

ARCADIA NEWS

VOL. 29 NO. 6

BACK COVER

SEPTEMBER 2021



TOSS THE OL' PIGSKIN

High school football is underway. We spoke with area schools to see how the season is shaping up.

PAGE 51

SUMMER VACATION

Check out our annual summer vacation photo spread to see where Arcadia spent the summer!

PAGES 24-27

I WANT TO RIDE MY BICYCLE

Philip Miller trekked 450 miles across Iowa during the RAGBRAI bicycle event this summer.

PAGE 17



Tanner Detro
NMLS ID# 1182443

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John, Amy, Holly, Evie and Will Carden canoeing in Big River, CA.
See more summer vacation photos on page 24.

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This year, two Brophy seniors will head into their college careers with a little extra help as they both earned National Merit Scholarships.

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The Arizona Culinary Institute offers students a way to learn about the restaurant business – and the best part? They share the lessons with diners at their du Jour Restaurant.

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ON THE COVER:

Mount Rushmore, South Dakota was just one stop on Avianna and Antonella Klein's summer road trip.

PHOTO: ANGELES KLEIN



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EDITOR'S NOTE

The fall season is upon us, which means one thing for me (and I'm sure others feel the same) – I can start decorating for the upcoming holidays, as there are pumpkins aplenty at a few craft stores already!

We're excited to unveil this year's summer vacation photo spread – it looks like Arcadia traveled the world and left no stone unturned – there are some waves, some mountains, even a couple of well-known monuments gracing the pages. Thank you for sending in your vacation photos and sharing your adventures with our readers.

This month, we have a smorgasbord of topics – healthy aging tips (September is Healthy Aging Month), a new face at Ingleside Middle School and, of course, school sports. Arcadia Little League had some fantastic news to share as their 8-9-10 All-Star league won the Arizona State Championship and celebrated by dog-piling on the pitcher's mound – as players are wont

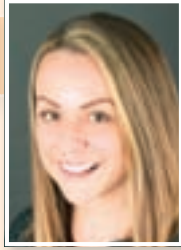
to do when they win the championship!

Football season has started and the cheers of fans can be heard loud and clear – from the high school stadium and living rooms around the neighborhood. We're sharing a football preview for a few of the local teams, plus some of Miriam's scrumptious snacks that you can make for those Sunday get-togethers.

We're also bringing back our Teachers We Love program. If you know of a teacher that deserves recognition, head over to arcadianews.com, fill out the nomination form and we'll surprise that teacher with a certificate and special prizes in the coming months.

Have a safe and happy Labor Day, and be well!

Mallory
— Mallory Gleich



UPCOMING THEMES:

OCTOBER

Fall Preview

NOVEMBER

Veterans/Heroes

DECEMBER

Holidays

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"There are two times of year: football season and waiting for football season."

– Darius Rucker

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*Cecelia May Question the Love of Her Suitors,
But Never of Dear Leo by Jules Gissler*

Ingleside welcomes new assistant principal

By Rachael Bouley

Patricia Mastropolo has stepped into her role at Ingleside Middle School and is looking forward to a great school year alongside their new principal, Junior Michael, and a dedicated team of educators.

Mastropolo, who spent 14 years teaching middle school in the Paradise Valley Unified School District, said the move to Ingleside is a great fit.

"I decided to come to Ingleside because I truly love the middle school environment. It's in my heart," Mastropolo said. "What also sparked my interest was the amazing programs and academics Ingleside has to offer."

A native of Rutherford, New Jersey, about nine miles out of NYC, Mastropolo moved cross-country to complete her bachelor of science degree in justice studies at ASU. Although teaching and education administration are her true passions, Mastropolo didn't start in the field.

"Before moving into education, I was an agent at the modeling agency Next New York. I truly enjoyed working there, but I kept getting this strong force to go into education and teach," Mastropolo said. "I started at New York City Public Schools and relocated to Arizona, where I taught both in the private and public sectors."

She began her educational career in 1998 and is passionate about inspiring young minds to collaborate and find positive solutions to life's problems. She said that her own educational experience, first at Union School for K-8, then Rutherford High School, and eventually higher education, shaped her as an educator.

During her teaching time in Paradise Valley, Mastropolo earned Teacher of the Year honors from the Arizona Middle-Level Association and the Anti-Defamation League Arizona. She also balanced teaching with studying to receive her first master's degree in curriculum, instruction and assessment.

Mastropolo went on to earn a second master's degree in educational administration and is now in her third year in the industry. Having transitioned from teacher to dean of students and now to assistant principal, she stays true to her educational values every day.

"My teaching practice is tenacious as well as empathetic and completely student-centered," Mastropolo said. "I am a huge advocate of the constructivist model of teaching as well as all that encompasses differentiating instruction. Students all learn at a different pace because each extrapolates their learning styles."

She focuses on real-life experiences



Patricia Mastropolo

and cooperative learning to keep students interested and motivated, cutting down on the frustration and misunderstanding that often comes with a one-size-fits-all approach.

"I created a learning environment that stimulates learning where students become leaders in their education," Mastropolo said.

"It was paramount to me to create a familial classroom, where no one is judged, and everyone is safe. I wanted my students to think outside the box and past themselves to realize that not everything is yes or no, right or wrong, that things may have multiple meanings that they need to comprehend effectively."

"I want students to know they are fully supported academically and emotionally," Mastropolo added. "I want them to be proud of who they are and work together to create an organic atmosphere that prepares them for what lies ahead."

Collaboration, creativity and respect remain critical components of her teaching style. She believes teamwork is essential to maintaining a safe learning environment where students can thrive.

"My hope for the upcoming school year is for things to get back to a normal pace as much as possible," Mastropolo said. "I want to ensure students are cared for academically, socially and emotionally, and for teachers/staff and parents to feel more comfortable and content than they were last year."

Mastropolo is eager to see the school grow and prosper.

"I would like to bring more arts-

integrated opportunities to campus by partnering with Scottsdale Center of the Arts to solidify the exploratory piece of what a middle school encompasses," Mastropolo said. "I always strive for togetherness when it comes to moving a school forward. It is so important that the entire school community within the school and outside create opportunities together."

There are also plans to bring additional initiatives to campus, including No Place For Hate, which teaches inclusion and equity. No matter what Ingleside plans, Mastropolo wants students to keep setting goals and working toward their dreams.

"I want students to know they are fully supported academically and emotionally," Mastropolo added. "I want them to be proud of who they are and work together to create an organic atmosphere that prepares them for what lies ahead."

"I truly love the middle school environment. It's in my heart."

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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-7/31/2021)

Active Homes -	73 homes
Homes Sold -	219 homes
Average Sale Price -	\$2,004,000
Average Sold \$ Per SF -	\$515
Average Days On Market -	61 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have increased 3% 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 16%. (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

(1/01/2021-7/31/2021)

Active Homes -	40 Homes
Homes Sold -	131 Homes
Average Sale Price -	\$961,000
Average Sold \$ Per SF -	\$389
Average Days On Market -	35 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 5% this year. (based on 2020 sales results)
2021 home prices have increased 18%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 16%. (based on 2020 sales results)
2021 Homes are taking 41% less time to sell. (based on 2020 sales results)



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WHAT'S HAPPENING, ARCADIA?



The 6th annual **Arcadia Cares: Food for Kidz Packathon** sign-ups will be available early in September on Prince of Peace's website. The packathon is looking for community volunteers to help pack meals for underprivileged families. The goal is to pack over 143,166 meals at this year's event, which will bring the five-year total to 500,000. Volunteers can sign up for one-hour shifts at poppheoenix.org.

Hospice of the Valley is currently recruiting volunteers to support military families. This program matches people in communities across the country with veterans who need support. Volunteer duties at Legacy Corps for Veterans and Military Families include providing companionship to patients, socialization and in-home respite care that allows caregivers to take a break. In return, volunteers receive a monthly allowance and a college tuition award after a year of service.

hov.org/volunteer/legacy-corps

In August, **Vault Edutainment**, an after-school program started by former Hopi educators Livia Rice and Allison Bosworth, opened its doors in Old Town Scottsdale on Brown Ave. north of 3rd St. The program focuses on helping students complete homework and get "tech time" out of the way. Students can choose an hour of monitored gaming, an hour of homework huddle, or both. Various times are available Monday through Friday. Safety precautions are in place.

thevaultedutainment.com

In-person lunches are back at **Granite Reef** (1700 N. Granite Reef Road, Scottsdale) and **Via Linda** (10440 E. Via

Linda, Scottsdale) Senior Centers. Via Linda offers lunch Monday through Friday, and Granite Reef offers lunch on Tuesdays and Thursdays. Doors open at 11 a.m. at both locations. The program will operate at 50 percent capacity, so be sure to call the senior centers to reserve your spot: Granite Reef: 480-312-1700; Via Linda: 480-312-5810.

The Public Works Department is extending its **Household Hazardous Waste Home Pick-up Program**. Customers that have household waste to dispose of can schedule an appointment with the City of Phoenix within the next six months. Just make sure to set your items outside your door (in leak-proof boxes labeled HHW) by 7 a.m. on the day of collection!

phoenix.gov/hhw



A new gaming and dining establishment called **810 Billiards & Bowling** has opened up in downtown Phoenix (50 W. Jefferson St.). 810 boasts 14 standard bowling lanes, billiard tables, foosball, darts, corn hole and even board games. Food (classics like burgers, fries and pizza) and drinks (alcoholic and non-alcoholic) are also available.

810bowling.com

Camelback High School's class of 1980 will be holding their 40-year reunion in October 2021, but before then, they need help getting everything planned! Envision a weekend of golf, cocktail parties, campus tours, dinner and entertainment. Volunteer opportunities are available, and donations are welcome. Visit the Camelback Class of 1980 Facebook page for more information or email Charlene Keller at odiekeller@cox.net.

A new barbershop has opened on 40th St. and Campbell next to Stay Grassy golf apparel, across the street from Postino Wine Café. **The Bearded Barber**, a barbershop with an "old-school" feel that offers various services, opened in early August. The owner, Boris, moved to Phoenix from New York. Arcadia is his second location. The website is still in the works; for more: 602-955-1335.

RESTAURANT NEWS



Eat Up Drive-In, located on 40th St. and Indian School Road, has officially opened for lunch. The fast-casual restaurant opened back in March and serves individual and family-sized meals, such as the Caesar wrap, Arcadia salad, chicken sandwiches and six different types of baked potatoes. New hours are 11 a.m.-9 p.m.

eatupdrivein.com

Bread + Honey House recently opened its second location next to Taberna de Arcadia in the space that formerly housed My Three Girls Bakery (4801 E. Indian School Road). The eatery, which has a second to-go location in Phoenix, serves breakfast and lunch favorites like omelets and burgers, as well as specialty coffee.

thebreadandhoneyhouse.com

Breakfast lovers, rejoice! A fast-casual breakfast joint is coming to Arcadia. **Freshly Laid** (3701 E. Indian School Road), located in the Gaslight Square complex on 36th St., will serve breakfast sandwiches and plans on opening in the fall.

getfreshlylaid.com

A new pizza joint will open in the coming months at Arcadia Village (3923 E. Camelback Road) called **Mr. Moto Pizza**. The restaurant has nine locations in San Diego, with the Arcadia location being the first in Arizona. It is expected to open in December and will feature specialty pies, calzones, pasta, salads and desserts.

mrmotopizza.com



Koibito Poké, located at 4280 E. Indian School Road in the Arcadia Promenade plaza, unveiled their newest concept, the Koibito Food Truck, in August. The 20-foot truck features a fully custom-built kitchen that will serve poké on the go throughout the Valley, and the menu will include a selection of bowls, wraps and desserts. The food truck will also cater to corporate events, private parties and more.

koibitopoke.com



A modern cocktail lounge has taken over the former UnderTow space below Sip Coffee at 36th St. and Indian School. **36 Below** opened in late July and is an underground greenhouse bar (what the owners call a walipini speakeasy). The menu consists of spirits, wine and beer, plus small bites like charcuterie boards.

36belowaz.com

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WHAT'S HAPPENING, ARCADIA?

Send Arcadia area events or briefs for consideration to editor@arcadianews.com.

MONDAY 9/6

Labor Day Baseball Clinic

9 a.m.-12 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. This holiday clinic is for kids ages 5-12 and will focus on hitting, fielding, pitching, catching and base running techniques while learning the fundamentals of baseball. Make sure that your child brings their equipment – glove, bat, helmet and water bottle. There could also be a special guest appearance. Registration is \$70 per person.

saltriverfields.com/srfbaseballacademy

SATURDAY 9/11

Winter in September

1 p.m. at Bricks Studio, 4550 E. Indian School Road. You've heard of Christmas in July, but what about Winter in September? Bricks Studio is gearing up for the coming fall and winter seasons and is celebrating with special classes. Kids can make a holiday ornament and learn a fun Nutcracker-inspired dance combo. There are two separate classes: age 4-7 at 1 p.m. and 8-11 at 1:45 p.m.

bricksstudio.com

9/11 Memorial Stair Climb

5-9 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The 20th anniversary of the attacks on the World Trade Center is this year, and in memoriam, Salt River Fields will host a stair climb to honor the people who gave their lives. Participants will climb the bleachers for an equivalent of 110 stories – the same amount as in the WTC – to raise funds for the National Fallen Firefighters Foundation programs. Registration is \$35.

saltriverfields.com/911memorialstairclimb

Succulent Workshop

10-11 a.m. at Dig It Garden, 3015 N. 16th St., Phoenix. If you're looking to learn more about succulents, this class can help! In this hands-on workshop, guests will create their own succulent garden to go in a unique planter while also learning everything about how to keep the "living art piece" thriving. There will be a wide variety of succulents to choose from. Beverages and small bites are included. Registration is \$45 per person, and a portion of the proceeds will go to the Phoenix Fire Department.

digphx.com

SUNDAY 9/12

Pop Up Adoption Event

10 a.m.-3 p.m. at Scottsdale Quarter, 15059 N. Scottsdale Road. The Arizona Animal Welfare League and Scottsdale Quarter are joining up for the annual Kitten Pop-Up Adoption Shop. Every year, the outdoor mall provides space for a free kitten pop-up adoption shop to help with the increase of litters available for adoption during kitten season. Come out and find a forever friend.

scottsdalequarter.com



Arizona Restaurant Week held Valley-wide.

