

ARCADIA NEWS



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ARCADIA • BILTMORE • CAMELBACK CORRIDOR

AUGUST 2021



FROM PEN TO BRUSH

With all of that extra time spent at home last year, Arcadian Bruce Levitta discovered his hidden talent.

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GOING FOR THE GOLD

This Veritas Prep alumna's love for the sport of volleyball helped earn her a spot at the 2021 Summer Olympics.

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HARD WORK REWARDED

2021 graduate Benjamin Aguilar is the latest Flinn Scholarship winner from Brophy Prep.

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ON THE COVER:

Sarah Sponcil and Kelly Claes after winning gold medals at the Sochi, Russia, FIVB 4 star tournament in May 2021. The victory ushered them into the 2021 Summer Olympics.

PHOTO COURTESY OF LISA SPONCIL



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EDITOR'S NOTE

This month, we're focused on the students and teachers of our area schools.

The ladies on the cover photo might look familiar. Perhaps Sarah Sponcil (left) sat next to you in class. Maybe she was your student, or on your child's volleyball team. If not – she's definitely been on your television screen, especially if you've been keeping up with the Olympics.

The former Veritas Prep student and her teammate, Kelly Claes, took their volleyball careers to the sand at the 2021 Summer Olympic Games in Tokyo – the opportunity of a lifetime for the 24 and 25-year-old athletes. We were able to learn more about Sarah's journey through the eyes of her parents, as she's been out of the country since she qualified for the Olympics in May.

We're also introducing a few new staff members at Arcadia High this month – the spiritline mat, football

field and swimming pool will have new coaches running things this year. While each of them brings their own experiences and coaching styles, they do have one thing in common: They are all ready to become part of the AHS community.

There are still a few days left to send in summer vacation photos – email or share them through social media@arcadianews for a chance to be featured in the summer vacation section in September. Your photo might even be featured on the cover. The deadline to send in photos is August 8.

Happy back-to-school days, Arcadia!

Mallory
— Mallory Gleich



Brophy graduate wins Flinn Foundation scholarship

By Jennifer Marshall

As a first-generation college student in his family, Benjamin Aguilar is continuing his education on the right foot after winning the 2021 Flinn Foundation Scholarship. Aguilar is the 14th Brophy alum to receive this award.

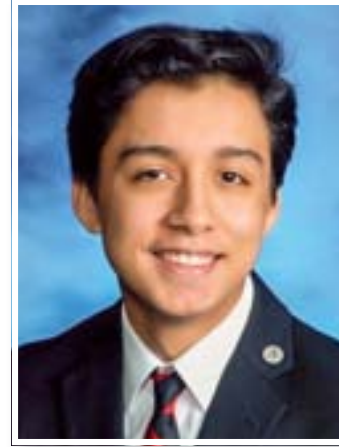
The Flinn Foundation is a philanthropic grantmaking organization that was established in 1965. The scholarship, established in 1986, is awarded yearly to around 20 high-achieving Arizona high school seniors. It's worth \$120,000 and covers tuition, housing, meals and more at any of Arizona's three public universities. The acceptance rate for the class of 2021 was 2.1 percent.

"Students like Benny have many university choices," Brophy Director of Communications Kathy Mabry said. "The Flinn Foundation plays a huge role in keeping bright minds and potential leaders here in Arizona."

During his time at Brophy, Aguilar was a member of the National Honor Society and on the robotics team. He was also active in the Boy Scouts, reaching the level of Eagle Scout.

He began the initial application process for the Flinn scholarship in the fall of 2020. He explained that he didn't quite know what he was in for and how much the award could change his life.

"I didn't know much about Flinn when I started," Aguilar said. "It was something I did in the background during the college application process. At the time, I didn't realize how big of a thing I was signing up for and what could come from it."



Benjamin Aguilar

Aguilar said the entire college evaluation and application process was new to him and his parents.

"When the foundation notified me that I was a Flinn semifinalist, I'd almost forgotten that I'd signed up for it. That's when I started to get excited about what a big opportunity this was. From there, I was locked in all the way," Aguilar said.

When he received notification that he'd won the scholarship, Aguilar said that he knew an Arizona public university was the route he would take.

"I'm extremely grateful to the Flinn Foundation," Aguilar said. "This is a blessing, and a financial burden has been removed from my family. This is an awesome award and presents a tremendous opportunity with a wonderful group of people who will help guide me and my future."

This fall, Aguilar will begin his college career at ASU's Barrett Honors College, where he plans to major in English literature and pursue a pre-law curriculum.

He counts English as one of his favorite subjects. Because of its emphasis on writing and critical thinking, Aguilar said that English is an excellent fit for law school preparation.

"My brothers and I have always benefited from the generosity of scholarships to attend school," Aguilar said. "Thanks to the generosity of the Catholic Community Foundation, I was able to attend Brophy. Now, Flinn is connecting me with other winners and alumni. I'm overwhelmed with their generosity and desire to see me grow."

UPCOMING THEMES:

SEPTEMBER

Sports

OCTOBER

Fall Preview

NOVEMBER

Veterans/Heroes

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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-6/30/2021)

Active Homes -	74 homes
Homes Sold -	193 homes
Average Sale Price -	\$2,004,000
Average Sold \$ Per SF -	\$505
Average Days On Market -	63 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have increased 6% this year. (based on 2020 sales results)
2021 home prices have increased 14%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 14%. (based on 2020 sales results)
2021 homes are taking 39% less time to sell. (based on 2020 sales results)

2021 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2021-6/30/2021)

Active Homes -	35 Homes
Homes Sold -	114 Homes
Average Sale Price -	\$954,000
Average Sold \$ Per SF -	\$384
Average Days On Market -	34 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 10% this year. (based on 2020 sales results)
2021 home prices have increased 17%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 15%. (based on 2020 sales results)
2021 Homes are taking 42% less time to sell. (based on 2020 sales results)



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WHAT'S HAPPENING, ARCADIA?



Altitude Trampoline Park, located at 3921 E. Indian School Road, reopened its doors in July under new ownership. Altitude will now offer memberships, and for the first 500 members, the fee is \$20 per month. Memberships also guarantee two hours of playtime a day and 10 percent off all snack bar items and merchandise.

altitudetrampolinepark.com

Tarbell Hospitality, the brand behind **Tarbell's** restaurant and **The Wine Store**, has hired Michelin Star Chef Anthony O'Connor as the new chef de cuisine for Tarbell's restaurant and John Christie as the director of spirits at The Wine Store. "I came to work at Tarbell's because I knew they would respect the craft behind cooking and allow me the liberty to push culinary boundaries with top-shelf ingredients," O'Connor said.

tarbells.com

The fall session at **Bricks Dance Studio** (4550 E. Indian School Road) begins August 2, but Bricks will be accepting sign-ups throughout the season. Children can choose from various classes, including hip hop, ballet, tap, pom and cheer, jazz, gymnastics, ballroom, lyrical and contemporary.

bricksstudio.com

Zensken Medical Aesthetics opened its second location across the street from Arcadia High, 4626 E. Indian School Road, in June. Zensken offers various services, including Botox, dermal fillers, collagen, micro-needling and IV drip therapy. They also offer mobile appointments and "injection parties" where groups can learn more and experience Zensken in an informal setting.

zensken.com

The first annual **Wrigley Mansion Wine Festival** will happen on August 6 and 7, 2021. The weekend includes a series of interactive events showcasing the Wrigley Mansion wine team and other big names. The first event is a Winemaker Dinner hosted by Fred Scherrer of Scherrer Winery. Saturday's main event is the Grand Wine Tasting, where guests can sample more than 40 wines from across the world and enjoy bites from Mansion Chef Ashley Goddard. A portion of the proceeds from the tasting will benefit Almost There Dog Rescue. The weekend will also include three interactive wine seminars. Ticket prices vary.

wrigleymansion.com

Primarily found in the southeastern United States, **Nest Realty** has opened its first location in the Southwest here in Arcadia in the building that formerly housed Arcadia Public Market (4108 E. Indian School Road). Nest Realty centers on "a company built around people and the passionate moves they make."

nestrealty.com

My Sister's Closet, a high-end designer consignment shop, has opened a new store at Biltmore Fashion Park (2502 E. Camelback Road). The business, which has two other locations in the Valley, is celebrating its 30th anniversary this year.

mysisterscloset.com



Athletico Physical Therapy opened an office at the Arcadia Gateway plaza at 4375 E. Indian School Road (next to Herbal Nails & Spa) in early July. Athletico has over

500 locations across 12 states and has been providing services since 1991. They offer athletic training, rehabilitation programs, pain therapy and specialized services.

athletico.com

FitPHX, the city of Phoenix's healthy living initiative, is offering free virtual workouts in conjunction with Energized by Exercise and AARP Arizona. Classes are designed for all ages and fitness levels and take place on Tuesdays from 6-7 p.m. until August 24. Workouts include Barre Above, Shine Dance Fitness, Ballet Boot Camp, cardio kickboxing and more. Registration is required.

phoenix.gov/parks/fitphx



Marshall Shore, Arizona's Hip Historian, hosts **History Happy Hour** on Facebook, YouTube and Twitch each Thursday. Grab a beverage and get ready to delve into some history. Marshall will share interesting tidbits and curiosities from Arizona's past, as well as trivia, music history and a viewer question, plus a cocktail recipe that's tailored to each episode.

[Arizona History](https://www.facebook.com/arizonahistory)

[Happy Hour Facebook page](https://www.facebook.com/arizonahistory)



Monica Samuels

Arcadia resident Monica Samuels opened **Quasar Quantum Healing** earlier this year after being inspired by her family's struggles with health and wellness. Quasar is located at Scottsdale and Butherus Roads near Scottsdale Quarter (14809 N. 73rd St., Suite 101) and is a healing

studio that offers a multi-person hyperbaric chamber, red light therapy bed, foot detox, yoga and other healing therapies.

quasarquantumhealing.com



Arizona Science Center (600 E. Washington St.) has unveiled their latest exhibit called 'Build It!' Museum-goers can put their design and construction skills to the test with cardboard creations, a LEGO building zone and jumbo blocks and learn how bridges and buildings are constructed.

azscience.org

Shea Homes has officially broken ground on their new home community at the southern base of Camelback Mountain (6000 E. Camelback Road). Called **Signature at the Phoenician**, some of the amenities include access to The Phoenician's pools, athletic club, golf course, various eateries and spa. The gated community features 34 residences with seven floorplans ranging from 2,300 to 4,000 square feet.

signaturephx.com



Renata's Hearth is a new eatery located at the Arizona Biltmore (2400 E. Missouri Ave.) that blends "ancient Latin fire with modern Latin cuisine." Guests can find an extensive beverage menu designed to complement dishes, shareable sides, seafood and sweet treats like homemade churros and ice cream.

renatashearth.com

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WHAT'S HAPPENING, ARCADIA?

Readers are encouraged to check event websites for safety protocols.

