

ARCADIA NEWS

VOL. 29 NO. 8 ARCADIA • BILTMORE • CAMELBACK CORRIDOR NOVEMBER 2021



STRENGTH IN NUMBERS

Three Arcadia brothers honored their grandfather by donating to an adaptive recreation facility.

PAGE 18

FLY, FIGHT, WIN

Major Van Heywood spent 30 years in the Air Force and completed over 120 missions during the Vietnam War.

PAGE 26

TIME FOR TURKEY

The Feed Our Students organization is holding its annual Turkey Drive to help those in need.

PAGE 24



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Departments

- 4** Editor's Note
- 6** What's Happening?
- 10** Worth the Drive
- 12** On the Lowe Road
- 16** In the Kitchen
- 30** Plant-based Wellness
- 38** Meet Mr.
- 40** Robin's Adventures
- 46** Ask the Appraisers
- 52** Did You Know?
- 44** Career Advice
- 54** Sports

Articles

21 Life is a neighborhood picnic

Calling Arcadia neighbors! The annual Arcadia Camelback Mountain Neighborhood Association picnic is back in full gear, with friends, snacks and fun to be had by all.

22 Celebrate our vets

Honoring America's Veterans started in 2012 and honors veterans past, present and future through various programs, including the annual Veteran's Day Parade.

28 Winston travels

Four-year-old pomeranian Winston has taken his "global" adventures to the pages of a children's book written by his mom, Cynthia.

34 Care, compassion, support

Hospice of the Valley's newest endeavor, the Dementia Care and Education Campus, opens this month for patients and their families.



ON THE COVER:

Retired USAF Major Van Heywood in his F100 Super Saber in Tripoli, Libya at Wheelus Air Force Base. In 1962 he was training with ground targets before his departure to southeast Asia.

PHOTO COURTESY OF ANNETTE HEYWOOD-RUSKIN



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EDITOR'S NOTE

Last month, I received an email from an Arcadia neighbor asking if we would be interested in sharing her husband's story: that of a soldier who served in the United States Air Force for almost 30 years.

Major Van Heywood fought over 120 battles as a jet pilot in the Vietnam War. His wife, Corinne, told me that Heywood was stationed in Thailand, where he and his fellow soldiers flew over North Vietnam in the F-105 Thunderchief.

After I learned about the lingering effects of Heywood's time in Thailand, I struggled with writing this...how to put into words what someone went through, all those years ago?

In the course of his service, Heywood was stationed in a hut near where the Agent Orange chemical was sprayed abundantly to control foliage. People didn't know then how dangerous this was to humans. But Heywood does, since he later developed cancer and his kidneys started to shut down.

At the time of publication, Van is hospitalized and awaiting chemo. If I can do nothing else, I can honor Major Heywood by telling his story.

On that note, don't forget about Phoenix's annual Veteran's Day Parade on Thursday, November 11. The parade's executive director said that patriotism should be aplenty at this year's event, which has grown from its modest crowd in 1997 to 45,000 visitors that came out 2019.

Coming up on November 6 is the annual ACMNA Picnic, where neighbors can hang out and reconnect, grab a little something to eat, hear some live music and enjoy all of the beauty that this time of year offers.

Our Teachers We Love program is in full swing, and we're ready to shower our neighborhood educators with love! Nominate your favorite teacher at arcadianews.com.

Happy November, and thank you for reading *Arcadia News*.

Mallory
— Mallory Gleich



THIS MONTH'S WINNER:
Jordan Holland, Ingleside Middle School
Nominated by Jordan Alfaro



Ms. Holland is my 7th grade language arts teacher at Ingleside and she makes class and learning fun. By making class fun, it gets the students more engaged in class, which in turn, leads to better grades. I really enjoy being in her class. She deserves to win because she is a great teacher and really cares about her students and their success in her class.

How long have you been teaching at Ingleside?

This will be my fourth year at Ingleside. I did my first clinical observation and student teaching here, and I loved it so much that I knew it was where I wanted to begin my career.

What grades have you taught?

I have always had 7th grade as a section but have split grade level with 8th grade and 6th grade. Seventh grade is my favorite to teach.

What's the best part about being a teacher?

My favorite part is developing bonds with the kids. Middle-school kids are so funny and have such big personalities. We hold great conversations and have so much fun. I enjoy coming to work every day not knowing what will happen. It's never a dull day in the middle school world.

Why did you want to become a teacher?

My grandparents and stepdad were teachers, so I had always been exposed to the behind-the-scenes of education. I watched the difficulties of the job first-hand, but more importantly, I saw how rewarding it was. Teaching makes you feel like you are making a difference in the world, and I think that's what attracted me to the profession.

What is your class learning right now?

Right now, we are finishing up *The Lightning Thief* by Rick Riordan. This novel is one of my personal favorites, so it's been fun to implement it into our curriculum and use it to teach things like plot structure, theme, literary devices and mythology.

How do you connect your lessons to the real world?

My class tends to focus on a lot of discussion and text analysis. This year, we are fortunate to have a new ELA curriculum that implements several real-world topics into informational texts, discussion questions, and other activities. Teaching how to conduct conversations about what is going on in the world respectfully and inclusively is one of my key focuses as a teacher.



Jordan Holland and Jordan Alfaro.

What's it like teaching in a "new" environment?

I'm not going to lie; it's been one of the most challenging times of my life. Adjusting to unprecedented situations and additional precautions has been a lot to add to our already very full plates. I am appreciative to have very supportive coworkers and administrators that keep me sane through it all.

How do you motivate your students?

I have found that incentivizing them with learning games is a great way to increase motivation. In my class, students earn "Fun Friday" by behaving and completing work during the week. If they do well, they get to do learning and review games on Fridays. It's a great way to review what we've learned while still making it fun for students.

Where are you from?

I grew up in Flagstaff. I was born and raised there. I love that area so much, but after 18 years, I was ready for a change. I had always been a huge Arizona State University fan, so I decided to move here for college in 2014. When I got the job at Ingleside, I decided to stay. My favorite part of the Arcadia area is Camelback Mountain and Arcadia Park. I frequently hike up Camelback and love to walk through the park. Arcadia is such a gorgeous area!

Winning teachers receive an award certificate and special prizes. Thank you to our sponsors: Postino Arcadia, The Joffe Group and The Phoenician Spa.

All winners are invited to an end-of-school year celebratory luncheon. Nominate a teacher you love at arcadianews.com.

UPCOMING THEMES:

DECEMBER

Holidays

JANUARY

Fitness/Health

FEBRUARY

History

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— Charmaine J. Forde



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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS (1/01/2021-9/30/2021)

Active Homes -	75 homes
Homes Sold -	266 homes
Average Sale Price -	\$2,077,000
Average Sold \$ Per SF -	\$528
Average Days On Market -	61 days

There is currently 3 months of home inventory. (based on 2020 sales results)
2021 home sales have increased 0% this year. (based on 2020 sales results)
2021 home prices have increased 17%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 18%. (based on 2020 sales results)
2021 homes are taking 41% less time to sell. (based on 2020 sales results)

2021 TAVAN SCHOOL DISTRICT SALES RESULTS (1/01/2021-9/30/2021)

Active Homes -	43 Homes
Homes Sold -	164 Homes
Average Sale Price -	\$965,000
Average Sold \$ Per SF -	\$391
Average Days On Market -	35 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 10% this year. (based on 2020 sales results)
2021 home prices have increased 18%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 17%. (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?

THURSDAY 11/4

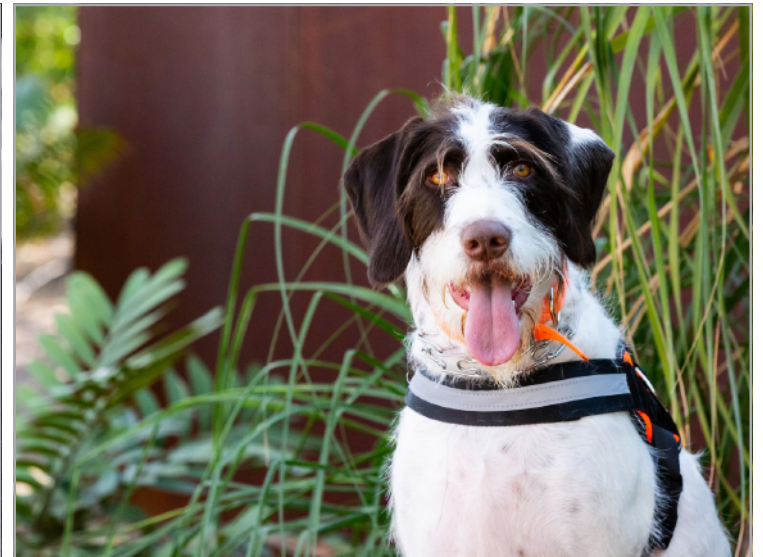
Noche para los Niños

6-10 p.m. at the Arizona Heritage Center, 1300 N. College Ave., Tempe. The third annual Night for the Children is here! Guests can enjoy live music from various artists, including Nate Nathan and the MacDaddy-O's, contortionists, jugglers, tarot card readers, plus food and beverage stations from local restaurants. There will be two auctions and a display of photographs created by at-risk kids from the Kids in Focus program, the beneficiary of the evening. Tickets start at \$200.

kidsinfocus.org



Noche para los Niños at the Arizona Heritage Center in Tempe.



Dog Days in the Garden at Desert Botanical Garden.

FRIDAY 11/5

Dusk Market

6-10 p.m. at The McKinley Club, 734 W. Polk St., Phoenix. This marketplace features everything a small shop market might need: live music from RecordBar Radio, wine from Sauvage, aura photos from Cosmic Hour, food trucks and shopping from featured vendors such as Local Nomad, Pantano Clothing and Valley + Co. This event is free, but donations are welcomed. Proceeds go to Rooted Doula Collective.

themckinleyclub.com

Coco in Concert

7:30 p.m. at the Phoenix Symphony Hall, on 1st St. in downtown Phoenix. The Phoenix Symphony presents *Coco* from the screen to the stage. Guests will be able to watch the film while the symphony provides the soundtrack. *Coco* is about a boy named Miguel who dreams of becoming a musician like his idol. He sets off on a journey and unravels the story behind his family history. Watch the film and fall for the music all over again! Tickets start at \$34-\$102.

phoenixsymphony.org

FRIDAY 11/5 – SUNDAY 11/7

POP Festival

Times vary, at Kierland Commons, 15205 N. Kierland Blvd., Scottsdale. Three days of live music, art exhibits and activities that the whole family can enjoy. There will be snacks and beverages from local restaurants, a 5K fun walk/run on Saturday, a vendor marketplace, and performances by artists from the Southern Arizona Arts & Cultural Alliance. The event will benefit the SAFE Action Project, a program of the Arizona Anti-Trafficking Network. Ticket prices range from \$25-\$55 depending on activity. Some events are free.

kierlandpop.com

SATURDAY 11/6

Cooks' Tour Marketplace

8 a.m.-2 p.m. at Valley Presbyterian Church, 6947 E. McDonald Dr., Paradise Valley. The 50th annual Cooks' Tour is a one-day event that benefits worldwide missions and local charities. Guests can enjoy a prepared lunch, a rummage sale, silent auction, costume jewelry sale and a craft boutique. The event is free; lunch is \$20.

vpc.church/cooks

SATURDAY 11/6 – SUNDAY 11/7

Shemer Arizona Art Festival

10 a.m.-4 p.m. at Shemer Art Center, 5005 E. Camelback Road. Each year, this festival boasts two days of holiday shopping with over 40 artists selected from across Arizona who will showcase their one-of-a-kind works. There will also be hourly artist demonstrations, children's activities, live music, food and beverage vendors and an art raffle. Admission is free and all ages are welcome.

shemerartcenter.org

WEDNESDAY 11/10

Dog Days at the Garden

8-11 a.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Enjoy the

cooler morning temperatures and head to DBG for Dog Days at the Garden. Guests can bring their four-legged friends, stroll through various trails, listen to light music, and have brunch at Patio Café. Admission is \$25 for humans; dogs are free.

dbg.org

THURSDAY 11/11

Veterans Drive-Thru Parade

9:30-10 a.m. at Christ Lutheran School, 3901 E. Indian School Road. Christ Lutheran School is holding its second annual Veteran's Day Drive-Thru Parade to honor and thank those who have served or are currently serving in the U.S. Military. Veterans are encouraged to decorate their cars and drive through the school to the cheers and love from CLS students, staff, church members and area residents.

clsphx.org

Phoenix Veterans Day Parade

11 a.m. in downtown Phoenix, starting at Montebello and Central Ave. This event has been going on for over 25 years – and it's all about honoring the veterans. Guests are encouraged to arrive early to find parking. The parade will last for two hours and will feature over 80 participants. This year's theme has yet to be announced but promises to be as full of honor and courage as years past.

honoringamericasveterans.org

FRIDAY 11/12

PUPART Experience

6-9 p.m. at Art One Gallery, 4130 N. Marshall Way, Scottsdale. The first annual PUPART Experience is here. Guests will be able to enjoy live painting and music, a silent auction and snacks and beverages. This event is hosted by the Art One Foundation and Two Pups Wellness Fund; proceeds will go to both of these organizations for student artists and animal rescue. This event is free to the public.

artonegalleryinc.com

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WHAT'S HAPPENING, ARCADIA?

