

ARCADIA NEWS

VOL. 30 NO. 3

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

JUNE 2022



CONGRATS, GRADS!

Students from area schools celebrated their last days with music, dance and lots of clapping.

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ARCADIA IN THE BIG EASY

The 32nd St. All-Star Jazz Band kicked off their spring season by performing at the French Quarter Festival.

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LEAVIN' IT ON THE COURT

High school varsity and JV tennis squads gained more than experience and success during the 2021-22 season.

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Tanner Detro
NMLS ID# 1182443

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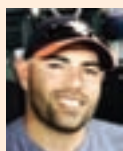
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JUNE

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25 Who wants lemonade?

The PANDA nonprofit held its annual Lemonade Stand Day, where folks around the Valley set up lemonade stands and raised almost \$19,000 for Steele Children's Research Center.

26 Celebrating local teachers

Educators around the Valley were honored by their respective schools with gifts, themed lunches, sweets and lots of love from the faculty and students.

50 Trills got skills

The hip-hop shop on Indian School recently celebrated its third anniversary with a two-day breakdancing and DJ battle featuring local acts, music and graffiti art.

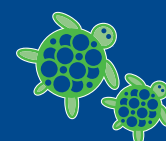


32nd St. All-Star Jazz Band members Aidan, Sid and Zac are part of a 17-piece ensemble that took part in the French Quarter Festival in New Orleans.

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EDITOR'S NOTE

Just out of curiosity, do any of our readers have a nickname for the father figure in their lives? For the past ten years, I've called my dad Pumbaa. I can't remember how the nickname came about, but he liked it so much he got a tattoo of the warthog character from *The Lion King* on his arm – a tribute to what, I think, is the greatest nickname ever. Happy Father's Day to all the awesome "pumbaas" out there!

We'd like to congratulate all the graduates of our local schools and wish you the best of luck in your future endeavors. Arcadia High started a new Grad Walk tradition and we took all of our Teachers We Love out for Happy Hour!

We've also got some music: The Traveler band, a mix of Celtic gypsy, rock, reggae and middle-eastern genres, and the 32nd St. All-Star Jazz Band, a group of students who traveled to New Orleans for the French Quarter Festival – something they all look back on with pride, according

to teacher and "band manager" Dave Rowe.

Our Summer Vacation Photo Spread will happen again this year, so make sure to send photos to editor@arcadianews.com for a chance to be in the September issue. Your photo might be on the cover! The deadline to send in photos is August 8.

Happy summer days to you all, and thank you for reading the *Arcadia News*,

Mallory

– Mallory Gleich

P.S. Arcadia News is looking for a delivery carrier to be part of our award-winning newspaper. Interested parties can contact jobs@arcadianews.com.



THIS MONTH'S WINNER:

Pastor Jeff Tucker, Christ Lutheran School
Nominated by students *Cale, Brielle, Joie, Zoie, Jeffry and Harrison*



Every day, Pastor Tucker finds a way to make us smile. I think that his charismatic personality is what makes him such a great teacher and advisor. Pastor Tucker is one of those people who is kind and loving even when others aren't watching. He listens to students, understands them, and finds a way to bring more joy into the world every single day. He deserves this honor without a doubt.

What was the first thought that went through your mind when I called your name?

I was completely shocked! I thought maybe it was some kind of joke or a prank!

How does it feel to be a Teacher We Love?

It feels incredible. I love these kids. I've spent this year trying to pour into them, encourage them, walk with them, and build them up. Some days are good; some days are bad.

It can be hard to tell if your efforts are being fruitful. So to have the assurance that they, at the very least, knew and appreciated the way I was trying to love them, is really a great feeling.

How long have you been working with Christ Lutheran?

I've worked at Christ Lutheran (in some capacity) for three years now. Before I became a pastor, I worked for Valero Energy, in their recruiting department and government affairs.

What are your responsibilities at CLS?

As a pastor I have a whole slew of responsibilities. When it comes to students, though, I'd say advisor is the best way to describe what I do. I meet with students, mentor them, counsel them if they're going through a difficult circumstance, etc.

Next year, I'll be teaching 8th grade theology (in addition to continuing as an advisor). I'm really looking forward to that!

What is the process for becoming a pastor?

It takes about eight years total. You have to earn your bachelor degree (mine is in business and theological studies). After you have your undergraduate degree, you got to Seminary where you earn a graduate degree (typically a Masters of Divinity). The MDiv program takes four years and includes a year-long internship in the third year of the program.

How do you relate to the students as an advisor?

I think the junior high students I work with are thoughtful kids that have already gone through crazy life events. I also remember being frustrated when it felt like teachers talked down to me.

These kids are capable of really engaging, nuanced conversation. I feel that they are more



informed than my generation was at their age. I think they bring unique perspective, and all they want is an opportunity to share their thoughts on what's happening in their world.

So we talk about topics that are hard. Topics that don't have easy answers. We talk about their futures, what they want for the world, and what they see happening.

What is your favorite part about being a pastor?

Teaching people how to read the Bible. It is one of the few marketable skills that I have. And apart from whether or not you're a person of faith, it is a fascinating book! I also happen to believe that what it says is true and life-changing, so I think we should all be reading it.

How do you connect lessons to the real world?

I try to be honest and transparent about my own life and be honest about my frustrations with the world. I try to be honest about things that have gone wrong in my life – a lot of times that just means sharing mistakes I've made.

I like to share my joys with them, too. I like telling them about my family, my wife and four-month old daughter. I have no idea what I'm doing as a father, and I think it's okay that they know that!

When we talk, my hope is that they get a clear picture of how complicated life can be. Really, it just means talking about anything and everything that they have questions about. Sometimes, I don't have the answer, but that lets them take ownership in making connections to their own life.

Where are you from?

I'm from Texas. I moved here in 2019 as part of my internship. My favorite part of Arcadia is the variety of different restaurants. My wife and I are foodies, so we love trying new spots whenever we can.

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

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

UPCOMING THEMES:

JULY

Summer Vacation

AUGUST

Back to School

SEPTEMBER

Fall Sports Preview

No one has better coverage in the areas of Arcadia, Biltmore and the Camelback Corridor. Promote your business to 45,000 loyal *Arcadia News* readers. For more: 602-840-6379 or email roni@arcadianews.com.

"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape." – Dave Attell

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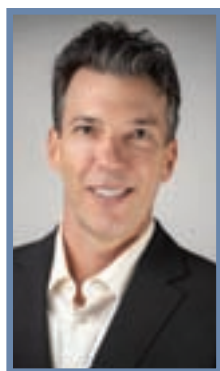


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Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-4/30/2022)

Active Homes -	71 homes
Homes Sold -	99 homes
Average Sale Price -	\$2,472,000
Average Sold \$ Per SF -	\$666
Average Days On Market -	39 days

There is currently 2 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 14% 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 18%. (based on 2021 sales results)
2022 homes are taking 33% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2022-4/30/2022)

Active Homes -	31 Homes
Homes Sold -	80 Homes
Average Sale Price -	\$1,248,000
Average Sold \$ Per SF -	\$510
Average Days On Market -	35 days

There is currently 2 months of home inventory. (based on 2021 sales results)
2022 home sales have increased 5% this year. (based on 2021 sales results)
2022 home prices have increased 20%. (based on 2021 sales results)
2022 \$ Per Square Foot prices have increased 20%. (based on 2021 sales results)
2022 Homes are taking 0% more time to sell. (based on 2021 sales results)



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TommyAtkinson.com



WHAT'S HAPPENING, ARCADIA?

BRIEFS



A video, podcast and photography studio opened in May in The Marilyn at 4602 E. Thomas Road, Phoenix. **The Good Vibe Media** is a 2,000-square-foot space with five separate studio rooms for all creatives to utilize. Half and full-day blocks are available, and the studio is open Tuesday-Saturday. Memberships are also offered.

thegoodvibestudios.com

Foxy Studios held its grand opening celebration in May. Located in the Arcadia Fiesta Plaza at 2824 E. Indian School Road, this beauty salon offers hair color/cut/style, brow and lash services, waxing and make-up. Visit their Instagram page for more.