MONDAY 8/2 – FRIDAY 8/6

Gymnastics Summer Camp

9 a.m.-12 p.m./3 p.m. at Impact Gymnastics, 7812 N. 12th St. The last themed summer camp session is here! Campers can find structured gymnastic events like vault, bars, beam and Ninja Zone plus craft time, games and mat “fort” building. This month’s theme is Mad Science – there might even be a special guest at the camp. Lunch is provided, and half and full sessions are available. Registration is \$75 per day or \$330 for the week.

impactgymnaz.com

TUESDAY 8/3

Virtual Book Reading

6 p.m., online. Scottsdale resident Alexandria Rizik is debuting her newest novel, a young adult genre “packed with passion, heartbreak, risk, and romance” and perfect for fans of *The O.C.* television show. Rizik will discuss the plot and reveal a surprise guest who will join her on the call. This event will benefit Changing Hands bookstores; it’s free but donations are welcome.

changinghands.com

WEDNESDAY 8/4

Meal Prep 101 Cooking Class

6:30-8 p.m. at Sweetest Season Eatery, 1835 E. Guadalupe Road, Tempe. Presented by Local Food Fight, a series of cooking competitions that help promote local chefs and restaurants, this month’s cooking class will focus on all things meal prep. Attendees will learn time and money-saving tips, plus easy meals that are perfect for weekly eats. Tickets are \$120 per person.

localfoodfight.com

SATURDAY 8/7

Slide the Rails

8 a.m.-1 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. One last hurrah before school starts is happening this weekend at McCormick-Stillman Railroad Park. Guests will find various water slides, obstacle courses and a giant bubble foam pit to play in, plus access to the train and carousel. There will also be food and beverage options available. Tickets are \$10 per person.

therailroadpark.com

Wine Country BBQ

11:30 a.m.-4:30 p.m. at LDV Winery, 13922 S. Kuykendall Cutoff Road, Pearce. It’s a bit of a drive, but LDV Winery’s Wine Country BBQ promises to be a good time for wine and BBQ lovers. Guests will partake in wine tasting, lunch, a winemaker-led tour, outdoor games and photo ops while strolling through

Southeastern Arizona wine country. Cost is \$40 for general admission.

ldvwinery.com

Day Drinker Devil Ride

10 a.m.-2 p.m. starting at Pedal Haus, 730 S. Mill Ave., Tempe. This ride is not for the faint of heart! Attendees will bike a 10-mile gravel/mountain route while capturing selfies at eight landmarks near Mill, Papago Park and Tempe Town Lake. Riders have the chance to collect up to 10 raffle tickets for prizes, plus the first 50 participants will receive a commemorative t-shirt. This event is free, but registration is required.

pedalhausbrewery.com/events

SUNDAY 8/8

Camelback Collectibles Coin Show

8 a.m.-2 p.m. at the Phoenix Shrine Auditorium, 551 N. 40th St. This is the largest coin, currency and stamp collecting show in Arizona. For those looking to add to their collection, the event will have over 30 vendors on-site selling their wares. There will also be baseball cards, jewelry, medals and tokens for sale, and if you’re interested in selling your collection, this is the place to do so. This event is free for all ages.

camelbackcollectables.com

WEDNESDAY 8/11

Guide to Wine event

7-8:30 p.m. at the Match Market & Bar inside FOUND:RE Hotel, 1100 N. Central Ave. This month’s Guide to Wine event features Philip Nelson of Quench Fine Wines. Nelson will lead guests through wine tastings from Argentina and Chile. There will also be light bites and bottles of the wines sampled will be available for purchase. Tickets are \$25 per person.

matchphx.com

FRIDAY 8/13

Sonoran Sippin’

6:30-9:30 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy. Kick start the weekend with a drink and an evening of nature. This Friday’s event features music and entertainment from various musical acts. Adult beverages are available for purchase, and guests will get an after-hours look at DBG’s latest exhibit. Tickets are \$15 for nonmembers, \$10 for members.

dbg.org

SATURDAY 8/14

Kids’ Night Out

6-10 p.m. at Arizona Sunrays, 3923 E. Indian School Road. Tonight, Arizona Sunrays will host its Kids’ Night Out event for ages 3 to 13. Attendees will partake in gymnastics, dance, organized games, trampolines, obstacle courses and more. The evening’s theme is “Shark Week.” Cost is \$40 for first child; \$35 for each additional



Gymnastics Summer Camp in Phoenix.

child. A pizza dinner is included. Advanced registration is required.

arizonasunrays.com

SUNDAY 8/15

Meditation and Mimosas

10 a.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise Valley. Celebrate National Relaxation Day with Meditation and Mimosas. Instructor Cary Ballou will guide guests through a mini-meditation followed by 30 minutes of sound healing

featuring Tibetan singing bowls that create vibrations to relax both body and mind. After the session, guests can relax with a mimosa. Registration is \$29 per person.

mountainshadows.com

WEDNESDAY 8/25

South Central Swing Night

7-11 p.m. at the Duce, 525 S. Central Ave. Been a long week, and it’s only Wednesday? Get out of the moody blues and head to The Duce for a night of dancing – swing dancing, to be exact. Don’t know how? No worries, there’s a lesson before the music starts playing. Admission is \$10, and there are drink specials all night.

theducphx.com

SATURDAY 8/28

Downtown Foodie Stroll

1-5 p.m. at 1 W. Rio Salado Pkwy., Tempe, between 5th St. and Mill Ave. A new way to support local businesses and try some new foods, all in one. The Foodie Stroll features 10+ signature Tempe restaurants where folks can try out exclusive small bites and drink specials (\$8-10 for food and drink options at each restaurant). Attendees will also receive fun Tempe-themed “swag.” Registration is \$5 per person.

downtowntempe.com



Savannah Walters

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Veritas Prep alumna fulfills childhood Olympic dream

By Mallory Gleich

If determination and success were built into human form, that human would be Phoenix native Sarah Sponcil. Her longtime commitment to the sport of beach volleyball has landed Sponcil and her teammate Kelly Claes a spot at the 2021 Olympic Games in Tokyo.

Sarah grew up in Phoenix, attending St. Thomas the Apostle Catholic School and Veritas Prep. After graduation, she attended Loyola Marymount University in California for three years before transferring to UCLA her senior year. Her volleyball career, however, started way before school did.

“Sarah started playing volleyball at the age of three. She would be outside bumping the ball around with her older sister, Rebecca, and her dad,” Sarah’s mom, Lisa, said.

Her father was instrumental in getting her volleyball career started. He coached Sarah in middle school, high school and club volleyball. He would stay with Sarah in California every summer for two months while she practiced and played in numerous beach volleyball tournaments.

She joined the Arizona Sky Indoor Volleyball Club when she was seven, started playing beach volleyball when she was nine, and later transferred to Spiral Volleyball Club when she was 14.

“Sarah and her dad would hang out before elementary school on the basketball courts and practice setting the volleyball into the basketball hoop. This happened every single day,” Lisa said.

Training didn’t stop there; it only got more intense as her love for the game grew. She practiced indoor volleyball for her elementary and high school teams, and then would head to her indoor club practice, where she would practice for two or three more hours.

Sarah won her first open tournament at Victory Lanes in North Phoenix at 10 years old. At 15, she competed in the California Beach Volleyball Association tournaments.

“She was invited to train with the USA National Beach Team when she was 16 years old. At that point, she would stay in California for two months, training and competing in various USA and CBVA tournaments,” Lisa said.

Sarah has received numerous accolades over the years, including three state volleyball championships for Veritas Prep, being named Small School Player of the Year three years in a row and Gatorade Player of the Year two years in a row.

She also won two NCAA National Championships in beach volleyball while attending UCLA.

Lisa recalls when it was apparent her daughter’s next goal was to compete in the Olympics.

“Sarah had created a collage of AVP [Association of Volleyball Professionals] and Olympic beach volleyball players – her idols – that hung above her bed. We



PHOTOS COURTESY OF LISA SPONCIL

Sarah Sponcil (left) and Kelly Claes.



got her the Olympic Rings to hang above the collage. I think at that time she was starting to dream about the Olympics,” Lisa said.

Sarah’s first taste of competing at the Olympic level was when she played with Olympian Lauren Fendrick in her first AVP game in 2018 and finished second place.

“She told us that she could hang with the pros after that,” Lisa said.

Her training and volleyball career peaked when Sarah and her partner were invited to compete at the Olympic qualifier in Russia: the Sochi FIVB 4-star tournament in May 2021. They won gold and headed to the second place spot.

After Sochi, there was one more Olympic qualification tournament that the U.S. teams needed to do well in to make it to Tokyo. It was held in Ostrava, Czech Republic, in June.

Sarah and Kelly beat out longtime champions and previous Olympic competitors Kerri Walsh and Brooke Sweat in the qualifiers and the two headed to Tokyo.



Sarah Sponcil started playing volleyball when she was three years old. Her successful athletic career has earned her multiple awards and now, a chance to compete at the Summer Olympics in Tokyo.

The games started July 23, with beach volleyball beginning the following day. At the start, there were six pools of four teams. Sarah and Kelly played each team in their pool once, with one match played every other day. Each game consists of the best two out of three games.

The top three teams from each pool then

head to single eliminations matches, where teams must win every game or be eliminated.

“We were in shock when we found out she was going to the Olympics,” Lisa said. “We started crying. It was surreal. I was so happy that all of her hard work over the years paid off.”

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'FINDING MYSELF WITHIN MYSELF'

Discovering a new talent during quarantine

By Mallory Gleich

Bruce Levitta is an Arizona transplant who grew up on the beaches of southern California and Hawaii. He's a former police investigator, writer and publisher, and now, he can add one more title to his career list: artist.

Levitta's life story is, as they say, all over the map.

His boyhood dream was to join the Los Angeles Police Department. He went through the motions – boot camp, exams, etc. and passed everything but the medical assessment. A bad shoulder made him unable to join the force.

Undeterred, he hunted for a job with a police force that would accept him, and he found one in Hawaii. Levitta headed to Honolulu, where he spent nine years as a beat cop and eventually as an investigator.

"A majority of my time was spent investigating cold cases, finding and apprehending fugitives from justice," Levitta said, "just like in the movies!"

After some time, he decided to take



Bruce Levitta

a sabbatical and moved to Texas in 1975.

He dabbled for a while in the entertainment industry, national advertising agencies and the stock market.

He said he "finagled his way into many places" because he spoke the language – but none of them seemed to fit. His first foray into journalism came from business writing.

While working as a resume writer, he was offered a position at a new office in either Boston, Seattle, or Tempe.

"I thought, 'well, it's 400 miles to the beach, not 4,000,' so Tempe it is," Levitta said. "I came here in 1983, wrote resumes and bartended, and then moved to freelance writing. I decided to throw some work out and see if it stuck," Levitta said.

And stuck it did. He worked with



Levitta (fifth from left) and the investigative team with the then-Mayor of Honolulu, Frank Fasi, circa 1974.

several publications, including *Tempe Magazine* and *Arizona Living Magazine*.

In 1986, he decided to create his own newspaper called *The Best on Bell*.

"People were saying Bell Road was going to be the Camelback Road of the

North Valley," Levitta said. "But then, nothing happened to Bell Road. I asked a friend, 'where are the happenings?' and he mentioned Camelback, so in 1990, I launched *On the Camelback Corridor*."

The publication was written, published



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and delivered by Levitta himself. It ran for 27 years and ceased publication in 2015.

After that, Levitta switched gears to writing memoirs for people who wanted something for their family members to remember them by. He did that until 2020 when the world came to a halt.

"I thought, 'what's next?' I can't stand still; I need to produce, I need to do something because I'm going crazy," Levitta said. "When I was a detective, you had to diagram the scene. I'd stand there looking at it, and it was like, 'how do I draw this?' I can write, I can interrogate, but I can't draw."

Then one day, Levitta found himself at a craft store looking for a paint-by-numbers canvas when a store employee started talking to him about acrylic art.

The art form piqued his interest, so he rearranged his home office and turned his writing desk into an artist space, complete with over 70 tubes of acrylic paint.

"One day, I just dove in, without any knowledge whatsoever. I hung my paintings until there was no more room," Levitta said. "That began in June 2020, and today, I've sold almost a dozen paintings and will be having an art show in the fall."

Levitta said he's going to stick with the

abstract genre because "I still can't draw. Person, place, thing, stick figure, it's not happening." He also learned another technique called pour painting, where paint is poured on a canvas and manipulated with silicone. He calls it his second addiction.

