ARCADIA NEWS

VOL. 29 NO. 10 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — JANUARY 2022

PTA PICKLE PRIZE

Hopi Elementary PTA members hit the pickleball courts to see who would win the coveted award.

PAGE 20

HANGIN' AROUND

In the spirit of the new year, our editor tried an aerial fitness class.

PAGE 24

THE BIG GREEN

Area schools started their soccer seasons in pursuit of the ultimate goal: state championships.

PAGE 47

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JANUARY

AHS Marching Band.

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
32 Meet Mr.
36 Career Corner
38 Ask the Appraisers
44 Did You Know?
46 Sports

Articles

8 **Progress over perfection**
To kick off 2022's fitness journey, Arcadia News' editor stepped out of the comfort zone and attended her first barre class – read about her experience!

18 **The Spirit of Arcadia**
The AHS Marching Band continued their winning streak this year (sans 2020) by going undefeated through the competition circuit and winning two state titles.

34 **Meat the Cheese**
Arcadian Travis Angelini took his dream of owning a restaurant and transformed it to open a New York-inspired food truck on the 48th St. canal.

42 **Dress-up for the books**
Veritas Prep students and staff took a day off from their usual school uniforms and dressed up as their favorite characters for Great Hearts, Great Books Day.

Starting her new year's resolutions, Mallory attended a class at AIR Aerial Fitness Studio in Arcadia. This pose was the last one of the 50-minute session – a way for students to cool down after a tough workout.

PHOTO: STEPH DOHENY

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EDITOR'S NOTE

For our first publication of 2022, also known as the "fitness" edition, I attended my first-ever barre and aerial fitness classes. Sure, folks can get a wealth of information about them with a simple internet search, but where's the fun in that? I wanted to experience it for myself.

I arrived at Pure Barre far too early (a quirk – I'm always the first to arrive anywhere!) and was able to chat with the ladies at the front desk before the workout started. They explained that the class works in parts – arms, legs/thighs and core, with lots of pulses and sets. They also told me that 95 percent of classes are women, which both helped and intimidated me. Luckily, I wasn't the only one attending for the first time.

You can read more about the class in the story, but I will say this: I learned a lot about my body that day and, more specifically, which parts I needed to focus on – all of them!

During the aerial fitness class, we worked on each section while using a silk hammock. For part of it, we were on the floor. For the other part, the FUN part, we were up in the hammock, above ground – one of the toughest parts was getting my hammock to stop spinning so I could watch the instructor!

January's edition also covers athletics: Xavier has a new tennis court. Area schools are kicking off their soccer season (hah!), and two Arcadia High students recently received Heisman scholarships.

Arcadia News has some exciting things coming up this year, as Arcadia Home & Design and the Camp Guide sections will both be back – we can't wait to share them with you!

Happy new year to all of our friends, family, and you, dear readers. We wish you all the best in 2022, and thank you for reading *Arcadia News*.

Mallory

— Mallory Gleich

UPCOMING THEMES:

FEBRUARY	MARCH	APRIL
History	*Spring & Arcadia Home + Design*	*Our 30th Anniversary & Camp Guide*

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"What the new year brings to you will depend a great deal on what you bring to the new year."
– Vern McClellan

THIS MONTH'S WINNER:

Christa Badorek – First, second and third-grade teacher at Villa Montessori

Nominated by: Mark and Melissa Loewenthal, Sarah Weiss, Natalya Ter-Grigoryan, Lisa Outhier and Vandana Singh

ARCADIA NEWS TEACHERS we love

Ms. Christa goes above and beyond to meet each child's emotional and educational needs. From her exciting storytelling that teaches life lessons to her role modeling of healthy eating and lifestyle to her passion for bringing out the best in every child she works with, she is hands down the best teacher my children have ever had.

Christa Badorek, Villa Montessori

How did it feel to be presented the award with SIX nominations?

I was so surprised. I feel very appreciated, honored and lucky!

How long have you been teaching at Villa Montessori?

Since 2014. Before that, I taught at Montessori Schools of Flagstaff, where I also taught Primary, which is 3 to 6-year-old students.

What is your favorite part about being a teacher?

I love teaching Montessori because I am with the child and their family for three years. During that time, there is so much development, academically and emotionally. I love being a part of that.

Why did you want to become a teacher?

I was inspired by what I observed when my daughter (now in college) began kindergarten at Montessori Schools of Flagstaff. I volunteered in her classroom. It was beautiful to watch a teacher orchestrate a room full of curious minds. After that, I left my career and started my journey in Montessori.

How do you connect your lessons to the real world?

In most everything I teach, I tie it into the students' world so that they can relate. I want them to understand the "why." I also teach independence through practical life skills. They are responsible for their environment. They help by dusting, sweeping, washing windows, washing dishes, caring for plants, caring for pets, gardening, and so much more. We also have meetings that they run. That is when we bring up concerns about our classroom and evaluate what is working and what is not working as a community.

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

My goal is for the child to find joy in learning, feel safe, and be happy. With this "new" environment, I have had to become very mindful of creating a space for children to feel the way they did before the pandemic. It is extremely difficult and challenging, but I remain positive and find ways to adapt to all the changes that needed to happen in our classroom.

How do you motivate your students?

By modeling the excitement to learn through stories and music. I create a classroom community we all want to be a part of. I strive to make sure each child feels part of something magical, because learning and growing are magical.

What is your teaching philosophy?

I believe in the Montessori philosophy. I follow the child and facilitate what they are capable of doing. I stop and listen. I find most of the time, children just want to be heard. I teach them to find their voice and to use it. I also tell them to believe in themselves. When they struggle, I remind them that they have not been successful yet, but they will.

When did you move to Arcadia?

I am originally from Maine, but I have spent most of my life in Arizona. My husband and I started our family in Flagstaff. We loved the sense of community and enjoyed the outdoor activities. When we moved to the Valley, it was very important that we find what we had in Flagstaff. I insisted we find a place that felt like it had a community that had close access to trails and had a "mom and pop" vibe. Arcadia was a great match.

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**.*

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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-11/30/2021)

Active Homes -	77 homes
Homes Sold -	316 homes
Average Sale Price -	$2,095,000
Average Sold $ Per SF -	$542
Average Days On Market -	61 days

There is currently 3 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 3% 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 20%. (based on 2020 sales results)
2021 homes are taking 44% less time to sell. (based on 2020 sales results)

2021 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2021-11/30/2021)

Active Homes -	40 Homes
Homes Sold -	208 Homes
Average Sale Price -	$984,000
Average Sold $ Per SF -	$403
Average Days On Market -	35 days

There is currently 2 months of home inventory. (based on 2020 sales results)
2021 home sales have decreased 5% this year. (based on 2020 sales results)
2021 home prices have increased 19%. (based on 2020 sales results)
2021 $ Per Square Foot prices have increased 19%. (based on 2020 sales results)
2021 Homes are taking 41% less time to sell. (based on 2020 sales results)

TOMMY ATKINSON

Free MLS Access: visit
TommyAtkinson.com

WHAT'S HAPPENING, *ARCADIA?*

ARIZONA AUTO WEEK

BARRETT-JACKSON

Westworld of Scottsdale, 16601 N. Pima Road

Headquartered in Scottsdale, Barrett-Jackson is the granddaddy of the collector car auctions. The event draws visitors from all over the world. In 2021, they sold $105 million and produced over 95 world records, with $5.8 million raised for charity.

When: January 22-30

barrett-jackson.com

BONHAMS

The Westin Kierland Resort & Spa, 6902 E. Greenway Pkwy., Phoenix

Historic British auction house Bonham's offers a more intimate auction environment with unique autos like a 1959 BMW 507 Series II Roadster or a 1951 Maserati A6G/2000 Spider.

When: Jan. 27

bonhams.com

GOODING & COMPANY

Scottsdale Hangar One 15220 N. 78th Way

The "Geared Online" catalog opens on January 18 and bidding starts on Monday, January 24. Registered bidders will be able to view the lots in person starting Jan. 26.

When: Jan. 24-28

goodingco.com

MOTORSPORT AUCTION GROUP

We-Ko-Pa Casino & Resort 10438 WeKoPa Way, Fort McDowell

The MAG will feature more than 500 collector cars focusing on classics, muscle cars and hot rods.

When: Jan. 28-30

motorsportauctiongroup.com

RM SOTHEBY'S

The Arizona Biltmore 2400 E. Missouri Ave.

RM Sotheby's will return to the iconic resort for the 23rd annual Arizona sale, kicking off its 2022 auction calendar. RM Sotheby's is set to present a wide variety of makes and eras across many different price points. The preview on Jan. 26 is open to the public, but tickets are needed for the auction.

When: Jan. 26-27

rmsothebys.com

RUSSO AND STEELE

South of the 101 North Freeway and Scottsdale Road

Following tradition, Russo and Steele will continue with their signature "Auction in the Round" format and offer five days of excitement with over 800+ classic cars.

When: Jan. 26-30

russoandsteele.com

NEWS BRIEFS

YogaBox, located in the Arcadia Plaza on 28th St. and Indian School, has plans to open its 10th location (the first in Arizona) this February. The studio's mission, "progress over perfection," is put into play with sculpting, restorative and power flow classes. Various memberships are available.

theyogabox.com

OsteoStrong, a physical therapy-type business that focuses on skeletal health, is opening a new location east of 32nd St. and Indian School next to Beaut Burger and Bristlecone. OsteoStrong uses a process called osteogenic loading to promote skeletal strength and improve balance and energy. The practice works for people of all ages and levels of activity.

osteostrong.me

Common Ground Culinary (Twisted Grove, The Macintosh, Sweet Provisions) and Chef Christopher Collins have opened two more concepts in Uptown Phoenix. **Neighborly Public House and St. Urban** debuted at The Colony (7th St. and Missouri Ave.), a 1950s era mixed-use development. Neighborly's menu focuses on meat and seafood, while St. Urban is Chef Collin's vision of a French brasserie.

commongroundculinary.com

On Saturday, January 22, the public is invited to The Farm at South Mountain (6106 S. 32nd St., Phoenix) to witness the **Feeding the Future** event. Phoenix chefs and Valley students (like those from Echo Canyon!) will work together to create school meals that meet the National School Lunch Program's requirements. Judges will then choose a winner and the top three teams will earn scholarships and prizes. Tickets are $25-$100.

slowfoodphoenix.org

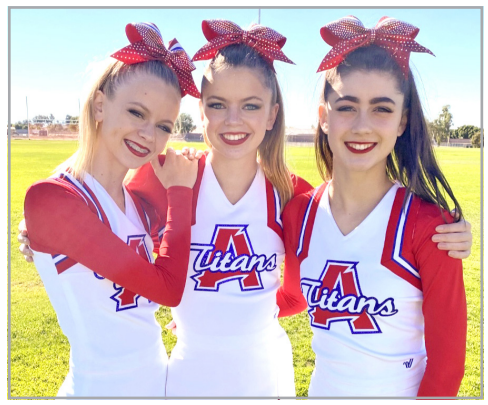
Located near the southeast corner of 44th and Indian School Road, a Maryland-based restaurant group introduced **Cava**, a Mediterranean-inspired eatery that opened in December. Guests build their own bowls with ingredients like pita, roasted eggplant and tabbouleh. Cava's homemade sauces and dips can also be found at Whole Foods.

cava.com

Miriam Hahn, of YouCare-SelfCare (and Arcadia News' Plant-based Wellness column) is offering a four-week, virtual **Metabolism Boot Camp** starting on Wednesday, January 19. Attendees will learn how to fuel the gut for optimal health and a faster metabolism. There will be a weekly group call at 9 a.m. and participants will follow "Fiber Fueled" by Dr. Will Bulsiewicz, fill out practice worksheets and join a private Facebook group to connect with others. Attendance is $249.

youcare-selfcare.com

May, Lizzy and Lily at Future Titan Night, 2012.



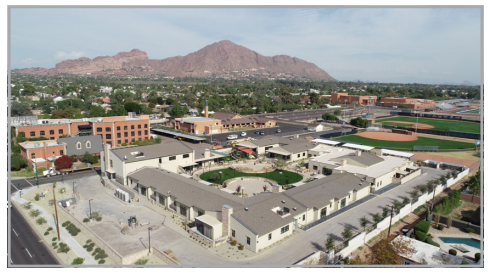
May, Lizzy and Lily at Future Titan Night, 2019.

Calling all kindergarten through eighth graders! Future Titans have an opportunity to dance and cheer with the **2022 Arcadia Spiritline** in January. The clinic is on Monday, January 17, from 12-3 p.m., where attendees will learn a new dance routine to be performed at the Arcadia vs. Paradise Valley basketball game at 5:30 on January 18. Registration is $70 per child.

arcadiaspiritline.weebly.com

Celebrate Dr. Martin Luther King Jr. Day with the virtual **MLK Awards Celebration** at 10 a.m. on January 14, 2022. The winners of the Dr. Martin Luther King Jr. Living the Dream Award and the Calvin C. Goode Lifetime Achievement Award will be honored for their commitment to creating a compassionate community.

youtube.com/cityofphoenixaz



Hospice of the Valley's new **Dementia Care and Education Campus** is looking for volunteers to support families living with dementia. Volunteers can assist in helping patients by participating in games, reading, nature walks and socialization or by sharing their talents in music, art, storytelling and dance. The campus is also seeking hair stylists, nail artists and yoga instructors to join the volunteer team. (Stylists and nail artists must be licensed in Arizona; yoga instructors must be certified.)

hov.org/volunteer

EVENTS

SUNDAY 1/2

Snow Week

10:30 a.m.-4 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. Today is the last day to enjoy Snow Week in downtown Phoenix. Attendees can explore the science behind ice and snow, build their own snow-pals, go ice skating, watch an ice-themed film, and play "reindeer" games. Tickets are $20 for adults, $15 for kids.

azscience.org

FRIDAY 1/7 – SUNDAY 1/9

Home and Garden Show

10 a.m.-6 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. New year, new you, new look for your home. This event is a one-stop-shop for all things improvement, including a vendor marketplace, live demonstrations, seminars, art and craft projects and a food court for when you get hungry. Tickets are $6.

maricopacountyhomeshows.com

THURSDAY 1/8

Music Video Dance Class

12 p.m. at Bricks Studio, 4550 E. Indian School Road. Has your child ever mentioned wanting to be in a music video? If so, now is their chance! This Thursday, Bricks Studio is hosting a music video-themed dance class for 4 to 8-year-olds. Kids will pick a costume (they get to keep it!), learn a dance and help produce a Bricks Studio music video. Registration is $30 per child.

bricksstudio.com

WEDNESDAY 1/12

Scottsdale's MLK Day Celebration

5:30 p.m. at the Embassy Suites Scottsdale Resort, 5001 N. Scottsdale Road. Celebrate Martin Luther King, Jr. Day with the annual MLK Celebration, hosted by the Community Celebrating Diversity organization. Guests can enjoy dinner and a featured presenter. This year, motivational speaker Patricia Russell-McCloud will take the stage. Individual tickets are $75 per person.

ccdarizona.org/mlk-events

THURSDAY 1/13

Demonstrate and Doughnuts

7-9 p.m. at the Wilde Meyer Gallery, 4142 N. Marshall Way, Scottsdale. Part of the Gold Palette Artwalk Series, this event encourages participants to browse Scottsdale's art galleries, snack on donuts and enjoy a live demonstration by local artist Andrea Peterson and a group show with local artists Ryan Hale, Diane Barbee, Christina Ramirez, and more. This event is free.

scottsdalegalleries.com

Versus Dinner

6 p.m. at ZuZu at Hotel Valley Ho, 6850 E. Main St., Scottsdale. ZuZu will kick off the new

