

ARCADIA NEWS



VOL. 29 NO. 11

ARCADIA • BILTMORE CORRIDOR

FEBRUARY 2022



PERKS OF EXTRA CREDIT

Ingleside student Beau Donovan won first place with his horror story about butter.

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THAT'S A BIG FISH!

Henry Wagy will soon compete on the global stage with the USA Youth World Fly Fishing Team.

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LET THE FESTIVITIES BEGIN

The 68th annual Parada del Sol and Trail's End Festival are back this year and promise to be better than ever!

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Tanner Detro
NMLS ID# 1182443

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Havasu Falls is one of the top rated waterfalls in the U.S.
Read more Arizona facts on page 49.

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Arcadia's Spiritline headed to the national qualifier competition and the state championship in March after winning second and third place in their competition circuit.



Henry trains for the 2021 Casting For Hope tournament in North Carolina. Proceeds from the annual event benefit women with cancer. This year they raised over \$27,000.

PHOTO COURTESY OF SCOTT WAGY



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EDITOR'S NOTE

I don't consider myself an outdoorsy person. I've gone camping, boating, fishing, swimming – all the typical outdoor activities – but I'd rather cuddle up in my bed with a good book or television series.

Henry Wagdy might be considered my opposite. The Brophy sophomore is an avid outdoorsman who knows how to fish – so well, in fact, that he and his team were recently minted as the USA Youth World Fly Fishing Team. In July, Henry and five others will head to Trentino, Italy, to compete for the 2022 FIPS Mouche Youth World Competition.

"Being on the youth team feels almost surreal since I have had the goal of being on the team since I was 10," Henry said. "I looked up to the five guys on the world team. They were the best of the best, and now I am part of Team USA and the World Team."

All of us at *Arcadia News* wish Henry and his teammates the best of luck – and "tight lines and bent rods!" [as they say in the fishing community] as they represent our country this summer. Look for an update in the fall.

We're also highlighting Xavier senior

Kate Blair this month. When Kate was in elementary school, her sister was diagnosed with Non-Hodgkin Lymphoma, a type of cancer that affects young children. After learning of the diagnosis, Kate kick-started a fundraising program and raised \$150,000 for her sister's nonprofit, the EBB Foundation.

She took her advocacy even further by starting a podcast and writing a children's book using conversations with her family as the basis of the book. To say Kate is a busy person is an understatement!

Arcadia News is preparing for the next installment of the *Arcadia Podcast*, *Arcadia Home & Design* and the *Arcadia Camp Guide*. From the looks of it, we're all staying busy and continuing in our hope for a successful new year.

Have an amazing February, and thank you for reading *Arcadia News*,

Mallory

Mallory Gleich



THIS MONTH'S WINNER:

Dorcas Guest-Nelson, School Nurse at Arcadia High



How does it feel to be awarded?

Oh my gosh! I was super surprised and extremely grateful to be acknowledged in this way. I feel truly honored and seen.

How long have you been a nurse at Arcadia High?

I volunteered as a parent in the nurse's office when my son attended Arcadia in 2009 with Nurse Brenda. In 2015 I became a substitute nurse with the district and took a position at Arcadia in 2018. I have worked as a substitute nurse at Hopi, Kiva, Desert Mountain and Coronado.

How long have you been in the nursing industry?

Since 2014 – which seems like yesterday! Before that, I had a completely different career in finance and worked as a Registered Representative at Charles Schwab and as a Sr. Registered Client Financial Service Rep at UBS Financial.

Upon graduating from nursing school, and after my son was born, I worked as an addiction nurse at Community Bridges and then as a behavioral health nurse at Phoenix Children's Hospital. I learned so much about dealing with adolescents.

Best part about being a nurse?

My favorite part is assessing my students and putting the pieces together to determine how I can best help. Not everything is Band-Aids and ice, but listening to what's happening from their viewpoint and seeing their world perspective. Additionally, I get to see students mature over the years, and that truly is a gift to see our children become young adults. My favorite professor told me that I was destined to be in a Public Health setting from day one. I guess she was right!

What's it like being a nurse in this environment?

At this point, I feel we have fought the good fight with a virus and are learning to live with it. The past two years have been challenging and frustrating for families and healthcare workers.

One has to have thick skin to become a nurse because you cannot take things personally, or you cannot do your job. As a parent, I know how frustrating it's been with the rules, restrictions and inconveniences so I can empathize with parents and students. My co-nurse, Becky Franson, is a sounding board in figuring out "COVID math problems" as we work together.

What do you struggle with most?

It used to be telling students that they were in close contact and had to miss so many school days, but the rules have changed. I now struggle



Dorcas Guest-Nelson

with the students' loss of communication skills and the loss of a year and not getting to know our new students. We started on time in August, but the sophomores missed a normal introduction to freshman year, so it seems like a year just disappeared.

Where did you grow up?

I grew up in the beautiful city of Chicago and moved here in 1995. I was watching an episode of *90210* in my dorm room, and Donna (aka Tori Spelling) was Christmas shopping in shorts and a cardigan, and I thought to myself, "Why am I freezing to death each winter in the Midwest and I do not have to be?" and I made a plan to visit and move to L.A. I was expecting it to be like Chicago, and it was not, so when I visited Phoenix a month later and was blown away at how beautiful it was and how easy it was to navigate, I moved here a few years later.

What is the best part of Arcadia?

The best part of Arcadia is that it is centrally located and feels like a city because we can walk to restaurants and shops. I live a few blocks from LGO, Ingo's and Postinos, so to walk to these establishments daily gives one that big city feeling.

When I was younger, I loved to watch *Little House on the Prairie*, and I was envious that Laura got to attend school with her friends during the week, play with them after school and attend church with them on Sundays. I feel like I have the same experience here in Arcadia, and it's so awesome to be a part of AHS because I get to work and live within my community, and that truly is priceless.

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

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

UPCOMING THEMES:

MARCH

Spring & Arcadia Home + Design

APRIL

Our 30th Anniversary & Camp Guide

MAY

Celebrating Women

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– Walt Whitman

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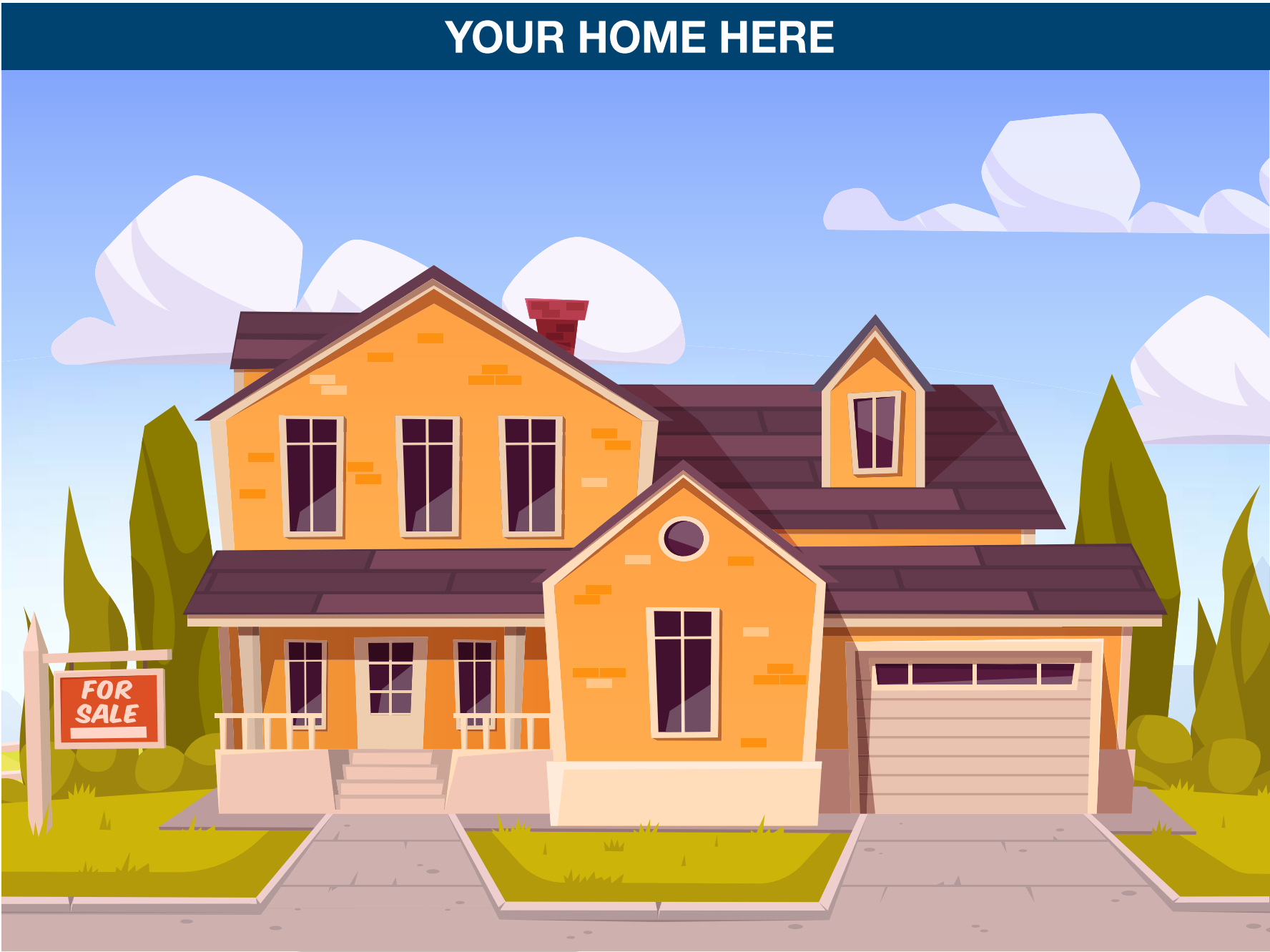
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Arcadia Real Estate Stats

2021 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-12/31/2021)

Active Homes -	58 homes
Homes Sold -	350 homes
Average Sale Price -	\$2,099,000
Average Sold \$ Per SF -	\$545
Average Days On Market -	58 days

There is currently 2 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

(1/01/2021-12/31/2021)

Active Homes -	32 Homes
Homes Sold -	223 Homes
Average Sale Price -	\$993,000
Average Sold \$ Per SF -	\$409
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 20%. (based on 2020 sales results)
2021 \$ Per Square Foot prices have increased 20%. (based on 2020 sales results)
2021 Homes are taking 58% less time to sell. (based on 2020 sales results)



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WHAT'S HAPPENING, ARCADIA?

NEWS BRIEFS



The proposed conversion area for utility lines.

The Arcadia Camelback Mountain Neighborhood Association will hold the **Annual Neighborhood Meeting** on Saturday, March 5, 2022 at 8:30 a.m. in the choir room at Prince of Peace, 3641 N. 56th St., Phoenix. Topics include voting on 2022 board members and a discussion and presentation on burying the utility lines in the Arcadia/Camelback Mountain neighborhoods – which could involve everyone in the original boundaries.

acmna.org

Arcadia High is looking for volunteers for **Arcadia One Lunch**. Volunteers will help the nutritional service professionals prepare and serve lunch to the students. Shifts are from 11:35 a.m. to 12:30 p.m.

For more information, contact Karen Treon at ktreon@gmail.com.

Mark your calendars for the upcoming **Team Taylor Family Fun Run**! On hiatus for the past two years, the 10th annual fun run is back on Sunday, April 10, 2022. Folks can meet up at the 48th St. canal for the 5K and then head to O.H.S.O. for a post-race breakfast. Registration begins on February 20 for \$45 per person.

teamtayloraz.com

Check out all the events **Oh One Eight Coffee and Create** has coming up in February: Board Game Night on February 11; guests can bring their own and enjoy games and drinks for \$5 a person; February 14 is Date Night, guests will make Valentine-themed crafts for \$35 per person; February 18 is Desert Craft Night, and

February 26 is Potion Bottle Crafts inspired by Harry Potter.

Instagram @ohoneeightaz

Power Paws Assistance Dogs is looking for 12 puppy-sitter volunteers to get pups in training through Puppy Kindergarten or provide vacation relief for their long-term Puppy Raisers. The timeline is anywhere from one week to three months. Puppies are ten weeks to six months old, and Power Paws will provide training and supplies, including a crate, leash, collar, toys, kennel, food and vet care for the puppy.

azpowerpaws.org

Zookz, a breakfast and lunch sandwich shop, opened a new location in January in the Biltmore Plaza on 32nd St. and Camelback Road. Guests order by number and can choose from a multitude of ingredients, plus vegetarian and vegan options. Salads and sweets are also available.

zookzsandwiches.com



The **Cholla water storage tanks**, located at 5156 N. 61st St., are now being upgraded. Construction started in early January and will conclude in September 2023. Phoenix Water and its contractor, Felix Construction Co., will drain the water from the tank and then begin operations to increase the storage capacity of each water storage tank and associated system upgrades.

acmna.org

Kura Sushi just debuted its first Arizona location at the Camelback Colonnade, near 20th St. and Camelback Road. The revolving sushi bar features an express belt that delivers made-to-order dishes tableside. There is also

a “Bikkura Pon Prize” system, which plays a short anime film at the diner’s table every five sushi plates with prizes dished out for every 15 sushi plates.

kurasushi.com

SNDBX, a new competitive e-gaming league, has partnered with Majestic Tempe movie theater (1140 E. Baseline Road) to bring in-person gaming to the big screen. The league kicked off in January and will continue for ten weeks, with two weeks set aside for playoffs. SNDBX leagues are organized by game: Street Fighter, Rocket League or Madden NFL 22 – and each game is offered to different age groups (ages 8-21+).

sndbx.gg

On Saturday February 26, 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

A Korean BBQ restaurant has opened at the shopping center on the southwest corner of 44th St. and Indian School Road. **CupBop** is just that: Korean cuisine in a cup. Guests can choose between spicy fried chicken, barbecue beef, tofu, pork or mandoo (a Korean-style pot sticker) – each with veggies and noodles – and what level of spice they would like; drinks and sides are also available. CupBop also has locations at Desert Ridge and Westgate.

cupboparizona.com

Mindfulness courses have been found to improve chronic pain and insomnia and decrease anxiety and depression. Join **Hospice of the Valley** for an eight-week mindfulness course at their Dementia Care and Education Campus at 3811 N. 44th St. The course will be held from 4-5:30 p.m. on Wednesdays from March 2-April 13; and 9:30 a.m.-3 p.m. Saturday, April 2. Registration is suggested at \$100.

hov.org

EVENTS

FRIDAY 2/4

Parents & Me Night

5:30 p.m. at Bricks Studio, 4550 E. Indian School Road. Bricks Studio is hosting a fun family-bonding event. Kids and their families can get together to eat dinner and dance to instructor-led songs, with multiple photo opportunities and fun to be had. Admission is \$35 for one parent and one child. Registration is required.

bricksstudio.com

SATURDAY 2/5

Parada Del Sol/Trail’s End Festival

10 a.m.-4 p.m. Parade starts at Drinkwater

Blvd. through downtown Scottsdale. Come on down and celebrate Arizona’s “Most Western Town” with a parade and the Trail’s End Festival. Parade watchers will have a chance to meet the grand marshal and the Pony Express riders, explore stagecoaches, a petting zoo, games and activities, live music and dancing. This event is free.

scottsdaleparade.com

Touch a Truck

9 a.m.-2 p.m. at North Phoenix Baptist Church, 5757 N. Central Ave., Phoenix. Get ready to get up close and personal with over 40 different vehicles and trucks at the annual Touch a Truck event. There will be fire trucks, police vehicles, helicopters, race cars and military vehicles for guests to explore, plus the Phoenix Coyotes will be hanging out! Guests can also enjoy food vendors and kids activities. Proceeds go to Camp Patrick, a free camp for kids with Spina Bifida. Tickets are \$5 per person.

camppatrick.com

SATURDAY 2/5 – SUNDAY 2/6

Street Eats Food Truck Festival

11 a.m.-5 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Over 55 trucks from around the Valley will be parked and ready to serve up some delicious eats. Samples will be \$2, with full meals available for purchase along with alcoholic and non-alcoholic beverages. There will also be eating contests, cooking demos and live music. Tickets are \$12 for general admission, \$75 for VIP.

streeteatsaz.com

THURSDAY 2/10

Opera for Lunch

12:15 p.m. at the Arizona Opera Center, 1636 N. Central Ave., Phoenix. Break up the workday with a little music! Opera for Lunch is a free, 30-minute lunchtime recital featuring the Marion Roose Pullin Arizona Opera studio artists. Guests are welcome to bring their lunch or purchase something from one of the food trucks.

azopera.org

SATURDAY 2/12

Black and White Ball

5:30-9:30 p.m. at the Sheraton Crescent Ballroom, 2620 W. Dunlap Ave., Phoenix. Join the North Valley Symphony Orchestra as they celebrate its 10th season. Guests will be treated to cocktails and dinner, plus a silent auction, dancing and a live DJ. Tickets are \$100 per person.

northvalleysymphony.org

Drive the Dream Gala

5:30-11 p.m. at The Phoenician, 6000 E. Camelback Road, Scottsdale. Childhelp, a nonprofit dedicated to the physical, emotional, educational and spiritual needs of at-risk children, is hosting its 18th annual Drive the Dream fundraising gala. Guests can enjoy a night of cocktails, dancing, dinner and a

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WHAT'S HAPPENING, ARCADIA?