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SATURDAY 11/13

Prince of Peace Art and Craft Sale

8:30 a.m.-3 p.m. at Prince of Peace Lutheran Church, 3641 N. 56th St. Prince of Peace will be holding their annual craft sale today, where folks can come out and maybe find that perfect gift for the upcoming holiday. There will be various local vendors on-site, along with snacks and drinks available for purchase.

popphoenix.org

Arizona Children's Business Fair

10 a.m.-1 p.m. at Arcadia Park, 3402 N. 56th St., Phoenix. The Acton Academy of Phoenix presents the annual Children's Business Fair, an opportunity for kids to experience what it takes to start their own business. Kindergarteners-eighth graders will develop a brand, create a product and then sell their products to the public at an open marketplace. There will be 125 booths to browse in support of the youth of Phoenix. Admission is free.

childrensbusinessfair.org

FRIDAY 11/12 – SATURDAY 11/13

Arizona Pinners Conference

10 a.m.-8 p.m. on Friday, 9 a.m.-7 p.m. on Sunday at WestWorld of Scottsdale, 16601 N. Pima Road. If Pinterest is your favorite go-to app, then you won't want to miss this! Here is where guests will find beauty and makeup, food, arts and crafts and DIY classes, all based on boards from the popular app. There will be more than 200 businesses, 100 classes, plus food and drinks available for purchase. General admission is \$10; classes and materials are a separate fee.

az.pannersconference.com

SATURDAY 11/13 – SUNDAY 11/14

Phoenix Pizza Festival

11 a.m.-4 p.m. at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Head downtown for all the slices your belly can handle at the Phoenix Pizza Festival. Guests can enjoy more than 20 pizza vendors, dessert trucks (with a particular area designated for donuts only) and other food vendors plus beer stations, lawn games, live music and a kid zone. Tickets are \$12 per person, with slices from \$2-\$4.

phoenix.pizza

Camelback Studio Tour

10 a.m.-5 p.m. on Saturday, 4 p.m. on Sunday. Locations vary. The Camelback Studio Tour will boast over 25 artists on this self-guided, residential art "show." Guests will visit nine stops, explore personal art studios and meet the artists. Studios are located in Phoenix and Scottsdale and are within walking distance; while most studios are outdoors,



Phoenix Pizza Festival at Margaret T. Hance Park.

masks are required for indoor spaces. This event is free.

camelbackstudiotour.com

THURSDAY 11/18

Roars and Pours

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time to get wild for Happy Hour! Roars and Pours is a 21 and over event that boasts craft brews, wine and snacks, all while walking the trails at the Phoenix Zoo. Attendees can also visit special exhibits, play lawn games and enjoy live musical entertainment – plus, get a sneak peek at the upcoming Zoolight display! Tickets are \$10.

phoenixzoo.org

FRIDAY 11/19

Holiday Light Experience

6-9 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The drive-through holiday light show is back in 2021! Folks can drive along the 1.2 mile Diamondbacks spring training field and see five million lights and displays, all set to holiday tunes on their FM radios. There will also be a holiday light theatre, a vendor village with holiday shopping and, of course, Santa's Village, where the man in red will be waiting to hang out with guests. Tickets are \$40 on weekdays and \$45 on weekends, with special packages available.

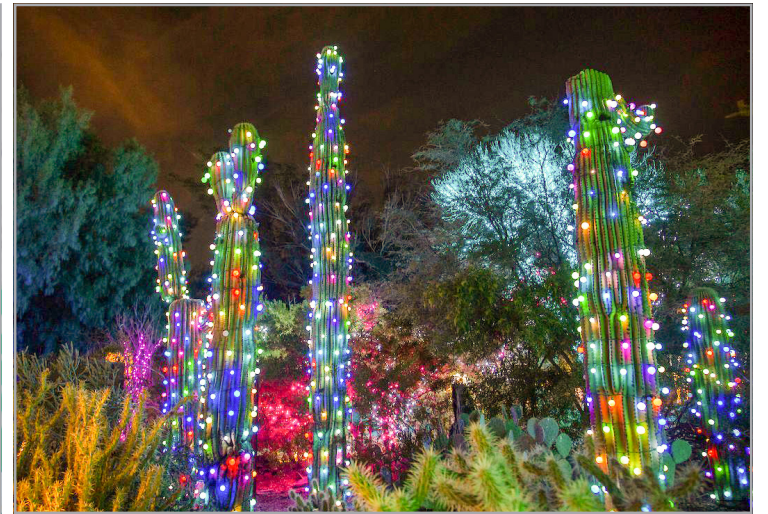
holidaylightexperience.com

SATURDAY 11/20 – SUNDAY 11/21

The Lost Negatives of Rock & Roll

10 a.m.-8 p.m. on Saturday, 6 p.m. on Sunday at the FOUND:RE Hotel, 1100 N. Central Ave., Phoenix. An exhibit of behind-the-scenes negatives shot by music manager and producer Michael Friedman is now being brought to life. This exhibit will include photos of artists from the 1960s such as The Rolling Stones, Janis Joplin, The Band and Kris Kristofferson. The display is free to the public, and the photos will also be available for purchase.

mensartscouncil.com



ZooLights at the Phoenix Zoo.

WEDNESDAY 11/24

ZooLights

5:30-10:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. ZooLights is back for its 30th year! Head to the zoo to see millions of lights and hundreds of holiday displays. This year, an all-new Wildlife Lantern Safari and Endangered Species Light Boxes will be available. Tickets are \$20 for the general public and \$16 for members. Guests can also choose the cruise-through option on select nights for \$75 per vehicle for general admission and \$60 for members.

phoenixzoo.org

SATURDAY 11/27

Scottsdazzle Sing-Along & Tree Lighting Ceremony

7 p.m. at the Scottsdale Waterfront, 7135 E. Camelback Road. The kickoff to more than a month of holiday festivities, Scottsdazzle, has begun! Guests can walk along the Scottsdale Waterfront and view lit holiday décor while listening to classic Christmas tunes led by MusicaNova Orchestra and other local celebrities. There will be hot coffee or cocoa, plus small bites, available for purchase.

scottsdazzle.com

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Arizona Sunrays Gymnastics



Junk in the Trunk Vintage Market



Mr. C's Wings and Waffles

Mark your calendars for the **Arcadia G.A.I.N. Picnic** on November 6 at Hopi Elementary from 2-5 p.m. The Phoenix Police and Fire squads will be there, plus the Dino Crew, a balloon animal twister, an ice cream truck, and a lizard exhibit from Deb's Dragon's Wildlife Encounters. The Dusty Tuffet band will provide live music. Meet the neighbors, grab some snacks and have a good time!

acmna.org

Feeding Students USA is holding a Thanksgiving Feast donation drive starting November 8-19. The organization is looking for donations of turkeys and the fixings, like mashed potatoes, gravy, stuffing and cranberry sauce. Those who wish to help can donate to the pantry at 3313 N. 40th St., Phoenix. Monetary donations can be made to the website or mailed to 5322 E. Mitchell Dr., Phoenix. Volunteers are also needed.

feedingstudentsusa.org

Registration is now open for the upcoming season of **Arcadia Little League**. Boys and girls ages 4-12 can sign up for baseball, softball or tee-ball as long as they are within the boundaries. Practices will begin in February, and the season runs from March until May. Early bird pricing for registration is \$165, and siblings are \$150 until November 30.

arcadialittleleague.com

Tavan Elementary is looking for vendors for its upcoming **Tavan Twinkles** holiday boutique on December 11 from 4-8 p.m. at the campus, 4610 E. Osborn Road. They are looking for young entrepreneurs and local establishments to showcase and sell products for an evening of holiday shopping. Adult vendors will have a \$25 fee to rent a table.

VP@tavanpto.com for more

Firecreek Coffee Company opened its fourth location (the first in Phoenix) on 46th Street and Thomas Road. Firecreek offers small-batch coffee drinks, and guests can even take home their own bags to brew. Along with drinks, Firecreek also offers light bites such as granola, avocado toast and quiche.

firecreekcoffee.com

Zensken Medical Aesthetics (4626 E. Indian School Road, across from Arcadia High) will host its grand opening party on Saturday, November 6 at 1 p.m. Guests are welcome to come out, have a drink or handcrafted cocktail and learn more about the company. Zensken will be giving away treatments as well as offering special promotional pricing on everything in the spa.

zensken.com

There's a new chicken spot in town. **Mr. C's Wings and Waffles**, located on

2319 E. Indian School Road, opened in September. The eatery's wings come in flavors like lemon pepper, alfredo, Mr. C's secret sauce and Cajun dry rub. Other dishes include catfish, chicken tenders, salad and loaded French fries, plus four different flavored waffles.

mrcswingsandwaffles.com

In October, **Junk in the Trunk Vintage Market** opened their updated pop-up storefront at Scottsdale Quarter (15059 N. Scottsdale Road). Guests can shop from a collection of vintage, artisan-made and handcrafted goods from 20 small business vendors. Junk in the Trunk also has an online marketplace so people can shop from home.

junkinthetrunkvintagemarket.com

St. Mary's Food Bank is looking for volunteers to help with the fall/holiday season and put emergency food boxes together. Multiple volunteer shifts are available on Tuesday-Friday from 9-11 a.m. and 1-3 p.m. Saturdays are open from 8-10 a.m., and 12-2 p.m. Masks are required.

firstfoodbank.org

On Nov. 11, 12, and 24, **Arizona Sunrays Gymnastics** (3923 E. Indian School Road) will host "Supercamp" for ages 4 to 13 from 8 a.m.-3 p.m. Campers

can enjoy gymnastics circuits, dancing, NinjaZone, special guest demonstrations, trampoline jumping, group activities and more. The cost is \$89 per day. Registration is required.

arizonasunrays.com

PACC911 is holding a **Pet Adoptathon** on November 13 from 10 a.m.-3 p.m. at All Saints Episcopal Church, on the southwest corner of Maryland Ave. north of Bethany Home Road (6300 N. Central Ave., Phoenix). Folks who are in the market to add a special pet to the family can head over to All Saints where lots of furry friends will be waiting. All pets will be spayed, neutered and immunized beforehand. There will also be a food truck on-site in case guests get hungry!

pacc911.org

The **Southwest Autism Research & Resource Center** recently announced plans to expand to Scottsdale in the Paiute Neighborhood Center in late summer 2022. SARRC will initially feature two comprehensive intervention programs, including the Comprehensive Behavioral Program and the Community School – an inclusive preschool for children with autism spectrum disorder ages 18 months to five years old.

autismcenter.org



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FRIDAY 11/5

Rebels and Redcoats

8 a.m.-2 p.m. at the Pioneer Arizona Living History Museum, 3901 W. Pioneer Road, Phoenix. History comes to life today as the redcoats storm the museum, and you can be part of the action. Guests can explore 18th-century camps, participate in educational demonstrations and witness battles between – you guessed it – the rebels and the redcoats. The schoolhouse, mercantile and opera house will also be open to visitors. Tickets are \$10 for adults and \$8 for kids.

pioneeraz.org

SATURDAY 11/6

Carefree Fine Art and Wine Festival

10 a.m.-5 p.m. at 101 Easy St. in downtown Carefree. Take the day, relax and stroll through more than 165 juried fine arts displays. Artists from the U.S. and abroad will be on-site showcasing their paintings, sculptures and photography while guests sip domestic and imported wines. For \$13, patrons will receive a commemorative wine glass along with various tastings. There will also be live musical entertainment. Tickets are \$3.

thunderbirdartists.com

Gila Bend Shrimp Festival

2-6 p.m. at the baseball fields, 225 N. Scott Ave., Gila Bend. If you love shrimp, don't miss this festival! Guests can enjoy various dishes, a vendor marketplace, a beer and wine tent, raffles, and live music from the Josh West Trio and Red Jack the Band. Make sure to bring a cooler so you can stock up on locally grown Arizona desert shrimp. Proceeds will fund support services for Gila Bend. This event is free for all ages.

arizonadesertshrimp.com

Arizona Bao and Dumpling Festival

12:30 p.m. at Dr. AJ Chandler Park, 178 E. Commonwealth Ave., Chandler. Bao and dumpling fans, this festival is dedicated to the best. There will be multiple



East Valley Veterans Parade in downtown Mesa.

restaurants and vendors offering dishes for \$5 or under. Guests can also enjoy games, a curated marketplace with local artists. Boba, desserts, and other Asian dishes will be available. Tickets are \$10.

Arizona Bao and Dumpling Festival Facebook page

The Good Life Festival

2 p.m. at Schnepf Farms, 4810 E. Rittenhouse Road, Queen Creek. It's all about enjoying yourself at this year's Good Life Festival. Guests can sample a variety of wine, beer and bourbons. There will be multiple lunch options and a vendor shopping market. This year's musical acts are Nate Nathan & The Mac Daddy-O's, The Guess Who, Don Felder and America. Sun, fun, food and music are all on the menu! Tickets are \$50-\$95.

thegoodlife.org

THURSDAY 11/11

Veteran's Parade

11 a.m. in downtown Mesa on Center St. The annual East Valley Veterans Parade will be held in its traditional format in Mesa this Veterans Day. More than 100 parade entries are planned, plus aerial demonstrations of



Candy Rush Glendale at Desert Diamond Casino.

vintage aircraft. This year's theme is Military Art and Artists, to celebrate military art used through the years. The event is free.

evvp.org

SATURDAY 11/13

Hellzapoppin'

7 p.m. at the Orpheum Theater, 15 W. Aspen Ave., Flagstaff. A circus sideshow of epic proportions. Guests will see various acts, such as fire-eating and breathing, magic and illusions, crossbow artistry, acrobatic stunts, sword swallowing, and so much more, all set to a rock n' roll soundtrack. The performers have been on shows like *Masters of Illusion* and *America's Got Talent* – and now you can see it for yourself. This is an 18+ event. Tickets are \$22 per person.

orpheumflagstaff.com

Yartsy – Artsy Yard Tour

9 a.m.-3 p.m. starting at the Casa Grande Art Museum, 319 W. 3rd St. After being postponed last year, the Yartsy Tour is back and better than ever. Guests will take a self-guided walking tour of the backyards of six Casa Grande homes chosen for their creative landscapes, artistic flair and handmade features. This event is perfect for those looking for a bit of gardening inspo now that temperatures are cooling. This event asks for a \$10 donation to the Casa Grande Art Association.

casagrandeartassociation.org

FRIDAY 11/19

Candy Rush Light Show

6-10 p.m. at Desert Diamond Casino, 9431 W. Northern Ave., Glendale. World of Illumination, the world's largest drive-through animated light show producer, unveiled an all-new theme park called Candy Rush in Glendale. The display boasts more than two million LED twinkle lights synchronized to holiday classics. Snacks and drinks will be available for purchase. Tickets start at \$39 per vehicle.

worldofillumination.com

SATURDAY 11/20

El Tour de Tucson

7 a.m. starting at Armory Park, 2609 E. Broadway Blvd., Tucson. El Tour de Tucson is a fundraising ride that captivates nearly 6,000 cyclists of all ages. Participants ride either the 100-, 57- or 28-mile rides. A Fun Ride consisting of 10-, 5- and 1-mile rides is also an option. Cyclists can win a finisher's medal and then attend the post-ride party complete with music, a beer garden, food vendors, kids' activities, and an award ceremony. Registration starts at \$10 for the fun ride, \$40-\$185 for the longer rides.

eltourdetucson.org

Copper Hills Four Peak Challenge

7 a.m. at Copper Hills Church, 27035 N. Black Rock Blvd., Peoria. Maybe biking isn't your thing, so here is a hiking option! This challenge has three levels. Attendees can hike at their own pace, try the 13-mile challenge, or go elite and hike four peaks for a total of 21 miles. Participants will receive a commemorative t-shirt, finisher's medal, timing device, food wristband and, of course, bragging rights! Registration starts at \$50.