WEDNESDAY 9/15

Plant-Based Cooking Class

6-8 p.m. with Arcadia's YouCare-SelfCare guru – also known as Miriam Hahn. Miriam teaches cooking classes each month for groups of 12. This month's theme is 'easy weeknight dinners,' with guests creating appetizers, soup, salad and an entrée – and then enjoying it together on the patio. All meals will be plant-based, and guests can bring a beverage of choice. Classes are \$55 per person.

youcare-selfcare.com

FRIDAY 9/17

Five Course Pairing Dinner

6 p.m. at the Phoenix City Grille, 5816 N. 16th St. To welcome the Garrison Brothers Distillery from Hye, Texas, Phoenix City Grille presents a five-course dinner complete with specialty cocktails. Master Distiller Donnis Todd will guide guests through each course and cocktail – and yes, there will be dessert. Tickets are \$120 per person.

phoenixcitygrille.com

SATURDAY 9/18

Night of Hope Gala

5 p.m.-12 a.m. at the Phoenix Art Museum, 1625 N. Central Ave. Join Hope Women's Center for an evening of dinner, drinks and a silent and live auction in support of their mission of "encouraging, engaging and equipping women and teens in crisis, poverty and abuse." Auction items will include gift cards to area restaurants and art galleries and bigger items like an expenses-paid vacation. There will also be live music.

aesaz.co

FRIDAY 9/17 – SUNDAY 9/19

Junk in the Trunk Vintage Market

10 a.m.-3 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. The Junk in the Trunk Vintage Market has all the vintage one person can handle, from clothing to furniture, knick-knacks and everything in between. Attendees can also enjoy a drink and a bite to eat while shopping. General admission tickets are \$8 online, \$10 at the door, and \$10 for parking.

junkinthetrunkvintagemarket.com



Furrry Friends Fine Arts Festival at Shemer Art Center.

FRIDAY 9/17 – SUNDAY 9/26

Arizona Restaurant Week

This Valley-wide event offers various dining options for every palate – and the chance to get outside the neighborhood and try something new. Restaurants range from southwestern favorites, comfort food and snacks to five-star dining and everything in between. Prices range from \$30-\$50 per person.

arizonarestaurantweek.com

SUNDAY 9/19

Scottsdale Bridal Expo

10 a.m.-2 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. Get ready to find all your wedding needs in one place. This free event will have over 35 vendors on-site, showcasing food, cakes,

music, tuxes and dresses. Take care of all those wedding to-dos in one place.

scottsdalebridalexpo.com

SATURDAY 9/25

Furrry Friends Fine Arts Festival

8 a.m.-2 p.m. at Shemer Art Center, 5005 E. Camelback Road. An art festival for the entire family, pets included! This event is animal-themed, with artists showcasing their animal paintings, drawings, photography, ceramics, metal, furniture, even clothing. A vendor fair, plus food and drinks, will be available. Bring your pets and enjoy a day of furrry and fuzzy – in art form, that is. Admission is \$5 per person or \$10 for the family.

shemerartcenter.org

THURSDAY 9/30

Bell, Book and Candle

7 p.m. at Don Bluth Front Row Theatre, 8989 E. Via Linda, Scottsdale. Just in time to kick off autumn comes Bell, Book and Candle, a production centered on a beautiful witch living in 1950s New York, a handsome neighbor and a potentially mischievous love spell. Will the witch make the right choice? Head to the Front Row Theatre to find out! Tickets are \$28 for adults, \$23 for kids.

donbluthfrontrowtheatre.com

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OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 9/3

Jurassic Quest Drive Thru

Times vary, open from 9 a.m.-8 p.m. at Gila River Arena, 9400 W. Maryland Ave., Glendale. Dino enthusiasts, your time has come. This event allows families to drive through Gila River Arena and experience scenes complete with 70 life-like dinosaurs and baby dinos, plus trainer meet and greets and a choose-your-own-audio-adventure tour. Tickets are \$49 per vehicle.

jurassicquest.com

FRIDAY 9/10

Season Kickoff Wonderland

6-10 p.m. at the Mesa Arts Center, One E. Main St. This event offers so many activities it'll be hard to decide what to do first! The season kickoff features live music, exhibitions, activities for kids and adults – like a scavenger hunt – movies, a petting zoo, and live art demonstrations. There will also be food trucks on-site. The best part is, it's free to attend, and all ages are welcome.

mesaartscenter.com

SATURDAY 9/11

9/11 Tower Challenge

8 a.m. at Gila River Arena, 9400 W. Maryland Ave., Glendale. A similar event is happening in Scottsdale, but this one takes

place in the morning. Gila River is hosting a stair climb to honor the people who gave their lives during the attacks on the World Trade Center. Participants will climb the bleachers for an equivalent of 110 stories (2,071 steps) to pay respects. Registration starts at \$45.

911towerchallengefoundation.org

Country Music Festival

3 p.m. at The Vista Center for the Arts, 15660 N. Parkview Pl., Surprise. This little corner of Arizona will be rockin' and rollin' in honor of the fallen heroes of 9/11. Well-known artist Shooter Jennings, Lee Rocker, Chase Bryant, and more will be tearing up the stage and singing all the classics. You'll probably end up out of your chair at one point, so wear good shoes! Tickets are \$95 per person.

exploresurprise.com

SUNDAY 9/12

Hello Handmade Market

10 a.m.-3 p.m. at 7700 W. Arrowhead Towne Center, Glendale. Keep things homegrown and stay local at this year's Hello Handmade with Love Marketplace. This pop-up is free for all ages. Attendees will find locally made home decor, accessories, clothing, art, vintage items, furniture and bakers with various dishes and yummy snacks for sale.

hellohandmademarket.com



Jurassic Quest Drive Thru at Gila River Arena in Glendale.

TUESDAY 9/14

Ales on Rails

11 a.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Sure, beer tastings can be a blast, but what about beer tastings on a train? Ales on Rails does just that! The party starts on the depot patio with a lunch sponsored by local eatery Copper Spike Cafe. Then at 1 p.m., the party gets moving as you board the train and sample specialty brews while enjoying the beauty of the Verde Canyon. Tickets are \$125 per adult.

verdecanyonrr.com

FRIDAY 9/17 – SUNDAY, 9/19

Pickin' in the Pines Music Festival

Times vary, at the Pepsi Amphitheater, 2446 Fort Tuthill Loop, Flagstaff. Take the weekend and escape to Flagstaff for three days of bluegrass and acoustic music. The annual Pickin' in the Pines Festival is back again with non-stop music, camping, barn dances, workshops, contests and kids activities. Tickets are \$145 for a three-day pass and \$65-\$75 for single-day passes.

pickininthepines.org

SATURDAY 9/18

ASU Walk, Wag and Run 5K

7:30 a.m. at the ASU West Campus, 4701 W. Thunderbird Road, Glendale. Lace up your shoes and grab the pup – it's time for a 5K. This event will benefit ASU's SummerUp camp scholarship fund. After the race, runners will receive a post-run snack and a finisher's medal. Three runners will earn bragging rights for the fastest time. Registration is \$35 per person.

raceroster.com/events

Blues in Bisbee

11 a.m. at Old City Park, 62 Brewery Ave., Bisbee. This eight-hour jam session will feature various musical acts, including Cat Daddy, Eric Charles and the Livewire Blues Review, 12 Barz Blues Band and more. If you like blues music, you won't want to miss this. Along with the concerts, there will also be

food, drinks and a vendor village available. Tickets are \$35.

bluesinbisbee.com

SATURDAY 9/25

Somos Peoria

2-10:30 p.m. in Old Town Peoria, 83rd and Grand Ave. This festival is dedicated to celebrating Hispanic Heritage Month. Guests will find live music performances by local Latin-reggae band Jahlos Rebels, Latin R&B band Tierra, and 70's funk and soul band Tower of Power. Guests can also sample local, traditional foods, beer and margaritas, shop arts and crafts and check out activities like Ballet Folklorico, a Lucha Libre wrestling ring and a low-rider car show. General admission is \$10 per person, with VIP packages starting at \$40.

peoriaaz.gov

Bao and Dumpling Festival

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[Bao and Dumpling Festival](https://www.facebook.com/BaoandDumplingFestival)
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thewildbunchfilmfestival.com



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Drive and passion help Brophy students reach their goals

By Cliff Summerhill

Earlier this year, seniors John Cole Lomax and Henry Palmer were awarded the National Merit Scholarship, an esteemed award granted to just 2,500 students across the country annually.

"This award is an amazing honor that I am so grateful for," Lomax said. "It is also a point to keep striving from. This scholarship highlights the start of my college career, but I look forward to striving for more in college."

"This helps me to validate my dedication to my studies over the past four years and motivates me to work even harder in the future," said Palmer.

During their junior year at Brophy Prep, Lomax and Palmer took their first step toward applying for the National Merit Scholarship Program by simply taking a test. But this test was no easy feat, according to the pair.

With support from their families and an abundance of self-guided studying, they both took the Preliminary SAT/National Merit Scholarship Qualifying Test, or as it's more commonly referred to, the PSAT. Each year, more than 1.5 million high school students take the PSAT, with only about 50,000 being selected to move forward after achieving higher than average test scores.

From there, the program selects approximately 17,000 semifinalists from around the nation to compete for the scholarship. Once selected, the students apply to the National Merit Scholarship Corporation, determining which students are selected as National Merit Finalists.

Thanks to school recommendations, solid academic marks, essays, and other



Henry Palmer



John Lomax

successes, Lomax and Palmer were selected as National Merit Finalists. In addition to a Certificate of Merit (and bragging rights), the students were awarded a \$2,500 scholarship to the college of their choice.

"I am ecstatic to have been awarded this scholarship," Palmer said. "I understand how selective the process was, and I believe this helps to validate all of the hard work I put into my courses and studying for the PSAT over the years."

"I am sure that all of the winners will be striving to excel in college and change the world," Lomax shared. "It is exciting to imagine how all of us are trying to make the world a better place during college and after."

This fall, Lomax will attend the

University of California, Berkeley, and major in electrical engineering and computer science with a minor in aerospace engineering. After college, he plans to pursue a career as an aerospace engineer.

"I hope to design and develop unmanned aerial vehicles [UAVs]," Lomax shared. "UAV swarm technology is introducing a new opportunity in AI that I believe can be used to improve the quality of life for people around the world."

Palmer will attend Stanford University and will major in biomedical engineering.

"I plan to work somewhere in the biotech sector, possibly for a startup and eventually working toward starting a biotech company of my own," Palmer said.

These future engineers are another testament to the saying "hard work pays off."

Origins of Labor Day are often overlooked

By Joe Giumette

If holidays are symbolic, few can surpass Labor Day, which falls on September 6 this year. To many people, Labor Day represents the waning days of summer, and to Arizonans, the final week of monsoon season. To others, it's another welcomed three-day weekend, ripe with sales of every stripe.

How many Americans take time on Labor Day to observe its original purpose, to honor the men and women of organized labor whose efforts resulted in the five-day workweek and the eight-hour shift?

Labor Day is celebrated on the first Monday in September in the U.S. and Canada. At least 80 other countries salute labor on May 1, a day most often adopted in totalitarian nations to rattle armaments.

This holiday has a colorful history. It all began in Chicago on May 4, 1882, when labor organizations called for a peaceful rally in Haymarket Square. The event turned into chaos with nearly a dozen deaths when an unknown assailant threw a homemade bomb into the crowd. Later, this event became associated with anarchism and May Day, which is why a



PHOTO: LIBRARY OF CONGRESS
Labor Day meeting in Union Square, NY in 1909.

September date was chosen to mark the American holiday. President Grover Cleveland signed a bill making Labor Day a national holiday in 1894.

Once honored with parades in cities and towns throughout the land, Labor Day is more often the last day of a weekend

marked with backyard barbecues, picnics in city parks and campgrounds, complete with hamburgers, hot dogs, potato salad, corn on the cob, juicy watermelon and a few beers.

Labor Day also was a significant highlight on the fashion calendar because it marked the last day to wear white clothing without chancing the sneers and giggles of the socially correct crowd, a tradition with 19th century roots.

Those who could afford two or more wardrobes donned lightly colored or white dresses, suits, shoes and hats in the summer and carefully stored them away to return to heavier, darker clothing to "get down to business" again in the fall. The school year was starting, crops were ready to harvest, and stores and offices were gearing up for their busiest time of year.