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

year with a Family Feud-style Versus Series dinner featuring Jackson Family Wines vs. Wagner Family Wines. Executive Chef Russell LaCasce put together a special menu for the evening, and one wine from each winery will be served with each course. It's up to diners to determine who will win. Registration is $159 per person.

hotelvalleyho.com

THURSDAY 1/13 – FRIDAY 1/14

Tango Argentina

7 p.m. at the Madison Center for the Arts, 5601 N. 16th St., Phoenix. This month's event, the Tango Argentina, recreates the history of dance – specifically, the Tango. From its beginnings in 19th-century Buenos Aires through the golden age of the 1940s and 50s and beyond, this event might make it tough to stay in your seat. Tickets start at $35.

themadison.org

FRIDAY 1/14

Cinderella

10 a.m. at the Great Arizona Puppet Theater, 302 W. Latham St., Phoenix. Who doesn't love the classic story of the girl, the pumpkin and the glass slipper? Now, guests can see Cinderella in a new way – with puppets! Lots of music and laughs to be had at the Great Arizona Puppet Theater. Tickets are $12 for adults, $8 for children.

azpuppets.org

SATURDAY 1/15 – SUNDAY 1/16

Rock 'N' Roll Arizona Marathon

7 a.m. at University Dr. and College Ave. in Tempe. Start the new year off with a flat and fast race that takes runners through Phoenix, Scottsdale and Tempe with the 17th annual Rock 'n' Roll Arizona Marathon and Half Marathon. Saturday is the 5K, and Sunday will have the marathon and half marathon races. There will be live music from national and local acts and an award ceremony after the race. Registration is $49-$129.

runrocknroll.com

SUNDAY 1/15

Mimosas and Monet

9:30-11:30 a.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Calling all painters, beginners and experts alike. Hermosa Inn welcomes Carrie Curran Art Studios for a morning of art and mimosas. Carrie will teach and guide guests with an acrylic on canvas painting of Monet's Desert Hollyhock. Enjoy a mimosa and snack on pastries while creating your masterpiece. Registration is $85 per person.

hermosainn.com

Phoenix Food Tour

2 p.m. starting at 14 E. Pierce St., Phoenix. Looking to try some new foods this year? Start with the Phoenix Food Tour. The three-hour guided outing will bring guests on a culinary adventure through downtown Phoenix to try five different eateries while stopping at historic landmarks, including one of the most haunted hotels in the U.S. Guests can try an English delicacy, Thai cuisine, an authentic Mexican street taco, pasta/bruschetta and Italian gelato to cap the day off on a sweet note. Registration is $75.

tasteittours.com

***Chihuly in the Desert** at DBG.*

SUNDAY 1/16

Zoo Move & Groove 5K

5:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. This year's 5K will benefit the black-footed ferret, one of North America's most endangered animals, once thought to be extinct! Guests can participate in the one-mile fun run or the 5K, and afterward, enjoy kettle corn, cocoa and free entrance to Zoolights…AND free daytime entrance to the zoo. Registration is $50 per person.

phoenixzoo.org

THURSDAY 1/20

Roars and Pours

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. Roars and Pours is a 21 and over event that features craft brews, wine, snacks and animal encounters, all while walking the trails at the Phoenix Zoo. Attendees can also visit special exhibits, play lawn games and enjoy live musical entertainment. Tickets are $10.

phoenixzoo.org

Art History Lecture

5:30-7 p.m. at Shemer Art Center, 5005 E. Camelback Road. Dr. Eleanor Sypher, Ph.D., will lead this month's art history lecture focusing on the earlier works of Henry Matisse, a French artist known for his use of color and line. He and Picasso defined modern art in the early 20th century. In 1908, Matisse's Notes of a Painter was published and remains an inspiration to artists and their followers. Guests can hear these facts and more while enjoying small bites and sips. Registration is $10.

shemerartcenter.org

THURSDAY 1/27

Chihuly in the Desert

4-7 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Chihuly in the Desert showcases Dale Chihuly's large-scale glass installations settled among the Garden's collection of desert plants. Chihuly's technique focuses on collaboration between the manufactured and natural environment, what he calls organic architecture. Guests can see the installations on the trails and in an indoor gallery. Tickets are $40 for adults, $17 for youth.

dbg.org

SATURDAY 1/29 – SUNDAY 1/30

Arizona Wine Festival

11 a.m.-7 p.m. at Heritage Square, 115 N. 6th St., Phoenix. Willcox Wine Country presents this two-day wine festival. On Friday, there is a dinner benefitting the Horses Help Foundation, a nonprofit that serves the special needs population. Saturday and Sunday's festivities will feature 20 Arizona wineries showcasing over 150 wines, plus live music, food trucks, art and other local vendors. Tickets are $35-$45.

willcoxwinecountry.org

SATURDAY 1/29

Doggie Street Festival

10 a.m.-4 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The 5th annual Doggie Street Festival is back, with a vendor village, vet tips, live music, entertainment and good eats for both human and pup! Folks can bring their four-legged friends for a day at the park and find guest speakers, an auction and contests, plus activities for the kids. Admission is free.

doggiestreetfestival.org

Have an event or brief?

Send it to editor@arcadianews.com.

INTRODUCING THE NEW 2022 GLE53 COUPE

TOP SALES PERSON

28 YEARS STRAIGHT

Most sales people don't last 10 years in the car business, let alone hold the number one sales position within a dealership for 28 years. In 2021, Tino Ferrulli reached an industry first by selling over 400 vehicles, and he has no plans to slow down any time soon! Team Tino Ferrulli has put together an established group of professionals dedicated to your complete satisfaction. Thank you again for another record setting year. Stop in and see why we shine among the best.

Wishing you a Happy New Year!

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PHOTOS COURTESY OF KAIT MCCLELLAN AND KELLY SNAILUM

Pure Barre owner Kaitlin McClellan with her family: Harper, Harrison, Justin and Arlo the puppy.

Remedy Barre class focusing on a reverse chair pose.

Raising my own "barre" on fitness

Things we tried

BY MALLORY GLEICH

Let me start by sharing that I am not a fitness person by any definition of the word. I've joined gyms, taken weightlifting, yoga and Zumba classes, and none of them held my interest long enough to make a difference.

In the spirit of "new year, new me," I decided to try something else: Barre. To find out what Barre is all about, I researched two Arcadia studios, Pure Barre on 4219 E. Indian School Road and Remedy Pilates & Barre in the Gaslight Complex at 36th St. and Indian School Road.

To really get the lowdown, though, I knew I would have to try a class for myself. I headed to Pure Barre and figured I'd be mastering ballet moves in no time. I should have done more research.

Here are a few thoughts:

"Okay, no shoes, this is a good start."

"What is my leg supposed to be doing?"

"A plank? Nooo!"

"I love this song!"

"Oh no, I can't feel my body."

According to Owner Kaitlin McClellan, Barre is an athletic approach to dance and Pilates. It's a full-body workout influenced by ballet, Pilates and yoga, with low-impact, high-intensity moves that strengthen from the inside out.

McClellan has owned the Phoenix and central Phoenix locations since July 2021.

"The community at Pure Barre is incredible. Our goal is to have guests come into an inclusive environment where they can leave everything at the door for 50 minutes a day, work out and have fun," McClellan said.

And work out, I did. My class was small – only 11 of us – and started with a warm-up, which meant lots of moves in a short time. The first thing I noticed was the ballet bar, and I was excited until I realized that there were no pirouettes or Grande Jetés happening that day.

We moved on to arm workouts, thighs and core. McClellan explained that there are three types of Barre: classic (my class), empower – cardio-focused, and reform, which is more Pilates-focused.

We used the ballet bar for leg lifts and balance during the workout, two and three-pound weights, tubes, and rubber balls – which I was glad to have during the core workout because my body did not want to stay upright.

The class went surprisingly fast, and it took me a minute to get my legs moving normally and my body into the car. My final observation: there are muscles I didn't know I had, and boy did they hurt. I also felt *amazing* and ready to conquer my day.

McClellan said that it takes around five classes to understand the techniques used.

"Give it time and, most importantly, have fun," she said.

For the science of the workout, I reached out to Kelly Snailum at Remedy.

"A good workout should be all levels and include large, multi-joint movements for length in the muscle and isolated, single-joint short or isometric moves, like pulses, for strength," Snailum said. "In addition, cardio-based intervals are incorporated to elevate the heart rate for the complete package."

Snailum has been an owner and a master teacher/trainer at Remedy since 2008, with the Arcadia location opening in 2018. She explained that Barre fitness has been around for decades – starting in New York – but gained popularity in 2010.

"Small studios were popping up all over the place, but when franchises were launching in every city, by 2015, the word was out," she said. Remedy added Barre classes to their schedule in 2012.

"Barre classes do not require a dance background. You might be disappointed if you're expecting a ballet class," Snailum said. "Classes bring out an inner strength. Working through the burn of isolations and the shake of muscle fatigue becomes as much a mental challenge as physical. People get sweaty, feel strong and leave with a sense of accomplishment."

See what I mean? No ballet – but accomplishment, yes!

"Barre fitness formats attempt to create a dancer's physique without the years of dance experience," she said. "The more often you come, the quicker the results. Clients typically share more about how their clothes fit and their posture before measures of success like weight loss."

Snailum also mentioned that the low-impact approach to fitness is more of a lifestyle change that incorporates wellness and appeals to all levels. Barre uses light weights, multiple reps, and intentional engagement instead of traditional weight lifting and cardio options while using every muscle and elevating heart rates.

Pure Barre offers drop-in classes for $25, plus 4, 8- or 10-class packages. Both Pure and Remedy offer unlimited memberships.

Remedy offers an unlimited monthly option for $99, or folks can buy packages ranging from $15-$20 per class.

Here's what I learned: if you like cardio, good music, small classes and not wearing shoes to work out, Barre might be for you!

purebarre.com • remedypilates.com

Mallory's adventure continues on page 24.

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As a local business, we could not be more appreciative of the neighborhood support that we have continued to receive. Your trust granted us the opportunity to serve 375 families this year - over 100 more than we assisted last year. Additionally, we are elated to have been able to re-open our office in the historic Biltmore Hotel, and have plans underway for our newest location near the Arizona Country Club. By expanding our location coverage, we are able to provide hyper-local service that is nimble and ingrained into the fabric of the neighborhoods that we serve. Nothing makes us more happy than being able to reinvest dollars back into the community!

Last year, market visibility was very low due to the unprecedented events that took place. Moving into 2022, we can tell you that buyer demand will remain strong as more and more people flock to Phoenix. Arcadia in particular has been found as a place that resembles a familiar California vibe, but also has that Midwestern friendliness that out of state buyers are drawn to. With interest rates hovering near all time lows and a shortage of inventory, we are looking for prices to continue to appreciate. Most homeowners in Arcadia have significant equity and 2022 may be a time for some to ring the register.

It is never too early to begin planning your real estate future. If you have any questions regarding the value of your home or how to prepare for the market, please reach out to us anytime. Thank you, again, for a phenomenal year and we look forward to seeing you around the neighborhood!

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

SUNDAY 1/2

Family Fun Winterfest

12-4 p.m. at the Arizona Boardwalk, 9500 E. Vía de Ventura, Scottsdale. Join in all the family fun at the third annual Winterfest. Guests can take photos with Ice Princesses Anna and Elsa, play in real snow, enjoy live music and interactive games, check out the bounce houses and obstacle courses and enter the coloring contest for prizes. This event is free.

azboardwalk.com

FRIDAY 1/7

Say Goodnight, Gracie

7:30 p.m. at the Fountain Hills Theater, 11445 N. Saguaro Blvd. Fountain Hills Theater announced the return of Broadway's Say Goodnight, Gracie, back by popular demand. This production focuses on George, in limbo between this world and the next, unable to join his wife Gracie until he gives the Command Performance of his lifetime for a higher power. This is one heart-warming way to kick off 2022. Tickets are $35 for adults, $18 for kids.

fhtaz.org

SATURDAY 1/8

Buckeye's Race to the Runway

8 a.m.-2 p.m. at the Buckeye Municipal Airport, 3000 S. Palo Verde Road. Runners, get ready for the 8th Annual Buckeye Marathon, Half, 10K, 5K, and 1-mile fun run. This downhill, fast course (marathoners will drop over 530 feet in elevation from start to finish) route starts in Sun City Festival, to the White Tank Mountains and ends at the runway of the Buckeye Municipal Airport. Registration is $20-$100.

raceroster.com

WEDNESDAY 1/12

Sunsets and Sips

5-7 p.m. at Taliesin West, 12621 N. Frank Lloyd Wright Blvd., Scottsdale. Enjoy the beauty of the Arizona sunset within the beauty of Taliesin West at Sunsets and Sips. Guests can grab a cocktail, tour the campus and discover the history behind one of Wright's most renowned architectures. Tickets are $35 per person, with the first drink included.

franklloydwright.org

SATURDAY 1/15

Conservation Expo

9 a.m.-2 p.m. at the Arizona Boardwalk, 9500 E. Vía de Ventura, Scottsdale. Looking for live animal presentations? This festival has them! The expo will feature penguins, sloths, falcons, reptiles and wild horses. Guests can also check out pet adoptions, sustainable food sampling, hands-on activities, and 40+ vendors helping make a difference to animals around the world. This event is free.

azboardwalk.com

Buses by the Bridge Car Show

10 a.m. at the Lake Havasu State Park, 171 London Bridge Road. We're going back in time at the Buses by the Bridge Car Show. Spectators are invited to come out and see over 500 vintage Volkswagens and participate in all the activities along with it. There will be live entertainment, a kids zone, bounce houses, a corn hole tournament, air balloon rides and a chili cook-off. Tickets are $5 per person.

golakehavasu.com

SUNDAY 1/16

Winston Churchill: Man of the Century

One or 4 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave. From birth to death and beyond, this biographic play features one of history's most well-known leaders, Winston Churchill, from his 18th-century upbringing through his careers as a soldier, journalist, politician and statesman. This event is learning and entertainment all in one. Tickets are $28-$42.

chandlercenter.org

***Arizona Balloon Classic** at the Goodyear Ballpark.*

FRIDAY 1/14 – SUNDAY 1/16

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 155 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

SATURDAY 1/22 – SUNDAY 1/23

Casa Grande Street Fair

10 a.m.-3 p.m. in historic downtown Casa Grande, 110 W. 2nd St. Guests can enjoy a bevy of activities at this year's show. There will be crafters, food vendors/trucks, live entertainment, a car and bike show, beer garden, kids zone and corn hole tournaments. The car and bike show will take place on Saturday, and the corn hole tournament is open to the public on Saturday, with a league tournament on Sunday. This event is free.

cgmainstreet.com

SATURDAY 1/29

Bookfest

10 a.m.-2 p.m. at Black Canyon Heritage Park, 33955 S. Old Black Canyon Hwy. This festival combines two events into one. Bookfest guests will get a chance to buy some new reads and meet authors, booksellers, illustrators, and other experts of Arizona history. The Old Cañon School Museum will also be open for tours. Food will be available for purchase, plus arts and crafts, vendors, a virtual silent auction and a raffle. This event is free.

blackcanyonheritagepark.org

BrewHaHa

2-6 p.m. at the High Country Conference Center, 201 W. Butler Ave., Flagstaff. This one is a bit of a trek, but it will be worth it for all the brews. Guests can enjoy over 50 local, regional and western breweries with more than 100 beers to try. There will also be live entertainment, food tents and vendors, plus a ceremony for the Snowman's Choice Award. Better make this an overnight trip! Tickets are $45 for general admission.

flagstaffbrewhaha.com

FRIDAY 1/28 – SUNDAY 1/30

Arizona Balloon Classic

Times vary, at the Goodyear Ballpark, 1933 S. Ballpark Way. Eyes to the sky as the 11th annual Arizona Balloon Classic kicks off with various events. On Friday, guests can enjoy balloons glowing in time to music. Saturday and Sunday will showcase the Hare and Hound races, a family fun zone (including bounce houses and stunt shows), festival food and drinks and live entertainment. Tickets are $18 for adults, $12 for kids.

abcfest.com

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  February 4-5
- **Music of Frank Sinatra and Beyond with Tony DeSare**
  February 18-20
- **Steve Hackman's "Brahms v. Radiohead"**
  March 4-5

My brief career as a fog analyst

The Lowe Road

BY SAM LOWE

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

The morning fog lifted near Indian School Road and toyed briefly with the sun for a moment. Then it drifted back down onto the glistening pavement. I thought of poet Carl Sandburg.