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

special USO-inspired tribute. Proceeds will benefit the Childhelp Children's Center of Arizona, dedicated to Linda Pope.

childhelp.org

FRIDAY 2/18 – SATURDAY 2/19

Success by Design Workshop

9 a.m.-5 p.m. at the Embassy Suites, 4415 E. Paradise Village Pkwy., Phoenix. Join business success Coach Justin Thorstad for this two-day workshop designed to "awaken to your true potential in life and business." Guests will hear tips for setting clear intentions, business philosophies and creating a successful plan. Registration is \$197 per person and includes lunch and refreshments.

justinthorstad.com/jt-seminars

FRIDAY 2/18 – SUNDAY 2/20

Worldwide Women's Film Festival

6 p.m. at Harkins Shea 14, 7354 E. Shea Blvd., Scottsdale. The Worldwide Women's Film Festival "educates, supports, and empowers women in the collaborative endeavor of filmmaking while we shine a light on women's stories, stories by women, and other diverse experiences across all genders." There will be 91 films from various genres for guests to view. Tickets start at \$12.

www.filmfestival.org

SATURDAY 2/19

The Very Hungry Caterpillar Show

1 p.m. at the Herberger Theater, 222 E. Monroe St., Phoenix. This critically-acclaimed production, created by Jonathan Rockefeller, features 75 puppets. The show adapts four stories by author/illustrator Eric Carle: *Brown Bear, Brown Bear*, *10 Little Rubber Ducks*, *The Very Busy Spider* and *The Very Hungry Caterpillar*. If you remember the books from your childhood, you won't want to miss them on stage. Tickets start at \$13 per person.

childsplayaz.org/caterpillar

SUNDAY 2/20

Fresh Brunch

10 a.m.-3 p.m. at the JW Marriott Desert Ridge, 5350 E. Marriott Dr., Phoenix. In support of valley nonprofit one•n•ten, the 13th annual Fresh Brunch event is about empowering the future. Guests will enjoy a welcome reception, brunch, themed cocktails, a garden party and live performances. one•n•ten provides services and programs that promote self-expression, self-acceptance and leadership development for Arizona's LGBTQ+ community. Individual tickets are \$150.

onenenten.org

Seven Chefs Dinner

4-7 p.m. at The Gladly, 2201 E. Camelback Road, Phoenix. Join the James Beard "Arizona Seven" for an evening of



Furry Friends Fine Arts Festival at the Shemer.

fine dining, prepared specially by award-winning chefs. Guests will enjoy a multiple-course meal, and each course will be paired with an Arizona wine. This event is part of the Devour Phoenix series. Registration is \$175 per person.

devourphoenix.com

FRIDAY 2/25

Animals After Dark

6-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. Animals After Dark is an aerial experience that showcases the imagined lives of animals after the sun sets. Guests will experience aerial acrobatics by the performance troupe Atelotorque. There will also be animal meet and greets, photo opportunities, complimentary kettle corn, plus one food item and one drink ticket per guest. Tickets are \$100 per person.

phoenixzoo.org

Design for Dogs

5-9 p.m. at the Facings of America showroom, 4121 N. 27th St., Phoenix. Facings of America is hosting the 8th annual Design for Dogs event, where guests can enjoy food, music, beverage tastings, raffle prizes and adoptable pets. The highlight of the evening is the doghouse design and building contest, where judges will choose and present the Best in Show and People's Choice awards. Tickets are \$50 per person.

designfordogs.org

SATURDAY 2/26

Devour at Home

Times vary. Local First Arizona is hosting their Devour at Home event again this year, and the best part is that you don't have to get out of your comfy clothes to enjoy! Folks can choose a two- or four-person meal to pick up from a selected restaurant and enjoy meals from Beckett's Table, FnB, Nook Pizza or Gertrude's, to name a few. The meals will be packed in a themed tote and include fun swag along with all the goodies. Meals should be preordered before February 18.

devourphoenix.com

Furry Friends Fine Arts Festival

8 a.m.-2 p.m. at Shemer Art Center, 5005 E. Camelback Road, Phoenix. An art



Arizona Jet Center Fundraiser at Scottsdale Air Park.

festival for the entire family, pets included. Shemer will showcase all things animal with paintings, drawings, photography, ceramics, metal, furniture and clothing. There will also be vendors, paw readings and pet adoptions by Maricopa County Animal Care & Control. Admission is \$5 per person or \$10 for the family.

shemerartcenter.org

Arizona Jet Center Fundraiser

6-10 p.m. at the Scottsdale Air Park, 15690 N. 83rd Way. Arizona Jet Center is teaming up with Sawyer Aviation and Highline Autos to host its 5th annual private hangar party – an evening of live music, fine art, fashion and dinner that will benefit four Arizona nonprofits. Guests can also

tour luxury jets and a collection of exotic and historic cars. Registration is \$200 per person.

jetcenterevents.com

SATURDAY 2/26 – SUNDAY 2/27

Italian Festival

11 a.m.-9 p.m. at Heritage Square, 113 N. 6th St., Phoenix. Bring out the Italian in you and head to the 7th annual downtown Phoenix Italian Festival. Guests will experience live music, including opera and other performances, a hand-crafted vendor market, authentic Italian foods, face painting for kids and other family-friendly activities. Tickets are \$15 per person.

italianfestivalaz.com

The Arizona Wine Garden Party

11 a.m.-7 p.m. on Saturday, 11 a.m.-5 p.m. on Sunday at Singh Meadows, 1490 E. Weber Dr., Tempe. Enjoy two days of wine tasting to benefit The Joy Bus, a nonprofit that provides meals to cancer patients. The event will host 20 Arizona wineries pouring over 150 wines. There will also be an artist marketplace, food trucks, live music and entertainment. Saturday tickets are \$35; Sundays are \$30 – both with a commemorative take-home wine glass.

[The Arizona Wine Garden Party Facebook page](http://TheArizonaWineGardenPartyFacebookpage)

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HOOK, LINE AND SINKER

USA Youth Fly Fishing Team heads to the Championships

By Rachael Bouley

Henry Wagy started fly fishing when he was just five years old. The hobby grew into a love for the sport, as Henry spent summer vacations fishing in the northwest. While many kids his age spent their summers playing Xbox, Henry was snatching trout out of the cool waters of a Montana river. Now 15, Henry's commitment to the sport has earned him a spot at the world's top competition for fly fishing.

This July, Henry will head to Italy for the 2022 FIPS (Fédération Internationale de Peche Sportive) Mouche Youth World Competition – the closest thing to the Olympics that fly fishing has. He was selected to represent the U.S. along with five other young men from the USA Youth Fly Fishing Team, which he has been a part of since last summer.

When he was 12, Henry was invited to North Carolina to fish with Team F3, the top fly fishing team in the



PHOTOS COURTESY OF SCOTT WAGY
The USA Youth Fly Fishing team: Lewis Hirsch, Lawson Braun, Henry Wagy, Noah Shapiro, Kage Kossler and Drew Bone.

southeast region. He earned a spot on the team after the coaches tracked his progress and watched him excel while competing against the men.

Fly fishing competitions are huge in the south and northeast regions of the U.S., and almost non-existent in the west, according to Henry's dad, Scott.

"Being on the world team feels almost surreal as I have had the goal of making the team since I was 10," Henry said. "When I first went to train in 2017, I looked up to the five guys on the world team. They were the best of the best. Now that

I am part of Team USA and the World Team, the younger guys look up to my teammates and me. It is really

fun to work with the next generation at the clinics."

With gold, silver, and bronze medals up for grabs, Henry and his team are getting ready for an epic fishing tournament in the Dolomites, a mountain range in northern Italy where they will be fishing for trout. The area is not completely foreign to Henry.

"Fortunately, I traveled to this region four years ago to fish and train with the world champion, Edy Dona. We fished the same river we will be competing in," Henry said.

Henry is one of 15 anglers on the U.S. national team and credits Scott for encouraging his love of fly fishing and being his first teacher.

"Dad is an avid fly fisher, and I used to watch him when I was too small even to hold a rod. When I was five, he and my mom bought me a little fly fishing outfit, and I was off," Henry recalled.

"We would go to streams around our cabin in Idaho and Montana to fish during the day, and then I would practice casting in the yard when we got home. I was obsessed."

That fixation has only grown over the years as Henry discovered the thrill of catching carp, one of the biggest fish species in Phoenix. He admires how these bottom

feeders help clean waterways, and of course, how much fun they are to catch with a fly rod.

"The best part about fishing is watching the fish eat. That is why I love fly fishing, as I get to see the fish eat a lot more often than I would by using conventional gear," Henry said.

Looking ahead to the World Championship, Henry is most excited to meet kids from other countries, as they can bond over their common interests.

"I want to see what techniques they use and how they differ from ours," Henry said. "We all become ambassadors for our country and our team, so this is a serious thing. It is as close to the Olympics as the sport has to offer currently."

Scott explained that the competition is like the Olympics in that each country has a team of the best anglers, all of whom had to intensely compete and regularly train to get there. The teams are sanctioned by their countries and there are strict rules in place that are governed by FIPS Mouche.

Henry said he is also looking forward to competing alongside his teammates.

"We are a very close-knit group, and we push each other to do our best," he said.

Scott shares the sentiment, noting Henry's dedication as he took second at this year's nationals and the team's strength as a whole. The last two years of national and international fly fishing competitions were canceled, so Scott can't wait to see what this year has in store for Henry and his teammates after all their hard work, particularly with an outdoor pastime that requires patience, perseverance and grit.

"Watching the growth and development of Henry as a fly fisher has been an amazing experience," Scott said. "I cannot count the number of times I have had to stop and take it all in. Traveling and being in such beautiful places doing something that we both love is more than any father could ask for. I hope that Henry fishes throughout his life and that he passes his knowledge and his passion on to others."

In addition to Italy, the Wagys will fish this summer in the Bolivian jungle. They will be going after species like the aggressive Golden Dorado, which Scott says is a "beast of a fish." Fishing for exotic beasts at the headwaters of the Amazon sounds like a perfect summer break for a world-class fly fisherman like Henry.

Along with fishing for fun and fishing for competitions, Henry also participates in fishing for a cause with the Casting for Hope Tournament.





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FRIDAY 2/4

Grease

7:30 p.m. at Fountain Hills Theater, 11445 N. Saguaro Blvd., Fountain Hills. Fountain Hills Theater presents the classic tale of Danny, Sandy and their friends as they navigate high school drama, school dances and senior year – and who can forget those well-known songs? Guests can enjoy it all until the show closes on February 13. Tickets are \$35 for adults, \$18 for kids.

fhtaz.org

SATURDAY 2/5

Arizona Renaissance Festival

10 a.m.-6 p.m. at Festival Village, 12601 E. Hwy. 60, Gold Canyon. The Arizona Renaissance Festival promises medieval fun all in one. Highlights include a 14-stage theater, a 30-acre circus, arts and crafts fair, a jousting tournament and a feast with all the fixings. There will be costumed characters, roasted turkey legs, games of chance and skill and so much more! Tickets are \$27 for adults, \$17 for kids.

arizona.renfestinfo.com

Mesa Asian Festival

9 a.m.-5 p.m. at Sycamore and Main Streets, Mesa. This event is not only celebrating Asian cultures but also unveiling the brand-new Asian District signage in Mesa. Guests can enjoy celebrating the Lunar New Year with over ten food vendors, more than 30 vendor booths, live music and performances, a kids zone with arts and crafts and a tribute to Asian veterans. This event is free.

asianfestivalaz.com

SUNDAY 2/6

Tucson Gem and Jewelry Show

10 a.m.-4 p.m. at the Tucson Expo Center, 3750 E. Irvington Road. The Tucson show is one of the largest events in the U.S. Guests will mingle with jewelry designers, manufacturers, miners and wholesalers from all over the world. There will also be a selection of jewelry, diamonds, crystals, gemstones and home/gemstone décor available for purchase. Registration is required.

jogsshow.com

Arizona Donut and Ice Cream Festival

12 p.m. at the Chandler Public Library, 178 E. Commonwealth Ave. This event guarantees a full belly! Guests can enjoy a variety of bao, dumplings, ice cream and donuts from various vendors. Menu prices range from \$5-\$14.



Southwest Cajun Fest at Dr. AJ Chandler Park in Chandler

There will also be a curated anime marketplace featuring local artists. Tickets are \$10 for adults, \$4 for kids up to 12.