"It's immensely enjoyable, albeit frustrating," he said. "With abstract, you have an idea of what it will be. With pouring, there's science and chemistry to it. When you pour the paint and add silicone, hopefully it will collide properly with the right colors. Then, chemistry takes hold, and what you see in the beginning – once it dries – could be different."

Levitta said that his new hobby came to him serendipitously, without any research.

"It turned out to be a miraculous discovery of oneself. I fully believe if you immerse yourself in

something, you get yourself out of yourself," he said. "At my age, discovering something that I never thought would enter my wheelhouse is phenomenal."

All those years as a detective should've prepared Levitta to find his artistic side – turns out, he just needed some inspiration and a paintbrush.

The upcoming art show will be held at Kiss Me Kate boutique in the Camelback Village Center (5039 N. 44th St.) on October 16.



Sideswiping



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Arizona is also 'big' on 'small'

Although particularly noted for its vastness (the canyons), wide-open spaces (the deserts) and big stuff (saguaro cacti), Arizona also offers a few items of a smaller scale that are worth noting. Some are off the beaten path; others are right out there in plain sight.

The little thing billed as the 'World's Smallest Museum' sits in front of the Buckboard City Cafe & Saloon just off U.S. Highway 60 as it passes through Superior. It contains a mere 128 feet of working space subdivided into ten display areas, each with a different theme. Each

display case is about three feet across, two feet deep and ten feet tall. This cuts down on crowds because there's room inside for only two people at a time.

The focal point is the roof, which builder Dan Wight once claimed is the world's largest roof built of empty beer cans. Wight said it took 1,000 empties to finish the job, then jokingly noted that his acquisition crew "furnished



The Lowe Road

BY SAM LOWE

A former Valley newspaperman who now writes about his travels across Arizona, the U.S. and the globe.

3,600 cans and some of them aren't sober yet." The museum is accessible to the public during the restaurant's open hours.

What may or may not be the world's smallest church sits in an agricultural field off of U.S. Highway 95, about 15 miles north of Yuma. Loren Pratt, a farmer, built it as a tribute to his late wife, Lois. This is not uncommon among shrine builders. For example, Mughal emperor Shah Jahan loved his wife so much that he had the Taj Mahal built near Agra, India, to honor her memory when she died. That monument stands nearly 330 feet tall at its highest points and took an estimated 20,000 men more than 20 years to complete.

Pratt's memorial stands a mere 15 feet



Pratt memorial

tall and can seat six or eight people. With the help of friends and relatives, he built it in a few months in 1996. Many of them also assisted with restoration after a storm damaged it in 2015. Inside, the church pews can hold one person comfortably but can accommodate two if they don't mind sitting close together. The church is non-denominational and open to the public year-round.

And now, something small that is also something big. It's the world's largest collection of small airplanes, more appropriately named the John W. Kalusa Miniature Aircraft Collection, currently housed in the library at Emory-Riddle Aeronautical University in Prescott. There are 5,829 miniature airplanes that were each painstakingly carved by Kalusa, a Mesa resident, who used balsa wood and razor blades to create every model to an exact scale of one-eighteenth of an inch to one foot.

Each model is delicately painted, right down to the detailed markings. Kalusa began this avocation when he was only 14 years old, carving everything from bombers to jet fighters to hot air balloons. His goal was to build a tiny replica of every aircraft ever built. He also wrote detailed specification sheets for every



John W. Kalusa Miniature Aircraft Collection

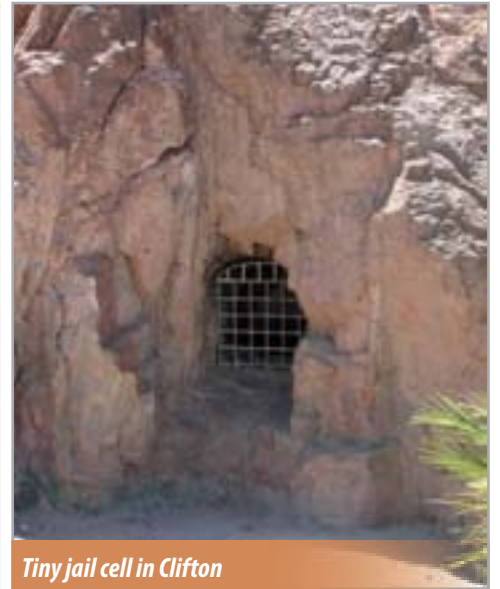


World's Smallest Museum

model, using the full-sized dimensions of the originals.

After Kalusa died in 2003, his family donated the collection to the university, where people can view it during library hours. The university is located at 3200 Willow Creek Road in Prescott.

One of the world's smallest jail cells is located in Clifton, on Route 75 in eastern Arizona. It is little more than a hole in the wall, but it has a couple of notable features. One deals with its construction; the other with its first inhabitant. The jail was built in 1881, hacked, hammered



Tiny jail cell in Clifton

and drilled into a big rock in Clifton.

When completed, it was a rather tiny space surrounded by solid rock. Two steel bars attached to the single opening made escape extremely difficult.

Local legend says the first prisoner was Margarito Verala, which might not have been noteworthy were it not for the fact that Verala built the jail. According to the story, when he finished, he converted his pay into distilled spirits, shot up the town, was arrested and thrown into the cell he had crafted. The accounts don't say how long he was incarcerated.



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In the Kitchen

with **Chef Russell LaCasce** of Zuzu

Hotel Valley Ho – 6850 E. Main St., Scottsdale • hotelvalleyho.com

As an executive chef, Russell LaCasce was taught two rules for a successful kitchen. One, put out great food every time. Two, take care of your team. His career spans over 20 years, with the last four and a half spent at Zuzu at Hotel Valley Ho, where he keeps the history of the hotel alive while making the restaurant his own.

Tell us about your beginnings in the restaurant industry.

I started at a very young age – I was one of those kids who wanted to make money. I was 14, and I washed dishes at a seafood restaurant where I grew up, in Charleston, North Carolina, on the beach. I immediately loved the camaraderie of the kitchen, the rough and tumble. The guys were so cool, and it was just a fun thing at the time.

I worked off and on in kitchens throughout high school and worked in hotels from age 19-23 in Park City,

Utah. I did every job – valet, bellman, in-room dining, running food, anything. It propelled my career professionally because now I understand everything about front of house operations in a restaurant.

When did you move to Phoenix?

2005 is when I had an epiphany that I didn't want to be in the front of house anymore. I've always loved the food, that was always more attractive to me. As a career, I could grow more as a chef than a server, so I decided to go to culinary school. I reached out to a friend that lived here, and within a month, I was enrolled at Arizona Culinary.

Have you always worked in resort dining?

I did work for a few independent places in high school. When I went to culinary school, I told myself I would train and go hard. I got lucky because



I started at the Royal Palms right out of culinary school. I worked at Sanctuary on Camelback after that. I never really got into the corporate side. In resort dining, I have tons of support; there's a lot of benefits. Plus, I get to be creative!

Where did the love for cooking come from?

My dad was a home taught cook – he wasn't cooking any classically-trained stuff, but he really loved cooking. Our house was up on stilts, so we would go out in the backyard or under the house and have oyster bakes, or he'd be cooking chili. Food was always a big thing at our house. That's where the spark of "I really like food" came from. Him being a home taught cook – at the impressionable age where your dad is your hero – it was just something that resonated with me.

What does it mean to be an executive chef?

When you're a cook, you're focused on your station and learning your craft. Then you get into a sous chef position, and it's all about managing and operating and setting orders and scheduling. You work years in that position, and you almost start not to cook as much.

As an executive chef, you really have to make time for cooking because you could almost go a whole day without breaking your knives out. It's stressful because the

food has my name on it, so you want things to go well.

I learned when working with Beau [MacMillan of Sanctuary on Camelback] and with other chefs that when I would present a new idea, and they would tear it apart, they were setting a tone of "you better toughen up" because your emotions are going into the food and on the plate. You have to be able to handle it. It's different, but the accolade that comes with being an executive chef is awesome. It makes you feel good to know that your hard work is paying off.

Tell us about Hotel Valley Ho. Who is Zuzu?

The hotel has been in Scottsdale since the 50s. Nowadays, it still has the same vibe, but we've updated it to "2021 Scottsdale" while still paying homage to the original hotel. The owners have done an amazing job keeping this place historical and true to the original building.

Rosie Bennett Lyon's name might sound familiar. Her husband, Rusty, worked with his father's realty firm, Russ Lyon Realty. In 1946, Rusty established Westcor Development – they're both still around today! Rosie was the grandmother of the owners. Her nickname was Zuzu – that is what her grandchildren called her. The family would go to Zuzu's house for dinner. So the idea for the restaurant was family-



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driven because that’s what you do with family, right? You eat.

In 2018, we renovated the dining area. We added a chef’s station/raw bar, a 700-bottle wine room, redid the tables, flooring, lighting, sound system and put up a new sign. One of the issues we were having is that people didn’t know where the restaurant was – there was no signage, people didn’t know what it was. We set up an Instagram account just for Zuzu and let people know, ‘hey, there’s a cool food scene here on top of being a cool hotel.’



Unicorn Showstopper.

What is the show stopper shake?

One of the first people I hired was pastry chef Audrey Enriquez, who worked with me at Sanctuary. I knew pastries were going to be a big part of the food here, so she and I sat in the lounge and threw ideas around and she mentioned “freak shakes” (a milkshake topped with various sweets). I loved the idea, but how do we make it ours, you know?

Well, it really took off. The most popular one was a unicorn-themed shake with a candy “horn” coming out of the top...we went out into the dining room, and there were like 50 kids ready to order them. We change the flavor each month – the latest has a Nutella-stuffed doughnut in it!

And the short stopper shakes?

When the pandemic hit, and everything was to-go, I told my team that we needed to figure out a way to transport the show stopper – because it’s huge and there’s a lot of stuff on it. So we made smaller versions with not quite as much stuff blowing out the top. Coming up is a banana one, peaches and cream and a s’more one. Those change every three months.

What has been the most challenging part of your culinary career?

The first couple of months I worked at T. Cooks [at the Royal Palms] were hard. I was at the fireplace station, had to build a massive fire, spit chickens every day, paellas, a lot of prep – it was very intense, but also really awesome. You’re cooking around a bunch of amazing guys, and you want to keep up.

Once, we were cooking a steamship beef round, which is around 75 pounds, and we didn’t have the right oven; there’s a bone sticking out – we had to wedge the round in there. We were pulling it out of the oven, and it was so heavy and hot, and the other person with me was struggling to get it on the table – he was shaking. It was more funny than anything. If you enjoy food and you love cooking – you’ll love the industry.

What is one thing you must always have in your kitchen?

Good salt and olive oil. I make sure everyone has those at their stations. Almost every dish has a little olive oil and sea salt, and maybe some black pepper, on it.

What is your go-to comfort meal?

When I was a young cook, I would never order chicken from a restaurant. Now, I find myself wanting to eat more chicken. Something about cooking the chicken right and getting the skin super crispy, or a good sauce, good veggies; that’s one of my favorite things. As I’ve gotten older, I appreciate a chef that puts the time into a good chicken dish.

I like doing stuff with the smoker where you start it in the morning and have to baby the fire all day or “watch” a brisket, you know? When I’m not at the restaurant, cooking is entirely different.

What do you do when you’re not working?

I’m hanging with my two and four-year-old boys and with my wife. Keeping up with the house, get a vacation in. Oh, and golfing, when I can. I got my four-year-old into hockey, so I put on my skates for the first time in 20 years – that was interesting.

Do you have a mantra?

I have a couple, but for intense moments in the kitchen, “shut your mouth and open your eyes.” Make sure to focus, listen and pay attention to what’s going on. Or “get fired up, guys,” like – it’s game time, let’s get amped! I’m pretty even-keeled; I’m not going to throw a pan at you. At one point in my career, I realized that culture in a kitchen is so important. I want my cooks to know that I support them. I’m here for them.



