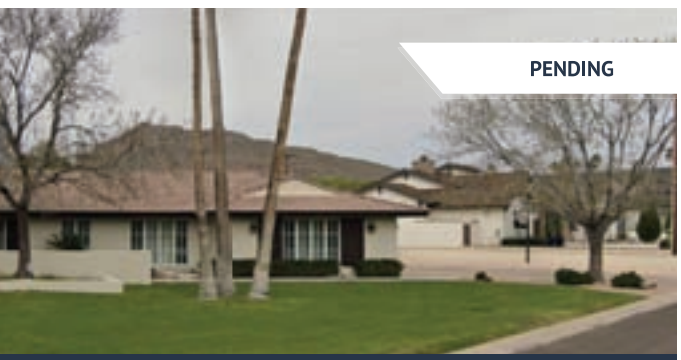


uel $649,000
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5601 E Calle Del Paisano $1,850,000
3050 sqft / 4 Bed / 3.5 Bath

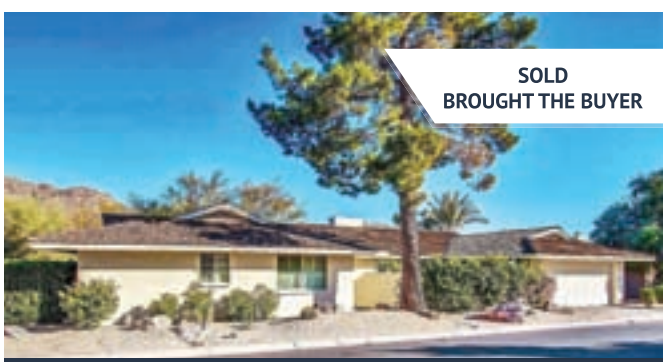


Blvd $2,385,000
ths / 4006 sqft

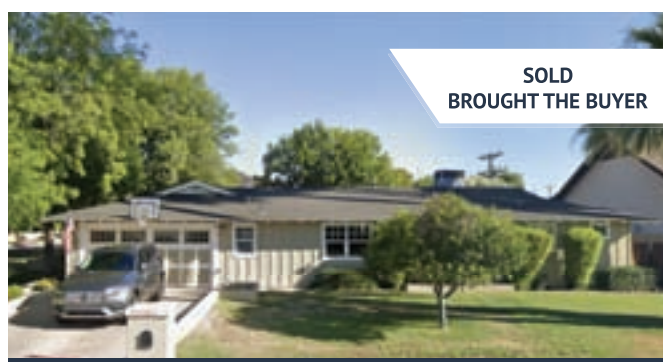




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Desert View's first-grade contest judges.



Hazel and her card trick.



These talented hens have been practicing their hurdles.

Nonprofit spreads their wings with talent show

By Jennifer Marshall

Look out, *America's Got Talent*, a new competition is in town – although the contestants aren't human. Chicken's Got Talent is the brainchild of Chickens.org, a local nonprofit whose mission is to combat malnutrition and poverty through education and the promotion of sustainable food choices.

Chickens.org started in 2020 with their Coops and Gardens Initiative to help people set up sustainable operations and teach them how to raise hens for their nutrient-rich eggs.

"Many people started raising chickens this year," Sutton said. "It's such a fun and rewarding experience that doesn't take a lot of time, effort or space. I have chickens, too, and I think we truly fall in love with them."

The initiative's goal is also to build coops and gardens in elementary schools, particularly those that are located in underserved communities.

"If kids eat two eggs a day, they get all the protein they need to grow up healthy and strong," Program Manager Molly Sutton said. "And when they're healthy and strong, they focus better in school, which helps break the cycle of poverty."

To raise awareness for the initiative, the nonprofit launched a competition for chickens, fittingly called Chicken's Got Talent.

"We're pretty active on Instagram, and we saw these amazing, talented birds, so we thought what a fun way to share valuable information," Sutton said.

The organization posted a casting call on social media, and chicken owners from around the globe submitted video auditions of their talented fowls.

Chickens.org also reached out to Paradise Valley's Desert View Learning Center and asked their first-grade students to be the official judges of the competition.

After auditions closed, the videos were released for public voting while the judges also cast their votes. The results and winners were posted on their website and Instagram.

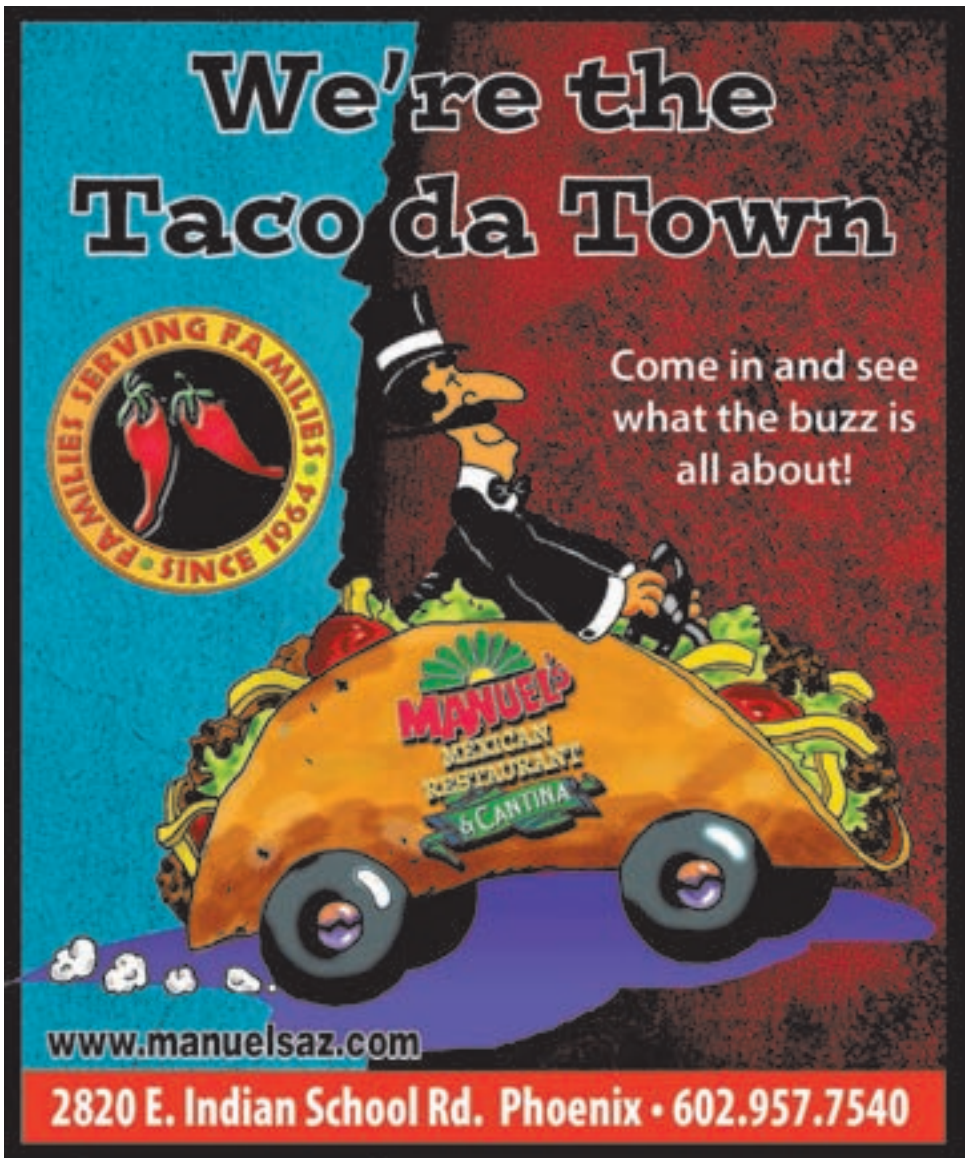
Hazel, a Red Star chicken, and her owner, Anna Pinto, from Murrysville, Pennsylvania, took first-place for Hazel's ace of diamonds card trick. They won a $100 gift card to Tractor Supply Company, a t-shirt and a trophy.