Camp Taliesin West will offer its summer camp programs in June and July with architecture, science, engineering and photography activities for kids. The first, Shaping a City, is held June 20-24 for ages 11-15. Using Frank Lloyd Wright's plans, campers will learn about the history of urban planning and design by creating 3D models of their own cities to explore the many ways that architecture can be used to improve a community. Fees start at \$50.

franklloydwright.org

Bricks Dance Studio will be hosting some fun dance classes this summer, with themes including "Encanto Fiesta," "Wiggle Wednesday," "Under the Sea," and more. Different class packages are

available to accommodate those here for a limited time during June. Bricks is also launching a Boppin' Babies Dance series for kids 2-3 years old. These classes focus on music and movement in a fun environment where children and parents can bond.

bricksstudio.com

Arizona Athletics is hosting a summer basketball camp from June 1-30 at Papago School, 2013 N. 36th St., Phoenix. Kids in second to eighth grade can join a morning or afternoon session to learn the ins and outs of the game, including shooting, scoring, defending, rebounding and the importance of communication. Registration starts at \$30.

athleticsaz.com



Throughout June, all **Barro's Pizza** locations (including the Arcadia location at 32nd St. and Indian School Road) will donate proceeds from lunch specials to the Arizona Cancer Foundation for Children, a local nonprofit whose mission is to help Arizona families with the high costs and logistics while caring for their children during treatment.

azcancerfoundation.org

The Genuine, Genuine Concepts' flagship restaurant, officially debuted at the former Vig location just north of Bethany Home Road in late April. Renovations included a brand-new Forno Bravo wood-fired oven, and the menu boasts charcuterie boards, salads, small plates, pizzas and chicken, fish and beef entrees.

genuineconcepts.us

Is your child entering kindergarten in the fall? If so, they can join the Phoenix Library's **Kindergarten Boot Camp** program, an interactive series that meets once a week (starting in early June) for seven weeks and gives families an inside look at the kindergarten classroom. Families can learn some of the social, academic and classroom skills needed for school success, plus receive tools and activities each week leading up to "graduation."

phoenixpubliclibrary.org

Biltmore Prep is looking for parents to join the PTO for the 2022-23 school year. There are multiple committee roles available, and currently, four open board positions: co-president, vice-president, co-treasurers and co-secretaries. Those interested can review the responsibilities of each position online.

creightonschools.org



Royal Palms (5200 E. Camelback Road) has Father's Day dinner covered, starting with a round of cocktails at Mix Up Bar, with drink specials like their Oaxaca Old Fashioned or Royal Sour. Dads can dine at T. Cook's, with dish highlights including the Copper State Reserve tenderloin or grilled lamb chops. For dads looking to bring four-legged friends along, Royal Palms debuted its "Royal Paws" program so that pups can accompany their father in style, with a signature pet menu to choose from.

royalpalmsotel.com

FOR THE DADS



Press Coffee is offering its "World's Greatest Dad" Blend, on sale for Father's Day. This blend has dark chocolate and cherry notes, finishing with a hint of brown sugar. Also on sale is Press's take on "grandpa's old camp cup," a commemorative Press coffee cup that works to keep cold drinks cold and hot drinks...well, you know. The coffee blend is \$16; the cup is \$25.

presscoffee.com

Enjoy brunch or dinner at **Hearth '61 at Mountain Shadows** (5445 E. Lincoln Dr., Paradise Valley) with featured specials offered just for dad and specially created by Chef Wiley. Dishes include green chile pork and eggs, steak benedict, wood oven-roasted prime rib and key lime pie for a sweet finish. Brunch is served from 7 a.m.-2:30 p.m.; dinner from 5-9:30 p.m.

mountainshadows.com

LDV Winery in Old Town Scottsdale is offering a wine gift box with three bottles: a 2015 Sky Island Petite Sirah, a 2015 Petite Sirah and a 2015 "The Signature" Petite Sirah. The bottles will come in a Black Box gift package. Price is \$150 plus tax, and delivery is available in Phoenix for a separate fee.

ldvwinery.com

Camelback Village Health Clubs offers spa treatments perfect for the special guy in your life. The Gentlemen's Facial includes a brow clean-up, hot steamed towels, microdermabrasion for deep pore cleansing and a finishing cooling mask that tightens and refreshes skin for \$125. The Sports Pedicure includes a sugar scrub, callus removal, glycolic foot mask, paraffin application and toe-buffing for \$65.

villageclubs.com

The Ultimate Father's Day Experience is being offered through June 16 at Uptown Plaza (northeast corner of Central Ave. and Camelback). The experience includes mix and match two cocktails and coffee from Dapper & Stout, a 15-Minute Face FORM from Hi, Skin, a product bag from Lather including bamboo silk face scrub, body moisturizer and organic lemongrass olive oil bar soap, a "Beer for Dad" from Huss Brewing Co. — take home a case of 24 beers or enjoy 5 pints at the taproom and a Manor Suns-inspired shirt. The package is \$120 per dad, and don't forget to bring your punch cards for each experience.

uptownplazaphx.com

EVENTS

WEDNESDAY 6/1

An Evening in the Garden

8 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. It's ballet in the desert! In collaboration with Ballet Arizona, Round: Reimagined for A New Stage is a show by producer and dancer Ib Andersen, who used his reimagined choreography that "embraces and showcases the vast natural backdrop of the desert" to create an unforgettable experience. Tickets start at \$60.

balletaz.org



PRE-SALE: TUESDAY, JUNE 21ST

2pm to 7pm | \$5 admission
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JUNE 22: 8am-Noon

JUNE 23: 8am-Noon and 4pm-7pm

JUNE 24: 8am-Noon

JUNE 25: 8am-Noon



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WHAT'S HAPPENING, ARCADIA?

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

SATURDAY 6/4

Dance Fusion

6:30 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. This annual showcase features performances from students and professionals of the Fred Astaire Dance Studio. The theme is Totally Awesome 80s – if this era was one of your faves, it might be hard to stay in your seat. Tickets are \$35 per person.

scottsdaleperformingarts.org

Zen Floral Design

1 p.m. at Flower Bar, 4200 N. Craftsman Ct. Part of Scottsdale's June Days celebration, guests can come out and learn how to use the flower frog or Kenzan tool to create their own floral art piece. This floral mechanic is largely used in *ikebana* [the Japanese art of floral arranging] designs but can be a tool for any designer level. Guests will create a design and learn tips and tricks. All materials provided and class is \$75 per person.

azflowerbar.com

World Atlatl Day Competition

9 a.m.-12 p.m. at the Pueblo Grande Museum, 4619 E. Washington St., Phoenix. Come out and test your prehistoric hunting skills at the Pueblo Grande Museum. The Study of Ancient Lifeways and Technology group will be hosting an atlatl competition in honor of World Atlatl Day. There will be a demonstration and a distance and accuracy contest. This event is free for all ages.

pueblogrande.com

SUNDAY 6/5

Arizona Wedding Show

9 a.m.-3 p.m. at the Phoenix Convention Center, 33 S. 3rd St. This event features more than 200 of the Valley's top wedding experts. Guests can find resources for venues, photographers, honeymoons, dresses, flowers, and music – all the things a couple needs to make their wedding memorable. There will also be bridal gown fashion shows, giveaways and workshops. Tickets are \$12 per person.

arizonaweddingshowjune.com

WEDNESDAY 6/8

Summer Wine Circle

6-7 p.m. at LDV Winery, 7134 E. Stetson Dr., Scottsdale. This event introduces attendees to a new Arizona wine while comparing and contrasting it with an LDV Winery varietal that will be highlighted in June. Included are two wine tastings and light bites – it's education and vino, all in one. Registration is \$75 per person.

ldvwinery.com



An Evening in the Garden at DBG.



Women's Car Care Class at Girl Gang Garage in Phoenix.