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Meet the new coaches at Arcadia High

By Mallory Gleich

The start of the school year brings many new things: a fresh class schedule, a new routine and new friends and teachers. In that spirit, we would like to welcome Arcadia High's newest additions: Athletic Director Steve Sherren, Football Coach Ray Brown, Pom Coach Davis Berryhill and Swim Coach Wyatt Schafer.

ATHLETIC DIRECTOR STEVE SHERREN

Steve Sherren graduated from Oregon State with a bachelor's degree in exercise and sports science and a master's degree in teaching. For the last five years, he was a middle school and high school assistant principal at schools in Seaside, Oregon. Before that, Sherren was a physical education teacher, a middle school basketball, football and volleyball coach and a dean of students.

He also has previous experience as an athletic director, which will help in his position.

"The role of the athletic director is to support your athletes and coaches and try to make their experiences as meaningful as possible. It's an extension of the classroom because you're learning skills like time management, making good decisions, working with your peers, etc.," Sherren said.

The role of athletic director also includes providing athletes with the tools and skills they need to succeed and ensuring sports continue to be fun and exciting.

"My philosophy is to help kids be successful in whatever they choose to do, while in school or activities they plan on doing after graduation," he said. "I hope to build on Arcadia's traditions and legacies, their character development – we don't want to step back but continue to have a positive impact on the students."

Sherren said that he's most excited to meet the staff and students at Arcadia High.

"Any time you change schools, it's



Steve Sherren



Ray Brown



Davis Berryhill



Wyatt Schafer

a challenge but also an opportunity in your career to meet new people in a community. There's fear but more so the excitement of something new, something different," he said.

FOOTBALL COACH RAY BROWN

With an extensive career in professional football – 20 seasons, that is – Ray Brown is the perfect fit as the new football coach at Arcadia. Brown is originally from Arkansas and was drafted into the NFL after college. He played at the University of Memphis and Arkansas State.

Brown was drafted by the St. Louis Cardinals and has played for the Washington Redskins, San Francisco 49ers and Detroit Lions. He also coached for the Redskins, Buffalo Bills, San Francisco 49ers and Carolina Panthers before moving to Phoenix to coach the Cardinals in 2018.

"In high school, I believed I was more of a basketball player. But I ended up playing football, and have been in the game ever since," Brown said. He has over 35 years of experience, and said that, "football is a community thing; we want everyone to have the chance to play."

He explained that his coaching style will revolve on them team as a community and as a student body. He wants them to stay positive and is happy for the chance to coach at the school that his son, Trey, played for before he graduated this year.

"We're all happy for a football season," he said. "Dr. J reached out to me and said 'I need you,' and I spoke to my wife about it – she told me that my face lit up. I'm grateful for the opportunity."

Brown said that the strengths of the team shone through at football camp in July.

"I think one strength is that we got to know each other. Everybody had an experience – some of them, it was their first time away from home. It really made us a 'we,' and gave freshmen and seniors a chance to know each other. That's important to me."

POM COACH DAVIS BERRYHILL

Arizona native Davis Berryhill has a lengthy background in dance, cheer and pom.

She started competitive dance at age 3, while her cheer and pom experience began in high school and continued since then. She was on the University of Arizona's pom and dance line, and after graduation, she became an Arizona Cardinals cheerleader.

"It was the most amazing experience," Berryhill said. She was captain for her last two seasons and retired in July after four seasons with the team.

Arcadia High's current cheer coach reached out to Berryhill when the position opened up and asked if she wanted to apply. Berryhill has previous coaching experience and currently teaches ballet,

jazz and musical theater at a dance studio in the Valley.

"I coach to inspire my athletes. No matter how much you train them, they will not reach their full potential if they aren't inspired to be there and grow in their craft. I stress the importance of being a good teammate and working together – that includes me as well," Berryhill said. "My job is to coach the pom team and improve the athlete's technical skills, but I do it in a way that will instill lifelong values they'll use throughout every stage in their lives. I want to build on what the team has already accomplished."

When she's not coaching, Berryhill works for a video production company as the digital strategy and marketing director.

SWIM COACH WYATT SCHAFER

Having moved to Phoenix from North Dakota in April, Wyatt Schafer is ready to experience the swim scene in a whole new setting. He has a bachelor's degree in exercise physiology from Minnesota State University Moorhead, and he previously worked as a strength and conditioning coach in North Dakota. Schafer swam in high school, and after graduating, he coached his alma mater's swim team for four seasons.

"I was drawn to Phoenix by the beautiful weather," he said. "So, I decided to go from the extreme cold of North Dakota winters to the extreme heat of Arizona summers."

Schafer said he believes that a successful season will come from shorter race-paced training with high-intensity practices and lots of rest.

"I am excited to be here. This will be my first season coaching co-ed swimming, so that will be a new and unique challenge," Schafer said. "I am also excited for my first season as a head coach. There will be a lot of challenges and responsibilities, and I'm eager to take it all in."

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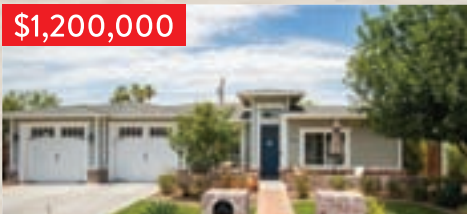
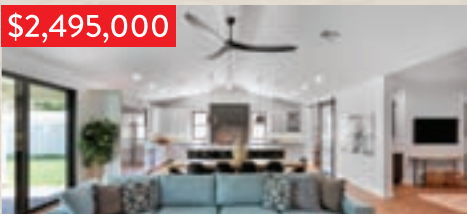
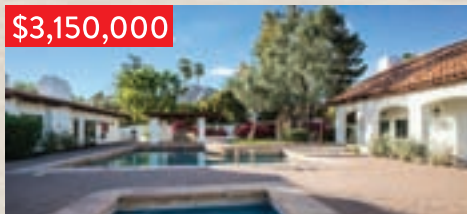
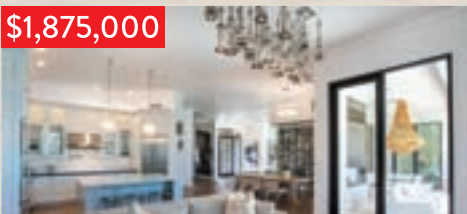
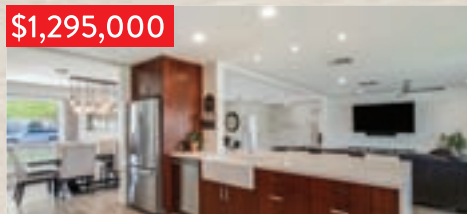
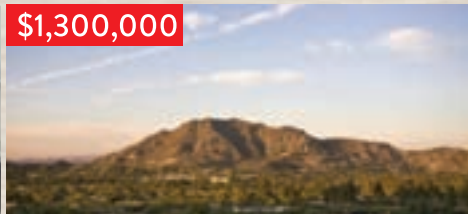
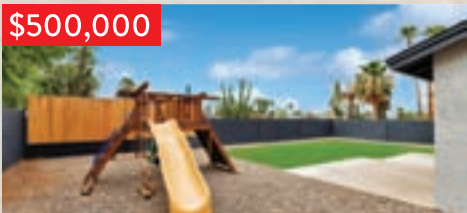
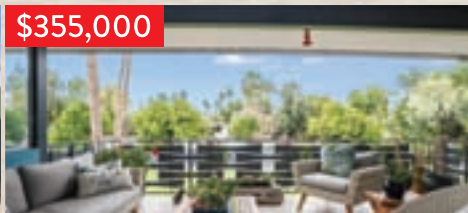
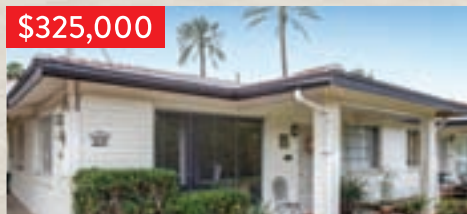
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Yvonne Feddersen, Melissa Peterman and Sara O'Meara.



Foster Friess and Mike Ingram.

A dream come true: nonprofit reaches new donation record

By Rachael Bouley

Childhelp, one of the oldest and largest nonprofits that advocate for abused and neglected children in the country, raised a record-breaking \$6.5 million at their annual Drive the Dream Gala in May.

"We are honored, grateful, and blown away to have the support of so many as we come together to help children in our state find hope and healing," Childhelp Co-Founder, Chairman and CEO Sara O'Meara said.

This year's theme was "Don't Let Their Dreams Be Just Dreams." Event chairs Ivy Ciolli and Tracy Katz chose the theme to honor childlike wonder and raise awareness of child abuse and neglect.

"So many abused and neglected children have been stripped of their ability to dream and aspire for a brighter future," Childhelp Co-Founder, Vice-Chairman and President Yvonne Feddersen said. "At the Drive the Dream Gala, the generosity and hearts of our amazing supporters, volunteers, and sponsors were on full display. Their gifts aid us in our mission to restore those dreams and help children realize that they can be anything they want to be."

More than 600 guests attended the 17th annual gala at the Arizona Biltmore, including Governor Doug Ducey and former Vice President Dan Quayle. Actress Melissa Peterman was the emcee for the fourth time,

and musicians Josh Groban and Flo Rida each performed.

During the gala, bestselling author and philanthropist Dr. Stacie J. Stephenson was presented with Childhelp's Woman of the World award. In addition, philanthropist and prominent investor Foster Friess received the first-ever Man of the World award. These awards are given to those whose exceptional work has benefited not only the organization, but the community as a whole.

The Nellie Jackson Award, named after the co-founder and matriarch of the Barrett-Jackson collector car auction, went to SportTruckRV in Chandler, which was

recognized for its significant fundraising efforts for Childhelp.

For more than 62 years, Childhelp has served 11 million children nationwide. The money raised will support lifesaving services for at-risk children across the Valley.

childhelp.org

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Preparing to take on the new school year

Back-to-school preparation is about more than picking out new binders and lunch boxes. Parents may also need to emotionally prepare their children for school, especially if they have anxiety about returning. Here are five tips to help kids get mentally ready for the new school year.

1. Make sure the school is a good fit with sound educational practices. For preschoolers, choose a play-based, developmentally appropriate program where your involvement, if you wish, is welcomed with open arms. For elementary and older students, make sure the school facilitates how we know children learn best: lots of movement, open-ended instruction, methods that value



Advice from Nola

BY NOLA ENGE, PH.D.

Director at The Hills School,
 5524 E. Lafayette Blvd. For more:
thehillsschool.org.

intrinsic over extrinsic motivation, plenty of opportunities in the arts, and big ideas in which students can strengthen critical thinking muscles.

2. Let your child know you value education by helping out at their school: volunteer, donate art supplies, find guest speakers, mentor, tutor or assist the teacher in extending those big idea projects.

3. Make sure your child has had a “summer,” meaning a proper break from school-type activities. Were summer plans too structured? Too many work hours for your teen? Arrange a sleepover or drive north for a change of scenery.

Nature excursions can be inexpensive and uncrowded. A last hurrah can change a bland summer into a memorable one and make the seasonal shift to school seem more appropriate, even in early August.

4. Connect your child with school friends to have familiar faces around as school resumes. Parents can build relationships that create the “village” before the school year gets busy. Connect with teachers by crafting a getting-to-know-you letter with what young children would like their teacher to know about them – and keep a copy to remember what’s important to them at this age.

5. Acknowledge your feelings, too. After the hardships we’ve all experienced over the last 18 months, there are emotions to process and more will emerge. Children perceive this in their loved ones. Whether you feel uneasy about COVID-restrictions or the lack of them, help children navigate them to feel (and be) safe and protected. Their teachers will be doing the same.