The pandemic, of course, has affected public gatherings of all kinds, and Phoenix is no exception. That doesn't mean people who aren't interested in picnics are lacking in venues. Bars, restaurants and clubs throughout Phoenix and its suburbs are announcing "specials" of every kind.

Happy Labor Day Arcadia!



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Christ Lutheran School dads gather for bingo night.



Hopi student James Livengood.

What's new, PTO?

By Jennifer Marshall

Behind every successful school is a hardworking and dedicated Parent Teacher Organization. With optimism for a better year ahead, Arcadia area's PTOs are making the following plans.

Arcadia High arcadiapto.org

The PTO conducts two fundraisers: a membership drive and an online auction. With six membership levels, it offers something for everyone. AHS focuses on many events, including teacher appreciation meals, the campus beautification project, homecoming and senior activities.

"We're playing it day-by-day regarding what the district lets us do," PTO President Kim Kleski said. "Our parents back us one hundred percent, and we have a great sense of community from our Arcadia families."

Biltmore Prep biltmore.creightonschools.org

"We're focusing on a soccer league for our K-3 classes this year," PTO President Sophia Carrillo Dahl said. "Soccer's a great way to connect our parents and little ones, and we're looking forward to being a community together again."

In addition to soccer, the PTO started the year off by welcoming teachers back to campus and hosting a back-to-school night. They also have an upcoming uniform exchange event, a fundraiser night at Peter Piper Pizza and a carnival.

Christ Lutheran School clsphx.org

"We don't have an actual PTO, but parents can come into class and volunteer for various activities. We love having them on campus," Principal Jon Doyle said.

While new safety precautions have changed how parents can volunteer, Doyle is optimistic for the future. One goal is to host an auction or fundraiser with the golf tournament.

"Our parents regularly contact us with new ideas," Doyle said. "Recently, a mother

mentioned a mother/son dance, and now it's in the works. We love parents who are passionate about spearheading events."

Echo Canyon echocanyonpto.com

"We've restructured our membership," PTO President Stephanie Peyton said. "We have high hopes for this year as we have so many people who want to help."

Dining for Dollars, a family dance, a read-a-thon, a pinewood derby and several fundraising drives are some of the events planned for the year.

"We're excited to resume our featured Chef in the Garden Program," Peyton said, "which is a hands-on learning partnership with the Blue Watermelon Project."

Hopi Elementary hopipta.com

Hopi PTO's theme this year is: Shine bright, soar high!

"We had an exciting first week because we could welcome parents back to campus," PTO President Megan Livengood said.

So far on the calendar is a family fun bingo night, a movie drive-in night, walk to school day, a used book fair and a read-a-thon fundraiser.

"We would also like to be able to provide more shade structures on campus and spruce up the back patio area," Livengood said.

Ingleside Middle inglesidepto.com

Ingleside's PTO kicked off the school year by hosting a teacher happy hour.

"We're working on getting the food trucks and fine arts event, angel tree event, bike drive, trivia night and a 5K on the calendar," PTO President Kerri Flader said.

Flader explained that they want to get people excited about being in school again, so the goal is to provide a shirt for every student to promote school spirit. "We're nothing without our members and business sponsors, so we encourage everyone to get involved," she said.

Tavan Elementary tavanpto.com

"Our major goal this year is to get more parents involved in the PTO," Vice President Cheri Price said. "We want to put Tavan back on the map through an increase in parental involvement and activity."

There is also plan to host a couple of bigger annual neighborhood events. During Halloween Hijinx, the dad's club hosts a haunted house, and kids can safely trick-or-treat. Tavan Twinkles is a shopping event where students can sell items they've created.

Veritas Prep veritasprep.org

"We're excited to have events this year since we couldn't last year," Co-President Meg Seoane said. Veritas plans to bring back its annual fall dodgeball tournament for grades 6-12 as well as their K-12 homecoming tailgate and football game.

"We also didn't have any dances last year," Seoane said, "so the kids are especially excited for our middle school harvest party and high school homecoming dance."

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A night to forever remember

The Orpheus Male Chorus of Phoenix is gearing up for its 93rd consecutive year. The chorus started in 1929 and is the oldest musical performing group in Arizona. I sang with the Orpheus off and on for 33 years and made several international tours with them. A concert on one of those trips stands out because it was so exceptional. It happened in Russia and lingers in my memory bank.

I believe that every human being should be allowed at least one moment like this. A time when you stood a little taller. A time when all other accomplishments seemed trivial.

A time of such magnitude that all the times that come after would never diminish its importance. This was one of those times.

Kronstadt is a Russian island in the Bay of Finland, a few miles north of St. Petersburg. The Russians connected it to the mainland by constructing a huge dike across the bay. For decades, the island



The Lowe Road

BY SAM LOWE

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

served as a naval base, first for Russia, then for the Soviet Union.

When that empire collapsed shortly before our arrival, it reverted to Russia. All the changes and political manipulations made the base off-limits to tourists. Especially American tourists. But on this day, July 4, 1992, the Orpheus Male Chorus from Phoenix, Arizona, U.S.A., arrived there to sing. With a U.S. Army band. On a Russian naval base.

Some of us got over the excitement of simply being there long enough to consider this: A few years ago, this situation would have been not only highly improbable but absolutely



Can you spot Sam? He's the only one in the photo with a beard!

impossible. Even a year before, it would have been unthinkable. But there we were, all decked out in our performance outfits, ready to captivate Russians with our renditions of classic choral arrangements.

The original plan was to stage a joint concert featuring the Orpheus and the 23rd U.S. Army Band, a touring National Guard unit out of Salt Lake City, Utah, U.S.A. On a Russian naval base.

But officials said they wanted the Naval Admiralty Orchestra, a Russian band, to perform as well. They'd be backing up an American choral group and sharing the stage with an American band. Alfred Hitchcock should have been there, taking notes.

But the request by the naval base officers was not unreasonable. It was, after all, their naval base. And their island. Then, the performance schedule also underwent some major alterations. The Orpheus was originally supposed to be on stage for an hour, but due to the addition of the Russian band, they shortened our time to 45 minutes. Then to 30 minutes. Finally, those in charge said we had 20 minutes.

Twenty whole minutes to tunelessly relate our well-rehearsed sagas of pickup trucks, broken hearts, girls named Peggy Sue and faithful hound dogs. Our director mentioned this, but the Russians

made no concessions. It was their island et cetera, et cetera.

Initially, the Orpheus and the Army band were supposed to perform Wilhosky's version of "The Battle Hymn of the Republic." But once again, the Russians interceded and asked if their musicians might play along. A hard request to turn down, considering that this was their territory.

Next, there arose the problem of where to insert the number into the program. It was a weighty matter because it meant cramming 45 singers, 56 American musicians and 60 Russian band members onto a stage about the size of those found in small-town high schools. The decision was made to present the song after intermission, and there was no dissent from the Americans who, by this time, were fully aware that it was a Russian island.

And so the concert began. The Orpheus went on first and did 20 minutes of ballads. Once finished, we took seats in the audience to wait until after intermission, when we would regroup with the bands for "The Battle Hymn." The Russian orchestra was supposed to be next, and the players gathered on the stage. But then the American musicians began filtering among the Russians, not in accordance with the oft-changed schedule.

Next, an interpreter stepped to the

microphone and asked the Orpheus singers to gather in front of the stage. This was not even close to the plan and was met with great consternation because some singers were still in the restrooms. But, through the combination of good fortune and dumb luck, most of them got back in time.

All was quiet when Chief Warrant Officer Norman Wendel, director of the U.S. Army band, took his place on the podium (a folding table mounted between two chairs on the auditorium floor) and faced this hastily arranged and highly confused gathering of performers.

For once, all eyes were riveted on the director. They showed anticipation. Or anxiety. Or fear.

Wendel thrust his baton into the air, and his gesture was answered by the roll of a snare drum and the blare of eight trumpets, some American, some Russian. The song began, and there were no nationalities. No Americans. No Russians. Just people, making a song come alive. People believing the words they were singing and the melody they were playing.

Mine eyes have seen the glory of the coming of the Lord,

He is trampling out the vintage where the grapes of wrath are stored...

We sang with emotion, and our voices were at full timbre, but the sound of the combined orchestras drowned out our words. It didn't matter. Most of us were crying, anyway. Those who weren't crying were afflicted with throat lumps. As the hymn ended, the applause began at the final crash of the cymbals and grew until it shook the hall and sustained itself through all the bows and handshakes and hugs that are duty-bound to follow such a magnificent performance.

It was over then. Too soon. We had shared a moment none of us would ever forget. After that day, we all stood a little taller.



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In the Kitchen

with **Executive Chef Jacques Qualin** of J&G Steakhouse

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By Mallory Gleich

With plenty of practice, knowledge garnered by working with world-renowned chefs and an evident passion for cooking, Chef Jacques Qualin is a force in the culinary world. Born and raised in France, Qualin moved across the pond in the early 90s and started his career in the U.S., working at various eateries in New York. He left the snow for the sun and has been executive chef at J&G Steakhouse for more than ten years.

Where did you grow up?

I'm originally from France. I grew up on the east side in a region called Franche-Comté, right above the Alps and right on the border of Switzerland. It's very green, lots of mountains and agriculture and foraging – and lots of meat and cheese!

When did you move to America?

In 1995. I was here once before in 1991 and worked for Chef Daniel Boulud at Le Cirque [in New York] for a year and a half and then came back a few years later. I worked for a long time on the east coast; I owned my own place upstate – and moved here to Phoenix in 2009 to open J&G Steakhouse.

Your career started with culinary school?

Yes – I went through the apprentice program in France at age 16. The program is two years long, and you have to work while also going to school. At school, you learn about the business and the health department. I feel like the program in France goes a little deeper than in America. It's a lot of practice. I finished first in my class and immediately started working in a restaurant – I worked my way up through each position.

What's a favorite childhood meal you remember?

There are many of them! Mom was a classic cook. There was a lot of smoked meat, cheeses – or a roasted chicken with all of the sides for Sunday dinner. In France, we paid a lot of attention to detail on the food, depending on what we made. There were one or two appetizers, a salad, a main course – and cheese – and dessert!

Did you always know you wanted to be a chef?

Oh, always. Ever since I was young, I watched my mother cook at home, and she put out some very nice meals – she was a great cook. I learned many recipes, and I was very eager to read books on cooking and work on my recipes.

Any anecdotes from your time in the kitchen?

Back in 1991, I was working at Le Cirque in the kitchen, and one day, the chef asked me to help out in pastry because they were short-staffed and needed help. The pastry chef, Jacques Torres, handed me a menu with 15 desserts on it, and I asked if he would show me the dishes. Service started, and he disappeared. So I had to work in pastry all by myself – I had to learn quickly!

Where else have you worked?

I worked in Paris for a while. Then, mainly in New York City with Chef Boulud and also with Chef Jean-Georges [Vongerichten]. I worked with Jean-Georges for a long time. I worked at JoJo, the first restaurant he opened in New York City and after that, went to Trump Tower. I was an executive chef at a small French restaurant before opening my own in the Catskills.

What advice would you give to someone who wants to open a restaurant?

Don't be defeated. There are a lot of hours to put in, and a lot of things will come at you – when you think you have enough, it's not enough because there's always something more that could happen. You have to be super motivated and in good health.

To open a restaurant, you have to find the right location, concept, and people. Many people open places and realize they picked the wrong location or concept, and it becomes a challenge.

What is the inspiration for the recipes at J&G?

Mostly I try to work seasonally. We change the menu every season because ingredients change – so there are different things to work with in the summer that don't work in the winter. In Arizona, the weather is always nice, but in other places,



you don't want something light during the winter – you want something heavy or hearty, you know?

I mean, now you can get anything you want from anywhere in the world, but I like to follow the seasons – I think that's important.

At J&G, it's a little different because the root of the menu is the steak – meat is meat, but I can play around with the appetizers, the sides and the fish.

Do you have a favorite dish you like to cook?

Yes, a few things! I love to cook fish; I'm very good at that. I've won many contests cooking fish. One was the Heineken challenge back east.

I had to develop a recipe with a Heineken beer as the base and a fish. So I made a skin-seared salmon with stuffed cabbage and a beer glaze, and I won. So that was good. I like making pastries as well. I make my own pastry at J&G. Oh, and pasta, I love to cook pasta.

What about the most challenging dish you've had to cook?

In France, when you're doing the apprenticeship and have to take exams, there are 120 recipes that you have to know by heart. It's tough to replicate the recipe the way they want it, you know? Classic dishes can be hard, with technique and timing.

I think part of the issue with some of the new generation is that they don't know the base – not that they don't want to learn recipes, but there are fewer schools, too. If the teacher isn't knowledgeable about the recipe, it's tough for the new generation to learn.

Do you have a signature dish?

Back east, I did a turbot [a firm flatfish from France] with a comté cheese crust. I made the crust with butter, bread crumbs and cheese and served it with spinach and a creamy white wine sauce. I had some really good reviews on that one.

At J&G, we're doing roasted peaches with a basil pesto emulsion and homemade wagyu meatballs with tomato marmalade and asiago/parmesan cheese. It's good!

What is your favorite part of being a chef?

My favorite part is teaching people. It's important to pass on the knowledge and teach people something. I work 12 hours a day, and being a chef is all about managing, but once you learn that, it's all about what you can pass on to another.

