ARCADIA NEWS

VOL. 30 NO. 2 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — MAY 2022



HAPPY MOTHER'S DAY!

We've gathered a list of some of the best places to brunch and hang out with mom for Mother's Day.

PAGE 24

PANDA LOVES LEMONADE

Families set up shop all around town for Lemonade Stand Day to raise money for Steele Children's Research Center.

GIVE IT YOUR BEST SHOT

Papago Archery recently held their 900 Spring Shoot event, where folks competed to win the top spot.

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arcadianewsonline.com (for archives)

Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Mailed subscriptions $36 annually for Continental U.S. Contact office for details. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2022) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Audited by:

CIRCULATION VERIFICATION COUNCIL

Monthly circulation: 19,000.
Primary distribution by U.S. Postal Service.

acp Association of Community Publishers MEMBER PUBLICATION

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With their hard work, AHS seniors Grace Reed, William Logue and Elsa Steen Koppell have a chance to further their college careers with the National Merit Scholarship.

54 **Ending the season on top**
Xavier's archery, soccer and spiritline teams had accomplished seasons – a state title, a place at nationals and a second-place finish at the qualifiers.



PANDA member Leslie Lehr, along with Will and Harper Driscoll, Lillie Francisco and Ellis Irwin (and many other families) set up lemonade stands around the Valley and raised $28,500 that was donated to Steele Research Center. Stay tuned for the full story in June!
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EDITOR'S NOTE



One of my favorite memories of growing up was hopping off the bus, careening down the half-mile-long gravel driveway and bursting through the front door to see what delicious snacks awaited me after a long school day. I always hoped there would be peanut butter Rice Krispies treats. Of course, I wouldn't turn down the brownies or cookies, either. On that note, happy Mother's Day to all the awesome moms out there!

This month, we focused on all things outdoors – perfect spots for picnicking, where to brunch for Mother's Day, Veritas' Music Festival and Arcadia High's Agora event.

I channeled my athletic side for this month's Things We Tried feature and experienced my first archery lesson with Papago Archery Association. When I showed up at the range, a couple of people were practicing for the Papago 900 Spring Shoot that happened in April. The pair wore all the bells and whistles of professional archers, and my first thought was, "Oh no, I am not prepared for this."

Thankfully, Coach Kevin Ikegami was there to talk me through the process and share the history of the association. I learned that at the Spring Shoot, there was a 7-year-old AND a 100-year-old participant. Archery is truly a sport for all ages. I am proud to mention that I shot three arrows into the bullseye area!

As summer approaches, we're looking forward to all the fun activities and stories coming our way – we can't wait to share them with you! Have a beautiful May, and thank you for reading the Arcadia News.

Mallory

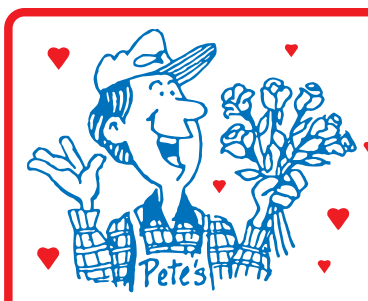
— Mallory Gleich

UPCOMING THEMES:

JUNE	JULY	AUGUST
Summer Fun	*Summer Vacation*	*Back to School*

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PHOTOS COURTESY OF NANCY NORMAN

Zamir Fair practices his henna skills.

AHS Agora brings community together for art exhibition

By Rachael Bouley



Student creativity was on full display at Arcadia High School's annual Agora Arts Festival, which was held in April for the first time in two years.

This treasured fine art exhibition featured student work from all five schools in the Arcadia complex, including Arcadia High, Echo Canyon, Hopi, Ingleside and Tavan.

The free event was open to the Arcadia community and allowed students to show off their artistic achievements and strengths. The 2022 event had a wide variety of eye-catching art, live acts, music and food to keep students engaged and guests entertained throughout the evening.

Arcadia Dance, String Orchestra and Drumline performed, along with the Creative Musical Arts & Sciences program. At the same time, activities like henna tattoos, face painting, bedazzling, button/jewelry making and chalk art were also popular.

Arcadia High junior Von Whipple enjoyed his first year at the festival, proudly contributing a statement piece inspired by the Dada art movement of the early 20th century.

"My piece was meant to hold an emotional significance and philosophical meaning that is vaguely implied," Von said. "It was inspired by my deepest fear: the loss of things I love. I felt that I needed to convey a message through my art that reminds its viewers to cherish precious moments before they vanish."

Von's piece joined hundreds of other student works, showcasing their artistic skills across all mediums, from drawing and painting to photography and sculpture.

Named after the Ancient Greek word for "gathering place," this year's Agora picked up right where the tradition left off after two years of restrictions.

"I can't tell you how exciting it was to see the art students represented at Arcadia again," said Cira Riccio, AHS art teacher and Agora organizer. "I tried to have at least one piece by every student displayed somewhere throughout our art building."

Riccio, who also sponsors the National Arts Honor Society, believes the wider community must see how much joy and creativity the arts bring to students when they are in school.

This celebration helped raise money for Free Arts of Arizona, a nonprofit that helps children overcome the trauma of neglect, abuse, and homelessness through art programs.

"NAHS makes various items and sells them, and all proceeds go to Free Arts," Riccio explained. "It's one of our ways of giving back to the community and supporting kids who may not be able to afford art camp."

After another successful festival, student artists and their teachers have set their sights on next year's event.

"We hope to continue this tradition for many years to come. These students work hard, and the community should recognize their efforts," Riccio said. "I believe it's important to display their art and have this event because it gives them a chance to show what they have worked so hard on throughout the year. It's their night to shine."

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Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2021-3/31/2022)

Active Homes -	62 homes
Homes Sold -	71 homes
Average Sale Price -	$2,332,000
Average Sold $ Per SF -	$654
Average Days On Market -	40 days

There is currently 2 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 17% this year. (based on 2021 sales results)
2022 home prices have increased 10%. (based on 2021 sales results)
2022 $ Per Square Foot prices have increased 17%. (based on 2021 sales results)
2022 homes are taking 31% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2021-3/31/2022)

Active Homes -	33 Homes
Homes Sold -	58 Homes
Average Sale Price -	$1,165,000
Average Sold $ Per SF -	$481
Average Days On Market -	40 days

There is currently 2 months of home inventory. (based on 2021 sales results)
2022 home sales have increased 0% this year. (based on 2021 sales results)
2022 home prices have increased 15%. (based on 2021 sales results)
2022 $ Per Square Foot prices have increased 15%. (based on 2021 sales results)
2022 Homes are taking 13% more time to sell. (based on 2021 sales results)

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WHAT'S HAPPENING, *ARCADIA?*



Save the date! On Friday, May 20, the third annual **Arcadia High Senior Parade** will take place. Seniors will decorate their cars and be driven on the designated parade route at Hopi Elementary School. The community is invited to cheer and celebrate the Class of 2022 at 6 p.m. Graduation returns to the campus football stadium this year on May 25.

OsteoStrong, a physical therapy-type business that focuses on skeletal health, plans to open a new location near 32nd St. and Indian School next to Beaut Burger and Bristlecone. OsteoStrong uses osteogenic loading (a rehabilitative method to improve bone density with brief, intensive resistance exercises) to promote skeletal strength and improve balance and energy. The practice works for people of all ages and levels of activity.

osteostrong.me

Next to OsteoStrong is a new business that supplies and installs cabinetry in residential and commercial spaces. **AZ Cabinets'** inventory includes European-style lines plus contemporary and traditional styles crafted by Arizona-based designers, making it a one-stop-shop for home improvement needs.

azcabinetcompany.com

An Phoenix-owned cider company is coming to the Gaslight Square complex (36th St. and Indian School Road) with plans to open in July 2022. **Six Byrd Cider** originated in Tempe and has set its sights north – toward Arcadia. The company creates 60 different ciders throughout the year, and guests will be able to try them all when the taproom opens!

Six Byrd Cider Facebook Page



Pyro, a Japanese *izakaya* [a word meaning "stay-drink-place"] bistro, will debut as the first dining establishment coming to The Grove, a mixed-use destination on the northwest corner of 44th St. and Camelback Road. An original concept by Flagship Restaurant Group and RED Development, the space will house a cocktail bar and outdoor patio; menu highlights include an open-flame concept with sustainably-sourced seafood and proteins.

flagshiprestaurantgroup.com

A new med-spa specializing in weight loss, sculpting, cosmetic and skin care services is opening in May. **Active Body Wellness**, located at 2111 E. Highland Ave., is hosting a grand opening celebration. Guests can learn more about the business while enjoying snacks, drinks, door prizes, raffles and more from 4-7 p.m. on Wednesday, May 25. Please RSVP by May 18.

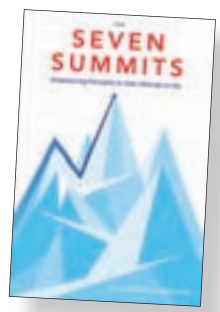
activebodywellness.com

Oleg Bortman of **The Brokery** and the Ukrainian National Women's League of Arizona are holding a donation drive for medical supplies to send overseas. Those interested can drop off donations (including but not limited to: bandages, burn aid, masks, eyewash, tweezers, safety pins, antibiotic ointment and aspirin) at The Brokery office, 4546 N. 40th St., Phoenix.

Jazz & Jambalaya nights are back at Southern Rail! Guests can enjoy live jazz every Sunday night on the patio. Jambalaya and Sazerac specials will also be added to the nightly dinner menu, plus half-off bottles of Arizona wines. Reservations are required.

southernrailaz.com

Phoenix-based author Christina Buescher recently published the first chapter of her book, called **The Seven Summits: Empowering Principles to Gain Altitude in Life**. The book focuses on Christina's personal development coupled with teachings from books, experiences and people. She shares seven principles that helped elevate her to the next "summit" so readers can "gain altitude in life, and ensure that their inner world becomes a force that no external circumstance can tackle." The full book will be available on amazon.com in July.



gainaltitudeinlife.com

Nineteen restaurants participated in the eighth annual **Girl Scout Cookie Dessert Challenge**, which invites chefs from some of Arizona's most popular restaurants to support Girl Scouts by creating a special dessert using one of their cookies. Diners voted for their favorite with **Nook Kitchen** (and chef Amber Cumming) taking the title for best dessert! Don't Mind if I Do was created with Girl Scout Do-si-dos, peanut butter panna cotta, oatmeal cookie crumbles, banana cream and banana fries.



The Spring edition of **Arizona Restaurant Week** happens from Friday, May 20 through Sunday, May 29, featuring three-course menus at various restaurants throughout the state. This event highlights the talent of chef-driven establishments while allowing diners to try new menus. Participating eateries include Buck & Rider, Charleston's Restaurant, Chelsea's Kitchen and Match Market & Bar. Prix fixe menus cost $33, $44 or $55 per person.

arizonarestaurantweek.com

A new "smart fitness studio" recently opened on 16th St. and Highland Ave. The high-tech workout at **The Exercise Coach** relies on computers instead of dumbbells and treadmills. The machines adjust a person's workout to their strengths and weaknesses in real-time. Personalized programs are two 20-minute workouts per week, complete with the guidance of certified coaches. The owners plan to open two more locations, in Scottsdale and Arcadia, in the coming months.

exercisecoach.com

EVENTS

SUNDAY 5/1

Arizona Women's Expo

10 a.m-5 p.m. at the Phoenix Convention Center, 33 S. Third St. Today is all about the women! Guests can find vendors focused on personal style, uncovering passions, shopping and relaxing. The weekend-long event concludes today – the last chance to find decorating workshops, wine tastings, beauty treatments and a chance to see keynote speaker and comedienne Loni Love. Tickets are $10 for general admission with VIP packages available.

azwomensexpo.com

Cinco de Mayo Festival

12 p.m. at Washington St. and Third Ave., Phoenix. Attendees can enjoy a full day of fun with this festival, featuring authentic foods, cultural performances by Ballet Folkloric, and live musical performances from artists Lisa Lisa and Color Me Badd. There will also be a free kids zone with inflatables, games and giveaways. Proceeds benefit the Arvizu Scholarships and Grand Canyon University. Tickets are $10 for general admission, $40 for VIP.

cincophx.com



WHAT'S HAPPENING, *ARCADIA?*

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



***Mariachi Sol de Mexico** at The Madison Center for the Arts in Phoenix.*



***Jurassic Park in Concert** at Phoenix Symphony Hall.*

SUNDAY 5/1

Cinco de Mayo Car Show

5-10 p.m. on Central Ave. and Lynne through Second Ave., between South Plaza and St. Catherine's. Hosted by Old School City, the Cinco de Mayo Car Show is a free community event focused on lowriders and cars. Guests can check out the fancy rides while enjoying vendors, live entertainment, dancing, and food options available for purchase.

localfirstaz.com/community-events

Plated and Staged

3:30 p.m. at Herberger Theater, 222 E. Monroe St., Phoenix. Fine dining and entertainment are in store at Herberger Theater's seventh annual Plated and Staged event. The evening begins at the theater with hors d'oeuvres and live music. Dinner will follow at another location, but surprise – folks won't know where they're dining until they get there. This event benefits the theater's youth outreach programs. Tickets are $50-$2,200.

herbergertheater.org

THURSDAY 5/5

Mariachi Sol de Mexico

7 p.m. at The Madison Center for the Arts, 5601 N. 16th St., Phoenix. Spend your Cinco immersed in culture with the Mariachi Sol De México de José Hernández Cinco de Mayo Celebration. This group is the first mariachi ensemble to be nominated for a Grammy – it might be hard to stay in your seats at this performance. Tickets are $35-$65.

themadison.org

Codigo 1530 Tequila Dinner

6-9 p.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Join the Hermosa Inn as they launch their newest featured spirit, Codigo 1530 Tequila. Guests can enjoy an evening with Chef Alejandro Martinez and his culinary team as they create a four-course dinner and hand-passed hors d'oeuvres while mixologist Kat Strassburg and her team create cocktails highlighting Codigo 1530. $199 per person.

hermosainn.com

FRIDAY 5/6 – SUNDAY 5/8

Maricopa County Home Show

10 a.m.-5 p.m. at WestWorld Scottsdale, 16601 N. Pima Road. Spring is here – time for a fresh update for your home and garden. This event is a one-stop shop for all things improvement, including a vendor marketplace, live demonstrations, seminars, art and craft projects, fun stuff for Mother's Day and a food court for when you get hungry. Tickets are $5 for the show, $10 for parking.

maricopacountyhomeshows.com

SATURDAY, MAY 7

Kentucky Derby Lawn Party

1-4 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Dr. Join the Scottsdale Princess for its annual "fastest two minutes in sports" party – also known as the 148th Run for the Roses horse race. The race will be on-screen while guests can find a southern-inspired menu with shrimp and grits and derby pie, derby games, raffles and contests for best outfit and fanciest hat. Tickets are $169 per person.

scottsdaleprincess.com

Peace of Mind 5K

7:30 a.m. at Arizona Falls, 5802 E. Indian School Road. The inaugural Peace of Mind 5K is focused on spreading awareness and raising funds to support programs that help individuals overcome everyday social, emotional and mental challenges. Proceeds will help fund Choose Love Movement and a scholarship fund. All ages are welcome to run, walk or bike Arizona Falls and enjoy a post-race runner's brunch. Registration is $35.

raceroster.com

Mama's Makers Market

9 a.m.-3 p.m. at the Shops at Town and Country, 2021 E. Camelback Road, Phoenix. Join Local Trade for its third annual Mama's Makers Market. The marketplace will feature over 100 local vendors showing off their one-of-a-kind wares, including art, jewelry, handmade furniture, decor, clothing, health, beauty and sweets. There will also be food available for purchase and live music and entertainment. Admission is free.

localtradeaz.com

Uncorked: AZ Wine Festival

7-10 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Wine lovers, get ready for a special day! The AZ Wine Festival at Salt River Fields will feature over 50 worldwide wineries with over 100 different wines to taste. There will also be gourmet food trucks, plus live music and entertainment. Tickets are $60 for general admission with VIP packages available.

uncorkedwinefestivals.com

Taco and Tequila Crawl

12 p.m., starting at Wasted Grain, 7295 E. Stetson Dr., Scottsdale. What's better than one taco? Two – or more – tacos, which guests will find at the Taco and Tequila Crawl. Attendees will head to various spots around Old Town Scottsdale for drink and food specials, music, dancing and most importantly, a taco buffet. Tickets are $30; this is a 21+ event.

scottsdalebarcrawls.com

FRIDAY 5/13

Jurassic Park in Concert

7:30 p.m. at the Phoenix Symphony Hall, 1 N. 1st St. We all remember the first time we saw *Jurassic Park*, right? The action-packed film pitted man against dinosaur in a battle for survival. At this event, audiences can experience *Jurassic Park* like never before: projected in HD with The Phoenix Symphony orchestra performing John Williams' iconic score along with the film. Tickets start at $34-$102.