Second- and third-place winners were awarded a t-shirt, a trophy, and bragging rights for their achievements in the inaugural season of Chicken's Got Talent.

The nonprofit plans on making the talent show an annual event.

chickens.org





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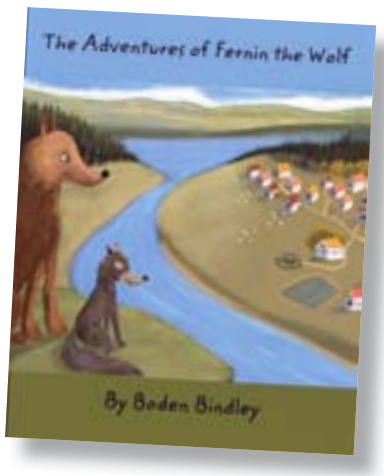
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One fourth-grader's journey to become a published author

By Jennifer Marshall

Fourth-grader Boden Bindley has more than just schoolwork on his mind these days. Last year, when his Phoenix Country Day School class was learning about wolves, Boden immersed himself in the topic. He enjoyed learning about the animal so much that he wrote and published a children's book called *The Adventures of Fernin the Wolf.*



Boden's book centers on a friendship between two wolves trying to survive in the wild. Escaping danger at every turn, Fernin and his friend Acela learn how to survive until they locate a new pack.

"My third-grade teacher, Ms. Saltonstall, was teaching us all about wolves," Boden said. "We were studying and writing about them. That's how chapter one and half of chapter two started. My dad thought the story was good and told me that I should keep it going to see where it took me."

Boden's dad, Scott, said that Ms. Saltonstall was also impressed with his son's story and thought he should keep writing.

"During a parent-teacher conference, the teacher said that after reading the first chapter, Boden's story was really neat," Scott said.

Boden continued writing and expanding on the initial two chapters and finished the book last summer. He and his dad took the next step and began searching for an illustrator.


Boden Bindley

"Boden scrolled through photos online, searching for samples that he liked from the different illustrators," Scott said. "Once he found one, we contacted the artist. She asked for the book and drew several pencil drawings after reading it. They were great, so we decided to hire her."

After a six-month illustration process that included revisions and working around a tricky time difference (the illustrator lives in France), Boden and his family were excited with the finished product.

Older sister Greta, who graduated from Xavier Prep this year, was instrumental in transforming the words and drawings into an actual book.

"Greta searched online and found this book building website called Blurb," Scott said. "Within a couple of hours, she'd built the book online, and the company completed the actual publishing. She did a wonderful job."

"I'm really happy that Boden loves the finished product," Greta said. "I'm so proud that he has the courage to share his work with the world at such a young age."

Boden's book is available on Blurb's website, and according to his dad, he just received a check for his first sale.

"This has been a fun experience and a really exciting time for him. The head of the lower school at PCDS did an interview and in-house virtual call with him about the book, which was cool of them to do," Scott said.

As for Boden's future literary endeavors, he said, "I have a second idea for another book, which would be a continuation of the characters from the first book."

Lending a voice to help clean up Phoenix trails

By Jennifer Marshall

Seth Landau is working hard to conserve the purity of some of Phoenix's most beautiful and popular hiking destinations. Over the last year, he noticed an increase in trash along the hiking trails on Piestewa Peak and the greater Phoenix Mountains Preserve.

Using his background in writing, filmmaking and reporting, Landau decided to bring this issue to the public by producing two videos highlighting the littering.

"My wife and I moved here in 2013, and we love and appreciate this area; it's beautiful," Landau said. "We spend quite a lot of time on these trails, so I know these parks very well."

Landau's goal in producing the videos is to encourage people to take responsibility in keeping trails and parks clean. He believes people should be part of the solution and not part of the problem.



PHOTO COURTESY OF SETH LANDAU
The City of Phoenix posted signs after seeing Landau's first video.

"In 2020, we spent even more time hiking… and the trails looked like a stadium after a game because many more people were there eating and drinking," Landau said. "Sadly, there's a percentage of those hikers who don't respect the environment and will toss what they have on the ground and into nature."

As the year wore on, he started noticing more and more trash accumulating. He saw car and computer parts, clothes, glass bottles and food wrappers scattered around the hiking trails and parking lot.

"For me, the turning point was a day in the front parking lot at Piestewa Peak when I noticed that the wash looked like a landfill," Landau said. "This was my moment and my inspiration to do something."

And do something, he did. His background propelled him to document the scene to show people what was going on. His videos also show the cleanup process and explains why littering is harmful to the environment.

"A few years ago, I watched a video of a comedian picking up trash on a beach," Landau said. "That planted a seed in my head. Media is powerful, and I wanted to use it to create something to inspire people to do good."

He shot the first video in December and January and the second one in January and February. Between filming and editing, Landau worked about six months on the videos before uploading them to YouTube. He hopes his next project will highlight the issue even more.