4peakchallenge.com

THURSDAY 11/25

Turkey Trot Fun Run

6:30 a.m. at Red Mountain Park, 7745 E. Brown Road, Mesa. Get your running shoes ready; the Turkey Trot is here! Attendees can participate in the one, five or 10K timed race to see who gets to the turkey first. All ages can attend. There is a one-mile walk available for kids 12 and under. Tickets start at \$10-\$25, and proceeds will benefit various nonprofit organizations.

mesaturkeytrot.com

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A castle isn't always a castle

Like most youngsters matriculating in distant places, one of my childhood dreams was growing up and living in a castle. Only half of it came true – I grew up. On the other hand, I have visited several castles around the world. And the good news is that some of them are near my present home. The bad news is that, although they're called "castles," some of them are castles in name only.

Two that do live up to the name are in California. The most magnificent is the Hearst Castle, once the residence of newspaper magnate William Randolph Hearst. My initial visit there involved a

misunderstanding due to my years as a newspaper employee. When asked if I wanted to go there, my response was something to the effect of, "Not really. I've been to a lot of newspaper guys' houses, and they're nothing special." It turned out that not all newspaper guys live in the same kind of domiciles.

Hearst's place, located in San Simeon, has 56

bedrooms and 61 bathrooms. Built on a 120-acre site, it also has indoor and outdoor swimming pools, countless works of art that Hearst bought and imported from Europe, 19 sitting rooms, and a full-size movie theater. Construction started in 1919, and when it was finished, the place hosted luminaries ranging from the Marx Brothers to Winston Churchill. After he died in 1951, the castle was deeded to California, then turned into a state park. It is still inhabited by descendants of the exotic animals originally installed on the grounds.

My travels also took me to another castle due to a slight misunderstanding.



Hearst Castle



Montezuma Castle



Scotty's Castle



Camelback (Copenhaver) Castle



Tovrea Castle



Mystery Castle

While driving along Highway 95 in western Nevada, I spotted a small sign that said "Scotty's Castle." I thought it referred to a house I had read about that was built with empty beer and wine bottles, so that made it worth a side trip into California. Wrong again.

Built by Chicago millionaire Albert Johnson in the 1930s, it is a combination of Spanish Colonial Revival and Mission Revival architecture, and it's two-story huge. Johnson had it constructed for health reasons and only lived there part-time. While he was gone, he allowed Walter Scott, an old desert rat he had befriended, to take up residence. Scott bragged that it was his place, so Johnson let it go under that name. Johnson died in 1948, and his (or Scotty's) place became a part of Death Valley National Park. Scotty died in 1954 and is buried near "his" castle. Guests can now view a 1,124-pipe organ and take an underground tour along a quarter-mile tunnel underneath the main building.

Two of Arizona's structures were somewhat built like castles. The most famous is the Mystery Castle, located near South Mountain Park in Phoenix.

It was constructed over several years by Boyce Gulley, who left his family in Seattle in the 1930s and essentially disappeared. After he died in 1945, his family discovered that he had built a "castle" for his daughter, Mary Lou, to remind her of those they fashioned in the sand near the Pacific Ocean when she was a child. Mary Lou and her mother moved to Phoenix into a structure composed of auto parts, tiles, used lumber and anything else Boyce found and put to use.

The result is an 18-room building with 13 fireplaces, winding staircases and balconies that looked far down into the Valley of the Sun. After an article about the place appeared in *Life Magazine*, tourists started flocking to the site, enabling Mary Lou and her mother to save their unorthodox home from developers and banks. Mary Lou passed away in 2010, but her castle is still open to tourists.

Camelback Castle, known initially as Copenhaver Castle, was built to resemble and be a real castle. Dr. Mort Copenhaver, a wealthy orthodontist, originally paid \$4,000 for an acre on the south side of Camelback Mountain. He spent 12 years blasting rock from the side of the mountain, then used the rocks as a building material. When finished in 1969, it consisted of 20 rooms on eight levels, covering more than 7,000 square feet of living space.

Included were six bedrooms, 7.5 bathrooms, and an indoor waterfall cascading into one of the main rooms. Copenhaver hosted lavish and frequent parties and charitable events but lost his home to bankruptcy in 1988. The next owner met the same fate, and the structure sat vacant for several years. It is now owned by Robert Pazderka, who is orchestrating a major overhaul and renovation with plans to re-open it to the public when the work is completed.

And finally, two non-castles with castle names.

Montezuma Castle is not a castle and never was intended to be one. The name is attributed to early white settlers who mistakenly assumed the building was erected by Aztecs fleeing Mexico to avoid Spanish rule. But the Aztecs, and therefore Montezuma himself, never got this far north. The name stuck, however, with a slight alteration. Now, it's officially called Montezuma Castle National Monument, near Camp Verde.

Those who study such things claim the structure was erected by members of the Sinaguan culture sometime in the 12th century. It was a perfect setting, tucked away under a rock shelf above the valley below, thus protected from enemies and the elements. It stood five stories high and contained 20 rooms. After about 300 years, the inhabitants left the site in solitude until discovered by the settlers. Now it's a major draw for tourists, who gaze in awe and wonder how they did that without Black and Decker and Home Depot.

Tovrea Castle at Carraro Heights was supposed to be a fancy resort hotel surrounded by a high-priced housing development. At least, that's what Alessio Carraro had in mind when he built the four-story cake-like edifice on what was then the outskirts of east Phoenix.

But it was not to be. Carraro used an elongated octagon format to raise the four stories off the desert floor, then planted many flora on the grounds. An animal feedlot opened next door, which pretty much turned Carraro's dreams into desert dust.

After Carraro gave up, he sold the property to the Tovrea family, who occupied it until 1969. The site was vacant for years until purchased by the City of Phoenix. Following an extended refurbishing project, it is now open to the public for tours and other functions.



The Lowe Road

BY SAM LOWE

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



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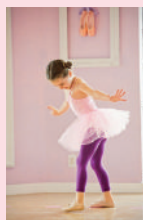
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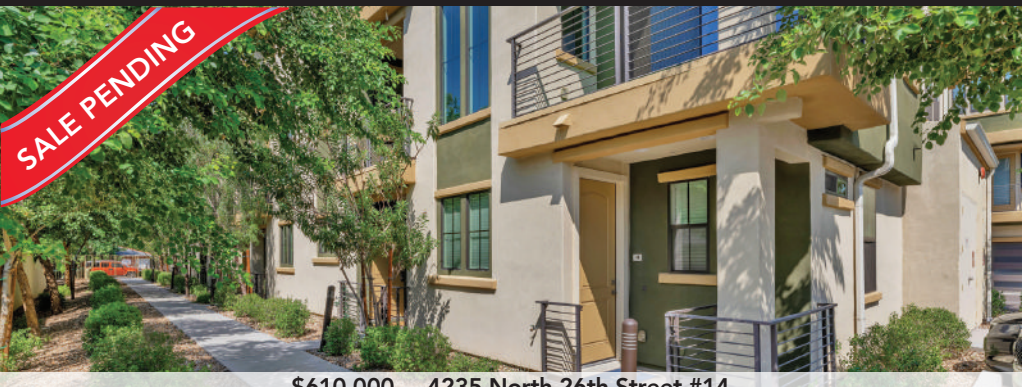
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In the Kitchen

with **Chef Alex Stratta** of Campo Italian Bistro

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Born and raised in the hotel dining industry, Chef Alex Stratta has experienced more than a fair share of different cuisines in his 40 years in the restaurant business. Through the highs and the lows, he's kept his cool and recently opened his latest concept, Campo Italian Bistro. After traveling all around the world, he's finally put down a few roots in Scottsdale and continues to grow.

Where are you from?

I was born in Wisconsin, but I was raised all over the world. From Wisconsin, my family moved to Pakistan, then Malaysia and Singapore, Mexico, and Rome. My parents were in the hotel restaurant business. I'm a fifth-generation hotel/restaurant person, so we've lived a little bit of everywhere.

When did you move to Phoenix?

The first time was in 1989 to open The Phoenician. I was here until 1998, then I moved to Vegas and moved back around four years ago.

Did you know you always wanted to be a chef?

Not particularly, but I always knew that was the direction I was heading. I was born and raised in it and had a lot of opportunities. It seemed like the natural thing to do, and I took advantage of knowing the industry well. I had a good idea of what fine dining service would be, plus I speak several languages, which helped me understand different cuisines.

Your parents are from Italy and France. Did that help shape your style of cooking?

My strengths are more with Mediterranean foods. As far as a base, I would say yes. My experience in the south of France, I think, shifted everything to a Mediterranean focus.

Who taught you how to cook?

I worked at hotels for my dad. He was trying to get me into business at an early age, and I wasn't sure about it because the suit and tie didn't seem very exciting. I was the boss's kid, you know, so they put me in the kitchen. I hung out with the chef, but I learned how to cook passionately and with a sense of purpose in Monte Carlo and Monaco.

I was taught by an excellent chef – Alain Ducasse – who was and still is a big deal. He was in the kitchen at the time as a young man, and I gravitated toward learning – everything that I already knew from working in other restaurants – more from him, like a clean slate. He showed me the foundation of a restaurant.

Did you start from the “bottom” and work your way up?

I worked in the front of the house as a waiter. Being in the hotel business, I worked in maintenance, cleaning the pool – a little bit of everything. I worked as a dishwasher at a steakhouse in Connecticut. I got lucky early in life – I went from line cook to executive chef. I was thrown into it, but I was a hard worker, so it worked out.

I was executive chef at Mary Elaine's at The Phoenician in 1989. I was 24, so it was a big deal for me. After that, I moved to Vegas and was offered a job working with Steve

Wynn at the Mirage. I opened three restaurants with Steve and then opened my own, called Tapas. Vegas was nonstop, full blast, going all the time. I did that for 13 years, and then I was ready to get out of the craziness, so I moved back to Phoenix.

I did some consulting jobs at resorts around here, but I could never find my traction. I got back on my feet and started on my next project.

What's the story behind Stratta Kitchen and how it became Campo Italian Bistro?

Campo opened this year, but it was originally called Stratta Kitchen, which opened in October of last year. We started getting the financing and stuff together in 2019, and it took us a year to get all set, then the pandemic hit. We were ready to open in April, but that's when everything was terrible, so we held off until August 2020.

The concept, I think, didn't work for this particular area. It was fast-casual, Mediterranean, healthy, plant-based – it was a niche that would have been better in a high volume spot. We realized it wasn't going to work, so we closed that down, switched concepts and opened Campo in June. From the jump, it's been ‘off to the races,’ it's been wonderful.

What's the inspiration behind new dishes?

I'm inspired by history, tradition, and seasonality, but more so tradition and staying true to certain types of cooking. I'm a nerd when it comes to food history. I like knowing where things come from.

I've been doing this for 40 years, and some of these dishes are part of my repertoire – what I call my “sucker punch” dishes. Everybody likes them; I like them, but that's not the ultimate goal, right? It's about what people like. I love working with fresh pasta, seafood and vegetable preparation.

One mark of a really good cook is how they handle vegetables, fruits and legumes. It's a matter of how you extract great flavor from simple ingredients like carrots or a piece of celery.

What are a couple of these sucker punch dishes?

Short ribs! Or the short rib pasta, the meatballs, all of the pizzas. If people don't like them, it's because it doesn't fit their taste. Or we messed it up, but we try to avoid that [laughs].

What's a challenging dish you've had to cook?

I'm pretty good at cooking. What's challenging is being able to execute something really well at a high volume and pace. I could make one nice bowl of risotto, but try making it for 500 people. That takes a different set of skills – those are my challenges.

What's the most challenging part of being a chef?

Work-life balance. Business is business – but I'm here all the time. It's, “How do I go to the baseball game or the play on a Friday night?”

And your favorite part?

Learning through trial and error or watching someone else show me something I'd never thought of. If a cook shows me something new, it's like, “Oh, I never thought of doing it that way!” That's very cool to me.



Tell us about your television career.

I got my first opportunity in the early 90s when Food Network started. At the time, I was kind of anti-entertainment. I thought it was disingenuous. I'm not knocking it because they seem to be doing just fine!

I did a couple of shows. One was *Ready, Set, Cook*. It looks fun and easy, but it's a grind. I did *Iron Chef America* in 2000; It's a hoot to watch – it felt more like WWE than a cooking show. I've done *Beat Bobby Flay*, *Top Chef Masters*, *Guy's Grocery Games*, *Great Chefs of the World* on the Discovery channel, stuff about Vegas and the dining scene. I enjoy it now, as long as it's got a teaching and learning component.

Speaking of entertainment, have you dined with any celebrities?

I sat at a private dining table with Michael Jackson (and Steve Wynn). He had his feet up on the table and introduced himself as Michael. He was the biggest celeb. I used to hang out with Robin Leach. It wasn't because they came to me, it's because Wynn knew everybody! We had a chef's table, so there were a lot of close interactions with famous people.

Do you think your kids will follow in your footsteps?

Frankly, I hope not. It takes a tremendous amount of work and time, and this business is changing so quickly that I think a lot of the romance is slowly squeaking out of it. My son is like a math whiz; he should do something with numbers. My daughter wants to be a pop star. I want them to follow their dreams.

What's your motto for when the restaurant gets crazy?

“Hurry slowly.” In your mind, you're moving a mile a minute, but you're trying to be very methodical in what you're doing. Sometimes it looks like you're lackadaisical, but no – just pacing my moves. It takes discipline, and if you start going crazy, everyone will follow soon after. I had to scale back quite a bit, but as you hone your skills, people will follow suit.

What's next for Chef Stratta?