Carl Sandburg and the frustration he inadvertently caused me and the countless others who attempt to emulate him in situations like this. Sandburg knew about fog. He knew how it felt and what it looked like. And how to magnificently describe it using only plain, everyday words. Once Sandburg wrote about the fog, the bar was elevated too high, far beyond the reach of the mortals who followed.

Because, in comparison, all other attempts to explain, glorify or otherwise preserve the fog are futile. Sandburg had set the standard, and it was, and still is, unapproachable.

We still try, of course. We arm ourselves with fancy words, then wander into the fog and seek to make it our own with phrases, metaphors, similes and clichés. But we fail. The fog's essence forever eludes us.

It dances around, teases, reminds us of other times and places, and dares us to record our feelings. Shackled by a tremendous inability, we write anyway. But they are scribbles. Whistles in the wind. Pebbles on the beach. Inadequate, superfluous.

Oh, there have been some noble attempts, to be sure. Most of them try to convey an impression of eeriness because we like to make the fog mysterious. So we make our feeble efforts:

"The fog drifted across the valley and swallowed it."

"The fog converted the entire village into shadow and silhouette."

"A poorly defined form emerged from the fog and drew closer."

Or, we turn to fog words. "Loom" is a fog word. A figure looms, a barren tree looms, an old mansion looms. They're the mailman, a dead elm and that old rundown house on the corner on a clear day. But there's magic in fog, and it reshapes the common and elevates the ordinary into the unknown.

Also, a fog never covers anything. Nor hides, nor conceals. A novice might say it obscures, but the veteran knows that the fog only shrouds because "shrouds" is a fog word. In times of great and desperate need, some can use it in other descriptions, but it belongs to the fog.

Sometimes, writers reflect upon our contacts with the fog and try to inject credibility into our words by dwelling upon an incident or an instant in the mist that altered or restructured our lives. We have all been touched by fog, in one form or another.

Some of us have even been kissed by it. Others have been immersed, enslaved, or enraptured by the fog. It always sounds good while standing in the mist, surrounded by grayness and listening for distant footsteps or the wail of a ship's horn. Or a cockney-accented greeting. But all attempts to convey these images from mind to paper meet the same obstacle: Carl Sandburg.

On this matter, we will never achieve equality with him. We are, and will always be his inferiors because one day in 1916, perhaps while being held a willing prisoner of the fog, Sandburg combined these 22 words that have made all other references mere utterances:

The fog comes
on little cat feet.

It sits looking
over the
harbor and city

on silent haunches
and then moves on.

The fog grew more intense as I neared my journey's end. The vehicles bearing us to our respective destinations slowed in begrudging respect. The traffic signals were green, red and amber outlines suspended in the haze as reminders of the real world. I turned into a parking lot, and my reverie was over. As usual, Carl Sandburg had won. As usual, it was no contest. In the extended time that has elapsed between 1916 and today, there have been many challengers to Sandburg's words, and all have failed.

Saying farewell to a community icon

By Jennifer Marshall

In October 2021, a well-known name in the Arcadia neighborhood – Dr. José María Burruel – passed away, leaving a tremendous void in the place he loved and called home.

"José was a change agent," his wife, Francis, said. "When he knew he was right, he didn't back off. He was an advocate for those who needed help, and he helped people to help themselves. José cared about everyone, and he so loved Arcadia and the community."

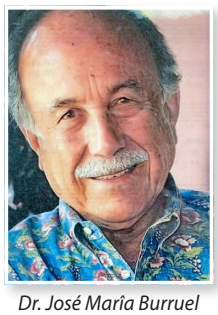
Born in Phoenix, Burruel lost his father in a smelting accident at an early age and was subsequently raised by his mother, who worked as a cleaning lady to support her family.

Burruel left high school and joined the Navy, serving during World War II. He followed in his older brother's footsteps and became a submariner until he was injured in combat. He then returned to Arizona and attended Arizona State University, where he played baseball.

After earning a bachelor's degree in education, Burruel became a teacher. His career took him to Santa Monica, CA, where he worked with elementary students.

"He enjoyed teaching," Francis said. "He always believed in education and believed that it was the answer. He had a motto he used to say, 'They can take away your car, they can take away your house, but they can never take away your education.'"

While living and working in California, Burruel not only earned a master's degree in education at the University of Southern California – this is where he also met and married Francis. In 1978, he and his bride moved to Phoenix and settled in Arcadia, at Jokake and Camelback Road, where the couple lived for 42 years.



Dr. José María Burruel

"I remember that Jose irrigated our trees as a young man and reported that he would sleep in our front yard between irrigation jobs," neighbor Ellen Allare said. "When the water hit his extended index finger, he knew the necessary water level was complete!"

Burruel continued his educational career, eventually earning a Ph.D. in education from ASU, in keeping with his motto. He was promoted to Assistant Dean of Students, and this is where he advocated for them.

"Whether it was civil rights, immigration or educational issues, José was always an advocate for the people," Francis said. "If someone needed help, he would help them. He enjoyed life, and he never sought notoriety."

In a career and life of service to others, Burruel would also become Director of the U.S. Commission on Civil Rights for Arizona and worked tirelessly with others to restore the Old Adobe Mission in Old Town Scottsdale, which earned a spot on the National Register of Historic Places in 2018.

He also highlighted the contributions made by many other Hispanics in a book he wrote entitled *Mexicans in Scottsdale*.

"He was truly an icon in the Hispanic community," Allare said.

"He was a people person," Francis continued. "He had a magnetic personality and a great sense of humor that drew people to him, which meant he was someone who never met a stranger."

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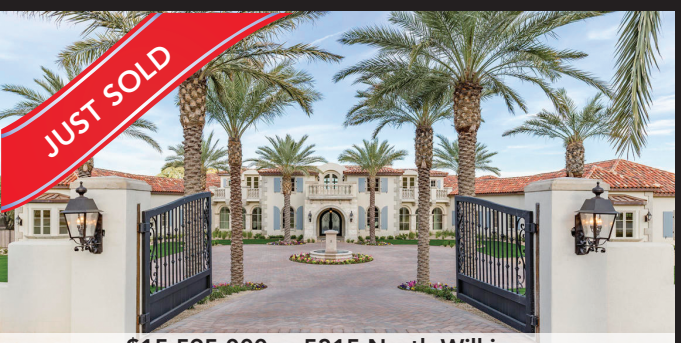

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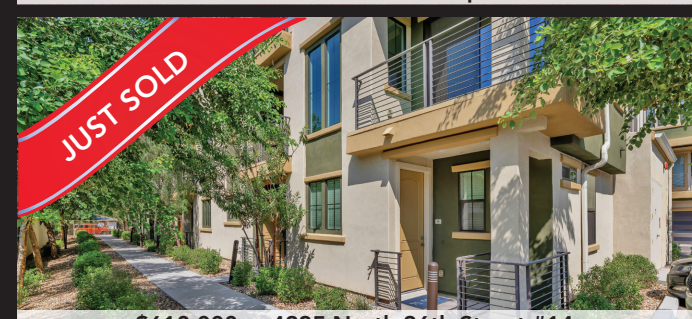

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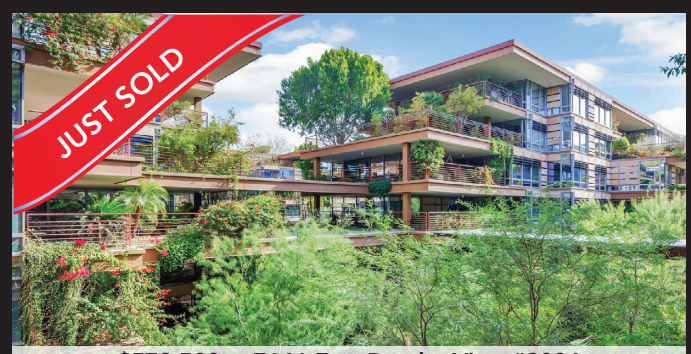

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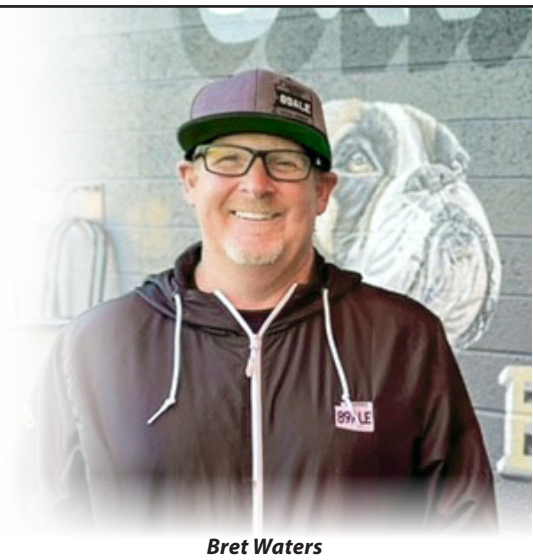
Jon Lane

In the Kitchen

with Jon Lane & Bret Waters – owner and brewmaster at O.H.S.O.


Bret Waters

O.H.S.O. EATERY AND NANO-BREWERY
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By Mallory Gleich

O.H.S.O. is well-known in Arcadia as a gathering place for locals, tourists, family and friends – a staple where folks can enjoy comfort food, house-made brews and good company, which is precisely what Owner Jon Lane had in mind when he opened the first location over ten years ago.

How did you get into the restaurant business?

I was a latchkey kid. I grew up in this business. My mom worked at a bank, and next door was a bar – that I still frequent when I'm home – called the U & I Lounge. It's a little dive bar/neighborhood pub. My dad owned a banquet facility. I've done a lot of different jobs, but I always came back to the restaurant.

Where are you from?

I grew up in Traverse City, Michigan. I moved to Arizona in 1990, and I drifted around a little bit. I've lived all over the place. But I've moved to Arizona like five or six times – I keep coming back. I wanted to live in California when I was younger, but a broke high school kid doesn't do well anywhere, and especially there. Rent was too much, and I had a buddy that lived in Arizona, so I rented a room for half what I was paying in CA.

I went to ASU and double majored in philosophy and small business.

Did you see yourself owning a restaurant?

I thought I'd own a neighborhood pub – I love that vibe. The Arcadia O.H.S.O. was smaller when we first opened; there were no front or back patios. It just evolved. I knew this was what I wanted to do, but I didn't know to what end. This neighborhood took on to us, and we had some opportunities, so I was like, "let's do it."

What are your responsibilities?

It depends on what hat I'm wearing that day. In general, it's to take care of my team and neighbors.

There's fiscal and mental responsibility, making sure that everyone is okay and the customers are okay. If there's a wrong, we have to make sure to right that wrong. We're not the fanciest or divey-est place – we're a comfortable spot for everyone.

I've done everything. Dishwasher, cook [I'm a terrible cook, it turns out] bussed, waited, bartended, managed, general-managed, ran a group of restaurants. I can also brew beer, but now Bret would look at me and go, "yeah, good luck, buddy." [*laughs*]

Do you have a hand in creating new dishes?

We don't change our menu a ton – maybe once a year. We started with an eclectic menu, but it became too tough to execute, so we went toward more comfort food items. We added mac and cheeses, more burgers – things we were already making – and expanded on those. We used to have tacos we made individually, but it was killing our lines, so now we make a decomposed taco that the guest builds. If the kitchen staff said tomorrow that they wanted to do a tomahawk steak, I would say, "show me how that will work." That's my influence.

What's the most challenging part of being an owner?

Having been an employee and now the employer, I think one of the biggest things is understanding where your team is at. The hours sometimes aren't great; we work holidays. If your team is with you, it makes the job easier. And we've built such a great team over the years. They know how to handle stuff.

Favorite part?

Meeting people and making connections with staff members, locals, non-locals, regulars. It's fun to hear people's stories. Because we're a brewery, there's a whole different aspect, and I get to meet brewers from all over the country. Honestly, it comes back to my team. I've known some of the people who have worked for me for 20+ years. We have five of the original employees from 10 years ago, which is rare. The people are my favorite part.

Advice to those who want to be part of this industry?

Have fun, have thick skin and buy better shoes! Come outside of your comfort zone and get to know people. Regulars lead to friends, and friends lead to long-term relationships. We're not just in the restaurant business; we're in the people business. I like to pick out something that someone is wearing and see if I can start a conversation about it – it's awesome to create a connection.

As an owner, expect to spend more, have less time and get extremely frustrated. Stay positive, get to know people and be good to them. You're going to learn a ton, you're probably going to struggle, but ultimately, if you take care of your team and your customers, you'll be successful.

How many O.H.S.O. locations are there now?

This is the first one; we opened in November 2011. We looked at several properties – where The Yard is on 7th St. and where The Yard is in Tempe. We were looking for funky spaces buried in neighborhoods – that had that neighborhood vibe, you know? We knew the owner of this building wasn't doing all that well, so we approached the owners of the German Sausage Company [next door to O.H.S.O.] who own the building, and they let us move in!

The Frank Lloyd Wright location opened in 2014, Paradise Valley opened in 2015, and Gilbert opened in 2018. We have a partner who will open a location in Surprise at some point.

[TO BRET] Where did you grow up?

I'm a California kid. I sold my company in California in 2002 and bummed around for a couple of years. I spent some time in Utah and moved to Arizona (from the Bay Area) in 2005. My sister moved out here, and we came to visit in November. We started packing as soon as we got back.

How did you get into brewing?

I started as a homebrewer. When we moved here, we lived in Gilbert – which at the time was an island. There was nothing out there. We had to take two dirt roads to get to Four Peaks, which was the only thing open then.

I built a full brewery at my house with a bocce ball court and pizza oven. I had a huge backyard, so we created a bar there. I brewed beer and gave it all away. Every weekend, 40-60 people would come by, we'd watch sports, and I got to a point where eight taps were going at my house at any time. I learned from other homebrewers who are now head brewers around town.

How did you get to O.H.S.O.?

In 2016, some brewers were shifted around town, so there was an opening at The Perch Brewery in Chandler. I got a call on Friday from a friend of mine, who was the general manager there, and he said, "Hey, do you want a job?" And my first thought was, "No," and my wife yelled, "Yes, he does!" [*laughs*] So, I interviewed and then started that next week.

Lots of good days, bad days and early mornings because the brewery there was double the size of O.H.S.O.'s. I was there for two years, and then the Gilbert and Arcadia O.H.S.O.'s were opening – I talked with Jon for 10 minutes and started brewing the next day.

How many beers have you created?

Probably in the thousands. I've been brewing three to four beers weekly for over ten years, and almost every beer is different. I've found that catchy beer names sell a beer as quickly as how good the drink is – I want to say 25% of my job is marketing.

What's a unique ingredient you've used in one of your beers?

We make a beer that tastes like peanut brittle, using lactose, honey and honey roasted peanuts. We also make one called R2 Tea2, that's a single-hop IPA – in the last five minutes of the boil, we throw in a pound of acai berry white tea. It's a little hazy, fruity, and a different spin on beer. It's so popular that it's gone two days after announcing it. We also do a bacon beer and an Elvis beer with peanut butter, bacon and banana – and there's a doughnut to go with it!