The response from Landau's first two videos has been positive.

"After seeing the video, Phoenix Parks Department introduced signs alerting hikers that we all need to take better care of the preserve,"Landau said. "I noticed a few more social posts on litter pick-ups. But I'm just one of many who cares and uses their voice and abilities to communicate that."

youtube.com/c/sethlandauentertainment

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The Rosson House: A little Phoenix history



Tucked away inside downtown Phoenix's historic Heritage Square on 6th St. and Monroe stands a jewel known as the Rosson House. This Victorian and Eastlake classic home was officially opened to the public in 1980 and has since found its way onto the National Register of Historic Places. For over 40 years, thousands of visitors have stepped back in time to view what life was like in late 19th century Phoenix while touring a "living history" museum.

The house was built in 1895 and was considered a showcase for its owners, Dr. Roland Lee Rosson and his wife, Flora Murray. It had electric lights, an upstairs bathroom, an upstairs to downstairs speaking tube, sinks, hot and cold running water in most bedrooms and a telephone. (When visiting, also ask about the attic.)

Such modern conveniences were only talked about, and the Rosson family was one of the first homeowners to bring early 20th century technologies into their home.

During this time, Phoenix was on the verge of its first significant population explosion, and the Rosson residence was the grandeur of the city with its roofs, spires and tall chimneys. It was also the first house in the city made of wood and brick; everyone else's home was made of adobe.

For those interested in Victorian-era homes and furnishings, touring the Rosson House provides a treasure chest of items to explore. You will see an ornate silver plate water pitcher, nearly indestructible children's toys that litter the play area, and a "modern" kitchen filled with implements that some of us might still be using today. To appreciate where technology has brought us, stand awhile in the doctor's office and wonder what the patients must have endured.

Visiting the Rosson House is an inexpensive and educational way to explore a bygone era. And, while you're there, you could spot a hidden treasure that you might have in your home.

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Clarkdale gives guests more than one reason to visit



Robin's Adventures

BY ROBIN SEWELL

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

Just 92 miles north of Phoenix, in the heart of the Verde Valley, is the town of Clarkdale. Originally founded as a modern copper smelting town for the employees of the mines in nearby Jerome and their families, it has evolved into a quaint and charming place for art, history, alfresco dining and adventure.

What's particularly special about Clarkdale is its natural beauty, Mingus Mountain, the national forests and the Verde River. The Verde Canyon Railroad takes off from the Clarkdale train station and is known as Arizona's longest-running nature show. From any seat on the train or the outside observation deck, folks will see some of our state's lushest wilderness, red rocks, canyons and elusive wildlife.

Clarkdale is also home to the Tuzigoot National Monument. Tuzigoot is comprised of a cluster of buildings on top of a small sandstone ridge. A self-guided 1/3-mile loop trail leads around and through the Tuzigoot pueblo, a 110-room village built more than a thousand years ago. Tuzigoot was home to the Sinagua Indians who left in the 1300s. It stood empty until the early 1930s, was excavated by American archeologists, and turned into a national monument in July 1939.



Kayaking



Wine tasting event



Verde Canyon Railroad

Guests can also tour the Verde River another way – in a kayak. Don't worry if you are a novice; they will first teach riders how to kayak and for the more experienced kayaker, there's plenty of adventure. The tour is over two hours and features some class 2 rapids. There's also ample time for floating around in the tranquil pools and both swim and super soaker breaks. Most people don't expect a river running through the desert, so it's the unexpected that makes this experience so unique.

Now that you've worked up an appetite, it's time for a bite and a drink. The little red caboose-turned-restaurant on Main Street is an authentic French and Belgian café. The owner was inspired by her trips to Paris and Antwerp, so she decided to bring that passion to Clarkdale.

They roll their croissants from scratch every morning, hand knead their traditional Brioche, and the Belgian waffles and Croque Monsieur are straight out of a European brasserie. The owner told us that Clarkdale reminds her of a province southeast of France where people go to a café, eat outside, and enjoy food and a slower pace of life.

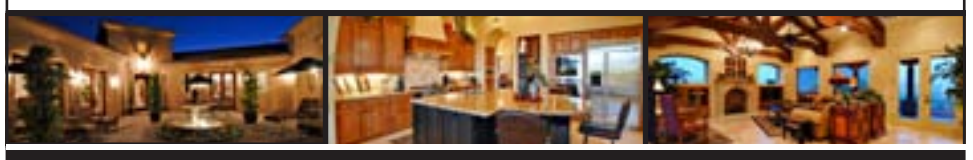
The Verde Valley has a burgeoning wine scene, and in Clarkdale alone, there are four wineries. There is also the Southwest Wine Center, where Yavapai Community College hosts its viticulture program and a tasting room where folks can enjoy the award-winning fruits of their labor.

Clarkdale also has an up-and-coming craft beer scene. The Smelter Town Brewery is getting attention for its unique lagers and style. Aside from their popular Mexican Lager Milkshake and Hop Deposits Hazy IPA, they do smoothie sours and beer seltzers. Even though the area may be known for its wine, the Smelter Town Brewery is confident they can stack up! Clarkdale is perfectly centered – ten minutes from Jerome, three miles from Cottonwood and 20 minutes from Sedona so people can experience a whole lot of Arizona's treasures just by heading that way.