Hopefully, Campo part two! Right now, we're focused on the task at hand, focused on the viability for number two, which has more to do than with people just loving the pizza, you know? Business, partners, finance; how do you make it happen, etc. I work with great people, though. They've got my back. We love this community too, and we're so happy to be here!



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Neighborhood trio raise funds for a program close to their hearts

By Jennifer Marshall

While looking for a way to support the community and honor their grandfather at the same time, the Schubert brothers – Ross, Scott and Jeffry – came up with the perfect plan.

Grandpa Beardsley uses a power wheelchair due to a spinal cord injury he sustained as a young man.

He was the inspiration behind the \$17,000 that the boys raised for Ability360 Sports & Fitness Center, a recreation facility for those with disabilities.

“We offer outdoor activities, a rock wall, adaptable sports, fitness classes and personal training,” Fitness Specialist Luke Rumbyrt said.

Ability360 comprises two related organizations working together to improve the quality of life for the disabled. The gym turned ten years old this October. The other division, which helps disabled people with advocacy, home care and employment, will celebrate its 40th year.

The money was used to purchase an adaptive power rack used for weight lifting.

“We’re constantly trying to improve the center, making it adaptable and accessible for everyone,” Rumbyrt said. “One complaint we’ve had was we didn’t have a next-level piece of equipment. Thanks to the boys, we now have an amazing six-post power rack.” This equipment will help members of Ability360 with weightlifting.



PHOTO COURTESY OF GRETCHEN SCHUBERT

Jeffry, Ross and Scott Schubert with Luke Rumbyrt after the successful set up of the weightlifting machine that they were able to donate to Ability360.

“We’re so excited,” mom Gretchen Schubert said. “Ability360 is an excellent facility. I went on a tour with my dad. It’s a community where the disabled can go and feel like they can do whatever they want to do.”

The family wanted to do more to support Ability360 while also getting the boys more involved.

“We started out raising \$5,000,” Gretchen said, “and then, we realized we could take it all the way. We wanted to get Ability360

the biggest and best rack. The boys were super excited, and we ended up tripling the original number.”

The boys handed out flyers to friends and family, explaining what they were doing. It only took them about six months to raise the necessary funds.

“We also made virtual calls and regular calls and sent emails. This was important because of my grandpa. People who are disabled should be able to do what others can do, and Ability360 provides that,” Jeffry said.

“It was pretty cool to get the money for the rack and build it,” Scott said. “People now have a safe environment to work out. Ability360 has made them happier and motivated them to do sports, get outside and do activities people who aren’t disabled can do.”

“We made gramps pretty happy,” Ross said. “He’s very proud of us.”

The boys received anonymous contributions along with those from friends and family.

“We were blown away by everyone’s generosity,” Gretchen said.

“We love Ability360,” Ryan Schubert, the boys’ dad, said. “People’s generosity shows how a little effort goes a long way. Ability360 is a one-of-a-kind place and a point of pride in Phoenix.”

ability360.org



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11-97862 07/21

Come one, come all to the annual Arcadia Neighborhood Picnic

By Rachael Bouley

After months of dedicated planning, the Arcadia Camelback Mountain Neighborhood Association (ACMNA) is ready for the annual Arcadia Neighborhood Picnic on Saturday, November 6, 2021, from 2-5 p.m. at Hopi Elementary School (5110 E. Lafayette Blvd.).

Former president and long-time ACMNA member Craig Steblay said that although the picnic tradition was postponed last year, it's back and bigger than ever this November, offering more family-friendly activities the whole neighborhood can enjoy. He said that the event has a long history of bringing the community together.

“The Arcadia Picnic was started in 1992 by Arcadia Pride, which was a booster organization for the four Arcadia area schools: Tavan, Hopi, Ingleside and Arcadia High,” Steblay said.

To help with their mission of promoting diversity in education programs for Arcadia kids, Arcadia Pride had several fundraiser events: The Arcadia Home Tour, Arcadia Pride Golf Tournament, and the Arcadia Picnic every November.

"The Arcadia Pride organization folded in about 2007, at which time the ACMNA assumed the sponsorship and organization of the annual Arcadia Picnic," he said.

Since then, the association has embraced all aspects of planning and ensuring that it stays a free family event that fosters



PHOTOS COURTESY OF BRIAN FLADDER

neighborhood connections. This year, popular attractions like the Dino Crew and local Arcadia band Dusty Tuffet and the Phoenix Police, K9 units, and Phoenix Fire ladder truck will return.

Live animals from Deb's Dragons Interactive Wildlife Encounters and a Safe Decisions Teen Driving Exhibit are new this year.

In addition to balloon animals and games, there will be plenty of food to eat, including Chick-fil-A and burgers and hot dogs (for free!). Two ice cream trucks will be there, offering Leo's Ice Cream and popsicles from the Phoenix Police.

After coming onboard three years ago, ACMNA Event Chairman Brian Flader has been focused on making the picnic bigger each year, starting by moving the event to Hopi for a larger space where families and friends can congregate. He's hoping to see 300 locals turn out for a Saturday of family fun where they can meet fellow residents and the first responders who keep Arcadia safe.

“We have a great relationship with the Phoenix Police, and we want locals to meet the people who protect our neighborhood, as they may rely on them someday,” Flader said. “It’s just our way of giving back to the community.”

ACMNA President Tristahn Schaub said that the event is part of a larger Block Watch initiative of Getting Arizonans Involved in Neighborhoods.

“It started as a simple barbecue with representatives from Phoenix Police and Fire and has grown into a large-scale neighborhood affair with music, entertainment, fun stuff for kids, food, and a host of city departments/officials,” Schaub said. “We want to bring neighbors together to have fun, enjoy the weather, and further relationships within our city departments.”

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Keeping honor alive with the Veteran's Day parade

By Mallory Gleich

Patriotism, loyalty, and courage are three things that take precedence in the form of Veteran's Day. This holiday brought about the Phoenix Veteran's Day Parade and a nonprofit organization called Honoring America's Veterans (HAV).

Their mission is simple: to honor and recognize our veterans for the service and freedom they provide to our country. HAV came about in 2012 after the previous organizer of the Veteran's Parade decided to support another organization.

"The parade was in peril. Fortunately, Rick Romley, a disabled Vietnam veteran and former Maricopa County Attorney decided that we needed to have this event in our city," Executive Director Paula Pedene said.

Romley took over and helped find sponsors and built the nonprofit, making sure the right people were on board.

In 2013, HAV faced another huge challenge when the Veteran's Affairs Department withdrew its sponsorship.

"That meant the loss of many VA staff who were working to support it. Thankfully, the City of Phoenix stood behind the event and

gave us the additional support we needed to clear this hurdle. From then until now, our organization continues to evolve and change," Pedene said.

Then, the pandemic hit. Last year's parade was canceled. But this year, HAV is hoping to recover and succeed well into the future.

The parade first started in 1997. Pedene said that it was based on a challenge from her boss at the time because the company had felt that their previous Veteran's Day event was uninspiring.

"When he told me that, I knew it was one of those times when it wouldn't be helpful to explain to him what happened, so I went about creating the parade," she said. "We worked through Councilman Craig Tribken and the City of Phoenix Special Events Department."

She said that the city was nervous about hosting another event with limited staffing, but she promised them that everything would work out.

"The parade has grown over the years, from 10,000 spectators to 45,000. The love, support and joy the parade offers to so many is inspiring," she said.

Typically, there are around 100 parade

entries each year, with about 3,000 people in the parade and 200 volunteers.

The 2021 parade starts at 11 a.m. on Thursday, Nov. 11, beginning at Montebello and Central, south to Camelback Road, south on 7th St. and ending at Indian School Road.

The organization holds the Veterans Grand Marshals competition and a High School Essay Competition along with the parade.

The 'Honor Our Heroes' Veterans Grand Marshal competition asks the community to help find seven veterans who can serve as grand marshals in the parade. The Vets must be from World War II, Korea, Vietnam, the Cold War, Desert Storm, Operation Enduring Freedom or Operation Iraqi Freedom.

HAV then selects the highest-ranking candidates, and they are featured in the parade. The group has their bios in the parade program book and is invited to other events and activities.

HAV also hosts a High School Essay competition based on the parade theme each year. Students submit essays and a team then votes to select winning entries. Winners receive \$250 in cash, ride in the parade, and their teachers also receive \$150. The

winning essays are published in the parade program book.

In the spring of 2022, HAV hopes to host its inaugural Veterans Leadership Forum, where guests attend a breakfast to learn more about the important role veterans play as leaders in our community.

HAV is looking for volunteers to be on the board, as well as parade volunteers. Opportunities are on their website:

honoringamericasveterans.org/volunteer

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— Atlanta Town Paper

Area nonprofit provides Thanksgiving dinners for families

By Hailey Pearson

Joni Sucato, founder and president of the Feeding Students USA nonprofit, started her business with one cupcake.

Sucato often spent her mornings bringing treats and reading to third-grade students in the Wilson Elementary School District.

One morning, she saw a little boy put his cupcake into his backpack rather than eat it in class with the other children. Later, she learned that his family was struggling to put food on the table, and he took his cupcake home to share with his siblings so they, too, could experience the joy of a sweet treat.

“After learning about this little boy’s family, my friend and I went to the grocery store and bought enough nutritious food to last them two weeks. Through this experience, we learned that many other families were struggling as well,” Sucato said.

From that day forward, she was committed to bringing community resources together to develop and implement a sustainable, nutritious food source for hungry families, one school district at a time. As a result,

Feeding Students USA was created in January 2013.

FSUSA has both adult board members and junior board members, who range from ages 6-13.

“I think it is important to involve kids and show them what it means to give back to their community,” Sucato said.

The organization currently helps working families who do not qualify for state or government assistance.

FSUSA feeds approximately 7,000 families throughout the Scottsdale Unified School District each year, along with additional families in the Creighton, Washington, and Balsz districts, V.H. Lassen Elementary School and Career Success Schools.

FSUSA partners with the community specialist at each school to identify children who are coming to school hungry. Once notified by the specialist, they work closely with Midwest Food Bank and local grocery stores to ensure that each family gets what they need.

“We can provide food for a family in as little as three to four hours,” Sucato said.

“This year, their goal is to provide 1,600 feasts for families in need.”



Board members Gretchen Schubert, Ashley Staples, Katherine Polachek and Angela Woudenberg.

They also hold an annual holiday drive to provide families with meals for Thanksgiving. This year, their goal is to provide 1,600 feasts to families spread across five school districts. Each household will receive a frozen turkey, bread, stuffing, cranberry sauce, assorted canned vegetables, pumpkin and milk.

To support the Thanksgiving feast initiative, folks can donate directly to the

website or drop canned goods at their food pantry located at 3313 N. 40th St. on the Monte Vista Church of the Nazarene campus between November 8-19, 2021.

Sucato said that if folks would like to volunteer with distribution, the team will sort and pack food on Saturday, November 20. To inquire about volunteering, email jonisucato@gmail.com.

feedingstudentsusa.org

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Heywood's honors: The Distinguished Flying Cross is 3rd from left. The rip cord is one he pulled when he bailed out of his plane during a mission. The cork is from the champagne bottle he was greeted with when he returned from his hundredth mission. (right) Heywood and Corinne with 11 of their 15 grandchildren.

A HERO IN OUR MIDST

By Mallory Gleich

A perfect day for Van Heywood would be to spend time hiking and hanging out with friends and family. But in 1958, when he joined the United States Air Force, his days were, well, a little different.

Heywood was born in an old farmhouse on Extension and Broadway Road in Mesa in 1936. He's lived in the Grand Canyon state since, attending area schools and eventually getting a college degree in education and music from ASU.

While there, Heywood and some friends decided to join the Reserved Officer Training Corps (ROTC). After graduation, he was tested and chosen for flight school, and was awarded an officer's rank right out of college.

"I'm thankful to be alive," Heywood said. "I did 100 missions over North Vietnam (the bad area) and 24 missions over Laos (the other bad area). Only the 100 missions over North Vietnam counted for your tour, and you didn't get to go home until you had 100 missions over North Vietnam."

While in the military, Heywood was a jet pilot. He flew an F-105 Thunderchief and a F-100 Super Saber, the first fighter bomber series, allowing the soldiers to play different combat roles.

"In addition, I was a Wild Weasel. The Wild Weasels were a top-secret program designed to take out Surface to Air Missile sites (SAM sites) that would shoot our airplanes down. We were the first Wild Weasel flight to take out a SAM site successfully," he said.

Heywood shared one particular mission that he will never forget: His first SAM strike, right before Christmas in 1965.

"To start, I flew about 12 Iron Hand (joint USAF-USN) missions. The technique we used was what we described as trolling (like the technique used in fishing). We acted as the bait, and the SAM site was the fish," he said.

"In the designated area, we would fly in a loose and flexible formation. Many times a missile site would come up and start tracking us. We would start a turn toward the site to try and set up an attack. It seemed that the missile guys got the word about what we were up to, and when we turned toward the site, it would go off

the air. We didn't seem to be getting anywhere with the tactics we were using."

"I could hear another flight in our area trying to join up after attacking a target. One of their flight had been hit, and they were trying to get him out of the target area along the Red River."

"We were coming into the flat, open area bordering the Red River in SE Asia. We were fairly low, and the Weasel was making as many knots as I think he could get out of the F-100F. In not more than what seemed like two minutes, the Weasel called the SAM site swinging off our left. We all started a turn, and a voice transmitted excitedly, 'I've got him.'"

"As we continued turning, I saw two long, slender tubes on what appeared to be a transporter. They were pointed up at about 60 degrees and stuck out just barely beyond the tree line. 'Missiles,' I said to myself."

"We had four LAU-3 rocket pods with 19 rockets in each pod, and I had armed up all four pods to fire at once. If I got only one shot, I wanted it to be a memorable one."

Even though we were getting flak from the river, I concentrated on my run and wasn't about to let the flak deter me. I steadied just long enough to get my sight picture for the rockets and fired. What an impressive sight! Seventy-six rockets were spewing out in front of my aircraft, and I was sure that the guys on the ground were impressed."

"I elevated the gunsight piper on my second attack, held the trigger down, and gently walked the rudders until the gun fired

out. The target was by now a roiling, boiling mass of dust and debris in which nothing could be seen except a few of the taller trees. I felt a little disturbed when the Weasel started calling out, 'Everybody get down; he's on us.' After a couple of calls like that, I started thinking, 'How is that possible?' It wasn't until later I found out another SAM site over by the river came up and was trying to get a shot at us."