[Arizona Donut and Ice Cream Festival Facebook page](https://www.facebook.com/ArizonaDonutandIceCreamFestival)

FRIDAY 2/11

Chocolate Lovers' Special

1-5 p.m. at the Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Looking for a new way to celebrate your love this Valentine's Day? Treat them to a train ride – one where delectable treats and delicious cocktails abound. Pastries, fruit, chocolate-covered pretzels and marshmallows will be available while guests enjoy the spectacular Verde Canyon just outside the windows. Registration is \$139 per person.

verdecanyonrr.com

SATURDAY 2/12

Mesa Marathon

6:30 a.m., starting at Usery Mountain Park, 3939 N. Usery Pass Road, Mesa. The 10th annual Mesa Marathon is here! Folks can participate in the marathon (26 miles), half-marathon, 10K or one-mile fun run. Once the race is concluded, runners can enjoy a variety of healthy treats, post-race physical-therapy treatments, massages, food trucks and activities for all. Prize money will be awarded to the top three overall participants in all three distances, and awards will be given to the top three participants in each age division. Registration is \$40-\$135.

mesamarathon.com

Winterfest

9 a.m.-5 p.m. in the downtown Lake Havasu District, Main St. and McCulloch Blvd. The 37th annual Winterfest promises over 200 vendors and 400 booths from across the

United States where folks can shop, browse and enjoy the weekend weather. There will also be entertainment and activities for the younger crowd, plus food trucks and a beer garden for the grown folks. Admission is free.

golakehavasus.com

THURSDAY 2/17

Arizona Grand Slam

8 a.m. at the Legacy Sports USA venue, 1 Legacy Dr., Mesa. If you like pickleball, you won't want to miss this event. Come out and watch the world's best pickleball players compete for the grand prize. General admission for Thursday (it's a four-day event!) also includes access to pickleball grounds, food trucks, DJ and music, sponsor tents, games and more. Tickets start at \$12.

tickets.ppatour.com

FRIDAY 2/18

I Heart Pluto Festival

5 p.m. at The Orpheum Theater, 15 W. Aspen Ave., Flagstaff. The third annual I Heart Pluto Festival is a celebration to commemorate the anniversary of Clyde Tombaugh's discovery of the planet on February 18, 1930. Guests can meet with world-renowned scientists, enjoy a panel discussion and book signing, check out a space-themed art display and treat themselves to a Lowell Observatory lager. Tickets are \$10.

orpheumflagstaff.com

SATURDAY 2/19 – SUNDAY 2/20

Air Fair

9 a.m.-4 p.m. at Buckeye Municipal Airport, 3000 S. Palo Verde Road. Come out and enjoy a day lookin' up in the air. This event includes a two-hour air show, candy drop, fly-in expo with various aircraft on display, a take-off competition, a science/tech festival, kids' activities, a vendor area and historical military displays. General admission is free, but there are VIP packages available for \$50.

buckeyeaz.gov

SATURDAY 2/26

Southwest Cajun Fest

2-9 p.m. at Dr. AJ Chandler Park, 125 E. Commonwealth Ave., Chandler. Get ready for an afternoon of New Orleans culture with regional food dishes such as crawfish and jambalaya, eating competitions, brass ensembles, live music, an alligator petting zoo, street performers, a kids zone and more. Tickets are \$12 for general admission.

southwestcajunfest.com



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Ira Hayes



Eusebio Kino

Who are all those bronze people?

One question frequently aimed my way by out-of-towners is, “What do you have to do to get a statue of yourself cast and placed in a prominent place across Arizona?”

The answer is complicated, but here’s a brief overview of how ten of my favorites were elevated to such lofty heights:

After serving as a U.S. Senator from Arizona for five terms, Barry

Goldwater (1909-1998) resigned and ran as the Republican nominee for President in 1964 but lost the election to Lyndon B. Johnson. He is immortalized with a statue cast by Joe Beeler, located in a small park near the corner of Lincoln Drive and Tatum Boulevard in north Phoenix.

After serving eight years on

the Scottsdale City Council, Herb Drinkwater (1936-1997) was elected and re-elected mayor of the city for the next 16 years. His memory is honored by a Clyde Ross Morgan bronze situated in Scottsdale’s Civic Plaza.

Father Eusebio Kino (1645-1711) came to North America in the mid-1600s and established 24 missions across Arizona, California and northern Mexico. His bronze likeness, the creation of Julian Martinez, rises above the landscape in Bolin Plaza near the state capitol in Phoenix. It was given to Arizona by the governor of Sonora, Mexico, in 1967.

Before he was killed by German troops after his airplane crashed in France, Frank Luke Jr. (1897-1918) shot down 18 enemy aircraft, including 14 balloons and four planes. He was posthumously awarded the Medal of Honor and two Distinguished Service Medals. Luke Air Force Base is named for him, and Roger Burnham’s sculpture stands in front of the State Capitol in Phoenix.

Many who knew Heather Farr (1965-1993) thought she could easily become among the most prominent golfers on the LPGA tour after she turned professional in 1986. She had already been an All-America selection in both high school and college, but breast cancer cut her career short at 28. Her likeness, in the form of a Jerry Cox bronze, stands near the clubhouse at the Papago Park Golf Course.

The city of Williams is named after William “Old Bill” Williams (1787-1849), a legendary pathfinder and frontiersman who led several expeditions into Arizona and surrounding territories. A bronze of him, clad in buckskin, stands in a small park near the outskirts of the community. It was sculpted by B. R. Pettit.

Although history now records him as a tragic victim of war, Ira Hayes (1923-1955) was initially considered a hero because he was one of the six men who helped raise the flag on Iwo Jima toward the end of World War II. He was removed from active duty and sent on a fundraising campaign across the United States. The effort was too much for the young Native American and led to a premature death, partially attributed to alcoholism. His bronze likeness, created by Felix de Weldon, stands in a small park in Sacaton on the Gila River Reservation.

Rex Allen (1920-1999) grew up in

Willcox, then found fame as a singing cowboy in the movies and as a frontier doctor on television. His hometown remembers him with a small museum and a life-size bronze statue standing across the street in a railroad park. Legend says his horse, Koko, is buried alongside the sculpture, the creation of Buck McCain.

The larger-than-life statue of Pancho Villa (1878-1923) in a downtown Tucson park has been the subject of controversy ever since the government of Sonora donated it to the city as a friendly gesture. But many detractors point out that Villa and his army of revolutionaries once invaded the United States with a 1916 raid on Columbus, New Mexico, and therefore should be considered an enemy, not a friend. Regardless, the Julian Martinez man-on-a-horse sculpture remains.

Although the horseman statue riding in front of the Yavapai County Courthouse was named “Rough Rider” when artist Solon Borglum created it, nobody calls it that. Instead, it’s known as Buckey O’Neill (1860-1898), a Prescott hero who died on San Juan Hill in Cuba while fighting with Teddy Roosevelt’s Rough Riders during the Spanish-American War.

These are but a small fraction of the statues honoring the greats of Arizona and America. With a little legwork and research, those interested can also find bronzes of such luminaries as Frank Kush, Pat Tillman, Harriet Tubman, Cesar Chavez, Paul Robeson, Frank Lloyd Wright, Teddy Roosevelt, Abraham Lincoln, Ronald Reagan, Thomas Jefferson, George Washington Carver, Winfield Scott, Bil Keane, Ernest McFarland, Carl Hayden and many others spread across the state.



Rex Allen



Frank Luke Jr.



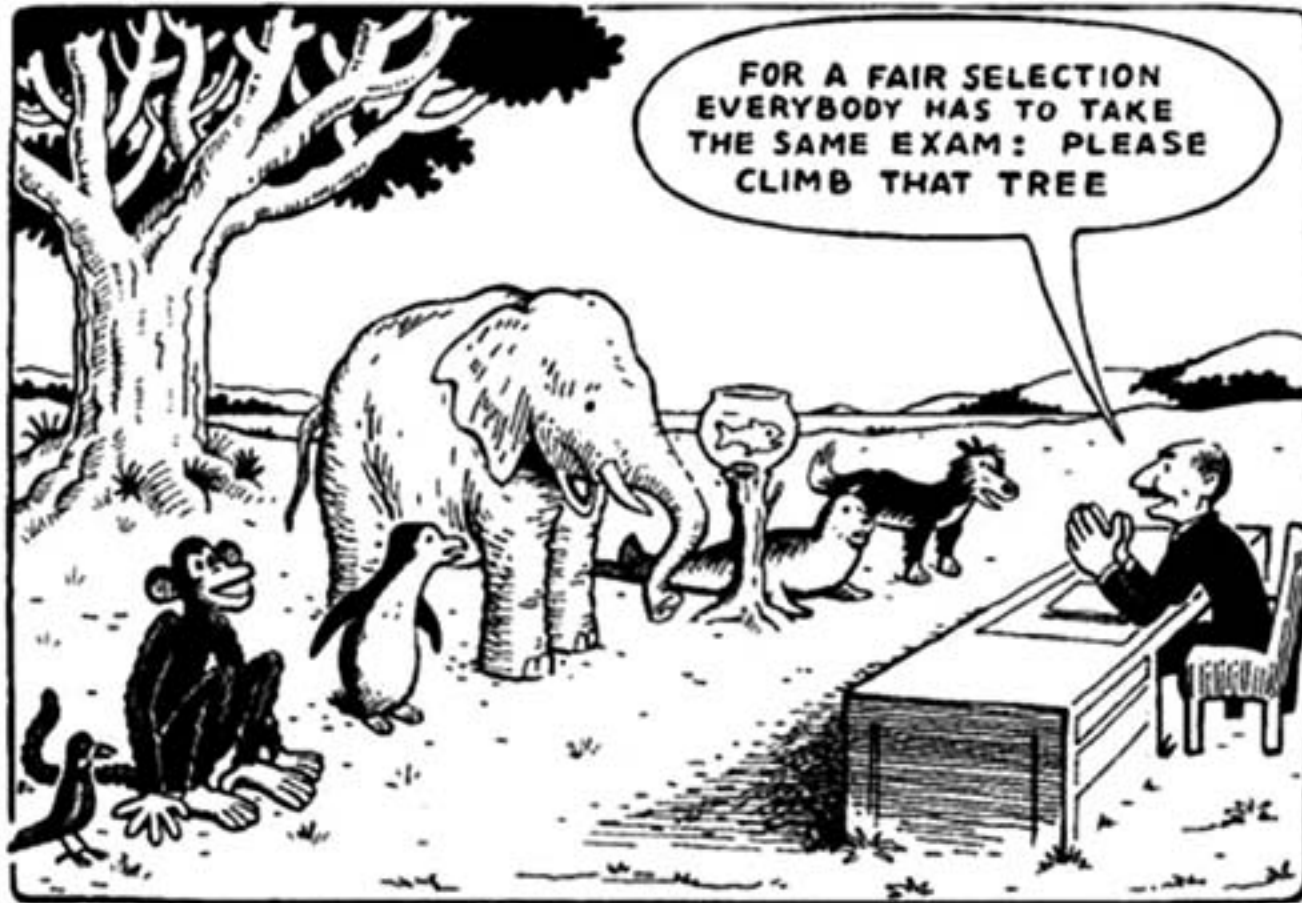
Pancho Villa



The Lowe Road

BY SAM LOWE

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



“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

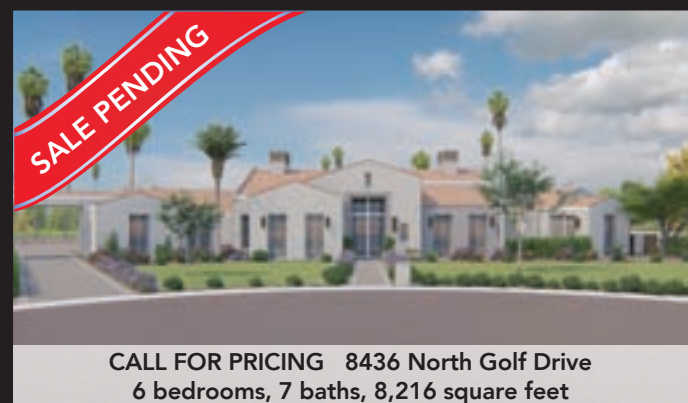
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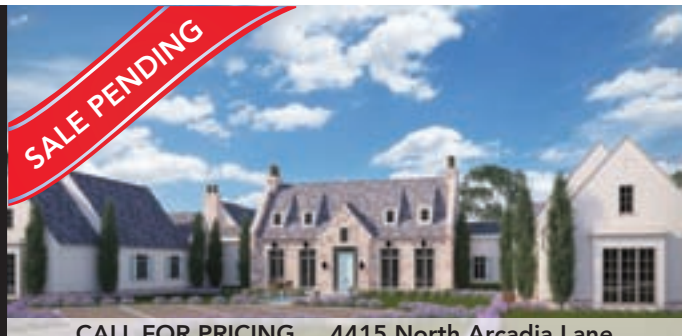




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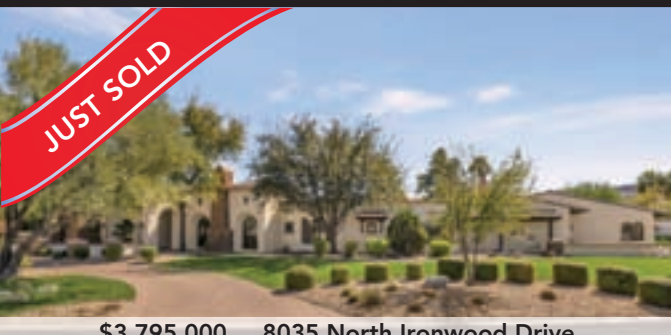
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In the Kitchen

with **Executive Chef**
Lee Hillson of T. Cooks

ROYAL PALMS RESORT

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By Mallory Gleich

As a child, Chef Lee Hillson enjoyed gatherings at what became known as the Hillson Hotel – or his family home. Hillson said that while living in Australia, neighbors and friends would be in and out of the kitchen and that feeling of family gatherings and home-cooked meals is what inspired him to become a chef – and propelled him into a more than 30-year career.

Tell us about your upbringing.

I was born in London, and when I was two or three, my family moved to Australia. They were doing a program called Ten Pound Poms where, for ten pounds, the government there would fly people to Australia, put them up and help them find jobs. It was basically there to boost the economy in Australia. We did that twice.

We moved back to the south coast in England, where I went to Bournemouth and Poole University for culinary. When I was 18, I moved to Austin, Texas. I had a friend who lived out there, so I visited her, but her boyfriend didn't like that much [laughs], so he moved her to Dallas. I was already in the states, so I built a life in Austin before moving to Maryland, Rhode Island, and eventually Arizona in 2000.

Where else have you worked?

I took over as executive chef at T. Cooks in 2004 and left in 2012 to go to The Phoenician for a few years. Then the Sheraton Grand at Wild Horse Pass for three years and returned to T. Cooks in 2019.

In Europe, I worked at a patisserie, Le Gavroche, L'Escargot, La Fosse and in France I worked at Hotel Diva in Isola. In Maryland, I worked at the Inn at Perry Cabin for six months.

What industries were your parents in?

My dad worked in iron-ore in Australia and then owned his own plumbing business. My mom worked in a café as a server and then worked for Lord and Lady Normanton as a housekeeper. That was cool because, as a teen, I was able to visit the Somerley House where they lived. It was kind of like *Downton Abbey*!

What was different about living and working in Europe?

You're between 15 and 16 years old

when you graduate high school. It's way more intense over there. Also, I feel like schooling focused more on world history than just European history, you know? Classes in culinary school were smaller and more focused, too.

What was your favorite class in culinary school?

Pastry. I was a pastry chef for 12 years. It's more like a science.

Who is T. Cook? Can you give us some history about Royal Palms?

It was built over 100 years ago as a private home for Willard Delos Cooke and his wife. In the 50s, it was turned into a small hotel, and many famous people – like Frank Sinatra, Jr. – would come and stay. Eventually, it was sold, and Fred Unger of the Hermosa Inn bought it and renovated it into the property today. Now it's run by Hyatt. There used to be a heart-shaped swimming pool, but it's been turned into a reflection pool since.

What is the inspiration behind your dishes?

We're a Spanish-influenced house, so we try to go Mediterranean-inspired. We're not strictly Mediterranean, but we try to do dishes inspired by that cuisine. We'll use ingredients from everywhere – North Africa, parts of the Middle East, France, Spain, Italy – so we have a bit of everything going through the menu.

We also try to tie in more 'comfort' to it. I leave a lot of it to my sous chefs – Mireya Ryan and Joe Flores have a lot of influence on the menu. They'll think of dishes they had growing up and put a Mediterranean twist on them.

What are the most popular dishes?

It varies from day to day. We have a shrimp pasta right now that flies out the door. The grilled octopus; we go through cases of that a week. It's tough to choose: the short ribs, beef tenderloin, striped bass. I can't pick anything specific.

What is one item in the kitchen you find yourself using all the time?