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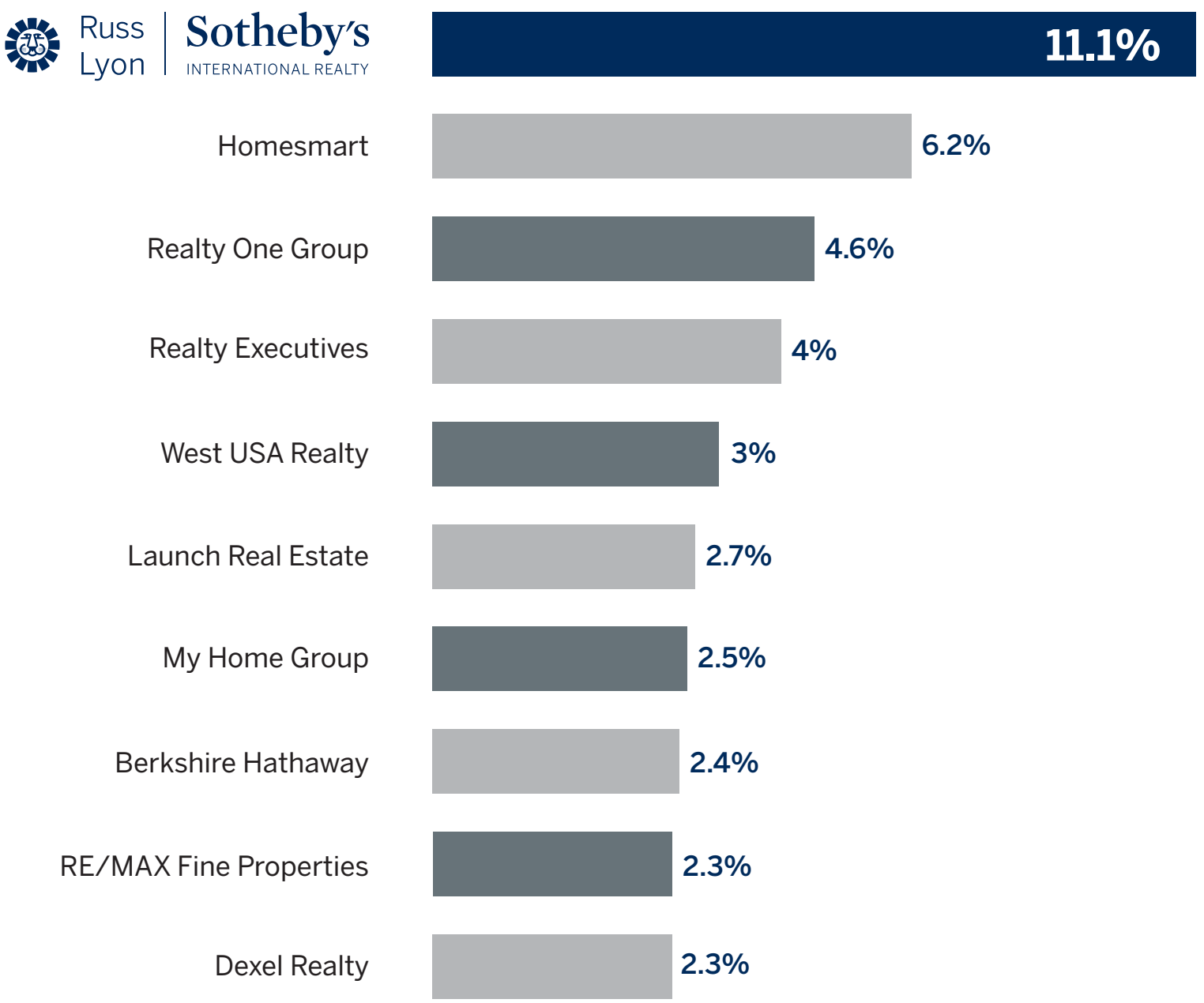
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PHOTOS COURTESY OF KIRA BROWN

Scotty Johnson and Kira Brown.



The duo have been creating music together for seven years.



Kira Brown.

Sweet as honey: Local music act keeps stage rockin'

By Mallory Gleich

Arcadia resident Kira Brown always loved to sing. In school, she played the clarinet but dreamed of being on the stage. So, when the self-proclaimed late-bloomer turned 23, she enrolled herself in private singing lessons, and the dream took off from there. Brown and her music partner Scotty Johnson are Honeygirl Music, and they have been creating together for seven years.

Honeygirl plays mostly country music with elements of rock and pop mixed in. The name of the band comes from Johnson's nickname, Honeyboy.

Brown and Johnson met at The Vig Arcadia in 2009 when Johnson was playing a gig with another band. His name may sound familiar to some – Johnson is also a member of Gin Blossoms, an alternative rock band from Tempe that had several hits in the 90s and still plays numerous shows today.

Brown grew up in Queen Creek. She was a shy kid, and there weren't many neighbors or friends around since it was still a growing town.

"I played the clarinet in elementary school, but I always wanted to sing and make music, so I started taking 'secret' singing lessons. I did that for ten years, and that's when I met Scotty," she said.

> ***I get to play with a lot of talented musicians who are so encouraging, so they helped me overcome the stage fright.***

Currently, Honeygirl plays two to three shows a week at venues all around Arizona.

"We have so much fun at our shows. Any time we get to play music, we have a great time," Brown said.

"It's so great when the band is really rocking. When you get the energy from a live performance, when things are clicking, it's a victory," Johnson said.

This month the band will perform at the Musical Instrument Museum in north Phoenix.

"We donated some guitars to the MIM, and they let us tour the facility. The theater is really amazing, and we get to play our music, so I'm excited," Johnson said.

At their shows, Honeygirl also plays a mix of original songs and covers by artists such as Stevie Nicks, Miranda Lambert and Alan Jackson – but at the MIM, they'll be playing all original material.

Brown said that a majority of the songs she's written are based on her life story.

"Some of the songs are about Scotty – he probably thinks they're all about him," Brown laughed. "But no, a lot of the songs are about life, love…most of them come from a really raw place."

The songwriting process for Brown is like "a little miracle that happens" because the ideas hit her when she least expects them. It can take her anywhere from a few minutes to a few days to write a song.

When asked about the most challenging part of being a performer, Brown said stage fright.

"I'm better now, but the first few years, every time we'd perform, my teeth would be chattering," she said. "I get to play with a lot of talented musicians who are so encouraging, they helped me overcome the stage fright."

Outside of performing, Brown focuses on her real estate career and finding time to relax in her backyard. Johnson likes to relax with yoga or hiking.

In the future, Brown and Johnson plan on recording more songs and keeping the good times rolling.

honeygirlmusic.com

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Ingleside student shoots for the moon in essay competition

By Melissa Hirschl

Eighth-grader Aidan McClure has no shortage of brilliant ideas in the realm of science and space.

That imagination earned Aidan a spot as a semifinalist in the Artemis Moon Pod Essay Contest, a collaborative effort between NASA and the Future Engineers program.

This organization hosts online innovative experiments for K-12 students and Aidan was the sole winner in the 5th-8th grade category in Arizona.



Aidan McClure

The essay contest challenges students to create a hypothetical one-week expedition to the moon's south pole. The competition was inspired by the Artemis Space Project, an endeavor by NASA to return astronauts to the moon by 2024. Artemis will allow humans to explore more of the moon's surface and includes building a lunar orbit space station which will eventually be a habitable base for exploration to Mars.