Heywood ended his tour as a Major in 1987 after earning various medals of honor, including the Distinguished Flying Cross, which is awarded to those who committed acts of heroism or achievement while participating in aerial flight.

Times were different then: even with the honor and



Vietnam, 1967.



bravery he showed, when Heywood returned from Vietnam, he had to make sure to not wear his uniform off base or he would get heckled by civilians.

Eventually, Heywood returned home to his wife, Corinne. The pair met through Corinne's brother and although they had connected early on, it wasn't until she was a freshman and he was a senior at ASU that the two started dating. After college, the pair were married and then transferred to different bases around the U.S.

Their love stood the test of time, as the pair have been together for 63 years – 40 of those in Arcadia. They have 12 children, 15 grandchildren and six great-grandchildren.

Heywood retired from the military after 29 years and 124 missions. Afterward, he received devastating news: because of the chemical Agent Orange that was sprayed over the foliage where he and his squadron were stationed, Heywood developed an aggressive form of cancer.

At publication time, he was being hospitalized and waiting to start chemo treatments, but told doctors that he has no regrets, has done everything he wanted to do in life, and isn't afraid to die.

"I have stared down the barrels of weapons trying to kill me. I can face this!" Heywood said.

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Fluffy traveler gets his very own storybook

By Mallory Gleich

When he's not sleeping with his legs straight up in the air or searching for his next gourmet meal, Winston, a four-year-old Pomeranian pup, is "touring" the world with the help of his mom, Cynthia Finefrock, and her new book.

Finefrock grew up and attended school in the Scottsdale and Paradise Valley area until she headed to college at USC in California. She then went to Cornell in New York City to become a physician's assistant. After graduation, she practiced in an office in NYC for a bit but realized her true passion was in a different industry.

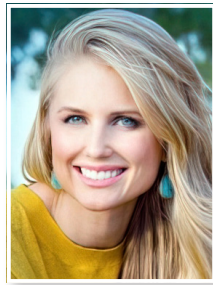
"I took some time away from medicine to focus on my photography, and shortly after my website went live, the pandemic hit," Finefrock said.

At a loss for things to do, Finefrock and her friends were joking about photoshopping Winston into her travel photos – and an idea took hold. Her (and Winston's!) first children's book, *Winston the Traveling Dog*, was published in June 2021.

Finefrock wrote the book on a rooftop in New York City in two months. After her lease was up, she headed for the sunshine and moved back to Phoenix.

She spent the next nine months taking photos of Winston in themed outfits and photoshopping him into her photos.

Finefrock has been to 42 countries



Cynthia Finefrock

worldwide, so she had plenty to work with. After she wrote the story and got the photos squared away, Finefrock hired a book designer to add graphics. In the book, Winston "travels" to London, Paris and Italy to see the sights, enjoy new cuisines and make friends along the way.

Folks can find the book at various distributors and stores around the world.

"It doesn't feel real. I mean, I have a copy sitting in my room, and I'll look at it and be like, 'Wow, Winston is on the cover of a book,'" she said. "Traveling has had a big impact on who I am as a person; it's made me more independent, patient and compassionate, and I want to make children aware of the world that exists beyond what they see directly in front of them."

One critical theme is Winston being nervous about embarking on this journey overseas alone. Finefrock wanted to sell the point that stepping outside of comfort zones and doing something new is often scary, but the rewards are almost always worth it.

The book won first place for photography and the reader's favorite 5-star review award at the Purple Dragonfly Book Awards.



PHOTO COURTESY OF CYNTHIA FINEFROCK

The easiest way to get Winston to sit still for photos is by using his favorite snack: a slice of cheese!

"I feel like Winston knows that he's on the cover of a book, and it's turning him into a little bit of a diva, especially when it comes to his food," Finefrock laughed. "He likes Asian and Indian food. His palate is so sophisticated."

While waiting for his next meal or

getting his fill of belly rubs, Winston is also helping his mom prepare for the next installment of *Winston the Traveling Dog*, which Finefrock hopes to have published by spring 2022.

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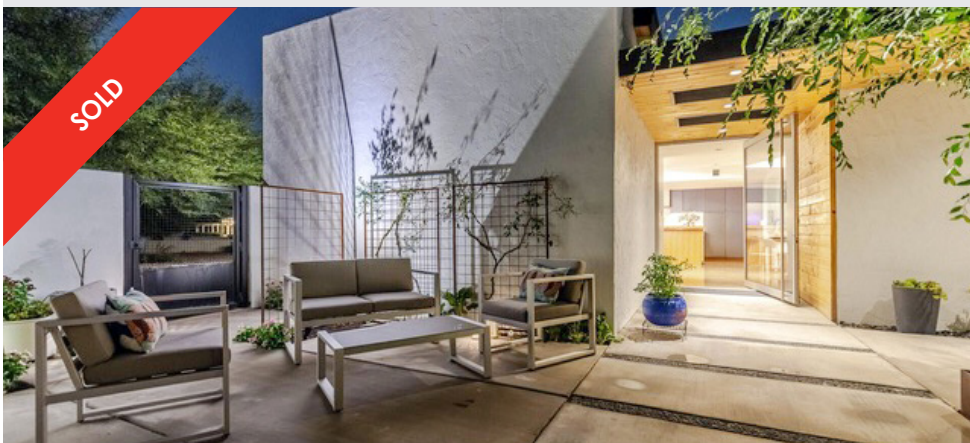
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BY MIRIAM HAHN

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

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Hasselback Potatoes

Ingredients

- 4 large potatoes, washed (do not peel)
- 3 tbsp. avocado oil + more for initial brushing
- 3 garlic cloves, crushed
- 2 tbsp. nutritional yeast
- 1 tbsp. fresh rosemary, minced
- 1 tsp. pink salt
- Pinch of red pepper flakes
- Italian parsley for topping

Serves: 4-8



Directions

1. Preheat oven to 425°F.
2. Cut vertical slits about 1/8" apart in the potatoes, stopping about 1/2" from the bottom. Place on a baking tray.
3. Brush with avocado oil and sprinkle with salt. Bake for 30 minutes.
4. Mix together the oil, garlic, spices and nutritional yeast. Set aside.
5. Take the potatoes out of the oven. The potato slices should have started to peel away from each other. Now take the oil/spice mixture and spoon it in between the potato slices.
6. Bake for another 30-45 minutes until the potatoes have browned and the edges are crispy.
7. Top with chopped parsley and serve! You can cut these in half if they are too big per serving.

Pumpkin Chili

Ingredients

- 1 tbsp. oil or broth
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. each: onion powder, salt, smoked paprika
- 1/2 tsp. cinnamon
- 1/4 tsp. red pepper flakes
- 1 can (14.5 oz.) fire-roasted tomatoes
- 1 can (15.5 oz) black beans, drained
- 1 can (15.5 oz) pinto beans drained
- 1 can (15 oz.) pumpkin puree
- 2 cups vegetable broth
- 1 lime, juiced
- Toppings: avocado, cilantro, red onion, dairy-free sour cream

Serves: 6

Directions

1. Heat the oil or broth in a large soup pot on medium-high. Add the onion and garlic and sauté for five minutes, stirring frequently.
2. Add the peppers and cook for five more minutes.
3. While that is cooking, add the chili powder, cumin, onion powder, salt, smoked paprika, cinnamon and red pepper flakes to a small bowl, so they are ready to go.
4. Add the spice mix, tomatoes, black beans, pinto beans, pumpkin and broth to the pot. Stir and bring to a boil, then lower to a simmer for 20 minutes.
5. Add lime juice and serve. Top with avocado, cilantro, red onion and dairy-free sour cream if desired.

Butternut Squash Mac & Cheese

Ingredients

- 1/2 cup raw cashews
- 1/2 yellow onion, chopped
- 2 cups butternut squash, chopped
- 1/2 cup vegetable broth
- 1/2 cup nutritional yeast
- 1 1/2 tsp. salt
- 1/2 tsp. garlic granules
- 1/4 tsp. pepper
- 1/4 tsp. smoked paprika
- 1/4 tsp. turmeric
- 1/2 lemon, juiced
- 1 tsp. Dijon mustard
- 16 oz. macaroni noodles
- 1/2 cup reserved pasta cooking water

Serves: 4-8



Directions

1. Soak the cashews in boiling water for 15 minutes. Drain.
2. Add the onion and squash to a medium pot and cover with water. Bring to a boil, turn the heat down to medium and cook about 10 minutes or until the vegetables are tender. Drain.
3. Cook the macaroni and drain.
4. In a small bowl, mix the nutritional yeast and the spices together. Set aside.
5. Add the drained cashews, onion, squash, broth, nutritional yeast, spice mixture, lemon juice, mustard, and reserved cooking water to a high-speed blender. Blend until smooth.
6. Combine the pasta with the sauce. Ready to serve! Top with chopped parsley or cilantro if desired.

Pumpkin Pudding

Ingredients

- 1/2 cup coconut or brown sugar
- 3 tbsp. cornstarch
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1/2 cup full fat coconut milk from a can
- 1 1/4 cup pumpkin puree
- 1 1/2 tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- Graham crackers and whipped cream for topping

Serves: 4-8



Directions

1. Add sugar and corn starch to a medium-size pot. Stir, getting rid of any lumps. Whisk in the almond milk and coconut milk until it is combined.
2. Add in pumpkin, and with the heat on medium, whisk for about 5-10 minutes until the mixture thickens.
3. Remove from heat and add vanilla and pumpkin pie spice. Stir to blend.
4. Pour into either one large serving bowl or individual dishes or jars.
5. Cover and refrigerate for 2 hours so it can set.
6. Top with whipped cream and crushed graham crackers.



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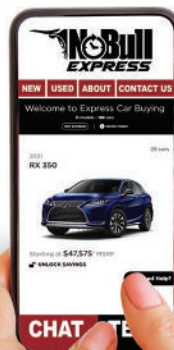
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6228 E Calle Del Media \$2,600,000
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4857 E Lafayette Blvd \$3,295,000
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3511 North 39th
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PENDING

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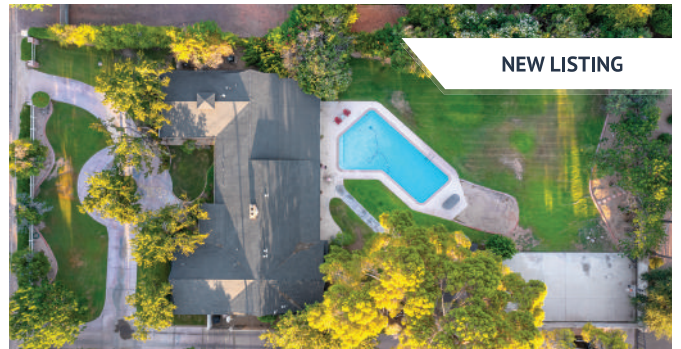
**3355 N 55th Pl \$2,750,000
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**Place \$2,195,000
aths / 3500 sqft**



**6715 E Exeter Blvd \$2,500,000
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**5420 E Calle Tuberia \$1,595,000
16,483 SF lot**



**2535 N 55th Place \$925,000
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**3034 E Valencia Lane \$1,775,000
4 beds / 3.5 baths / 3581 sqft**

Hospice of the Valley unveils Dementia Care and Education Campus

By Rachael Bouley

For over 40 years, Hospice of the Valley has served families of people with severe and chronic illnesses. The not-for-profit, community-based provider is now ready to expand with their brand-new campus in Arcadia, located at 44th St. and Indianola Ave.

The Hospice of the Valley Dementia Care and Education Campus began construction in March 2020. They anticipate opening their doors in November 2021 using a phased approach, which will begin with the Adult Day Club and Child Center.

The \$25 million campus sits on 3.2 acres where the Scottsdale Unified School District office was once located.

The organization serves 20,000 patients and their families annually. The new integrated campus will expand services at a critical time as Alzheimer's and other dementias are now the fourth leading cause of death in Arizona. The campus is designed to meet the needs of people living with dementia and support professional caregivers, healthcare providers, and anyone in the community who is affected by this disease.

The enhanced full-spectrum care facility will cover over 140,000 square feet and offer comprehensive support for families with an assisted living center and a hospice inpatient care home. It will serve those living with various types of dementia, including



The complete rendering of the new campus.



The courtyard garden is an integral part of the Memory Café.

folks in earlier stages who need support and education rather than hospice care.

The Adult Day Club aims to stimulate and engage individuals, encouraging the positive effects of intergenerational enrichment as adults enjoy fun activities with preschoolers from the child center run by Prince of Peace Church.

The Community Education Center will bring healthcare professionals and family caregivers together to share practices and help train the next generation of dedicated dementia care specialists.

Physicians, nurses, physical therapists and social workers will have access to a model patient room to share techniques. There

will also be an array of classes, programs and support groups to keep loved ones and caregivers up to speed on treatment techniques, care plans and maximizing comfort in someone's final months.

The adjoining Memory Café will be a place to socialize and eat while hosting support groups for family caregivers. There's also a courtyard garden that families can utilize, and eventually, where community events can be held.

Construction and design crews put the finishing touches on the 10-person hospice inpatient care home, plus the 12-person assisted living facility for those with mild or moderate dementia in October. It's all part

of the organization's continued efforts to provide comfort, dignity, and compassionate care for the community.

"Dementia takes an emotional and physical toll on families. Through education and compassionate support, we can make a difference in their lives," Executive Director Debbie Shumway said. "We are excited to create a place where people can live life to the fullest and receive exceptional care for all types and stages of dementia. We look forward to supporting family caregivers, educating health professionals and inspiring our community to live well with dementia."

hov.org

dementiacampus.org

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GET INVITED

Empowering Intrepid Warriors provides service dogs for veterans

By Mallory Gleich

In 2014, Elaine Starks and her local nonprofit, Power Paws Assistance Dogs, decided to reach out and help a whole different group of individuals: veterans.

This branch of assistance is known today as Empowering Intrepid Warriors. The goal of EIW is to provide assistance dogs to veterans and help with Animal Assisted Interventions (AAI) in a substance abuse program with the support of grants.