phoenixsymphony.org

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 5/14

Arcadia High Golf Classic

7:30 a.m. at the Raven Golf Club, 3636 E. Baseline Road, Phoenix. Golfers, get your clubs ready! The Arcadia High Boys Golf Four-Person Scramble is a day dedicated to raising funds and holes-in-one. After 18 holes, participants will receive team prizes (Pebble Beach getaway, anyone?), lunch and a charitable auction. Registration is $250 per golfer, or $800 per foursome. Sponsorships are also available.

arcadiagolfclassic@gmail.com

Yoga in the Outfield

8 a.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Grab your mats; it's time for Yoga in the Outfield. This is a fitness event for those looking for a unique experience on the outfield grass of Salt River Fields. Attendees will participate in a one-hour class with instructor Courtney Sheber and then enjoy a post-class cocktail mixer on the Pepsi Patio. This is a 21+ event. Tickets are $25 per person.

saltriverfields.com

SUNDAY 5/22

Sound Journey Meditation

8:45 a.m. at the Japanese Friendship Garden, 1125 N. 3rd Ave., Phoenix. Start your day with relaxation in the friendship garden. Emily Slonina of Anywhere, Anytime, Any Body Yoga will lead a sound and vibration meditation session – sound is said to relax the mind, balance energy centers and rejuvenate the spirit. Bring water and a mat! Registration is $30.

japanesefriendshipgarden.org

TUESDAY 5/24

The Workshop

9 a.m.-4 p.m. at the Children's Museum of Phoenix, 215 N. 7th St. This new maker-space exhibit at the museum offers a hands-on, creative space where children can gather materials, create a blueprint, use tools such as hammers, screwdrivers, saws and measuring tapes. Workbenches and safety gear (along with safety monitors!) are provided, and product possibilities are endless. This exhibit is free with general admission, $16 per person.

childrensmuseumofphoenix.org

SATURDAY 5/28

Phoenix Food Tour

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

tasteittours.com



***Yoga in the Outfield** at Salt River Fields in Scottsdale.*

FRIDAY 5/27 – SUNDAY 5/29

Phoenix Fan Fusion

9 a.m.- 11 p.m. at the Phoenix Convention Center, 100 N. 3rd St. Prepare to fully geek out at this year's Phoenix Fan Fusion. Don your costume and get ready for contests, movie screenings, merch, prizes, exhibits, panel discussions and the best part – photo ops with some of your favorite actors, authors, comic book creators and more. Tickets range from $40 to $295.

phoenixfanfusion.com



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THURSDAY 5/5

Spring Concerts in the Park

6:30-8:30 p.m. at Gilbert Regional Park, 3005 E. Queen Creek Road. Spend your Cinco listening to some tunes in the park. Guests can bring a blanket or lawn chair and listen to the sounds of Soulitify playing R&B, pop, Latin, classic rock and country hits. There will also be a line-up of food trucks if you need a snack after dancing! This event is free and family-friendly.

gilbertaz.gov

FRIDAY 5/6

American Farmer

10 a.m.-5 p.m. at the Chandler Museum, 300 S. Chandler Village Dr. In May, guests can head to the Chandler Museum and view the latest exhibit: American Farmer, which features 45 iconic portraits showing the geographic and cultural diversity of farmers past and present. The portfolio, from photographer Paul Mobley, is supplemented by anecdotes and memories in the farmers' own words. Admission is free.

chandleraz.gov

SATURDAY 5/7

A.M. Adventures

9 a.m. at Taliesin West, 12621 N. Frank Lloyd Wright Blvd., Scottsdale. A.M. Adventures are geared toward kids ages 8 and up. This month's class is called Windmill, Windmill and showcases Frank Lloyd Wright's famous windmill in Wisconsin, named Romeo and Juliet. Students will learn what makes the wind blow and why windmills exist, then create their own functioning windmill and put it to the test. Classes are $20 per person.

franklloydwright.org

Cinco de Mayo Celebration

11 a.m.-5 p.m. at Tlaquepaque Arts and Shopping Village, 336 State Route 179, Sedona. Guests can immerse themselves in a colorful fiesta saluting a rich heritage at Tlaquepaque. There will be live music, savory dishes, and authentic dances of Mexico at this year's event. Admission is free, and this event is for all ages.

tlaq.com



Nunsense *at the Fountain Hills Theater.*

Cards, Kicks and Collectibles

11 a.m.-8 p.m. at Bell Bank Park, 1 Legacy Dr., Mesa. The first annual Cards, Kicks and Collectibles Show is a gathering of collectors, dealers and attendees interested in collecting trading cards, sneakers and other related memorabilia. Local and out-of-state vendors will be on-site ready to buy, sell and trade. There will also be contests, giveaways and a food court if you get the munchies. Tickets are $10 per person.

bellbankpark.com

SATURDAY 5/14

Uncorked Wine Festival

11 a.m.-12:45 p.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. The inaugural Uncorked Wine Festival at the Verde Canyon Railroad is here! Guests can enjoy a selection of wines before heading on an adventure through the red rock Verde Canyon. This event will be held the entire month, with daily wine tastings at the depot – tickets can be purchased along with the train ride and lunch for $130-$140 per person.

verdecanyonrr.com

FRIDAY 5/20

Stars on Ice

7:30 p.m. at the Gila River Arena, 9400 W. Maryland Ave., Glendale. The Stars on Ice show puts fans front and center to see the best of the U.S. Figure Skating team from the 2022 Winter Games in Beijing. The showcase includes the top medal competitors, including reigning World and U.S. National Champion Nathan Chen, U.S. Champions Alysa Liu, Jason Brown and Madison Chock and Evan Bates, Vincent Zhou and Mirai Nagasu. If ice skating is your jam, you might not want to miss this. Tickets start at $25.

gilariverarena.com

SATURDAY 5/21

Nunsense

7:30 p.m. at the Fountain Hills Theater, 11445 N. Saguaro Blvd. This show is billed as "so funny it should be sinful." Five survivors at the Little Sisters of Hoboken nunnery stage a variety show to raise funds so that the last four of the dearly departed can be buried. Guests will find laughter, tears and music – all in one! Tickets are $35 for adults and $18 for youth.

fhtaz.org

Mariachi Festival

9 a.m. at Patagonia Lake State Park, 400 Patagonia Lake Road, Nogales. May is the perfect time for a camping trip – why not mix it with a little music? The 2022 Mariachi Festival will boast local food, wine, beer, live music and activities that the whole family can enjoy. Tickets are $20 per family of four, and camping reservations can be made on the website.

azstateparks.com

SATURDAY 5/28

Sky Islands Summit Challenge

5 a.m. at the Huachuca Mountain range in Sierra Vista. Okay, it starts early, but you'll feel amazing at the end! This adventure challenges attendees to climb Pat Scott, Carr and Miller Peaks – an elevation of over 5,000 feet – to get to the top. Afterward, climb down and head to the Wine, Beer, & Spirits Festival with your swag bag. Registration is limited to 250 hikers and is $100 per person.

visit.sierravistaaz.gov

Wine, Beer and Spirit Festival

12 p.m. at Veterans Memorial Park, 3105 E. Fry Blvd., Sierra Vista. Even if you don't participate in the Summit Challenge, you can still enjoy a beverage. Attendees will find wine, beer and spirit samples, plus music performances on two stages. Food and non-alcoholic beverages will be available for purchase. There will also be a pop-up art gallery, courtesy of the Huachuca Art Association, with artwork available for purchase. Tickets are $25.

visit.sierravistaaz.gov

Off Street Festival

9 a.m. at the Prescott Chamber of Commerce, 117 W. Goodwin St. Spend Memorial weekend shopping local. This event will feature over 75 arts and crafts, local and statewide vendors, and food and drink vendors held in historic downtown Prescott. This festival is free for all ages.

prescott.org

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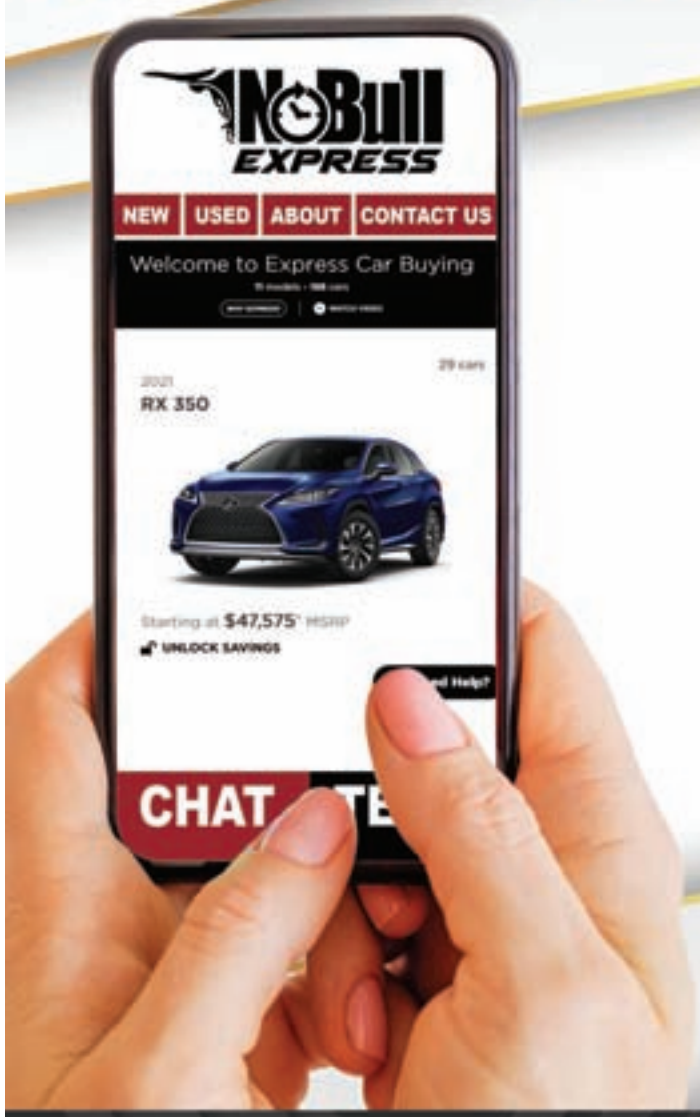
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A tribute to an Arizona hero



A recent column that I read briefly mentioned a sculpture rising on the front lawn of the Yavapai County Courthouse in Prescott. It has been standing on that same spot for over a century, and therein lies a tale.

On the morning of July 3, 1907, a parade – featuring cavalry, a marching band, a troop of Spanish-American War veterans, a few Civil War veterans, the territorial governor and a variety of other dignitaries – came to a halt in front of a large drapery hanging over a sculpture on the north lawn of the courthouse. A crowd estimated at more than 7,000 gathered to watch as they removed the cloth to reveal a magnificent bronze statue.



The Lowe Road

BY SAM LOWE

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

It was a larger-than-life depiction of a man astride a horse. Among those present, there was no doubt that the rider was William Owen O'Neill, more commonly known as Buckey O'Neill, a member of the infamous Rough Riders. His death on San Juan Hill in Cuba elevated him to immortality.

The historical accounts of the day's activities noted that as the speakers extolled the virtues of the hometown patriot, "tears filled the eyes of many of those who had known him in days gone by, and who had been proud to call him friend. A great pity welled up in the hearts of the rugged, honest, God-fearing Arizonans that he was not still with them in the flesh. And with bared heads, while the band played 'America,' those present did homage to the memory of the brave Buckey O'Neill."

His final moments occurred on July 1, 1898. The Rough Riders were deployed to San Juan Heights and positioned at the base of Kettle Hill, where they faced a barrage of enemy fire. O'Neill strode up and down the line, calming those in his command, when a single bullet struck him in the mouth. He died instantly.

Prescott mourned the loss, and the city fathers began formulating plans for a memorial. The city commissioned Solon Borglum, who started working on a sculpture in 1905. Borglum, the younger brother of Mount Rushmore's sculptor Gutzon Borglum, poured himself into creating the statue. A newspaper reporter noted that "Borglum himself was part of the land that had…drawn the men of the Rough Riders together to give their lives if need be for the freedom of a land and people far from their Southwest...And out of those fused fires came the greatest equestrian statue in the United States..."

Although the artist was dedicated, the completion of the project was filled with complications. The statue sits atop a 28-ton boulder, and getting that in place was a significant drawback. After the giant rock was blasted out of the neighboring mountains, somebody had to haul it into Prescott and set it on the right spot in front of the courthouse.

In the words of the local newspaper, "Many weary days were spent by contractor H.C. Walter and his men in transporting the boulder to its present resting place. It was tedious work, owning to the cumbrousness of the granite rock, but no work was too tedious for those who knew to what purpose the stone was to be put. Finally, it was embedded on a cement foundation in the city plaza, and all was in readiness for the mounting of the statue, which had not yet arrived."

The statue had not yet arrived because there were troubles. Borglum created it in New York, and it was scheduled to be shipped by rail to Prescott. But there were problems along the route, and it took intervention by a railroad vice president to get it there on time. The newspaper described the episode in this manner: "...grave fears were entertained that it would not arrive in time for the unveiling ceremonies...then it was demonstrated that railroads are not always the 'soulless corporations' the muckrakers like to picture them, and that a thread of sentiment, even like that which runs through the beings of everyday mortals, is present also in the make-up of railroad systems."

Once made aware of the situation, Santa Fe Railroad vice president W.A. Drake appointed agent H.G. Wells to dispatch a rail to look for the sculpture and rush it to Prescott. Wells was "given the power to spare neither time nor expense in securing trace of the statue and getting it here on time." He found it in an Albuquerque railroad yard, ordered it out on the first train leaving the city, then got on board to make sure all went well on the final leg of the journey. Unfortunately, all did not go well.

Shortly after crossing into Arizona Territory, the car carrying the statue broke down at Winslow. So the train was held up for several hours while all available mechanics were brought in to make the necessary repairs. When the train reached Ash Fork, several miles north of Prescott, a special engine waited to take the car and the statue to the final destination. They got there only days before the unveiling.

The task of mounting the work on the granite pedestal took another two days, and the ceremony went on as scheduled. Buckey's adopted son, Maurice, and Kate Hickey, daughter of one of his closest friends, were delegated to do the actual unveiling.

And the newspaper's account proclaimed, "With impressive ceremonies, the draperies were pulled aside from Borglum's beautiful statue, revealing the gallant captain mounted on his charger. With distended nostrils, the horse stands slightly reared back on his haunches as though abruptly pulled up, while his rider, with face turned toward the left, sits in an attitude of expectancy, as though awaiting orders..."

Technically, however, the sculpture is not a statue of Buckey O'Neill. Borglum designed and created it as a tribute to the Rough Riders. But O'Neill, being the hometown hero he was, the local citizens have come to associate it with him.
So in Prescott, it's the Buckey O'Neill Monument. The same today as it was on July 3, 1907.

CAMELBACK PEDIATRICS

Welcomes Shannon Forshey, MD and Mikaela Chavez, PA-C

Shannon Forshey grew up in Arcadia and has practiced pediatrics in the Valley for 23 years.

Mikaela Chavez joins the practice with a passion for nutrition.



From left to right: Valerie Jacobs, MD; Monica Wagner, MD; Kristin Struble, MD; Forrest Gnagi, MD; Shannon Forshey, MD; Milton Scharff, MD; Mikaela Chavez, PA-C

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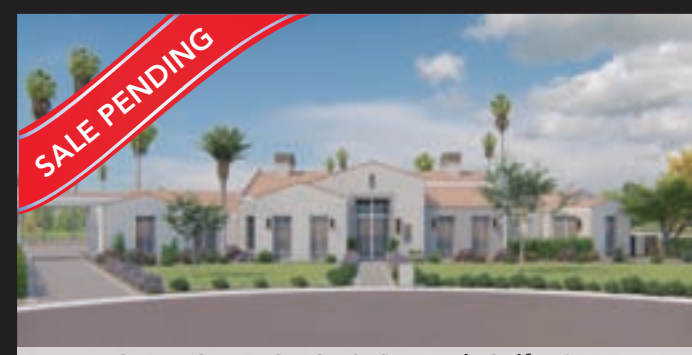
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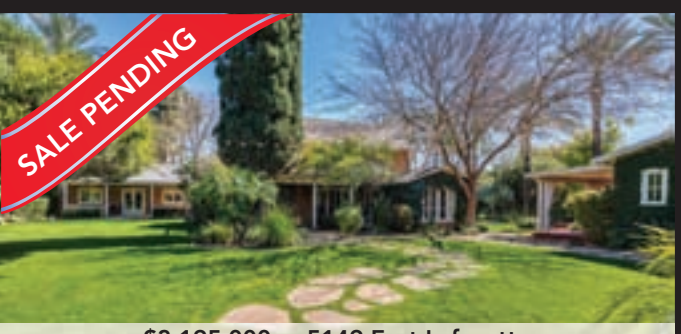
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In the Kitchen

with Jennifer Russo, executive chef and owner of The Market by Jennifer's

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By Mallory Gleich

Jennifer Russo's first experience in the kitchen came with standing on a crate in her family's kitchen, attempting to cook the perfect scrambled egg. As an adult, she moved her way up the ranks from being part of the staff to owning and operating a catering company and restaurant in the Gaslight Square Plaza, called The Market by Jennifer and Jennifer's Catering. Read on to learn more about one of Arcadia's culinary dynamos.