FRIDAY 6/10

Always, Patsy Cline

8 p.m. at the Phoenix Theatre Company, 1825 N. Central Ave. This musical is based on the true story of Cline's friendship with a Houston fan named Louise Seger. The two wrote letters until Cline's untimely death. The show's title was inspired by Cline's letters to Seger, which were signed "Love always, Patsy Cline." Guests will find humor, music and maybe a few tears at this show. Tickets start at \$44.

phoenixtheatre.com

Improv Comedy Show

7 p.m. at the Bridge Improv Theater, 937 E. Broadway Road, Tempe. This talented team of quick-witted comedians will play games and act out scenes with the audience's suggestions. The Bridge Theater's motto is "clean and clever comedy theater," which means the improv shows are great for kids and adults. Tickets are \$10 per person.

bridgeimprovtheater.com

SATURDAY 6/11

Fundamentals of College

10 a.m. at the Phoenix Public Library, 1221 N. Central Ave., Phoenix. For those interested in college but unsure where to start, the public library's workshops help attendees learn the basics of college and the next steps after graduation. This event will be offered in-person and streamed online. In-person seating is limited to 30 attendees. Other workshops include Major and Career Pathways and Collegepalooza, held in July.

phoenixpubliclibrary.org

Women's Car Care Class

9 a.m.-12 p.m. at Girl Gang Garage, 2304 E. Polk St., Phoenix. This one is for the ladies! Prepare for any situation with the Girl Gang Garage. Bogi, the host of Motortrend's All Girl's Garage and an automotive expert, will share some techniques for basic auto care, such as changing a tire, checking fluids,

jump-starting a battery and what to know about brake systems. Make sure to wear closed-toed shoes. This class is \$15 per person.

girlganggarage.com

Book Bash

10 a.m. at the Sheraton Crescent Hotel, 2620 W. Dunlap Ave., Phoenix. The Readers Envy Book Bash is a chance for book lovers in the Valley to meet and greet with over 45 local and national authors – and the best part? The signings are free. Guests will have a chance to browse new and old books for purchase. Romance, thriller and

murder/mystery fans of all ages won't want to miss this event.

arizonaauthors.org

MT and the Streamliners

6:30 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. Head to the district stage to witness MT and the Streamliners, a tribute band highlighting all the classic rock and blues hits from artists like Eric Clapton, Jimi Hendrix, Jeff Beck, Stevie Ray Vaughan, B.B. King and Muddy Waters. No one will judge you if you feel like dancing!

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WHAT'S HAPPENING, ARCADIA?

Bracelet Workshop

4 p.m. at the Merchantile of Scottsdale, 3965 N. Brown Ave. This workshop is exactly what it sounds like – a bracelet-making workshop! This event is another in the June Days round-up. Guests can pick and choose which beads and embellishments they'd like to use – all materials are included – and leave with a smile on their faces and their bracelets. Registration is \$34.

themerchantileofscottsdale.com

SUNDAY 6/12

Something Rotten

2 p.m. at the Phoenix Theatre, 1825 N. Central Ave. This musical comedy follows Nick and Nigel Bottom as struggling playwrights who are stuck in the shadow of William Shakespeare. Their dreams lead to the invention of musical theatre – and a whole lot of off-stage shenanigans. Bold costumes, song-and-dance numbers – no wonder this is a 10-time Tony-nominated show! Tickets start at \$44.

phoenixtheatre.com

WEDNESDAY 6/15

Guide to Wine

7 p.m. at the FOUND:RE Hotel, 1100 N. Central Ave., Phoenix. Perfect for those

who want to learn more about wine while actually sipping it! June's class will focus on summer sippers and pool wine with a guest speaker from Stem Wine Company. Samples and light snacks will be served. Bottles will be available for purchase with a 15-percent-off discount. Tickets are \$25 per person.

matchphx.com

SUNDAY 6/19

Juneteenth

2-7 p.m. at Scottsdale Stadium, 7408 E. Osborn Road. The third annual Juneteenth Freedom Celebration gathers over 1,200 attendees to enjoy culture through food, music, live entertainment, history, vendors and family-friendly activities for all. This event is free, but registration is required.

changingthelead.org

MONDAY 6/20 – FRIDAY 6/24

Topgolf Summer Academy

8:30 a.m.-12 p.m. at Topgolf, 9500 E. Indian Bend Road, Scottsdale. If your 6-12-year-old is looking to improve their golf game, this is the place to do it. Attendees will practice chipping, putting, and full swing while learning golf rules and etiquette. Along with lessons, registration includes lunch for five days,

prizes and a certificate of completion. Registration is \$250 for the week.

topgolf.com

WEDNESDAY 6/22

Writer's Workshop

5:30-7 p.m. at the Phoenix Art Museum, 1625 N. Central Ave. The PHX-ART Teen Writer's Lab is geared toward ages 13-18 and focuses on sharpening teens' writing skills. Attendees will learn how to use original works of art to inspire writing and connect with Phoenix-based writers to learn tips and tricks. There are multiple sessions, including on June 29 and on July 13. Workshops are free, but registration is required.

phxart.org

FRIDAY 6/24

Pancakes and Booze

8 p.m. at The Duce, 525 S. Central Ave., Phoenix. This L.A.-based event started in 2009 and has since traveled to over 35 cities around the nation. This showcase allows guests to revel in music performances from local artists and DJs, meet over 75 artists, check out over 300 pieces of art and watch live shows – not to mention the free pancakes! Tickets are \$10, and this is a 21 and over event.

pancakesandbooze.com



Something Rotten at the Phoenix Theatre.

SATURDAY 6/25

Carnival of Illusion

7:30 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave. Using an international travel theme blended with a vaudeville-inspired roadshow, this magic show showcases illusions, card tricks, smoke and mirrors and audience participation. Travel back to the 1900s with the national recipients of the "Excellence in Magic" award. Ages are 8 and up, but this event is geared more toward the grown-ups. Tickets are \$45-\$60.

carnivalofillusion.com



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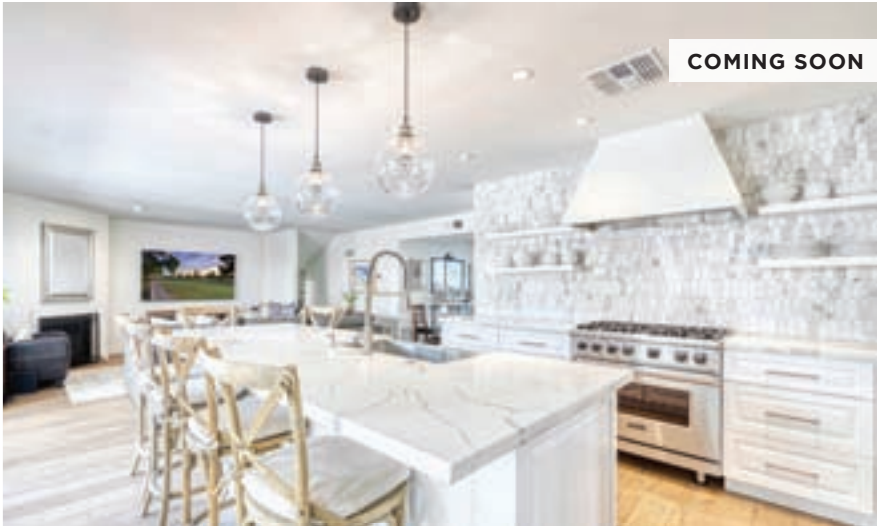
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FRIDAY 6/3 – SUNDAY 6/5

Ranching Heritage Festival

Times and locations vary, starting on Railroad Ave. in Willcox. 2022 marks 150 years of ranching in this cattle country – come out and celebrate! Guests will find saddle-making and blacksmith demos, history presentations, walking tours, a street dance and art show, games, goat roping competitions, a trade show and more – all packed into one weekend. This event is free for all ages.