Our pasta extruder gets a lot of work out of it. We make the main batch in the big mixer, take the crumbled dough and put it in there, and it shapes our different kinds of pasta and



things. All the pasta is made in-house, so that thing is used constantly.

What do you consider your signature dish?

My personal dish is the carbonara. We put it on and off the menu; it's very popular. For right now, I would also say the octopus is a signature dish – Joe put that one together.

What is the first thing you remember cooking?

A pizza for my parents. I took flour and water and made a dough, rolled it out and put tomato ketchup and cheese on it. They ate it, too!

Who are some of the other chefs that inspire you?

Alan Ford, who was one of my chefs in England. I respect him to no end – when I was in pastry, he let me come out into the kitchen, and that's how I got my start as a sous chef. He was amazing to work with. I have quite a few chefs who inspire me – Beau MacMillan is a good friend. I'm in awe of him because he does so much for the community and the people.

You see a lot of famous chefs out there that are all about themselves, but Beau is all about promoting Arizona and the chefs here. One of the most selfless men I've ever met.

Mark Tarbell has a huge heart. When I first came to town, I went into his restaurant for happy hour, and I saw him walking out – I'd been in town two weeks – so I introduced myself and told him I'd just started working at Royal Palms, and he came and sat with me and had a drink with me. He was so welcoming and is so amazing.

Mel Mecinas, Michael Rusconi, Justin Beckett, Jennifer Russo, Silvana from Barrio. All of these people are about the community, and that's something I haven't seen in the places I've worked and lived. They're about helping and supporting each other. There are very few egos in town here, and these chefs are huge culinary inspirations.

You've been on Iron Chef. What was that like?

It was fun – it was probably the fastest and scariest hour of my life, but I had a good time. We didn't win, but I wouldn't change anything. I had two great guys with me, and we crushed it. Our ingredient was ham, so we made a twice-baked ham and cheese soufflé, rabbit loin stuffed with ham, serrano pepper stuffed lobster tail with ham broth and the carbonara, of course.

The only thing I would have added but didn't was bacon ice cream – crispy prosciutto and vanilla ice cream.

I was nervous going into the event, and my sous chefs were fine – as soon as we got on stage, I was fine, and then they got nervous.

How do you keep calm when things get crazy?

I never used to be – I used to have quite a temper. But now it's like there's a circle, and I can only control what's in it. If something goes wrong, it's a learning experience. If the guys do something wrong, I don't yell at them. If we have lines of tickets – you can only cook so fast and fit so many people on the line. Control the chaos in the circle.

What are some of your proud moments?

I've been able to do several James Beard dinners here and in New York. I've been nominated for the Culinary Hall of Fame, but I keep getting beaten [laughs]. I got a silver medal in Europe for my pastries and petit fours. I've gotten to do cooking demonstrations on cruise lines and flown to Argentina to cook, but my favorite thing is being recognized and invited to charity events since *Iron Chef*. I do one in Maui, one in Baltimore and two in Florida.

Are your daughters going to follow in your footsteps?

I hope not. One of them wants to be a vet, and the other wants to be an orthodontist – but next week, that'll probably change.

What do you do when you're not working?

I love watching movies and traveling. Believe it or not – judging by my shape – I enjoy working out, but I haven't been able to lately. Hanging out with my wife and two daughters.

What's next for Chef Hillson?

Continue to grow and grow my team. I'd like Mireya to take over for me at some point so I can do more front operations. I'm in discussions with corporate for their new builds and maybe, like, restaurants that need help or reconstructing to go in and help them, show them what to do. I'm looking into more of the consulting side of the business.

Also, many years ago, we sold our house-made jams and marmalades here, and I'd like to get that going again. We used the oranges right here on the property back in the day – sadly, those days have changed.



Royal Palms postcard, circa 1953.

A brief history of the Royal Palms Resort

Willard Delos Cooke was a New York financier and industrialist who moved to Phoenix in the 1920s with his wife, Florence. He bought 65 acres at the southern slope of Camelback Mountain in hopes of building a winter home for his family.

The home was built in Spanish colonial style, and sprawling palm trees were placed around the property. Cooke died in 1931 but Florence kept the estate and lived there before selling it in 1937.

The home changed hands a few times through the years and was eventually purchased by big-band leader Al

Stovall, who transformed the property into The Royal Palms. It opened in 1948 and hosted many celebrities and movie stars.

In 1956, the Royal Palms was sold to Charles Alberding, who also owned The Jokake Inn down the road. Alberding added more rooms, a swimming pool and a golf course. His family sold the property in 1989 to developer Fred Unger, who also owned the Hermosa Inn. Unger restored the property to its original Spanish style.

The property is now owned and run by The Unbound Collection by Hyatt.

royalpalmshotel.com

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Parada del Sol returns for 68th year of family fun

By Rachael Bouley

Scottsdale and the surrounding communities are invited to this year's annual Scottsdale Parada del Sol Historic Parade and Trail's End Festival, which is back after a "brief" hiatus.

Set for Saturday, February 5 at 10 a.m., the famous event is once again being managed by the Scottsdale Charros, who are known as Scottsdale's Goodwill Ambassadors. The organization has longstanding ties with the Parada, initially organizing the event when it started as the Sunshine Festival in the 1950s – around the time Scottsdale was incorporated as a city.

Known as Scottsdale's Wild West event, the parade and festival have become a cherished celebration, regularly bringing over 30,000 spectators to the streets of Old Town.

The 2022 Parada del Sol is presented by Oliver Smith Jeweler, which is owned by a long-time Scottsdale Charros member. Discount Tire is another big sponsor, while Dan Harkins of Harkins Theatres will be the parade's Grand Marshal.

According to Parade Chairman Jose Leon, this year's theme is "Back in the Saddle."

"The Scottsdale Charros intend to make the parade their biggest fundraiser yet," Leon said. "The parade and events are free and raise vital funds that are donated back to the community and its public school/education systems. This important work is mirrored by the fact that nearly a third of parade entries are local school marching bands and groups."

The Charros have been working hard with the City of Scottsdale and all the sponsors, partners, and volunteers to navigate challenges and ensure everyone stays safe.

This year, parade-goers are encouraged to follow CDC guidelines for mask-wearing (wear one around large



The Bridwell Girls Precision Equestrian Team served as the official color guard at the 2018 Parada Del Sol event.

groups of people) and social distancing (six feet apart) to the best of their ability so everyone can safely enjoy the parade and festival that follows.

"The Trail's End Festival takes place immediately after the parade from 12-4 p.m. throughout the streets of Old Town. It transforms the historic district into a massive Western-style block party for all ages," Leon said.

Entrance is free, and guests can check out three massive stages of live entertainment with popular local bands such as Mogollon, Raun Alosi, the Herndon Brothers, and Dan Harkins' band Union Rock. Scottsdale Mayor

David D. Ortega will make an appearance, and there will also be food trucks, beer vendors, arts and crafts, merchandise booths, and a kids' corral with inflatables and mechanical rides.

"Not only does the Parada del Sol serve as one of Scottsdale's longest-standing community events, but it's free and fun for all ages," Leon said. "It's a vital fundraiser for the city and celebrates Scottsdale's rich history, heritage, and cultures that are a vibrant part of its past, present and future."

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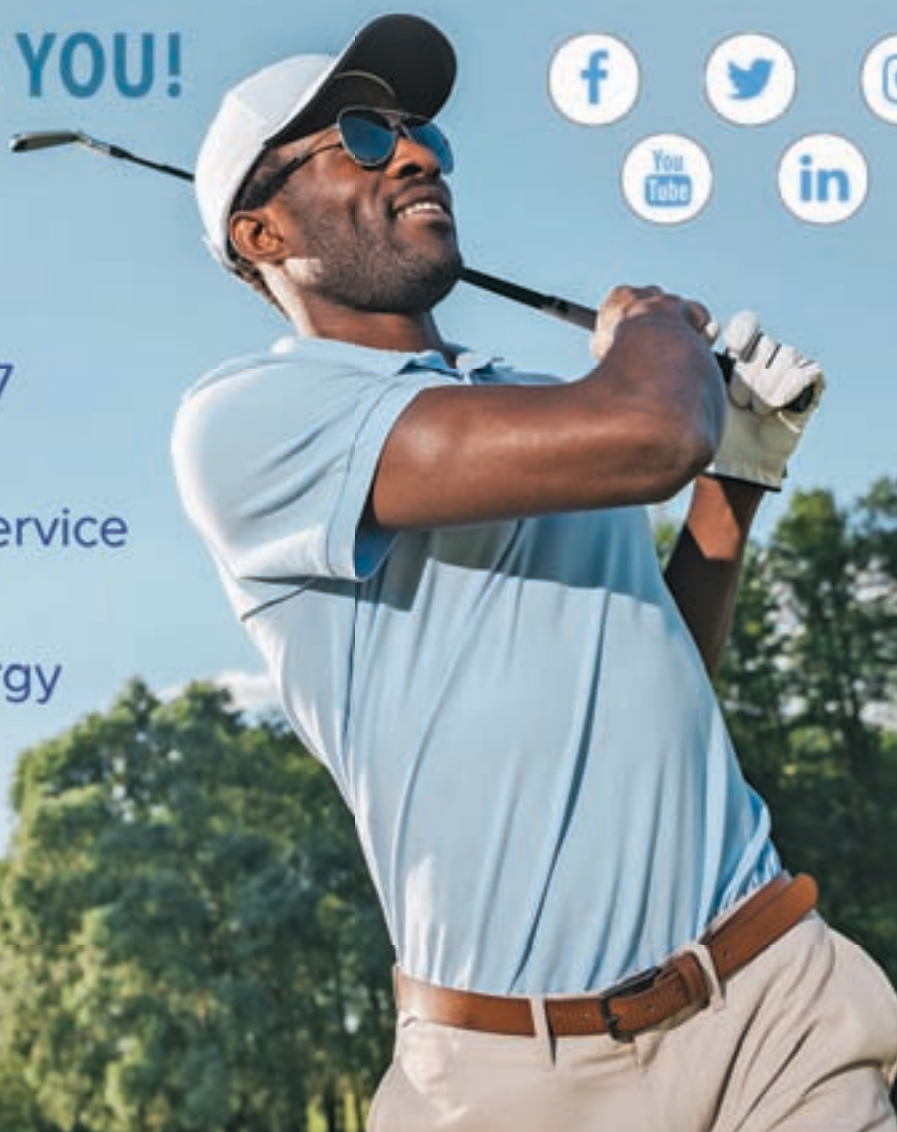
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Extra credit turns into an extra-accolade

By Cliff Summerhill

It started as an extra-credit assignment at Ingleside Middle School. Mr. Clauss’ seventh grade class had an opportunity to write a short story for the Behind the Vision Contest – and Beau Donovan took the opportunity. He’s now a published author.

Beau won first place in the short story category for Behind the Vision’s 2021-2022 The Next Generation: Middle School and High School Contest – and his piece is published in a book of the same name, now available on Amazon.

According to his family, Beau comes from a long lineage of writers, including Robert Burns and Olive Ann Burns. Robert Burns was a famous Scottish poet and lyricist, most known for writing “Auld Land Syne,” the famous song typically sung on New Year’s Day. Olive Ann Burns, who sometimes wrote under the pseudonym Amy Larking, penned the famous novel *Cold Sassy Tree*, published in 1984. Beau hopes to publish his own book someday and continue his family’s writing legacy.

“It feels great,” Beau said in response to

winning the writing contest. “Just the idea of being in a published book is crazy to me.”

With the help and encouragement of his English teacher and his parents, Beau entered the contest with a short piece called “Butter,” a uniquely creative horror story centered around the dairy product as the main protagonist. The story stood out and landed him first place.

“I did it for the extra credit,” Beau added. “I wasn’t expecting to win.”

Behind the Vision was founded by Christopher Moreton to give aspiring writers the ability to expand outside of their comfort zones and offer an opportunity to get published.

“I hope that Behind the Vision can serve as an ally to the writing community and give writers across the nation new opportunities,” Moreton said.

Behind the Vision is for writers of all ages, but Beau’s contest was strictly for middle and high school students. There were four categories: romance, sci-fi, mystery and horror.

“It is a major point of pride for our school,” Principal Junior Michael said. “One of the

“
One of the reasons we celebrate Beau’s achievement is because it serves as an example for our entire campus.
”



Seventh-grader Beau Donovan won the contest with his horror story about butter.

reasons we celebrate Beau’s achievement is because it serves as an example for our entire campus, and I am confident his teachers have greatly impacted Beau’s writing ability.”

Michael added that Mr. Clauss was responsible for Beau’s recognition from the school.

“Mr. Clauss works with Beau and the rest

of the students to instill the passion he has for reading, writing and all things literature,” Michael said.

Beau was also recognized at one of the recent SUSD Governing Board meetings. He was joined by Michael, Mr. Clauss, and his family to celebrate his accomplishment during the meeting.

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AHS Robotics Club continues pursuit of Einstein Level

By Melissa Hirsch

Founded in 2009, the Arcadia High Robotics Club adheres to a curriculum that integrates science, technology, engineering and math (STEM). While students put their brains to the test, they also gain another essential thing: friendship.

"The club is a creative and technological outlet for me," senior Cole Haney said. "It lets me turn my hobby of tinkering and designing into a possible career path while having fun. It's also a makeshift family during the year."

Senior Andrew Nally echoes Haney's sentiments:

"Best friends that I've met in high school have come from the club, and it's been an excellent experience socially. I have much more of an interest in engineer and design than I would have otherwise," he said.

The most important event for club members is a robust yearly challenge put on by the International FIRST (For the Inspiration and Recognition of Science and Technology) Robotics Organization that requires critical thinking, collaborative problem solving and holistic skill-building.

The goal is to construct a customized and semi-autonomous industrial-sized robot using coding and software. Examples are robots that can balance beams, score sports



Back: Dianna Davis, Joe Burgwell, Sarah Burgwell, Raymond Churchwell, Lance Davis, Matthew Hankins, William Petrucci, Dan Cohen, Alex Oihus, Austin Suder, Cole Haney, Justin Davis, Miguel Gomez. Front: Connor Sonnier, Daena De Guzman, Jesse Lochridge, Nicole Lochridge, Catalina Rodriguez, Spencer Flatley, Nai'la Zadlo, Ally Boustila, Joya Rowan, Andrew Nally.

balls, and carry objects while moving them up, down, or sideways.

"The school has an engineering class," explained Coach Matthew Hankins, "but the Robotics Club is what gives the students the tools to create a robot that competes."

After months of challenging themselves, the teen's skills are put to the test in March, as they compete for the top tier (Einstein Level) of the contest, also referred to as "the games." FIRST announces the yearly theme and provides kits with supplies to the

clubs. It's up to the members to brainstorm and create the most stellar robot possible.

What makes the games so exhilarating and unique is the fusion of sports with science and technology. Held in large gymnasiums, spectators get swept up in the excitement of watching the robots as an announcer fuels the audience's adrenaline with a play-by play. This year's theme, "Rapid React," is based on reimagining the future of safe, high-speed travel and lightning-fast deliveries.

In their race to the top, Arcadia club

members first compete in the two regionals held every year: The Arizona North Regional at Northern Arizona University in Flagstaff and the Arizona West Regional at Chaparral High School in Scottsdale.

"If students win those rounds, they go on to the semifinals. World Competitions will be held in Houston this year. Those winners go on to the Einstein rounds. We've been close a few times, almost making it to the semifinals but haven't moved past it...yet," Hankins said.