What mantra do you use when it gets crazy in the kitchen?

I would say stress is good as long as it doesn't overwhelm you. Think clear and work fast – that's my mantra.

What hobbies do you have outside of the kitchen?

I love the outdoors, so I love to go hiking, hunting, fishing. I'm a competitive shooter, so I shoot long range in various competitions. I like to travel – Colorado, Utah, New Mexico. I don't make it back to France, though.

One item you can't live without in your kitchen?

Cheese. My favorite is comté!

And your favorite comfort food?

Well, it's a little obvious, but cheese for sure. I always go back to pasta, or a nice salad or vegetables. I try to avoid sugar, but I do love ice cream.

How do you overcome challenges in the kitchen?

You have to have goals. Without goals, there won't be a challenge. The challenge comes when you figure out how you want to move forward in your life, so you find your goal and push as much as you can to get there. Stay flexible, work hard, work fast. At the end of the day, you have to do your best to make your guests happy. That's what is important to me.

What's in store for the future of Chef Qualin?

Retirement [laughs]. No, actually, I'm not sure. I've been at J&G for 13 years – but I'm always up to something!

Arcadian heads Midwest for annual bike race

By Joe Giumette

It's the birthplace of sliced bread, the nation's top producer of corn and for a week in July, the state of Iowa is the home of the annual RAGBRAI event.

Arcadia resident and avid bike-rider Philip Miller joined thousands of others for this year's Register's Annual Great Bicycle Race Across Iowa, or RAGBRAI. This is his second time participating in the race. [see our November 2013 issue for Philip's first excursion.]

Since 1973, biking aficionados have spent a week in Iowa every July, riding their bicycles from the state's western border, along the Missouri River, to its eastern edge, along the Mississippi River. They follow a pre-determined route, which changes every year, usually 40 to 80 miles per day and have a lot of fun along the way.

The event, which encompassed 454 miles this year, is sponsored by the *Des Moines Register*. It started as a challenge between two staff reporters and has grown to attract cycling enthusiasts worldwide. This year, more than 15,000 bikers participated.

Iowa's humidity and hot July temperatures made this year's ride even more challenging.

"I'm used to the heat," Philip said, "But wow, that humidity!" A former Iowan, Philip has dried out in Arizona.

Philip and his wife, Tessa, along with their rescue dog Sprinkles, have just completed this year's RAGBRAI, with Philip riding his



Over 15,000 riders participated this year.



Tessa in the Badlands of South Dakota.



Sprinkles stops to smell the flowers.

Trek bike while Tessa and Sprinkles drove ahead of the pack to find a suitable spot for Elsie, their 35-foot Class A motor home. They've traveled in Elsie since 2013, when they bought the rig over the internet.



Philip Miller

"Our four children have all grown and left the nest," Tessa explained. That left them with fewer household chores and provided them with more free time.

This year's RAGBRAI event was one stop on their journey as they traveled throughout the country for 11 weeks.

"We just think this is the perfect way to see the whole country up close," Tessa said. The couple expects to return to Arcadia by September 10.

"I've lost a couple of bikes to accidents

while riding in Arcadia," Philip said. One accident broke part of his hip; the other, he went through the windshield of a car. In both incidents, the bicycle was ruined.

"The RAGBRAI eliminates apprehension most bikers experience when they venture out on public streets and highways," Philip said.

To keep the route free from motor vehicles, each week-long participant pays a fee, which helps with permits, signs, pylons and other elements to keep the event safe.

Besides the exercise, the event, which Philip calls "a party on wheels," also serves as a way to make new friends.

"Each participant's bike has a little tag hanging under its seat with vital information like names, addresses, occupations, and so on," he said. "So, each biker can scan those tags, maybe find someone from their home state, and strike up a conversation. Many folks make lasting friendships that way."

Philip, who describes himself as "semi-retired," conducts business from his computer and cell phone between each leg of the journey. He uses an exercise bike at his home to get in shape for his cycling adventures.

The pair are quick to caution those who may be inspired to try the RAGBRAI challenge that an event of that complexity requires at least a year's planning.

"You have to make reservations at motels and campgrounds that much in advance," Tessa said. That is due to the race's popularity and also the increasing popularity of RV travel.

Philip and Tessa may do another RAGBRAI event "in five years or so," but they've already decided on a new adventure for 2022 – a hiking tour of Machu Picchu in Peru.

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Arcadia Little League makes history with tournament win

By Amy Knighton

Arcadia Little League (ARLL), which resides in Arizona's District 6, had seven teams compete in the all-star tournaments this summer. However, one of these teams, the 8-9-10 minors baseball team, accomplished more this year than any other team in the history of the league...they won the Arizona state tournament.

Each district in Arizona has several all-star teams composed of players from each individual/local little league from a given region. The teams compete against one another for the opportunity to advance to the state tournament representing their district. Throughout Arizona, more than 55 all-star minors baseball teams will compete at the district level. This year, fourteen district victors, including a uniquely talented ARLL team, advanced to the 8-9-10 baseball state tournament in Tucson that began on July 17th. Although consistently challenged, the ARLL team finished undefeated throughout the district and state tournaments.

In ARLL's first game of the state tournament, they defeated Mount Graham Little League from Safford 16-0. They overcame a valiant effort by West Flagstaff Little League with a 16-7 victory. In their third game, they trounced the home district Rincon Little League team with a final score of 15-3. These victories positioned them in the tournament's semi-finals to challenge a



PHOTO COURTESY OF CHERI PIERCE

The ALL 8-10 All-Stars after their state championship win.

talented and similarly undefeated Paradise Valley (PV) North Little League team. Facing their toughest test of the summer, ARLL prevailed with a 6-4 score to advance to the tournament's finals.

During July in Tucson and throughout the state, the much-desired rain forced several delays to the tournament's completion. As a

result, the District 12 tournament director from Tucson, Cindy Snow, in conjunction with District 6 and ARLL, relocated the final games to Phoenix at Ingleside Middle School to conclude the tournament.

In less than a day, the families and other community members involved in ARLL prepared IMS to host the remainder of the

tournament. The baseball field, unused since the district tournament at the end of June, received some TLC from the wonderful groundskeeper. A concession stand emerged from an abyss. Outdoor coolers and fans to accommodate the spectators surfaced as well.

The semi-finals proceeded with PV North Little League defeating Four Peaks Little League from Mesa 15-11 to advance against formidable ARLL. The championship game would be a rematch of the hard-fought 6-4 victory by ARLL. In a magical comeback victory that displayed the volatility, fervor, and exhilaration of little league baseball, ARLL once again defeated PV North Little League 4-2 capping an undefeated post-season to capture the 8-9-10 Minors Baseball State Championship! Every player contributed immensely to the team's success to complete the improbable task of an unblemished post-season journey.

Manager/Coaches

Eric Dreier
Toure Knighton
Mike Ord

Jalen Knighton

Carter Lampe
Chase Lauer
Caden Lewis

Players

Oliver Bandura
Cody Dreier
Colt Dreier
Eli Driscoll

Johnny McCormack

Oliver Ord
Brooks Smith
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Dining in "the lab" at Arizona Culinary Institute

By Rachael Bouley

A scenario: Your family is ready for dinner, but you don't feel like cooking and don't want to head to the same old restaurants. You're in the mood for something new but aren't looking to break the bank for a fine dining experience, so where to go? Arizona Culinary Institute has one solution with du Jour Dining.

At ACI, students begin with basic culinary arts, sauces and meat fabrication, and baking and pastry courses. After learning food and beverage management, they test their knowledge at du Jour, a restaurant that's open to the public. The restaurant's operations and advanced cuisine courses act as a hands-on laboratory, giving students practical experience to prepare for the next steps in their careers.

"du Jour Dining is an extension of our culinary education, which we divide into four blocks, much like freshman, sophomore, juniors and seniors," said Erin Coopey, director of education at ACI. "du Jour is considered the senior time in the program, where students spend three weeks in the front of the house and three weeks in the back of the house, learning everything about running a restaurant in real-time."

From seating guests to bartending, food preparation, and final plating, students do it all as they gain valuable experience in a controlled environment. ACI offers both a day and night core diploma program, and



Located in north Scottsdale, ACI is home to passionate chef instructors and students who get hands-on, in-house restaurant experience through the du Jour dining program.

those students run the restaurant for lunch or dinner.

Dining at du Jour is a multi-course experience as students focus on high-end service work and food presentation. After learning the core fundamentals of culinary arts and many hours of lab work, students are well-prepared to deliver high-quality food. Under the guidance of chef James West, students learn the proper way to cook fish,

chicken, beef, and signature meals, with a rotating menu featuring four entrée choices.

Long-time hospitality professional and instructor Jim Baker manages the front of the house, guiding students toward delivering the highest standard of service in the reservation-only restaurant. Most lunch entrees are under \$20, and dinner is priced around \$22-\$25, with appetizers and desserts also on the menu.

"We are always making decisions based on the strength and capability of the students," Coopey said. "From the public perspective, this is an opportunity to have a five-star meal for pennies on the dollar. It's an amazing dining experience from the level of service. Of course, the students are learning, but you couldn't get a meal like this anywhere else."

Executive Chef Christopher Wolf oversees the faculty at du Jour. The school offers small class sizes averaging 12 students to provide one-on-one tutoring and build connections in the classroom.

Students are evaluated and must pass their du Jour courses, plus 210 internship hours before officially earning their diploma. The school graduates about 250 to 300 students per year, who, on average, take eight months to complete the program. ACI works with dozens of Valley businesses to find the proper employment for students.

"We offer personalized internship placements to start students out in their careers," Coopey said. "The goal is to provide a natural transition where they come away feeling supported. We want them to be as prepared as possible for a career they are going to love."

Reservations are required to dine at du Jour. Lunch hours are Monday-Friday starting at 11:30 a.m., and dinner hours are Tuesday, Wednesday and Thursday starting at 6:30 p.m.

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Graham Schaub won four medals at an Arizona swimming competition.

Local swimmer takes gold twice

By Mallory Gleich

For 10-year-old Graham Schaub, swimming comes as easy as breathing. It's no surprise that he won gold at this year's Arizona Age Group Long Course State Championships. The four-day tournament was held in Goodyear, and 40 teams from across the state traveled to compete.

Graham started swimming when he was nine months old at Arcadia Swim for Kids. He took private swim lessons for a year at age four until he signed up for swim courses at Phoenix Swim Club. At age eight, he attended his first meet.

"I enjoy swimming at our home pool, and I liked lessons with Mike, so I followed him to Phoenix Swim Club where I continued training and then began swimming competitively," Graham said. "I really enjoy the social interaction with the other kids. Plus, it's great exercise, and it's fun!"

Graham practices for an hour and 45 minutes every day after school. His dedication played a part in his high rankings at the latest competition. Graham won two gold medals in the 100 and 50-meter backstroke, a silver medal in the 50-meter breaststroke, and a bronze medal in the 200-meter individual medley competition.

Not only did he medal, but he also placed in the top 10 for four other events and was

the high point winner for the boys 10 and under division.

"When I found out what I had won, I was exhilarated," Graham said. "It was hard to believe that I placed first in two events."

He said that his favorite part of the competition, besides winning, of course, was getting to be part of a team and contribute to everyone's successes. The worst? Heat delays and lightning!

Graham's dad, Tristahn, was there to cheer his boy on and said that he loves being part of his son's athletics. Aside from driving, timing swim lanes and helping to run the concessions, Tristahn also got his certification as a U.S. swimming official.

"It's a great way to learn more about the sport, spend time with the kids and meet some great people who love giving back," he said.

"I'm always looking for teachable opportunities, and this was a clear example of how Graham's efforts have been linked to some amazing results. More important than winning medals, he demonstrated humility, good sportsmanship and a fun, competitive spirit which we love to watch."

Graham will continue to race at swim meets throughout the Valley and wants to continue to improve and "be the best swimmer I can be."

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SUMMER *Vacation Photos* From our readers

Eleven states. Five countries. Four state parks. Three fishing poles. Two enormous monuments and one cross-country motorcycle trip. This year, Arcadia went all-out for their summer vacations. Thank you for submitting your photos, everyone!



TOP ROW:

Brooklyn Kasalek at Bubble Fest in Orange County.

Daniel, Nico, Rose, Zack and Patrick Cheke at the End of the World in Cabo.

Bill and Su Byron canoeing at Isle Royale National Park, Michigan.

MIDDLE ROW:

Meera, Neal and Priya Jain in Cabo San Lucas.

John Heckenlaible on a camping trip in the Boundary Waters in Northern Minnesota.

The Schnepf and Staples families in Newport Beach, CA.

BOTTOM ROW:

Josie Fox swimming with the turtles in Hawaii.

Sonny, Tanja and Stella Moric in Plitvice Lakes, Croatia.

Dan, Shari, Aiden and Marisa Charous in the Virgin Islands.