Some parents worry that their children fell behind last year. Others praise their resilience in surviving and adjusting to enormous challenges. Educators know children develop at their natural evolutionary pace for their brains and bodies and are best served when we skip no steps in a rush to “catch up.” Students need time and space to explore, play, study and make sense of their world.

The somewhat arbitrary timelines we’ve created for learners should bend to meet children exactly where they are on the first day of school. And while it’s not on the class supply list, emotionally supporting your child in preparation for returning to school is just what they need.



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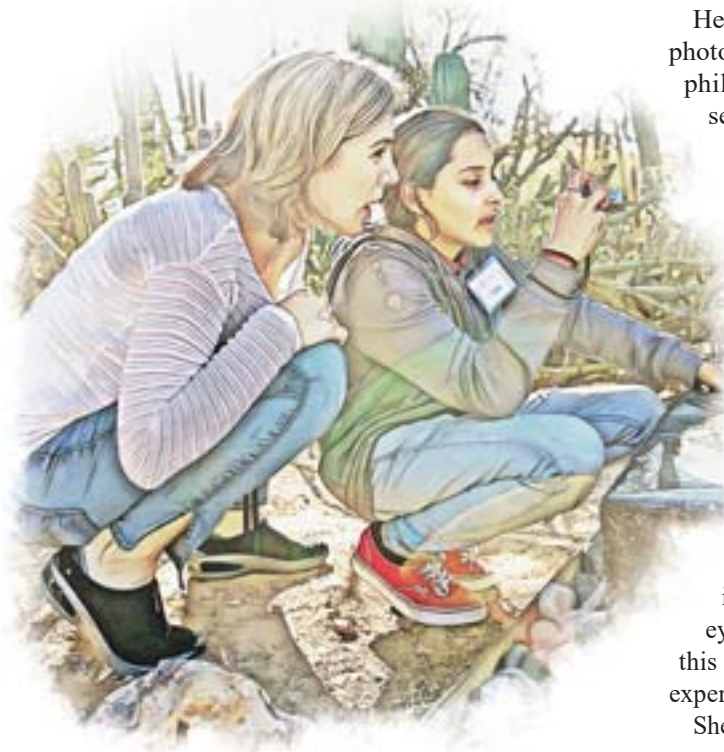


"Meet Ms." | *Ray Arsigne*

Karen Shell

Karen Shell is a renaissance woman if ever there was one. She is equal parts adventurer and heartfelt humanitarian, a dreamer with determination.

Shell was born in Chelsea, Massachusetts, but she considers herself a native of Arizona. She grew up in



Scottsdale and attended Saguaro High and ASU on a full-ride academic scholarship, where she earned a fine arts degree in photography.

"My first few rolls of film in college didn't turn out so well," she said. However, that didn't dissuade Shell, as she would go on to enjoy a 30-year run as a much sought-after freelance commercial photographer. Business took her around the world working for various advertising clients and their national and global brands. Her work has been exhibited internationally, and her commercial work has won industry awards.

"As soon as I graduated, I started my photography business. But I knew my life had to be about more than just making money. I also wanted to make a difference in the community," Shell said.

Her initial interest in photography – and, as it turns out, philanthropy – was fueled by a semester-long project where she chronicled homelessness in Phoenix and how people survived by living in makeshift tents.

Shell has her own story of survival as she had a tumultuous upbringing, but it worked to shape her as an adult. "My philosophy is life's challenges can make you bitter or better, and I have chosen the latter."

After two decades of serving at-risk youth, Shell founded Kids in Focus, a nonprofit that inspires hope in children who come from backgrounds of poverty, neglect, abuse and disabilities. The nonprofit uses photography to inspire youngsters to see things through their own eyes. Volunteer mentors take the children through this creative journey and other one-on-one nurturing experiences.

Shell says serving others has given her a fresh

perspective and allowed her to "get outside my head. When you're in your bubble, your problems are magnified."

A self-professed entrepreneur, Shell has always been about facing challenges head-on. "I like coming up with ideas and then working to make them a reality, especially if they make things better than they were."

In addition to her passion for photography and philanthropy, Shell also loves to travel. She has been around the globe, experiencing adventures and world cultures firsthand and says she has every intention to see more. "There's an incredible world out there with endless possibilities. I have become an adventurer at heart, and the more I travel, the more I want to. My bucket list is long

and ever-changing, and though it already has a lot of checkmarks, I am always adding new experiences to the list."

Shell's advice for the younger generation is for them to figure out what brings them joy. "Immerse yourself with things you are passionate about and take ownership of your life. Be fiercely brave and mindfully humble."

Eric Labas, a longtime friend, said this of Shell: "Karen is like a swan on a lake, smooth and graceful on the surface, but paddling hard underneath. She makes putting forth effort look easy and is such a gifted woman."

Regarding the youth development organization she created, Shell said, "I was put on this planet to do this work."

Asked about her autobiography, she said, "It would be titled, 'A New Lens on Life' and be about a kid who faced extreme challenges and, after looking through a viewfinder, saw her future come into focus. That kid was me, and I want to help others open their eyes to the amazing possibilities in the world and how to find the limitless potential in themselves."

"I was put on this earth to do this work."

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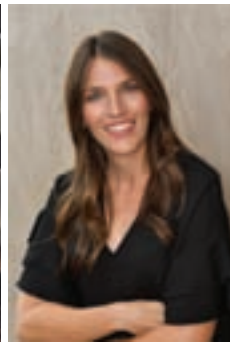
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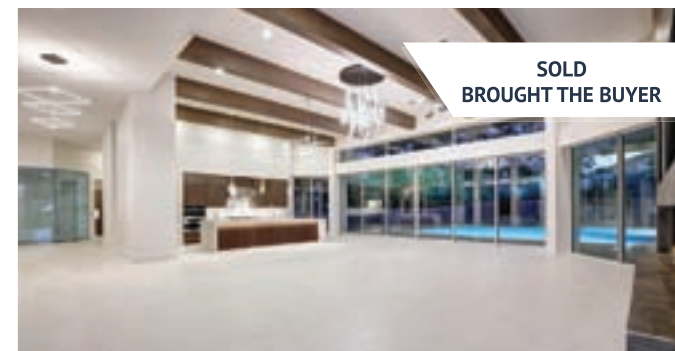
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Cheshire circa 1948, modeling outside of an airport.



At Hadrian's Wall, United Kingdom, in 1997.



At her graduation from Phoenix College in 2016, age 88.

Proof that age 'ain't nothin' but a number'

By Mallory Gleich

Mariam Cheshire is a 93-year-old Arizona transplant who knew she was destined for great things. She realized this in third grade when her teacher asked what she wanted to do when she grew up. Most students said 'get married' or 'be a teacher,' but Cheshire had other plans – to travel and write. And that's what she did.

Cheshire was born in Pine Village, Indiana – population 300 – and grew up in Madison Heights, Virginia, across the river from Lynchburg. When she was 12 years old, she flew in an airplane for the first time, and from then on, she set her sights on flying.

In 1945, Cheshire married her first husband, Duane, at 17 years old, and they had a son named Fred. The marriage didn't last, but they would eventually reconnect later in life.

Cheshire was looking for work in June 1946, when she happened upon an ad for a radio teletype operator at TransWorld Airlines.

"I wanted to work at the airport so I could be close to flying. I went out to the airport, lied about my experience (in those days we could get by with that) and got the job," Cheshire said.

Her assignment was to teletype messages like weather reports and plane progress between stations.

She worked with TWA until the pilots went on strike in December 1946. Afterward, Cheshire went to work for a flight school at Weir Cook Airport in Indianapolis as a bookkeeper – this is also where she learned to fly.

After Fred turned 17, the duo packed up their Mercury and headed west. In 1963, they arrived in Phoenix, and Cheshire told Fred, "we're home." The pair enrolled in classes at Phoenix College and started their lives as Arizonans. Cheshire received her associate degree 53 years later, at 88 years old.

In 1977, Cheshire and her son's life would change in an instant. On a summer day in June, Fred dove into a swimming pool and hit his head on the slope. The accident resulted in him becoming a quadriplegic.

"Life was wonderful, it was exciting, and with so many trails coming together to form one road, it has had its problems. Except for Fred's accident, I wouldn't have missed one minute," Cheshire said.

A few years later, in 1981, Duane entered the picture once more. The pair met up after a family celebration when Cheshire asked Fred if he wanted to know more about his biological father (they separated shortly after Fred was born). The spark was rekindled, and Cheshire and Duane remarried in 1982, 38 years to the day of their first marriage.

Cheshire's career spanned various industries – bookkeeping, public relations, travel agent and business owner. In 1972, she started writing.

Cheshire's first published book was titled *The Alternate Safe World of Sanctuary*.

She explained the idea for the novel came from a coworker, Dottie, who had a family member who signed up for benefits from every church and "help" organization (like Red Cross) she could find. Sometimes, she used different names to get groceries, rent money, plus a monthly stipend from Social Security for a disability. This served as inspiration for the character in Cheshire's book, a woman named Evangeline, who sets off on a trek for an alternative world where everything is peaceful.

"Characters became people, problems grew without my knowing the answer, the last two chapters were written furiously to find the ending. I spent months trying to publish it, and then it went on the shelf until 2013 – 41 years later – when Amazon came along," she said.

After her first work, Cheshire wrote a flurry of others. Now, she has six published books to her name: *Life's and Loves of Myrtty-Ky-Ly – Draagan Princess*, *Worries Won't Happen – Fred's Story*, *There's Nothing I Can't Do – Fred's Story*, *This 'n' That – Mariam's Stories* and her latest work, *Stories about the Hotel Westward Ho*.

Cheshire said that the purpose of *Stories about the Hotel Westward Ho* is to "share details of a famous building, one that was the queen of the activity during the growth of a cow town in the Wild West." The book covers



Cheshire with her latest book, *Stories about the Hotel Westward Ho*.

the history and the mystery of the building that still looms in downtown Phoenix.

"Towering above the others, [the hotel] welcomed movie stars, political greats, cattle and cotton growers and high school debutantes," Cheshire said.

The Westward Ho opened in 1928. It went through various ownership changes, and in 1979, the hotel was converted into a senior living and disabled person's residence.

Cheshire was inspired to write the book because she lived at the Westward Ho for several years.

"I intended to write a fiction-based-on-fact book about my genealogy trips and research. Instead, I became involved in historical research," Cheshire said.

She gave away the CDs and photos she had collected during her research because she hadn't intended to use them again. "Then, one of my neighbors asked me a

question regarding the Ho, and I searched my computer files – I was amazed at the drafts and emails I had stored away. I realized that if I didn't put them in a book, they would be lost forever."

That research became a 250-page book with over 200 photos, newspaper clippings and interviews from various people involved in the hotel's history. Cheshire wrote the first page at the beginning of October 2020 and the last one in June 2021.

Now, she's waiting on inspiration for the next project – if that inspiration is meant to come.

"After I finish telling as many people as possible about the Ho, I will sit down at the keyboard," she said. "If there's nothing to say, I will retreat to reading a pile of books stacked on the table next to the desk. If there's something to say, the words will come."

PHOTOS COURTESY OF MARIAM CHESHIRE

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Colin and Sophia Goossen started helping their mom with the Good Soles shoe drive in 2018.

Shoe drive benefits Arizona foster kids

By Rachael Bouley

The Good Soles Shoe Drive is celebrating five years of putting brand new shoes on the feet of foster children as they head back to school. This year's drive, which has benefited Child Crisis Arizona since its inception, collected over 100 pairs of shoes while also raising thousands of dollars for children in need.

The shoe drive's organizer, Amanda Goossen, said the community tradition has grown over the years thanks to the support of local families and friends.

"In 2017, I called Child Crisis Arizona and asked how our family could help their kids each summer with back-to-school time," Goossen said. "It was important to me because I had an acquaintance who had benefitted from Child Crisis and their services as a child, and she told me all the good they do."