Where are you from?

I was born in New Jersey but grew up in Scottsdale. We moved out here in the late-70s. My dad was a dentist and wanted to start a practice out here, plus my uncle was already living here, and we were all tired of the snow!

Did you attend culinary school?

Yes – California Culinary in San Francisco. I graduated in 1997. My first job was with Lewis Stevens. I worked banquets at The Princess, then The Golden Swan – oh my gosh, this is aging me [*laughs*] – which was fine dining at the Scottsdale Hyatt. After that, I went to culinary school, then worked for Vincent's, Tarbell's and now my own restaurant.

Where did the inspiration for the market come from?

I'd had Jennifer's Catering for about 15 years, and many of my clients would say, 'We don't want to have to book a party to have you cook for us. Why don't you open a restaurant?' And I was always against the idea because the great thing about catering is that even when it's chaotic, it's organized chaos. You know how many people you're feeding, you know what they're eating, you have staff – you have control over what you're doing. With a restaurant, you basically open the doors and wait to see what happens.

It was probably around 2011 when I started looking around for places. It was one of those 'why not?' moments. We lived in the neighborhood, and it started much more casual, more of a grab and go, order at the counter-type place. We didn't have service, beer and wine were to-go, and it was a complete flop! So we took some time to regroup and decided to keep to-go but added full-service, a full liquor license, and flipped it to a complete restaurant.

How did you get into catering?

I was the sous chef at Tarbell's – who I love – and I messed up my knee and had to get a couple of surgeries. I didn't think I'd be able to go back to line cooking, so I had the brilliant idea of starting a catering company. It started small – I had a friend who worked the front, and I was in the back – and it just blew up.

What is the biggest event that you've catered?

Oh my gosh – we've done groups of two to groups of 1,000! We don't cater a ton of weddings, but we do a lot of celebrations, corporate events, that kind of stuff.

Inspiration behind your dishes?

Seasonal is a big part of it, but it's also whatever's going on in the world. I watch all the trends, see what's exciting and what other chefs do. I love everything classic with a twist, so that's another thing.

When it's springtime, you know certain foods will be beautiful, and we want to use them because the flavor will be incredible. Then again, whatever someone wants, we can do! I like a lot of Mediterranean, southwest; which is awesome for vegan, gluten-free, and the colors are amazing. The coolest part is getting to see those foods served at the perfect time.

Most popular dishes on the menu?

The chicken piccata – a fun twist on the classic. Steak and Frites, the gnocchi. I make a Bolognese sauce that was my grandmother's recipe, but we freshened it up. The chilaquiles are by far the favorite for brunch, and we make our beignets in-house.

Did you always know you wanted to be a business owner?

I always knew I wanted to be a chef. The business owner part fell in with that [*laughs*]. I started in culinary classes in middle school. As soon as I could get a job – Lewis Stevens Catering was about a mile from my house – I started prep cooking there, and the rest is history.

Did you do a lot of cooking with your family growing up?

My great-grandmother was from Italy, which really got me so excited about cooking. As a child, I would sit on the counter, watch her and was just fascinated. My mom is an incredible cook – she cooks healthy but with great flavor, and she's also amazing with pastry. She was my original pastry chef. I've always loved the feeling – cooking calms me, and I love watching people gather, food and wine together, that whole thing.

What was the first thing you cooked on your own?

Probably eggs. Standing on a little crate to reach the pan [*laughs*] and I nailed it! I hate brown eggs, so I think I just practiced until I perfected it.

Favorite dish to cook?

Protein and vegetables. I love searing or braising meats, and I think vegetables are beautiful, so playing with the different styles showcasing what they are. I'm all about savory. But it changes all the time. I see something one day and another thing another day, and I'm like, 'oh, I love that!'

What is the toughest part of owning a business?

I think it's probably everyone's thing right now, but finding people to work. I have an incredible staff, but managing people is tough. And then the operations – I hate the operations. I want to cook, and I feel like I'm cooking less because I'm managing and doing the operations. So much paperwork!

The best part?

Cooking! We do these incredible wine dinners with winemakers who come out, and I'm able to match my food with their wine; it's fresh, it's exciting. The same goes for catering. It's exciting from the first call with a client until the end. It's like watching a baby grow – putting together a plate, pairing it with wines, seeing the whole thing from beginning to end.

To what do you attribute the popularity of The Market by Jennifer?

I think it takes a minute to find it [the building] – but once people do, they come back for the food, the wine. The atmosphere is fun. During brunch, it's lively and open, and at night when the sun goes down, it's sexier. It's fun. You can come in wearing yoga pants or a suit – it's comfortable here for everyone. And, you know, the food is good!

What does a day in the life of Jennifer look like?

Long! I get up earlier than I want [*laughs*], check emails, get my son to school. Try to make it to a pilates class; come here, and it's just "go." Phone calls, writing proposals, operations, ordering, working with the kitchen. It's a long day, but it goes fast and what's cool is that it's never the same. I can't say yesterday was the same as today.

What do you do to relax?

Spend time with my 13-year-old son and my boyfriend. We travel – my son doesn't care about traveling. He cares about sports and hanging out with his friends – but I love it. Hanging with friends, veggin' out. I love television – if I had an addiction, it would be TV.

Do you think your son will follow in your footsteps?

No – he thinks I'm insane. In the long run, he respects that I work so much, but he would rather be a professional golfer or baseball player. If not, he will be the best car salesman you've ever met. He'll be in sales – he's all personality!

What's next for Jennifer Russo?

Coming up, we'll have brunch and special items for Mother's Day. As far as the business, I don't think we'll expand – I have my whole kitchen here for catering and the restaurant, everything under one roof, which helps control the chaos. I would be too nervous about having another location and not being there. But catering – we are so blessed to be going into our 25th year and continuing to grow. We're just excited when people come through the door and enjoy themselves.

JUNE DAYS

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PHOTO COURTESY OF JASPAR LOEL

Jasper Loel and his handcrafted ice cream cart.

Local tween's ice cream is Legend – wait for it – Dairy

By Luke Chatham

Instead of playing sports or video games this spring and summer, 12-year-old Jaspar Loel plans on expanding his entrepreneurial skills with his business: Legend-Dairy Ice Cream.

Jaspar is a homeschooled seventh-grader who travels around the neighborhood selling homemade ice cream using a handcrafted cart. With time on his hands (after homework and swim practice) and a "strong urge to do something," he started on the project about a year and a half ago.

Jaspar said that he had seen kids doing similar activities during his trips to San Diego, and he already felt the inspiration to start his own business because of his brother. When he was Jaspar's age, Joseph Loel had started his own clothing business, so Jaspar felt that he knew how to accomplish such a task – and for him, ice cream wasn't just a job but a passion.

Jaspar's desire for the treat was formed a couple of years ago when his mom taught him how ice cream is made. He spent time teaching himself the ins and outs of the more advanced creation methods. He practiced by making ice cream for family gatherings and found that it was something that he was good at.

And while he learned how to make vanilla and chocolate first, Jaspar now sells all kinds of flavors – like butterscotch and strawberry – even going as far as creating his own flavors.

"I love to sell the original flavors, but if I have enough time and am feeling inspired, I like to do a mix of different tastes," Jaspar said.

> ***"I love to sell the original flavors, but if I have enough time and am feeling inspired, I like to do a mix of different tastes."***

The process starts with choosing flavors, then making and freezing the ice cream. Once it's ready, Jaspar places it in the cart to keep cool.

He also decided that instead of buying a cart to house his ice cream, he wanted to build his own. Along with his dad, Jaspar took an old bike buggy and used his woodworking skills to transform the cart into a full-fledged ice cream wagon, fitted with latches, cans and a menu board.

"I do a woodworking class, and a lot of knowledge came from that class, along with help from my dad," Jaspar said. "I wouldn't say building it came easy, but it was easier for me than it might be for other people."

Jaspar spends time selling his homemade treats once or twice a week, usually doing runs around his neighborhood along Thomas and Osborn Roads. Sometimes, he takes his business to parks and recreation centers.

"To me, desserts are a joy," Loel said. "And I try to help other people find joy in the sweetness of ice cream."

He sells his sugar cone size for $2 and a waffle cone size for $4. Toppings like chocolate sauce and sprinkles are 25 cents. Jaspar is currently working on expanding the business by upgrading his cart and possibly hiring others to join in and help.

Jaspar also runs a landscaping business, and with the money he makes from both, he invests in stocks to further his entrepreneurial endeavors.

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The Dining Scoop

By Mallory Gleich

CUPBOP

This fast-casual Korean BBQ eatery serves beef, spicy pork and chicken barbeque with rice, sweet potato noodles and cabbages. Guests can pick which meat, veggies and sauces they want – there are nine combos to choose from. According to Marketing Director Yeiri Kim, "bop" means steamed rice in Korean.

"'Cupbop' itself means a steaming cup of wow served with tasty Korean BBQ in a cup," Kim said.



Rock Bop with Bulgogi Sauce

Cupbop is on the northwest corner of 44th St. and Indian School. There are 35 store locations (not including concessions and food trucks) in the United States, three in Arizona and over 90 stores in Indonesia.

The most popular items are the Combo Bops, where guests can choose two meat items and the Rock Bop – tangy Korean fried chicken.

"Food is not the only thing we focus on," Kim said. "We strive to perfect our service and culture until all creatures in the universe experience Cupbop. We call ourselves a food entertainer, which means we serve food with fun aspects of Korean culture."

Along with entrees, Cupbop also offers Mandoo, which are deep-fried potstickers, Kimchi, spicy Korean cabbage and fried chicken skewers. Gluten-free and vegetarian options are available.

Cupbop holds a cultural event once every other year called BOPSIM (which means 'you get energy from eating your meal') to introduce a variety of Korean food and culture. They also do back-to-the-community events to help educate folks on the Korean culture.

"We have a campaign called Solid Ground that provides teacher's appreciation events to local schools to recognize the tremendous value of educators," Kim said. "We believe that when we make teachers happy, they return happiness to kids. When our kids are happy, families and communities become happy, too."

cupbop.com

BREAD + HONEY HOUSE

The Bread + Honey House Arcadia is a breakfast and lunch spot that opened last summer. There are currently two locations: at 4801 E. Indian School Road (next to Taberna) and near downtown Phoenix at 4700 E. Van Buren St.

"The downtown location serves as a quick turnaround spot, with all items served in paper or to-go format. There are only nine seats inside and 50 seats on the patio," chef and owner Javier Perez said.

He explained that the Arcadia location is full-service but also works as a "commissary store" because they prep and distribute everything to the Van Buren location from Arcadia.

"The Arcadia store serves all of its dishes on real plates – and silverware is not plastic," he laughed.

Bread + Honey serves traditional American and South Mexico-style dishes, and the restaurants are owned by husband and wife team Ana and Javier Perez.

According to Perez, two dishes have become staples and are what they have been recognized for. The chilaquiles, which Perez described as "simple, and yet so complicated to explain the flavor," are made with fried corn tortilla chips sautéed with a fresh guajillo and pasilla roasted salsa, topped with crema fresca, cotija cheese, sliced onions, and cilantro with one egg cooked your way.



Chilaquiles

Eli's Fish Tacos are another fan favorite. They're made with Modelo Blanco beer-battered seasonal white fish on two flour tortillas over a bed of honey-chipotle coleslaw and topped with cotija cheese, guacamole and cilantro.

"I think what's unique about us is that we have a variety of multicultural food – guests can expect to find something for the whole family to enjoy," Perez said.

Bread + Honey House also offers specialty coffee, ice teas and soft drinks.

thebreadandhoneyhouse.com

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THIS MONTH'S WINNER: **Alyssa Heil, fifth-grade teacher at Archway Veritas • *Nominated by The Bhatnagar and Burki families***

ARCADIA NEWS TEACHERS we love



If there is a teacher who personifies the energy and jubilation of an Arcadia Teacher We Love, it is Alyssa Heil. Anyone observing Mrs. Heil's class would be in awe of the balancing act she maintains, advancing the fifth-grade curriculum at Archway Veritas while still being able to individualize for each child. Mrs. Heil also leads a board games club at the school, is a cub scout leader, and serves as a mentor teacher for the fifth-grade teaching team while still being a very involved mother of two boys at home. She attends students' plays, was part of drive-by birthday greetings during the pandemic, and can always be spotted cheering at Arcadia Little League games.

What did you feel when you saw our group walk into the classroom?

My administrative team had already entered the classroom for what I thought to be reviewing an idea I had shared at a faculty advisor meeting earlier in the day. Dr. Bhatnagar is a colleague at school that works with one of my students, and Mrs. Burki is one of my class's homeroom parents, so that wasn't quite a surprise to see them in my class. When you walked in, however, holding something looking like a certificate envelope, I finally put together what was happening and was immediately overwhelmed with emotion and rendered quite speechless.

How does it feel to be a Teacher We Love?

As I live in the area, I love getting my Arcadia News every month. Being an educator, I usually skip forward to reading first about the latest "Teacher We Love." With each edition, I am renewed and inspired by the stories of our area teachers and how they bring their gifts to their classrooms. Being in the same company of previous teachers that I have read about is quite humbling.

How long have you been teaching at Archway Veritas?

I have been teaching at Archway Veritas for over six years. I received my teaching degree and certification over 25 years ago and began as a teacher apprentice in third grade at ACV. I then taught fourth grade for three years and moved up to fifth grade last year.

What is your favorite part about being a teacher?

The most rewarding thing is making learning a thing of joy for my students. Of course, I strive to teach them the many facets of grammar, the truth that can be found in the exploration of the natural world using the scientific method, the beauty of reaching a mathematical solution through five different methods, and the countless other subjects in our curriculum, but my favorite part is making the learning fun so that they want to learn more. Seeing smiles on their faces as we sing about photosynthesis or prepositions is almost as great as when I get emails from parents telling me how their child could not stop talking about the science experiment they did that day.

How do you connect your lessons to the real world?

In literature, our Socratic seminars allow students to take a closer look at virtuous behavior not only in the characters' behaviors but also in reflecting upon themselves. In science, we are currently exploring the plant kingdom, where students each have a section in our outdoor planters to grow and harvest their own plants from seeds. Many have expressed interest in starting a community garden nearby, which I am exploring.

How do you juggle being a mom and a teacher?

This is a juggling act that I have not yet perfected, but I strive to better myself year after year. Having active fifth and eighth-graders can be a handful, but having them at the same campus is a huge benefit. That, along with an extremely supportive family and a community full of amazing fellow parents, makes a busy schedule possible.

How do you motivate your students?

Ideally, I want my students to understand the intrinsic value of their education and have that be the main motivation for them in the long run. Along with that, I inject as much joy and energy into each lesson as possible. Instead of motivating students daily with candy or trinkets, I incentivize using experiences. For example, after a long morning of lessons, I will take my class out to the football field where we fly kites or have a bubble machine recess.

Are you from Arizona?

I was born at John C. Lincoln Hospital and grew up in Glendale, where my parents still have their home. I graduated from Apollo High School and received my B.S. in Elementary Education from NAU in '97.

What is your favorite part of the Arcadia area?

Immediately after reading this question, the first thing that popped into my head was Beckett's Table. Honestly, I would have to say the local restaurants are my absolute favorite part of the Arcadia area. Growing up on the west side of the valley, the dining experience is what first brought me here. I used to plan bi-weekly dinners for a large group of friends, and local restaurants were the main focus. I think Beckett's Table was the very first dinner I planned, and we still love it to this day.

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

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

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PHOTO COURTESY OF DBG

Mother's Day at DBG.

May 8 is dedicated to the moms – treat 'em to some fun!

By Sydney Carruth

Mother's Day is just around the corner, and sometimes, it can seem daunting to come up with a way to properly thank the mother figure in your life for all she does throughout the year. Luckily, there's still time to claim the coveted favorite child title by treating mom to a beautiful day in the Valley – all you need is a little inspiration and a reservation or two. Here is our recipe for a perfectly crafted Mother's Day.

Whether you're heading out for delectable chef specials or to the mimosa bar, there are a variety of brunch offerings around Phoenix. The Sanctuary at Camelback Mountain will be hosting a Mother's Day Brunch against the beautiful backdrop of the Phoenix Mountain Preserve on Sunday, May 8. From 10:30 a.m.-2:30 p.m., mom can enjoy chef-crafted appetizers, main courses and desserts. Brunch starts at $125 per adult and $45 for children.

gurneysresorts.com/scottsdale

From 9:30 a.m.-2 p.m., families can treat mom to a buffet at Rita's Cantina & Bar at the Scottsdale Camelback Inn, with live music, face painting, a caricature artist and the opportunity to have professional family photos taken with Camelback Mountain as the backdrop.