TOP ROW:

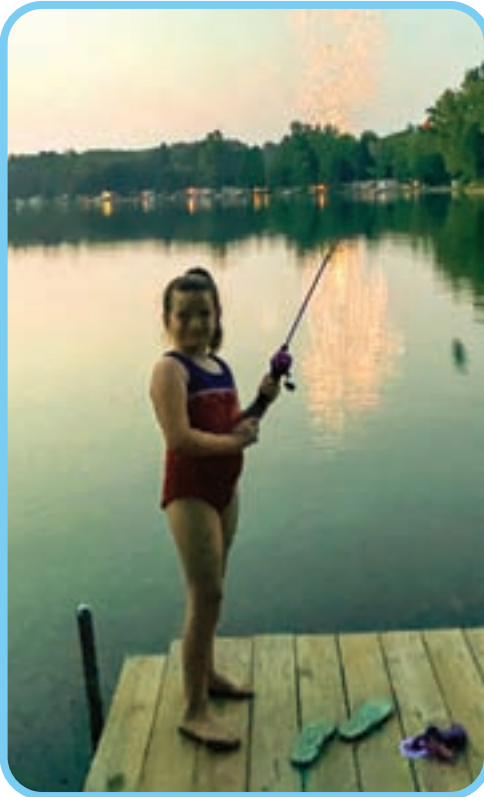
*Jamison Fox tackling a wave in Hawaii.
Charlotte and Aubrey Snell with Gracie
McCarty on La Jolla Beach, CA.
Anne, Sam, Martina and Logan
Morton in Oceanside, CA.*

MIDDLE ROW:

*Eloisa, Jay, Jaysa and Lolo Willie
Valdez at Santa Barbara Pier.
The Bruns family near
Mission Bay in San Diego.
Ben, Sterling and Shane Pearson
at Pickerel Lake, SD.*

BOTTOM ROW:

*Greyson Stauff at Camp Longhorn,
Inks Lake, Burnet, TX.
Sprinkles Miller at a 4th of July
Parade in Eagle Nest, NM.
Addie Heckenlaible on the secret
swing in La Jolla Beach, CA.*



TOP ROW:

Blair, Huxley and Winston Marvin at the Temple of Athena in Greece.

Clara Jensen at Catalina Island.

Tessa Miller with the Indian Pueblo Ruins at Bandelier National Monument, NM.

MIDDLE ROW:

Anita Fogarty traveled 4,000 miles from Phoenix to Virginia on her motorcycle.

Amy, Brooklyn, Aspen, Carl, Bristol and Austin Kasalek in Newport Beach, CA.

Vaughan Kekic picking blueberries in Holland, Michigan.

BOTTOM ROW:

Vivienne Taylor, Cassie Pondelik, Marisa Charous and Heidi Pondelik at Soggy Dollar, British Virgin Islands.

Isha and Rehan Lelani in Waikiki, HI.

Delilah Tobey caught her first fish on Shoreline Lake near Owosso, Michigan.



TOP ROW:

Aspen Kasalek at Minnie's House, Disneyland.

Heidi and Bill Staudenmaier at Crater Lake National Park in Oregon.

Marisa and Aidan Charous in the Virgin Islands.

MIDDLE ROW:

Maeve Shanahan enjoyed her staycation at The Phoenician.

Jamesby, Will and Finn Leonetti on Capistrano Beach, CA.

JT and Will Carden in Humboldt Redwoods State Park, CA.

BOTTOM ROW:

David and Katrina Alfaro repping their Suns gear on the beach.

Lucy Shanahan at Lake Tahoe.

Thomas and Julia Purcell with Greta Hall in Big Trout Lake, Pine River, MN.

Nonprofit gives back to veterans with donated produce

By Jennifer Marshall

Diana Gregory has a special place in her heart for the veterans and seniors she has come across over the years. That passion is what sparked the creation of her nonprofit, Diana Gregory Outreach Services, and its offshoot, Veggies for Veterans.

"I've been helping seniors and vets since I was eight years old," Gregory said. "I was playing outside one hot July day when I noticed my 85-year-old neighbor struggling to carry her grocery bags. I instantly leaped to her assistance and helped her carry her food up eight flights of stairs to her apartment, as the elevator was broken."

From that moment on, Gregory vowed to continue helping seniors and vets. After a 30-year career in corporate marketing and sales, she made good on her promise when she established Diana Gregory Outreach Services and Gregory's Fresh Market.

The charity's mission is to "restore meaningful food access and eliminate health disparities in under-resourced communities."

That mission has served thousands of seniors and vets since 2009. In 2017, Gregory founded Veggies for Veterans



Diana Gregory

— a mobile farmers market that brings fresh fruit and produce to senior centers and the Phoenix Veterans Affairs Health Care System.

"We'd already been serving transitional veterans when we were invited to bring our farmer's market to Victory Place — a temporary housing community for homeless vets — four years ago," Gregory said. "Over those four years, we've served almost 10,000 veterans."

Before the pandemic, Veggies for Veterans visited Victory Place once a month and gave every veteran a \$10 voucher to purchase fruits and veggies.

Gregory explained that offering the vouchers encouraged the veterans to venture out of their comfort zones, leave their apartments, get nutritious food and interact with others.

"The program is about socialization versus isolation and allows us to teach them about healthy eating," she said.

Veggies for Veterans' successful work at Victory Place led to an invitation to visit the Phoenix VA to duplicate the vouchers. The program serves a minimum of 500 veterans, and last year it pivoted to a delivery system using prepackaged bags of fruits and vegetables.

"Everyone at Victory House and the VA Hospital loves the program," Gregory said. "To enrich lives through healthy eating



Michael Welsh and Dr. Isabel Kozak of the Phoenix VA, Jerry Wissink of Berkshire Hathaway, Diana Gregory and two active duty veterans who volunteered at the Veggies for Veterans event sponsored by Berkshire Hathaway's Legacy Foundation and WellCare.

is our mission statement, and what a wonderful way to honor vets."

Gregory said volunteers are the backbone of the organization, and they couldn't do their valuable work without the support of their sponsors and suppliers. However, since food needs have far exceeded what they can buy and receive in donations, they

established a small, local farm in 2019 to grow pesticide-free produce.

The farm, located at Spaces of Opportunity community gardens in south Phoenix, grows broccoli, beets, cabbage, cauliflower, eggplant, collard greens, kale, corn and more.

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Mid-century modern retail complex opens in central Phoenix

By Mallory Gleich

The Frederick on Missouri is an homage to mid-century modern architecture, with a fresh take on the outdated strip malls of the past. The owners describe it as “a gathering place for the community to shop and dine; a place that is unique and something that creates a sense of pride in the neighborhood.”

Arizona transplants Chantell Nighswonger and her husband Kevin Cieszkowski, owners of The Frederick (1215 E. Missouri Ave.), said the plaza is their passion project. They also run a women’s clothing boutique there.

“When I moved back to Phoenix, I had a difficult time finding the fashion-related marketing job I wanted, and it was my husband who suggested starting the boutique I had always dreamed of opening,” Nighswonger said. “I always wondered why there weren’t more boutiques like the ones I would visit in California or around the world, and I would mostly shop online, so I decided I would start my boutique based on the shops I had visited.”

Nighswonger’s dream became a reality when she opened Vida Moulin five years ago. From there, the vision grew, and the duo decided to move the boutique into its own building.

“My grandparents were entrepreneurs, mostly in commercial and industrial real estate, so I always had a deep understanding that owning your own buildings and land was one key to personal wealth and growth,” Nighswonger said.



Small business owners Melissa Pruett, Theresa Delaney, Malori Maeva, Elena Shaw, Abby Snow and Chantell Nighswonger.

She reached out to friends who also owned small businesses and asked if they would be interested in joining them as tenants. Once the other shops were on board, it was time to find a space.

“Our biggest grief with the Phoenix commercial real estate market for small business retail shops is that there were lackluster strip malls where your neighbors would not necessarily be driving the type of business you wanted. Or, there would be brand-new shopping complexes mostly made

of nighttime-focused restaurants and charging extremely high prices for larger spaces than what you needed,” Nighswonger said. Fate stepped in one day when Nighswonger and her husband, along with architect Christoph Kaiser, found an empty building at 12th St. and Missouri Ave. The original architect, Frederick Weaver, had designed notable buildings around the Valley, including the ASU library and the former Valley National Bank at 44th and Camelback. They decided to name their project after him.

“With so many original mid-century buildings being torn down all over Phoenix, we wanted to keep the historical integrity and have this gem restored for future generations to appreciate,” Nighswonger said. “Weaver’s daughters visited, and at that moment, we knew that taking the additional cost of restoring the building was the right choice.”

The complex, built in the 1960s, originally housed a dental office.

Now, eight businesses complete The

Frederick. Along with Vida Moulin, the shopping center includes Form Floral, Cricket & Ruby children’s boutique, Metalmark fine jewelry, a beauty concept called Melt by Melissa, Batea vintage goods, Creative Kind gift shop and Mahalo Made shaved ice.

“The majority [of the stores] have been in business for three to five years and have quite a community following. We expected a great reaction from the community when it came together, but I think we are all blown away at how excited the entire Valley has been to have a destination like this,” Nighswonger said.

She and her team have plans to open another retail and dining complex called The Murphy that will be “an industrial-influenced building set on the train tracks that run through downtown Gilbert,” Nighswonger said. It will be named after Frank Murphy, who built the Arizona Eastern Railway in 1903 through the town.

thefredphx.com



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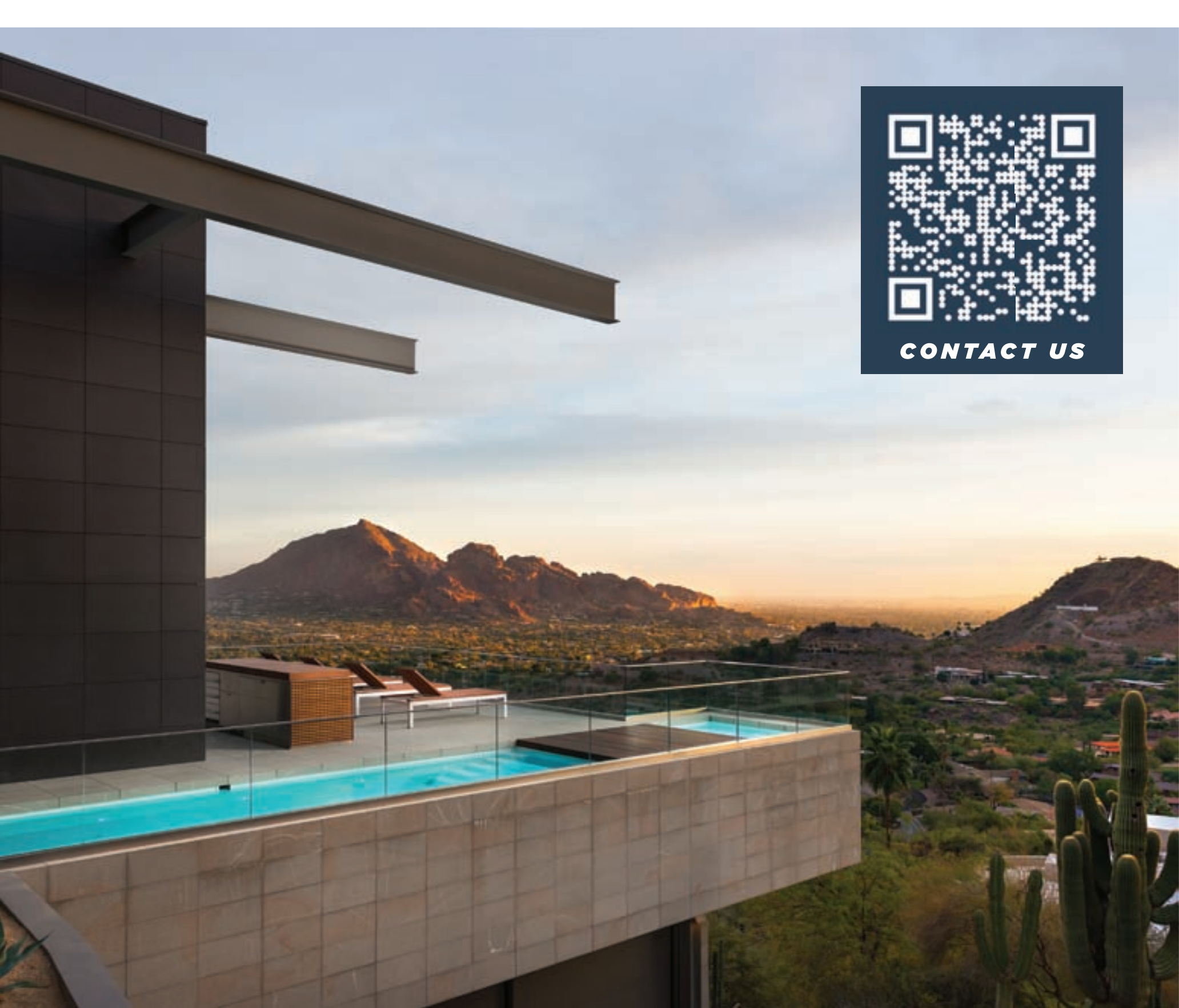
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John Heckenlaible

If you are ever looking for longtime Arcadia resident John Heckenlaible, an excellent place to start would be the neighboring mountain ranges, as there are few things he loves more than hiking and climbing.

The Minnesota native moved to the Valley in 1983, leaving behind his parents and six siblings, all for the allure of the great outdoors.

"Growing up, we were cooped up a lot during the long, cold, dark winters, so now I take every chance I can to be outside. It started by taking a short hike and grew into mountain climbing, marathon hikes, epic mountain bike rides, and even competing in desert trail races," said Heckenlaible.