*Willcox Ranching Heritage
Festival Facebook Page*

SATURDAY 6/4

Desert Foothills Book Festival

9 a.m.-2 p.m. at The Holland Center, 34250 N. 60th St., Scottsdale. For book lovers of all ages! Guests will have the opportunity to meet over 50 published authors – fiction, non-fiction, children's books, romance – you name it, it'll be here. There will also be presentations by Karen Odden and Dan Baldwin, door prizes and a raffle. This event is free, but donations are welcome.

desertfoothillsbookfestival.com

SATURDAY 6/11

Flagstaff Blues and Brews Festival

11 a.m.-8 p.m. at the Continental Driving Range, 5000 E. Old Walnut Canyon Road, Flagstaff. Blues music and cold brews, need we say more? This event will have local and nationally-known bands rockin' the house, plus eight microbreweries, wineries, food and fun vendors, arts and crafts and a kid-friendly area with games, activities and a petting zoo. Tickets are \$60 for general admission; 12 and under are free.

flagstaffblues.com

FRIDAY 6/17

A Night with Wyatt Earp

7-9 p.m. at the Blazin' M Ranch, 1875 Mabery Ranch Road, Cottonwood. If Tombstone is your favorite movie, you won't want to miss this event. Guests can travel back



White Mountain Balloon Festival at the Mountain Meadow Recreation Complex in Pinetop-Lakeside.

in time with Wyatt Earp, the grandnephew of the famous lawmaker. Blazin' M Ranch will be open for a special 1.5-hour-long show describing the real life of one of the most well-known cowboys in history. Tickets are \$25 for general admission and \$40 for VIP.

blazinm.com

Festival of Lights: Wine and Beer Festival

6:30-10:30 p.m. at the Foothills Golf Club, 2201 E. Clubhouse Dr., Phoenix. The Festival of Lights nonprofit was founded to raise money for funding the lighting of the million white lights along Chandler Blvd. during the holidays. Now, you can help fund it at the annual Wine and Beer Festival. The event features wine tasting, wine pull, raffle items, food trucks, live entertainment and a commemorative glass to take home. Tickets are \$50 per person.

folaz.org

SATURDAY 6/18

Babypalooza

10 a.m.-3 p.m. at the Mesa Convention Center, 263 N. Center St. First-time or expecting moms will find all the information they need to equip themselves for baby time at Babypalooza! Health experts and brand representatives will be on-site, plus

prenatal and postnatal workshops on sleep, breastfeeding, swaddling, and more. Guests can also enter to win prizes and join in games and activities. This event is free, but registration is required.

babypalooza.com

Cars & Cigars

6 p.m. at the Martin Auto Museum, 4320 W. Thunderbird Road, Glendale. Grab a friend and cruise to Havana Nights. This event will host a variety of vintage, classic, race, and muscle cars to check out, plus reggae, salsa and R&B tunes to groove to, a Vegas casino-style area and a vendor marketplace where guests can pick up all kinds of goodies. Tickets start at \$75 for general admission.

Cars & Cigars "Havana Nights" Facebook Page

Saturday Morning Train Rides

9 a.m. at the Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Not a bad way to start the day! The Saturday morning train rides at Verde Canyon offer guests a spectacular view while enjoying breakfast dishes like cinnamon rolls and burritos. On board, there will be pastries, fresh fruit and mimosas available for purchase. Tickets start at \$99 per person.

verdecanyonrr.com

Business Bash

10:30 a.m. at Janice Vaincre Boutique, 4302 E. Ray Road, Phoenix. Janice Vaincre Boutique is celebrating its first anniversary with a Business Bash. Guests can enjoy live music, raffles and prizes, food and learn more about Janice's Women's Center, a nonprofit that provides victims of domestic abuse with clothing and services. Guests can also learn about available volunteer opportunities. This event is free.

janiceswomenscenter.com

FRIDAY 6/24 – SUNDAY 6/26

White Mountain Balloon Festival

6 a.m.-9 p.m. at the Mountain Meadow Recreation Complex, 1101 N. Woodland Road, Pinetop-Lakeside. Join the Pinetop community for the fifth annual Air Balloon Festival. There will be balloon rides, a balloon glow, live entertainment by the Duane Moore & Mogollon band, laser light shows, a kids zone, food for purchase and retail vendors. Admission is free.

wmbfaz.com

Weekendzona: Cottonwood

4 p.m., meet up at the Pines Inn, 920 Camino Real, Cottonwood. Get out of the heat and join Local First Arizona for a weekend excursion that includes lodging for two nights, meals, and group activities, like wine tastings, tours and hikes. Tickets for two are \$625. There are also options for single tickets.

localfirstaz.com/events

SATURDAY 6/25

Prescott Bluegrass Festival

11 a.m.-7 p.m. at the Yavapai County Courthouse Plaza, 117 W. Goodwin St., Prescott. This festival is celebrating its 40th year with all the tunes. The lineup includes Cisco and the Racecars, MohaviSoul, and Soggy Bottom Band, with headliners The Central Valley Boys. There will be a raffle prize giveaway, vendors, a food court and camping spots available if you plan to make a weekend out of it! This event is free for all ages.

prescott.org

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Overture Arcadia is now leasing and would be happy to provide you with more information on available apartment homes that will be move-in ready winter 2022. Whether you are considering downsizing yourself or have a loved one far away that you want close, Overture is an exciting option right here in Scottsdale.



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Authentic trading posts are still a thing in some towns

There was a time when trading posts sprung up across the Southwest like tumbleweeds. Some were legitimate, but most of the others were fly-by-night outfits that underpaid the Native Americans for their wares, then jacked up the prices for tourists. Or, they bought cheap non-native wares and passed them off as genuine items.

These days, finding an authentic trading post requires some investigation because most establishments that call themselves trading posts are little more than gift stores and souvenir shops selling inferior and fake wares. However, some remain faithful to their original trading purposes for native-made goods with supplies or money. They're

often hard to find but well worth searching for those who value the real thing and don't mind paying the price for authenticity. Here are four personal favorites that I have encountered during my travels.



The Lowe Road

BY SAM LOWE

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



Toadlena Historic Trading Post

The Hubbell Trading Post in Ganado, Arizona, is a classic example and a good place to start a trading post road trip. Founded by John Lorenzo Hubbell in 1878, it is the oldest continuously operating trading post on the Navajo Reservation and is a National Historic Site. Although now run by the National Park Service, it remains an outlet where Navajo weavers, artists and craftsmen can trade their handmade rugs and jewelry for either goods or cash.

It's a combination store, museum and gallery. The store sells everything from potato chips to canned goods. The museum is located in the house adjacent to the main building that once served as the Hubbell residence. The gallery is located in the



R.B. Burnham Trading Post



Two Grey Hills Trading Post

main building. It is the highlight, filled with finely-woven rugs, skillfully-crafted jewelry and a variety of baskets and carvings, all authentic and almost all the work of reservation residents.

They're all free to look at, but prospective buyers should not go there looking for kitschy bargains. Rug prices, for example, can soar into the upper thousands. However, one aspect of the trading post has changed over the years: very few artists trade for merchandise because they want their money right away.

About a mile south of I-40 in the small town of Sanders, Arizona, the Burnham family has been running the R.B. Burnham Trading Post since 1971. They trade for cash, jewels, wool, beads, pinon nuts, etc. And not just locally. Their store is filled with such artworks as Zuni fetishes, Pacific Northwest totems and masks, Navajo rugs and baskets, and Hopi kachinas, all collected by bartering.

The store carries a variety of specialty yarns used in the weaving process, which the rug-makers can buy on credit against the rug they'll eventually create and bring to the post. Once acquired, the rugs – and other goods – are sold at auctions throughout the Southwest and the store.

And, in a major departure from the old days, the family has developed and operates a website that attracts nationwide attention. Those who respond are usually serious collectors – the average souvenir-hunter isn't likely to pay thousands of dollars for a Navajo rug.

Back on I-40, head east to Gallup, New Mexico, en route to a pair of historic trading posts. About 60 miles north of Gallup on Highway 491, visitors turn west onto Navajo Route 19 and follow some infrequent signage that will lead them to Two Grey Hills Trading Post.

The current owners have been trading and buying for more than 30 years. Originally built in 1897, the post is isolated, almost remote, but still a popular destination for serious collectors, who readily pay five figures for some of the rugs. Most sell for between \$250 and \$1,500.

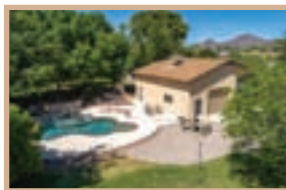
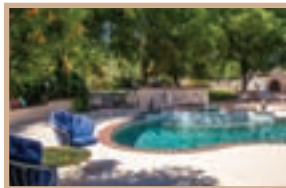
The post employs weavers from the immediate area, who can purchase wool, small looms and other rug-making necessities while running up accounts against the future rugs they'll bring in to settle up. Many of the weavers are teenage girls learning the skill from their elders, thus preserving the tradition.