> ***"I'd want a pilot who performed well under pressure and was good with communication."***

Participants must write about the challenges and opportunities of exploring the moon and the usefulness of the proposed science or technology left there. Essays were judged on their originality and innovation of the ideas presented. The prize for semifinalist winners was an invitation to represent their state in a series of Artemis Explorer virtual sessions with NASA experts.

"I was very excited about winning," Aidan said. "I had a lot of fun brainstorming, and I thought the idea of setting up a base sounded exciting. If we explore other planets, it's important to have a base on the moon."

Aidan's essay explained the significance of Earth's teams leaving a transmitter to send signals.

"I'd want a pilot who performed well under pressure and was good with communication," he said. "In addition, our team would need a science officer and a deputy to monitor supplies and drive the rover. Plus, we'd need a module pilot who stays in lunar orbit."



PHOTO BY VICTOR BOBBETT, SUSD

Principal Erin Kadera, D'anne McDaniel, Aidan McClure and Kimberly McClure.

Aidan received local recognition for his essay as well. His school celebrated his accomplishment by recognizing him at a Scottsdale School Board meeting in April. He also received a Challenge Coin, which is given to students who exhibit extraordinary achievements in the district.

"Aidan pushed himself beyond his expectations," Ingleside Interim Principal Erin Kadera said. "We are all super proud of him."

Aidan is in the comprehensive gifted program in science and is always excited and eager to learn new things, according to science teacher D'anne McDaniel.

"He used a variety of critical thinking skills, plus past accumulated knowledge when he created his essay," she said. "He's quiet, creative and thinks outside the box. He also travels a lot, which helps him apply knowledge to new situations. I could see him being a scientist in the future."

Aidan said he is open to all possibilities. "I think it would be cool to work for NASA, but I'm not sure at this point," he said.

Read-A-Thon ends with water balloon fun

By Rachael Bouley

Students at Echo Canyon Elementary took their love of reading to new heights with this year's successful Read-A-Thon fundraiser.

During the two-week Read-A-Thon, 255 students read for 50,283 minutes, with 8,000 of those minutes read in the first three days. They raised over $5,770 with support from 145 sponsors.

The annual event served as an important fundraiser for the Echo Canyon PTO and its student and community initiatives, such as the Classroom Supply Fund and Teacher Appreciation Week.

The Read-A-Thon website tracked the number of readers and minutes read and allowed families and friends to donate. The website also displayed the school's fundraising efforts.

Principal Kat Hughes would read off the daily leaders over morning announcements and gave special shout-outs to classes who racked up reading minutes.

PTO Board Member Jacque Davis said the students loved hearing their class celebrated during the announcements and they were also excited about the possibility of winning a unique prize. The class who read the most minutes was promised a water balloon fight with their principal, a fun event that has turned into an Echo Canyon tradition.

"This has been the prize in the past, and the students love it," Davis said.

Ms. Hayhurst's kindergarten/first grade class raised the largest amount of donations – over $1,200 – which made her class the water-balloon-throwers at the event in May.

"It is a cool event. I love reading, so I enjoyed that part the most. I read 730 minutes," first-grader Aria said. "Since my class raised the most money, we got to throw water balloons at Principal Hughes!"

The school plans to continue the Read-A-Thon and other fundraising activities in the future.

"Our family enjoys the Read-A-Thon; it gets our daughters excited about reading while raising money for their school. It's an event we look forward to each year," mom Jessica Scordo said.

"Our students get the chance to discover new worlds, learn about new cultures, discuss relevant social challenges and strengthen their imaginations through books," Paige Rogers, PTO member and parent, said. "Having the entire family get involved in reading together is a healthy, healing, and knowledge-building activity."

The funds from this year's Read-a-Thon will go to classrooms and supplies for the staff at Echo Canyon.



PHOTO COURTESY OF JACQUE DAVIS

Principal Kat Hughes with previous Read-A-Thon winners.

5 MOVES

AHEAD



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DID YOU KNOW? THE PLATYPUS

SCIENTISTS THOUGHT THE FIRST KNOWN PLATYPUS WAS A HOAX

When the first platypus specimen was sent back to England from Australia in the late 18th century, the scientists who examined it thought it was a hoax. "It naturally excites the idea of some deceptive preparation by artificial means," zoologist George Shaw wrote in the first scientific description of the platypus, published in 1799. The fact that they lay eggs wasn't discovered until a century later.

– ripleys.com



HOW MANY?

83

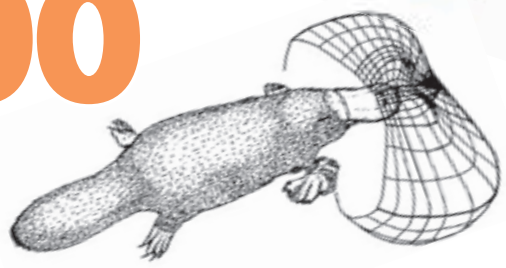


A male platypus' venom has 83 genes in 13 different families of toxins, linked to effects including inflammation, nerve damage, muscle contraction and blood coagulation. Platypuses make 26 different kinds of serine protease enzymes, which are also found in the venom of most snakes, and seven of their venom genes resemble a neurotoxin produced by spiders called α-latrotoxin. Platypus venom causes nausea, edema, cold sweats and chronic pain (painkillers can't treat the symptoms and they last several months).

– mentalfloss.com

HOW MANY?

40,000



About 40,000 specialized electroreceptor skin cells on the top and underside of its bill allow them to detect the electric fields generated by all living things. It's so sensitive that the platypus can hunt with its eyes, ears and nose all closed, relying entirely on the bill's electrolocation. *– reed.edu*

HOW MANY?

10



Mammals typically have just a single pair of chromosomes that determine sex, but platypuses have five pairs. Some of those Y chromosomes share genes with sex chromosomes found in birds. It's possible that mammal sex chromosomes and bird sex chromosomes evolved simultaneously, and the platypus could be the key to figuring it out. *–sciencedaily.com*



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DID YOU KNOW? THE PLATYPUS

PLATYPUS FACTS

They knuckle-walk like gorillas and anteaters.



Their eggs are leathery, similar to reptile eggs.

Platypuses can live up to 17 years in captivity.

They propel themselves through water by paddling their two front limbs.

They use gravel as makeshift teeth.



The 20-cent coin in Australia has the image of a platypus on it.

Until *National Geographic* published a picture of a platypus in 1939, most of the world had never heard of them.

To date, the oldest platypus fossil found is over 100,000 years old.

Platypus venom could help scientists create an effective diabetes treatment.

The English plural of "platypus" hasn't been defined.