"The mountains call to me in a way that's hard to explain. There's a special sense of satisfaction in bagging a peak," he said, "as you are standing on your very accomplishment."

John has hiked all over Arizona, but his favorite experience was hiking the Havasupai Trail. To justify his choice, he said, "If you can visit the Garden of Eden, then why not seize the opportunity?"

However, he has had some not-so-wonderful experiences, including when he fought 80-mile-per hour winds on Humphreys Peak or scrambled to evade a pack of toothy javelinas in the Mazatzal Wilderness.

When not challenging himself with outdoor adventures, Heckenlaible tackles his career with

similar energy and commitment. His extensive sales and marketing background has him currently serving as Public Information Officer for Glendale Community College, where he directs all strategic marketing and public relations initiatives.

"It's so meaningful to be a part of higher education, even indirectly, as our future hinges on a well-educated workforce. Working at a college has had a profound impact on the way I view the world," he said.

Aside from his classroom learning, Heckenlaible said he was fortunate to learn and grow through mentorships.

"I was fortunate to have so many great mentors along the way, and because I respected these individuals, I have tried to emulate their personal and professional approach to life."

He has also done his fair share of mentoring while coaching his daughter, Addie, and her soccer team from St. Theresa in a city league for three undefeated seasons. He also served on the school board.

"It's been so rewarding to cultivate young people and help them discover

strengths and capabilities that they didn't even know they had. Several of my players went on to play soccer in high school and college," he said with unmistakable pride.

John and his wife, Aimee, have been married for 30 years and have lived in Arcadia all that time.

"We absolutely love Arcadia and its small-town vibe," he said. "How wonderful that it can sometimes take two hours to walk the dog just because you keep bumping into your neighbors."

Heckenlaible said he is incredibly proud of the way he celebrates his birthday each year. It begins by climbing six area mountains in a single day, starting with Camelback Mountain, then Dixie Peak and Piestewa

Peak, followed by a brief lunch before tackling North Mountain, Shaw Butte and Lookout Mountain.

"As I was once encouraged by one of my mentors, 'Work like you'll live forever and play like you'll die tomorrow.'"



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Video production agency on a mission to deliver good vibes

By Rachael Bouley

Shared passions for film and storytelling brought a tight-knit team of women together to form The Good Vibe Media, a video production agency with plans to open a studio in Arcadia.

The female-owned and operated agency has built a reputation in the Phoenix videography scene by working with local businesses. The team includes founder, executive producer and former Arcadia Titan Carly Gilleland, editor Chloe VanMeveren and marketing manager and videographer Nicki Arnberger.

After building the business from the ground up and gaining a trusted client base throughout the Arcadia and Scottsdale area, the group said they are now looking ahead to the next chapter and preparing to open a studio inside The Marilyn at 46th St. and Thomas Road.

Long before Gilleland founded The Good Vibe, she took a film media class at Arcadia High School that opened the doors to her future career.

She created a short documentary on her sister with special needs and discovered the positive impact of her storytelling, which led her to film school. She attended Santa Barbara City College and Cal State University Long Beach.

After graduation, the dedicated videographer moved home to Arizona and joined forces with VanMeveren and Arnberger to bring the collaboration to life.

"We all have different backgrounds in video production but in one way or another found a passion and love for creating video," Arnberger said. "It has come full circle now with us operating

out of Arcadia and opening up our studio there. We now are a video production agency, have five full-time female filmmakers and produce high-quality video for brands, weddings and events."

They are also not strangers to The Marilyn, where they kept office space for a few years before building The Good Vibe studios, which they plan to open to the public at the beginning of 2022.

"Our goal is really to elevate the video production experience for our clients as well as uplift other creatives in the Phoenix area to have the perfect location for all of their productions," Arnberger said.

There will be four booking options: Blank Canvas, Modern, Boho, and Ethereal. Each studio offers a different ambiance for diverse creative content, including photo, video and podcast recording.

In addition to building their dream studio, they have a Good Vibe give-back program where they select a nominated individual or organization to receive a complimentary brand video each quarter. It's part of their mission to leave a lasting positive impact.

"Being able to tell our clients' stories and share their different perspectives and mission statements through unique video is special," Arnberger said. "Over the years, we have worked with many types of people in different industries, so we are constantly evolving and learning as a team. Most of our clients become our friends, and we treat each project as a blank canvas."

thegoodvibemedia.com



PHOTO COURTESY OF THE GOOD VIBE MEDIA

The Good Vibe Media owner Carly Gilleland, editor Chloe VanMeveren and videographer Nicki Arnberger.



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How a chance meeting turned into a nonprofit

By Mallory Gleich

It all started with a Chick-fil-A sandwich. That's Shante Saulsberry's go-to for a quick breakfast. It's also where she met a homeless woman named Janice, who she befriended, and where the story of Janice's Women's Center begins.

Saulsberry moved to Arizona in 2019 with her wife, Sheri. They had met and fallen in love in Florida in 2017 and two years later were married. Shortly after their nuptials, they decided to move to Arizona. But before they made their cross-country trek, they found out Saulsberry had numerous blood clots in her lungs and legs. After a long period of healing, the couple finally made their move out west.

"I always tell people that when I moved here, it was the start of a new chapter for me," Saulsberry said.

That new chapter seemed to start when Saulsberry had a chance encounter with Janice outside of Chick-fil-A near the end of 2020.

"I thought, you know what, let me get two bags today. I asked if the attendant would give her the sandwich and give her water for me," she said. "I introduced myself, and she asked where she could find me if she needed me. I told her I would find her."

Saulsberry grew up in foster care as a child, so the meeting with Janice hit home.

"I always tell people that I lost my mother to society," she said. "When I couldn't find Janice, I asked my mom, 'what did you used to do,' you know, because she's been through it."

A month later, she saw Janice outside the restaurant once more. The two would meet and chat occasionally, and one day, Janice asked Saulsberry if she could help her find a shelter. It was then that the idea of a women's shelter formed in Saulsberry's mind.

She reached out to various organizations, even handwriting



Sheri and Shante Saulsberry at the Janice Vaincre Boutique.

letters asking for assistance, and six months later, she finally heard back from a Valley shelter that wanted to help.

"We spoke on a virtual meeting, and the woman told me 'Shante, you have a gift,' and I want to help you," Saulsberry said.

Unfortunately, Janice wasn't comfortable with the co-ed housing – but Saulsberry wasn't about to give up there. She researched another shelter, but again, had trouble reaching anyone.

"What I learned is that our system is broken," she said. "Sheri told me, 'I don't think you can help her,' and I didn't

like that answer, so I said, 'That doesn't sit right with me. I'm going to open my own shelter.'"

Saulsberry learned all she could about nonprofits in Arizona. She talked to a real estate developer, decided what the physical building that will house the center will look like, and applied for nonprofit status in December 2020.

"Then I had to come up with a name. I said, 'what am I doing? I know the name. It's Janice,'" Saulsberry said.

What came next was getting the funds for the shelter. Saulsberry reached out to everyone she could think of, and one person she connected with was Sam Stone, chief of staff for District 6 Councilman Sal DiCiccio.

The pair had a meeting, and Saulsberry learned the ins and outs of gaining community support, obtaining volunteers and having fundraisers. Armed with this knowledge, the Saulsberys set a goal of \$8 million to purchase land, licenses and construct their center.

One of the ways they're raising money is through the recently opened Janice Vaincre Boutique – a clothing store whose sales will help fund the construction of the shelter. The boutique opened in June in Ahwatukee and is volunteer-run, with all of the clothing donated.

"Janice's is going to be an empire. I'm going to make it that way because I believe I'm supposed to," Saulsberry said.

She and Sheri will continue fundraising – with a casino night event planned in October – and are hoping that the center will break ground in early 2022.

The Janice Vaincre Boutique welcomes gently-used or new women's clothing items, shoes and purses, and monetary donations. Learn more at janiceswomenscenter.com.

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Caring for the skin you're in

By Jennifer Marshall

Quick quiz: What is the largest organ in the human body? If you answered skin, you're correct!

September is Healthy Aging Month, and because – for most of the year – we live in an oven here in Arizona, we're featuring tips for maintaining healthy skin at all ages.

Arcadia News reached out to Felicia Munion, co-owner of Arizona Facial Plastics, to share some advice. Munion brings 15 years of aesthetic experience to her practice.

"I was a lawyer, but I left law because it's mainly unhappy people most of the time," Munion said. "In aesthetics, you get to make people a little bit happier. I started running the business to help my then-husband out, and slowly, over the years, I enjoyed learning all the different aspects of aesthetics."

In 2016, Munion and her ex-husband and business partner, plastic surgeon Dr. Farhan Taghizadeh, established Arizona Facial Plastics.

"Our practice focuses on patient education," Munion said.

The business teaches patients about nurturing skin to gain and maintain health because "healthy skin is younger-looking skin." They also specialize in facial plastic surgery, where the goal is to provide a high level of expertise to their patients.

"We help patients understand the aging process," Munion said, "so they know what



Felicia Munion

they can do to turn back the clock since different levels of intervention are appropriate at different ages."

Munion stressed four separate beauty and health routines that are timeless.

Use a good quality cleanser

"Heat traps pollution in the skin," Munion said, "and then we add sweat and dirt to the equation, so make sure to wash your face twice daily with a good cleanser."

Use a moisturizer

"When you use the appropriate moisturizer," Munion said, "you'll help your skin produce the right amount of oils so your skin won't be too oily or too dry. You lock in moisture, and moist skin doesn't show wrinkles."

Apply sunscreen daily

"We recommend a mineral-based sunscreen because it creates a physical barrier to keep the UVA and UVB rays from getting into your skin," Munion said. "Sun damage causes cancer, discoloration and aging, so everyone needs to use sunscreen."

Last but certainly not least, make sure to drink lots of water. Whatever your age, hydration is incredibly important.

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Summer gardening tips from an Arcadia neighbor



By Jennifer Marshall

Arcadia resident and certified master gardener Kristi Belk knows a thing or two about gardening in the hot and arid climate of the Southwest. As a third-generation Arizonan, her family has been gardening here for years. She has put that experience into educating Phoenix gardeners on when and what to plant during the summer and fall months.

Belk explained that summer is usually the perfect time to plan for the next season and tend to annual chores.

"Plants are their most stressed in August," Belk said, "so veggies have to be cultivated during the optimal season. Last month, around August 15, was the ideal time to start seeds for crops such as beans, broccoli, brussels sprouts, cabbage, carrots, sweet corn and lettuce for the fall growing season."

While Phoenix doesn't experience freezing nights as often as other regions, the Valley of the Sun will see a few, which these veggies can tolerate.

"As for colorful yard flowers, any varieties that are currently for sale at nurseries can survive here in pots and will help give your landscape pops of color," Belk said. "Then, in October, you will want to look for gorgeous autumn annuals like geraniums, petunias and pansies."

She cautions, though, that these flowers



Kristi Belk

must have water and adequate shade every day.

"Late spring and fall are the times when plants flourish here. But no matter the month of the year, water and shade are the

keys to successful Arizona gardening," Belk said.

Belk explained that summer days are an excellent time to fertilize and focus on indoor plants. While they're not negatively affected by the intense outside temperatures, they still require attention.

Amending the soil (adding in nutrients) with compost and prepping the autumn beds are must-dos for the fall and a way to still feel active in the garden.

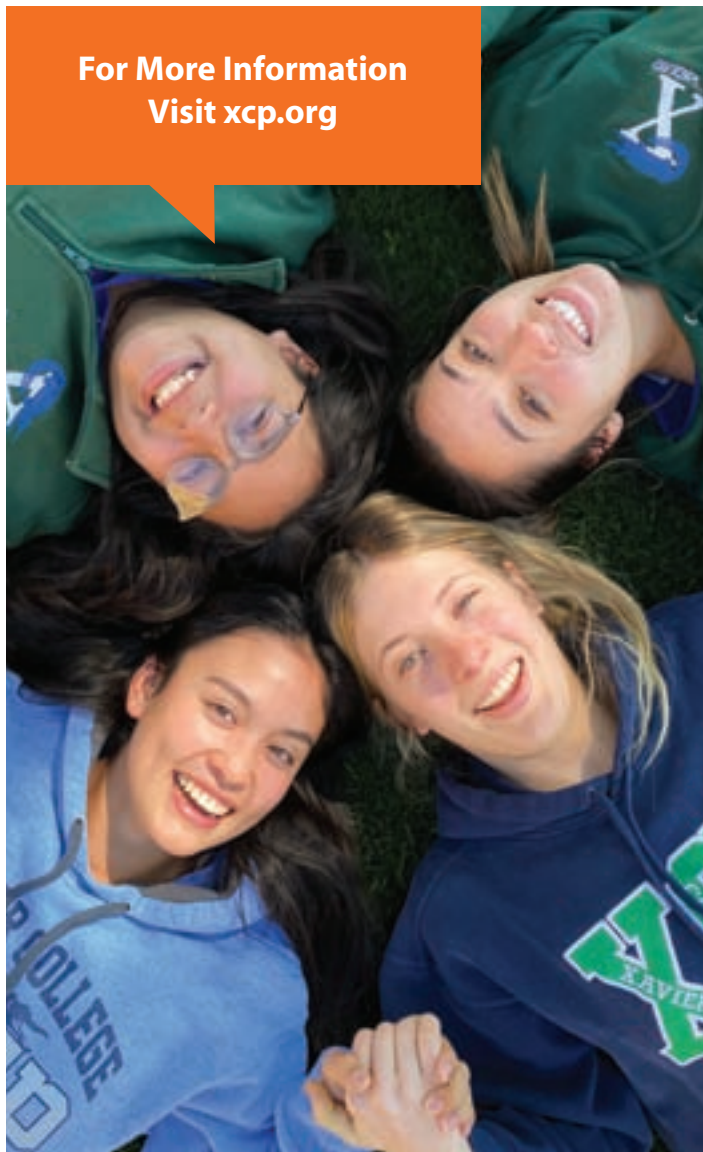
"Because shade and water are the most important parts of planting, I encourage people to visit a local nursery, because they know what grows best here, and they're the go-to resource for knowing the right plant for the right location," Belk said.