On Navajo Route 19, six miles on a paved road leads to the Toadlena Historic Trading Post and Weaving Museum. Mark Winter bought the property in 1997 and restored it to its original condition, which included a potbellied stove, barber's chair and vintage display cases.

He also became concerned that weaving was becoming a lost art, so he began offering top prices for rugs with the stipulation that they are made like they were in the old days, with natural dyes and wool which the weavers carded themselves. Then he converted part of the old adobe structure into a museum where he displays the rugs for tourists and prospective buyers.

Now the trading post is a major source of income for as many as 150 weavers, who get credit in the form of merchandise and cash advances which they pay off with their rugs. Prospective visitors should get definitive directions before setting out on a trading post journey – these posts are off the beaten path.

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The house has 3BR/2BA and a bonus room that can be a 4th BR or guest suite. Gourmet kitchen w/custom maple cabinets and large island opens to great room and dining area. 200 amp panel. Energy efficient Thermogard windows and doors throughout.

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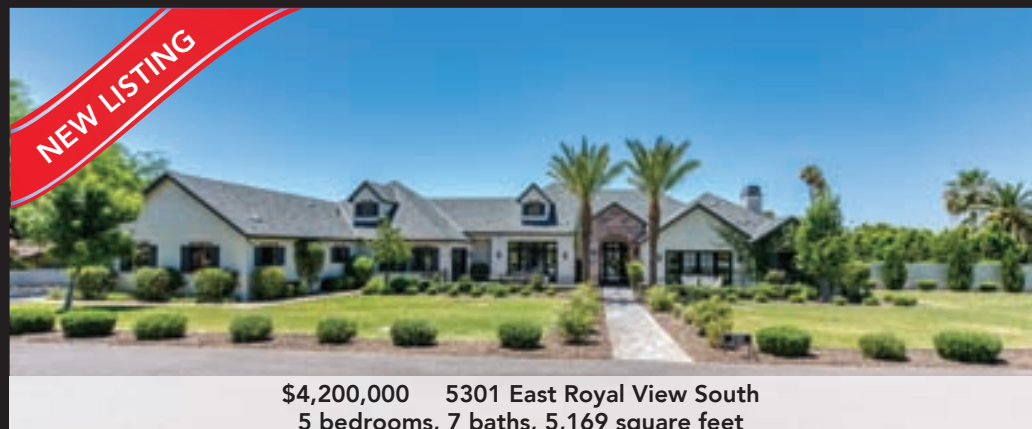
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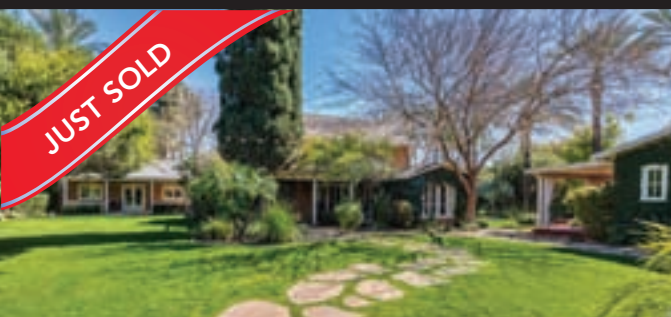
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In the Kitchen

with **Chef Joey Maggiore**

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By Mallory Gleich

If you've ever eaten at Hash Kitchen, Sicilian Butcher or The Mexicano, chances are you've seen Chef Joey Maggiore passing through – if not his face, then a flash of the gold chains worn around his neck. As the son of the late Tomaso Maggiore, his family's legacy has been a staple in Arcadia for over 30 years. Read on to learn how Joey continues to leave his mark on the culinary world.

Your family has been in the industry for decades. Where did your father get his start?

I'm a first-generation New Yorker. My father was from Sicily. He trained with family recipes, watched my grandmother, you know, she was always in the kitchen, and then he went to culinary school in Rome. My grandfather died young, so he had to take care of the family. My Uncle Tino came to America, and then two months later, our family followed. He opened many restaurants before Tomaso's. He had Maggiore's in Phoenix and had a few pizza places in New York.

What was it like being the son of Tomaso Maggiore?

Oh man, big shoes to fill! He was a master chef – the guy was amazing. He could light up a room. His personality, his smile, his swagger. Anything he did was bigger than life. I wanted to be him. Kids idolized athletes and rock bands – I wanted to be my dad. The process [of cooking and running a restaurant] was something I lived every day and was excited to watch.

Did you know you always wanted to be a chef?

Well, I didn't have a choice [laughs]. 'Normal' kids were playing with cars. I was playing with knives and tomatoes. It was more that I wanted to be like him – if that meant being a chef, I was going to be a chef. I never thought of anything else. I wanted to own a restaurant and be like my dad, so I just stayed in his footsteps.

Where did you go to culinary school?

I went to Scottsdale Culinary Academy, but I didn't stay long. It's funny because I fought my dad and told him that I wanted to go to culinary school. He said,



Joey's Uncle Tino and father Tomaso outside of Maggiore's.

'You're crazy. Come work in the kitchen,' and by the time I went, I was 18, already working as a line cook. I went with a closed mind thinking, 'oh, well, this is how WE do it,' and it just wasn't the right fit. Six months after I left, I opened my first restaurant.

How did that work out?

It was called Joey's California Bistro in Coronado. My wife and I were newly-engaged at the time – I couldn't even be on the liquor license! It was a small little place with fresh pasta and pizza. It did well, but it was very seasonal, and that's where I got used to the Arizona type of business where you're packed in the winter. In California, you're packed in the summer and slow in the winter.

Explain the timeline; you were born in New York...

In junior high, I was in Arizona. My dad wanted to open restaurants in California, so he went to Encinitas and Carlsbad. As a young kid, I was like, 'I don't want to go back to Arizona' [laughs], so my mom and I would travel back and forth. I stayed there for 19 years, but after that, we were like, 'California is crazy. Let's move back.'

Did you work your way up in the industry?

I didn't even make dish pit as my first position. I was 13 and cutting bread – by hand, with a knife – on Friday and Saturday nights. I elevated myself to the dish pit and did that for about six months. That's why I have so much respect – the dishwasher is the heart and soul of the business!

I got into prep and decided I wanted to be a pastry chef. After about a month, I said, 'eh, I want a little of this, a little of that,' so I started working on the line and found my niche in pasta and cooking. By 16, I was running my own station.

What is your official title these days?

I own the Maggiore Group. I'm the president and founder, so I create all of our brands, all of our recipes, and all the cooking. My wife runs the office side of the business.

What is the toughest part of being a restaurant owner?

Nothing about restaurants is easy anymore. Before, I always saw the glamorous side. I saw my father and the excitement. I didn't know about all the stress that was involved. It's tough to make money. It's tough to keep staff. It's tough to have your dream the way you want it because everyone else's palate is the one we have to stick by.

From what – or who – do you draw inspiration?

Other chefs, other dishes. You find something you like and think, 'Oh, that's awesome. How can I Joey-fy that or make it my way?' There are a lot of people in the industry that copy others, and that's fine, whatever, but what makes a great chef or restaurateur is taking what you see and turning it into what makes the dish your own.



Chef Joey with a photo of his father, Tomaso, in the background.

In the Valley, there are a TON of chefs that are inspirational – Mark Tarbell, Gio Osso, Beau MacMillan, Chris Bianco; so many people that are so great in their art. It's not necessarily inspiration in what they're doing but how they react in the culinary world.

Hash Kitchen serves breakfast, Sicilian Butcher serves Italian, The Mexicano serves Mexican dishes. Was it easy to switch between cuisines?

I've always been a 'black sheep' kind of guy. I started a barbecue chain. I had a high-end steakhouse. I've done a little bit of everything – I get bored with one concept. I wanted to tease myself and see how far I could take it, so who knows what's coming next.

The Mexicano is your latest endeavor. What can people find there?

It's high-end, regional Mexican food. It's not your run-of-the-mill stuff. Everything we do has a process, and we created it the same way they would eat it over in Mexico. One of the biggest dishes so far is called the *molcajete*. The dish comes in a lava rock bowl and has a spicy broth with it – it's still boiling when it gets to the table, essentially cooking the meat and veggies together. It's delicious.