Platypuses only live in a small area in Australia.



Platypuses are carnivores.

They store their food in special cheek pouches.

Platypuses use their tails for carrying objects and nesting their eggs.



They also use their tails as fat reserves.

Female platypuses don't have nipples.

Platypus milk could combat superbugs.

They are egg-laying mammals.

Their fur is waterproof.

They have retractable webbing.

They don't have stomachs.

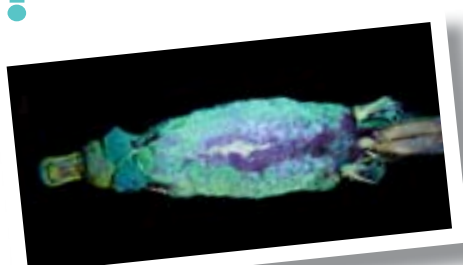
PLATYPUS WORD SEARCH

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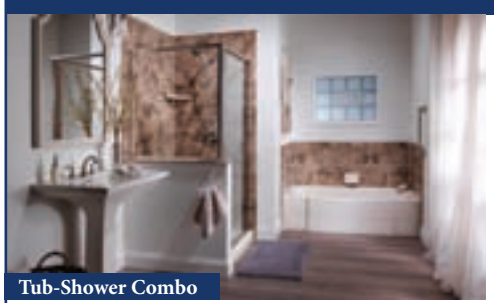
SAY WHAT?

PLATYPUSES GLOW IN THE DARK



Platypuses are biofluorescent, meaning their fur glows a bluish-green hue under ultraviolet (UV) light. *– nationalgeographic.com*

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Healthy snack ideas for summer

Summer is here, and that means school's out, the kids are home and snack requests are at an all-time high. With a bit of planning and prepping, families can have plenty of yummy and healthy food to keep them energized at any time of day.

Here are eight simple ideas:



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.

• **No-bake chia bites:** Mix 1 cup rolled oats, ½ cup almond butter, ¼ cup each: raw honey, dried cherries, chia seeds and cacao nibs. Roll into balls and pop in the freezer.

• **Hummus and veggies:** Hummus is full of protein and nutrient-packed. Look for an organic brand or make your own so you can control the ingredients (or try the simple recipe on my Instagram).

• **Edamame:** Soybeans are a perfect blend of protein, fat and fiber, making them satisfying and filling. Most grocery outlets carry them frozen, so there can always be a bag on hand. Be sure to buy organic since non-organic can be genetically modified.

• **Homemade granola and yogurt:** Make a fresh batch of granola with minimal sugar and serve with yogurt, almond milk or just as is. My chai granola recipe includes oats, nuts and spices and is perfect to eat during the summer heat.

• **Rice cakes with avocado:** Looking for something lighter than a cracker or bread? Try rice cakes - most are sold at grocery outlets. They make an excellent base for avocado, hummus or almond butter.

• **Eggplant and zucchini bruschetta:** Slice some eggplant and zucchini, toss with a bit of avocado oil, salt and pepper. Throw them on the grill, then add them to baguette bread with a layer of healthy pesto.

• **Healthy muffins:** Zucchini is in season, so whip up a batch of zucchini muffins. Add almond butter for a more filling snack.

• **Frozen pineapple rings:** Kids can help with this one. Take pineapple or banana slices and put them on a lollipop stick. Freeze on a cookie sheet for 24 hours for a perfect summertime treat.

youcare-selfcare.com

Summer Fruit Dip



Ingredients

- 1 cup unsweetened plain or coconut yogurt
- 2 tablespoons raw honey
- ½ teaspoon vanilla extract
- Fresh mint
- 1/4 teaspoon garlic powder

Mix and serve with your favorite fruit.

Plant-based Ceviche



Ingredients

- 1 can heart of palm, drained and chopped
- 12 grape tomatoes, quartered
- 3 radishes, diced
- 1/4 cup red onion, diced
- 1 firm avocado, diced
- 1/4 cup cilantro, chopped
- 1 or 2 tablespoons jalapeño, diced
- Juice of 2 limes
- 1/2 teaspoon pink salt
- 1/4 teaspoon garlic powder

Mix everything and chill.



Cave Castle in Prescott.



House on the Edge of Time in Jerome.



Jerome Grand Hotel.



TinyCamp in Sedona.

The road less traveled: Unique places to stay this summer

By Molly Delgado

Give in to the wanderlust! Families, couples, and those looking to get away can explore and become one with nature by forgoing the classic resort staycation and staying somewhere unconventional. Check out a few uncommon spots to rest your head.

Cave Castle – Granite Dells, Prescott

For the hiking aficionados, there's Cave Castle – a home surrounded by 10,000 acres of paths and mountains to hike and bike.

Cave Castle is built of flagstone and natural granite cliffs that create a cave-like interior. There's an indoor hot tub and outdoor patio with incredible views. The coolest feature is that when it rains, mini-waterfalls cascade down the rock wall inside the home. There's also a space on the property called the Golden Dome, where guests can practice yoga and meditation.

heavenonearthretreat.com

House on the Edge of Time – Jerome

Artist Paul Nonnast created a building in 1977 inspired by Arcosanti, a self-contained community north of Phoenix. The structure, called the House on the Edge of Time, is carved into the Earth and constructed with natural materials found in the area.

The home is small, with uneven surfaces, rock ledges and one-way gravel road access. If you're not looking to become one with nature, you might want to look elsewhere.

The house does have all the amenities of a typical home, but the bathroom isn't in the main area, and the shower is technically in the living room. There's a hot tub and dipping pool, and there are kayaks available to rent. It's a short drive to Jerome and Sedona.

houseontheedgeoftime.com

Jerome Grand Hotel – Jerome

If you'd like to explore Jerome's well-known haunts, the Grand Hotel is one of them. In the 1920s, the hotel was known as the United Verde Hospital. It operated for 30 years before closing down in 1950. It remained fully furnished and watched over by the Phelps Dodge Mining Company until 1994, when Phoenician Larry Altherr (who still owns the hotel today) bought the hospital and turned it into the Grand Hotel.

The hospital-turned-hotel has a lot of history, and there are rumors that it's haunted by unhappy employees who still linger there. Altherr said when he first opened the hotel, he felt an uncertainty, almost like he wasn't sure if he was welcome there, but those feelings have since disappeared. The only way to know for sure, though, is to stay at the hotel yourself.

jeromegrandhotel.net

TinyCamp – Sedona

Nestled just outside Sedona is TinyCamp, a collection of five 300-square-foot homes aptly named Aspire, Flow, Renew, Grow and Breathe. Each home is equipped with the makings of a staycation that puts guests outside the box, literally, including stargazing decks, fire pits, saltwater hot tubs – and, of course, spectacular views of the red rocks of Sedona.