[TO JON] Tell us about your new venture next door.

Little O's will have a retail area, coffee and doughnuts in the morning [insider tip: there will be a cookie monster and maple bacon doughnut!], and a drive-thru line. In the afternoon, guests can come and stay or come and go – there will be premade salads and sides, pastries and stuff like that. Or you can sit down and get full service.

As we get back to "normal," people are getting busier, so we wanted to provide a "go" or "stay" option.

Before we open, we plan to test the doughnuts on some of the local schools to make sure we're doing them right [*laughs*].

Is there an official opening date?

Not yet. We're going to open in phases, starting with morning service. Staffing is a struggle, and we're still waiting on some of our equipment – we ordered in June and July, and stuff still isn't here! I'll say we'll open sometime in January.

The Clotherie

X

VALENTINE

Spirit of Arcadia Marching Band wins eighth championship

By Rachael Bouley

There was no shortage of highlights for the Spirit of Arcadia Marching Band this season, from winning their first show and carrying that lead throughout the fall to performing at the SUSD Marching Band Exhibition hosted at Arcadia High School.

These efforts helped the group go all the way in its competitive circuits, the Arizona Marching Band Association (AZMBA) and the Arizona Band and Orchestra Directors Association (ABODA) State Championships – winning both for the eighth year in 2021.

Arcadia High Band Director Jan Gardner said going undefeated was fantastic for everyone involved. The band members kept improving and ultimately saved their best performance for last to win the state championship.

"It is reassuring to know that the directors and staff are teaching the students well and giving them the tools to be successful, which allows them to accomplish their performance and competition goals," Gardner said.

Gardner revealed that the best part is watching the final product come to fruition throughout the season and seeing the students grow and mature as musicians and people.

The band's 2021 competitive show, titled "Skylines," is an original work written for marching band, composed by Gary P. Gilroy, Shawn Glyde and Nate Bourg. AHS had three different visual skyline props representing music and movement on a New York City morning, Chicago afternoon and Los Angeles evening.

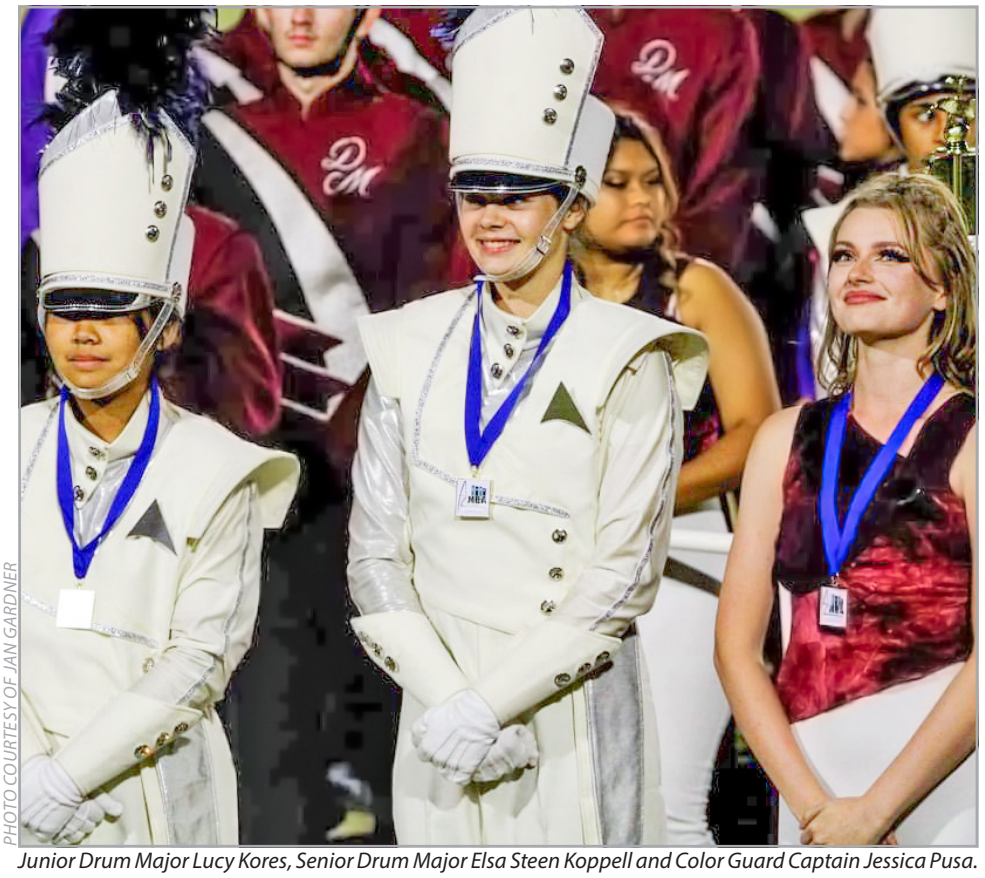

PHOTO COURTESY OF JAN GARDNER

Junior Drum Major Lucy Kores, Senior Drum Major Elsa Steen Koppell and Color Guard Captain Jessica Pusa.

The winning performance was months in the making as the group started learning the new routine in the spring and kept practicing throughout the summer. Daily rehearsals started at band camp a few weeks before the school year and continued with early morning practices throughout the week.

"At band camp, we start working on marching techniques and basics, which involves a lot of physical preparation to adapt to the physical demands of marching and performing, especially in the Arizona heat," Gardner added.

Once they completed the show's outline at the end of September, the 39 performers across winds, percussion, drum majors, and color guard spent the rest of the season enhancing their performance based on the judge's feedback. The band stayed busy with football games, pep assemblies, and competitions, so they were ready when it came time for the championships.

Having moved into AZMBA's 1A class and ABODA's Div. IV, Arcadia participated in both state championships on the weekends leading to Thanksgiving.

After earning two first-place state finishes, the champions said that they are proud of their incredible school spirit, which wouldn't be the same without the overwhelming support from the school community.

"We had amazing help from parents, loading and unloading our equipment trucks and providing us with lunch every Saturday so the students could focus and do their best," Gardner said. "The marching band is one of the most visible musical ensembles on campus and can unite everyone and create a sense of pride in the school community when playing the Fight Song, pep music and National Anthem."

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AHS Speech and Debate on their way to finals

By Mallory Gleich

The students on Arcadia High's Speech and Debate squad have a reason to celebrate as they head to the District Qualifying tournament in March 2022.

Team members compete in 10 to 20 tournaments per year. There is an Arizona competition, Division 1, and Division 2 tournament. Arcadia participates in Division 1, which is a two-day event. The top teams from that event will represent Arizona in the National Tournament.

"We have 20 kids on our roster," said Speech and Debate Coach Clayton Guy. "They are excited to compete!"

Guy has been the coach for eight years and explained that topics change monthly. December's Lincoln Douglas [a form of debate where one person versus another person] topic was "Resolved: A just government ought to recognize an unconditional right of workers to strike."

The Public Forum [teams of two] topic was "Resolved: Increased United States federal regulation of cryptocurrency transactions and assets will produce more benefits than harms."

There is a set format, rules, judges and requirements for debate and speech. Each round takes about 45 minutes and most first nights of competition have four rounds.

"We attend 10 in-person events in Arizona," Guy said. "Each tournament has their number of rounds, quarters, semis and finals – if any, and they can be two or three days long."

Guy explained that a debater or team needs to win seven (or eight for larger tournaments) rounds during a match to succeed.

"The same will happen at our state tournament. All schools participate, and then the teams will have seven or eight rounds if they keep winning," he said.

At the State and District qualifying tournaments, 30 to 50 Arizona schools will participate.

"We are delighted to be attending finals. We have been able to build a great bond with new members and have been blessed with great talent," junior member Trex Jones said. "This year, we have competed like never before. We are excited to show our community how hard we have been working and hopefully bring a trophy home to Arcadia."

There will be over 30 event types at the competition – five different debate subjects and 10+ speech events. Topics are chosen among board members and announced closer to the tournament.

"This is the best we have done in Nationals. We feel good about our future. My goal is to help the team succeed in winning, participating, or learning. It's to have the team grow and have fun," Guy said.

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ASSISTANCE DOGS

The battle for the Golden Pickle at Hopi

By Sabrina Proffitt

The pickleball courts at Scottsdale McCormick Ranch were alive with the sounds of laughter, when Hopi Elementary PTA members joined together to compete for the grand prize – a golden pickle statue.

The Hopi PTA spent time brainstorming ways to raise money for staff, students and programs, and at the annual Hawktion, they suggested various events that the community bid on.

On this list was a chili cook-off and a pickleball tournament. After attendees cast their votes and bids were in, the Pickleball Palooza won. The event was held in November and was a massive success.

This year's Hawktion raised more than $120,000, which helped the organization put on the competition for 20 teams.

Each year, The PTA throws movie marathons, golf tournaments and bingo nights that provide the school community an opportunity for family fun.

PTA member Laina Freedberg said the Pickleball Palooza was a unique way to introduce families to one another.

"Every year, Hopi families try to develop interesting parties, whether it's for each grade or some new and exciting things for parents. It's a great way to meet new people and convey a sense of community," Freedberg said.

"We had some new-to-Hopi families at the event, too, and I think it was good to be together and to be able to meet and welcome them to our neighborhood," PTA President Megan Livengood said. "The game of pickleball itself is entertaining. Anyone can do it – you don't have to be an expert."

PHOTOS COURTESY OF MEGAN LIVENGOOD

Brian and Anna Wells; Amanda and Justin Merritt; Sean and Kristina Spellman.

Kristen and Jeremy West.

Pickleball is played on a court and is similar to other racquet sports like badminton and tennis. The court is separated into six zones – three on each side of the net.

The game uses paddles and pickleballs, slightly heavier versions of typical whiffle balls. The first team to eleven points wins, as long as the opposing team isn't within two points of them.

There were two brackets, one for experienced players and one for those just learning the game.

Three awards were given out at the end of the tournament. The final winner received a golden pickle award, and the two other awards were "Best Dressed" and "World's Okayest Pickleballer." These winners received t-shirts emblazoned with their titles.

Whether the team was there to win, learn about the game or just have fun, Livengood said the event succeeded.

Hopi's PTA is looking for new volunteers who would like to join the association. Livengood said that the PTA helps ensure the elementary school runs smoothly and can succeed.

"Our motto for 2021 was 'shine bright and soar high.' I think everything our volunteers do for Hopi is so that our students, teachers and staff can do just that," Livengood said.

hopipta.com

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Fitness center offers adaptive sports opportunities for all

By Rachael Bouley

Warm, welcome and willing to adapt: this is all part of Ability360 Sports & Fitness Center's efforts to encourage independent living and self-determination for the disabled community.

The gym has been making a difference to those with disabilities over the past decade. It's part of a larger nonprofit that's helped with disability advocacy, home care and employment around the Valley since 1981.

Located in Phoenix, the 45,000-square-foot building offers numerous fitness programs for people with disabilities and their families.

Vice President and General Manager Gus LaZear said that the future is bright for the company.

"In recent times, as we have navigated in a manner of virtual, in-person, and hybrid programming, we saw an initial dip in our membership. However, we are gaining steam and on the path of pre-covid numbers by the end of 2022," LaZear said.

Ability360 remains focused on improving quality of life through various programs, including personal training, outdoor activities, rock climbing, fitness classes and more.

They offer state-of-the-art equipment ranging from adaptive power racks for weightlifting to lap and therapy pools with chairlifts and elevator entries.

As the first facility of its kind in the western U.S., Ability360 hosts competitive sports programs and is home to the 360 Heat wheelchair rugby team. Wheelchair lacrosse, sitting volleyball, and Wounded Warrior clinics for veterans are also offered.

The fitness room has a selection of strength and cardio equipment that wheelchair users can roll right up to. There are two full-size sports courts, a 35-foot rock-climbing wall, an indoor suspended track, and an aquatic center.

Water aerobics, adaptive rowing, circuit training, and yoga are just a few of the popular fitness sessions offered in addition to educational nutrition classes.

"Our facility was built with purpose and intention to serve people with disabilities, using universal design for easy access to various equipment and areas of our facility," LaZear said. "When our members walk or roll through our front doors, they know this environment is warm, welcome and willing to adapt."

ART COURTESY OF ABILTIY 360

Ability 360 Sports & Fitness Center.

(left) Joe Jackson is an Ability360 member and USA Paralympic Quad Rugby player who competed and helped the team to a Silver medal in Tokyo this past summer. (above) The first United States Wheelchair Football League tournament took place at West World in the fall of 2021. The game is played 7 on 7 (all players must have a disability that impacts their lower body to participate) on a 60 yard field – tackles are one hand touch above the waist. Nine teams have joined the league since its inception.

Ability360 started in 1977 as the Arizona Congress for Action (ACA), a grassroots effort to raise awareness of disability-related issues. Government funding in the early 80s allowed Ability360 to officially start offering disability support services, which have expanded considerably to include more health and fitness solutions. Today Ability360 has 130 staff members, 2,500 personal care attendants, and hundreds of volunteers across the Phoenix metro area.

The Ability360 Center celebrates collaborative programming with several disability-related organizations on the campus, such as Arizona Autism United and Raising Special Kids.

"As an organization with over 40 years of service to the community, we look forward to continuing and growing our programs. We recognize daily how fortunate we are to serve the community in the manner we do," LaZear said. "Our campus is unique, and we encourage people to come down for a tour or join us for a group fitness class."

ability360.org

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TAKING FITNESS TO THE AIR

Continuing my fitness expedition with an aerial fitness class

Things we tried

BY MALLORY GLEICH

In my continuing fitness journey for 2022, I found another way to work out – and this time, I wouldn't be using a treadmill or weights. No, this time, I would literally be in the air.

According to AIR Aerial Fitness studio Owner and Instructor Steph Doheny, aerial fitness is a full-body workout that uses silk hammocks to tone muscle and improve posture and balance.

"All of the classes – beginner-friendly to intermediate and advanced – emphasize full-body conditioning and stretching, building strength and toning functional muscles with proper form and alignment," she said.

I realized that upper body strength is important for aerial classes – this, I do not have. We started with a warm-up, then got right into exercises, working our arms and legs while utilizing the hammock.

Doheny said that this exercise encompasses a variety of disciplines and exercise types (including aerial yoga, circus arts and more).

"AIR itself stemmed from the simple idea that staying fit should be challenging but fun. Founder and President Shama Patel left her career as a corporate attorney to open the first studio in Chicago in 2013. There are now nine studios nationwide, and our Phoenix studio is one of the newest, opening in October 2020," Doheny said.

I attended a mid-day class with three other people – which was good because attempting to stand in a hammock while moving my feet in ways they don't usually go made me feel pretty silly. It helped that Doheny also did the exercises with us and showed different variations for more experienced attendees.

Doheny started as a client at the Chicago location in 2017. She loved it so much that she became a trainer there through the in-house training program in 2019 and opened her studio in Phoenix in 2020.

Class ended with a cool-down, and my two classmates and I stuck around to learn the week's #AIRPOW or "AIR Pose of the Week." The pose that day was called "ball pose" and involved wrapping your ankles in the hammock and moving to a sitting position – not for the weak-ankled, is all I'll say.

"AIRPOW is a fun way to see and practice different tricks and poses in the hammocks and a great way to track progress," Doheny said.

Aerial fitness targets all areas of the body, and Doheny explained that most clients start to see new muscle tone within their first month of classes.

> ***"This class was probably the neatest one I've tried yet, but my arms were still sore a week later!"***

AIR also hosts a beginner-friendly aerial yoga class, plus Core, a 30-minute ab-focused class. They also offer advanced and mommy-and-me classes. Prices are $30 for a drop-in and $160 for unlimited monthly memberships. New client specials include $25 for the first week of unlimited classes or $99 for the first month of unlimited classes.