To what do you attribute the popularity of Maggiore's restaurants?

Obviously, living off of my father's legacy, but also the social media aspect of it – making Instagram-worthy foods, you know? My father used to tell us 'everyone eats with their eyes in America.' In Italy, it's different. You taste it first. So that always sat with me as a young kid. I'd create something and watch it go to the guest. As we build these concepts, it's 'how do we get the wow factor, how do we make it bigger than life?' That's what we're doing.

You were on television at one point. What was that like?

In 2010, Food Network approached us about doing a reality show about opening up a restaurant. My sister, wife, father and myself were filmed opening our

restaurant, the chaos and what it takes – it's funny because I always thought reality TV was scripted, but this really wasn't. We'd just opened, there were cameras everywhere, we were trying to get food tickets. It was crazy. It was great.

A couple years ago, we filmed one in Florida that's about flipping restaurants, kind of like Bar Rescue, but we'd go to different states and fix restaurants. That one might come out soon.

Tell me about your work with Childhelp.

We work with multiple places but do a lot with Childhelp. I have three kids, and when you hear the stories, it's like, how could you not want to help, you know? I had a great childhood growing up, and you want that for everybody.

The fundraising dinner that I'm part of with Sherriff Paul Penzone – he's going to be the server and wine steward *[laughs]* – but we're going to really bring it.

[Ed. note: One of the 2022 Childhelp's Wings Fashion Show fundraiser prizes featured a private dinner cooked by Chef Joey – it raised \$30,000 for the organization!]

What does a day in the life of Chef Joey look like?

5:30 a.m., I'm out of the house. I usually start at the office, and by 11 a.m., I've hopefully hit all of the restaurants that we have in the Valley. From 6-7 is my creative time. I'll go to the office or to a restaurant, have a cup of coffee, no one bothers me, the phone's not going crazy. I take a little time to create and enjoy the business. Throughout the day, it's whatever fires need to be put out, teaching, creating – I'm all over the place. My happy time is in the kitchen, though.

What do you do to relax?

If we're not at one of our restaurants, we're at someone else's restaurant! We're always entertaining, out having fun – my kids love this, my wife loves it. We're not those people who take a vacation and sit by the pool – we're always running around.

How old are your kids?

Giuliana is 21, Tomaso is 19, Melina is 16. Giuliana wants to be a psychologist – I think she thinks we need help *[laughs]*. Lately, she tells me, 'I think I want to run a restaurant,' which is funny because when you're brought up in this industry – it's not a job. It's a home.

What is one thing a kitchen must have in order to be successful?

Know what your vision is. A lot of restaurants have menus that are all over the place – how do you conduct that in a kitchen? Know your vision and do it right.

What's next for Chef Joey?

We have three new concepts we're launching this year. Going big with Mexicano and Sicilian Butcher – multi-states, eight more Hash Kitchens. Growing our brands and creating new ones. I love creating – the hell with running them. I want to create them *[laughs]*!

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The Arcadia News scholarship started in 2005 and has since awarded over \$15,000 to graduating seniors – some of whom who have been part of the Arcadia News team, as well as those who have gone on to successful college careers.

KATIE CROSS

Katie has known since she was a child that the journalism world is where she was meant to be – so, it's no surprise that her high school career landed her a spot at the Walter Cronkite School of Journalism at ASU. Before that, Katie was active in the Arcadia News Network at AHS – and before *that*, she was on the news as a kid. She credits this experience as to where her love of journalism started.

"When I was on the news, it felt like I had won the lottery," Katie said. "Then, in eighth grade, I toured the high school and was able to see the ANN newsroom. I immediately fell in love with it. I took Film and TV as a prerequisite, and the first thing that drew me to that class was the studio...it looked like a professional newsroom."

Katie's favorite part of being in ANN was trying out all the different positions, whether it was anchoring or content creating.

"I was always learning new things. I loved to interview people. My favorite piece of content I created was interviewing people about their favorite types of milk for National Milk Day. It was such a fun news package, and it came out well," she said.

Katie said she'd like to explore broadcast journalism or live reporting at Cronkite.

"I am excited to further my knowledge of journalism and blossom into a young adult; to find what category I will fall in love with and choose to pursue as a career," Katie said. "My ultimate goal is to get to a position where I am happy



Katie Cross



Kate Heglie

and love what I do. Hopefully, it brings me many places with many things to see!"

Katie credits a few people for her love of journalism, including her mom, family friend Becky, and her seventh and 8th grade English teacher, Mrs. Quintana.

"However, the person I feel who has had the most faith in me is former ANN teacher Eric Luse. He is the reason I am where I am today, and no matter how much time passes, I will never forget him or what he has taught me," she said.

In her downtime, Katie loves to write, hang out with her boyfriend, and listen to music.

KATE HEGLIE

Growing up, Kate would sit in front of her parents' computer and create fake television shows and news segments.

When she discovered that her favorite city – New York – had a college with a journalism program? Well, that settled it – the school and the fact that she was published in *Arcadia News* cemented her love for the industry.

"I, along with a peer of mine, was featured in Arcadia News when I wrote an article explaining the prom planning

process during the pandemic. After that article came out, I was dead set on pursuing journalism in college," Kate said.

After AHS graduation, Kate will attend the College of Arts and Science at NYU and hopes to further her passions for fashion and writing. She said that the first order of business when she arrives at college is to apply for internships at major magazine companies such as *Vogue*, *Elle* and *Bazaar*. She plans to combine the industries and pursue a career as an editor for a fashion magazine or blog.

Kate loves the fashion and journalism world so much that she said Anna Wintour, the editor-in-chief of *Vogue*, is a massive inspiration to her.

Kate served as treasurer for the Arcadia High Student Government during her high school career, a club where students propose dances, fundraisers, and school events. She was also part of the National Honor Society.

"It's been such an honor and privilege to work and collaborate with my friends to plan meaningful events that epitomize the true high school experience," Kate said.

Kate said that what she'll miss most is seeing her friends every day.

"I think I will treasure every aspect of my high school experience, but the little moments I had with my friends are something I truly will miss," she said.

In the future, Kate hopes to move somewhere with all the seasons.

"I visited Boston and loved the calm energy mixed with the big city life. I may move there after college and continue pursuing journalism, but who knows what the future has in store," she said.

She credits her family's love and support with getting her to where she is today.

"Without them, NYU would never have been an option, and my life would forever be altered," she said.

Local author helps readers 'find their vibrations'

By Melissa Hirsch

As a yoga teacher, life coach, and self-described "creative," Phoenix resident Kerry Burki's life is awash in spiritual possibilities. Her book, *Tend to Your Vibration*, is a rich compendium of 30 lessons that promote healing, relaxation, creativity and positive emotional energy.

"The lessons are a mix of my creations, ancient techniques from my yogic studies, tried-and-true life coaching exercises and energy work from my experience as an intuitive mentor," Burki said.

This colorful, playfully designed book includes inspiring topics such as color energy, essential oils, changing your thoughts, working with angels and animal guides, breath work and visualization. The book links to bonus material, including guided meditations and printable worksheets.

Tend to Your Vibration evolved from Burki's inner observations.

"I realized my life coaching always involved breathing and yoga," she explained. "I felt I was sharing similar things with each client, so I started categorizing my ideas about nature, breath and visualization. I used those subjects to create an e-book that became very popular."

People asked her to make a print edition, so she ordered a copy from Amazon. "I thought it looked fabulous, so the physical book was born," she said.

Burki's fascination with spirituality and personal empowerment began when she studied religion and yoga at Northern Arizona University.

During the pandemic, she promoted her breathing and visualization videos on social media but felt she was getting burned out.

"In 2021, I stopped spinning my wheels and decided to tend to my vibration. That meant taking my advice and trusting the universe would provide for me," she explained.

The universe obliged; the owner of the Southwest Institute of Healing Arts in Tempe reached out soon after. She asked Burki to teach one of their twelve-week courses called "Mastermind for Success" to the students at the end of their two-year associate degrees. "In essence, I teach the principles from the famous Napoleon Hill book, *Think and Grow Rich*," Burki said.

In addition to teaching and promoting her book, Burki hosts vision board workshops, public and private seminars, an "Animal Guide Meditation and Painting Workshop" with artist Kristen Fagen and online manifesting sessions.