"Our mission and goal are to help connect people to nature with new and creative adventure lodging experiences," owner Darin Dinsmore said.

tinycamp.com

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PHOTO COURTESY OF HARMONY FULTON

Nate Lowrie, Chrissy Hiatt, Chris Trefry, Harmony Fulton.

New café inside Madison Improvement Club

By Rachael Bouley

A new café has made a promise to its patrons: "We are good people doing good things to support and inspire other good people doing good things."

Gooder Goods, which opened inside the Madison Improvement Club at 38th St. and Indian School Road last November, has quickly become a go-to spot for fitness enthusiasts before or after yoga and cycling classes. The café offers a mostly plant-based menu that has something for everyone.

This small business came to life in March 2020 when Harmony Fulton and her partner Nate Lowrie met with friend Joe Meyers, who had been the chef of the club's former S.E.E.D. Café. He had been asked by Madison Improvement Club if he was interested in opening a cafe in the studio.

"After a whiteboard session about what Joe's mission is – making people happy with food while being environmentally conscious – we decided the three of us would open the café together," Fulton said.

She explained that the opportunity and location were too good to pass up. The wheels started spinning from there as the collaborative effort behind Gooder Goods came together.

"The Madison is a good fit for us because their students are people who take daily, intentional actions to be healthy," Fulton said. "We add another element to their wellness routine and know they are grateful to conveniently walk out of a spin or yoga class and head over to our café to get a smoothie."

Fulton explained that what the cafe does to "be good" is mindfully create menu items that are good for the body. She said when good, healthy nutrients go into the body, the body functions and feels better; when people are feeling and functioning well they are able to "do good" in their lives.

"How people feel when they are at our café is of utmost importance. We want them to feel welcome, informed, and well-taken care of," Fulton said. "People can also expect coffee drinks and food they'll love so much that they'll want to come back again soon."

Fulton said that the most popular plant-based menu items include Joe's avocado toast, buffer bites, the beany baby burro and coffee purchased from Provision, a specialty coffee roaster in Phoenix.

Gooder Goods plans for the future include increasing their catering and home delivery services as well as offering a membership for discounts on their menu and specialty items. They will also have their food in a refrigerated vending machine at a luxury downtown condominium in July.

The Gooder Goods team said the support of the local community has been outstanding and made every day rewarding. "We have been so happy with how many people have posted pictures of our food on Instagram with things like 'literally cannot stop eating these' and 'my fave way to start the day,'" Fulton said.

getgoodergoods.com



Arcadia boys wrestling sets school record at state

By Mallory Gleich

Arcadia High's wrestling program may be young, having started only four years ago after a 25-year hiatus. But in that time, the wrestlers have put their blood, sweat and tears into every match, and this season they came out strong, with three students placing at the state tournament earlier this year.

Aaron Simpson, who is a former UFC fighter and was a NCAA Division 1 coach for 10 years, has coached the Titans for three seasons.

During Simpson's inaugural season, Arcadia had its first wrestler to ever qualify for the state competition, and he placed in the top 8. Simpson explained that this season was different, as there were limited competitions and no tournaments.

"The team kept training and working," Simpson said. "We set an Arcadia record by qualifying three to the state tournament, which was huge for us."

Team Captain Jake Waltz was in the most challenging weight class for the state tournament.

"Jake's leadership was instrumental in our development of the younger guys. Senior Wyatt Anderson not only qualified but also won a match at the tournament, which put him in the top 12 of state," Simpson said. Freshman qualifier Nolan Field also won one match, putting him into the top 12 of the Division 2 state tournament.



PHOTO COURTESY OF BRIAN FIELDS

Front Row: Mark Radonich, Nolan Field, Matthew Hernandez, Eric Ortiz-Garcia and Raul Carrera. Back Row: Coach Aaron Simpson, Emilio Alzate, Rocco Mortensen, Wyatt Anderson, Jake Waltz, Julian Vanderstelt and Coach Christian Pagdilao. Not pictured: Zachary Grant and Thomas Farar.

> ***Only the strong put it all on the line when they go through our tough training regime and step out on the mat to compete.***

"Wrestling is the toughest sport a high school athlete could ever do. There is nothing like it. It is a sport where your nutrition, cardio, rest, technique and mental toughness is always constant," Simpson said. "Only the strong put it all on the line when they go through our tough training regime and step out on the mat to compete."

At state, judges only give medals to the top six out of 16 in each weight class.

Jake lost two matches and placed in the top 16. Nolan and Wyatt each won one and lost two and made it to the top 12.

Simpson says although the season is over, the Titan wrestling team will be training hard for next season when new freshmen and sophomores join the ranks.

Veritas Prep tennis took on challenges for successful season

By Rachael Bouley

Despite numerous trials and tribulations throughout the school year, the Veritas Prep girls and boys varsity tennis teams have something to be proud of as they both made it to the state championships for the first time in history.

Head Coach Lisa Townsend said she is proud of the program's success as the girls made it to the top four, while the boys lost in the quarterfinals.

"We did better than we ever thought we would do. It was an excellent season," she said.

Sophomore Anna Schillinger made it to the semi-finals, losing to Thatcher, and Emily Robbins and Parker Cashdan made it to the quarterfinals in doubles before losing to Phoenix Country Day School. Schillinger also made it onto the Girls Division 3 All-State team while Robbins and Cashdan were honorable mentions.

Although these players were significant contributors, Townsend said that the entire team helped make a difference for the Falcons. The girls were ready to fill in and help their teammates, something their coach greatly appreciated, especially coming off the challenges of a tough season and injuries.

"The strength of our team was the camaraderie, sportsmanship, and the overall love for one another. They all respect each other, and that's our strong suit," Townsend said. "It was like they have all played together forever."



PHOTO COURTESY OF KATE WALSH

The Veritas boys and girls tennis teams celebrate a 'W' with their coach, Lisa Townsend.

The boys varsity tennis team also dealt with untimely injuries and player replacements during state, but they were still ecstatic to make it to the quarterfinals.

"Peter Schillinger was captain of the team and willing to do whatever he needed to do," Townsend said. "There were no egos, the sportsmanship was outstanding, and I couldn't ask for a better group of kids."