"Our community is inviting, fun, and full of like-minded clients and trainers who will help you achieve your goal," Doheny said. This class was probably the neatest one I've tried yet, but my arms were still sore a week later!

airfitnow.com

PHOTOS COURTESY OF AIR AERIAL FITNESS STUDIO

Pigeon pose.

Class getting into position for that week's #AIRPOW.

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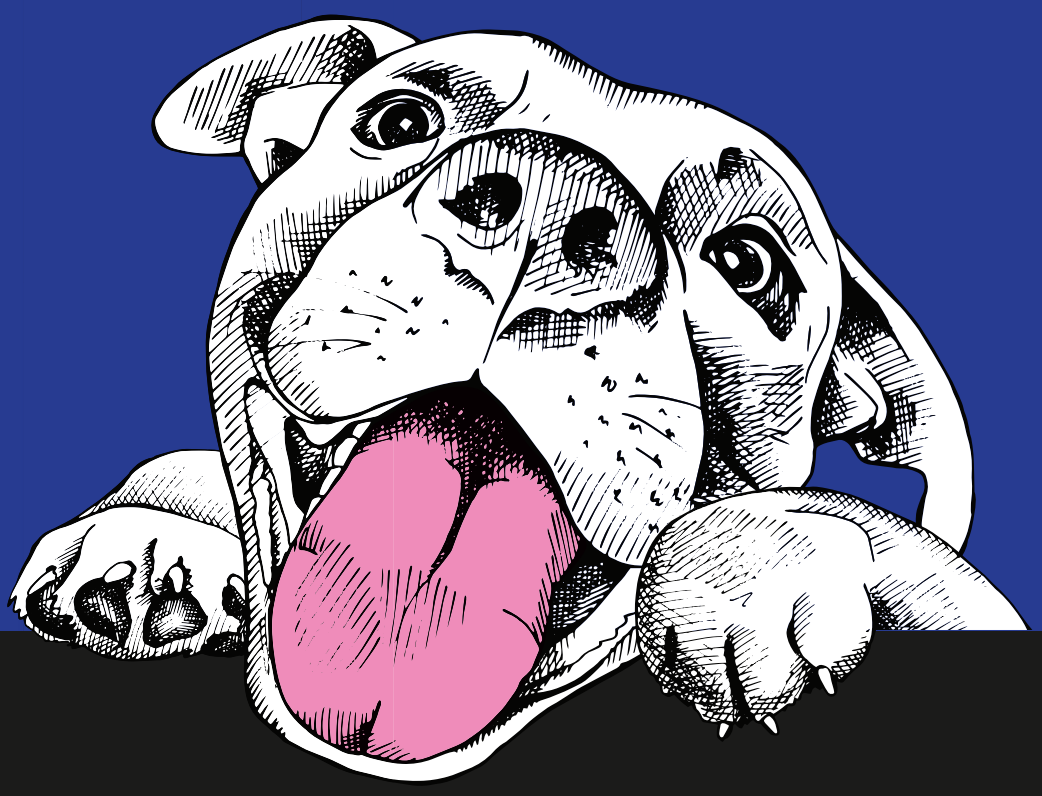

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Arcadia High students receive Heisman scholarship

By Cliff Summerhill

The Heisman. An award that conjures up images of success, courage, and names like Barry Sanders and Kyler Murray. The trophy honors outstanding collegiate football players.

However, the organization behind the trophy also offers a scholarship, open to exceptional athletes for all high school sports, and two students from Arcadia High have been awarded that honor.

In November, seniors Alyssa Blanks and Ryan Spier found out that they won the Heisman Scholarship and received $1,000 to be used this fall when they both set out to college.

"It is such a rewarding feeling to be honored for 14 years of hard work as a dancer," Blanks said. "I am so happy that I can represent Arcadia and the dance community in such a positive light."

Currently, Blanks is the Choreography Director for the Arcadia Dance Company, a captain of the Arcadia Varsity Pomline, a member of the National Honor Society, and serves as the secretary of the Arcadia Calculus Club.

"My parents and family have provided me with amazing opportunities to further my dance training, and I am so thankful for them," Blanks shared. "My coaches, from the time I started dancing to now, have been instrumental in my success throughout the years."

Alyssa Blanks

Ryan Spier

Blanks plans to attend a four-year university in the fall and study psychology to become a clinical psychologist.

Spier echoed many of the same feelings.

"It is a great feeling to be recognized for all my hard work and represent Arcadia," he said.

Spier is currently the president of the Student Ambassador Club, a member of the National Honor Society, and a representative on the SUSD Student Advisory Board. In addition to his extracurricular activities, Spier has been on the Arcadia baseball team all four years of his high school career and played basketball as a freshman.

"My counselor, Mrs. LaCorte, was so helpful throughout this process, and all of my teachers and my parents, too," Spier shared. "I am lucky to have people like them to help me along the way."

Spier plans to attend an out-of-state university to major in finance in the hopes of breaking into the real estate world.

The pair are undecided – as of now – on where they will attend college.

The Heisman High School Scholarship is funded by the Heisman Trophy Trust, a nonprofit organization rooted in the legacy of the Heisman Memorial Trophy, which was created in 1935 and continues to be awarded to college football players every year.

In 1994, the scholarship was established to embody the same high-level integrity of its namesake for every high school applicant. Today, in partnership with American Insurance, the award is ranked among some of the most prestigious in the country.

"The Heisman Trophy Trust recognizes the next generation of great American leaders whose stories of leadership and impact through sports are truly inspiring," Michael Comerford, President of Heisman Trust, said. "These student-athletes use their talents and push their limits to improve their communities, and their success is a true testament to the power of sports."

Currently, high school students who maintain a 3.0 GPA or better, exhibit leadership and role model behavior at school and in the community, and participate in at least one school sport throughout their high school career can apply.

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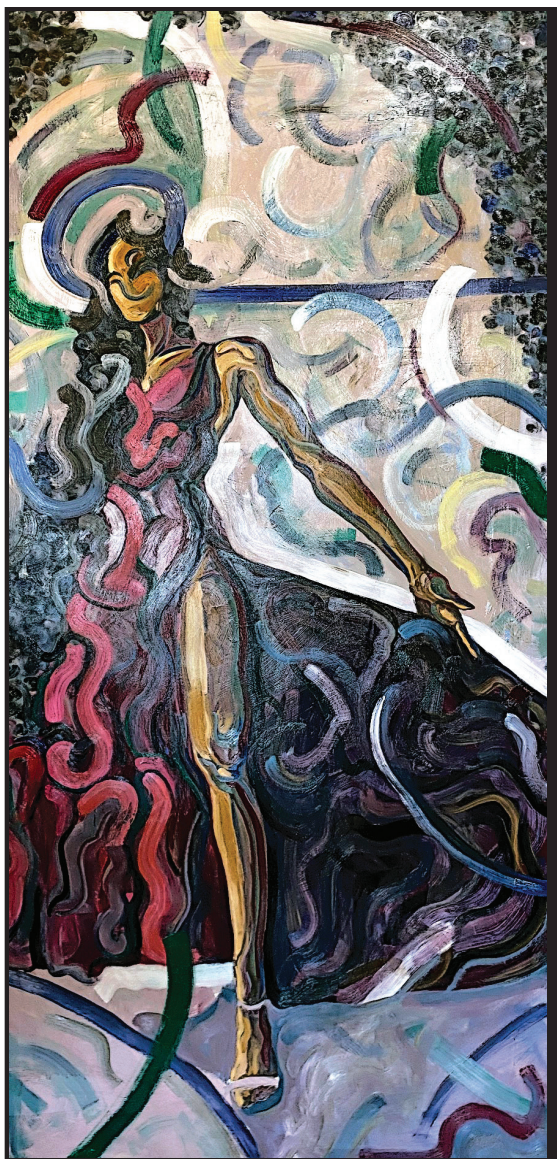

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All hands on deck to care for Phoenix's preserves and parks

By Jennifer Marshall

For many Phoenicians, one of the pleasures of living here is the easy access to numerous mountain preserves. Maintaining these trails' safety, functionality, and beauty is no easy task and wouldn't be possible without the dedicated help of volunteers working in the Park Steward Program.

"Due to the shortage of rangers, the Park Steward Program was established back in 2008," Park Ranger and Volunteer Coordinator Peter White said. "Trail working and building is a slow process that's very time-consuming because it's all done manually, so we have a great need for volunteers."

> ***Our Park Stewards do everything, like trail work, cleaning up, and pruning.***

With 41,000 acres of preserved land, over 200 miles of designated trails and 182 urban parks, that's a lot of ground to cover!

"In 2017, Phoenix reinvigorated the Park Steward Program," White said. "It began with 80 volunteers and no projects, and now we're at around 620 volunteers and about 80 projects a month. Our Park Stewards service all the city mountain preserves, and now they're starting to work in the urban parks."

Annually, about 6.2 million people visit the preserves, and White reported that, during the pandemic, visitors and volunteers doubled.

Anyone 16 and older can sign up to be a Park Steward, and those younger than 16 must have a parent present with them. According to White, a few families with young children volunteer and come into work together.

Park Steward applications are available online, and after someone applies, White contacts them and sets up an hour-long virtual orientation. He details the basics of the Park Steward Program, including their role and responsibilities as a volunteer.

"Our Park Stewards do everything, like trail work, cleaning up, and pruning," White said. "We also have a group called the Desert Defenders who work the preserves pulling invasive grasses and plants as well as planting native species to keep out the invaders."

White said volunteers have been allowed to run their own projects, such as those conducting interpretive hikes. Volunteers are encouraged to positively promote the preserves and educate people on the animals and plant life that call the trails home.

"Within the Park Steward Program, we've also created a Mountain Bike and Hike Patrol Group to teach people about trail etiquette," White said. "Our trails are available to hikers, horseback riders and bikers, so, for example, we don't want bikers to zip by someone riding a horse."

PHOTO COURTESY OF PETER WHITE

Greg Bradshaw, Jenny Zink, Heidi Cordova and Ken Gometz donned their costumes for a park clean-up in the fall.

Volunteers are split equally across the preserves, and White said they average about 1,000 to 1,200 hours of volunteering, with 22 to 24 new volunteers signing on a month.

"I love the connection with our volunteers," White said. "You see the same people over and over, and you create friendships."

phoenix.gov

Former Titan graduates from Marine Corps Boot Camp

By Rachael Bouley

It's 13 full weeks of grueling physical and mental endurance, the ultimate test each person must pass before their Marine journey begins.

Arcadia High graduate Dallas Swartfiguer hopes he made his family and community proud by graduating from Marine Corps Boot Camp.

Dallas first expressed an interest in the Marines when he was 14, after hearing from a Marine recruiter who visited Arcadia High.

His grandma, Diane Pattengill-Ronan, said she remembers the day Dallas first shared his interest in military service and acknowledges how far he's come since then.

"Dallas said to me with eyes wide open, 'Grandma, I really liked it," Diane recalled. "When he went off to boot camp, I never realized what it would take to become a Marine. It was difficult for me since we could not talk on the phone or over the internet, and we could only communicate the old fashion way with letters."

Diane said she got goosebumps after seeing a video where Dallas finished the "Crucible," a 54-hour test of endurance. Dallas covered 48 miles carrying 45 pounds on his back, including his rifle and four ready-to-eat meals, all while running on minimal sleep.

His mom, Jenny, shared the sentiment and said that while she once thought he would go to school for engineering, it's awesome how dedicated he is to his military dreams.

PHOTO COURTESY OF JENNY PATTENGILL

Dallas with his mom and sisters, Kira, Sunshine, Kaitlyn and Jenny, before heading to boot camp.

"Second to giving birth to my children, watching Dallas go through Marine Boot Camp and graduate is the most amazing thing that I have experienced as a mother," Jenny said. "The courage, discipline, and dedication he puts forth is so incredible and beyond anything I have ever done."

According to the family, Dallas grew up playing video games and Legos and showed some interest in the military. They believe he's found a perfect match in the Marines.

"My hope for Dallas is to follow through with four years of service, and if he wants to continue serving, I would fully support that," Jenny said. "If he decides to return to the civilian side, I hope he takes what he has learned and applies it toward furthering his education and career. Dallas has so many incredible opportunities."

Dallas said he decided to become a Marine because he wanted to challenge himself.

"The Marines are the best of the best," Dallas said. "Boot camp is all mental, and it's a learning curve. My favorite part was the assault courses, and my least favorite part was the feeling of not knowing what was going to happen next."

Dallas is thankful he met the recruiter at Arcadia, who inspired him to take this path and keep growing and learning as he works toward his goals.

"I want to finish job school and get a good foothold within the fleet," Dallas said. "For the far future, I want to put in my full 20 years and then retire."

While Dallas dedicates himself to serving his country, he also wants to support other students interested in this military path. His advice for those thinking about joining: don't hesitate.

"Get into contact with a recruiter as soon as possible. Make smart decisions, really consider your options, and have an open mind," he said.

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

What's for dinner?

Plant-based Wellness

BY MIRIAM HAHN

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

Leet's kick off the new year with some healthy, easy recipes that you won't believe are plant-based and loaded with nutrient-dense ingredients. Eating healthy can taste delicious and keep you feeling full and satisfied!

Find more recipes on my Instagram: @youcare.selfcare

Metabolism BOOT CAMP starts January 19!

Vegan orzo sausage soup

Ingredients

- 1 onion, diced
- 2 cloves garlic, minced
- 1 package Beyond Meat hot Italian sausage
- 2 tsp. Italian seasonings
- 1 tsp. each: garlic powder, onion powder, oregano, pink salt
- 1/2 tsp. each: pepper, red pepper flakes
- 2 tbsp. nutritional yeast
- 1 28 oz. can of crushed, fire-roasted tomatoes
- 3 cups broth (more if you want it thinner)
- 1 cup orzo (uncooked)
- 2 cups spinach

Directions

1. Sauté the onion and garlic in a little avocado oil for five minutes.
2. Remove casing from sausage and add to the pan. Break down with a wooden spoon for about five minutes on medium heat, stirring frequently.
3. Add spices, nutritional yeast, tomatoes and broth. Bring to boil, add orzo, lower heat to medium and cook for about seven minutes, stirring, so the orzo doesn't stick.
4. Stir in spinach and let wilt, then serve!
   Serves: 6

Antipasto salad

Ingredients

- 2-3 hearts of romaine, chopped
- 1 cup green beans, trimmed/steamed
- 1 can white beans, drained/rinsed
- 1 cup grape tomatoes, halved
- 1 can hearts of palm, sliced
- 1 yellow pepper, chopped
- ½ cup black olives, sliced
- 1 can artichoke hearts, quartered
- ½ red onion, sliced
- ½ cup sliced roasted red peppers
- 10 basil leaves, slivered

Dressing

- 3 tbsp. olive oil
- 2 tbsp. Braggs Apple Cider vinegar
- Juice of one lemon
- 1 tsp. Italian seasoning
- 1 tsp. salt
- ½ tsp. garlic granules
- ½ tsp. pepper

Directions

1. Whisk up dressing in a small bowl.
2. Add all salad ingredients to a large bowl and toss with dressing!
   Serves: 6

Baked ziti

Ingredients

- 12-16 oz. pasta
- 1 jar marinara sauce (or 16 oz. home-made)
- 3 cloves garlic, minced
- 1 carton mushrooms, sliced
- 1 tbsp. each: balsamic and tamari soy sauce
- 1 tsp. each: oregano, onion powder
- ¼ tsp. smoked paprika
- Shake of red pepper flakes

Cheese Sauce

- 1 cup coconut milk (canned)
- 3 tbsp. nutritional yeast
- 2 tbsp. arrowroot powder
- ½ tsp. each: pink salt, onion powder
- ¼ tsp. garlic powder
- Pinch of smoked paprika

Directions

1. Preheat oven to 375°F. Cook pasta.
2. Sauté mushrooms and garlic for about five minutes. Add balsamic and soy sauce.
3. Put all ingredients for cheese sauce in a pot and stir with a whisk. Bring to a boil while stirring, then simmer for one minute. Remove from heat.
4. Drain pasta and put back in the pot. Add mushrooms, marinara, spices and cheese sauce. Stir well to combine. Transfer to a baking dish.
5. Bake for 20 minutes. (or you can skip baking and serve while warm).
   Serves: 6

St. Theresa students showcase talent in art contest

By Melissa Hirschl

For almost a decade, students from St. Theresa's Catholic School in Phoenix have been winning the yearly Rosary Sunday Art Contest sponsored by the Phoenix Diocese – and this year the streak continues.