Power Paws received \$80,000 in 2015 and \$60,000 in 2016 to serve 117 veterans over 16 months. The grant was from an individual donor and helped ten veterans receive assistance dog placements for PTSD.

Four of those placements were for PTSD compounded with mobility challenges. Altogether, 103 veterans became part of the Community Outreach through the Therapeutic Rehabilitation program, which held bi-weekly, therapeutic, rehabilitative meetings with puppies.

“The veterans worked in our nursery by taking our puppies through their daily activities and routine of social engagement with humans,” Starks said. “While Power Paws no longer has a puppy nursery, EIW aims to emulate the same benefits with teams training a service dog for a veteran.”

Starks and her team have been trying to build funding to continue this program. With last year’s catastrophic events, she said it’s been tough.



One of Power Paws’ Assistance Dogs, Dawn, took a moment to visit the Veterans Memorial in Peoria.

Just before the pandemic hit, Empowering Intrepid Warriors planned on starting in-house training at the Phoenix VA Hospital on 7th St. and Indian School Road. The group’s goal was to engage service dogs with vets who were not ready to take on a pet but would take advantage of the dogs’ therapies. Over 120 vets were able to visit with the supportive pooches.

In September 2021, Congress passed the Puppies Assisting Wounded Servicemembers (PAWS) Act. This is the sixth act that has been approved in the last ten years.

The act requires that the Department of Veterans Affairs establishes a grant program providing service dogs to those diagnosed with service-connected trauma through organizations that offer accredited

training – this is where Empowering Intrepid Warriors comes in.

Breeders provide the service dogs at the American Kennel Club, but Starks said they also wanted to implement dogs from shelters because of how overrun they have been in recent months.

“We wanted to help vets while also helping these dogs find a forever home,” she said.

The organization uses labs and retrievers as service dogs. Other breeds can be used on occasion, but they have to be evaluated with a trainer and other dogs beforehand.

The dogs are trained in three categories: mobility, PTSD and vets with type-1 diabetes. It usually takes 16-24 months to prepare the animals. There is a three-week placement process and a six-month follow-up to ensure that the dog and veteran are the right fit for each other.

“As we continue EIW, our long-term goals are to provide each veteran that needs a service dog with a service dog and to continue AAI so that they can also train dogs,” Starks said.

Veterans can also become EIW volunteers with the hope that they will “leave no veteran behind” and be able to move past the hurdles of PTSD to return to their civilian life after service. Starks said that the effects of the pandemic are still lingering, but their goal is to home 12-14 dogs in 2022.

azpowerpaws.org

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Dance Theater West celebrates 30 years in Arcadia

By Jennifer Marshall

In 1955, a passionate ballet student from New York moved to Tucson.

“I was devastated because there was no decent ballet here,” Dance Theater West Owner and Director Susan Silverman said.

It was around then that she met Frances Cohen, who Silverman said saved her dance life.

Cohen had established Kadimah Dance Company, one of the first modern dance studios in the state.

“I had a chance to dance with Frances’s company, which kept me alive all through high school and college,” Silverman said. “While it wasn’t my ballet, it was good, classical dance.”

Fast forward to 1987. Silverman and Cohen were reunited and decided to become business partners. That was the beginning of Dance Theater West.

"I was teaching dance here in Phoenix," Silverman said, "when I ran into Frances, who'd just moved back from Washington D.C. She had been invited to create the resident modern dance company for the new Herberger Theater, which was just being built."

At 48, Silverman didn't want a studio because she thought she was too old. Cohen, who needed a place for her company to rehearse, talked her into it.

"I loved teaching," Silverman said. "Frances taught the little ones, and I put together the ballet program called Story Book Ballet Company. It fit our business because my ballet dancers could also be great modern dancers to work in Frances's company. We had a great partnership for 32 years."

Silverman was heartbroken when Cohen passed in 2019. She was dealt another blow when the pandemic hit in 2020.



The studio recently completed their production of Oklahoma.

“To keep our dancers engaged, we started teaching virtual classes,” Silverman said. “I came up with Backyard Ballet. Our dancers would come to pick up costumes, take them home and do their choreography to classical music while their family videoed them.”

Now, the studio is open, and dancers are back in session, albeit with masks. This fall, they've done two performances of *Peter Pan*; one for a mother-daughter event, and the other was a collaboration with Free Arts for Abused Children.

Upcoming performances include the Toy Shoppe Tea Party on December 18 and Alice in Wonderland, which will premier next May.

dancetheaterwest.com

OTHER DANCE STUDIOS

BRICKS STUDIO

bricksstudio.com

In addition to offering a wide variety of dance classes for children of all ages, the company also teaches tumbling and cheer. They're expanding their repertoire with pop-up styles, like gymnastics and jazz, in the future.

"Mandy Durante opened Bricks about 14 years ago," Director of Operations Jamie Zwick said. "Before coming to Phoenix, she had a studio in Utah. Living here, she saw an opportunity and jumped right in as she worked to make the community a better place. To Mandy, dance lessons teach life lessons."

**TUTU SCHOOL ARCADIA**

tutuschool.com

Tutu School is a boutique ballet school for children 18 months to eight years old. "We're unique because we focus on young kids. In addition to our small classes, we also host camps and birthday parties," Owner Caroline Taylor said. Tutu Toddlers is for kids up to three years old; Exploring Ballet is for 3-5 years old, and Primary Ballet is for 5-8 years old. "We want every child to know what it feels like to dance," Taylor said. "With pinks, purples, yellows and chandeliers, our studio immerses our dancers into the world of a storybook ballet."



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"Meet Mr." | Ray Artigue

Terry Woods

There should be little surprise that Terry Woods is a man of honor and allegiance, with a solid commitment to his country and all those around him.

After all, he is a decorated Brigadier General in the Air National Guard and spent an illustrious 27-years in the military, flying as a transport and tanker navigator for ten years and advocating for Air National Guard causes at the Pentagon after that. He says he only planned to serve six years.

"My dad was a WWII vet and influenced my decision to join the military, but I never dreamed I'd become a General. He did it, so I decided I'd do it," Woods recalled. "My brother also served, so I guess you could call us a military family."

The influence transcends generations, because Terry's oldest son, Tim, still serves in the Arizona Army National Guard as Deputy Brigade Commander of the 98th Aviation Troop. (See last month's *Meet Mr.* column)

Tim says his dad is his mentor and hero, and Terry says the same of his father. The mutual admiration up and down the Woods family tree, and their love of country, is as evident as it is sincere.

"The military teaches you a lot about yourself and serving others," Woods said, "and some form of service, whether it be military or Peace Corps or volunteerism, should be mandatory."

The military teaches you a lot about yourself and serving others.

Woods walks the talk as he continues to find ways to give back. These days he juggles an active law practice with his long-standing baseball coaching and referee roles. "My son, Kevin, coaches his son at Sunnyslope High School, so I'm both coach and grandfather on the squad," he said.

One of five kids who moved to the Valley from Rochester, New York, Woods attended St. Francis Elementary School, Brophy, and then U of A, majoring in Greek and Latin.

"Phoenix is truly a land of opportunities where people can accomplish almost anything," he said.

Woods has worked 48 years as a civil defense attorney and this month will be inducted into the Maricopa County Bar Association's Hall of Fame. "All I ever

hoped for was to be regarded as a good lawyer." Clearly, he has achieved that goal.

Terry and his wife, Linda, just celebrated their golden wedding anniversary, and he says that she, not he, deserves any congratulations on reaching that milestone. "For me, it was easy because she's a nice girl, but I can

be challenging to manage," he admitted with a grin.

Asked about the formula for a long-lasting marriage and he said, "Remembering the commitment you made and then honoring it. We made a deal, and a deal is a deal."

He says he and his wife love living in Arcadia, sharing the trees and green lawns with great neighbors and family. "The formula for a happy life is pretty simple. Marry forever, make church a part of your life and have at least one family meal each day."

Woods says he plans to still be on the baseball field coaching when he is 80, and no one that knows him

doubts his conviction. With a twelfth grandchild on the way, there are many more dugout lessons to share.

"Everyone knows I'm going to be buried in a uniform. It's just a matter of which one."

General Woods will always be known as a dedicated soldier, husband, father, grandfather, and coach.



Terry Woods with his son Kevin and grandson Dylan.



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Oh, what fun: Holiday events this month

We should always give thanks for living in Arizona, but boy, are we ever grateful around this time of year! Sunny with a bit of a chill in the air, sweatshirts and sweaters, but still no gloves or galoshes. A glorious time to hike, and yet, we can also roast marshmallows around a fire.

In addition, it's the giddy anticipation of a holiday season and knowing you are just a few weeks away from spending time with friends and family and maybe even enjoying a Thanksgiving feast. If you stay close to home and host visitors, you can also check out how some of Arizona's other towns are getting into the holiday spirit.

Prescott was the first capital of Arizona and is known as the official Arizona Christmas city – the folks in this town know how to celebrate. Starting in November, there will be exhibits at the 'Tis Art Gallery and an art walk on the Friday after Thanksgiving. The Saturday after is when the festivities kick off, including a holiday light parade

that will surely get a holiday tune or two stuck in your head.

Drive a little further north to see those brilliant red rocks and feel the cooler temperatures. Sedona is impressive no matter the season, but if you are looking for a scenic way to burn off some of those Thanksgiving calories, you could participate in the



Robin's Adventures

BY ROBIN SEWELL

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



PHOTO: MICHAEL WILSON
Prescott Christmas Lights at the Capitol.

annual Turkey Trot 5K race at the Posse Grounds Park in Sedona.

This town starts its holiday season with several other events, holiday shows and no shortage of restaurants and resorts serving up holiday dishes. Not far from Sedona is the Grand Canyon National Park, which is another popular Thanksgiving destination. The North Rim closes in October, but the South Rim is open year-round.

Some people head to Lake Havasu City in the summer, but it can also be a winter wonderland. The annual Festival of Lights event starts the day after Thanksgiving. Take a boat cruise through the Bridgewater Channel to see hundreds of thousands of lights shining over the lake. It is a gorgeous time of year to take in this spectacular natural wonder but

dress in layers because not only can it get chilly, you might even see some snow.

The annual Fountain Hills Thanksgiving parade is a little closer to the Valley and highlights Thanksgiving in Arizona (for the past 37 years!). People come from all over the state to watch the floats, classic cars, marching bands and dance routines. The city stays lit until late evening each night to keep folks in a festive spirit.

There's also a visitor making a trip from the North Pole to wave hello to all his fans. Turkey trots, scenic hikes, ZooLights and the ASU/UofA traditional Territorial Cup rivalry: Whether you are a Wildcat, a Sun Devil or just looking for holiday fun, there's plenty of sunshine and tradition this month in Arizona.

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Financial Aid Workshops available to interested parents during the Entrance Exam Testing, Jan. 8, 2022 and Jan. 22, 2022.

West Nile Virus in Arcadia

By Cody Kennedy

Recently, we discovered that the West Nile Virus has affected some of our neighbors. As cases grow, we want to share what people should know and how they can protect themselves and their families from getting infected.

According to the CDC, the West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States. It is most commonly spread to people by the bite of an infected mosquito.



There are no vaccines to prevent or medications to treat West Nile, and most infected people do not show any symptoms.

About 1 in 5 people who are infected develop a fever, headache, body aches, joint pain and vomiting, with fatigue lasting anywhere from a week to months.

About 1 out of 150 infected people develop a serious, sometimes fatal, illness. You can reduce your risk of WNV by using insect repellent and wearing long-sleeved shirts and long pants to prevent mosquito bites.

Places like Howard's Ace Hardware offer bug spray and various mosquito repellents for outdoor and indoor areas.

cdc.gov

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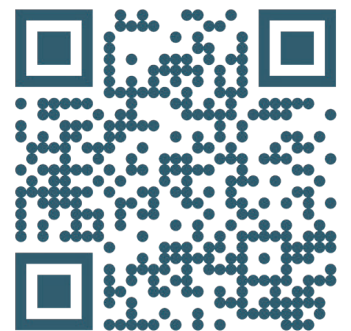


Forbes

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Learning to let go of control

Working from an office used to be expected. But that time feels so far in the past that it would be naive to think we will ever return to our former state.

Looking back, many people have started to wonder if going to work every day in person was more about control than productivity. It gave managers a bird's eye view of what employees were doing all day, and it kept employees working with fewer outside distractions.

An interesting twist to working from home is that some employers are looking for new ways to feel that they still have control over employees. I first heard about this when friends discussed their managers calling them on video at random times during the workday. The purpose appeared to be monitoring the employee rather than anything helpful.

The real shocker comes from employee monitoring software. *The Washington Post* released an article documenting the monitoring of employees in the remote work environment. Employees shared stories about keystroke tracking, screenshots and facial recognition.

One employee shared a story of trying to find something on their computer. He was clicking around, trying to find the spot where he needed to be. Suddenly, his boss started to speak to him through his headset, instructing him where to go.

Another employee described her company using facial recognition software. To get paid, she would have to look toward her screen while working. If she looked around for too long, she'd have to log in all over again. Not only was her photo being taken, but the tiny light coming from the camera was on while she was working.

The thing about remote work is that it has the potential for employees to be more productive. But the relationship between employee and employer is built on trust. If someone is going slack off, they will be able to do that whether they're being monitored or not. Beyond that, people are not machines. They may have less productive days, and they may have other days that are very productive.

Employers should consider decreasing monitoring and increasing trust by setting realistic goals and holding employees to them. Measure results, not keystrokes and create a culture based on mutual respect. You'll increase productivity and save a little money on rent at the same time.



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

From the Archives

ARCADIA NEWS

Vol. 21 No. 8

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

November 2013

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HAPPY THANKSGIVING, ARCADIA!



Arcadia resident Emmie Halter helped her family cook Thanksgiving dinner for the first time last year. Her family has celebrated the holiday with their friends the Binsfelds for 39 years. Read more Thanksgiving traditions on Page 16.



LOOK INSIDE!
Arcadia Home
FALL/WINTER ISSUE

Tavan Elementary School teacher, Ms. Jenny Martin, is awarded the November 2013 *Arcadia News* Teachers We Love Award.

Page 10

Arcadia's newest restaurant, Nook, is a place to enjoy time with friends, family and a delicious pizza.

Page 31

Arcadia resident Emmie Halter helped her family cook Thanksgiving dinner for the first time last year. Her family has celebrated the holiday with their friends, the Binsfelds, for 39 years.