While creating winning teams is important to Hankins, something more profound inspires him. "The camaraderie of the team is what brings me back to coach every year," he said. "Robots are very impressive, but I think professionalism and networking and long-lasting friendships are what it's really about."

firstinspires.org

PREVIOUS AWARDS

- 2012:** Finalist Gracious Professionalism
- 2013:** Judges' Award
- 2015:** Dean's List Finalists
- 2016:** Gracious Professionalism
- 2018:** Imagery and Industrial Design
- 2019:** Excellence in Engineering

Happy birthday, Arizona!

By Jennifer Marshall

Valentine's Day and Arizona. At first thought, these two unrelated entities appear to have nothing in common or anything to connect them. But if you travel back in time, specifically to February 14, 1912, the date that Arizona became the 48th state of the Union, you will see why Arizona is affectionately known as the Valentine State.

This year marks 110 years of statehood. Once home to cowboys and ranchers, the Grand Canyon State has grown from its agricultural infancy into a thriving state home to Fortune 500 companies and high-tech industry.

The Territory of Arizona was established when it was carved out of the western half of

what was the New Mexico Territory in 1863. The first official capital was established in Prescott in 1864. It was moved a few years later to Tucson, then back to Prescott in 1877. The final stop for the capital would be in 1889, when it was brought to Phoenix.

The land attracted and was established by several key groups of people. Prospectors hoping for quick riches traveled here to mine previous resources like copper, gold, and mercury. Copper was discovered in 1854 and it would go on to be Arizona's number one industry until the 1950s.

The Homestead Act of 1862 was a huge enticement for settlers, offering 160 acres for a small filing fee, providing the land was improved and maintained for five years. A



more reliable source of water was brought through the Salt River Valley when the Arizona Canal finished construction in 1885. This made life a lot easier for the influx of ranchers and farmers who took the chance of a lifetime and moved here as part of the great western migration.

Today, many of those swaths of farm and ranch land have given way to high-end resorts, luxury residential neighborhoods and countless businesses.

A fun Valentine's Day fact: Located off historic Route 66 in Northern Arizona, we have our very own town called Valentine. These days, it's considered a ghost town, but it once received thousands of cards to be processed through their mail system sent for the expressed purpose of receiving the heart postmark.

While the stamp has now been relocated to the Kingman Post Office, big hearts and love still exist in Valentine. At the Keepers of

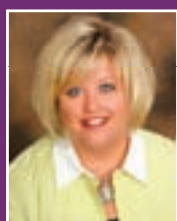
the Wild Nature Park, neglected and abused tigers, cougars, bears and monkeys now thrive at the 175-acre sanctuary. [Insider tip: A neat idea for Valentine's Day!]

For those seeking adventures closer to home, couples can celebrate Valentine's Day in the Valley by hiking a historic trail, going to dinner at a posh resort, or shopping and exploring quintessential Arizona at the shops in Old Town Scottsdale or Cave Creek.

ARIZONA STATE

- Nickname:** Grand Canyon State
- Motto:** *Ditat Deus* (God Enriches)
- Tree:** Palo Verde
- Flower:** Saguaro Cactus Bloom
- Size:** 113,998 square miles
- Population:** 7,151,502 (2020 Census)
- Oldest incorporated city:** Tucson (1877)
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My cherished grandsons, Court & Carl Fischer.

The Dining Scoop

By Mallory Gleich

Arcadia News is introducing a new column highlighting some of the upcoming restaurants in our neighborhood. This month, we're spotlighting CAVA Mediterranean and Papi Gordo's Cocina + Tequileria.

CAVA:

CAVA made its debut in the Arcadia neighborhood on December 10, 2021. The eatery is located in the former Zoe's Kitchen building on 40th St. and Indian School Road.

The CAVA Group was founded by Ted Xenohristos, Ike Grigoropoulos, Dimitri Moshovitis and Brett Schumann. Ted, Ike and Dimitri are childhood friends who grew up in large Greek families (if their last names didn't already give that away) – so their recipes reflect that home-cooked, family vibe.

"CAVA brings the fresh, vibrant cuisine of the Mediterranean to fast-casual dining, unlocking bold flavors and nutritious ingredients with every bite," CEO and co-founder Brett

Schumann said.

There are currently 164 locations across the U.S., on the east coast, and in California and Texas. Arcadia is the first Arizona location, but the owners plan to open four more in the state before the end of the year.

"Our Harissa Avocado bowl and Spring Lamb + Feta bowl, which is topped with house-made pickled onions and our garlic dressing (made

from aquafaba that they make from chickpeas) are two of our most popular dishes," Schumann said.

Recipes are inspired by the Levant region of the Mediterranean, which includes Greece, Lebanon, Syria and Israel. To build a bowl, guests start with a base (like salad or pita) and can choose to add an assortment of dips/spreads, meats such as falafel or spicy lamb meatballs and toppings like cucumber and feta. They also offer house-made juices and teas.

cava.com

PAPI GORDO'S:

Owners Austin Walter and Albert Hernandez opened Papi Gordo's Cocina + Tequileria, located in the Gaslight Square Complex on 36th St. and Indian School, in October 2021.

While Papi's is their first business in the Arcadia area, the pair also plans to open Freshly Laid – a breakfast sandwich shop in the strip just east of the Gaslight Square.

"Papi Gordo's food is high-end without the 'bougie' feeling," Hernandez said. "It's good tasting, and it looks good."

Popular menu items include queso-



Vicky's Green Chili Tomahawk Pork Chop.

birria tacos, a loaded street-style baked potato (which is the size of a dinner plate), birria ramen and steak tacos. The Mexican chingon bowl, made with a red chili tamale, Spanish rice, refried beans, cabbage, pico de gallo, salsa and choice of meat, is also a fan-favorite.

The eatery also offers horchata and Mexican sodas, plus churros and house-made doughnuts for dessert.

"The recipes are family traditions from generations back. They originated in southern Mexico in the state of Michoacán and have not been altered to 'fit in,'" Hernandez said. "We adapted them with new interpretations, and I believe they set themselves apart with their flavors. Come in and take a tour of southern Mexican cuisine!"

papigordos.com



Pita sandwiches at Cava.

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Nonprofit honors Dr. Martin Luther King throughout the year

By Jennifer Marshall

Community Celebrating Diversity (CCD) was established in 1993 to keep Dr. Martin Luther King's virtues and values alive.

While the CCD celebrates Martin Luther King Day (January 17) with great fanfare, they work tirelessly throughout the year to promote his mission and dreams.

"CCD was founded after Arizona voters decided to reinstate MLK Day as an official statewide holiday the year before (1992)," CCD President Sarah Kearney said. "CCD is an incredible grassroots effort started by Sandra Rembrandt, a community representative, and Don Logan, City of Scottsdale Diversity and Dialogue Director."

Kearney said the partnership's focus was to create a Scottsdale event where community members and visitors could assemble to recognize and celebrate MLK's legacy.

Beyond that, the CCD's mission is to understand and promote diversity while acknowledging similarities and seeking hope, happiness and respect for all members of humanity. They created collaborative partnerships with organizations in the business and nonprofit community to fulfill their mission. While they welcome and support



Alan Powell



Angela Hughey



Chris Haines

all, the CCD has increased their focus and efforts on the local youth.

Kearney cites that "since 2007, CCD and our partners have awarded 50 local students a total of \$121,500 in college scholarships."

"The annual MLK Celebration was conceived to mirror Dr. King's dreams, but the community collaboration also was, in part, designed to mitigate the political and economic impact to Arizona following the repeal of the MLK holiday years prior," Kearney said. "Though Arizona was once again recognizing MLK Day in 1993, Scottsdale community members, working through CCD, sought to do even more to celebrate this important man and day."

One significant way they accomplished this goal is through their annual Diversity Champions Award, which, according to Kearney, honors community members who embody Dr. King's values of peace, unity and understanding.

During the celebration held on January 12, three local leaders were honored as Diversity Champions: Chris Haines, Angela Hughey and Alan "AP" Powell. 2022 marks the 21st year for this award.

Haines, who works in education, has devoted her career to helping students who come from marginalized and at-risk backgrounds to be able to achieve the same educational and athletic opportunities as their counterparts.

Hughey has made her leadership mark in the LGBTQ+ community where, in 2008, she founded ONE Community to promote equality. Through her creation of the UNITY Pledge, she worked to bring equality to all aspects of life, including both home and work.

Powell, an entrepreneur and veteran, has made it his mission to serve those who have served this country. He established the charity HeroZona Foundation to help students and veterans get the educational opportunities they want and need.

ccdarizona.org

Making a splash for mental health

By Melissa Hirsch

With help from a few Brophy swimmers, Xavier's second annual Swim for the Light campaign raised \$10,000 to change the conversation about mental illness and decrease its debilitating stigma.

The virtual swim relay event was created in 2020 by Xavier graduate Kelly Scott. When a friend, suffering emotionally from lockdown, confided in her, Scott took action and spearheaded the campaign.

This year, the co-captain of Xavier's 2021 swim and dive team, Ashleigh Baros, took over and re-created the event. She encouraged swimmers of all ages to videotape themselves swimming. Using Brophy's pool, the participants executed three relays, with four on a team. They each swam 100 minutes or four 25-meters.

The 100 yards they swam raised funds to match donations earmarked for Valleywise Health Foundation, Arizona's public teaching health system. Word of mouth quickly spread through friends, family, social media and promotion from Valleywise. The only caveat



Grace Hull, Ashleigh Baros and Jack Sorenson at the 2021 event.

Baros insisted upon was that the money raised had to go toward teens and younger people's mental health programs.

Like Scott, Baros empathized with her fellow students and others she knew who were adversely affected.

"Teens I knew were becoming depressed, feeling anxious, and experiencing alienation," she said. "That's when I decided to keep Swim for the Light going. It meant a lot to me since I was watching my friends struggle. I feel this is a very important topic since we need

good mental health for good physical health. The whole purpose is about changing the conversation."

The fundraiser also injected a healthy dose of fun into the event. Participants could swim in tandem, with one person holding on to another, for a 50-meter relay. They could do a 25-meter corkscrew, freestyle or backstroke.

"Ashleigh did an excellent job and rallied the swim team's participation," said Sister Lynn Winsor BVM, CMAA, vice principal for activities and athletic director. "We are really proud of her for keeping what is now a two-year tradition and helping Valleywise Health to provide mental health services to teens and young adults. Hopefully, it will continue in the future."

Ashleigh recently received an academic and athletic scholarship that she can use at the University of Missouri in St. Louis, where she plans to major in nursing. She also plans to continue swimming.

valleywisefoundation.org



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Devastating diagnosis propels Xavier student to 'Raise a Voice'

By Sabrina Proffitt

To describe Kate Blair as a powerhouse might be an understatement. The Xavier senior took her sister's life-changing diagnosis and created a new outlook on life – which in turn, helped her raise money, start a podcast and even write a children's book.

In 2011, at seven years old, Kate's then 5-year-old sister Elizabeth was diagnosed with Non-Hodgkin Lymphoma.

Both Non-Hodgkin and Hodgkin Lymphoma are the third most common cancers in children.

What happens with this cancer is that early white blood cells, called lymphoblasts, grow out of control and fail to mature. These cells, which make up the lymphoma, increase in number, causing swelling or enlargement of the glands or other body areas where they are usually found.

Kate was determined to do anything to help her sister and others who experience similar diagnoses. She set out to raise money for the cause by selling candy bars and rainbow manicures on her family's front lawn.

Years later, Kate would go on to win Miss Arizona's Outstanding Teen 2021 and Miss America's Teens in Action 2022 with her initiative to "Raise A Voice" for childhood cancer. Through this initiative, she has helped raise over \$150,000 for the EBB Foundation [named and created for Elizabeth by her family] and various other charities. She's



Kate and Elizabeth at a Christmas volunteer project.



Kate at home recording her podcast.

PHOTOS COURTESY OF KATE BLAIR

even addressed members of Congress in Washington, D.C. on the topic.

Kate started a podcast called "Raise A Voice," which was named one of the top 15 podcasts for childhood cancer for 2021.

"I knew this cause had impacted my family and changed our lives forever," Kate said. "I saw my sister start experiencing side effects

of chemotherapy – from losing her hair to not being able to walk or run around – not getting to be like a normal kid. I knew from that moment that I wanted to do something and that I needed to make a change and impact the lives of people who were affected by this cause."

Kate's next step in her advocacy journey

was to co-author a children's book called *Princess Pippa and the Crown of Kindness*. Written by Kate, Heidi (Kate's mom) and Elizabeth, the book uses real conversations from their lives.

One conversation in particular stuck with the family – when Heidi asked her daughters what made them beautiful. Elizabeth answered, "lipstick." Kate laughed and explained that true beauty comes from the heart, and she hopes it will help young children deal with chemotherapy's side effects. This is the focus of the book.

"My sister and I were completely confused by what was going on. A few weeks later, Elizabeth would be diagnosed with cancer," Kate said. "She'd be losing her hair. She'd be going through an identity crisis because she didn't look the same, and her life was different. That moment, in a way, was a God-given moment because even though we didn't know it was coming, it prepared us. I use that story in my book to spread the message of beauty through kindness."

Today, Elizabeth is cancer free.

Kate was recently selected as a semifinalist out of over 68,000 applicants to The Coca-Cola Scholars Foundation, which recognizes and awards a \$20,000 scholarship to 150 students nationally who impact the community.

Kate will graduate from Xavier this year and plans to major in biology in college.

St. Vincent receives donation in the form of 500K cans



The Xavier Food Drive began benefiting St. Vincent de Paul exclusively back in the 90s.



Sister Lynn Winsor, a Xavier alumna and the current athletic director, helping out at a St. Vincent food drive.

PHOTOS COURTESY OF LISA ZUBA

By Cliff Summerhill

Xavier students could trade their skirts for sweats this past fall – but only if they helped out with the 2021 canned food drive.

The school exceeded expectations and collected a whopping 501,863 cans of food to benefit St. Vincent de Paul, a local nonprofit whose mission is to help those in need, including those experiencing homelessness.

Senior Catherine Alaimo spearheaded this year's drive as an officer in the school's National Honor Society.

"Before organizing the canned food drive, I didn't fully comprehend the magnitude of the poverty in which 1 in 8 Arizonans live," Alaimo said. "After learning this, I was eager to plan and work on the canned food drive."

In preparation, Alaimo shared that she and her fellow officers "wrote announcements every morning, came up with incentives for the participants and consistently arrived

at school early to collect cans that were brought to school by others."

The drive originated in Xavier's early days – the 1940s! – but has exclusively benefitted St. Vincent de Paul from the early 1990s. The campaign starts in the late fall and lasts about 30 days.

"I was humbled by how the community participated in and donated to the drive, so much so that we exceeded our first goal of 300,000 cans and raised it to 500,000 cans," Alaimo said. "We were so happy with the results of the community's efforts, and I feel rewarded to have contributed to ending local hunger."

St. Vincent de Paul was established in Phoenix in 1946 and serves Arizonans in various capacities, including daily meals, clothing, housing assistance, and other vital resources.

With over six million pounds of donated food, the local

Catholic organization serves up to 1.2 million meals per year in their dining rooms. It provides an additional 400,000 meal boxes to families across Arizona.

Xavier plans to continue their canned food drive next year and hopes to exceed the number of cans collected.

"Each year, the drive grows as interest and awareness of people with significant needs inspires students to act," Lisa Zuba, Director of Marketing and Staff Development, said. "It's also a natural effect of Xavier students putting faith into practice as they give back more than 30,000 hours each year to community service and volunteer activities."