The three winners, sixth-grader Adeleine Bandura, fourth-grader Colgan Dettmer and fifth-grader Estella Bajoras, had steep competition: 2,200 entries from all the schools in the Diocese. The trio was three out of only 24 winners.

St. Theresa Office Manager Peggy Sandahl attributes a good portion of the contest wins to art teacher Bertica Garcia-Dubus.

"She is phenomenal," Sandahl said. "An artist herself, Dubus knows how to pull out the talent and enthusiasm of these kids year after year. Every time the school enters an art contest, our school has quite a few students chosen."

According to Dubus, students can feel disappointed when they don't win a contest: "I explain to them that it's not guaranteed the best of the best will win since it depends on the judge's criteria. I emphasize that celebrating the winners provides the opportunity to learn humility, to share in others' joy and recognize others' triumphs," she said.

Each year the Diocese picks an apparition of Mary that represents her in some fashion. This year, contest drawings focused on one of Mary's titles, "Our Lady of Sorrows." According to Catholic liturgy, Mary had seven sorrows during her life, sometimes represented with swords. The student's challenge was to capture this concept creatively.

PHOTO COURTESY OF ST. THERESA CATHOLIC SCHOOL

Contest winners with their art pieces: Adeleine Bandura, Estella Bajoras and Colgan Dettmer.

"They all used watercolors, except for Colgan, who chose to use colored pencils," said Dubus. "I believe the contest is important because it highlights the importance of Mary. It also allows me to teach the children about the event and explain why we honor Mary while creating a piece of art."

The drawings had to adhere to the Diocesan fine art standards, including elements and principles of line, color, shape, and texture.

"Art is my passion and I'm fortunate to have such a wonderful art teacher at St. Theresa's. She has helped me accomplish my many artistic goals," Estella said.

"I am very interested in having my students draw first before going to other mediums such as watercolors, colored pencils, pastels, chalk and copper relief," said Dubus. "At Christmastime, our project for second grade is a 3D nativity scene using wood and cardboard."

In past years, the winners were acknowledged at a luncheon at the Diocesan Pastoral Center that included a mass with the center's Bishop.

In 2021, the luncheon took place at St. Theresa's with the principal and Father Parks. There were lots of smiles as he talked to the children about their drawings.

"Studies show that when we create art, as we use our hands, eyes and intellect, the brain captures the information more fully," said Dubus. "Art is an incredible tool for learning which is not always recognized."

The reward for their hard work, talent and creativity included a personalized certificate and rosary – and an experience that the trio will hold close to their hearts for years to come.

Making life a little sweeter for essential workers

By Mallory Gleich

For the past nine years, St. Thomas the Apostle Catholic School has held a candy drive to help support and serve Valley organizations. This year, they surpassed their goal by donating over 900 pounds of candy (912, to be exact!) to essential employees at hospitals, senior centers and nonprofits in Phoenix.

"The idea for the candy drive came from our STA Serves program," School Counselor Pam Hudgins, who has been part of the St. Thomas community for 20 years, said. "STA Serves provides students in grades PK-8 with the opportunity to help out in the community."

Hudgins said that the students were very excited by the thought of donating their candy to others in need, as well as individuals who serve our country and community. Some of the newer STA students participated in the drive for the first time.

"It was a brand new concept and something that they were not accustomed to. It was fun to watch our current students explain it to the new students and see their excitement about the program and where the candy goes," Hudgins said.

In the first two years, the candy drive was treated as a contest, with the grade level bringing in the most candy receiving a prize.

PHOTOS COURTESY OF ST. THOMAS SCHOOL

St. Thomas the Apostle Catholic students decorated candy bags and donated them to Valleywise Health Medical Center employees.

To go along with St. Thomas' mission statement, which includes a commitment to service, the faculty has shown students the importance of giving to others with no expectation of a reward.

"Participants found that the reward comes in thank you notes and pictures that we have received from the individuals and groups who benefitted from their generosity," Hudgins said. "They find that happiness and the rewarding feeling comes from giving just to give and knowing that they have made a difference in someone's life."

The candy drive took place for one week before fall break. Once the candy was collected, the students decorated gift bags filled with the donated treats.

"It made me feel good. I felt fortunate that I could give candy, because I knew it would go to people who needed and deserved it," eighth-grader Bianca W. said.

All of the candy came directly from students, meaning they personally collected each piece.

"We challenged them to donate both their favorite candies and those that they do not like as much," Hudgins said.

Members of the United States Military, the Phoenix Police Department, Maggie's Place, the Granite Reef Senior Center, St. Vincent de Paul and Valleywise Health Medical Center were recipients of this year's drive.

"The candy drive is important because we give first responders a bit of joy, and it gives the troops energy to help in the community," fourth-graders Jack and Henry said.

"The students loved hearing the total daily weight of the candy collected on the afternoon announcements," Hudgins said. "Everyone who received the candy was very appreciative and touched by the students' thoughtfulness. They especially appreciated the handwritten notes and drawings!"

"Meet Mr." | Ray Artigue

Keith Woods

It's easy to understand why where Keith Woods grew up, and the early life lessons taught by his grandfather, have shaped who he is today – and even, for that matter, where he lives.

"My brother and I were raised on a 40-acre orange grove in what seemed like the sticks," Woods remembered.

It was a small rural town in southern California – and the lessons from grandpa were all about service to others. That mentorship had critical imprinting for much of what Keith does today.

> ***I fell in love with Arcadia, as it mirrors my childhood home.***

"My grandfather was a lawyer, and he had a great influence on me; particularly about representing the interests of others, no matter how hard the decisions may be to do so," Woods said.

Little wonder that Woods has lived a life full of 'servant leadership.'

"I try and look for opportunities to help others without expecting a reward," he said.

Woods first came to Arizona to attend The Orme School in Prescott and then attended Arizona State University. After earning a Bachelor of Science degree in sociology, he spent 20 years working in radio management and marketing.

Today he owns and operates KB Woods Public Relations, a video production, media relations and social media firm he founded in 2010. When he isn't serving clients, he teaches at St. Theresa's School, coaches Arcadia Little League, and once served as a scoutmaster.

Woods' interest in land and water preservation is unmistakable and has led to his years of service on the Salt River Project Board of Directors, where he has chaired nearly every one of their committees. He also has served on the Papago Park Center Board and numerous other energy and water resource associations.

"One of the reasons I fell in love with Arcadia is how it mirrors my childhood home, with all the citrus trees and greenbelts," Woods said. "Even the canals bring unique benefits as they allow neighborhood fellowship and recreation."

Woods takes pride in having helped create the multiple-use agreements that allow for public access and recreation on the canal ways, using his SRP leadership role and experience to work with local municipalities.

"It was silly that people weren't lawfully allowed to even walk on the canals, but that's no longer an issue," he said. "It just took bringing people together to talk through the issues and do what was best for the citizens."

Others have recognized his leadership and unrelenting commitment.

"Keith possesses a rare combination of passion, vision and emotional intelligence, which allows him to reach consensus among differing perspectives," Richard Preng, an employment consultant and friend, said.

Keith met his wife, Molly, while at ASU during an awkward moment. He was helping one of her roommates move into the dorm, and Molly thought he was her father. "I guess I was the first 23-year-old bald guy she had ever seen?"

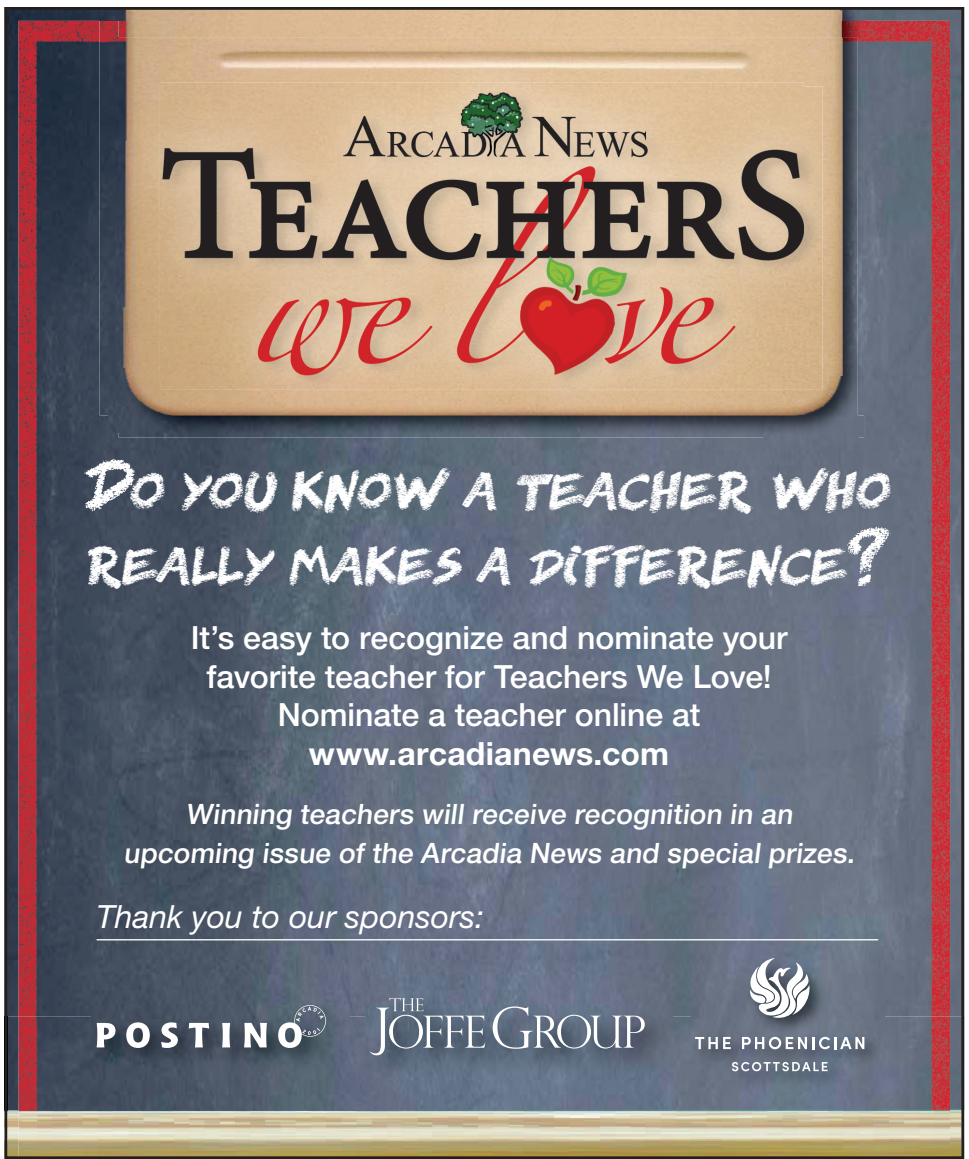
They have three adult sons: Kenton, Max and Chad, and Keith calls them his "most meaningful achievement of all."

Woods pursues his passion for art, films, furniture, and architecture when he isn't working or volunteering in the community.

Asked for the best advice he'd ever received and he quotes the late Burton Barr: "Everyone needs to come away from the table a winner."

Wisdom that Keith Woods has clearly heeded.

Keith Woods



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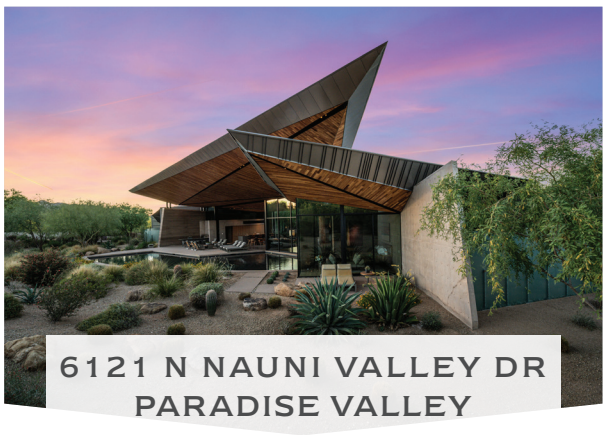

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New York vibe inspires new food truck

By Mallory Gleich

Neighborhood resident Travis Angelini knew from a young age that he was passionate about food. In fact, he had a dream to open his own restaurant.

Life had a few curveballs for Angelini – but he was able to use some of them to his advantage when he opened Meat the Cheese, a New York sandwich-inspired food truck that set up shop at 48th St. and the canal in March 2021. The truck is there during the week from 11 a.m.- 4 p.m.

Angelini was born in Florida to a military family and grew up in north Phoenix. When he was fresh out of high school, he attended Scottsdale Culinary School but ended up in a few different industries: nursing school, bartending (among other odd jobs) and eventually the banking and credit union trade.

"I was in that industry for years and just knew that I wanted to get back to my passion, which was food," he said.

Since he had not been able to open a restaurant (yet!), he decided to do the next best thing. Because of last year's events, he knew a food truck had potential since people weren't eating in restaurants at the time.

"I knew food truck popularity was on the rise," Angelini said. "They were being hyped up, so I went online and found one being sold in Los Angeles."

He drove out, picked up the truck and set to work making it his own with inspiration from a father-daughter trip to the Big Apple.

Angelini said that the trip was eye-opening.

"Everything is so different there; the food, culture, the attitudes. It was like nothing I'd ever experienced. On each block, there was delicious food to try," he said.

The "inexpensive" food carts in Spanish Harlem inspired Meat the Cheese's staple item: the chopped cheese sandwich. Made with ground beef, yellow cheese, lettuce, tomato, onion, pickle, ketchup and mayo on a toasted hoagie bun,

PHOTO BY TRAVIS ANGELINI

Travis Angelini opened his truck last spring.

Angelini's recipe comes straight from the heart – and his love for the city.

"The idea behind my menu is something quick, easy and delicious, like a hot dog cart in New York City," he said. There are only three items on the menu: the chopped cheese, Nathan's hot dog (with all the fixings) and ballpark pretzels. The truck also offers chips and drinks.

Once the food truck arrived at its new home in Phoenix, Angelini stripped it of its taco-themed vinyl and decided that he would further the New York vibe by decorating it like a subway.

"I would like a local artist to come out and spray-paint the truck with 'graffiti,'" he said. "It's for Arcadia – if someone wants to slap an Arcadia 'A' sticker on it or a local business sticker, I'm all for it."

Eventually, Angelini would like to add other items, such as breakfast sandwiches, to the menu in the future.

"New York, Jersey and D.C. know what a real breakfast sandwich is. They would probably rip me to shreds [if I tried to make one]," he laughed.

Angelini said that the community had embraced the food truck since it opened. He even has a few regulars that come by almost daily.

"It's scary to make something for the public. You're thinking, 'what if they don't like it.' It takes a lot of guts to really do this, but Meat the Cheese is doing it," he said.

Angelini said choosing the right spot was both easy and hard to come by.