She recently taught at Craftcation, a five-day conference in Ventura, California.

"I helped small business owners bust through their blocks using techniques from my book, human design, yoga, emotional freedom techniques and tarot," she said.

Tend to Your Vibration can be found at Changing Hands bookstores and amazon.com.

kerryburki.com



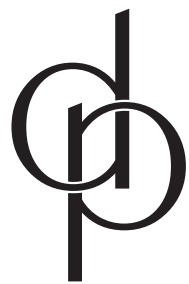
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Kerry Burki's new book evolved from her own inner observations.

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The Dining Scoop

By Mallory Gleich

TASTE OF THAI

Arcadia residents might get a familiar feeling when they walk into Taste of Thai – before December 2021, it was known as Thai Lahna. Located on the northwest corner of 38th St. and Indian School, the restaurant served cuisine from central Bangkok and southern and northern Thailand.

Thai Lahna was the first Thai restaurant in Phoenix, according to new owner Artichar Reynolds. Thanom and Jane Chaiyasut owned it for about 20 years before retiring

last year, when Reynolds and his family took over.

They changed the name, renovated the kitchen and dining room layout and re-opened as Taste of Thai in January 2022.

“We wanted to make the restaurant more fun and modern to fit with our first restaurant [located in Ahwatukee],” Reynolds said.

Some of the newer menu items are family creations that combine American and Thai dishes, such as Bacon Fried Rice.

Reynolds said that the most popular items on the menu include Tom Kha Gai,

the yellow curry dish and the beef masaman dish (a curry made with meat, coconut milk, onion, nuts, potatoes, bay leaves, cardamom, fish sauce and chili – to name a few ingredients!)

“We are a family-owned and run restaurant,” Reynolds said. “We attempt to make Thai food using fresh, authentic ingredients, slightly modified to fit the American palate.

This makes sourcing ingredients sometimes hard, but we believe it is well worth it!”

tasteofthai.co

MR. MOTO PIZZERIA

Located on the southwest corner of 40th St. and Camelback (a few doors down from CRUjiente Tacos) is Mr. Moto Pizzeria, a New York-style eatery that opened in April. This is the first location for the Valley – but owner Gibran Fernandez hopes that will change in the future.

“The first Mr. Moto location opened in San Diego on Pacific Beach in 2015,” Fernandez said. “I opened my first location on my own after operating Pizza on Pearl in La Jolla for five years.”

Fernandez said the most popular item on the menu isn’t pizza at all – in fact, it’s the stuffed knots: garlic bread spheres filled with either pepperoni and jalapeno or ricotta and spinach.

“We’ve become known as the ‘home of the original stuffed knots’ because they’re so good,” Fernandez said. The most unique aspect of the business



The Mamma Mia.

is its branding, according to the San Diego native.

“We come up with well-produced, entertaining videos that our viewers really enjoy,” he said.

Mr. Moto also debuts new pizzas every month:

“Some are really unique, all of them are delicious,” Fernandez said.

One example of pizza-of-the-month combinations included BBQ chicken, feta cheese, roasted corn, red bell peppers, mozzarella, purple onions and BBQ sauce.

The pizzeria also serves beer, wings, pastas, salads, strombolis and calzones.

mrmotopizza.com



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OldTownScottsdaleAZ.com



Local décor shop expands focus to the youngsters

By Cliff Summerhill

Summoning inspiration from childhood fun, Camelback Village plaza – on the northeast corner of 44th St. and Camelback – is now home to a new toy store from the owners of Arcadia gift shop, urbAna. Located next door, Arcadia Toys hopes to become a neighborhood staple.

“We just really hoped to offer a ‘classic’ toy store to enhance our area,” Brian Wells, owner of urbAna and Arcadia Toys, said. “It was honestly not a business decision for us. Over the years, we had built urbAna up to be solvent, but we just saw value in doing a ‘main street’ toy store.”

urbAna has been around for more than seven years, so Wells and co-owner Ana wanted to expand their offerings beyond housewarming gifts, bridal registries, and unique home décor.

“With urbAna, we have created a quality gift-giving service,” Wells said. “We saw the need for a good toy store that could compete with the Target toy section and offer an experience.”

The two shops share a combined space, with Arcadia Toys having its own suite, accessible through the original boutique. However, Arcadia Toys has its brand and identity away from urbAna, complete with a nod to the citrus groves in the Arcadia area over 100 years ago (the “o” in the logo).

“We wanted the toy store to have its own identity,” Wells shared. “We think operating under the name ‘Arcadia Toys’ gives the brand the flexibility to potentially operate in different locations, without urbAna being attached.”

The shop offers toys most children have come to know



Arcadia Toys offers classic and non-traditional toys, as well as a variety of curated items for kid-related celebrations.

and love, including familiar board games like Twister, plus Legos, Nerf, and Fischer Price for the youngsters. Wells said Arcadia Toys would take a cue from urbAna’s mission to bring curated items to the shelf and bring something unique to the toy market.

“The focus will always be on specialty,” Wells said. “The harder-to-find toys that we can educate customers about and the kind that stimulate a child’s interests and imagination.”

Along with that, Arcadia Toys will also emphasize and showcase local vendors. The store currently carries

Casita Curated Play, a collection of sensory toys like wiki sticks and snuggle muffins, which are all locally sourced.

Arcadia Toys will soon launch a calendar of events that includes story times, art workshops, and other community happenings that involve their custom playhouse, play kitchen and stage.

“We hope that Arcadia Toys can become a neighborhood staple and enrich the lived experience of the community in a small way; that alone is a huge success,” Wells said. “We don’t need to sell you everything, just something special.”

arcadiatoyshop.com

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Class president Olivia Richardson and her little sister at Hopi.



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Alexa Smigel, Olivia Richardson, Ella Crowson, Sophia Alba and Alyssa Blanks.



Pat Brannan and Jackson Dwyer-Kim.



Jesse Damam and Alexa Smigel.

Grad Walk: Arcadia seniors bid farewell in a big way

By Mallory Gleich

This year, 400 seniors took their final steps as students of Arcadia High School and will now head off into the next chapter of their lives.

While there are various activities that the seniors partake in to celebrate their graduation – prom, senior breakfast, the parade – a new tradition also took place this year: the grad walk.

On May 13, seniors were invited to visit their elementary and middle schools: Hopi, Echo Canyon, Tavan and Ingleside, to walk the halls and say farewell to the teachers that helped encourage and support them through their educational careers thus far.

The students dressed in full regalia and walked through the main hallways of the four schools while teachers and younger students lined up and cheered on the graduates. Some students even made cards with well wishes for the participating seniors.

“It’s pretty powerful to see a teacher who has been there for decades, see their students come back to them 10-12 years later. To see how they’ve succeeded and made a huge difference in that student’s life,” Principal Cain Jagodzinski said.

Here’s how AHS graduates felt on Grad Walk day:

“It’s important for the kids to see us do this grad walk because it gives them something to look forward to and shows them that staying in school really is worth it, even if it doesn’t feel like it is at times.

The most enjoyable thing for me was seeing a lot of my old teachers and being able to go back to where I first started in SUSD.”

—former Tavan student Dallas Ligon

“While visiting Hopi and Ingleside, the schools I grew up at, I was able to reflect on my life and how far we have all come. The kids were enthusiastic and smiled at everyone. It reminded me to never stop being a kid, and to relish the memories I have made the past 12 years in the Arcadia area.”

—Camy Carden

“I loved the grad walk because I got to see all the teachers who made a difference in my life. They created a love for learning in many students lives and it is because of them that we are going off to do great things.”

—former Ingleside student Ella Canada

“I loved the grad walk because it was like a walk down memory lane. It was so fun to spend the day with friends I’ve had since kindergarten, talking about memories over the years and seeing teachers that made such an impact on our lives. The kids were so excited for us too, which made it even more special.”

—former Hopi and Ingleside student Grace Reed

“The Grad Walk was incredibly fun, mainly because of seeing all the kid’s excited faces. It really put into perspective how young I really was at Echo Canyon, rather than how old and mature I thought I was back then.”