According to Zuba, the students at Xavier are the masterminds behind most of the school's community and charitable work. The canned food drive is just one of many activities students lead to give back to others throughout the year.

stvincentdepaul.net

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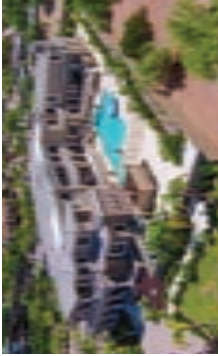
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Genuine Concepts to open flagship restaurant

By Mallory Gleich

Jim Riley and Jeremy Pacheco are a culinary force with more than 50 years of combined experience in the restaurant industry. As a managing partner and the culinary director of Genuine Concepts (the restaurant group that houses all five Vig locations), they're always searching for the next big thing – and this year, that big thing is The Genuine.

As a co-founder and managing partner, Riley helps with the day-to-day operations at The Vig locations. Pacheco also oversees the Vig, plus the other Genuine Concepts establishments: Ladera Cocina, Campo, The Little Woody, The Womack, and The McMillan.

"I help with menu writing, recipe writing, staffing – all things culinary," Pacheco said.

A new eatery, aptly named The Genuine, will open in place of the Vig Uptown location near the northwest corner of 16th St. and Bethany Home Road.

"We started conversations about a flagship restaurant a little over a year ago, with the name tied in. We wanted to do something fun and different," Pacheco said. The shining star of the restaurant will be a brand-new Forno Bravo wood-burning oven.

"It isn't going to be a pizza place – but there will be pizza available, along with pasta and steaks. It'll be an elevated dining experience," Riley said. "It'll be a very fluid menu."



Jeremy Pacheco and Jim Riley.

Riley says the kitchen will experiment with items – which is echoed by Chef Pacheco, who said The Genuine will also be used as a kind-of test kitchen for new dishes.

"Think great ingredients done simply," Pacheco said. "About 60-70 percent of the menu items will come from the oven."

Pacheco said some of the inspiration for the dishes comes from his roots and other items he has created in the past. Another focus will be on supporting local vendors,

a few of which have already helped out at Vig locations. In the works for The Genuine are a pork belly dish, shrimp scampi, wood-fired prawns, charcuterie and a wagyu steak.

"Everything will have a little 'kiss' from the wood-burning oven," Pacheco said.

Pacheco continued to say that the menu will focus on people gathering as a group and ordering shareable items. As far as cocktails go, Pacheco said that he plans on continuing with the success of the Vig's program while

garnering a few tips from Travis Nass, former mixologist at the Hermosa Inn.

"We have a fantastic beverage manager and program already, but I'm excited to tap into Travis's knowledge," Pacheco said. They plan on bringing in a few more local wines, as well.

The Uptown location has been a Vig for the past 11 years – for it to become The Genuine, it is going through a complete remodel.

The original building was constructed in the 1960s by Ralph Haver – it's almost 100 percent concrete. Pacheco looks at it like an open canvas.

"We're trying to pull back the curtains and bring it back to its original design. We'll open all the windows for natural light and unveil some of the elements that have since been covered up," Pacheco said. That includes taking a couple of layers off the front patio that faces Bethany Home and lowering the wall to engage street traffic.

As far as what they're most excited for, both Riley and Pacheco had the same responses: the neighborhood's reaction – and the wood-burning oven.

"I'm so excited about the oven! I've had so much fun cooking on it," Pacheco said.

The Genuine will be open daily for lunch and dinner, plus weekend brunch, and focus on wood-fired specialties. The anticipated opening date for The Genuine is mid-February to early March.

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Ally Bolden



Antonio Green, Jr. and Jack Spiekerman



Avery Bowling

Students honored at the SUSD All-District Athletic Awards

By Rachael Bouley

Arcadia High School's athletic talent was on full display at the SUSD All-District Athletics Banquet as four Titans were recognized with well-earned awards.

Antonio Green, Jr., Jack Spiekerman, Avery Bowling and Ally Bolden were honored for their athletic achievements in the 15th year of this awards banquet tradition. There are three events – one per season – for each school year, with keynote speakers from the school board,

athletic directors and school principals all in attendance.

After losing four banquets last year, the SUSD community came together to highlight the athletic efforts of high-achieving students, with the fall dinner held in December at The McCormick Scottsdale.

"The SUSD Athletic Awards Banquet is an opportunity to recognize the very best student-athletes at our five high schools," Director of Athletics Nathan Slater explained.

The four Arcadia winners joined their fellow athletes in receiving an 8x10 plaque commemorating their accomplishments following a selection by coaches after winning their respective meets.

"It is very important to recognize our student-athletes organizationally as athletics is an integral part of the comprehensive high school experience," Slater added. "We also have a chance to thank the coaches who spend countless hours with them, as well as their parents."

The banquet, funded by the SUSD

Foundation, also has representatives from the Scottsdale Charros on hand. They give two \$500 scholarships to a male and female athlete based on nominations from high school athletic directors and coaches.

Ally Bolden was named the female scholarship winner in addition to her Arcadia All-District Award. Bolden impressed with her leadership on the varsity volleyball team, earning 2nd Team All-Region for the Northeast Valley in 2021, and volunteering with the AHS National Honor Society, Key Club and Beneficial Bag Club.

"It was so exciting to get the award, and it was extra special because Coach Bunker, who has been so great to me over my Arcadia career, was the one who presented it to me at the banquet," Bolden said. "It definitely was a great way to end my last season at Arcadia."

Bolden was joined by fellow seniors and Titan All-District winners Antonio Green, Jr. and Jack Spiekerman, defensive players from the varsity football team. Arcadia diver Avery Bowling was an exciting addition to a growing list of accomplishments like finishing first at the district meet and placing 6th at state.

"It felt amazing that I received this award. It was incredible, and I am so honored to be chosen, especially being a freshman," said Bowling, who credits dive coach Ms. Blystone and his teammates for helping him succeed.

"So far, my proudest accomplishments at Arcadia probably are representing at the state level and lettering in my sport for the first time."

All three Arcadia senior winners have yet to confirm their college goals but plan to continue chasing their athletic and academic ambitions after graduation. The SUSD All-District Athletic Awards will return in March following the winter sports season.

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Time to whip those meals into shape!

Plant-based Wellness



BY MIRIAM HAHN

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

Eating healthy day in and day out can be tricky, right? Not every meal has to be perfect, but to make progress with your health goals, the majority of your meals should be packed with nutrients, void of processed ingredients, and balanced with protein, fat and fiber while still being delicious. And yes, this is possible!

We all have 21 meals a week to work

with. What if we make 17 of those meals the healthiest they can be? Bump up the nutrition in any meal by adding fresh organic produce, reducing or eliminating animal products, adding fresh herbs or spices (turmeric, basil, oregano, thyme, dill, etc.) that contain potent antioxidants, and bringing in multiple colors of the rainbow by eating a variety of produce.

One way to stay on track with healthy

eating is by meal prepping. Take 15 minutes on Fridays to jot down 3-5 meals that can be made ahead for the following week. Shop for the ingredients on Saturday and then spend an hour or two on Sunday making them.

To help you get started, here are three recipes – breakfast, lunch, and dinner options – that all can be made ahead of time:

Instant-Pot (or stove-top) steel cut oats

My number one healthy breakfast is rolled or steel-cut oats topped with fresh fruit. Oats are full of vitamins, minerals, fiber, and resistant starch, which activates the good healthy bacteria in our gut (hello, strong immunity!). Topping with fresh fruit adds antioxidants to fight disease and make us glow.

Ingredients

- 2 cups steel-cut oats
- 5 cups water
- Fresh fruit for topping
- Plant-based milk for topping



Directions

1. Add the oats and water to the Instant Pot and stir.
2. Place the lid on the Instant Pot and make sure the nozzle on the lid is set to "sealing." Select the "pressure cook" button and the time to four minutes.
3. When the cook time is done, let the Instant Pot natural-release for 20 minutes. Then carefully (using a utensil), change the nozzle from "sealing" to "venting." Stand back in case there is any remaining pressure to release, which will come out of the top of the lid. Open the lid and stir. Ready to serve. For stove-top, follow package directions.

Serves: 6

Eggless "egg" salad

This "egg" salad is packed with nutrients that will keep you full until dinner and contains none of the cholesterol the typical version contains. Eat a scoop on top of a salad, serve in romaine lettuce cups or have on toasted bread. Top with sprouts or arugula for an extra burst of flavor.

Ingredients

- 2 cans garbanzo beans, rinsed and drained
- ½ cup red onion, diced
- 2-3 stalks celery, diced
- 2 tbsp. organic sweet relish (or sub dill relish)
- 2 tbsp. fresh dill, chopped
- ½ cup Veganaise
- 2 tbsp. Dijon mustard
- 2 tsp. black salt
- 1 tsp. garlic powder or granules
- 1 tsp. onion powder or granules
- 1 tsp. pink Himalayan salt
- ½ tsp. turmeric powder



- 3-4 romaine hearts, butter lettuce or on whole grain bread

Directions

1. Put the drained chickpeas in a food processor or a food chopper and pulse to get a chunky texture. (Don't fully blend to make smooth.) Mash with a fork if you don't have a food processor.
2. Add the red onion, celery, relish, dill, Veganaise, mustard and spices. Stir well to combine.
3. Spoon into romaine hearts or on whole-grain toast.

Serves: 6

Tortilla soup

Soups are a great thing to have for a quick lunch, dinner or snack. This one is packed with many healthy ingredients, including lentils that offer B vitamins good for brain health and mood. Top with red onion, fresh avocado and cilantro for more disease-fighting compounds.

Ingredients

- 1 yellow onion, diced
- 1 green pepper, diced
- 1/2-1 jalapeño pepper, diced
- 2-½ cups vegetable broth
- 1 15 oz. can tomato sauce
- ½ cup salsa verde
- 1 tbsp. tomato paste
- 1 can each: black beans, pinto beans (drained)
- 1 cup corn (frozen, organic)
- ¾ cup red lentils (do not substitute green or brown)
- 1 tsp. each: pink salt, cumin, chili powder, garlic powder
- ¼ tsp. cayenne pepper



- 1 cup canned coconut milk (optional)
- 8 small (4.5") corn tortillas cut into strips
- Toppings: cilantro, red onion, avocado, jalapeños

Directions

1. Add ¼ cup of the broth to a large soup pot and add onion, green pepper and jalapeño. Saute for five minutes.
2. Add in everything else except coconut milk, tortillas and toppings. Bring to a boil, then cover and reduce heat to simmer. Cook 30 minutes.
3. Add the tortillas and coconut milk and cook for five more minutes.

Serves: 6



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"Meet Mr." | Ray Artigue

Brien Butler

Brien Butler thought he would never become a father. In fact, he wasn't positive he wanted children or the sacrifices made to raise them. Those hesitations have long since vanished.

"When your kids hug you and tell you they love you, it makes it all worth it," the 68-year-old dad said with conviction.

This third-generation Phoenician met his wife, Kimer, when he was 48, and they married soon after. Two years later, they had their first daughter, Megan, who is now 16, and four years later, her sister Maddie.

"I was scared to have kids, but it has changed my life and all for the better," said Butler. "Being a parent takes the focus off of yourself and forces you to be a better person. It has also enriched my marriage."

Brien attended ASU and, after graduating with a degree in business, moved to California for work. He returned home in 1997, yearning for a connection with childhood friends and college buddies.

He also decided to stake a new claim on his life and quit drinking.

"One of my best friends, and actually the best man in my wedding, sort of adopted me into his family, and I saw what happy families looked like," he reflected. "They invited me to their church, and I started pursuing the things of God, rather than myself."

It has been 26 years since Butler gave up alcohol, and he points to his newfound faith as the guidepost for a life renewed.

"Sometimes the hardest things in life bring



Brien with Maddie (age 8) in the back and Megan (age 12) on the right.

the best results, and it's all about getting outside yourself," he said.

He said he's made every mistake there is but is determined not to allow that to happen in his family. "Any wisdom I have comes from Christ and those people who have come around me."

Not surprisingly, Brien's favorite movie is *It's a Wonderful Life*, and he claims he has watched it five dozen times. He admits there were times in his life when, like George Bailey, nobody would have missed him.

"I get emotional every time I watch that movie because it provides hope for the promise of a happy family."

Beyond his heartfelt sentiments, Brien has an edgy sense of humor, always adding a quip to most

conversations. "I enjoy making people laugh and keeping things light," he said.

An independent insurance agent, Butler works from home, allowing him to play the role of Mr. Mom while Kimer pursues her nursing career.

A proud, long-time subscriber to *MAD Magazine*, Butler says it provides him fodder for his quick wit and joke-telling. "Maddie loves reading it with me. I guess she's like her dad, a little mischievous and always looking for a laugh."

He says he enjoys playing his unofficial role as "grandpa" among the younger moms, engaging them in conversation and laughter while waiting for the bus.

"Life is too short, so we need to make the most of every day."

Or, as that famous MAD character liked to say, "What, me worry?"



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Love and history all in one

Arizona is great because you can experience its rich cultural history and still enjoy the modern amenities that make for a relaxing getaway. With Valentine's Day just around the corner, why not celebrate by taking a walk back in time, when life was slower but still chic and full of flavor?



Robin's Adventures

BY ROBIN SEWELL

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

It doesn't check off the traditionally "romantic" box, but Winslow, Arizona, is full of character, charm and evokes that warm and fuzzy feeling of days gone by. Fifty-seven miles southeast of Flagstaff, Winslow's visitors come from near and far so they can stand on the corner made famous by

the Eagles' song, "Take it Easy."

However, the true gem of this town is the La Posada Hotel, opened in 1930 as a Fred Harvey Hotel on the Santa Fe Railroad Line. The 60,000 square foot, 70-room hotel was built for \$1 million,



La Posada Hotel and Gardens.

and its furnishings cost another million. Famed visionary architect Mary Coulter called it her "last and best."

This hacienda-style inn once attracted high-profile guests like John Wayne, Amelia Earhart, Clark Gable, Will Rogers, Jane Russell, Jimmy Stewart and presidents and dignitaries like Franklin D. Roosevelt.

In the late 1990s, the owners of La Posada, Allan Affeldt and his wife Tina Mion, took on a \$12 million restoration to renovate this landmark to its glory days. They called it a labor of love, which turned into a renaissance of American history and brought new life into Winslow.

Affeldt said it felt like collaborating with an architect who has passed on,

therefore keeping the spirit of Mary Coulter alive.

La Posada received the Governor's Award for its restoration and is on the National Register of Historic Places. Today, the art-filled hotel attracts railroad enthusiasts, architects, history buffs, Route 66 fans and travelers from all over.

La Posada also boasts an award-winning restaurant, The Turquoise Room.

The Super Chief was a deluxe train between Los Angeles and Chicago back in the day. It was called the "train of the stars" because rich, famous guests traveled by train across the country.

Each domed lounge car had a private dining area called the Turquoise Room. These exclusive restaurants were by reservation only and advertised as the finest dining on wheels. In keeping with

the spirit of luxury train travel, The Turquoise Room at La Posada quickly became one of the finest restaurants in the Southwest.

The original chef, John Sharpe, was twice nominated for a James Beard Award for Best Chef in the Southwest. A few of the unique menu offerings are regional classics, like the Hopi Piki bread, Navajo Churro Lamb and Fred Harvey Boilerman breakfasts.

The famed restaurateur retired a few years ago, but his legacy of fine dining in the desert continues.

Romance, elegance, food and an enchanting look at our historical past seem like a winning recipe for a fun-filled Valentine's Day, just off an Arizona highway.



Winslow's famous corner from the Eagles' song "Take it Easy."

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Bet on yourself this year

Recently, I heard a famous comedian talking about her career and how she got to where she is today. She said something that really caught my attention – that when it comes to her work, she's always tried to bet on herself and that other people should bet on themselves, too.