"I wanted to stay within the community but want to make sure that I'm not upsetting anyone. The canal is a busy area, and it feels like a good spot for us. One lady named Rosie comes by at least once a week for chopped cheese, and kids from Hopi and Arcadia come by; I offer a $5 chip, drink, hot dog special for them," he said.

Above all, Angelini's passion is serving good comfort food to the neighborhood.

"I want it to be a place for everyone to come hang out and get good food. I want to be here for my community and do what I can; if I can bring a New York vibe here, that's what I'm going to do," he said.

In the future, Angelini plans to attend more food-based events and hopefully expand his business to the Valley. Visit the Meat the Cheese Facebook page for more.

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Hiring trends

Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

The world has changed. Our personal and work lives will continue to look much different from those in 2019. So what does this mean for hiring in 2022? There are a few trends you should be on the lookout for.

Find your style: One of the great things that has come out of the pandemic is remote work, but it's not for everyone. The good news is that not every company is remote. That means that the job seeker can decide which working style works the best for them. I firmly believe the split of in-office, remote, and hybrid work environments will stick around for a while. Now is the time to pick which one works for you.

Extend your search area: In the past, if there were no jobs in your local area, you had two choices. You could stay with your current employer, or you could move. But remote work breaks down the barrier of distance. If you're in a small market, you can now fish for jobs anywhere in the country, opening up possibilities.

In some cases, it can also mean a salary increase. If you're looking for remote opportunities, look beyond your local market. Also, just because a job posting has a city attached to it does not mean there's no chance of remote work.

Try new roles: The job market is tight right now. Companies are having a tough time finding talent. That means that when a company tries to find a perfect candidate, they very likely will come up empty-handed. For the job seeker, this is great. If you've thought of trying a new career field, this is the time to do so. Hiring managers are more likely to give an underdog applicant a shot when it's hard to find the perfect candidate.

Remote learning: For years, companies have expected their employees to take charge of their education. When employees stay at an organization for fewer years, the company has less incentive to invest in training. They expect you to show up ready to work. In a remote world, the problem is that it can be hard to increase your skills and knowledge. You're on an island, focused only on your current work. There are many free online courses available. Use them to keep yourself up to date while growing your career.

Whatever you do, don't sell yourself short in 2022. I know that the last two years have been scary. We've faced a lot of unknowns together and in quite an isolated fashion. But companies are still hiring, and you are still valuable. Accept that what is normal has changed. Make a new set of goals for the new year, and let's move forward together.

From the Archives

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HAPPY NEW YEAR ARCADIA

2008 marks the 17th year the Collins family has lived in Arcadia. Pictured from left to right: (first row) Annie, Katie and Michael (second row) Sean and Clare (back row) Roseanne and Dan.

If one of your New Year's Resolutions is to spend some time helping out the Arcadia community, we have suggestions for ways that you can make a difference.

Page 11

Are you ready to start some changes now that it's a new year? Dr. Treese outlines a goal setting process that can guide you to make this year the best of your life.

Page 25

Connor Genta is an Arcadia student who is doing a controlled study, investigating the status of the Arcadia Roof Rats. If you've got rats, Connor would like you to contact him.

Page 29

YOUR SOURCE FOR NEIGHBORHOOD NEWS SINCE 1993

2008 marks the 17th year the Collins family has lived in Arcadia. Pictured from left to right: (first row) Annie, Katie and Michael (second row) Sean and Clare (back row) Roseanne and Dan.

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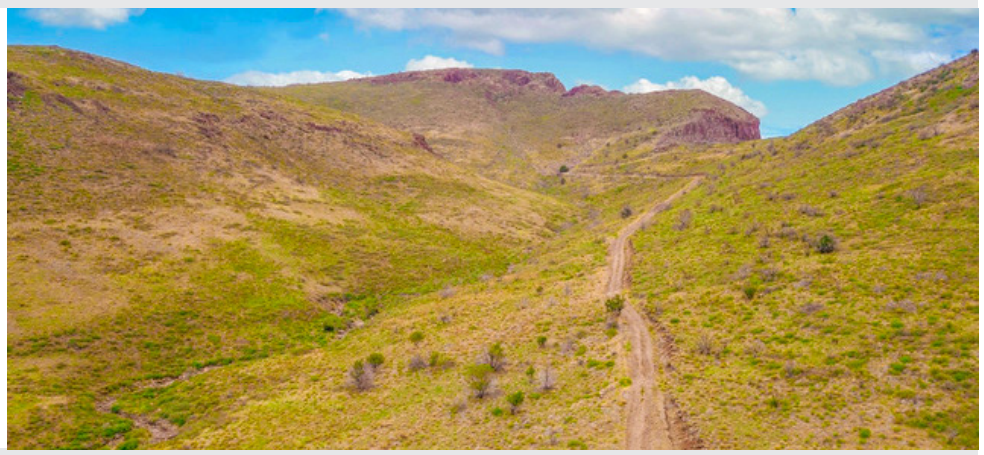

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Hire a qualified appraiser

It might take us a while to add the two instead of the one as we mature into the beginning of another year, with the decisions and opportunities that challenge us daily. We have been writing *Ask the Appraiser* for four years and giving you news, views and revelations about several topics: movie memorabilia, inheritance thieves, collections, dangers of new furniture, sterling vs. silver plate, etc.

Ask the Appraisers

BY TOM HELMS & JEFF PEARSON

Contact Tom Helms at The123@cox.net or A-Z Appraisal & Estate Consultants; 5525 N. 12th St., Phoenix, AZ.

We are buried in appraisal assignments, and starting this year, audits will be up, especially for tax reports that may have high-end noted tangible properties listed. There are severe consequences if a qualified appraiser is not hired.

We are ISA certified. There are only three certified appraisal companies in Arizona, out of the 113 in the country, and we are over-the-top busy.

We travel statewide and nationally, handling every possible issue: divorce, probate, taxable estates, trust purposes, equitable distribution, appraisal reviews for the courts, expert witness, donations, insurance issues and speaking at continuing education presentations.

A qualified appraiser is an individual who belongs to one of the three recognized national organizations: ASA (American Society of Appraisers), AAA (Appraisers Association of America), and ISA (International Society of Appraisers). Those who claim to be an appraiser (and belong to other organizations such as those associated with auction houses) – or sites that claim to be certified do not have the required education and other requirements to keep in step with the ever-changing issues necessary for a qualified report.

For example, we just completed a review of a "guild" report for a divorce that was poorly written, with no documentation, that cost the client more money and was thrown out of court. The "report" was a sham that created unnecessary significant problems and expenses.

The IRS has hired a team of top-tier appraisal experts as auditors to review taxes, especially high-end with complex tax reports in appraisals documenting art, jewelry, cars, furniture, collections, household contents, donation and gifting. As 2022 matures, the need will increase for local auditors in the field around the country to review and audit tax reports to either point out problems to be settled or forward the audit to the top-tier auditors in Washington for further clarification.

All said and done, we are taking a break from the Ask the Appraisers column for the time being to help with our busy schedules. Thank you for your continued support, and we will see you back in the summer!

Troop 6 has three new Eagles

Nick Horonenko

Brad Gooch

Lucas Binsfeld

Arcadia's Boy Scout Troop 6 presented three Arcadia High students with the highest rank of Eagle at a recent awards ceremony. Nick Horonenko, Brad Gooch and Lucas Binsfeld are the 219th, 220th and 221st Eagles to advance from Troop 6 since it was founded in 1934.

"Troop 6 is so proud of our newest Eagle Scouts as they have risen to the highest level of Scouting by hard work, dedication and service to their communities," Scoutmaster Steve Radonich said. "The projects they selected were all diverse and special, from building guitar racks for appreciative schools, to creating new camping sites in our state, and building tree holders for our local parks. It has been an honor and privilege to assist these fine young men in the storied history of Boy Scout Troop 6."

arcadiatroop6.org

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UNMATCHED & UNRIVALED

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Who is that hanging out at Veritas Prep?

Bronson Tran and Sam Sarracino as past U.S. presidents.

Miss Brown, Mrs. Gribbin, Mr. Neese, Ms. Rubin, Miss Jackson, Mrs. Mogren, Miss Velasco and Miss Marois as Disney princesses.

Mrs. Leathers, Miss Landtiser, Miss Leahy, Mr. Guyette, Ms. Callan, Miss Gravatt and Mrs. Kinkel as Wizard of Oz.

Tristan Triplett with Sabrina Stender as Little Women.

Lauren Conley as Sherlock Holmes.

Mrs. Heil as the Cheshire Cat

By Jennifer Marshall

Something strange happened at Veritas Prep during the fall. The kindergarten through fifth-grade classes were invaded by beings, like Dorothy from *The Wizard of Oz* and Mary from *Mary Poppins*, for the school's first annual Great Hearts, Great Books Day.

"This event is a day of storytelling for faculty, staff and students while dressed up as their favorite literary or historical character studied here," Director of Operations Ami Hosack said.

According to Hosack, other Great Hearts schools had already successfully done this event, and she was eager to try it.

"We do a lot of reading at Veritas," Hosack said, "and we wanted to give the kids a chance to show what their favorite book and character was. Everyone loved it and had fun with it."

"I chose to dress up as Jo from *Little Women*," student Elsa Mandel said. "I love the olden days, and I like the dress my mom had. It's from the 70s, and someone sewed it! Also, I like that Jo wrote books."

"I chose to dress up as Dorothy from *The Wizard of Oz*," student Dylan Colling said, "because I find the story and the characters to be very enchanting."

"Our day included a read-aloud in each class," Hosack said. "Parents also came in and read, and we also had a costume explanation, poetry in motion, stamina reading, story writing, silent reading and flashlight reading."

Adults and teachers had as much fun as the students did:

"I chose Pinocchio because I found when I taught third grade as a homeroom teacher, the students enjoyed the character and could relate to the trials and tribulations he undergoes," Exceptional Student Services admin Daniela Melcher said. "Plus, he is funny and fantastical enough for younger students to enjoy the fantasy and magic. It's my favorite book because I'm half Italian, and the author is Italian and it's a classical story about morals and truth."

"I was the White Cat for literature day," said second-grade teacher Taylor Brown. "She comes from a story in *Cinderella and Other Stories from the Blue Fairy Book*. I wanted to be the White Cat because she's a character who has a strong and bold personality. She also turns into a princess at the end of the story after the Prince chops off her head. So, I was able to make a fun costume change midday!"

The White Cat is one of Brown's favorites because the Prince falls in love with the character's personality instead of her external beauty.

"It's their bond of inner beauty and friendship that binds them together. I also enjoy the plot twist of White Cat losing her head, only to become a beautiful princess in the end," she said.

"Growing up, fairy tale stories were some of my favorites," said second-grade teacher Skylar Marois. "I had to dress up as Cinderella. She's a classic fairy tale princess, and I was honored to dress like her for a day. Cinderella is a favorite story because it teaches that kindness can overpower anything. Not to mention, she gets to wear a beautiful blue dress!"

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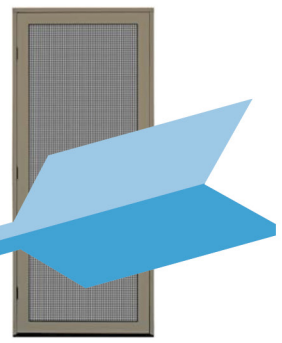

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DID YOU KNOW? VOLCANOES

HOW LARGE?

120K SQ. MILES

Tamu Massif has a footprint that covers more area than any other volcano - about 120,000 square miles. That's about the size of New Mexico.
– geology.com

HOW MUCH?

NINE SQ. MILES

The world's largest eruption in the 20th century occurred in 1912 at Novarupta on the Alaska Peninsula. Over nine square miles of magma erupted during 60 hours. This volume is equivalent to about 30 times the volume erupted by Mount St. Helens (Washington) in 1980!
– geology.com

55,440 FEET

At 13,679 feet above sea level, Hawaii's Mauna Loa is the largest active volcano. About 55,440 feet tall from its base, it is nearly twice as tall as Mt. Everest.
– geology.com

HOW OLD?

350K YEARS

Mt. Etna, on the island of Sicily, is the oldest volcano – 350,000 years old! Most of the active volcanoes we know about are less than 100,000 years old.
– scholastic.com

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DID YOU KNOW? VOLCANOES

VOLCANO FACTS

Arizona hosts thousands of extinct volcanoes and three active volcanic fields.

A volcano is a mountain that opens downward to a pool of molten rock below the earth's surface. When pressure builds up, eruptions occur.

The danger area around a volcano covers about a 20-mile radius.

Over 29 million people worldwide live within six miles of active volcanoes, and around 800 million people live within 62 miles.

Fresh volcanic ash, made of pulverized rock, can be harsh, acidic, gritty, glassy and smelly. The ash can cause damage to the lungs of older people, babies and people with respiratory problems.

Volcanic lightning is created by the friction of ash clouds rushing to the surface.

An erupting volcano can trigger tsunamis, flash floods, earthquakes, mudflows and rockfalls.

More than 80% of the earth's surface is volcanic in origin. Numerous volcanic eruptions formed the seafloor and some mountains. Gaseous emissions from volcanoes created the earth's atmosphere.

There are more than 1,350 active volcanoes in the world. Four hundred fifty of these are part of the "Ring of Fire," a region that encircles the Pacific Ocean.

Active volcanoes in the U.S. are found mainly in Hawaii, Alaska, California, Oregon and Washington. Still, Hawaii and Alaska have the greatest chance of eruptions near areas where many people live.

The sound of an erupting volcano can be quiet and hissing or explosive and booming. The loud cracks travel hundreds of miles and can cause hearing loss and break glass.

The most deadly eruptions have occurred in Indonesia, with tens of thousands of lives lost.

Australia has no active volcanoes.

The most formidable volcanoes are called supervolcanoes.

The sheer force of some volcanic eruptions can cause its magma chambers to collapse, forming a giant, bowl-shaped crater called a caldera.

There are about 169 active volcanoes in the United States.

The ocean contains around 10,000 volcanoes.

Italy's Mt. Stromboli has been known to be erupting for more than 2,000 years. It is nicknamed the "Lighthouse of the Mediterranean."

VOLCANO WORD SEARCH

W C F N L N P A Y A I C F F W H K K R H B Y A T C
S E Y V U E K A U Q H T R A E C K P K J Q U Y T P
O K H W L C A L D E R A T A U C G Y L G L X E E O
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CRATER
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ERUPTION
ETNA
INDONESIA
MAGMA
MAUNA LOA
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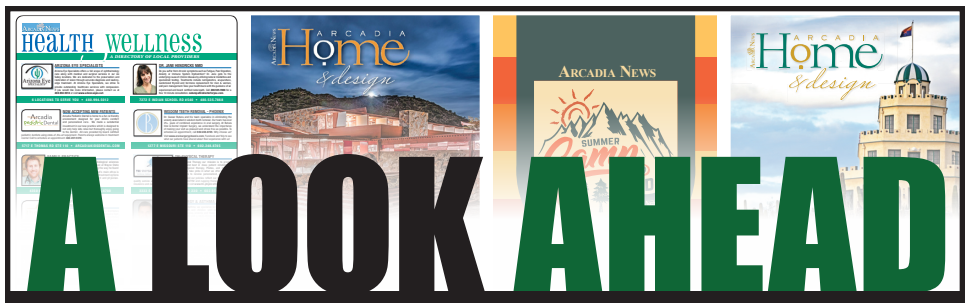

A LOOK AHEAD

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Life-long athlete turned coach wins prominent award

By Jennifer Marshall

As someone who has been playing tennis for over 40 years, coaching for 17 years, with an overall varsity record of 258 wins and 15 losses, it's no surprise that Xavier's Head Tennis Coach Laurie Martin has earned accolades and awards. However, the 2021 Southwest Pro of the Year Award from the United State Professional Tennis Association is unique.