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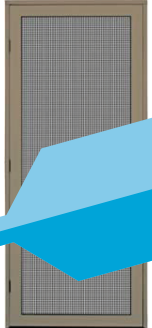
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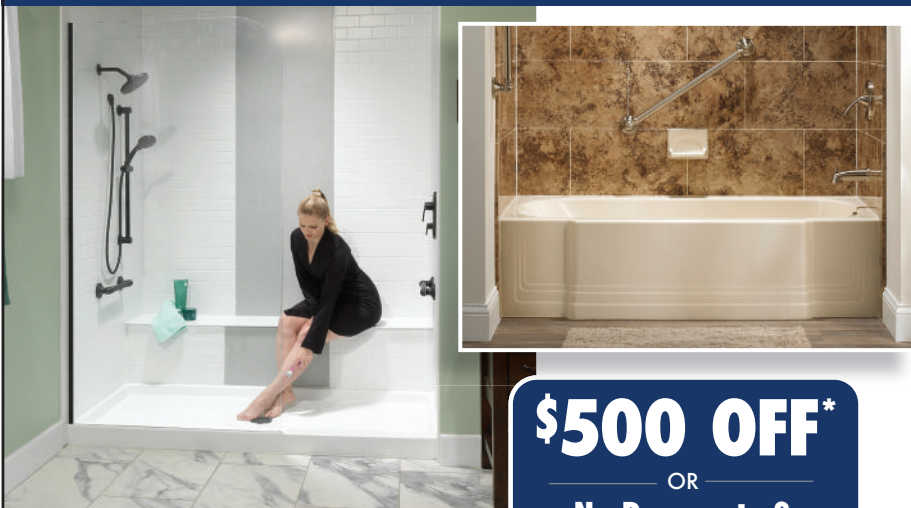
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Attics, auctions and appraisers

A few popular shows on television deal with the search for or discovery of an item and its sale at the end of an episode. We become glued to the program, thinking “something of great value is lurking somewhere in this house.”

Television reality series such as *Cash in the Attic*, *Antiques Road Show*, *Auction Kings*, *Pawn Stars*, and others catapult viewers to local auction houses, estate sales and storage rooms.

In reality, most of the series focuses on everyday folks who live ordinary lives and are clueless about their surroundings or possessions.

That is the theme for the show *Cash in the Attic*, where the homeowner needs money to help solve a problem and hopes they own a treasure worth enough to fix everything. The television host and well-meaning appraiser arrive, and the search begins. The appraiser's job is to locate some

“lost artifact of worth” and provide an estimate of a possible fortune to be had.

This theme is about the same within each of the different reality series. An item is either brought by the owner, at auction or found by the appraiser, and the suspense builds. We at home furtively glance around the room and search the reservoir of our memories for something that would benefit our coffers.

Once you hear that the bedraggled teddy bear or pottery vase with the house painted on it could be worth thousands, you remember a similar object stored in the back of the closet. Assumed riches now cloud your



reality. In most cases, it's like having a lottery ticket with only four of the drawn numbers.

The sad reality is that 98 percent of homes do not have cash in their attics or lost Rembrandts hanging on their walls. The amounts mentioned in most of the series are often hypothetical and don't reflect the net proceeds to the seller. There are auction fees, finder fees, appraisal fees, and other unknown variables that affect the bottom line that is not discussed or disclosed. Most importantly, not all auctions are equal, nor are appraisers.

Clients bring their carefully wrapped “object of wealth” to our office to be appraised. Like most folks with a commonplace, everyday item, we have not seen anything that would bring a Brink's armored truck to carefully sequester the item to safety.

For example, a client had recently seen a show that spotlighted a face jug from the Abner and John Landrum potteries in the Edgefield, South Carolina region attributed to “Dave the Potter” that was valued at \$30,000.

The series did not mention that the glaze and clay had to be tested or that the artist's initials had to be researched and authenticated. Our client's face jug was just a jug, not from South Carolina, and worth under \$500.

Keep the fantasies going, watch the programs, enjoy the joy of others, and keep the search alive. You might be one of the two percent out there who have a lost treasure hiding in the attic or closet.

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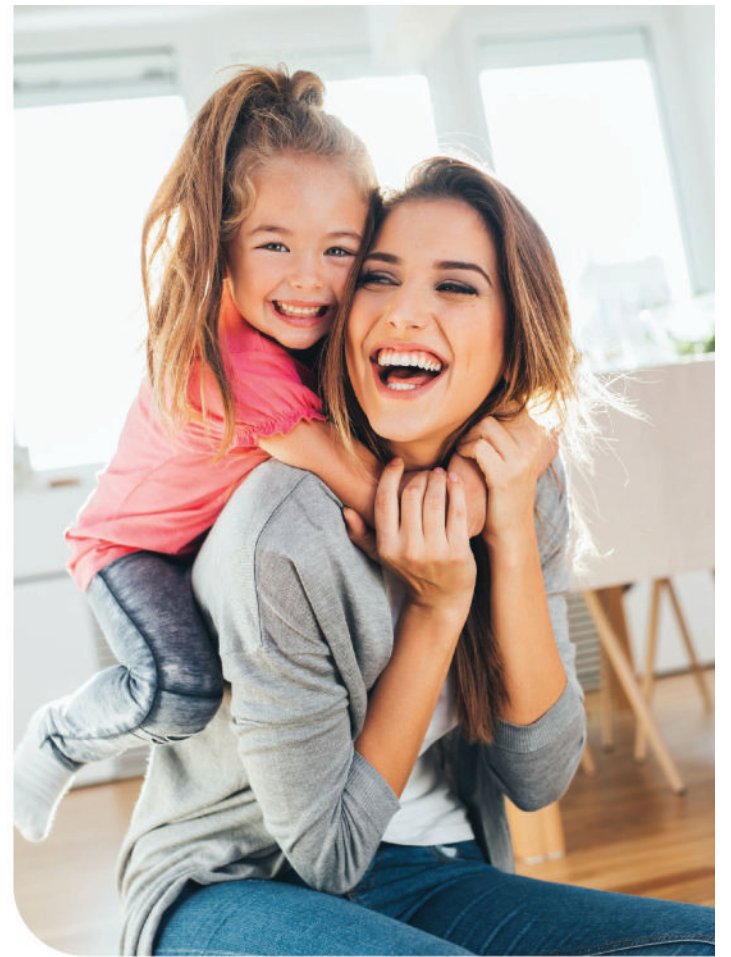
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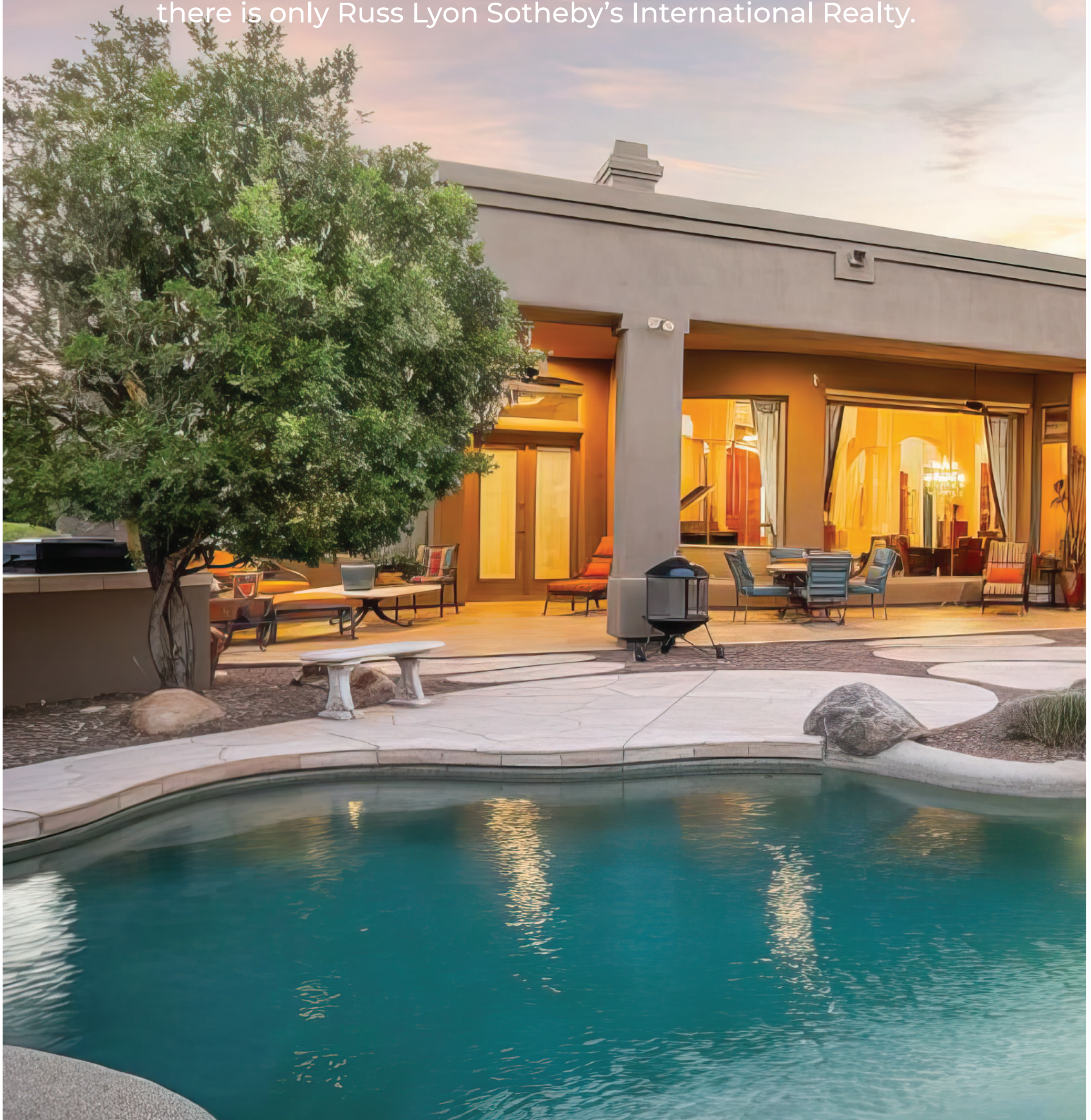
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No ifs, ands or putts: Local Kiwanis Club branch raises \$30K

By Sabrina Proffitt

Supporting children is the mission of the Valley of the Sun Camelback Kiwanis Club. Whether they are sending children to Camp Wamatochick in Prescott, fundraising for college scholarships, or equipping low-income families with school supplies, the children of our state are at the center of everything they do.

Kiwanis International is a global, international service club initially started by Michigan businessmen in 1915. The organization was known as the Supreme Lodge Benevolent Order of Brothers, but members changed the name a year later. “Kiwanis” is an American Indian expression meaning “we trade.”

In 1920, the motto of Kiwanis became “we build,” and it remained until 2005 when members decided to change it to “serving the children of the world.” At first, the organization focused on business networking until they decided to switch it up to focus on service to children.

Here in Arizona, The Valley of the Sun



One of Kiwanis Club’s programs, K-Kids, is the largest service organization for elementary school students, with more than 1,200 clubs and 36,000 student members worldwide.

Camelback branch is one of many in the Valley. This specific one combines The Valley of the Sun Kiwanis and the Camelback Kiwanis clubs. In 2020, this merged two of the oldest and most well-known clubs in Phoenix.

Every year, Kiwanis puts on the annual Sunstroke Open Golf Tournament. In

their 26th annual tournament, they raised over \$30,000.

Member Scott Holcomb said that the money raised from this golf tournament is put toward youth charities, school and programs, scholarships, and other endeavors that the club does throughout the year. One of the leading programs is the Memorial Scholarship Fund.

The club awards up to five scholarships a year to students nearing their high school graduation and who plan to go to a trade school or university.

“We try to identify good, hardworking students who otherwise might not be able to go to college,” Holcomb said. “A significant

portion of the profits from the golf tournament go toward those scholarships.”

While the annual golf tournament has passed, the Valley of the Sun Camelback Kiwanis Club always looks for new members who want to make a difference.

“We’re focused on helping the community and schools, and we’re always looking for people who need this resource and vehicle to serve the community with,” Holcomb said. “Being in a service club is hugely rewarding. It’s a big part of my life. Being a part of this club and being able to use it as a tool to change the lives of children and to fund their schools is amazing.”

kiwaniscbk.org

“
We’re focused on helping the community and schools,
and we’re always looking for people who need this
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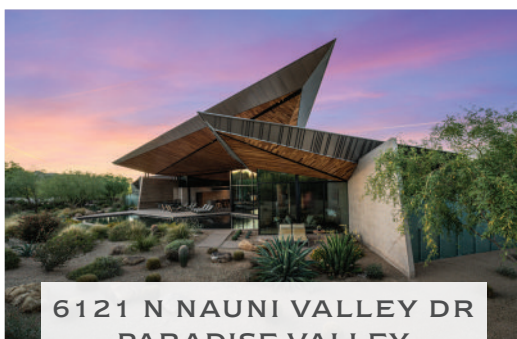
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The highest landing was on Mount Everest at 29,032 feet in 2005.

– pilotteacher.com

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The Mil V-12 holds the title for the largest helicopter built. Measuring 121 feet 5 inches in length, it weighed 152,339 pounds without cargo and could carry 196 passengers. For comparison, it weighed about as much a space shuttle. – aerotime.aero



HOW FAR?

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The longest helicopter flight is 2,213 miles; the chopper was a Hughes OH-6 Cayuse single-rotor helicopter. This would almost get you to Hawaii from California (2,472 miles). – aerocorner.com

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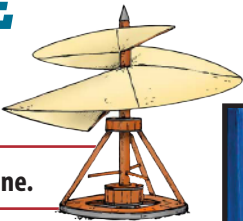
DID YOU KNOW? HELICOPTERS

HELICOPTER FACTS

- Firefighters use helicopters to fight forest fires.
- The Whirly Girls organization of female helicopter pilots has over 2,000 members.
- Helicopters are also referred to as helos, whirlybirds, choppers and copters.
- Impossible rescues over the ocean and in mountainous areas are made possible with helicopters.
- French fighter pilot and helicopter test pilot Didier Delsalle became the first person in history to land on the summit of Mount Everest at 29,032 feet in 2005.
- The helicopter is the only aircraft that can move forward, backward, side-to-side and hover. It can also land and take off in small, tight spaces.
- Aerial cinematography took off in the 1940s.
- Over 15,000 civil helicopters are operating in more than 157 other countries around the world. If you include military helicopters, it is estimated that there are more than 45,000 operating worldwide.
- Helicopters can still land safely if the engine dies.
- The two parts of the word helicopter originate from the Greek words helix, which means spiral, and pteron, which means wing.