Goossen also wanted her children to grow up knowing the importance of serving and helping others. She learned that Child Crisis, which provides shelter, foster care, adoption and support to Arizona's youth and families, relies on regular donations of backpacks and school supplies, but one luxury item is new shoes.

"At that moment, I was feeling a little tap on my shoulder from heaven. My papa, who was also my hero, always said that 'everyone deserves a good pair of shoes.' I knew at that moment what our family had to do," Goossen recalled.

The first year of the shoe drive, Goossen's family collected around 150 pairs of shoes over two weeks. Since then, they've dedicated one month each summer to the shoe drive, collecting around 200 pairs each year. Cash donations from local businesses – like Bricks Dance Studio in Arcadia – have also made a difference.

"I feel like this drive not only puts shoes on the feet of the children at Child Crisis

Arizona but raises awareness of child crisis in our community," Goossen said.

This year's drive brought in a donation of \$5,000 to Child Crisis Arizona from Tito's Handmade Vodka's Love, Tito's program. "I am blown away by their generosity," Goossen said.

The shoe drive remains a family-focused event. The Goossen kids collect the shoes, pick them up from the drop-off location, organize them and deliver them to Child Crisis at the end of the summer.

"They are also the ones who scour the stores for reasonable prices and purchase the shoes with our cash donations. They've learned a lot over the years about finding good quality shoes at a lower price," Goossen said. They also make sure to purchase boys, girls and unisex shoes in all sizes, so all the kids feel comfortable.

"The kids were 8 and 10 when we started. They are now 13 and 15, so it's been a great thing for them over the years," Goossen said, adding that without the support of the community, filling the Child Crisis shoe closet wouldn't be possible. Goossen acknowledged the amazing efforts of Rita's Italian Ice in Arcadia, which has been a partner since the very beginning.

"They have been a drop-off location for our shoe drive, and for every pair of shoes you drop off at their Arcadia location, they give you a free kid's size Italian ice," Goossen said. "Keith, the owner of Rita's, has been a constant supporter of our shoe drive, and it has meant so much over the years. We can't do it without them."

Although the official shoe drive month just wrapped up, donations are still welcome and appreciated.

Email amanda.goossen@me.com for details.



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Example of a grandmillennial style room.

Mid-century modern gets a makeover

Décor and furnishings are slowly evolving from the popular mid-century modern style to new designs that combine antiques, mid-century, contemporary and transitional trends. This nationwide trend takeover has created a more relaxed vibe and eclectic look in the home, and it has been inspired by a new and rising generation labeled the grandmillennial.

This newly termed generation of 20 and 30-year-olds embrace passed-down furnishings, are nostalgic for things of the past and enjoy repurposing antique furniture. They have an appreciation for artisan-made heirlooms versus the quick-to-ship, cheaply made box furniture that gets thrown away when each new design style arrives.

The grandmillennial style has even reached the big leagues of interior design. Recently, the Palm Beach Kips Bay Show House 2021 event (one of the premier show homes in the United States, in which a recognized interior designer styles each room) showed dramatic additions, including modern furniture and furniture upholstered in chintz fabrics that are warm and welcoming.

Design magazines and websites have also been showcasing the grandmillennial style in homes across the country. In many of the pictured rooms, traditional furnishings were used, including farm tables, vintage outdoor furniture, wicker and chinoiserie decorative pieces. Plants and greenery with brown furniture that had been cast aside during the mid-century modern boom are also featured.

Likewise, designers are also



Kips Bay terrace entertaining area.

highlighting pieces from different periods and styles, such as a Louis XV-style gold mirror and commode and other 19th and early 20th century antiques.

Homeowners are gravitating back to all eras of antiques as they make any room

more exciting and inviting from an eclectic point of view.

The grandmillennials' interest in salvaging furniture and décor from past decades is a great way to protect the environment by recycling objects

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BY TOM HELMS & JEFF PEARSON

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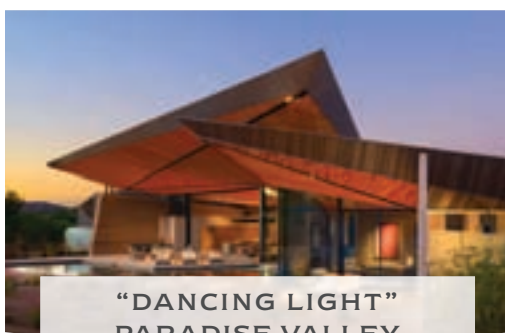
At Engel & Völkers, Jim Bruske is a proposed Private Office Advisor and talent recruiter alongside Gretchen Baumgardner, his long-standing business partner, servicing Scottsdale Waterfront and the surrounding neighborhoods of Paradise Valley and Arcadia. They also serve clients in many capacities, whether it's brokering a land deal, finding properties for prospective buyers, or showing off the many wonderful attributes of the cities and towns across Arizona.



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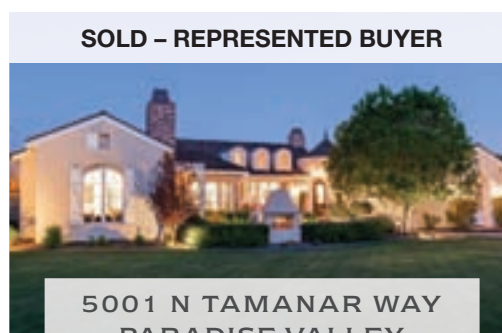
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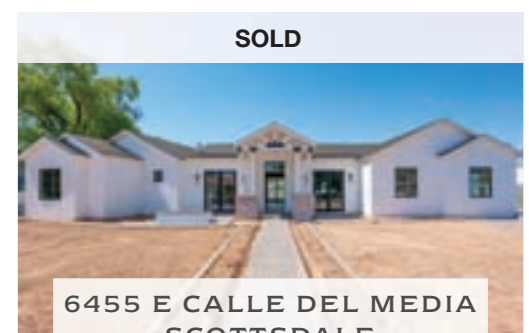
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One last summer getaway, just up the road from Phoenix

We Arizonans are hearty. We are no shrinking violets, and when the temperatures soar way past triple digits, we say, "If you can't stand the heat, get out of the kitchen." Well, by August, even the most loyal and devoted sun-worshippers may be looking for someplace a few degrees cooler – so here's an idea: an escape to the Rim Country.



Robin's Adventures

BY ROBIN SEWELL

Host and executive producer of Arizona Highways Television, Saturdays and Sundays on CBS.

Just two hours outside of Phoenix, folks can experience the charm of Payson, Pine and Strawberry, where it's about 20 degrees cooler than Phoenix. Highway 87 is the road that leads through the center of the Tonto National Forest, the most visited urban forest in the country.

It's also the largest in Arizona, made up of nearly three million acres stretching from the edge of the Phoenix metro area north to the Mogollon Rim, where passersby can see some of the most rugged, beautiful and diverse scenery in the country. From flat land to highlands,



Fossil Creek

visitors will climb from 1,300 to nearly 8,000 feet in elevation as they make their way to the Mogollon Rim.

Saguaros will bow out to towering evergreens in the largest stand of Ponderosa Pines in the world. If you like the calm and peaceful sport that requires a rod, a line and some bait, there are plenty of streams and creeks stocked with trout. By the way, ever wondered why Highway 87 is called the Beeline Highway? It's because it makes a 'beeline' to the heart of Rim Country, Payson, Pine and Strawberry.

On our most recent trip to this beautiful part of the state, we went hiking around Fossil Creek, took a bike ride through Pine, and stopped for a treat at the PIEbar in Strawberry. Fossil Creek is one of just two wild and scenic rivers in Arizona and



Strawberry Schoolhouse

is one of the most diverse riparian areas in the state.

Here, there are more than thirty species of trees, shrubs, ferns and moss. Well over a hundred species of birds have been spotted in the area, as well as javelina, snakes, and spiders. Seven different springs feed into Fossil Creek at a constant 76 degrees in winter, spring, summer and fall.

Folks who missed the sign saying 'Entering Strawberry' along Highway 87 won't miss the bright red and yellow building just up ahead. Not only is it welcoming, it practically screams at you to stop in. The PIEbar is Strawberry's sweet and savory spot, serving empanadas to locals and visitors.

Owner Kimberly Brennan got her inspiration from a woman in Puerto Vallarta who made two trays of empanadas every



PIEbar

morning in her store. She said there was a line at 6 a.m., and if you didn't get them by 6:30, they were gone. Brennan started with green chili, red chili, and bean and cheese flavors. Once they caught on, she started experimenting and now makes chicken potpie and mushroom stroganoff empanadas along with sweet empanadas like a lemon bar – some say that one is life-changing.

While in Strawberry, check out Arizona's oldest standing school. Strawberry Schoolhouse no longer holds classes but can provide a great history lesson.

The real lesson here, however, is that Highway 87 is dotted with roadside stops from kitschy stores to mouthwatering treats, and between the weather, the trails and the eye-catching scenery, there's no reason not to enjoy one last summer trip to Rim Country.

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In his spare time, Dr. Uzcategui enjoys sports, traveling, time with his family and the Arizona outdoors.

For his complete bio, go to www.arizonaeyes.net/doctors/nick-uzcategui-m-d/.

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(left) Patricia Schweikert, David Zinder, Lois Goldstein, Millie Batte, Seema Liston, Vera Downing, Clara Stewart, Kay Dries, Francine Garner. Front row: Sandra Klausner, Pam Shedd, Carole Datta, Diane Radloff. (right) Residents aged 50 to 95 participated in the tournament, complete with pom poms and foam fingers to cheer each other on.



Senior community pedals 2,100 miles for Tour de Zest

By Molly Delgado

Residents of Phoenix's La Siena senior living community celebrated the Tour de France last month by putting their spin on the cycling competition and calling it the Tour de Zest.

The 10-day "ride" was hosted by Senior Resource Group – the company that owns La Siena – with residents from their other senior living facilities competing against each other.

The race was held June 26-July 5. La Siena boasted 32 competitors, ages 50 to 95, each of whom had a peddling machine and would peddle for 30 minutes to gain as many miles as possible.

"My favorite part was coming in every day and just getting it done," Kay Dries said. "It was great exercise, too!"

"I've always been a rider. I used to ride my bike to the tennis court, so this came natural," Sandra Klausner said. "But the camaraderie, us all getting together with the built-up energy and everyone being enthusiastic, made it fun."

Another former cyclist, Fran Garner, was excited about the competition, as well.

"I would cycle around the neighborhood when I was in my 30s and, of course, younger, so this was a lot of fun. We are a fun group," Fran said.

Team Captain Vera Downing said that the competition was an excellent way for the residents at La Siena to come together and bond.

"After the pandemic, it was so fun and enjoyable to have us all together as a group," Vera said. "Plus, we like a little competition!"

Seema Liston said she joined in on the fun not only for the exercise but also to prove to herself that she could make it through the competition.

While they were peddling for the win, residents also followed along with Arizonan Brandon McNulty as he competed in the Tour de France for the first time.

Fitness instructor Pam Shedd took on the role of La Siena's Tour de Zest group leader. She has over 10 years of experience in the cycling industry, leading numerous cross-country bike tours from Oregon to New Hampshire and California to Georgia.

When the Tour de Zest idea came about, she jumped at the chance to help, especially since she had just started working at Siena.

"This was a nice and exciting way to

share my passion for cycling," she said. "I didn't know many of the residents when it started, so I was also able to make some new friends!"

In the end, Villa Hermosa in Tucson won the trophy, with over 6,000 miles peddled. La Siena residents peddled over 2,100 miles.

Although they didn't win, Pam said the group poured their hearts into the competition and remained in good spirits.