Brunch highlights include: breakfast favorites, made-to-order omelets, carne asada and chicken tacos, a guacamole and salsa bar, trout with Veracruz sauce, chimichurri lamb chops and assorted pastries and desserts. $130 per adult (including bottomless bubbles and mimosas), $39 per child ages 4-12.

marriott.com

Another option is to break out your Sunday best and head to the Arizona Biltmore. McArthur's Restaurant and Bar will feature a curated buffet of chef-selected seasonal specialties that rotate throughout the year. In addition to seasonal fruit, charcuterie and confections, guests can order an à la carte entree to round out the dining experience. Options include chilaquiles, the Waldorf Astoria-inspired Biltmore Benedict or the lemon-blueberry cream-cheese pancakes. Cocktails range from Bloody Mary's to Cactus Coolers. Bottomless mimosas are available for the bubble enthusiasts of the group. Prices start at $42 per adult and $21 for ages 5-11.

arizonabiltmore.com

If wood-oven roasted New York strip steak and pan-seared sea bass are more your style, head over to Hearth '61 at Mountain Shadows in Scottsdale. The brunch menu includes starters served family-style and a choice of one à la carte entrée per person. Executive Chef Charles Wiley created the Mother's Day menu this year. Brunch runs from 10 a.m.-2:30 p.m., and pricing starts at $89 per adult and $24 for children.

mountainshadows.com

There are other unique Mother's Day dining options around the Valley, too! The Farm at South Mountain is offering picnic baskets for pick up, complete with a blanket and bottled water. Pick-up times start from 10 a.m.-12.p.m. Offerings include bruschetta, cheese boards, Mediterranean pasta salad and Caprese on focaccia bread. Each basket includes dessert, and guests can choose to add champagne or red wine to their baskets. They also have the option of a kids' basket so the whole family can join in. Prices start at $125 for two, $225 for four.

thefarmatsouthmountain.com

If brunch and picnics don't quite suit mom's fancy, The Phoenician is hosting a Mother's Day afternoon tea. The event will be complemented by contemporary live piano music from pianist Alan Comyns and features a variety of tea blends, finger sandwiches, scones with Devonshire cream and preserves, and various pastries. This is the perfect event for those looking to celebrate early, as the afternoon tea is already sold out for May 8 this year. There are still openings on May 4, 5 and 6. The event takes place at 2 p.m., and prices vary per package purchased.

marriott.com

Nestled in the heart of downtown Scottsdale you'll find Arcadia Farms Cafe. The charming restaurant has become a Valley favorite for its unique atmosphere and gourmet menu items. While there won't be a new menu for Mother's Day brunch, the restaurant will extend its menu options on Mother's Day to include everything from peach French toast casserole to a crab and shrimp tower.

arcadiafarmscafe.com



Mother's Day at FOUND-RE Hotel.

Here are a few Mother's Day activities now that brunch has been served:

Check out Mother's Day at Desert Botanical Gardens for moms who want to spend their day outdoors. From 9 a.m.-6 p.m., moms will receive free admission to the gardens with the purchase of one admission ticket. There will be live music throughout the day, complimentary photos and an ask-a-gardener Q&A session until noon. Guests can also purchase a picnic basket to enjoy in the gardens for lunch and beverage services from 11 a.m.-8 p.m. Gertrude's Restaurant is accepting dinner reservations.

dbg.org

Treat mom to a wine tasting at LDV Winery in Old Town Scottsdale. Guests can choose from three wine tasting flights or pick out a wine pairing package. Aridus Wine Company, Carlson Creek Tasting Room, Merkin Vineyards and Salvatore Vineyards Tasting Room are additional wine tasting options. All wineries require a reservation for tastings.

ldvwinery.com

For all the dog moms out there: Mother's Day Dog Yoga, paw readings, and painting classes will be hosted by FOUND:RE Hotel from 11 a.m.- 3 p.m. Activities are free, but donations are welcome and will benefit the LovePup Foundation.

foundrehotels.com

Entrepreneur and youth club join forces

By Sabrina Proffitt

As a child, healthcare leader and philanthropist Justin Bayless and his brother were weekly attendees of their local Boys & Girls Club. They participated in after-school sports, hung out with other kids their age and took advantage of the programs offered to K-12 students. Now, as an adult, Bayless has donated $500,000 to Boys & Girls Clubs of the Valley to promote the programs that helped him as a young man.

AZYouthforce is a B&G program that helps teens explore career options while connecting them with community leaders, internships and work opportunities. B&G plans to expand with Bayless's donation, and will now offer the Bayless Entrepreneurship Program. The extension will teach teens essential business skills, promote their creativity and business ideas and help encourage them to explore becoming business owners.

Teens will have the opportunity to work toward an academic certificate, work with local educational and business mentors, and even develop business plans which can potentially win seed money for their implementation. That means teens can work toward their career dreams while still in high school.



Justin Bayless

Jill Johnson, senior director of Boys & Girls Clubs of the Valley, said she hopes Valley businesses are inspired to support the Clubs like Bayless is.

"With us serving thousands of youth and teens, it's important that the community and folks like Justin and other businesses invest in our young people because that's where the change gets made," Johnson said. "The true purpose of this partnership is to give young people a path to success, create equity for teens and give them a chance, regardless of their family's socioeconomic status."

Bayless, who has a passion for finding solutions in the healthcare world by helping entrepreneurs and business owners achieve their conquests, has also been dedicated to philanthropic efforts. To him, representation can change the way students see the business world and their place in it.

"I think being involved and interacting with students so they can see the art of possibility is super important," Bayless said. "Often, they don't see people that look like them, represent them, and are also club kids. I was a club kid, using the same resources and facilities. It's important for exposure and representation because you might not see that in the business world, especially for minority families."

Boys & Girls Clubs of the Valley offers after-school and summer programs for over 13,000 children and teens in grades K-12. They are currently accepting applications for AZYouthforce and the first round of applications for The Bayless Entrepreneurship Program.

bgcaz.org



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Atticus, Scout and Jem win in state mock trial competition

By Jennifer Marshall

Late author Harper Lee would undoubtedly be proud of Veritas Prep's three mock trial teams – Atticus, Scout and Jem – who participated in the state tournament and are named in honor of characters from her novel "To Kill a Mockingbird."

This year, 62 teams from around Arizona qualified and competed in the Arizona High School Mock Trial Competition. There were six to eight students per team, and Veritas had reason to celebrate as Team Atticus placed first at state and Team Scout placed second.

"The students receive a case file that includes the law, rules of evidence, statements of witnesses and actual evidence. They digest this material, wrestle with the rules and determine how to effectively present witness testimony and evidence persuasively for each side," Program Director Bill Gates said.

Like in a genuine trial, the students gather at the courthouse in downtown Phoenix where the teams square off against each other like plaintiffs and defendants. On each team, half of the students serve as lawyers for one side while the other half serve as lawyers for the opposing side. And just as real are the judges and lawyers who score the competition based on a point system.



Team Atticus members: (Back) Trinity Lindsay, Lauren Mukavitz, Sabra Ahmed, Peyton Jones. (Front) Erika Ghassemi, Corynn Gates, Claire Harris, Aubrey Klain.

"Depending on the side of the teams' assigned case, they take their position at the counsel table," Gates said. "A judge appears and sits at the bench and calls the case. Witness by witness, the students ask questions of fellow teammates and present cross-examinations."

They argue the admission of evidence, using the rules that apply in courtrooms every day, and present opening statements and closing arguments.

Mock trial ran from July 2021 to May 2022, with the national competition closing out the season. Many hours of preparation go into getting ready – practice usually takes place two to three nights a week. Team members prep on their own and as a group. Because the teams must be able to argue both sides of a given case, they must be well versed in all aspects of the issue.

"Typically, the organizers try to provide a case that challenges the students and offers the chance to advocate for both sides," Gates said.

The case for this year's competition involved excessive use of force by an individual who was engaged in security activities at a shopping mall. This individual was previously fired from a police department for various reasons – including the use of force.

Gates has done more than just coach winning mock trial teams. Seven years ago, he and his wife, Judge Pam Gates, approached Veritas' headmaster about starting a mock trial program when their freshman daughter, Emily, showed interest.

Since Gates and his wife had met during a mock trial in college and won the national championship together, this program was near and dear to their hearts.

He explained that the ultimate goal is for students to learn to become critical thinkers, understand how the rules of reliability guide us in evaluating what we read and hear, and develop strong oral advocacy skills. And it looks like the Veritas students excel in each of these areas!

There's music in the hills – and it came from Veritas Prep

By Melissa Hirschl

The grassy setting of Veritas Prep's campus – with its tall trees and view of Camelback Mountain – provided the ideal venue for the school's annual Music Festival in April.

Accomplished and emerging artists provided an afternoon of rhythm and song as the audience lounged on the grass, soaking up the music and the beautiful spring weather. The headliner was Nate Nathan and the Mac Daddy-O's, a 12-piece band that belted out pop tunes.

"Our goal was to showcase our talent, bring the community together, and finish the year with a fun celebration," Stephanie Beebe, lead committee chair, said.

Drawing upon her multi-tasking skills, Beebe and her team scouted out musicians, lined up performers, marketed the event, led student and parent volunteers, and took care of setting up and taking down.

"We start planning in December," she said. "I'm so glad we have texting with these super-busy students," she laughed. "Auditions are my favorite parts; I love watching the kids come out of their comfort zones, make an effort and shine."

Veritas is a classical liberal arts academy with a strong focus on drawing, language and the arts. Along with the festival, Ballet Arizona and the Phoenix Symphony entertain students at sister school, Archway Elementary. The school's choirs – boys, girls, and elite – also give the school a distinctive edge.



Nate Nathan and the Mac Daddy-O's.

"You have to audition for the elite choir each year," performer Levi Galat, of the band Landmark Nemo, said. "We learn and perform different pieces of choral music together. In February, we go to the Jazz Madrigal Festival at NAU. We sing in front of a judge who rates the schools, and our rating this year was excellent."

Student band Calle Rosa – composed of Drake Kinerk, Ian Harders, Landon O'Rourke and Cole Kinerk – performed the grand finale of the evening.

"The festival allowed us to share the music we've created over the last four years. Ian and I both love the sound of the 70s. That's why we record on reel-to-reel tape and cassette decks. It's an older and slower process, but we think it captures a full band sound," Drake said.

While the musicians shined on stage, there were behind-the-scene stars as well.

"The junior class sold all the food, which was graciously donated by a parent," Beebe said. "They got to keep the profit and apply it to their senior trip, scholarships and senior breakfast. Students also compete with their artwork for the event design and volunteer to help with stage and event setup and takedown."

Proceeds from this year's event go to the Veritas art and music departments.

2022 VERITAS MUSIC FESTIVAL PERFORMERS

- *Gio Spadafore (student emcee)*
- *Drake Kinerk (senior/vocals/rhythm)*
- *Ian Harders (senior/lead guitar)*
- *Landon O'Rourke (senior/drums)*
- *Cole Kinerk (guitar)*
- *Levi Galat (senior/voice/guitar)*
- *Liam Pluntke (drums/guitar)*
- *Lana Rowland (junior/vocal)*
- *Maddie Marquardt (sophomore/vocal/piano)*
- *Audrey Bitikofer (sophomore/vocal/piano)*
- *Max Groft (junior/vocals/guitar)*
- *Ben Groft (vocals/guitar)*
- *Peter Townsend (Veritas tennis coach and guitarist)*

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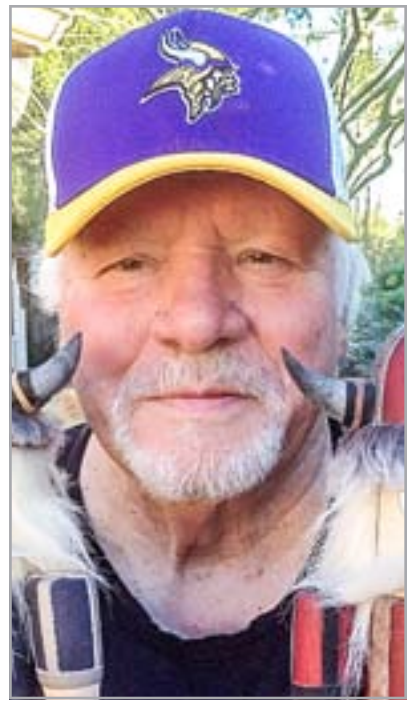
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Ray Artigue

Meet. Mr.

"Meet Mr./Ms." provides a personal profile of men and women who live in Arcadia, allowing for people to meet their neighbors. I started it as a tribute to my late father, who did a similar column in the *Phoenix Gazette* back in the 40s and 50s under the same name.

I've been writing for Arcadia News for almost four years. I approached Greg with the idea, sharing the history and heritage of the original "Meet Mr." and he loved the idea of resurrecting it. I have owned and operated several marketing and public relations agencies over the past 35 years and currently consult with a wide array of corporate brands and nonprofit organizations.

When I'm not working, I love to write and am currently working on two books, a fictional novel and a compilation of non-fiction short stories. I dabble in poetry and also serve on numerous nonprofit boards.

My favorite part of Arcadia is all of it, really! My wife and I have lived here for 42 years and she grew up in the neighborhood. We enjoy the people and the true sense of "community."

Miriam Hahn

Plant Based Wellness

My column is all about healthy lifestyle habits that help prevent disease and help readers look and feel their best. I share plant-based recipes and health tips. I have been writing for Arcadia News for the past couple of years and feel so lucky to have a column in the local paper.

When I moved back to Arcadia, I wanted to immerse myself in the community and share health tips, so I approached Mallory with an article idea. It went over well, so here I am!

I own a wellness practice specializing in helping people prevent illness with plant-based eating. I offer classes that teach people how to cook healthy meals that are easy to incorporate into daily living. Outside of writing and cooking, I love to run, bike ride and play pickle ball.

My favorite part of Arcadia is the strong community of people. I have had hundreds of Arcadia residents cooking with me in my kitchen and my business has flourished from referrals, which I am so grateful for.

Angela Copeland

Career Corner

The purpose of my column is to empower professionals to find the best job for them or to advance their careers. Whether it's advice on salary or how to survive a difficult work situation, I want it to be helpful to readers.

I started writing the column in 2013. Time flies when you're having fun! I found Arcadia News online and reached out. It seemed like the column would be a good fit for the readers. Over the course of my career, I have worked in a number of different industries, including career, financial, home, travel and technology services. My roles have included engineer to project manager to coach and marketing executive. I also founded an executive coaching company called Copeland Coaching.

Outside of work, I enjoy spending time with friends, traveling and trying new foods. I'm also the host of the Copeland Coaching Podcast and I wrote a book called "Breaking The Rules & Getting The Job."

Robin Sewell

Robin's Adventures

I am in the media industry. My company produces television shows, commercials, corporate videos and digital content. We also produce *Arizona Highways Television*, that has been on the air for 18 years.

My column talks about Arizona treasures, things to do and explore, unique experiences and interesting Arizonans. We are a diverse state both visually and culturally and the people who live here deserve to be acknowledged.

I started writing for Arcadia News in 2019. I live here and have always read Arcadia News because I like to know what's happening in my neighborhood. I was on the Heart Ball publicity committee and I pitched a story to the editor and said I would like to write it for them.

I like to hike, travel, explore, volunteer and go to cultural events. I love living in Arcadia. My favorite part is walking and biking in my neighborhood. I love the architecture, the tree-lined streets, seeing people out with their families and dogs…and my best mornings are biking to breakfast at The Henry.

Sam Lowe

On the Lowe Road

My musings focus on some of the interesting things I did during my lifetime (including poking through life while poking fun at life), travel, history and other fun stuff. I started writing for Arcadia News in September 2019.

After retiring from the *Arizona Republic* and freelance writing, I opined that I still had stories to tell and approached Mallory in the hope that she would agree. She did and the rest is, you know, history – but hardly historical! Newspapering and writing have been my sole careers, and my other hobby is woodworking. I make nutcrackers and candle holders. My favorite things about Arcadia is the quiet, clean, well-kept neighborhoods and, of course, the Arcadia News.

Sabrina Proffitt

I decided to start my own online magazine but as a 21-year-old who just graduated with a Bachelor of Science in Journalism degree, I needed some funds. To power my dreams, I do freelance work for newspapers and magazines around Arizona.

I've been writing for Arcadia News since August 2021. I've written for various

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Sabrina Proffitt


Melissa Hirschl


Cliff Summerhill


Rachael Bouley


Jennifer Marshall

publications, including NAU's *Lumberjack* newspaper, was hired to edit a novel and have done my own work as well. I hope to keep growing as a writer and journalist and for my magazine to take off.

When I'm not writing, I love going to new businesses, to concerts and learning about the community. I also enjoy the outdoors. So far, I've loved the stories I've gotten to write about kids. The Tavan fundraiser story and Sunshine Accessory stories were so fun. Children are the future of our community and it is so great to see that they are already little visionaries.

I love being a writer because I get to tell the community a story, whether it's about someone who is making a huge impact, a cool new shop that has opened or about someone chasing their dreams. Some of my favorite stories I've ever written have been about people doing amazing things but aren't in the spotlight. I want to take those who think they are voiceless and give them a voice and tell their story as best as I can.