"When I found out that I had won the award, I was very honored. I'm so grateful to receive the highest honor from my peers," Martin said. "In my 21 years as a certified tennis professional, I have never seen a high school coach picked for this."

Laurie Martin

Martin was raised on a thoroughbred horse ranch in Chino, California and enjoyed showing horses and participating in 4H. As a young girl, softball was the only sport available to play – and she loved playing until she discovered tennis during her teenage years.

Martin moved to Arizona in 1977 with her family when her father got a job as the racing director at Arizona Downs, a horse racing track in Prescott.

A sports enthusiast, Martin said that she would participate in any intramural sport that fit into her college schedule. As an adult, she enjoyed running right up until she had hip replacement surgery.

While Xavier is her only high school position, Martin has coached countless kids and adults throughout her career. Previously, she coached at John Gardiner's Tennis Ranch in Sun Valley, Idaho, and in Arizona, she used to work at the Sanctuary on Camelback in Scottsdale.

When her twins were students at Our Lady of Mount Carmel, she coached their 5th-8th grade softball team. Martin also coached several United States Tennis Association Junior teams while her kids played.

"I have won other national, sectional and regional awards," Martin said. "Also, I won the National Federation of High Schools 2020-2021 Arizona Girls Tennis Coach of the Year Award."

When not on the tennis court, the athlete enjoys gardening and cooking. Her most cherished activity is spending time with her husband, four kids and four grandchildren.

"As a coach, I aim to introduce as many young women to tennis as possible," Martin said. "We run a no-cut program, and I love seeing the joy on our girls' faces as they become physically active and enjoy being a part of the team. Our staff is very process-oriented, and we focus on developing the whole person rather than wins and losses."

XAVIER'S UPDATED TENNIS COURTS

This project consisted of reconstructing the tennis courts and an adjacent courtyard in which decades-old ash trees were planted. Built in the 1960s, the area was originally a concrete playground with basketball courts. In the late 1970s, the playground was covered with the surface to become tennis courts.

Director of Development Richard Hubbard said that the courtyard was poorly-designed, and rain and sprinkler water drained on the surface of the tennis courts and below, causing fissures that had to be repaired annually at a significant cost.

Xavier administration committed to redesigning and rebuilding the tennis courts and courtyard. The project was scheduled to begin in May 2021, when students were on summer break.

The project's design included six pickleball courts used for P.E. classes, Xavier Alumnae Leagues, Mother's Guild and Dad's Club Tournaments. Haydon Building Co. was the general contractor, headed by President Katie Perry, a Xavier class of 2000 graduate. The first order of business was to tear down the tennis courts and courtyard – this continued into the fall. Then, the courtyard trees were removed.

"We saved the wood and built it into picnic tables that are now in the courtyard, used by students during break, lunch, and after school," Hubbard said.

The project was completed and officially opened during a ribbon-cutting in November.

"The court surfaces are state-of-the-art, new tennis nets are installed, and moveable pickleball equipment has been purchased," Hubbard said. "They are used by frosh, JV and varsity tennis teams, P.E. classes, Brophy's tennis and P.E. at St. Francis Xavier Elementary School."

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AHS captains Nathan Harris, Ben Dorsett and Charlie Moran.

Arcadia High girls soccer team.

Soccer squads ready to let their feet do the talking

By Jennifer Marshall

With a season that runs from November to February, Arcadia area high school soccer teams seem to have one goal in mind: the state championship. *Arcadia News* checked in with local schools to see how their seasons are going.

ARCADIA

In the ten years he's been coaching the girls' varsity team, Adam Zweiback has helped them reach the state playoffs every year. He hopes to continue that streak and again make the "Final Four" at state in 2021-22. The Lady Titans kicked off the season right by winning their opener 2-0 over Saguaro High.

The varsity squad has 20 players, with 19 on JV, and the two teams warm up together during practice, which is every day after school until 4:30.

"When the playoffs begin, we will promote a handful of JV players to get post-season experience for their future success," Zweiback said. "Arcadia's strengths are a half-dozen girls with elite athleticism, skills, and soccer IQ with a supporting cast who strive to elevate their game and shine when they have their opportunities."

He says their biggest challenge will be contending for a state championship after last year's top three players graduated.

"This year," Zweiback said, "our squad is led by three sisters playing for their high school for the first time: senior midfielder Mia Sowders, junior defender Riley Sowders, and sophomore forward Quinn Sowders. The girls are athletic, skillful, intelligent, and fiercely competitive, natural leaders who play with joy and inspire their teammates."

"I enjoy the environment," Mia said. "Just seeing each other at school and then coming out on the field together, I think it helps us be close and play well together. I think it was my parents' dream, and it's finally come true! Riley, Quinn and I have perfect chemistry, and it makes the game extra fun."

"We know what we all want to do, and I love it. It's making me love 'the beautiful game' again. Our parents have been waiting for this all year and all of our lives," Quinn echoed.

According to Zwieback, senior Delaney DeBusk and sophomores Sophia Pitcl, Emmie Formanek, and Te'a Knighton have made great strides in helping the team succeed.

After a disappointing 5-8 record and missing out on the state tournament last year, this season's varsity boys' team is focused and determined to bring Arcadia back to the state tournament again at the end of the season. Head Coach Keith Diamanti said they are still searching for their first state title.

According to Diamanti, the Titans have a very competitive schedule but are prepared with an experienced roster that includes 11 seniors, nine juniors and four sophomores.

"Discipline builds character to help them set their mind to achieve great things," Diamanti said. "We make sure they stay focused in the classroom and on the soccer field. It is important to lead by example so that these students acquire the tools needed to be successful in life."

As the Arcadia boys kick and pass their way to state, they do so with the help and expertise of key players and captains Benjamin Dorsett, Charlie Moran and Nathan Harrison.

XAVIER

With two wins and one tie, the Gators have started the year strong.

"Practices have been going very well, and we seem to be getting a lot accomplished," Head Coach Barb Chura said. "We have 23 players, and the strength of our team is our leadership, talent and chemistry.

Chura reports that they are working on integrating more players into games to see how they respond.

"This season, some key players are Hennessy Perez, Jayme Brown, Ansley Burns, Bella Leonard, Talia Coury, Ally Brown, Larkin Thomason, Tessa Montanile and Lainey Swanson," Chura said. "Their goals for the future are to win a state championship for Xavier. All of them plan to play soccer when they go to college."

"I played on the team last year when we won the state championship," Bella said, "and I'm enjoying this season. We have a bright future ahead, hopefully with the same results as last year. We are a new team with new players, but we are starting to see how dangerous we can be working together with the many aspects that we all bring to the table."

Bella said it is amazing to see the defense, midfield, and forwards work together to produce great results.

"This is my fourth year on the varsity team, so it's filled with a mix of emotions. I'm so excited to be continuing the traditions on and off the field. However, it's also sad as I remember that my time playing for Xavier will be over after this season. This drives me to encourage our team to have the best season possible and defend our State Championship Title," senior Ansley said.

BROPHY

"At Brophy, we work on every aspect of the game, from skill, speed, agility and strength, and the tactical parts of the game," Head Coach George Archuleta said. "With about 26 on the team, we are good in every aspect."

Archuleta reports that their strength lies in the fact that they are a team and a family, and they take every day as a blessing to get better at everything they do on and off the field.

"We focus on our mental and spiritual aspects," senior center-back Nick Hahne said. "One of our philosophies is combining our spiritual selves with our physical game, and we show devotion to the soccer pitch and God at the same time."

"As a team, we strive and believe magnificent things have been achieved by those who dared to believe that something inside them was superior to their purpose on this team," Archuleta said.

Brophy athletes – and students, as well, live by a motto: Ad Majorem Dei Gloriam, which is Latin for 'For the greater glory of God.'

"We work daily to live our lives, on and off the field, up to that motto," Archuleta said.

VERITAS PREP

"For the last three seasons, the boys' soccer team has made it deep into the state playoffs, finishing no lower than the semi-finals each year and won the state championship the season before last," Head Coach Richard Cardenas said.

Having lost eight starters from last year, this season will focus on rebuilding for the 22-member team, which means they will be working on improving and growing their chemistry. The ultimate goal is to get back to the state playoffs.

"We have a strong group of skilled players who have tasted victory and understand the hard work needed to achieve those heights again," Cardenas said.

Seniors Brody Richter, Jack Young, Fisher Sullivan, Carter Twist and Joe Spadafore are looking forward to taking their team all the way to state for the 2021-22 season.

According to Girls Soccer Head Coach Kristi Seltzer, the season started off rough as the Falcons lost multiple seniors to graduation.

"I could see it weighing on the girls at the beginning. As we continued to practice and play games, we learned to become a new team and forget about who we were last year. This team is just as special and talented as past teams, and they need to believe in themselves," Seltzer said.

Practices consist of weight training and on-field workouts to improve stamina and techniques. Seltzer said the bond of support and encouragement among the girls is their greatest asset.

"This year's team has found themselves playing positions they are not used to. It is a process to teach them how to retrain their minds to play center mid verse, outside mid, or forward, instead of defense or even defense to goalie. They've been flexible with coaches as we try to move people around to find the best options for the team – it's a learning curve," Seltzer said.

Key players for this seasons are Captains Rory Klocke and Analie Conner along with senior Maya Jenkins.

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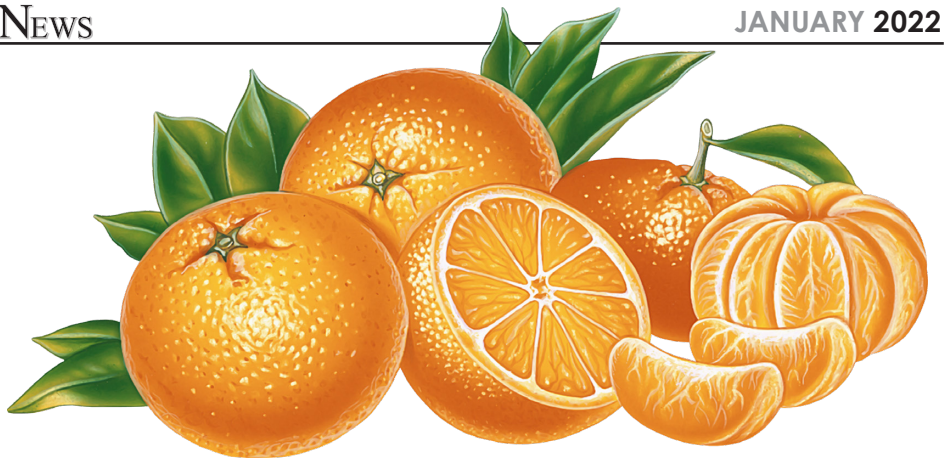

IT'S GLEANING TIME

What can you do with your leftover citrus? Donate it!

By Mallory Gleich

The beginning of the year is prime time for citrus gleaning, and the Arcadia neighborhood has no shortage of citrus trees ripe for the picking.

Gleaning – the process of removing abundant ripe fruits from citrus trees – has become a familiar event for Arcadia residents. From January until March, many neighborhoods collect their excess oranges, limes, lemons, grapefruits and tangerines and donate them to local food banks.

The importance of gleaning was recognized after the discovery of roof rats in 2001. It prompted Arcadia's Citrus Program, a group of volunteers who would come out and collect citrus from the surrounding neighborhoods. The program was suspended in 2015 after Asian citrus psyllid was found in fruits and trees in western Maricopa County.

Today, folks can donate their citrus themselves or consider hiring someone* to pick and haul the fruit away. Donations should be clean fruits void of leaves, stems, decay, etc.

** This newspaper has tree and landscape advertisers to consider on pages 50-52.* Arcadia News *does not endorse or recommend one advertiser over another. Readers should do their own research and due diligence when hiring anyone for work.*

CITRUS DROP-OFFS

SHEPHERD OF THE HILLS
5524 E. Lafayette Blvd., Phoenix
Partnering with St. Mary's, Shepherd of the Hills will host Citrus Saturday drop-offs each Saturday in February. Folks can bring their citrus donations on February 5, 12 and 19 from 9 a.m. to 3 p.m.
sohucc.org

ST. MARY'S FOOD BANK ALLIANCE
2831 N. 31st Ave., Phoenix
St. Mary's will be accepting donations this year but will no longer be providing gleaning services. People can drop off their citrus at St. Mary's Food Bank Alliance from 8 a.m.-4 p.m. from January 10 through April 30.
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ROOF RAT INFO

- The roof rat is dark brown or black and measures 13-18 inches, including the tail. They weigh 5-9 ounces and are slim, nearly hairless and have large ears.
- Common signs of roof rat activity include hollowed-out fruits, damage to plastics on electrical wires and unsettled pets.
- They are usually found around swimming pools, laundry rooms, attics, garages and patios. They spend 90 percent of their lives four feet or more off the ground.
- Roof rats nest outside in trees, woodpiles and dense vegetation like oleander bushes. Inside, roof rats prefer to nest in the upper levels of a structure in the attic and ceiling.

For comprehensive information and tips about preventative measures in Arcadia, visit **acmna.org/roof-rats-in-arcadia**

ARCADIA NEWS

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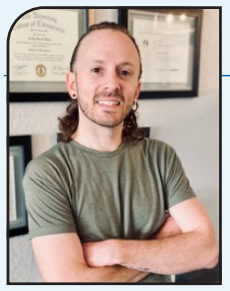

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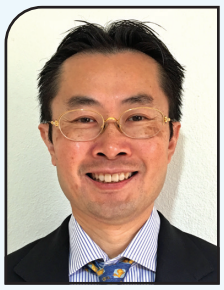

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Timothy Gloyd, M.D., FP/OB, received his Masters in Public Health and Medical Doctorate from St. George's University. Dr. Gloyd comes to FPS after working for several years in a rural Texas community. At FPS, he sees patients for a variety of conditions and concerns, including diabetes, hypertension, and ongoing health maintenance. His top piece of medical advice involves staying active. For more information, visit **fpsaz.com**.

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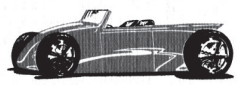

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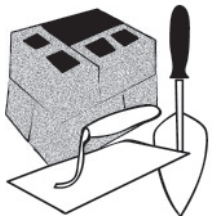

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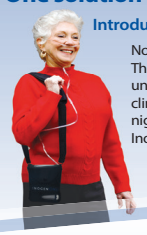
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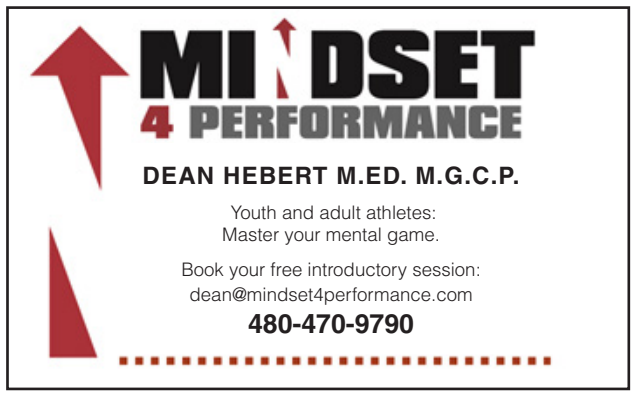

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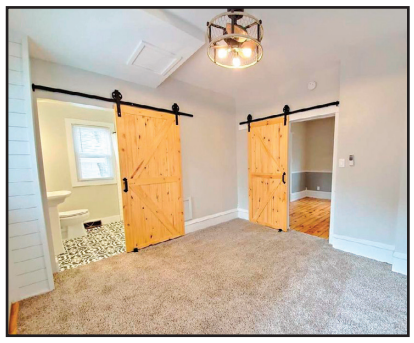

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