Peddlers were treated to a "finish line celebration," where prizes were given out to the top three participants who gained the most miles: third place was Clara and Diane with 112 miles, second place was Kay with 136 miles, and there was a tie for first: Vera and Francine with 160 miles.

The celebration finished with a champagne toast and residents already planning for next year's competition.

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Local Dentist Helps Uninsured Adults

Dr. Sophon Heng D.D.S. caters to those people who don't have dental insurance. Dr. Heng provides comprehensive dental care exclusively to uninsured adults in a modern, yet modest office in Phoenix. Dr. Heng grew up in Seattle and graduated in 2001 from the University of the Pacific School of Dentistry in San Francisco, and he relocated to Phoenix after graduation.

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

For example, Dr Heng's office charges \$599 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. There is never a charge for a so-called crown build up. Other dental offices could customarily run from \$800 to \$1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, \$599 for a root canal, \$499 for immediate denture (each), cleaning starts at \$30.

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



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

Many of Dr. Heng's patients are young adults and seniors who have no dental insurance or have only a limited policy that gives them a few benefits and then charges more for their other needs. There is never a charge for an exam and x-ray, consultation and second opinions. Dr Heng offers no gimmicks, just modern quality dentistry at an affordable cost.



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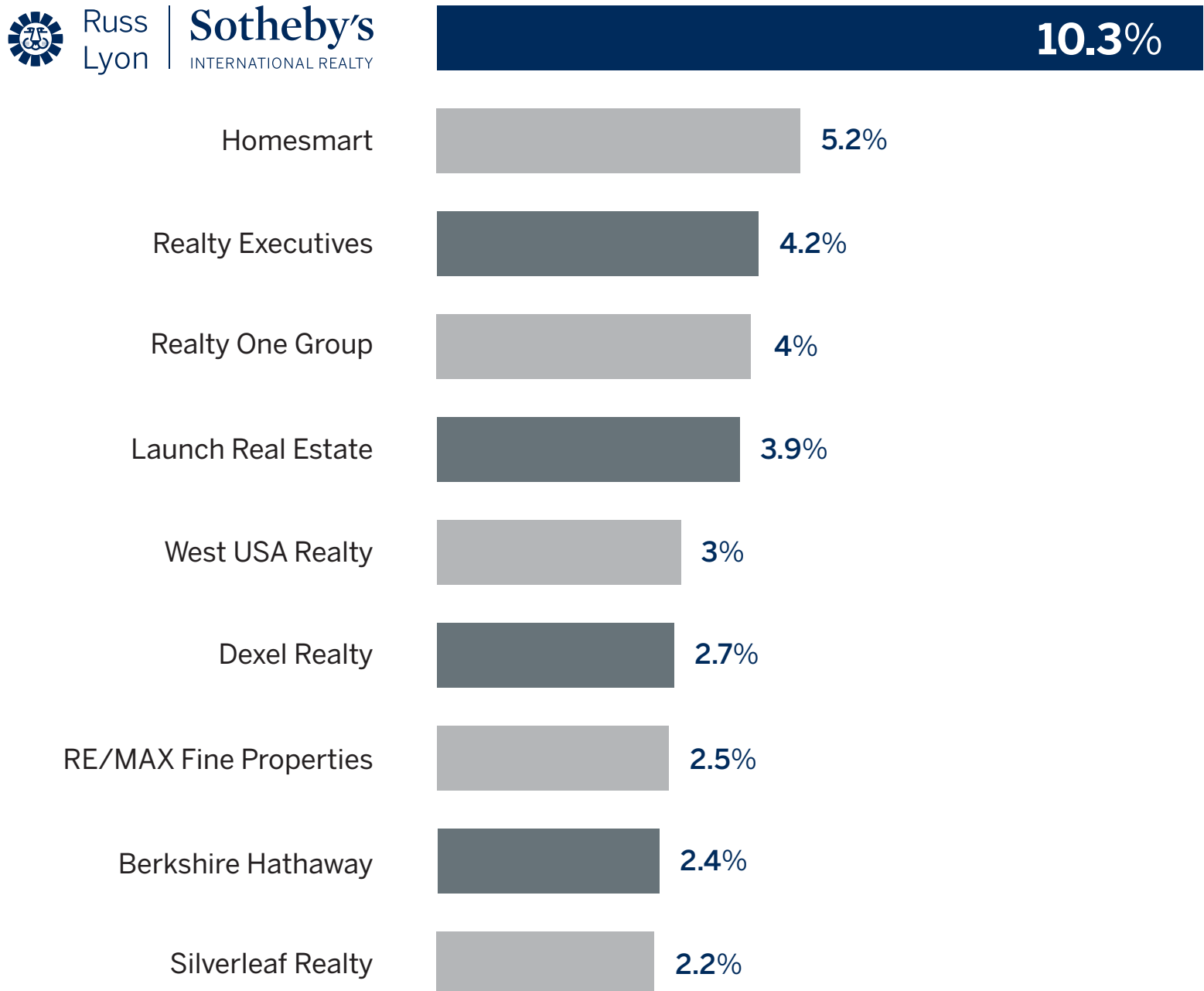


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Caring about Seniors makes a weekly donation to Joybus, a nonprofit meal delivery service. Other donations include books, CDs, hats and masks.

A big year of community connections for nonprofit

By Rachael Bouley

What started as a small way for Xavier student Nina Rawal to give back to the community has blossomed into a successful program that helps seniors and neighbors stay connected.

With the help of fellow students, Rawal started Caring About Seniors in spring 2020 and set out on the ultimate mission of comforting others by writing letters to

isolated seniors, making masks, baking and fundraising.

Over the last school year and into this summer, Rawal's venture has continued, with the group now focused more on recovery efforts. Over 200 volunteers, made up of students and community members, have stepped up to lend a hand by writing letters, baking and donating.

"Financial support for our group and

nursing homes remains an important issue and is a priority for us," Rawal said. "Our care homes went through a lot of hardships last year, and my focus is on raising finances to assist them while keeping our previous projects, such as pen pal letters, thriving."

As part of the program's commitment to helping the community, Caring About Seniors has also pledged to provide

durable medical equipment to seniors with an ongoing need for walkers and wheelchairs.

One of the organization's achievements this year was raising \$8,000 for the Phoenix Cancer Support Network and a separate nonprofit that donates wheelchairs and walkers to seniors. The group also planned a vendor fair with local physicians and pharmaceutical companies in the Valley.

"We worked together with the physicians who donated their time and efforts and reached out to pharmaceutical companies to donate funds for Phoenix Cancer Support Network to use for transportation, medication co-pays, shelter, wheelchairs and walkers."

The group's fundraising efforts include an upcoming bake sale to benefit local nursing homes and an ongoing book/CD drive to collect indoor entertainment for seniors. Rawal says these fundraisers and regular visits to nursing home residents make all the work worthwhile, especially seeing their smiles.

"Our volunteers have commented on letters the seniors write back to them, which are sweet and thankful," Rawal said. "I love knowing that this is making a difference in seniors' lives. It is a truly gratifying experience."

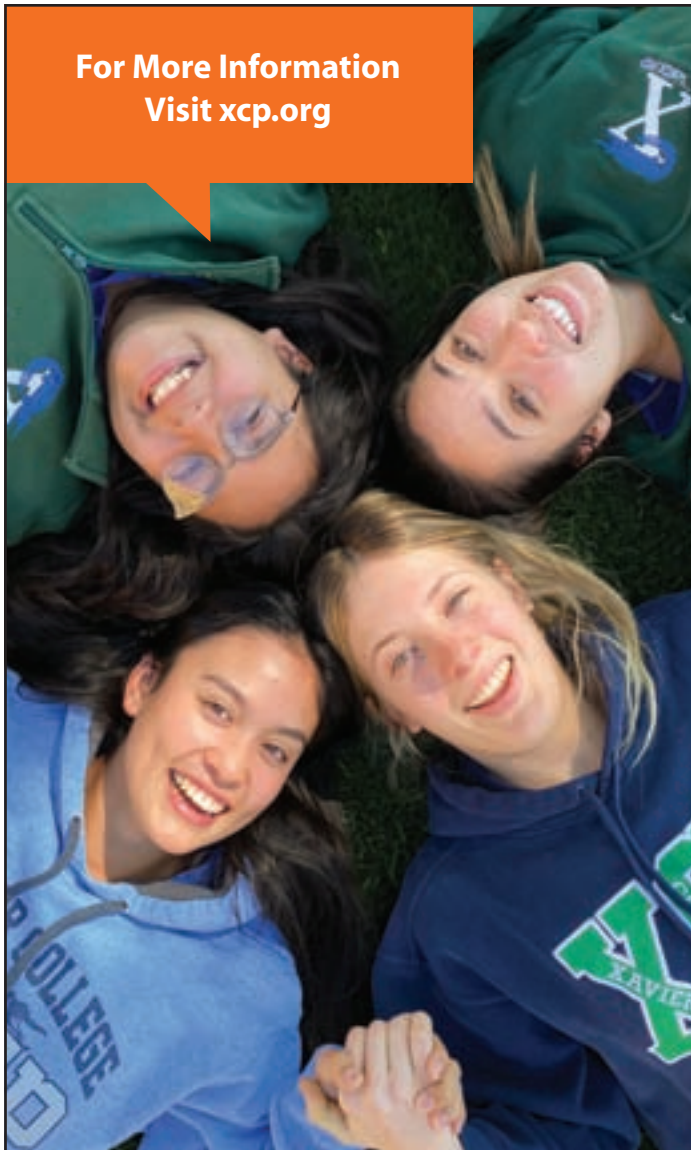
Rawal plans to set up another vendor fair in August and will continue the letter-writing program. "It has proven to be very effective in lifting our seniors' spirits and in keeping them involved with the outside world," she said.

Rawal is currently looking for more volunteers, and donors are always welcome and appreciated.

"Please volunteer your time and efforts as the seniors need your help," Rawal said. "You will be amazed at how rewarding this is!"

caringaboutsensors.com

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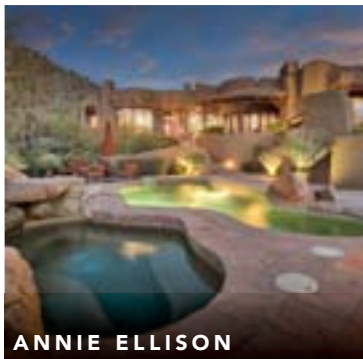
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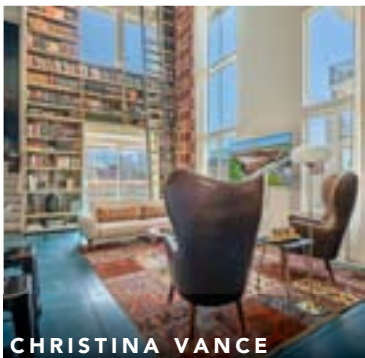
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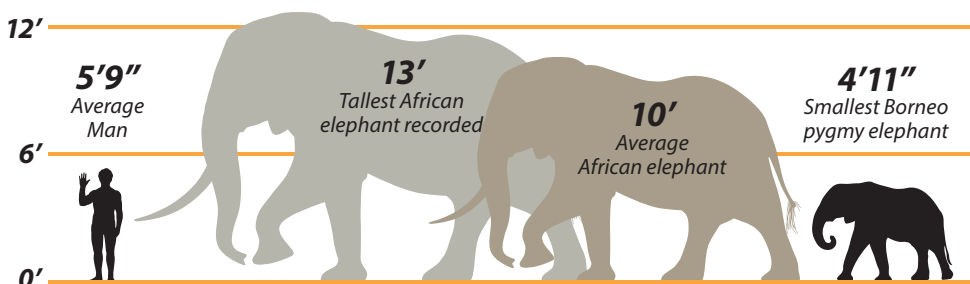


DID YOU KNOW? ELEPHANTS

HOW LARGE?