She also encourages both novice and seasoned gardeners to check out the wealth of resources at the Maricopa County Cooperative Extension. For other tips and tricks, check out Belk's Instagram page @shfollowsflowers.



PHOTOS: KRISTI BELK

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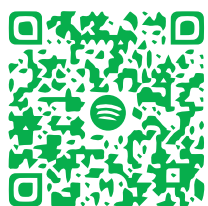
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Candlewick: Just a 'silly old woman's folly?'

Candlewick glassware is an icon of a nostalgic period from the not-too-distant past. It is easily identified by tiny glass beads interwoven into a pattern that produces an elegant and beautiful look. Manufactured from 1936 to 1984 by the Imperial Glass Company, thousands and thousands of pieces were made. Even though values and demand have dropped, the astute veteran and novice collector still prowls for the perfect piece.

There are hundreds of different shapes and designs, including teacups, dinner plates and wine glasses. Some unique pieces were made for the home, including mustard and mayonnaise holders, banana bowls, compotes, ashtrays, nut dishes,

cigarette boxes, and punch bowls. The commonplace items hold the least value at \$10-\$30 per piece; however, the difficult and hard-to-find items, such as the banana boat and covered punch set, are worth more. For example, a 15-piece gold punch set is worth around \$3,750.

Imperial Glass Company was founded in 1904. It produced jelly glasses and tumblers, but from 1910 through the early 1930s, the company catapulted itself into one of the nation's foremost suppliers of Carnival glass. Candlewick became one of the all-time best sellers because it was a high-quality crystal and affordable for the average family. Imperial Glass created the glass jewel for the common person's use.

The distinctive glass beading on each piece is Candlewick's signature. The name comes from a style of needlework based on the embroidered French knot made on unbleached cotton muslin popular



in Colonial times. Hence, the name "Candlewick" was created in 1936.

Candlewick's heyday was from its inception to the mid-1950s when the finest department stores offered their glassware in America. It was also sold in Woolworth's, Kresge's and other five and dime stores. This marketing technique opened the glassware to every level of society.

The older pieces of Candlewick have a slight grayish or bluish tint when held to the light. It wasn't until the late 1930s that Imperial achieved total crystal clarity in its glasswares. Real Candlewick, especially the older pieces, will have a flat ground bottom and coarse rims. Anchor Hocking and Libbey glass companies tried to make their own line, called "Boopie," with larger glass beads and mold lines. There is little to no value in the copycats.

My grandmother left me her prized collection of dinnerware that she used only on special occasions. As she once said, "no one will ever want this silly old woman's folly of glass dishes that are so easily scratched and have only been used on those memorable events in life."

How wrong she was. My family has continued to cherish those moments and each new scratch covering most of the dinner plates. With the affordable prices of most of the pieces, anyone can start a collection steeped in history with the American ideals of entrepreneurship, hard work and perseverance.

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Get a hands-on lesson in Arizona's history

Just because school is now in session doesn't mean you can't squeeze in a day to explore some fun and history-filled Arizona treasures. In the shadow of the Superstition Mountains is a part of Arizona that still feels like the old

Wild West, where mining was once king and cowboys were common.

Saloons were not just watering holes. They housed bordellos where the bad girls of the west – or painted ladies as some would call them – would brighten the evenings of lonely men. It certainly was a different time; life was hard, but times were simple – as history tells us.

What started here is not just part of Arizona's storied

past, but it helped forge the Grand Canyon state. The best part is that you can still visit today, 120 years after it all started. Established in 1893, the Goldfield Ghost Town, located 4.5 miles northeast of Apache Junction, is now a popular tourist



Robin's Adventures

BY ROBIN SEWELL

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



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Goldfield Mine.

attraction, but back in the day, it was the place to be.

Around 3,000 people lived and worked there, compared to the roughly 1,700 in the city we now call Phoenix. Fifty mines provided plenty of work for people, and miners were paid around two to three dollars an hour, which they considered a small fortune back in the day. The mines, especially Mammoth Mine, were pumping out gold by the buckets.

Today you can tour Mammoth and see where the miners spent most of their days and how they mined for gold. The work was challenging, and the conditions were grueling; miners worked 12-hour days – all of it underground – and what they couldn't dig out, they blasted. Unlike the miners,

visitors only have to spend 30 minutes below walking the cavern that produced more gold than any other while learning about life as a miner back in the 1800s.

If going deep into the ground is not your version of the golden ticket, you can check out the mine from above. This also gives a great perspective and appreciation for the equipment and the ways our forefathers mined the land. Visitors can also walk the dirt roads from one saloon to the next, shop for western knick-knacks and pan for gold.

Guests can dress up and get an antique photo taken in costumes and western wear and watch a reenactment of one of those wild west gunfights in the middle of the town. There's a train and a walking ghost tour where visitors learn about the legends,

spirits and curses that share the town with its residents to this very day.

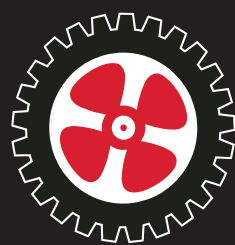
For entertainment other than a Wild West-themed attraction, there's the Superstition zip line that gives present-day thrills. The area itself is truly spectacular, and the views from Arizona's only narrow gauge train are breathtaking. The desert colors create the perfect backdrop to this town.

If you ever imagined what it was like to dig for gold, be a cowboy or wear a badge, Goldfield Ghost Town is a must-see and do. Think of it as history you can see and touch. A visit here is an opportunity to take a step back in time to an era that set this state up for success.

goldfieldghosttown.com



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Inspiring change at Waste Not

By Rachael Bouley

Jenny Holsman Tetreault is embracing her new role as chair of the board at Waste Not, an Arizona nonprofit focused on creating sustainable food systems to benefit both people and the planet.

Forty percent of food in the U.S. is thrown away each year. At the same time, nearly one million Arizonans struggle with food insecurity. Waste Not is on a mission to transform this system and connect people in need with quality food that would otherwise go to waste. After serving on the board for three years, Tetreault took over as board president in July.

"I have an incredible opportunity to work with our staff to raise the visibility of food rescue and food insecurity within Arizona," Tetreault said. "We work daily to ensure that fresh food doesn't get sent to our landfills, but instead is delivered to our more than 85 nonprofit partner agencies, so those who are hungry have access to food."

Directors serve as ambassadors and advocates for food rescues in a state that ranks the sixth-worst for food insecurity, with 1 in 4 children and 1 in 5 adults unsure where they will get their next meal.

The organization is unique in that it's the only one in the state that collects prepared foods before they go to waste and delivers them directly to nonprofits that serve those in need, such as homeless shelters, transitional housing and senior facilities, to name a few.

"Our efforts enable partner organizations



Jenny Holsman
Tetreault

to focus on other critical needs of the children and families they serve, such as housing, employment, and education," Tetreault said. "Waste Not creates wins all around for our community."

Tetreault first discovered Waste Not through her work as an attorney for U.S. Foods. Hearing about Waste Not's unique approach to food rescue in the Valley sparked her interest.

"I asked if I could play a strategic role to help the expansion of the program, increase food safety and quality, and raise the visibility of the organization to more restaurants here in the Valley," Tetreault said.

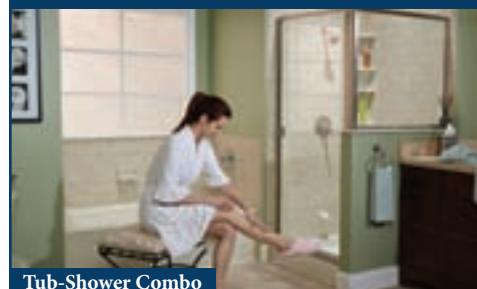
Her involvement included leadership roles at Waste Not while also finding time to support social services, sustainability and art organizations in Phoenix. Today, Tetreault is a proud Waste Not Food Rescue Volunteer and serves as a United Food Bank board member, representing Waste Not as their subsidiary nonprofit.

Tetreault and her team are committed to expanding food rescue partnerships with restaurants, hotels and catering companies.

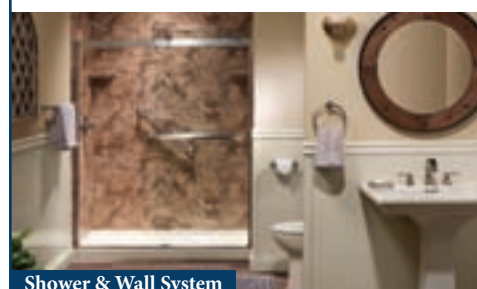
"We aim to provide fresh food to even more nonprofits so that over 3.5 million meals can be served in the community each year and expand volunteer opportunities so others can join in this effort," she said.

wastenotaz.org

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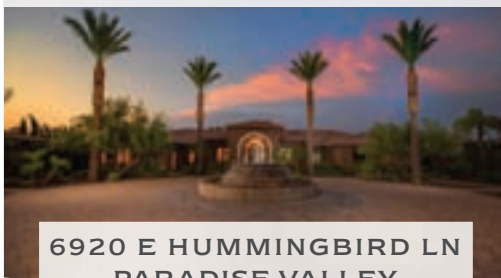


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DID YOU KNOW? ANTS

HOW MUCH?

50X

Tiny leafcutter ants can lift 50 times their body weight with their jaws. That's the same as a human lifting a truck with its teeth. – onekindplanet.com



HOW LONG?

OVER 2"



ACTUAL SIZE

The largest fossil ant species is the aptly named *Titanomyrma giganteum* (gigantic titan ant). Queens of this species measured over two inches long, with a wingspan of nearly six inches. (That's about the size of a hummingbird.) – ants.com

HOW BIG?

3,700 miles

The largest recorded contiguous colony of ants in the world stretches 3,700 miles from northern Italy to the Atlantic coast of Spain. (That's further than the distance from San Diego to Houlton, ME.) – guinnessworldrecords.com



HOW SMALL?

1 mm



Carebara atoma is believed to be the world's smallest ant species. Workers are around one millimeter long. A dozen colonies of these tiny ants could live comfortably inside the braincase of the world's largest ant, *Camponotus gigas*, whose head can reach seven millimeters wide. – antweb.com

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DID YOU KNOW? ANTS

ANT FACTS SOURCE: ANTS.COM

Ants eat almost anything but prefer sweet foods.



Ants don't have ears.

When ants find food, they lay down a pheromone so that other ants can find their way from the nest to the food source.

The Dalmatie ant cooks its food by chewing it into patties and baking them in the sun.

When they come across potholes, they smooth out the track by filling the holes with their bodies, accelerating their food delivery back to the nest.

There are around one quadrillion (1,000,000,000,000,000) ants in the world. That's about 1 million ants for every one human.

There are over 10,000 ant species.

Most of the 10,000 ant species are ferocious, except for the *Messor Aciculatus* ant.



The study of ants is called myrmecology.

Most worker ants live for only a few weeks, but some live up to five years. Queen ants live for about six years, although some exist for 25 years and more.

Ants are found worldwide except in Antarctica, Greenland, Iceland, some parts of Polynesia, and a few other remote islands in the Atlantic and Indian oceans.

Ants will protect aphids from natural predators and shelter them in their nests from heavy rain showers to gain a constant supply of honeydew.

Ants have two stomachs.

Ants can swim.

Ants are as old as dinosaurs.

The *Mycocepurus smithii* ant species is comprised of only females.

Ants don't have lungs. Oxygen enters through tiny holes all over the body, and carbon dioxide leaves through the same holes.



In a book based on two decades of revolutionary research, a Stanford professor claimed that the ant queen is not in charge: there are no leaders in an ant colony.

Queen ants have wings, which they shed when they start a new nest.

When the queen of the colony dies, the colony can only survive a few months.

At 30 years, the *Pogonomyrmex Owyhee* has the longest lifespan of any insect.

SAY WHAT?

BULLDOG ANTS CAN BE DEADLY

The most dangerous ant in the world is the bulldog ant found in coastal regions in Australia. During an attack, it uses its sting and jaws simultaneously. It is highly aggressive and shows little fear of human beings, stinging several times quickly and injecting more venom with each bite. There have been at least three human fatalities since 1936, the latest a Victorian farmer in 1988.

Side note: Some bulldog ants can jump up to two inches when they are disturbed.

— guinnessworldrecords.com



ACTUAL SIZE

ANTS WORD SEARCH

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

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Keep your job search discreet

Benjamin Franklin once said, "Three can keep a secret if two of them are dead." Keeping private information private, especially about a job search, can be a tall order.