What a novel idea and a great way to think about our careers. So often, we give other people a chance in situations where we might not give ourselves the same opportunity.

Think of it this way. We can be our harshest critics and know every weakness and worry that we possess. We know all of the reasons that things might not work out for us, remember every time we have made a mistake, and just how much it hurt.

We may feel like taking a risk just isn't worth the effort, given the high possibility that we may fail.

But, we don't know those things with the person sitting next to us at work. We aren't aware of every weakness and every worry they have. We can often see their potential without clouding the picture with these details.

If we reflect on ourselves, we also have many good qualities.

Perhaps we have a

significant amount of industry knowledge and experience. Maybe we have great resources and mentors. We may have many transferrable skills that we bring to work every day. Or, maybe we're great at leading others.

If we saw our strengths in another person, we'd likely give that person a real shot. We'd give them the benefit of the doubt. We'd bet our money on their ability to do the work. We would assume they would be successful.

So, rather than get caught up in self-doubt, what if we tried to turn the tide around in 2022? What if we gave ourselves the same benefit of the doubt that we'd give to someone else? What if we focused in on our strengths rather than our weaknesses?

I bet that work would become a lot easier if we did those things. We would take risks that today we avoid. We might volunteer more and step outside of our comfort zone. We might try to increase our knowledge and skillset. And honestly, all of these things might impress our boss and benefit our company overall.

What's the worst thing that could happen? Sure, we might fail. But we might succeed. Keep this in mind as you start 2022, and bet on yourself!



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
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From the Archives

ARCADIA NEWS

Vol. 18 No. 11

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

February 2011

ARCADIADAILY.COM

SEVERAL THOUSAND WORDS



Arcadia residents sent us hundreds of Photo Contest entries over the past year, and lots of good ones, too. There has to be a winner, and this is the month of decision. See who is the Grand Prize winner on page 19, and learn about the new themes for the photo contest in 2011.

Your furry friends the roof rats are coming back soon, and the tried-and-true control methods that have served the neighborhood well remain your friend in the fight.

Page 6

Valentine's Day typically means two things: candy and flowers. Two local women are ramping up their businesses for Arcadians seeking the traditional gifts.

Page 37

One way to travel is to take your language skills to non-English speaking parts of the world. Read all about the ins and outs of teaching English in a foreign country.

Page 39

Do you recognize anyone on this cover from February 2011? This issue revealed the grand prize winner of our photo contest and included some of our judges' favorite entries from the hundreds that were submitted throughout 2010.

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Event encourages students to learn about construction industry

By Rachael Bouley

Trying to decide what career path to take can be challenging for high schoolers, but one local event aims to help by introducing students to one continuously growing industry: construction.

Arcadia High joined dozens of other schools at the 20th annual Arizona Construction Career Days (AZCCD) at the National Guard Base Park on McDowell Road in Phoenix. The two-day event was organized by the Association for Construction Career Development and sponsored by Rosendin, the largest employee-owned, privately-held electrical contracting company in the U.S.

Rosendin Training Coordinator Aimee Olmedo said that the company has been in Arizona since 1994 and offers a safe, welcoming, and inclusive workplace, making it an excellent choice for high schoolers exploring future careers in construction.

“Rosendin became involved with AZCCD because we want to change the construction industry,” Olmedo said. “With an aging workforce and an unprecedented amount of work opportunities, we need to do a better job of educating students that construction offers far more than what is stereotypically assumed to be a construction job.”

Approximately 3,000 students from across the Valley visited the state’s largest construction event for high school students,



exposing more young people to the industry’s long list of career opportunities.

That included Rosendin’s booth, where local students learned about STEM careers with computer modeling demos and hands-on activities such as basic electrical wiring, fabricating tubes and bending electrical conduits. The company made the most of this opportunity to show students how electrical apprenticeships can set the foundation for long-lasting careers.

“The response from the students was overwhelmingly enthusiastic and positive,” Olmedo said. “They engaged in the activities offered at the event and appreciated the opportunity to see all the different career options.”

The Arizona Department of Education, Federal Highway Administration, and Arizona Department of Transportation, which also supported the event, has welcomed over 34,000 students over the last 20 years.



It’s come a long way since the first career days in 1999 when the event was spearheaded by industry leaders who created the Association for Construction Career Development to increase skilled workers in highway construction. As the event grew, it became increasingly evident that the organization needed additional resources to make students, teachers, and career counselors aware of the numerous opportunities in the construction industry.

Over the years, there have been more than 400 exhibitor displays and 500 pieces of equipment highlighted, which helps connect students with construction industry professionals. Community partnerships like Rosendin make a big difference to the organizers, who can ensure a wide range of opportunities covering all aspects of the building industry.

“Nearly every sector is represented at the event: concrete, electrical, traditional and underwater welding, traffic control,



framing, heavy equipment, landscaping, plumbing, general contracting, and colleges and universities offering applicable degrees and certificates,” Olmedo said. “You name it, and somebody is there with a booth educating students about what their sector and company have to offer.”

One of the most important takeaways for students is that the construction industry offers office and field positions, where employees can work their way up and make a good living.

“Students should know that the construction industry is booming, with no slowdown in sight in the immediate future and a minimum of 10% growth by the end of the decade,” Olmedo said. “Students should also know that working in the construction industry isn’t just a job. It is a career. The growth potential in this industry is limitless.”

azccd.com

ARCADIA NEWS

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VISIT US ONLINE



From ballet to baking: Arcadia local debuts Wild Rye Baking Co.

By Sabrina Proffitt

Sarah Chisholm was looking for a way to share her love of baking with the people she loves, and in turn, the people they love.

To do so, she first sought a way to offer high-quality cake mixes – and did just that with the creation of Wild Rye Baking Co., which launched online in 2021.

Chisholm started her professional career as a ballerina. From age 15 to 23, she toured the world with ballet companies and honed her skills as a dancer. A severe leg injury forced a career change, so she focused on her other passion: baking and pastries.

Phoenix chef/restauranteur Aaron Chamberlin, a friend of Chisholm's, offered her a starting position working under local Phoenix pastry chef Katherine Dwight, where she learned the basics and worked her way up.

Chisholm decided to elevate her training further by traveling to Europe for two months to learn more about the culinary world. After returning to the United States, she was offered the executive pastry chef position at St. Francis restaurant (now known as Oak on Camelback) and Phoenix Public Market Café.

"I decided I wanted to focus on what my creation could be," Chisholm said. "What would I do if I could do anything?" It was then that the seeds of Wild Rye started to take shape.

"It took many years of developing recipes.



Sarah Chisholm

How could I reach as many people as possible with this concept while making it accessible, right up my alley and authentic to who I am? Now, we're here," Chisholm said.

When creating a name for the baking company, Chisholm took inspiration from her trip to Denmark after learning about grains and wheat. She said she carried this knowledge back to America, and adding in forms of grain, wheat, and alternative flours like rye, almond and sorghum flour



into her recipes became an essential part of her baking.

"The ancient grain clay is really important to me, so I wanted that to be in the name, but there's also the wildness of having a good time, popping champagne, hanging out with friends and impromptu dance parties," Chisholm said. "I liked the way the two worked together. We have whole and beautiful ingredients and want folks to have a wonderful time while baking."



Wild Rye offers classic, vegan and gluten-free cake and pancake mixes.

Chisholm worked to perfect her cake, pancake and frosting mixes until the opening in late-2021. The online shop offers classic mixes, along with vegan and gluten-free options. In the future, Chisholm wants to expand by providing curated cake kits that pair cake mixes, frosting mixes and toppings together. The complete collection is online, and Chisholm also plans to work with local shops to offer in-person shopping options.

"Wild Rye is about community, and Arcadia is my community," Chisholm said. "It's truly my home. Wild Rye brings that feeling of togetherness and celebration to as many people as possible. Starting with Arcadia feels like a great evolution of the brand's beginning."

Cake mixes and other products start at \$10.95.

wildryebaking.com

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PHOTOS COURTESY OF AHS



Licia and Morgan with Naomi at Future Titan Night, 2022.

AHS Spiritline sticks to the mat at season's competitions

By Cliff Summerhill

Arcadia High School's pom and cheer squads are headed to the national competitions this year, after both teams placed in the top three at the qualifying competitions in early 2022.

In addition, Arcadia High's cheer team came in second place – out of 22 teams – during the Game Day State Competition in December. This was the first year the cheer team participated in the event.

"They were truly proud of their second-place finish at Game Day State," Katie Gilbert, mother of freshman Lizzy Gilbert and senior May Gilbert said. "This is the first season that our team has competed in Game Day. They worked so hard on their routine and kept refining it after competing at the national qualifiers."

The pom team received third place at the qualifier competition and second place out of 16 teams at the national competition in January. They will head to State in March.

"We felt it was the best we had performed the routine, and to place that high among such great competition was amazing," Margy Hooker, mother of senior Jules Johns, said. "The competitions are nerve-racking for both the parents and the team. They can focus all that nervous energy into the routine, but the parents have to sit in the stands and yell their hearts out for the team."

Moriah Johnson has coached the cheer team for the past three years. The group usually hires a choreographer for routines but this time, it was all up to Johnson and her assistant coach.

"We spent several days creating and

refining the routine until we had a piece that the girls and we liked," Johnson said. "Coming in second was exciting. It felt great to know our hard work paid off, especially since we are new to the Game Day competition!"

Former Arizona Cardinals cheerleader Davis Berryhill coaches the pom team.

While the national competitions are a big deal, the teams have set their sights on the State Championships in early March.

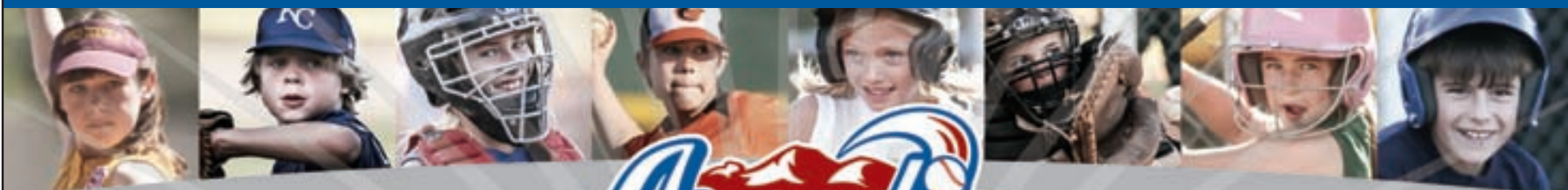
"Pom is hoping to defend their State Championship title from 2021, and cheer is hoping to return to the top after winning the State Championship in 2020," Gilbert said. "These are talented teams, and they want to continue to build their legacy."

The pom and cheer teams practice four to five times a week, usually starting at 5:30

a.m., over a 10-month season. Practice is becoming even more critical as they move into the national and state competitions.

"They practice in between getting ready for assemblies, football halftime routines, and learning sideline cheers and dances," Gilbert shared. "There isn't another group of athletes like them at Arcadia. They work hard supporting the other Titan teams (football, basketball, volleyball), on top of performing in assemblies and competing in their competitions. They're remarkable!"

Arcadia's pom and cheer teams also held a Future Titan Night in January as an opportunity to teach and showcase their programs to future generations. Students ranging from kindergarten to eighth grade were encouraged to come to cheer and dance with Arcadia High's award-winning teams.



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Practice will begin in February. Season runs from early March until May.

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— aztrail.org



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— raodsideamerica.com



HOW TALL? 39 FEET

The world's tallest Kachina doll stands in Carefree, Arizona. At 39 feet tall, it's about nine-tenths as tall as a Brachiosaurus.

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DID YOU KNOW? ARIZONA

AZ ORIGINS

No one knows exactly why Arizona is named Arizona. Historians aren't sure if it comes from the Spanish word 'Arizonac', meaning "place of little spring," or from the Basque word, 'haritz ona', meaning "the good oak tree."

Founded around 1100 A.D., the Hopi village of Oraibi in Navajo County is considered the oldest, most continuously inhabited settlement in the U.S.



The Spanish were the first European settlers to arrive in Arizona. Marcos de Niza came with his missionary group in 1539.

ARIZONA WORD SEARCH

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

Arizona is the sixth largest state in the United States, and it is almost the same size as Italy! It is large enough to fit all of New England plus Pennsylvania.

The Sonoran Desert is the only place on earth where the iconic Saguaro cactus grows. If you cut down an endangered cactus like the Saguaro, you could face up to a year in prison. It can take up to 100 years for a Saguaro to grow.

There are 22 national parks and 35 state parks in Arizona.

Two of the top-rated waterfalls in the United States are located in Arizona: Grand Falls and Havasu Falls.

The Grand Canyon National Park is one of the Seven Natural Wonders of the World.

Billy the Kid killed his first victim, Frank "Windy" Cahill, in Bonita, AZ.

The legendary 1881 gunfight at the O.K. Corral in the Arizona Territory town of Tombstone is considered the most famous shootout in the American Old West. It lasted only 30 seconds.

There aren't any dinosaur fossils at the Grand Canyon because the rocks are way older than the dinosaurs. The only fossils you'll find are things like corals, sponges and trilobites.

Pluto was discovered by Clyde Tombaugh with an astrograph telescope at the Lowell Observatory in Flagstaff on February 18, 1930.

The best-preserved meteor crater in the world is in Winslow, Arizona.

The comic strip "The Family Circus" was created by Paradise Valley native Bil Keane and is sometimes set in Scottsdale.

The State Capitol building has a copper roof equivalent to 4.8 million pennies.

The Arizona Cardinals are the longest-running continuous franchise in the NFL, dating back to 1898.

The sun shines in Phoenix and Tucson 85 percent of the year, even more than Florida and Hawaii.

Arizona and Hawaii are the only states that don't observe Daylight Savings time.

SAY WHAT?

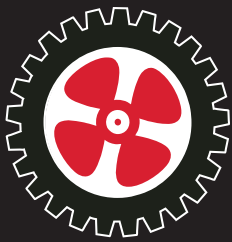
GRAND CANYON CRASH LED TO FAA

In 1956, two planes detoured over the Grand Canyon's airspace for a better view and ended up colliding directly over the canyon. As a result, the Federal Aviation Administration was created in 1958.

— npr.org



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Tyler Rosenfeld, Ben Hancock, Joel Zavala, Layne Spiekerman, Cameron Kaye, Brandon Austin, Luke Traynor, Brad Gooch, Will Lozevski, Jamison Fox, Colin Christoffersen, James Poplawski, Evan Clayton and Spencer Hoos.



PHOTO COURTESY OF VERITAS

McKenzie Perrault, Liani Ortiz, Dorothy Maafu, Anna Schillinger, Jaz Cobb, Natalia Ortiz, Jana Abdouni and Annabella Merritt.

Camaraderie and fun: this season's squads share same goals

By Mallory Gleich

While making it to state is at the top of the list for neighborhood high school basketball teams this season, they're also playing to their other strengths: keeping the game fun and building relationships with teammates and coaches. Read on to see how our area teams are faring as they approach their final games.

ARCADIA GIRLS

The Lady Titans passed the halfway point of the season with a record of 13 wins and five losses with five games left on the schedule as of press time.

With five seniors on this season's squad, Coach Ryan Walcott said that their greatest strength is the team chemistry.

"There is a mixture of upper and lower classmen; experience from the seniors is huge! They show great leadership and the work ethic they provide is rubbing off on the underclassmen. You can see the eagerness in them wanting to get better," Walcott said.

He explained that, like all great teams, the Titans are never satisfied with what they have accomplished so far.

"I'm super proud of the girls and the commitment they give to the program, but we are humble enough to understand that there is work still to be done. We have team goals," he said.