Melissa Hirschl

I was having coffee at Black Cat Coffee Shop and saw a copy of the paper. I read through it and liked what I saw, so sent an email to the editor. That was two years ago.

In my down time I like to do crafts, drawing/painting or hiking, reading and traveling. My favorite story thus far was writing about Lula's Bakery. I loved learning about her supporting local artists, delicious treats and positive attitude. I love being a writer because it is a creative outlet; I perceive it as making art, but with words. I also love to bring people's stories to life.

Cliff Summerhill

I was born and raised in Arizona. My favorite great-aunt lived in Arcadia, so I've been reading this paper for decades. When I decided to delve into the world of journalism over 10 years ago, I wanted to root myself in local news and am happy I found that with Arcadia News, who, to me, is the standard of long-lasting local news. I've been writing for the paper a little over two years.

My professional life is busy: I'm a full-time public information officer, own a boutique marketing agency with an amazing business partner, and do marketing with nonprofits focusing on child welfare.

I'm a comic book geek and hope to write some comics one day. I've pursued further education in screenwriting and have developed a passion for that medium. Other than that, I'm always writing. I spend a lot of time with my fiancé traveling and exploring. My favorite stories are always those focused on not-so-well-known programs, like the International Dark Sky Association. Who knew the night sky needed an advocate?

Whether they are real or fiction, writing is the best medium for telling stories. There isn't one TV show or movie that doesn't have a strong writer behind it. The same can be said for the Arcadia community: who else can tell the stories we can?

Rachael Bouley

The past seven years that I have been writing for Arcadia News have gone by so fast, and I'm so lucky and thankful to be involved in such a wonderful community newspaper.

I was in my first year at ASU's Cronkite School of Journalism when I got an internship with Arcadia News. I had a lot to learn, but everyone was so supportive, and I've been here ever since.

I work in sports media and spend all my extra time freelancing. My fiancé says he falls asleep to the sound of me tip-tapping on my keyboard late at night. It's my happy place! I love traveling, exploring new places, and eating any chocolate I can get my hands on. I also love taking endless photos of my dog and treating him like a human.

My Arcadia News stories are the most fun to write. My favorite so far is Design for Dogs –who wouldn't want a designer doghouse? It's so cool to see such creativity for a good cause.

I love learning about new things and shining a light on positive stories in the community. When I was a little kid, I had my own newspaper, and now it's so fun and rewarding to get to work for one as awesome as Arcadia News all these years later.

Jennifer Marshall

I was new to Phoenix in 2018 and looking for freelance writing opportunities. I reached out to the editor and the rest is history, as they say! I'm a social media copywriter, a freelance writer and a model.

Reading is a huge passion of mine. I also love traveling – especially cruising – and exploring new places. I like to cook, bake and entertain. Game nights are always fun! I also recently published a book called *Christmas Cookies on a Cruise Ship*.

My favorite story that I've written was about Stephen and Patricia Beals, who work at the Inzalaco Barrow Cleft and Craniofacial Center at Barrow Neurological Institute.

The best part of being an author is getting to work from home. On the other hand, I find it hard to tear myself away from my writing. Maintaining a daily healthy and happy life, family and work balance is very important to me.



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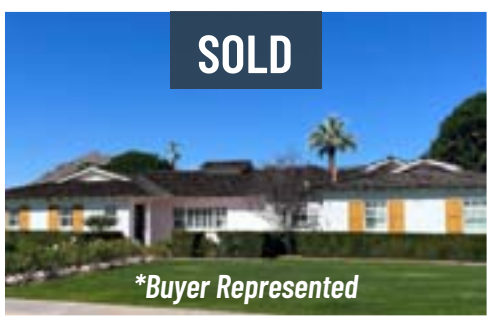
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4 BEDS / 4.5 BATHS / 5,069 SQ FT



$3,995,000 - 4456 E Calle del Norte
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$2,550,000 - 6432 E Calle Del Paisano
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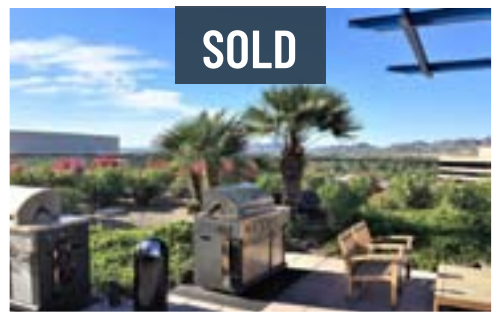
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Troop 147 introduces its latest Eagle Scout

By Melissa Hirschl

A passion for animals and a hefty dose of ingenuity earned Boy Scout Nico Cheke the highest rank attainable in the Boy Scouts of America program: Eagle Scout.

Nico is a member of Troop 147, sponsored by St. Theresa's Catholic Church and a sophomore at Arizona Agribusiness and Equine Center in Paradise Valley. He had a high bar to reach for, as scouts must earn 21 merit badges (13 of which need to be Eagle specific), plus a community project to obtain the honor.

Badges cover a wide range of categories, such as life skills, hobbies, sports, nature and future careers. Eagle Scout badges take things up a notch, as they are more physically and intellectually demanding.

For his community project, Nico approached the LovePup Foundation in Phoenix. Their mission and focus are to rescue dogs in need.

"Nico has always been animal-centric," said dad, Dan Cheke, who is also the troop's Scoutmaster. "LovePup was a perfect match, as it's an organization that shares his love for animals."

LovePup proprietor Johnjay Van Es and his wife Blake were delighted to hear that Nico wanted to contribute his talents to their business. The two projects they needed the most help with were parking curbs for their lot, and a donation bin. Nico proposed ideas that melded creativity and practicality.



PHOTOS COURTESY OF NICO CHEKE

Nico and Daniel Cheke.



Nico and Van Tucker placing bone-shaped parking curbs.

"I envisioned concrete signs in the shape of dog bones for the curbs and a large doghouse with a lifting lid for a donation box," Nico explained. "With help from my dad and other scouts, we made four 'dog bone' parking blocks, using 220 pounds of concrete."

The form was built using wood and concrete cylindrical forms cut into wedges. Friends and family helped to pour the concrete in shifts.

The shingled, three by four-foot doghouse was also a hit with LovePup's owners, as it made an ideal structure for donations of blankets, comforters and dog toys.

"Nico is an amazing kid," Blake said. "This project is close to my heart because our son is also an Eagle Scout. Nico's projects have been incredibly helpful for our LovePup shelter."

The newly-minted Eagle Scout was recognized at the prestigious Court of Honor ceremony at St. Theresa's Hall in March.

"It was a big deal. Nico received a new neckerchief, his eagle badge and a medal," Dan said. "I'm so glad he had this opportunity. Scouting makes kids responsible and brings families together."

"Receiving my Eagle Scout award was a huge success and will help me in the future with my career," Nico said.

His dream is to become a veterinarian. He plans to receive an associate degree, followed by a four-year degree, then head to veterinarian school – the last stop to make his dream a reality.

Lovepupfoundation.org

Putting their brains to the test

By Melissa Hirschl

A group of St. Thomas the Apostle's whiz kids quickly rose to the challenge at the Academic Junior High Decathlon this past spring – and there's a reason they're called whiz kids. The teams came in first in logic, second in the super quiz, second in fine arts and third in English/grammar at the regional competition.

They then took their skills to nationals and placed second in logic against 12 other schools in the virtual competition.

To partake in the decathlon, students were asked to complete a smaller version of the actual test that included religion and logic questions and puzzles. Examples include fill-in-the-blank questions about St. Maximillian Kolbe, St. Therese of Lisieux and riddles like:

I am tall when I am young.
I am short when I am old.
When I live, I glow.
From your breath, I cease to be.
What am I?
(Answer at end!)

Ten students from St. Thomas participated in ten events. Two were collaborative: a logic quiz and a super quiz. The remaining eight events tested individual knowledge of the Roman Catholic doctrine, English, literature, science, math, current events, social studies and fine arts.



PHOTO COURTESY OF ST. THOMAS THE APOSTLE

(Back) Coach Leigh Ulrich, Coach Sister Michael Vincent, Gabe Kruger, Ella Boyle, Sophie Robaina, Kate Jorgensen, Coach Noah Loungarikis, Cara Boyle, Coach Mary Whitfield. (Front) Jack Haas, Ava Shoen, Dakota Presidio, Ellora Hood and Joey Young.

The super quiz consisted of 50 multiple choice questions and gave students only 15 seconds to respond. The logic portion demanded creative mental gymnastics, as students utilized "left brain" skills for problem-solving and reasoning abilities. Examples were Venn diagrams, anagrams, cryptograms, puzzles and visual-spatial reasoning.

"What was amazing," Coach Noah Loungarikis said, "is there were no eighth graders representing our school in the competition [like on the other teams]."

St. Thomas has Loungarikis to thank for bringing students onboard the decathlon experience. A ten-year teaching veteran from Orange County, California, he came well steeped in coaching.

"This is one of the most enriching programs I have ever been involved in," Loungarikis said. "What this decathlon does for students is life-changing. Many have never had a venue that rewarded their academic skills."

These competitions pit the best against the best against each other, according to Loungarikis.

"It lets these kids shine in the spotlight, something they may not normally have the opportunity to do," he said.

This event takes a lot of preparation: five hours of team practice a week and two to three hours of studying at home.

"The decathlon is one of the best things I've ever done," sixth-grader Ellora Hood said. "Before, I felt I didn't have a place to fit in. The decathlon made me feel cool and happy since I met others who felt the same way."

Resource materials, which change each year, are vital for decathlon preparation. Fine arts include paintings, music and sculpture, and this year students used "The Arts of Visual Encyclopedia," a 300-page book geared toward adults. According to Loungarikis, the logic practice questions mirror those used for law school entrance.

catholicajhd.org

[Did you figure out the riddle? The answer is: a candle!]



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This spring, the stage belongs to empowering women

By Jennifer Marshall

Tis' the season for hitting the town and enjoying all the upcoming theater shows downtown Phoenix has to offer. Here are two that are gracing Valley stages.

A full-length interactive show called *Once Upon a Bachelor* opened at the Phoenix Center for the Arts (1202 N. 3rd St.) in April. Produced by CaZo Dance Theatre, the show combined live performances and pre-recorded segments with immersive audience participation.

"*Once Upon a Bachelor* reimagined the popular reality dating show, *The Bachelor*. The titular main character, Fabian, attempts to find his one true love among several famous fairytale characters," Artistic Director Bridgette Borzillo said.

In doing so, Fabian needed plenty of help deciding which character (including Snow White, Cinderella, Pocahontas, Mulan, Beauty, the Little Mermaid and the evil queen) was "The One." That's where the audience came in.

Assistant Director Bryan Caron created the script and videos while sixteen dancers from CaZo Dance Theatre performed in the production.

"When I first thought of bringing *The Bachelor* to the stage, I didn't just want to mimic or parody the show," Borzillo said. "I'm guilty of being a fan, so I wanted to add a dynamic that had never been done. That's when I came up with giving the audience a chance to vote on which characters would be eliminated throughout the show."



PHOTO: CARLY HOMER

Once Upon a Bachelor premiered in April at the Phoenix Center for the Arts. The show introduced audience participation: theater-goers chose which character got a rose, and which went home!



PHOTO: TIM FULLER

The cast of Justice.

With so many innovative moments featured in *Once Upon a Bachelor*, Borzillo and her team had to design and implement different solutions to meet challenges.

"By having the audience vote on who moved forward, I had to adjust my normal choreography to accommodate different dancers, all of whom needed to know several dances they may not have been familiar with," Borzillo said. "It was a great experience for them since they had to think on their toes during the show – they didn't know which dancer would be chosen, so they had to be prepared to dance or sit out."

Over at the Herberger Theater Center (222 E. Monroe St.), the Arizona Theatre Company will be performing *Justice*, a musical about Ruth Bader Ginsburg and Sandra Day O'Connor in May. This is particularly exciting for Arizonans, as the retired Supreme Court Justice O'Connor calls Phoenix home.

Written by playwright Lauren Gunderson, *Justice* features original music by Bree Lowdermilk with lyrics by Kait Kerrigan.

The plot is as follows: Ginsburg has just been appointed to the Supreme Court. Welcoming her is O'Connor, the only other woman there. Through a third character, Vera, audiences discover how O'Connor and Ginsburg inspire, challenge and propel the next generation of trailblazers in American jurisprudence.

"There's a bit of magic to this play," Gunderson said.

They started writing mid-lockdown in summer 2020 and decided to tell the stories of O'Connor and Ginsburg and how their pattern-breaking careers helped pave the way for the next 'firsts.'

"Now we have a musical about a fictional black woman Justice nominee when we are currently seeing the first black woman Justice nominee in D.C.," Gunderson said. "Learning about these women has taught me so much and given me new heroes to admire and renewed my faith in what American democracy can do and be."

Justice will run from May 5 through May 22.

herbergertheater.org

phoenixcenterforthearts.org

Spring: Nature's way of saying 'let's party!'

By Sydney Carruth

Springtime in the Sonoran Desert is one of the most beautiful – yet fleeting – seasons. The desert comes to life with vibrant colors, sights and smells as the weather warms up ahead of the impending summer days. May is the perfect month to get outside and explore local parks – while you're out, why not have a picnic?

Although it sounds simple, parks have been noted in surveys as an essential factor in the livability of a community, according to a National Recreation and Park Association report. Parks hold health and environmental benefits and generate social importance, providing the perfect space for a picnic with family and friends.

"A study by Penn State University showed significant correlations to reductions in stress, lowered blood pressure, and perceived physical health to the length of stay in visits to parks," according to the National Recreation and Park Association. Here are our top picks for the best parks to visit in May.



PAPAGO PARK

625 N. Galvin Pkwy.

Papago Park is just a few minutes from downtown Tempe and is known for its large sandstone buttes. It offers a variety of hiking trails and holds Hunt's Tomb, a naturally occurring attraction listed on the National Register of Historic Places. The park also hosts the Phoenix Zoo, Desert Botanical Gardens, Papago Sports Complex and an archery range.

INDIAN BEND PARK

3432 E. Presidio Road

This park is part of the Indian Bend Wash Greenbelt that runs through Scottsdale. The Greenbelt features an 11-mile oasis with lakes, walking paths and golf courses, of which Indian Bend Wash Park is included. The park is near the water, so visitors can enjoy lake scenery while exploring the area.

"There's lots of shade, it's close to a lake, and it also provides a lot of privacy because people tend to forget that park is there – it's hidden," said Rea Fuller, owner and director of the Fancy Basket, a professional luxury picnic service in Arizona.

ARCADIA PARK

56th St. and Indian School Road

Another option is Arcadia Park, located at 56th St. and Indian School, right down the road from Ingleside Middle School. This park is ideal for families with young children as it features a playground, large grassy areas, and various picnic tables.

KATCHINA PARK

4304 E. Campbell Ave.

Kachina Park is tucked away in the heart of Arcadia. There are grassy areas, pavilions, picnic tables, and even a dog pool for four-legged friends.

These parks have one thing in common: they provide prime real estate to host a picnic.

"Picnics are important because they allow family and friends to have quality time together without interruptions, like cellphones, television and the internet. People enjoy each other's company, talk and have fun," Fuller said.

She recommends planning your adventure ahead of time and accounting for "location, time, and of course, shade! Make sure you have enough water and keep cool," she said.