Getting an interview can be exciting, especially if it goes well. If you've wanted to leave your company for some time, the hope that a new job presents can leave you feeling on top of the world. And, the more interviews with one company, the more confident you are that you'll get the job.

It is tempting to share the secret of the possibility of a new job with friends or with a boss you are close to like a friend. Employees may also choose to let their company know they are looking for a new job, so the company is prepared when they leave or to try to negotiate for a higher salary at the current job.

None of these reasons provide any personal benefit. They give away the power and put the current job at risk.



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

When it comes to interviewing, nothing is a sure bet. Even if a company has talked to you ten times, the position may be put on hold for budget reasons, the hiring manager may leave, and the process could halt, or any number of other issues could arise. The company might reorganize, and the job may no longer be needed.

Until the offer is in writing and in your hands, there is no

offer. It could take as long as a year or more to find a job. In the meantime, there are still bills to pay and a family to feed. Why put that in jeopardy?

Often, a boss you perceived to be your friend feels obligated to let their boss know you have disclosed the information about your job search. Even if they like you, your search may be perceived as disloyal to the company. In the worst-case scenario, you may be fired and asked to leave immediately.

Keep this in mind when it comes to asking for more money - if you don't have a written job offer, the company has no incentive to offer a raise. An interview is not a substantial reason to offer more money.

If you tell colleagues about your search, don't be surprised when the news gets around. People love to find something, or someone, to talk about. The last thing anyone wants is for word to get back to the boss before they've found a job.

As exciting as sharing information about a job search is, it's unwise to do so. It could backfire and end up in disappointment on multiple levels that can be difficult to repair. When it comes to job searching, there's no better alternative than to keep it a secret.

From the Archives

ARCADIA NEWS

Vol. 18 No. 6

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

September 2010

ARCADIANEWS.COM

ARE YOU READY FOR SOME FOOTBALL?



The Arcadia High School football team that will defend its East Sky Region title is coming into focus as the Titans head toward their season opener, although things will be a little fuzzy as the team replaces key players. See page 46.

A house fire could have been much worse if not for the prompt actions of fire departments in Phoenix and Scottsdale, and the home owner is grateful to both.

Page 16

Thirty years in the medical field did little to prepare Linda Rose for her 2009 diagnosis of breast cancer. The Arizona Institute for Breast Health looks to help all women in her situation.

Page 20

The Camelback East Village Planning Committee has a meeting scheduled for September 7. The northwest corner of 44th Street and Camelback Road is up for discussion again.

Page 14

The Arcadia High School football team that will defend its East Sky Region title is coming into focus as the Titans head toward their season opener, although things will be a little fuzzy as the team replaces key players.

ARCADIANEWSARCHIVES.COM

Arcadia's 2021 high school football preview

By Cliff Summerhill

The teams at Arcadia High School, Brophy College Preparatory and Veritas Preparatory Academy have already started training for football season, with the hope of bringing the community the high-energy games they're used to watching from the stands – which they should be able to do this year.

According to the head coaches at each school, the plan is to play the entire season. Last year, football was cut short, as teams were only able to play around six games rather than the usual 10 or 11.

"The Arizona Interscholastic Association has informed us a full season is the plan," Ray Brown, head coach at AHS, said. "However, we all are aware of the possibilities, especially because of the events of last year. With that, policy and common practice are things we try to do for our team." As of now, each school has a set of safety procedures in place.

Jason Jewell, head coach at Brophy Prep, and Jason Black, head coach at Veritas Prep, shared the same sentiments as Brown as they head into this new school year.

"The plan is for a normal season, but as we've learned, things can always change, and they are not in our control," Jewell said.

ARCADIA HIGH SCHOOL

Arcadia's top goal this season, according to its players, is to have fun and win.

"Our players have an awareness about who they wish to be as a team," Brown said. "As their coaches, we must help and work with them to achieve their goals. I'm coaching them with their words, with the goal they set."

Brown's philosophy involves "practicing the way we wish to play." He said he is excited to see the continued growth of Arcadia's team but recognizes that success is a process requiring constant adjustments.

"Success is directly tied to our preparation and practice," Brown shared. "In the short time we've been together, our young men have displayed they are committed to doing it together as a team. We will be a team that embraces the community that we live and play in."

The heart and leadership of Arcadia's football program is in the hands of its returning seniors, who Coach Brown said will be the backbone of the team. Look out for QB Spencer Hoos, OLB Gabe Medrano, OL Juan "WonderBoy" Mendez, G/T James Phillips, CB Antonio Sepulveda, DB Jack Spiekerman, C Shawn Rodriguez, WR Lucas Rice, RB Enrique Moreno, and C Jacob Czekalski.



Arcadia High's Andrew Delord, Isaac De La Cruz, Antonio Sepulveda, Lucas Le, CJ McMahon, Diego Vazquez, Chase Tucker, Coach Grant Sanders, Jack Spiekerman, Carter Pruitt, Joseph Campos, Shai Segui.

BROPHY PREP

Jewell's top priority for the team was to have a successful off-season to prepare for the new school year, something they didn't get in 2020.

"We had a pretty normal off-season, and our kids responded well," Jewell said. "Attendance was high, and we made huge progress in the weight room. In the end, this is going to help us get back on the right track as far as wins and losses go."

Headed into this year, Brophy has 45 seniors, 44 juniors, over 60 sophomores,



and over 140 freshmen in their program, resulting in a large field of depth and experience.

"We have a lot of talent," Jewell shared. "We have seven players with division-one offers and double-digit players with four-year offers."

Athletes to look out for this year: senior corner back Ben Morrison, who has already committed to Notre Dame, and senior defensive end Zac Swanson, who has committed to Texas.

VERITAS PREP

Having made it twice to the playoffs, Coach Black hopes to move the needle once more and win at least one playoff game this year.

"The team improves every week and has remained competitive throughout the years," Black said. "We have a lot of new faces out on the field looking to make a big impact and leave their mark on the program. There's a lot of competition in practice that should translate to a competitive team on game nights."

Veritas has a team of coaches that come with years of experience, according to Black. In addition, their senior quarterback, Gage Lentz, is a devoted player looking to make considerable strides in both offense and defense.

He was also QB last year, with over 2,800 passing yards and 25 interceptions under his belt. Lentz's brother, sophomore Casen Lentz, joins the team this year as a wide receiver and defense back. The healthy competition with his older brother has increased his athleticism and effectiveness on the field.

Falcons fans should also look out for senior guard/linebacker Eli Ravelo, who wants to surpass his previous benchmark of almost 100 tackles, and senior defensive end John Hamann, who returns for his second and final year hoping to crush it on defense.



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



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

Many of Dr. Heng's patients are young adults and seniors who have no dental insurance or have only a limited policy that gives them a few benefits and then charges more for their other needs. 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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Party time? Try these snacks!



BY MIRIAM HAHN

Owner of YouCare-SelfCare, a private wellness practice specializing in plant-based lifestyle and disease prevention. youcare-selfcare.com

Plant-based Wellness

September means that cooler weather is around the corner (hopefully) and football is upon us! After a summer of vacations and kids home from school, now is the time to re-group and get organized for a healthy school year – and Sunday football parties – ahead.

Here are three healthy snacks to enjoy during those fall festivities.

Find more recipes on my Instagram @youcare.selfcare

Buffalo cauliflower wings

Ingredients

- 1 head cauliflower, chopped into small or medium florets (they will shrink when cooking)
- 1/2 cup non-dairy milk (I use flax milk)
- 1/2 cup flour
- 1/2 tsp. each: onion powder, garlic powder
- 1/4 tsp. cayenne pepper
- 1/4 tsp. smoked paprika
- 1 tbsp. nutritional yeast
- 1 cup panko crumbs
- Buffalo sauce (I like a thick sauce like Noble Made or Wing Time brands)

Directions

1. Preheat oven to 450 degrees and line a baking sheet with parchment paper*.
2. In a medium bowl, whisk the milk, flour, spices, and nutritional yeast together to form a thick pancake-like batter. Put the panko crumbs in a separate bowl.
3. Dip florets in batter, then panko, and place on baking sheet. If you have a huge head of cauliflower, you may have to double the batter.
4. Bake 25 minutes until golden brown, crispy and fork tender.
5. Toss baked florets with the wing sauce. Serve with ranch dressing or dip of choice!

*If you have an air fryer, cook at 380 for 20-25 minutes, shaking halfway through, then toss with wing sauce and serve.

Hummus quesadillas

Ingredients

- Tortillas or wraps
- Hummus
- Spinach
- Avocado
- Salsa

Directions

1. Spread hummus on one half of tortilla. Top with fresh, cut spinach and sliced avocado. Fold in half.
2. Spray a frying pan with avocado oil spray and place in the folded quesadilla. Cover and cook for a few minutes until golden brown. Flip it and cook the other side.
3. Slice and serve with green salsa.

Mediterranean bruschetta with kale pesto

Ingredients

- Pesto ingredients:**
- 2 cups kale, de-stemmed
 - 2 cups basil
 - ¼ cup each: hemp seeds, nutritional yeast
 - 2 garlic cloves
 - Juice from one lemon
 - ½ tsp. pink salt

Bruschetta ingredients:

- Grilled or roasted zucchini and red peppers (sliced)
- Baguette bread

Directions

1. Put the pesto ingredients in a food processor and blend until smooth.
2. Toast baguette bread slices and top with a layer of pesto and the grilled or roasted vegetables.

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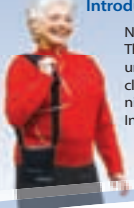


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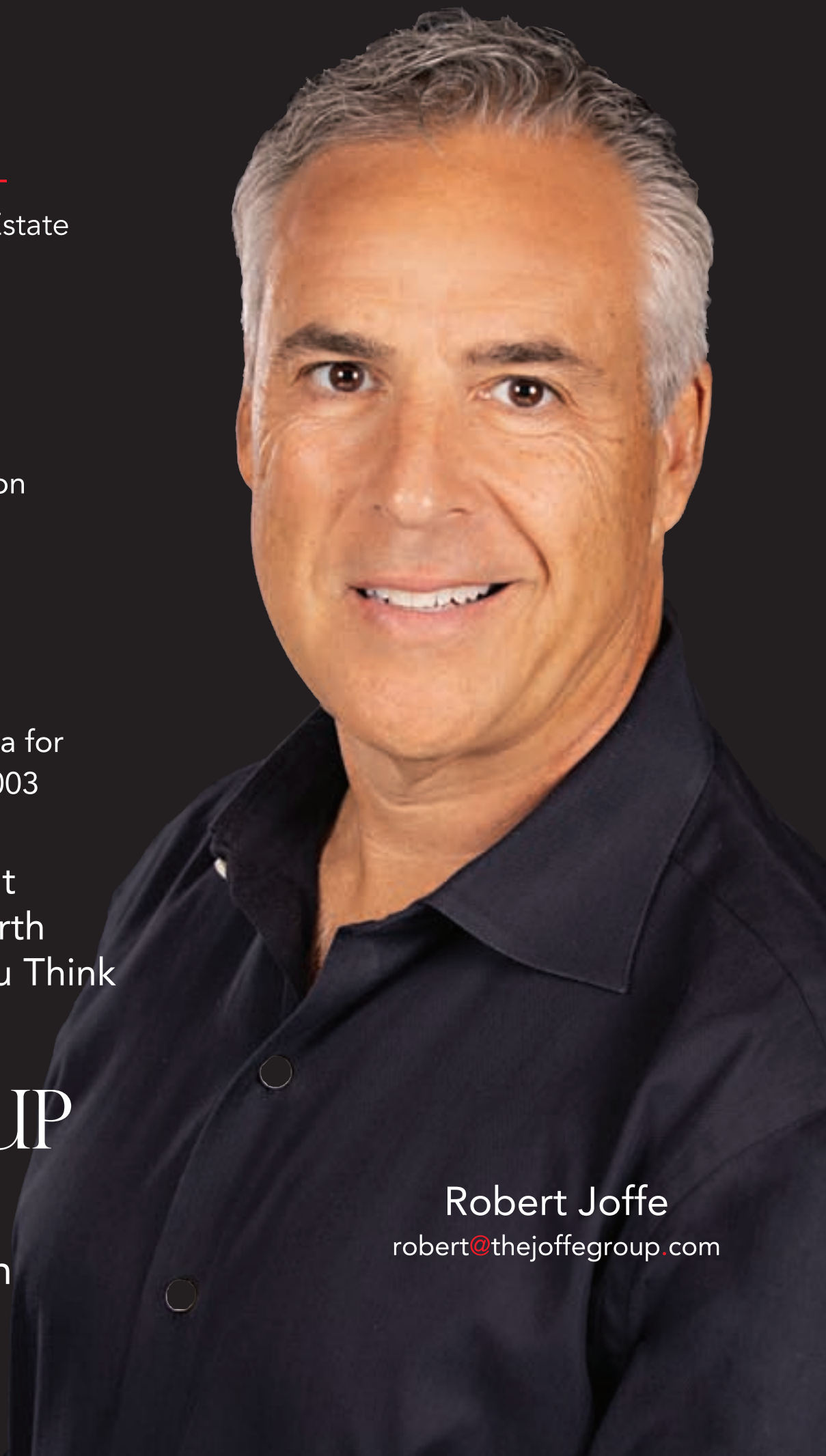
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