Townsend said that with two graduating seniors on the girls side and four on the boys, preparation is already underway for next season.

"We just want to build on what we did this year to keep the dream alive," Townsend said. "We will be rebuilding and working with the kids over the summer, especially with four eighth-graders coming up for the boys. We made it to the quarterfinals. Now we want to make it to semi-finals and do better at individual state in the single and double entries."

Townsend was named this year's Division 3 Section 5 Coach of the Year. She has been coaching tennis for six years, but this has been her first year in the high school arena. She says coaching her first high school season was incredibly rewarding, especially seeing the smiles on the students' faces and watching them work together.

Townsend recognizes the potential of her tight-knit teams to go all the way, and her ultimate goal is to make Veritas a household name in Division 3 tennis.

"I'm a proud coach. You forget sometimes they are just teenagers, but they are so mature for their age. They all have different personalities and love practicing and playing," Townsend said. "I'm going to miss my seniors, and I wouldn't change this for the world, but their smiling faces give me fulfillment every single day. I'm sad it's over, but the season was awesome."

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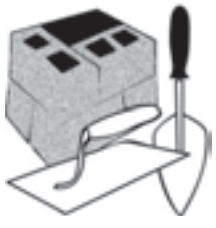
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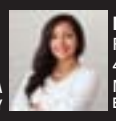
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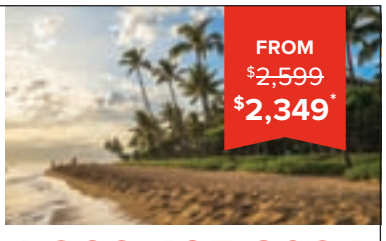
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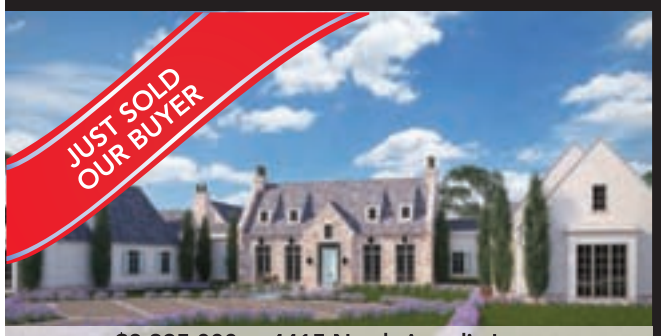
An affordable option for small businesses looking for targeted exposure. *Arcadia News* readers trust our advertisers, and utilize the services and classified section of our paper like a local phone book.

IT WORKS: Many of our small business customers have been advertising with us for more than 10 years; some more than 20! Residents in the affluent Arcadia and Biltmore corridor invest in their homes and hire services to help them with their busy lives. Our readers are in their prime spending years and have an average net worth of more than $1 million. (See our media kit demographics for more.)

FREQUENCY: Repetition is key. It takes time for readers to see an ad. If a business advertises for one month to try and get customers, it's not likely to be successful. Your advertisement needs to be there when the customer needs you, not when you need the customer. If your business was on a heavily traveled road, you wouldn't put a sign out and then bring it in after a month if no one came in. Potential customers want to know they are calling on a stable and trustworthy business, so consistency is important.

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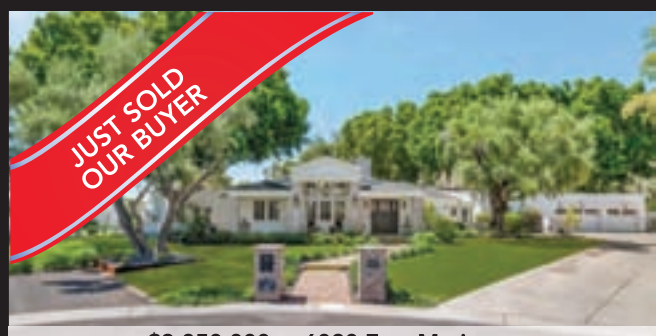
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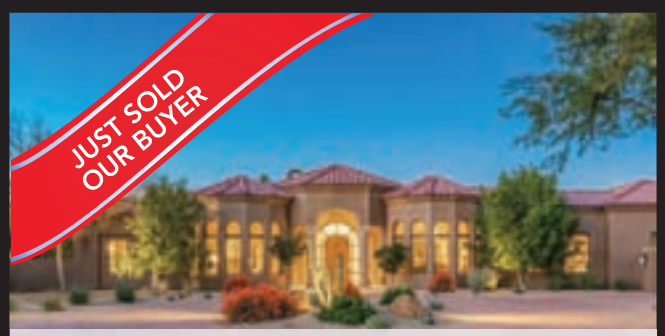
$6,900,000 6071 East Cheney Drive
5 bedrooms, 8 baths, 9,300 square feet



$3,850,000 6020 East Mariposa
5 bedrooms, 5 baths, 5,365 square feet



$3,575,000 4922 East Calle Del Norte
4 bedrooms, 6 baths, 5,809 square feet



$2,975,000 6344 East Fanfol Drive
5 bedrooms, 6 baths, 8,141 square feet



$2,850,000 5901 East Calle Del Sud
5 bedrooms, 6 baths, 5,350 square feet



$2,600,000 6402 East Calle Rosa
4 bedrooms, 5 baths, 4,409 square feet



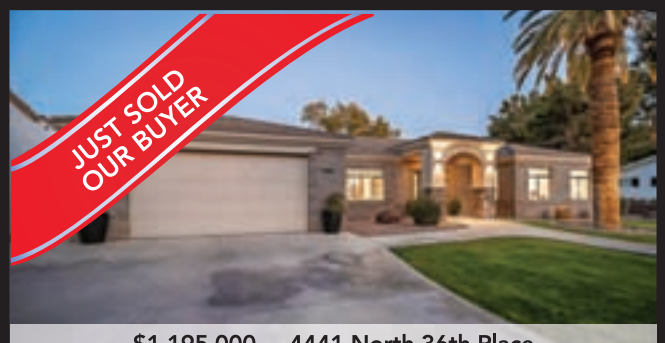
$2,100,000 4510 North 36th Way
4 bedrooms, 5 baths, 3,963 square feet



$1,695,000 4120 North 64th Place
4 bedrooms, 3 baths, 2,844 square feet



$1,250,000 4217 East Campbell
4 bedrooms, 3 baths, 3,170 square feet



$1,195,000 4441 North 36th Place
3 bedrooms, 2 baths, 2,387 square feet



$850,000 4018 East Coolidge
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