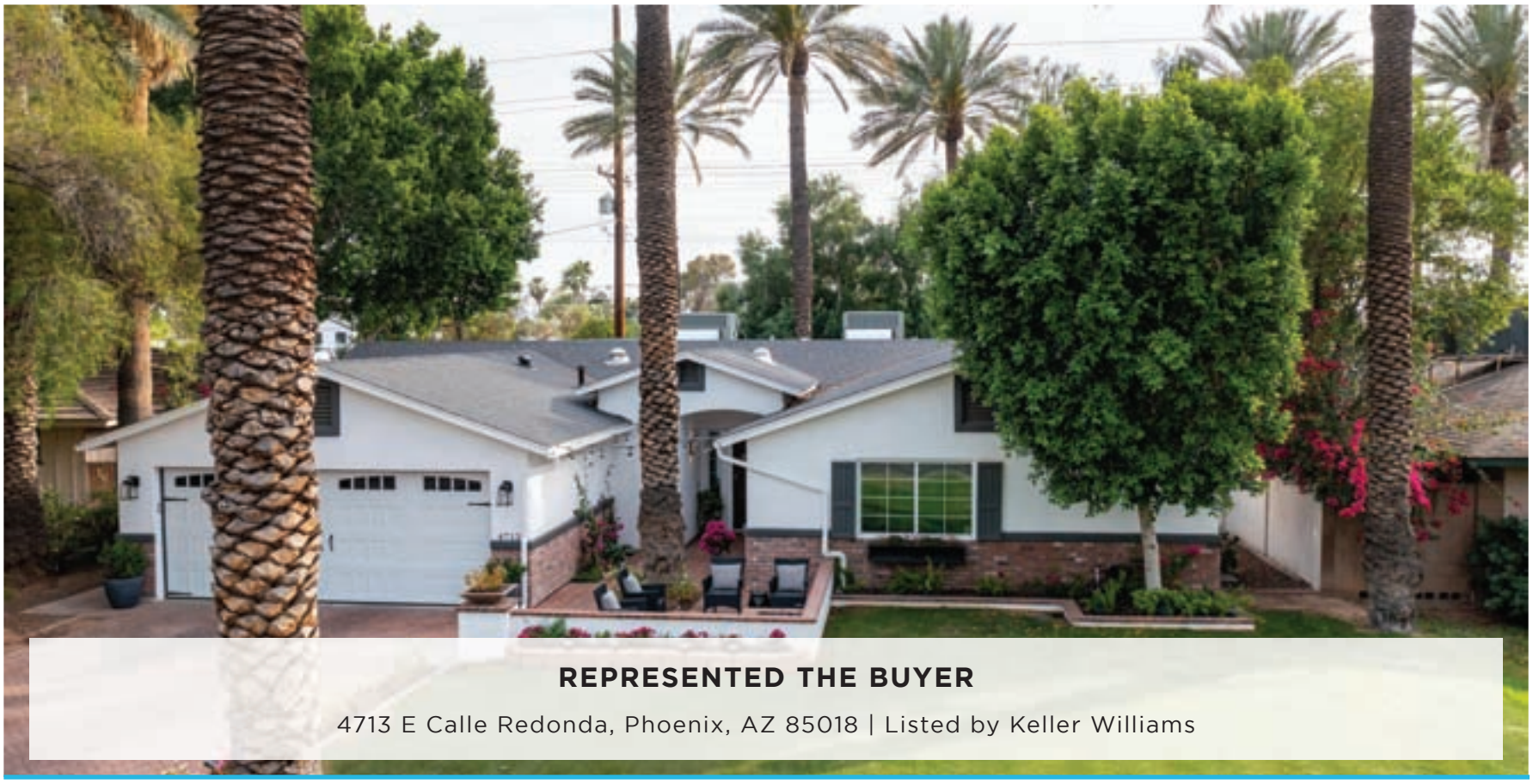
As far as the actual contents of the picnic basket? Fuller's answer was simple: "You can't go wrong with all of your favorite foods!"

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"Meet Ms." | Ray Artigue

Christine Ehrich

Christine Ehrich says she needs a "lot of purpose" in her life.

That sincere desire, coupled with an entrepreneurial spirit influenced by her mother, led her into the healthcare industry. In this field, caring for people allows for purposeful service daily.

The Midwest transplant first started a physical therapy network in Arizona, and it ultimately grew to more than 600 outpatient clinics in three states. After selling that enterprise, she founded Axis of Autism in 2021. The company serves families waiting for professional autism spectrum diagnoses by equipping a network of specialized psychologists with groundbreaking technology to complete evaluations faster.

> ***I'm kind of a do-or-die person.***

"I spent many months listening and learning about the barriers parents experience in gaining access to an overburdened healthcare system," Ehrich said. "Recognizing that the current system wasn't working, we began streamlining the intake and evaluation process. The earlier the diagnosis, the better the treatment, which ultimately leads to better short and long-term outcomes for children."

Ehrich arrived in Phoenix in 1992 after graduating from the University of Dayton. She transferred there after playing center on the Ball State University women's basketball team. Her competitive spirit as a student-athlete has carried over into her career as she admits, "I'm kind of a do-or-die person."

Whether it was the lemonade stand that she profitably managed as a young girl or how she attacks Piestewa Peak on her regular weekend hikes, Christine seems to go at one speed: swiftly and with vigor.

The mother of two high school boys, Conner and Carson, Ehrich says they represent her proudest moment in life. "Such a miracle they are, and my pride and joy," she said. After family, she points to her first business and its sale as a personal accomplishment.

"I love to learn, which was instilled in me by a grandfather who felt that education was important," she remembered. "I also like being with people, hearing their life stories and learning from them."

She must be a quick start because her emotional intelligence, leadership, and entrepreneurial success have garnered her the "Innovator of the Year Award" from the Arizona Million Dollar Club and recognition from the *Phoenix Business Journal* as a "Top 25 Dynamic Women in Business."

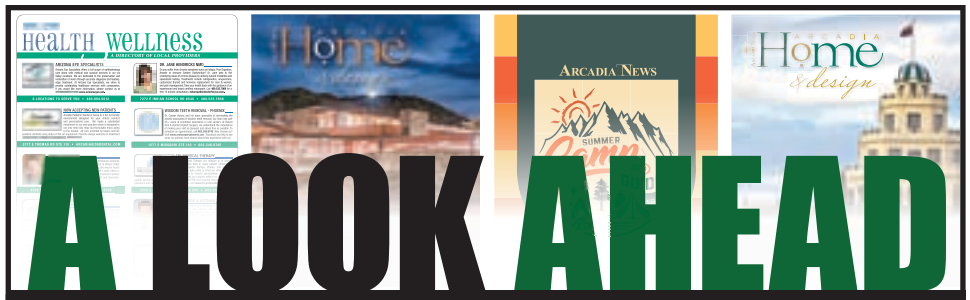
When she isn't leading her company and its team of two dozen employees or speaking at industry conferences as a subject matter expert, Ehrich likes to hang out with her sons in the neighborhood.



"Arcadia is such a wonderful community, and it reminds me of where I grew up in Indiana. The neighbors know one another and are so friendly. Riding bikes with my boys is a simple pleasure," she said.

Books and movies are also a personal indulgence, and she cites "The Potentialist" and "King Richard" among her recent favorites.

"When all is said and done, I feel like I'm on earth for a reason: to help others," she said.



A LOOK AHEAD

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A new twist on nursery rhymes

By Luke Chatham

Vacation is often idealized as a time to sit back and relax, enjoy the surroundings, and have a good time. But for Pam Peacock, vacation was more than a time to relax. It was a time to create.

Peacock, an associate broker and certified residential specialist, said that she has been working every day for the past four decades, only taking three weeks off for vacation. Peacock and her husband would take their motor home to Idaho or Oregon. During this time, she would spend time working on her book.

"It was so exciting and fun," Peacock said. "I'm so used to working that I would just sit at my picnic table and start writing."

Sitting outside and enjoying nature inspired theme and illustrations for her latest creation, a book called *Nursery Rhymes for Life*.

The book helps connect different generations by explaining the background and history that inspired classic rhymes like Ring Around the Rosie, Old Mother Hubbard and Three Blind Mice. Peacock said she wants her audience to understand how important it is to use the rhymes – that have been passed down through the centuries – in daily life and how they play a part in the world today.

"I want my audience to feel joyful of the experiences that they remember that connect to nursery rhymes and pass them on to their grandchildren, for generations to come," Peacock said.



Pam Peacock

She wanted to create something that she could dedicate and pass down to her grandsons. Given that nursery rhymes were a large part of her childhood, she felt helping people understand what was going on in the world when they were written was important in understanding life as a whole.

She dedicated the book "from your grandparents," providing predecessors a chance to look back on their lives and give something to the next generation.

Peacock was trained as an English teacher in college and often worked in the writing field throughout her life. When her family moved to Arizona in 1983, she started working for builders, realtors and eventually with Arcadia schools and events.

"Originally, I wanted to be a school counselor, but I realized that it involved discipline, and I am more of a positive person than a disciplinarian," Peacock said.

In the future, she plans to continue writing books "help people motivate themselves." *Nursery Rhymes for Life* is available on Amazon or Barnes & Noble online.



PHOTO COURTESY OF ANJLEEN GUMER

Anaik Sachdev started the Loving Library so kids and adults could use books to escape their worlds. The program became so popular that it gained national attention.

Providing hope and solace through books

By Melissa Hirschl

Anaik Sachdev's passion for reading, along with his philanthropic spirit, prompted him to act when his mother contracted COVID two years ago.

"I felt sad and anxious during that time," he explained. "Reading became a way for me to escape the sense of isolation."

Now, the Kiva fourth-grader is on a mission to promote love and kindness through books. He created the Loving Library program, which provides free books to patients in underserved hospitals and homeless shelters.

"Each book has a sticker inside with the Loving Library logo," Anaik said. "It reminds them that they are cared for and loved by people outside the hospital."

After returning home, the family got another jolt of unwelcoming news – his grandmother also had to be hospitalized. Realizing the nourishment books provided him under stress and isolation, Anaik instinctively knew they would do the same for his grandmother.

"She loved getting the books and having an escape," he said.

When the family was fully recovered, they thought about how they could help others in similar situations. To kick off the program, they contacted Phoenix Mayor Kate Gallego.

"At her suggestion, we partnered with Valleywise Hospital, which serves a low-income population. Then, I created an Amazon Wish List for the library. We also partnered with Changing Hands Bookstore and reviewed the wish list on their website," mom Anjleen Gumer said.

From there, it was all about getting the word out.

The Loving Library is a family affair when it comes to marketing. Mom works as the executive director and manages fundraising, operations and administration.

Anaik and his brother, Jovin, wrote lyrics to rap songs and Anaik enthusiastically sang and danced to them on social media in hopes of reaching a wider audience of donators.

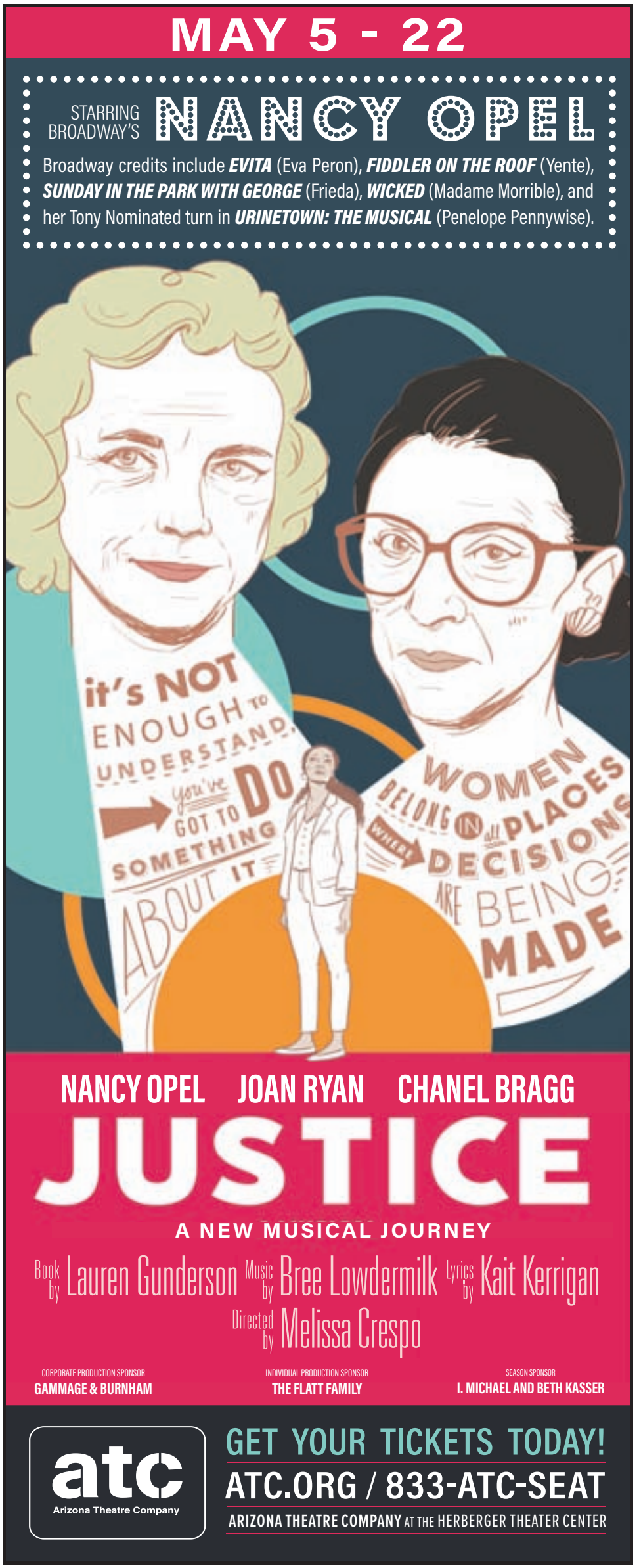
The family's efforts paid off in a big way. Last year, Anaik was a guest on the *Ellen Show* and was also interviewed by Lester Holt on *NBC Nightly News* and *Good Morning America*.

The library has since taken on a life of its own and serves a broader swath of the community. Books are now available to underprivileged children in hospitals and at Circle the City, a homeless medical clinic.

"The guests at the shelter told us they were so grateful for the books, as there is only so much television they can watch," Gumer said. "We wound up giving them 1,000 books. Our goal is to provide 3,000 books to Valleywise – so far, we've delivered 250 to the pediatric unit."

The family has ambitious plans for the future, including opening locations in Texas and Florida – and even taking it worldwide, as the United Kingdom and Singapore have also expressed interest in the program.

lovinglibrary.org





Plant-based Memorial Day!



Plant-based Wellness

BY ANGELA COPELAND

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

One of my favorite reasons for eating plant-based is the incredible energy it gives you. Say goodbye to snoozing the alarm and sluggish afternoons. When we provide our body with enough of the right nutrients, it runs all day long without a hitch. How do you do this? Start by shooting for ten servings of produce per day. Each snack and meal should balance protein, fat and fiber. Fiber is a key component, and 97 percent of people do not get enough. This is where plants come in!

Here are a few examples:

Breakfast: Avocado toast, oatmeal with non-dairy milk and fruit, tofu scramble, veggie scramble with black beans, Ezekiel toast with almond butter and blueberries

Lunch: Buddha bowls with veggies, chickpea mash sandwich, falafel, quinoa salad, lentil salad

Dinner: Bean chili, lentil tacos, tofu noodle bowl, green goddess pasta, plant-based chili mac

Memorial Day usually involves get-togethers with lots of food. Here are some delicious and energizing, outside entertaining recipes. Give them a try!

Black Bean Burger

Ingredients

- 2 cans (or three cups) black beans, drained
- 1 cup cooked quinoa
- 1 cup rolled oats
- 2 tbsp. ground flax seed
- ½ cup BBQ sauce
- ½ tsp. liquid smoke
- 1 tsp. garlic powder
- ½ tsp. onion powder



Directions

1. Preheat oven to 400 degrees.
2. Partially mash black beans, then add in rest of ingredients.
3. Form into 6-8 patties. Place on baking sheet with parchment paper and bake 15 minutes. Then flip and brush on more BBQ sauce – cook 15 more minutes.
4. Top with ketchup, mustard, tomato, lettuce, pickles and jalapenos. I build it on Dave's Killer Buns!

Serves: 6

French Potato Salad

Ingredients

- 12-14 medium Yukon or red potatoes (or a mix of both)
- ½ cup Italian parsley, chopped
- ¼ cup fresh dill, chopped
- 3 scallions, chopped
- ¼ cup olive oil
- 3 tbsp. champagne vinegar
- 1 clove garlic, crushed
- 1 tbsp. Dijon mustard
- 1 tsp. salt
- ½ tsp. pepper



Directions

1. Wash the potatoes and put them in a medium pot. Cover with water and boil 20-30 minutes. You will know they are done when you stick a fork in, and it comes out easily.
2. While the potatoes are cooking, chop the parsley, dill and scallions.
3. In a small bowl, mix the olive oil, vinegar, crushed garlic, mustard, salt and pepper.
4. Let the potatoes cool for about 10 minutes, then chop. Add them to a large bowl and toss with dressing. Chill or serve at room temperature.

Serves: 6

TLT Pasta Salad

Ingredients

- 10 oz. pasta
- 1 cup grape tomatoes, halved
- ¼ cup red onion
- 2 cups arugula
- 1 avocado
- 1 pkg. tempeh bacon

Dressing

- 3 tbsp. tahini
- 2 tbsp. apple cider vinegar
- 2 tbsp. water + more as needed to thin out
- 1 tbsp. nutritional yeast
- 1 tbsp. soy sauce
- 2 tsp. yellow mustard
- 1 tsp. salt
- 1 lemon juiced
- ¼ tsp. garlic powder



Directions

1. While cooking pasta, dice and sauté the tempeh bacon.
2. Mix up dressing.
3. Toss it all!

Serves: 6



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CHANNELING MY INNER ROBIN HOOD

Papago Archery Association hits the target

By Mallory Gleich

Picture it: Halloween 2012. Most girls were getting dressed in outfits involving crazy wigs or feather boas, going out as Catwoman, Cruella de Vil or Katniss from *Hunger Games*.

Not me. Nope, I waited until the last minute, ran to the K-Mart, and decided that I would transform into Robin Hood that year. Unfortunately, the costume wasn't realistic, which meant I didn't get to cart around a bow and a quiver of arrows – but that's okay because I tried something even better (and in a more comfortable outfit) for this month's Things We Tried column.



Things we tried

BY MALLORY GLEICH

The Papago Archery Association is located on the northwest corner of 64th St. and McDowell Road in Phoenix. I had no idea the range was there until I received an email from an Arcadia resident, a PAA member who participated in the Papago 900 Spring Shoot in April, suggesting that I take a lesson.