24,000 lbs

Elephants are the world's largest land animals. The largest elephant ever recorded was found in Angola in 1956. This male weighed about 24,000 pounds with a shoulder height of 13 feet (three feet taller than the average male African elephant). – elephantsforafrica.org



HOW SMALL?

4'11"

The world's smallest elephant is the Borneo pygmy. A female measures between 4 feet 11 inches to 7 feet 2 inches tall. Their average estimated weight is 5,500 pounds. – nathab.com

HOW MANY?

40,000

An elephant trunk has up to 40,000 muscles. For comparison, a human has about 600 muscles in its entire body. Elephants use their trunks to help them suck up drinking water, pick up or touch objects, trumpet warnings and greet one another.

– worldwildlife.org



HOW MUCH?

600 lbs

Elephants may feed for up to 16 hours a day. In the wild, one animal can consume as much as 600 pounds of food in a single day (about as much as a grizzly bear weighs), although 250 to 300 pounds is a more typical amount. – elephantconservation.org



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DID YOU KNOW? ELEPHANTS

ELEPHANT FACTS

There are three species of elephants. (African bush, African forest and Asian).

Ears are the easiest way to tell elephant species apart.

African elephants are the largest land mammals.

Most illegal ivory comes from African elephants.

About one-third of Asian elephants live in captivity.

Their tusks are actually teeth and never stop growing.

An elephant's skin is nearly an inch thick in most places.

Elephants can communicate using very low-frequency sounds, with pitches below the range of human hearing.

Elephants can recognize themselves using mirrors.

Elephants can distinguish human voices.

The elephant's temporal lobe (the area of the brain associated with memory) is larger and denser than that of humans.

The African elephant has the largest brain in the animal kingdom and can weigh up to 14,000 pounds.

Around 90% of African elephants have been wiped out in the past century.

They use mud for sunscreen.

The average life span is 50-70 years, but the oldest known elephant in the world was 86 when he died.

They are the only mammal that can't jump.

They have been clocked at 15 mph; however, it is believed that they can run as fast as 25 mph over very short distances.

Elephants have six sets of molar teeth, upon which they depend for survival. When the last set is lost, the animal is unable to eat and eventually dies of starvation.

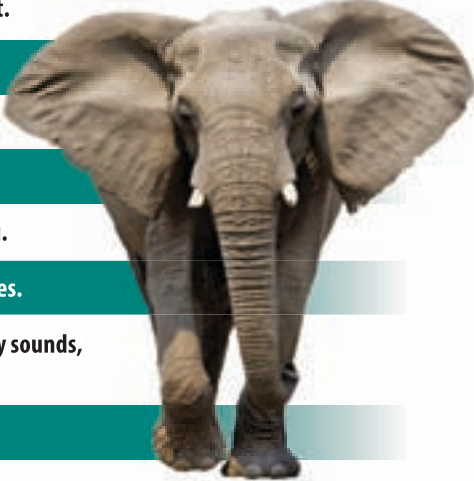
Female elephants remain pregnant for two years – the longest gestation period of all mammals.

An elephant can smell water from up to 12 miles away.

Elephants are caring animals and have been observed to express grief, compassion, altruism and play.

Female elephants spend their whole lives living in tight family groups with their female relatives.

Male elephants leave the herd between the ages of 12 and 15 and usually live alone (although they may sometimes form small groups with other males).



SAY WHAT?

ELEPHANTS GROW UP QUICK
Elephant calves can stand within 20 minutes of being born and walk within one hour. After two days, they can keep up with the herd. This survival technique means that herds of elephants can keep migrating to find food and water to thrive. – wwf.org.uk



ELEPHANTS WORD SEARCH

K Y Z X I Z L Y W O M K X J Y L X C U G O B D P L
W H V N W W L Q R A W I S C A P T I V I T Y T Z C
Y I S A R V V K K H V E A B I I Z D R E H T D H Y
S C Y C F N T D C O X I S S X N Z S D H J G U T E
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C G S O O E F Y E U Z A I A O U N S A V M I A X N
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Navigating job resignations

In the last few weeks, countless news stories have popped up about the “Great Resignation.” Millions of American workers are quitting their jobs. They are re-evaluating what’s important in their lives after a year of working from home, spending more time with their families and gaining a new perspective on work-life balance. So, what does this mass exodus from the workforce mean in terms of people’s careers?

If you’ve found yourself unhappy with your current work situation, the good news is that this is a great time to look for something new. Companies are being more flexible than ever before. This means that there may be more job options available to you than in the past couple of years. And, you likely now have options beyond your local area.

That said, don’t assume that the way things are today is the way they’ll be tomorrow. For example, the apartment rental market one year ago was terrific. If you wanted to rent a new apartment, you could find a deal in a great place. People were leaving cities in droves. However, in the last few months,



Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

the entire situation has changed. People are moving back into cities. And finding an apartment has become much more complicated and more expensive.

The market may be great for job seekers today, but that may no longer be the case in a few months. If you aren’t happy at your current job, now is the time to look.

But also, don’t take your current job for granted. Keep putting in the same effort today that you put in every other day. Don’t assume a new profession is waiting around the corner. Looking for work takes time. You may need this job. And, even if you find a new one, you’ll eventually need references from your current job.

Do your best, and doors will open. Nurture your current job, and you’ll be able to wait until another comes along. The last thing you want is to run from one bad situation to another or find yourself stuck in a hostile environment. In other words, don’t resign today. Keep steady until you find something new.

From the Archives

ARCADIA NEWS

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TIME FOR ANOTHER RUN



Returning quarterback Cole Richardson and the Arcadia Titans move into a new division and face a schedule that includes a defending state champion. Season preview in Sports, page 56.

This counselor studies her patients for clues and then helps them to stop scratching. Or to not miss the litter box. Owners of difficult kitties are pleased to get some help.

Page 21

Experienced runner or just getting into it, Phoenix Fit prepares people to participate in marathons and half marathons, including support during training.

Page 31

A teacher from Arcadia is heading to Mexico as a Fulbright Classroom Teacher Exchange award winner, one of just 60 teachers selected nationwide.

Page 47

Returning quarterback Cole Richardson and the Arcadia Titans move into a new division and face a schedule that includes a defending state champion.

ARCADIANEWSARCHIVES.COM

New podcast explores the history of 'crazy' campaigns

By Mallory Gleich

Local marketing experts Melissa DiGianfilippo and Alexis Krisay have launched a new podcast called *Will it Stick?*, a show that explores the history of marketing campaigns that have succeeded and failed over the years.

"We look at big brands, small brands, and we evaluate PR and marketing stunts and ad campaigns and dive into how they came up with the idea, how did they execute it and of course, did it work and will it stick," Krisay said.

Will it Stick focuses on storytelling, with each host doing their research and bouncing ideas and information off of each other. They use reputable sources and news sites so they can cover the consumer and the business angles.

The duo said they are fascinated with brands that find loopholes and shock the public with their publicity.

"The brands that try and fail but get up and try again is equally intriguing. We also use it for our creative inspiration, and we hope others do too," DiGianfilippo said.

The podcast has covered topics like the Taco Bell Liberty Bell and Lucky Strike's campaign for women smokers. Krisay said that the Lucky Strike campaign is the craziest one she's learned about as of now.

"It's so far back in history, and it's insane how a PR person transformed an entire era," she said. "Women were never allowed



Alexis Krisay and Melissa DiGianfilippo celebrated the kick-off of their podcast in February 2021.

to smoke, so they did a PR stunt and had women modeling down 5th Avenue, all smoking, and that was the first time people saw women smoking in public. It was crazy."

DiGianfilippo said that the LifeLock campaign, where the founder put his social security number out into the world and invited people to hack his identity, is the most shocking idea she's heard of yet.

"It failed miserably, and someone stole his identity. That episode was crazy fun to cover. The cool thing is that the company still survived and thrived," she said.

Both women have been in the PR and marketing industry for around 17 years. Krisay worked as the director of marketing for a real estate and leasing company, and DiGianfilippo worked at a Valley marketing agency. The two joined forces in 2008 to start their own brand marketing and PR company called Serendipit Consulting.

"Melissa and I knew each other through the marketing world, and we each valued each other's work ethic before even really being friends," Krisay said. "We found ourselves in unique situations and wanted freedom and flexibility – so we started a company that was the two of us and took on clients, and today we're much bigger and feel very fortunate."

The duo said that the ultimate goal with the podcast is to take their work to the next level and share it with the world.

"We intend to have fun and build a community of people who love to listen to these stories and be inspired by them," DiGianfilippo said.

Some future episodes will be about PETA, Burger King and the airline industry in the 60s. The episodes air every Wednesday anywhere podcasts are available.

willitstickpodcast.com

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A sample of sweetness from Chin Up Donuts.

Every day can be donut day with these Valley shops

By Jennifer Marshall

Over 10 billion donuts are made in the United States every year, and while favorites like glazed donuts still rule the charts – with Boston cream at the number two spot – many shops are getting creative with these sweet treats and their toppings. Here, we've highlighted a few of our new favorite donut spots.

BoSa Donuts

3722 E. Indian School Road, Phoenix
bosadonutsaz.com

This Phoenix staple has 20-plus locations around the Valley and is open 24 hours a day, seven days a week. In addition to their famous donuts, they also serve breakfast and lunch sandwiches, muffins, croissants, bagels and hot and cold beverages.

BoSa Donuts believes in keeping donuts simple, and wants to “carry on a sweet legacy by making the best donuts in Arizona.”

One aficionado reports that word of mouth keeps people coming through BoSa's doors for their ever-famous glazed donuts.

Hi Hi Donuts

8714 N. 7th St., Phoenix
hihidonuts.com

The shop likes to tempt folks to come inside with the tagline: “Treat yourself to something amazing.”

In addition to donuts, Hi Hi also serves breakfast and lunch sandwiches, select pastries and handcrafted drinks.

According to a Hi Hi associate, some of their most popular donuts include maple frosting, apple fritter, Boston cream and blueberry. Their Texas kolaches (sausage-stuffed pastries) are also a crowd-pleaser.

The Local Donut

3213 N. Hayden Road, Scottsdale
thelocaldonutshop.com

These glaze-aficionados make their donuts the old-fashioned way – by hand-cutting and

frying them. According to their website, “We pride ourselves with the ability to create the traditional donuts you remember and had as children while at the same time also bringing something fun, new and creative.”

Manager and baker Jay Martian said some of their customer's favorite donuts include the crème brûlée, blueberry old-fashioned and pineapple fluff.

Alien Donuts

7111 E. 5th Ave., Scottsdale
aliendonuts.com

According to their website, “One of the first known aliens created a delicious space age pastry mimicking the rings around Saturn. Hence the first Alien Donut was born. Thousands of years later, we decided to come down and share our original recipes with the earthlings...”

For donuts that are out of this world, jump into a spaceship and set the dial for Alien Donuts in Old Town Scottsdale, where some of their most popular donuts are the vegan, red velvet and alien heads. They also serve ice cream, coffee and Rocket Shakes.

Chin Up Donuts

7325 E. Frank Lloyd Wright Blvd., Scottsdale
chinupdonuts.com

This woman-owned business specializes in pairing spicy, savory and unexpected glazes with inventive and non-traditional toppings.

According to self-named Chief Donut Officer Alex McEntire, the shop “aims to elevate a childhood favorite all while creating a happiness brand.”

“We're known for our Everything Bagel Donut, which is salty-sweet,” McEntire said. We switch up our donut flavors and choices weekly. All our coffee is roasted in-house, and we offer several espresso beverages.”

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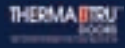
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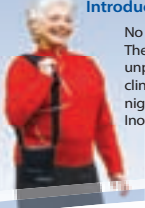


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