Some of the role players this season include seniors Dallas Ligon and Katherine Ducharme.

Walcott said that Dallas is a leader on and off the court and is always ready to do her part to help her team succeed.

"She can score both from inside and outside while grabbing 4-7 rebounds a game," he said.

Katherine is currently leading the region in rebounds at 11 a game, while averaging double digits in points at 10 and contributing 2.5 blocks a game.

"Our engine – when she goes, we go – is Tianna Knighton," Walcott said.

Tianna is a sophomore and averages 18.5 points a game. She also leads the team in steals and assists and thrives on helping those around her.

"I stay motivated knowing basketball is what I love to do," Tianna said. "Every



PHOTO COURTESY OF MATT HOOTEN

Back: Drew Shear, Head Coach Matt Hooten, Sam Mills, Arman Madi, JP Musselmann, Trey Phillips, Avi Singh and Mike Schwertley. Middle: Sam Williams, Braeden Speed, Conner Ivy, Connor Fitzgerald, Skyler Johnson and Patrick Chew. Front: D'Jay VanDyke, Scott Root, Miles Nash, Jacob Dolasinski and Ben Mills.

time I get the privilege to step on the court, it reminds of how the game has brought so many people together. We all push each other on and off the court to be good individuals and be better than the people we were the day before."

"Together, we attack' is our motto. We're ready to send the seniors off the way they deserve by making State Playoffs," Walcott said.

ARCADIA BOYS

So far, the Titans have a record of 12 wins and eight losses. They play around 25 games in total during the five-month season.

"We've got 14 players on the roster, and their strengths lie in their work ethic. They play hard and constantly work on their basketball IQ," Coach Stephen Danford said. "One thing they need to work on is their offensive consistency."

Danford said the team as a whole contributes to their success, and players like Will Lozevski, Brandon Austin, James Poplawski, Luke Traynor and Evan Clayton help keep morale high and know how to play the game the right way.

"Our ultimate goal is to grow as a team and as individuals. And, of course, compete for championships. Our motto is 'why not

us?' That keeps us going on and off the court," Danford said.

Senior Will Lozevski said his goals are to get better every day, have fun and win games. He's been playing the game since elementary school.

"Success makes the season fun, but just being with my teammates every day is the best thing," Will said. "Our work ethic is the greatest strength. We have known each other since we were young, and it's great to finish my high school playing days with the guys I've grown up with."

BROPHY

The Broncos are currently ranked No. 1 on AZPreps365.com in the 6A Power Rankings, with 16 wins and two losses. The squad of 14 will play 18 games and two tournaments this season.

"Our team has embraced forging an identity that starts with being a strong defensive team, which has enabled us to be competitive in each of our games. I think this is also an unselfish group, so they share the ball well, which allows us to take great shots," Coach Matt Hooten said.

Hooten also explained that the group should continue focusing on getting better.

"Teams that can continue improving

throughout the season are often the ones that get further into the playoffs," he said.

The Broncos returned four starters (and seven rotation players) off last year's state semifinal team. So far, they've had eight different players start at least four games this season: Miles Nash, Braeden Speed, Patrick Chew, Arman Madi, JP Musselmann, Trey Phillips, Connor Fitzgerald and Jacob Dolasinski.

"Point guard and senior Miles Nash is an elite defender who does a great job of pressuring our opponents' point guards and creating turnover opportunities for our team," Hooten said. "He also does a great job of getting into the paint and creating shots for his teammates and is a vocal team leader on the floor."

Hooten had words of praise for all teammates but said this of sophomore guard Braeden and junior wing Arman:

"Our leading scorer last year, Arman, is an excellent shooter (43% from three FG last year) and has terrific court vision. At 6'6", he is a match-up problem for opposing teams because he can use his size against smaller players, and he can take more prominent players out onto the perimeter."

"Braeden typically guards our opponents' best perimeter scoring threat, and he has done a terrific job in that role for the season. He has helped to hold several prolific scorers well under their season scoring average, including one of the state's premier scorers (33 points per game) to six points during the Visit Mesa Basketball Challenge last month. He is also our second-leading scorer."

Hooten said that the team's ultimate goal is to play their best game of the season in the next game on their schedule.

"If we focus on that, we feel like wins/losses will take care of themselves," he said.

"This season, my goal is to put a banner up on the north wall of Brophy's gym and be able to cut down a net," senior wing JP said. [The north wall of Brophy's gym is where the school puts up sports teams' state championship banners.] "This year, our team's chemistry is solid because we have almost all been able to play together for two or three years so that we can understand each other's strengths and weaknesses."



Payson Murasky, Mason Twist, Kishan Bhatnagar, Gio Guido, Casen Lentz, Max Marvin, Tyler Chung, Elijah Johnson, Josiah Eaton, Jared Barrett, Carter Perry, Jackson Perry and Ian Townsend.

VERITAS GIRLS

Veritas girls' basketball is playing with only eight teammates, but their spirit hasn't wavered so far – as of press time, the Lady Falcons have won eight games and lost two, with 16 total games played in a season.

According to Coach Rebecca Lane, the squad's strengths lie in their defense.

"Our team averages 17 steals a game and 18 deflections a game," Lane said. "As coaches, we encourage them to communicate with each other and with us. We ensure that they have a safe environment to build confidence and life skills outside of dribbling, passing and shooting."

Lane continued, saying that the Falcons need to continue to work on their chemistry and learn each other's movements and tendencies.

Practices start with a team drill. The entire team has a goal they must hit – and if not, the point difference from their goal is equal to running time at the end of practice.

"They control their fate, and we sometimes let them take off running time with pressure free throws," Lane said. "Some days, we review individual skill work so that each player is perfecting their craft or learning something new. We run through our plays to keep it fresh in their mental and physical memory."

Lane said that practices are fast-paced, engaging, competitive and, most importantly, fun.

"It may sound cliché, but every member of our team is a key player – when you have a short bench, there is little room for error," she said. "We expect our team to strive for excellence in their role on the team."

Lane said there are three consistent performers: McKenzie Perrault, Liani Ortiz and Jaz Cobb. McKenzie averages seven rebounds, 13 forced turnovers and nine points a game. Liani averages 15 points and three assists a game, while Jaz averages 11 rebounds and 14 points a game.

"My goal is to make sure the athletes have fun and learn something new. Our goal is to make an appearance at state – something this program has never done and something this group is capable of doing," Lane said.

Sophomore Liani has been playing basketball for nine years. Her goal echoes that of Coach Lane.

"We have such great coaches and a fun

team, and I think our relationships with each other is one of our greatest strengths," she said. Liani's teammate Jaz had the same thoughts:

"We have good sportsmanship; we keep and lift each other when we need it, we don't get on one another," Jaz said.

VERITAS BOYS

On the other side of the court, the Veritas boys' team is currently at seven wins and nine losses, with 26 players on the team. This year, they will play 18 regular-season games – the final three at Parker High School, NFL Yet Academy and Phoenix Christian, plus a tournament.

"We take pride in our defensive effort, Coach Brooks Dockter said. "On the other hand, on some game nights, we struggle to score. We've put a lot of emphasis the last couple of weeks on the offensive end."

This season's group is the largest that Dockter has coached since starting at Veritas.

"We've seen a ton of growth in the first half," he said. "We have a lot of players that play key roles for us. Max Marvin leads in scoring with a little over 14 points per game. Casen Lentz is averaging eight rebounds a game and has had multiple games where he's had a double-double in points and rebounds. Tyler Chung is our point guard averaging more than 10 points per game and around five assists."

Dockter said that their goal is, of course, to make the state tournament.

"Our other goal is to stay healthy and safe and spend as much time on the court with our teammates as possible, especially after last year's shortened season," Dockter said. "Our team motto is 'embrace the opportunity,' and we intend to do just that."

XAVIER

The Xavier Gators started their basketball practices in November, ending the season on February 8. As of press time, they've had 11 wins and five losses, and are first place in the 6A division.

There are 18 regular-season games with two additional invitational tournaments. Xavier usually plays 3-4 games during the tournament.

"I have 14 players on the roster, and a majority of them have a high basketball IQ.



Back: Toni Garcia, Annie Kopp, Atheil Mlat, Gabriela Trbovic, Gosie Alilonu and Sarah Miller. Middle: Head Coach Jennifer Gillom, Rikki Malloy-Trombley, Devin Luke, Maureen Ulrich, Sofia Zielinski, Dominique Nesland and Carina Orr. Front: Patrick Mangosing, Aniyah Roberson, Juliet Botiller, Sienna Cherwinski, Kaylan Doss and Lucy Sanford.

They can play on both ends of the court, and they have a great work ethic," Coach Jennifer Gillom said. "The team needs to continue to increase their confidence and be more physical on the court."

According to Gillom, practices are intense and focused.

"My players come to practice every day with the mindset of improving daily by giving it their all and paying attention to details," she said. "We always say 'defense-first.'"

Gillom said that this season, sophomore Sarah Miller has been consistent in being the leading scorer and rebounder for the Gators. Sienna Cherwinski and Dominique Nesland are two strong guards who can score and lead their team in assists. Maureen Ulrich continues to improve and is a massive part of the team's success.

Gillom said that this season's goal is to get back to the State Finals and ultimately win a state championship for the first time at Xavier.

Sarah, who has played for around five years, said that her goal for the season is to sharpen her mental basketball skills and help the team elevate to win a state championship.

"Seeing how we play as a team during practice makes me confident that we can get through any challenge that comes across us," she said.

Sienna echoes these feelings: "I have been playing basketball for 12 years, and my number one goal is to win a state championship. I stay motivated by remembering all the hard work I put in and constantly reminding myself of my main goal."

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Echo Canyon's second grade class learns the basics of karate.

Echo Canyon discovers new industries through exploration

By Melissa Hirsch

According to Principal Kat Hughes, students at Echo Canyon School are delighted after the school's popular Exploration Fridays program made a comeback after a year-long break.

The holistic-learning event gives students wings for their imaginations as they hear from a colorful conglomeration of guest speakers, parents, and organizations that inspire and educate.

Some previous events include a SWAT team demonstrating robots, yoga, sports skills, taiko drumming, beekeeping, woodworking and puppeteering. The workshops are typically capped off with a written assignment or an art or science project.

"The list of presenters is wide and varied," Hughes said. "Desert Botanical Gardens recently came out to do lessons on monarch butterflies and migration. Not only did they help us create a monarch way station, but they taught us how to introduce milkweed into our gardens."

Chefs have taught the kids how to make different dishes, and artists taught other art techniques.

"A farmer even came out with his chickens!" she said.

Hughes shared one of the most memorable lessons for students, when middle-schoolers worked on a program called "Stop Motion Animation." Students moved their clay creations incrementally, a millimeter at a time, to create short movies.

Hands-on learning has always been the cornerstone of Echo Canyon. Students have calculated the height of trees using mathematical formulas, and they've also incorporated algebraic computations to determine how much organic fertilizer the tree needs.

"These are real-life applications that inspire the kids," said Hughes.



Students in grades 3-5 learned about physics by learning how to make a car go down a ramp.

Echo Canyon is now implementing a modified Exploration Friday program with strategies to keep everyone safe. In the revised plan, students remain in their classroom with their teacher instead of mingling with other students. They still get to experience two presenters, but they will be assigned instead of choosing the ones they want. The program will also be offered three times a year instead of four – coming up in March and May.

"The great thing about this program is the diversity of our presenters," Paige Rogers, PTO president, said. "Kids get exposed to ideas and concepts outside the curriculum. It's fun and exciting and gets parents and the community involved. It pushes all of us out of our element."

Rogers' son Miles has taken a variety of Exploration Fridays.

"My favorite time was when we made slime," he recounted. "We learned about matter and chemicals, and that made it interesting. I also like the fact that classes are not too crowded. I am looking forward to more, mostly because of all the great ideas they keep coming up with."

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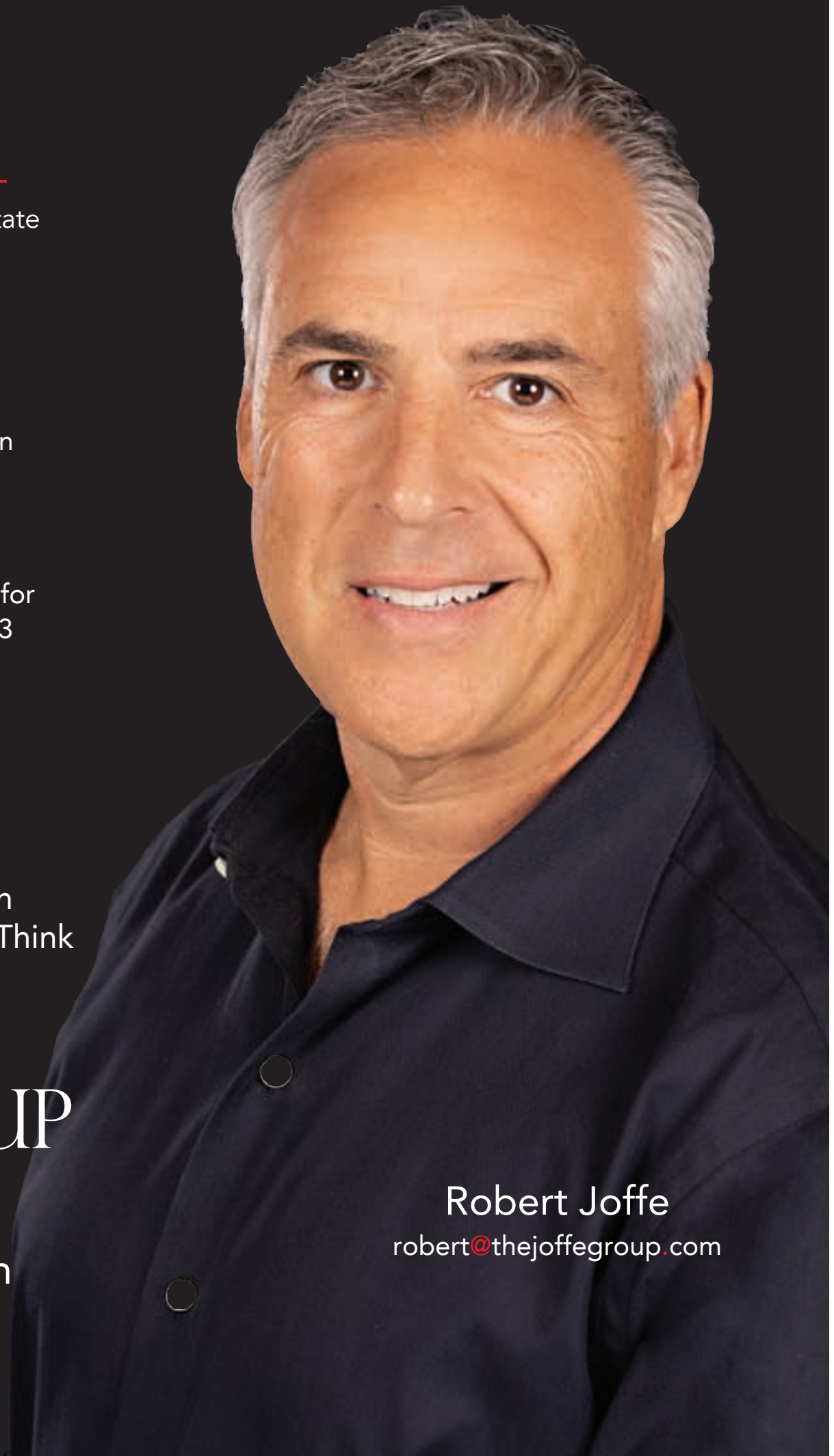
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