The PAA is a 501(c)(3) nonprofit organization sanctioned by the United States Archery Association and an Arizona Bowhunter and Field Archery Association member.

The program was established in 2003 and is one of 16 archery clubs in the Valley alone. President Kevin Ikegami, along with seven other board members, is responsible for making sure the club runs smoothly. He leads the coaching side and has been a member of PAA for around nine years, but he's been shooting since he was just a mere seven years old.



Kevin Ikegami
Papago Archery Association President

"I got competitive in the late-90s when I won my first national competition," he said.

After college, Kevin headed to Ukraine with the Peace Corps for a little over two years. When he returned to the United States in 2013, *Hunger Games* had just hit the silver screen.

"That movie just exploded the popularity of the sport. One thing led to another, and I started coaching more and got involved with Papago, and here we are. We started with half a dozen members, and now there are over a hundred," he said.

PAA offers beginner classes, private lessons and junior Olympic archery development courses. If you become a member, you can get access to all of the equipment, opportunities to join tournaments and more.

After learning about the association, I knew I had to try it. I trekked to the range on a sunny afternoon and met up with Kevin for my first instruction in archery.

First, we went over some basic rules: don't walk downrange when people are shooting, wait for everyone to stop shooting before getting your arrows, don't run, and carry arrows with two hands when walking back to your lane. Next, it was time to shoot.

For this lesson, I used a recurve bow, which is lighter and sized to my height. Kevin explained that it's important to focus on your stance: I stood square to the target – you have to be consistent here to align your shots.

Your shoulders should stay in a straight line to support the bow's weight. The upper body should form a T when you're ready to let go of the string.

One of the most fundamental pieces of archery is finding the "anchor point," where the hand holding the bowing rests when it's drawn back to your face. For beginners, the anchor point is usually when the index finger of the draw hand meets the corner of the mouth – something I had to keep reminding myself of. Kevin explained it as holding my cheekbone between my index finger and thumb – the index and two middle fingers hold the string in position.

Depending on your dominant hand, you have to close your opposite eye – another thing that I struggled to remember and why my arrow flew to the left of the target a few times. Targets are positioned 70 meters away from where archers are shooting.

Since this was my first time, Kevin moved my target to 10 meters – or a little over 30 feet – away. Once I got my positioning ready, I let fly, and what a rush! I was able to shoot multiple times during my hour-long lesson and even hit three arrows in the yellow bullseye area. I felt like a real-life Robin Hood!

"Archery is easy to get into," Kevin told me. "It's not a physically determined 'genetic-lottery' type of sport like others. Anyone can do it."

"I fell in love with the sport when *Hunger Games* first came out," archer Max Soldevere told me. "My aunt was reading them to me and we both thought archery was so cool because of how Katniss was portrayed in the books."



If you look closely, you can see three arrows in the yellow bullseye area.

The next day Max came across the Papago Archery Association and signed up for a starter lesson.

"I had bounced between various club sports; baseball, basketball, soccer, you name it. But something about the immense learning curve and discipline of archery intrigued me and kept me shooting all these years later," Max said. He competed in the Papago 900 Spring Tournament in April and placed second in the Junior Male Olympic Recurve Division.

The tournament hosted archers from as far as Nogales and Tucson – 40 people participated, the youngest being 7 years old, and the oldest? 100-year-old Charlie Johnson, who won gold in his category. Michale "Mikie" Kolb was the overall winner, with a top score of 877 points.

Papago Archery is right in Arcadia's backyard. All ages and levels are welcome, which means you can feel like Robin Hood – or Katniss – too!

papagoarchery.com

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The history of Tombstone – mixed with some sarsaparilla



Robin's Adventures

BY ROBIN SEWELL

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

Arizona has come a long way from its Wild West days and storied past. Plenty of cowboys and folks can still ride off into the sunset, but gone are the "break everything in the place" saloon brawls, shady lawmen and infamous gunslingers who took the law into their own hands.

We may no longer have this kind of vigilante justice, but the Wild West mystique is still alive in Tombstone, Arizona, known as The Town Too Tough to Die. The shootout at the O.K. Corral only lasted 30 seconds, but it was enough to put Tombstone on the map and eventually turn it into a thriving tourist destination.

On October 26, 1881, four men in long black coats strode down dusty Fremont Street. Around the corner, behind the O.K. Corral, waited six cowboys. In a fateful 30 seconds, thirty shots were fired at close range, killing three people, wounding three others and becoming the most famous shootout in the history of the American Old West.



PHOTO COURTESY OF ROBIN SEWELL

Johnny One Dog and his sarsaparilla booth.

Over 140 years later, the streets of Tombstone still look the same – yet there's something different about them. You can catch the daily reenactment of the infamous gunfight between Wyatt Earp, Doc Holliday, Virgil and Morgan Earp versus the McLaurys and the Clantons in the streets of the Tombstone theatre.

Allen Street is filled with saloons like Big Nose Kates and the Crystal Palace, but new claims have also been staked. There are now tasting rooms by local wineries and an award-winning brewery over on Tough-Nut.

Old or new, Tombstone is still one-of-a-kind. Take Johnny Fields, for example. He is a former RV salesperson turned "Sarsaparilla Slinger." He first made a name for himself by walking around town with his dog. People would ask, who is this guy, and what does he do? According to Fields, some guy answered: "That's John and his dog."

That went on for months until another shop owner asked, "Who is that guy? I see him all the time." Yet another guy answered, "That's Johnny One Dog" – ever since then, that's been his name.

Johnny One Dog said an idea came to him when he walked past a little general store on 6th and Allen and saw a display of Sioux City Sarsaparilla.

He thought, "Tombstone is more famous than Sioux City, Iowa – they should have their own sarsaparilla." After some research, Johnny partnered with a micro-brewery in Kansas City to make the drink especially for him. He scraped up enough money to buy a pallet of the specialty soda and created labels and packaging decorated with the likes of Doc Holliday and the Earp brothers.

He picked up a secondhand fridge, turned a rolling television cart into a bar and set up shop in an old stagecoach repair garage across from the O.K. Corral. "All of a sudden, I have twenty accounts. I'm selling maybe 5,000 bottles a month," Johnny said. He now has customers driving from five other states to buy his cases, and he's selling around 50,000 bottles a year, but Johnny says he has no plans to go mainstream. "It turns into root beer. You get into mass production, and it screws it all up," he said.

Johnny prefers his one-person operation and likes to deliver his bottled soda personally, just like the old days when Tombstone was still a one-horse town. Tombstone will always be connected to its storied past, but like Johnny One Dog, a few new places hope to be part of the narrative.



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Are you blaming the lettuce?



Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

I recently read a quote by Thich Nhat Hanh that resonated with me. He said, "When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, more water or less sun. You never blame the lettuce."

This quote appeals to the gardener in me. When a tomato plant is not doing well, you look at the underlying conditions that may cause it to fail. You measure the amount of water in the soil or evaluate the nutrients you are giving to the plant. There is almost always an underlying issue. This lesson could also serve in the workplace.

Too often, people who would otherwise be successful at work are failing. They are smart, capable and care about the work they're doing. And yet, something isn't coming together.

As a manager, you may look at a troubled employee and feel frustration. You may blame them for what you perceive as goofing off or not caring. That is rarely the solution. If you're willing to listen, there is almost always something else going on. It is important to enter these conversations with care and with an open mind. Getting real feedback involves trust.

If an employee lets you in, they will share specific details often within our control as leaders. It's possible that the person does not feel they have the autonomy needed to make decisions. Or they do not know the overall company vision and goals.

They may have difficulty understanding how their work fits into the larger picture. It could be that the employee feels they have competing concerns that are difficult to prioritize. Perhaps the employee struggles with change. Or, maybe they don't feel that their strengths are valued at work.

Whatever the reason, few people want to get up each day and feel useless at work. Not everyone is ambitious or highly career-oriented, but most people do have some sense of pride in what they do. If you have a problem employee, it can be easy to blame them.

Many managers are happy to put someone on the company off-ramp at the first sign of problems. But it is very often a mistake. Talk to any human resources manager. They will share how often they see managers get rid of good people because they cannot look in the mirror.

It could be argued that finding a new employee is significantly more work than successfully retaining an existing one. Every employee has needs that must be met for them to perform well. Whether it's a current employee or one you'll hire in the future, don't blame the lettuce.

From the Archives



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Vol. 11 No. 2 May 2003 FREE

Breast cancer is the second most common cancer in women. The AWCN Breast Cancer Directory will be the first comprehensive resource guide for patients, survivors and health care professionals.

page 50

Moms spend a lot of time in their vehicles. Read about the new auto accessories that make mom's car more family friendly.

page 19

Current estimates indicate that there are 1 million free-roaming cats in Maricopa County. The kitten population has reached staggering numbers. Read what you can do to help.

page 7

What sweeter words can fall on the human ear? It's going to be May all week long.

—Russell Baker

Happy Mother's Day

Ellen Gruwell is pictured with her sons Ty (left) and Tommy.

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FROM THE COVER: Ellen Gruwell is pictured with her sons Ty (left) and Tommy.

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Meet the Merit Finalists

By Cody Kennedy

Three students from Arcadia High School have received well-deserved recognition as finalists for the 68th annual National Merit Scholarship. The award was created in 1955 and highlights academically talented students and their accomplishments.

Approximately 1.5 million high school students enter the program each year. William Logue, Grace Reed and Elsa Steen Koppel are among 15,000 high schoolers nationwide to advance in the program, culminating in $2,500 scholarships awarded to about 7,500 finalists every year. Students must have a qualifying PSAT score to apply for the scholarship. To become a finalist, they also need to submit an essay, letters of recommendation and a high school transcript.

The scholarship amounts vary based on college choice, or the level one reaches in the competition. Of the 15,000 finalists, 2,500 reach the Scholar level and earn $2,500 from the organization. At finalist status, students are eligible for college-sponsored and corporate-sponsored scholarships.



William Logue



Grace Reed



Elsa Steen Koppell

William Logue

William wrote his essay on "the journey through the various beliefs I've held and my decision to pursue philosophy. I eventually concluded that even if we never know what truth is, truth has inherent value, and we have a moral obligation to pursue it and be skeptical," he said.

William said that he wasn't too surprised when he'd become a finalist, citing that well over 90 percent of semifinalists advance to the next round.

"I was, however, incredibly shocked when I initially received my qualifying test scores," he laughed.

William works as a data analyst for Team Select Home Care and plays the Spanish guitar as a pastime outside of school. After graduation, he will head to Williams College in Williamstown, Massachusetts.

"Williams students don't declare their major until the end of their sophomore year, but I plan on double majoring in philosophy and either mathematics or physics," he said. "After that, I'd love to go to Oxford for graduate study, but it's hard to predict what I'll do that far in the future."

Grace Reed

Once Grace gathered up all the required materials and completed her PSATs, she set on completing the essay portion of the scholarship. She explained that the prompt was open-ended, so she wrote about a meaningful experience working with the ACEing Autism organization, which aims to improve the social and communicative skills of children with autism through tennis.

"Over the years, the participants taught me just as much as I taught them," Grace said. "I learned the importance of effective communication and positive reinforcement, both with autistic people and my friends and colleagues."

One example that stuck out to her was clear communication being the difference between someone wanting to participate because they understand what is going on, or dreading participating because they don't feel confident in their next steps.

"When I compared the environment inside ACEing Autism to the real world, I noticed a stark difference. Society has become so quick to judge or laugh at people when they try something new or make a mistake. In my five years of working with ACEing Autism, it has become very close to my heart. I have seen the program's difference in children's lives," she said.

Grace said she was shocked when she learned that she was a semifinalist and in the running to be a finalist.

"It was so many months after I had taken the PSAT. I had no clue that semifinalists were even being announced!" she said. "I was very excited when I got the news."

Grace plays on both the varsity golf and tennis teams at Arcadia High and participates in multiple clubs, including NABT (National Association of Biology Teachers), BioClub and the National Honor Society. She plans to go to the Barrett Honors College at ASU and major in chemical engineering.

Elsa Steen Koppell

One of the essay prompts asked finalists to explain the most impactful moment they've had in public service.

"I chose to write about something I experienced volunteering at NourishPHX. While I was working at the food box counter, a woman came through who shared the same first name as me," Elsa said. "When I remarked on the similarity, she initially dismissed it, but after a few minutes, she returned to me and told me that our name means 'child of God' and that we have a good name."

Elsa wrote about how this interaction helped her to see public service as a collaborative effort, an act of emphasizing and respecting human dignity.

"I will probably never see Elsa again, but she helped me to understand that public service is rewarding because of the human connections we forge doing it. I prefer volunteer opportunities where I get to interact with people because it feels more meaningful to me," she said.

Elsa was surprised and excited when she learned that she had made it to the finalist position.

"I had gone to bed after a grueling band rehearsal when my parents came into my room with the envelope. I was exhausted and nervous, but after opening the letter, my mood greatly improved!" she said.

Elsa's list of extracurricular activities is extensive: she's on the Spirit of Arcadia Marching Band, the National Charity League, Arcadia Speech & Debate Team, played softball (and made varsity her senior year!), National Honor Society and Temple Solel Madrichim.

"I am undecided on where I am attending college. Wherever I end up, I am interested in pursuing a double major in mathematics and political science," she said. "I also intend to continue playing clarinet and drum majoring in my college's music ensemble and marching band."

The National Merit offices host no official celebration, but Elsa said that the staff at Arcadia High have been sending her, Grace, Will, and other commended scholars ominous emails about doughnut parties to celebrate achievements. She suspects this may happen if anyone receives a scholarship in 2022.

nationalmerit.org



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48.63 Seconds

The fastest time to shoot 10 arrows is 48.63 seconds, and was achieved by Arjun Ajay Singh in Varanasi, Uttar Pradesh, India, on August 5, 2020. Arjun started archery at the age of three, when he competed in his first national championship.

– guinnessworldrecords.com



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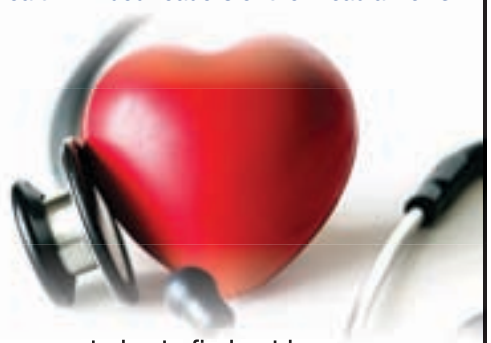
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DID YOU KNOW? ARCHERY

ORIGINS

The origins of the bow and arrow are prehistoric; bone arrow points dating 61,000 years old have been found at Sibudu Cave in South Africa. The bow served as a primary military weapon from ancient times through the Middle Ages in the Mediterranean and Europe and for an even more extended period in China, Japan, and the Eurasian steppes. In the climax of Homer's *Odyssey*, Odysseus's prowess with the bow is decisive in his combat with Penelope's suitors.

ARCHERY FACTS

From the shooting line, the Olympic bullseye appears as small as a thumbtack held at arm's length.

Aside from the occasional bird catastrophe, archery is one of the safest sports.



Archery first became an Olympic sport in the 1900 games. Live pigeons were infamously used as targets.

If you love bows and arrows you are considered a toxophilite.

King Henry V ordered 500,000 arrows for his army in 1421.

Archery "disappeared" from the Olympics from 1920-1972.

Archery was the first Olympic sport to allow female competitors.

South Korea has the most Olympic gold medals in archery than any other country. They have won 14 of 17 gold medals since 1988.

Archery is a national sport of Bhutan to the extent that nearly every village has an archery range.

The final arrow shot in an archery competition is called an upshot.

If an archer drops an arrow during a competition or misfires it on the shooting line, they can reshoot it, but only if they can reach it without crossing the shooting line.

Archers mark their arrows with full names, initials, or color the fletchings when competing.

In ski archery, archers ski on a cross-country track and shoot at targets. If they miss the mark, they have to ski a penalty loop.

The term "archery" comes from the Latin *arcus*, which means bow.