HELICOPTERS TIMELINE

- 1100** The Chinese invented a flying toy that had some of the same principles as the helicopter.
- 1483** Leonardo Da Vinci had sketches of a helicopter-like flying machine.
- 1784** Two French men (Launoy and Bienvenu) built a feathered-model helicopter.
- 1843** Sir George Cayley invented the steam-driven chopper.
- 1907** Paul Cornu built a full-sized helicopter. It cleared the ground for a few minutes but remained tied down by ropes.
- 1916** Professor Theodore von Karman and Lieutenant Stefan Petroczy built a working helicopter. However, because it didn't carry passengers, it was not officially recognized.
- 1931** Gerald P. Herrick converted an airplane into a helicopter and was able to land it at steep angles.
- 1938** The German-made Focke Achgelis Fa 61 was the first official helicopter.
- 1939** Igor Sikorsky made the first practical helicopter flight in the United States.



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Veritas students embrace the underdog sport of dodgeball

By Mallory Gleich

Two years ago, the Parent-Student Organization at Veritas Prep needed a community event to welcome parents and students back for the new school year. As they sat in their meeting, one game came to mind – and its success was evident at this year's second annual Veritas Dodgeball Tournament.

"The event was double in size and number of teams competing since we couldn't hold the event last year," PSO Co-President Nichole Weems said.

This year, the tournament took place on September 18. Over 30 teams of five headed to the gym, decked out in their themed shirts.

"Once the students form their teams, they ask a teacher to be the bonus member and come up with team names and costumes or uniforms," Weems said. Students from middle and high school were able to compete.

The game works like this:

The objective is to eliminate all opposing team players by throwing game balls and hitting the opposing player below the shoulders. When the game starts, players run to the middle line and attempt to grab game balls to throw at opposing players.

Each player starts with one hand on the back wall. Play begins on the referees' signal of "go" and "dodge" after the initial rush.

A player is out if they throw a ball caught by the other team, get hit by a ball thrown by the other team, hit another player above the shoulders, or cross the centerline.

Once all players on one team have been eliminated, the other team wins.

"The energy surrounding the event this year was huge as our first large in-person event," Weems said. "One parent told us they were in tears because of the happiness it brought everyone."

Weems said that the best part was the interaction between students and faculty outside of the classroom.

There were three winning categories this year: high school, middle school and best costume. The winners are as follows:

High School: GloBo Gym Team; Carter Perry, Mason Bushard, Cade Huseeth, Tyler Beebe and Ben Stamatis, with bonus teacher teammate Mr. Kiser.

Middle School: Mr. Allain's Team; Luke



Best costume winners: The Bearded Bodung Team.



High School winners: GloBo Gym Team.



Middle School dodgeball winners: Mr. Allain's Kids

Saucier, Cliff Ryan, William Young, Kathan Cherukuri, Brayden Barrows with bonus teacher teammate Mr. Allain.

Best Costume Winners: The Bearded

Bodung Team; Colton Weems, Cade Dieterich, Jack Schloz, Bryce Witt, Gabe Jackson with bonus teacher teammate Mr. Bodung.

The winners received team trophies and gift cards. Weems said that due to the event's success, they are already planning a third dodgeball tournament for the future.

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Xavier Prep athletic director honored with Trailblazer award

By Rachael Bouley

Being recognized by the National Federation of State High School Sports with the Title IX Woman Trailblazer of the Year award was a surprise to Sister Lynn Windsor, BVM, CMAA, Xavier's athletic director and golf coach.

She joined the school in 1974, just two years after Title IX went into effect, and hasn't looked back. She now has almost 50 years of dedicated service to the school.

Sister Lynn's experience at Xavier dates back to her teenage years. She moved to Phoenix in 6th grade and started at Xavier in 9th grade. Grad school took her to Wisconsin, but it wasn't long before the Valley called her home, and she started her long-lasting career at the prep school.

Having played softball, basketball and volleyball during her school years, Sister Lynn has championed girls' athletics and academics for decades. Her proudest achievements as Xavier's vice-principal for activities/athletics and senior government moderator involve leading the way in female athletics and getting more students involved in sports because of Title IX.

"I'm proud of being involved on the Women's Equity in Sports Committee, and I love the spirit of community and togetherness that we experience," Sister Lynn said. "No matter what culture, religion, race, or background, we all belong."

She remains focused on supporting girls in school sports, setting them up for success both now and in the future. She was going about her daily responsibilities when news of the Trailblazer of the Year Award caught her off guard in the best way: during the school's fall sports pep assembly.

"It was absolutely unexpected; I had no idea it was coming," Sister Lynn said, acknowledging the incredible guidance she's had along the way. "There were so many coaches and athletic directors, shoulders of other people who helped me. It was like I was at the right place and right time."

While Sister Lynn was one of few women athletic directors in 1977, she's delighted to see many more women coaches and officials empowering girls' sports and helping one another. As a firm believer in doing things you love, Sister Lynn hasn't slowed down, continuing to meet with parents and cheer on the Gators at games.

"Tradition has a lot to do with our school," she said.

Although her role has its challenges and certainly takes up a lot of time, Sister Lynn said she wouldn't have it any other way. "I'm so lucky to have the support of people in my office, and I get to be around students all the time," she said.

While her awards are something special, Sister Lynn is most excited about the accomplishments of Xavier athletics over the years. With 600 student-athletes at Xavier,

the Gators participate in a wide range of competitive sports and activities.

She explained that most students try soccer and volleyball, but new sports like mountain biking and archery give them plenty of opportunities to challenge themselves.

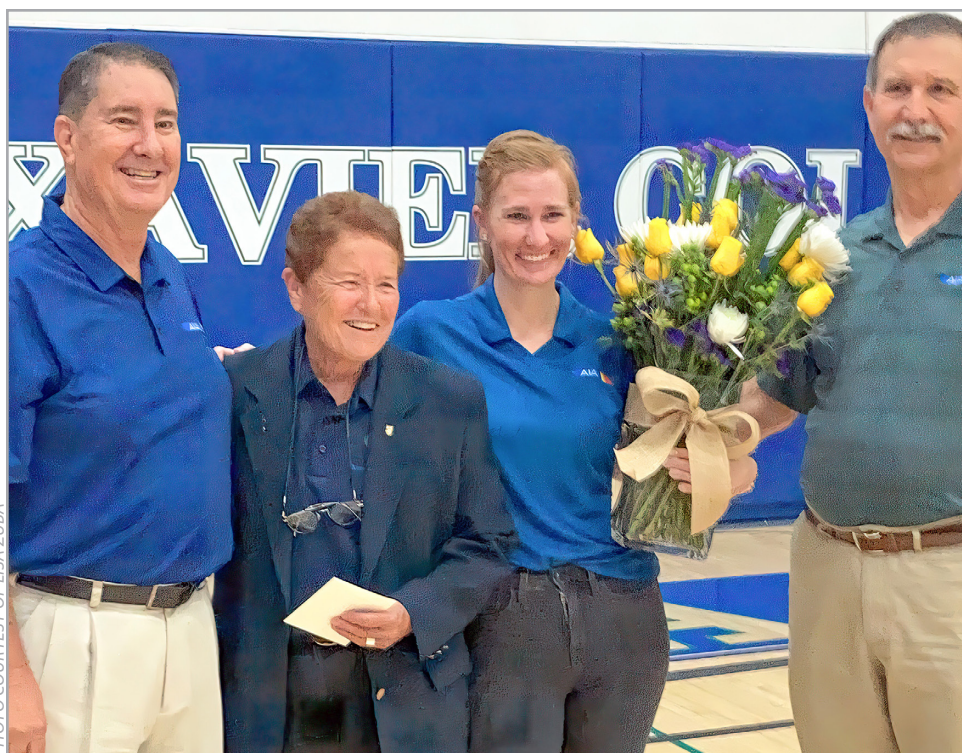
Through it all, Sister Lynn recognizes that student interest is the foundation of Xavier's successful programs.

"Kids like to compete as it makes them better, and we have wonderful training and staff," Sister Lynn added. "It starts with great coaches, talented student-athletes, active participants, support of administration for athletics and activities and parental involvement."

There has been no shortage of highlights in recent seasons, as Xavier remains undefeated in golf with 275 straight wins. The Gators brought home their first softball state championship in 2021, adding to their title of the "most winning high school in Arizona."

As Xavier explores e-sports and other athletic opportunities, Sister Lynn is confident the school can continue succeeding.

"Our goals are to continue running activities and athletics while adding new things that students want to do, like JV



The Trailblazer award was presented to Sister Lynn by the Arizona Interscholastic Association's Executive Director David Hines, Executive Assistant Tayler Coady and Assistant Executive Director Joe Paddock.

beach volleyball and JV lacrosse," Sister Lynn said. "We will keep them involved in what's going on while supporting quality coaches. We want to continue being a pioneer, advancing girls sports, especially in the Title IX anniversary year."

No matter what the future holds, Sister Lynn and the Xavier school community

will continue following their motto, which is "women of faith pursuing excellence."

"We hope that we can continue that in every way in the world of athletics and activities through faith-filled, good students, involvement of parents, and a unified mission of our school," Sister Lynn said.

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

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

For example, Dr. Heng's office charges \$499 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. There is never a charge for a so-called crown build up. Other dental offices could customarily run from \$800 to \$1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, \$499 for a root canal, \$699 for immediate denture (each), cleaning starts at \$40.

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



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

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



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Jake swam from Alcatraz to San Francisco, plus the length of the Golden Gate Bridge (almost three miles) to raise money for a program that helps refugees learn how to swim.

Keeping that swim record All-American

By Mallory Gleich

Veritas Prep senior swimmer Jake Marbach keeps a pretty busy schedule, but nothing stood in his way as he received the 2021 USA Swimming Scholastic All-American Team award in September.

The award recognizes swimmers who excel in the classroom and in the pool. To be considered, swimmers had to achieve a grade point average of 3.5 for the 2020-21 school year and swim in a 2019 Winter Junior qualifying time in any individual event between September 2020 and August 2021. The qualifying times were 50-free: 20.79, 100-free: 45.39, and 100-fly: 49.59.

With the award, Jake is now considered an elite athlete. His GPA is two points off of a 4.0, and he practices almost 20 hours a week. He attributes his successful schedule to good time management and study skills.

While the award does not mean Jake is on an actual All-American "team," he said that many of the best swimmers in the nation are named All-American, and he is excited to be among them.

"I was so happy. I spend a lot of time training every afternoon and then come home and complete several hours of homework," he said. "It's nice to know that the demanding work does not go unnoticed."

Jake has been in a swimming club year-round since he was eight years old. He started at Phoenix Swim Club and this year is swimming for J Force Swim Team. When Jake was younger, he participated in soccer, cross-country and track. If he's able, he plans to play golf or run track in the spring.

"I did not want to be on the swim team, but my mom wanted me to learn at any early age. I wanted to quit because it was cold swimming outside in the winter, but she said I could not quit until I turned 16. Before

that happened, I realized I like swimming, so I continued with the sport," Jake said.

Three mornings a week, Jake trains with his team. After school and on Saturdays, he attends a two-hour workout and more swim practice.

"The yardage in practice varies. Sometimes, we will swim up to 4,000 yards a day, then other days might be a speed workout, so we swim less yardage, but at race pace, which is how fast we swim in meets," Jake said.

Jake has traveled to Texas and Washington D.C. to swim in sectional meets throughout his athletic career. This December, he will head back to Texas to swim in the Junior National meet.

"Racing is my favorite part; there is a great adrenaline rush. Swimmers are pretty nice people, and you get to know kids from other teams. Everyone is encouraging and congratulating," he said.

Jake has collected many awards, including defending as the Division 3 state champion for the 100-free race this year.

He was D3 champion for the 50-free in 2018. Last year, Veritas Prep's swim team was the D3 champion in the 200-medley and 400-freestyle relay.

On the academic side, Jake has earned the Academic Excellence Award three years in a row, meaning he received an A in a particular subject area from 2018 until now.

In the future, Jake plans on attending college and majoring in mechanical engineering. He hopes to continue swimming while trying to fit in time for eating, sleeping and playing piano, which are his hobbies when he's not in the water.

Jake will receive a plaque and certificate from USA Swimming, the national governing body for competitive swimmers.

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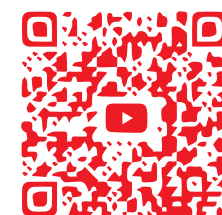
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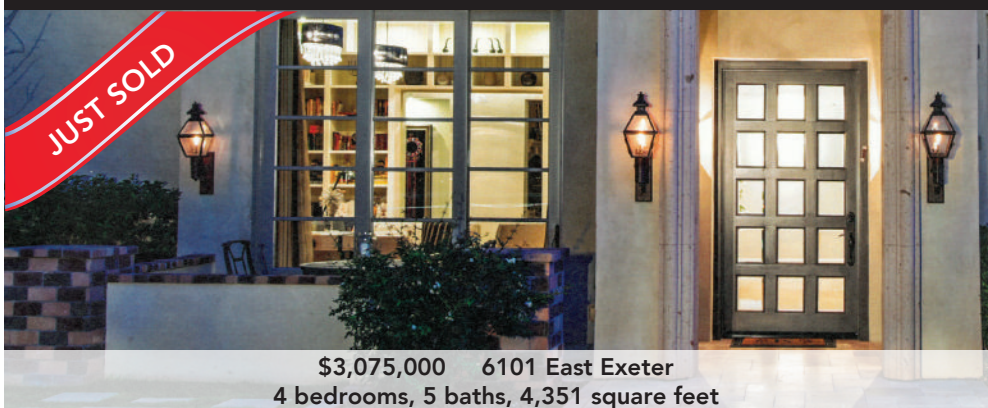
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