ARCHERY WORD SEARCH

L	C	Q	O	J	A	A	Q	B	A	U	R	A	Q	L	A	O	G	J	W	G	B	H	B	B
Y	F	A	N	I	R	I	I	Q	O	H	F	Q	D	C	Y	W	X	T	O	F	J	O	C	S
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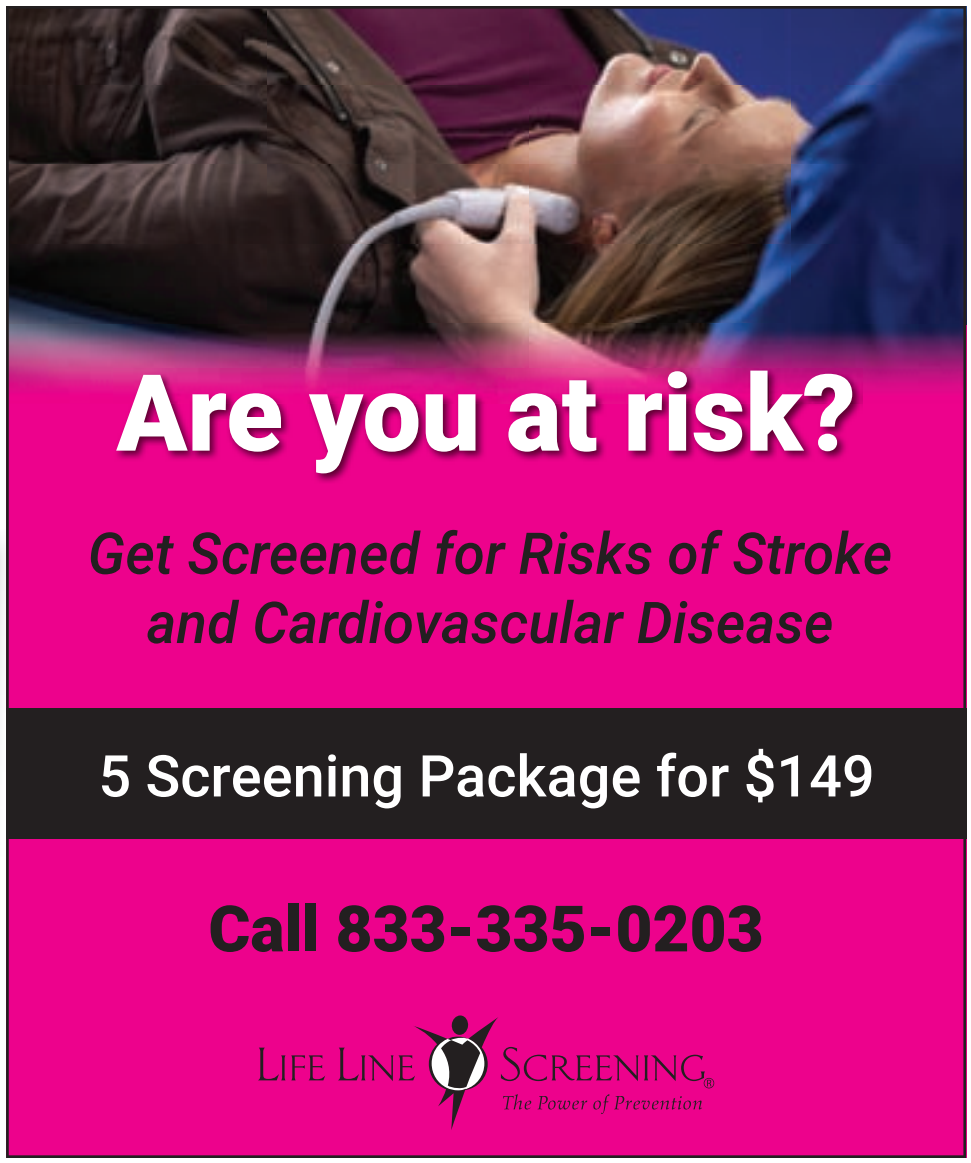
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SAY WHAT?

BULLSEYE ARROW SHOT (BARCELONA 1992)



In 1992, Barcelona Summer Games organizers had the idea to light the torch by having an archer fire a flaming arrow over the cauldron, which would light up as the arrow passed. Antonio Rebollo, a Spanish Paralympian, was chosen out of a field of 200 archers to shoot the arrow. Rebollo flung the arrow in a perfect line with the cauldron, which had gas lines to help ignite the flame once it flew past. Rebollo said that he worked with a sophrology specialist for a year to train his body and mind to be calm at the moment. – Olympics.org





2022 Xavier girls soccer team: Savannah Angell, Lucy Brink, Ally Brown, Jayme Brown, Ansley Burns, Michal Cagungun, Sarah Castlen, Talia Coury, Collins Entz, Tatum Kramer, Lourdes Lauterborn, Bella Leonard, Keila Lopez, Tessa Montanile, Hennessy Perez, Madison Schenk, Charlotte Sredzinski, Lainey Swanson, Larkin Thomason, Julianne Veloria, Kate Willmering and Bailey Wolcott.



2022 Xavier pom squad: (back) Arianna Orr, Steel Rodriguez, Ava Calihan, Natalee Lizarraga, Emma Mackay, Sophia Goossen, Kaitlyn Markham. (Front) Grace Helenic, Abbey Zimmerman, Tara Kelly, Coach Taylor, Alex Keppel, Caitie Madden, Adeline Kershner, Natalia Gomez del Campo, Carlee Shilliday and Sabrina Le. (not pictured) Tatum Zerbib.

Xavier Prep enjoys athletic success

By Rachael Bouley

It's been a big spring for sports teams at Xavier Prep, with the Gators making a statement in soccer, archery and Spiritline at their competitions. Here's a roundup of the school's success at recent championships on the state and national levels.

SOCCER

Xavier won its 12th soccer state title in the AIA 6A girls soccer state championship, marking the Gators' 16th appearance in a state championship match in school history.

In February, playing against Perry High School on the Campo Verde field, the game went through regulation time, two ten-minute overtimes, and two five-minute quarters before Xavier won 3-2 in penalty kicks.

It was a thrilling finish for the team as they went back-to-back at the state champs, one year after bringing home the 6A state title as a fifth seed.

Led by Coach Barbara Chura, the Gators went 12-3-2 overall, with a five-game win streak at the end of the season and 68 goals for and just 12 goals against. They finished second in the regular season behind Perry and beat Chaparral 1-0 in the quarterfinals and Liberty 3-0 in the semifinals.

Xavier said goodbye to eight seniors at the end of last season, making way for younger players to step up on the varsity squad this year. Sophomore defender Talia Coury and junior forward/midfielder Bella Leonard were two standouts, receiving honorable mentions in Arizona Republic's All-Arizona girls' soccer team for the 2021-22 winter season.

Bella, who had a direct kick goal in the quarterfinal win over Chaparral, said the Gators were driven to succeed this season, working hard to earn their spot.

"It was a surreal experience. We all wanted to win a state title and come playoff time, we left it all on the field," Bella said. "We played for each other and never gave up."

> ***It was a surreal experience. We all wanted to win a state title and come playoff time, we left it all on the field. We played for each other and never gave up.***
>
> *— Bella Leonard, junior forward/midfielder girls soccer*

ARCHERY

Xavier archery was one of the top teams at the 2022 AZ Archery in the Schools State Championships, qualifying for the national tournament in Salt Lake City at the end of April.

There were 437 archers from 33 schools overall, with 27 Gators hitting the mark in the high school division. They finished third in bullseye with a score of 3,106 and second in 3D with a score of 1,569.

Felicia Fitzgerald took fifth place in the bullseye top 10, with Alexa Ojeda in seventh place. The 3D top 10 included Kylie Cavanagh, Nancy Govea, Olivia Fisko and Isabella Beninato in fifth to eighth place.

Coach Kelsey Gerchar said it was awesome to see the Gators do well in both events.

"I remember when 3D was first introduced and how so many girls didn't want to shoot the 3D targets, but now, they love it, and they have higher and consistent scores," Gerchar said. "For bullseye at the State Championship, the girls were in the zone. You could see their determination and that their end goal was nationals. I am so proud of them!"

Despite the challenges of a tough competition and a long season running from September to April, the Gators persevered, with this year marking the first time Xavier took an entire team to the national event.

Practices for new and returning archers started in the fall, and tryouts for the competitive team happened in the winter. With a comp and a development team, the coaching staff could support all archers and ensure the most dedicated students were represented at state.

"I think another key success was within the coaching staff. We have three USA Archery Level 4 Instructors, and their knowledge and coaching skills help our team have the best form, resulting in higher scores," Gerchar said. "The coaching staff also are the biggest cheerleaders of the students. We get them excited, help hype them up, remind them to stay positive and have fun."

Junior Kylie Cavanagh credits the encouragement from her teammates and coaches with helping her succeed.

"The support from my team helped me want to try even harder and allowed me to achieve personal bests. I was able to increase my skillsets and achieve even higher scores," Kylie said. "The highlight of the season was us being able to perfect our techniques and grow closer together as archers and as a team."

SPIRITLINE

After qualifying for USA Spirit Nationals with a second place finish at qualifiers in January, Xavier Spiritline shined bright at the national event in Anaheim. The Gators competed in five divisions against 20 other varsity schools from across the country.

The cheer team had a clean sweep, taking first in every division they competed in. This included the All Girl Stunt event, where five of the team's top performers completed as many challenging skills as possible in one minute. Their Crowdleader and Medium Varsity Show Cheer routines also impressed the judges and earned them the title of national champions.

Coach Monica Gaspar was overjoyed to see all the girls succeed, with a third place finish in jazz and 5th place finish in pom, as well.

"The experience was amazing. Though we still had some restrictions, the girls had a great time with each other and all the parents who attended," Gaspar said. "They will have memories to last them a lifetime!"

Spiritline coaches and judges were impressed with the Gators' determination and execution of every performance.

"The key to their success was that they never gave up. These girls had to deal with quarantines and injuries along the way and never lost sight of their goals," Gaspar said. "They continued to overcome everything thrown at them up until the very end and gave everything they had when they went on the floor."

Senior Kalli Ward embraced every moment of her last season, from cheering on Brophy football to performing on the national stage.

"For the first time in a while, we had a completely normal competition season," Kalli said. "It was so much fun to be back out on the floor doing our favorite thing and showing the judges what we have been working on. Pom and cheer qualified for both state and nationals and put on phenomenal performances."

St. Theresa Broncos bring home first state championship

By Mallory Gleich

St. Theresa's softball team is still relatively new to the sport. There was only one team back in 2019 – and before then, only three teams had played in the last nine years. But that only proved to make this year's teams stronger and more determined – which paid off, as St. Theresa brought home their first softball championship in school history.

The group of eighth-graders played 12 regular-season games before heading to the end-of-season tournament, where they played four games against other Catholic schools for the Catholic Youth Athletic Association Championship.

"We only had a few practices before the season started," Coach Eric Dreier said. "We focused on some fundamentals, like ground ball fielding, pop fly fielding, pitching, catching and hitting. We also mixed in some fun Wiffle ball games."

Dreier has much experience in the coaching realm. He also coached youth flag football in Arcadia, was with Arcadia Little League for ten years and coached St. Theresa's boys flag football, basketball and baseball teams. He also coached the fifth-sixth grade softball team during the 2019 season.

"I think a positive coaching environment is key," he said. "You coach the girls to improve when you see opportunities and praise them when there is excellent effort or outstanding performance. Additionally, I was fortunate to have the help of Shawn Brown and Andy Bandura coaching the team as well – they are both excellent in a coaching environment."

At the championship, St. Theresa's Broncos played against Our Lady Mount Carmel. In the eighth-grade tournament, eight teams played at both St. Francis Xavier and St. Agnes Catholic School in Phoenix.

"It was so fun to play for our school team," first base and pitcher Reese Brown said. "Our hard work finally paid off!"

Angelina Falls was outstanding on the mound, and several other players were instrumental in achieving a successful season. The team was comprised of one eighth-grader and a mix of fifth-seventh graders. Dreier said that the group hit the ball very well throughout the season, too, so they could regularly put some runs on the board.



PHOTO COURTESY OF SHAWN BROWN

Coach Shawn Brown, Baylor Wand, Milla Meinhausen, Coach Andy Bandura, Adeleine Bandura, Lila Evarkiou, Lexi Brown, Logan Wagner, Reese Brown, Lucy Dreier, Angelina Falls, Annie Dreier, Katie Bizzozero, Coach Eric Dreier and Meredith Schager.

"All players are key players if your team successfully wins a championship – which we did," he said.

According to Dreier, the team had excellent pitching, catching, and timely hitting in the championship game that propelled them to victory.

"We played the entire game very consistently and took advantage of a couple of key spots to gain an edge," he said. "The win was amazing. It was a cool feeling to know we were the first team at St. Theresa to win a softball championship. I think the girls felt it, too, and carried a sense of pride back to school with them for their performance."

There's a display case at St. Theresa, where the winning team has displayed their first state championship trophy for everybody to see. A banner hangs in the gym for the championship team – a daily reminder of their strength and determination.

These homes are going to the dogs

By Rachael Bouley

A local tradition that brings building design professionals and dog lovers together for a good cause returned to the neighborhood earlier this year.

The 8th annual Design for Dogs event was hosted by Facings of America, a tile and stone distributor based in Scottsdale. The organization started the fundraiser in 2015 to benefit the Arizona Animal Welfare League (AAWL).

While food and drink, music and raffle prizes were part of the event, all eyes were on the Designer Doghouse competition, which included 11 design and build teams tasked with creating a custom doghouse to attract the attention of judges and furry friends alike. These luxurious abodes were auctioned off to raise money to support AAWL rescue programs, adoptions and vaccine clinics.

Local architects, builders, engineers, and interior designers were invited to join in the fun. A few local businesses often partner up as one team, putting their heads together to produce an eye-catching custom pet palace.

That was the case for the 2022 Design for Dogs Best in Show winner: Doghouse of Form. The inspiration of modern architecture was brought to life by interior design firm House of Form and woodworkers at Material Matters. The fancy retreat made the biggest impact on the judges and ultimately went to a sweet pup named Rocky.



PHOTO COURTESY OF FACINGS OF AMERICA

Best in Show winner: Doghouse of Form.



K-9 Kuma, second place.



Pied-A-Pooch, third place.

Although Doghouse of Form stood out in the judges' eyes, there was plenty of worthy competition, including second-place K9-Kuma by Space Bureau and Kaidence Group and third-place Pied-A-Pooch by Lauren Jacobsen Design and NorthLight Construction.

HAUS, the custom doghouse made by nvk design, SlabHaus, and Swell Fab, received the People's Choice Award.

In her first time on the Design for Dogs judging panel, local food and travel author Christina Barrueta faced the tough task of evaluating the designs alongside co-judges Peter Deise, L.A. Eidson, and Feras Irikat. The judges were given a list of criteria and features to score, including design, creativity, sustainability, and usefulness.

"There was a striking design that scored high in other aspects, but the judges felt that the inside space may have been a little too small," Barrueta said. "There were also dog houses that companies described as being designed for outdoor use, but we felt there were materials or elements that wouldn't do well with prolonged exposure to the weather."

Attention to detail, creativity and craftsmanship were the key features judges found in the winners, which offered an ultra-comfortable, stylish and functional space for canines.

"Each had elements that may not have been readily apparent to the naked eye, but we learned about those when talking to the designers and builders," Barrueta added.

With another successful Design for Dogs contest in the books and $55,000 raised for AAWL, organizers and participants are already getting inspired for next year's contest.

"All involved, especially the Facings of America team, were welcoming and enthusiastic and made the judging process and fundraiser an entertaining experience," Barrueta said. "It's a fun and interactive way to put a spotlight on such a worthy cause while also celebrating our community of talented designers and industry professionals."

designfordogs.org

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Students Anthony and Matthew Diaz.

Brophy knows how to work a runway

By Karie Dozer

More than 230 Brophy seniors walked the runway at the JW Marriott Camelback Inn in front of a crowd of 1,200 at the 38th annual Brophy Fashion Show in April. A highlight of the year for many seniors and their families, the show raises money for the Brophy Financial Aid Fund, which has a budget of $5.8 million for the 2021-22 school year.

The runway show was full of excitement as the boys showed off their personalities by choreographing individual dance moves, carrying state championship trophies and even performing a few backflips. Fashion show chairs Lana Holmes and Nancy Bates said that final fundraising totals are not available for this year's event, but past shows have consistently raised a net total of $700,000.

While incoming students are accepted into Brophy on their individual merit, financial aid is awarded to students who demonstrate need. Brophy's student population is diverse, with approximately 100 elementary and middle schools represented, and graduates attend some of the most selective colleges and universities in the country. Nearly one-third of all Brophy students receive some sort of financial aid.

The fashion show is staffed by parent volunteers and is the culmination of many months of planning and hard work. Valley retailers like Hugo Boss, Carter's Men's Store, The Clotherie, Faherty and others work with teams of senior boys to craft individual outfits for the runway.

This year's theme was "Let Your Light Shine,'' and attendees were treated to a pre-show reception on the patio while watching "The Art of Fashion" runway show presented by long-time Brophy Fashion Show partner, Neiman Marcus. Following the 'professional' show, featuring working models from the Agency Arizona, the senior boys took to the stage to show off their hand-picked outfits.



Jack Dozer and Josh Peterson.

The annual event is a favorite of many Brophy parents and comes near the end of the boys' four-year high school careers. Brophy President Adria Renke thanked the crowd of Brophy supporters and congratulated the parents for supporting and loving their boys during their Brophy journeys.

Brophy is the only Jesuit high school in Arizona and receives no Diocesan or state funding. Brophy develops intellectually competent leaders, open to growth, religious, loving, and committed to doing justice. Brophy seeks to form Men for Others.

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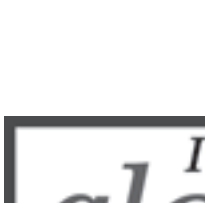
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