—Luke Nolen



(back) Rylie Ryans, Grace Hull, Ashley Burros, Ali Harris, Grace Helenic. (front) Nicole Chirumbolo and Corinne Cordell.

GRADUATION FUN AROUND TOWN

Brophy Prep hosted their Senior Farewell Dinner in April, as well as a school-wide graduation party after the ceremony on May 21. Food, entertainment abound - the Xavier seniors and were invited, too!

The **St. Thomas** Clap-Out is a long-running tradition of clapping out eighth-graders on their last day of school. Students’ first grade buddies also sang them a song. There was a Graduation Dance on one night, and at the conclusion of the graduation ceremony a video compilation of pictures from the past ten years the students have been at STA was shown – a highlight for everyone.

Christ Lutheran School’s graduation included a special moment where each advisor had the opportunity to share a Bible verse with the graduating class and

then read the names of their advisees before they received their diplomas.

St. Theresa’s younger students prayed over the graduates as they were honored at the end-of-the-year Awards Assembly. Accolades included St. Theresa Award winners, Student Council awards, presentation of NJHS honor cords, Art Awards and recognition of staff that have helped guide the students.

Veritas Prep’s Senior Celebration, A Night in Morocco, was celebrated in May at the Phoenix Zoo. Students took a Safari Cruiser ride to the Desert Tents to enjoy dessert, snacks and live entertainment to cap off their final year of high school.

On Saturday, May 14, 257 seniors from **Xavier Prep** graduated. Earlier in the week a Baccalaureate Mass was also held at the church for seniors and their parents.

Selling a cool drink for an even cooler cause

By Mallory Gleich

On the cover of the May 2022 edition, Arcadia News featured a group of kids (and a mom!) standing in front of a homemade lemonade stand. Now, we're here to explain what those kids were up to.

PANDA – People Acting Now Discover Answers – is the Phoenix Women's Board of the Steele Children's Research Center. It's an entirely volunteer-run board with 200 Phoenix-area members.

PANDA was created 23 years ago to bring awareness to the brand-new (at the time) Steele Children's Research Center at the University of Arizona College of Medicine.

"The organization supports discovery processes to improve treatments and cures for devastating childhood diseases at the Steele Children's Research Center. More than \$22 million has been raised since 1999!" President-elect Courtney Gaintner said. "The Steele Children's Research Center is Arizona's only academic pediatric medical research center."

The physician-scientists and researchers at Steele help children through science, translational and clinical research, education and care—and have been for 30 years. Gaintner said that the physicians conduct more than 60,000 annual visits with patients throughout Arizona.

Lemonade Stand Day—the photo featured on the May cover—was created to "engage the next generation of philanthropists in the community." In April, kids around the Valley



(back) Olivia Pakis, Harper Driscoll, Kinsley Edwards. (front) Avery Estes, Lexi Lewis, Asher Estes, Adelynn Rowe, Lilly Pakis, Caroline Christensen.

hosted lemonade stands to raise money for Steele Children's Research Center.

A committee of PANDA volunteers created the event back in 2018. This year, over 30 stands were set up with multiple families participating, and these young philanthropists raised \$18,500.

"The Sprouts Healthy Communities Foundation sponsored Lemonade Stand Day and offered a \$10,000 fundraising

match, which brought the donation total to \$28,500," Gaintner said.

Sprouts and Danzeisen Dairy supplied the lemonade, cups, ice and lemons for this year's event. Funds raised will go toward the PANDA Children's Genome Sequencing Project.

"All of our fundraising events for 2021-22 will allow us to purchase the NovaSeq 6000 System, a state-of-the-art whole genome sequencing machine that is faster and more

efficient than past equipment. With this new equipment, whole-genome sequencing can be completed on 48 children in as little as 40 hours," Gaintner said.

PANDA events include the "Children Helping Children" Fashion Show & Luncheon, started in 1999 by the 35 founding members. They also host Pandas for Patients, PANDA Prowl & Block Party, and various campaigns with businesses throughout the year.

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²FirstBank will donate \$6.50 (or 5 trees) per FirstBank Bloom Package opened online or in-person, up to \$65,000 (50,000 trees), towards One Tree Planted. Offer is available to new and existing customers. Offer is only valid from June 1, 2022 - August 31, 2022.



AHS supplied faculty with a picnic-themed lunch.



Ingleside decorated teachers' doors.



Veritas showered staff with themed cookies.

Showing some love for our neighborhood educators

By Jennifer Marshall

Area schools celebrated Teacher Appreciation Week from May 2 through May 6 with great fanfare this year. Thank you, teachers, for all that you do for our students and community!

ARCADIA HIGH

According to PTO Teacher Appreciation Co-Chairs Suzanne Cassano and Linda Tinsley, Arcadia staff enjoyed a fun-filled week. Leo's Ice Cream Truck made an appearance on Monday, and on Tuesday, the treats continued with a specialized snack bar.

Wednesday featured an all-American picnic lunch, and Friday closed out the week with the carnival event, featuring games like twister pong and fun prizes.

BROPHY PREP

The Broncos celebrate their faculty throughout the year, rather than during the first week in May: "Our parent organizations treat faculty and staff to breakfast once each quarter; plus, they host a really nice event for us in December for the holidays," Director of Communications Kathy Mabry said.

ECHO CANYON

The elementary school offered daily treats and refreshments, in addition to a raffle where teachers and staff won gift baskets and cards.

Each day had a theme: from Owl Post and puns to superhero notes and flowers.

There were also plenty of snacks to go around: a make-your-own trail mix, popcorn and candy bar, donuts, "thirsty" Thursday beverages (juice, soda, iced teas!) and a catered BBQ lunch on Friday.

Raffles included a health and wellness

basket, dinner on us basket, a summer reading basket and summer road trip basket.

"Our PTO went above and beyond to recognize the staff during teacher appreciation week," Principal Kat Hughes said. "We truly appreciated the effort they put in to helping us feel the love!"

HOPI ELEMENTARY

On the Saturday preceding Teacher Appreciation Week, each class decorated homeroom teachers and additional staff members' doors. May 2 was the great "door decoration reveal" – the look of joy on teacher's faces made it all worth it.

On Tuesday, students made cards and drew pictures for staff members. On Wednesday, students each brought a flower to their teachers, and on Thursday, students came bearing gift cards.

To close out Teacher Appreciation Week, students picked an item from the teachers' wish list and presented them with a small gift. Throughout the week, the Staff Appreciation Committee furnished lunch and other treats.

INGLESIDE MIDDLE

"Each day, teachers were provided with a catered breakfast or lunch hosted by school families, the Dad's Club, the PTO and Community Specialist Leticia Pereda. Doors were decorated by our Ingleside Ambassadors," Ingleside Principal Dr. Junior Michael said.

TAVAN ELEMENTARY

"We celebrated our teachers with a western theme, 'Tavan teachers are the best in the west.' Students were encouraged to celebrate their homeroom and specials teachers for five days," PTO President Cheri Pierce said.



Xavier's Jenny James, Jennifer Weiland, Rob Hendrickson, Ann-Marie Hyland, Claire Yablong, Eva Becker, Alison Mead and Cara Gillem at the "Down the Yellow Brick Road" themed luncheon.

At the beginning of the year, each teacher is asked to fill out a Whisker's on Wildcats Favorite Thing List [a borrowed line from the *Sound of Music*'s 'These Are Few of My Favorite Things']. Students could bring in an item from the list, a handwritten note or even a sweet hand-drawn picture of a memory they have from the year.

"Our PTO celebrated teachers with breakfast, lunch, grab-bag snacks, a special soda shop drink and gift card giveaway to end the week," Pierce said.

VERITAS PREP

The faculty was treated to breakfast to kick off the week's events. Then, on Thursday, teachers received "movie treats,"

and on Friday? Morning goodies! Students were encouraged to write thank you notes to their teachers, which were included in gift bags for each teacher at the end of the week.

XAVIER PREP

Teacher Appreciation Week was five days of special recognition and thanks. It began with a catered lunch for the staff. A few teachers – whose time at Xavier had come to an end, with retirement set to begin – were introduced and given standing ovations.

"Throughout the week, there were special treats, and it was a time that students showed appreciation for their teachers. Many sweets were involved!" Marketing Director Lisa Zuba said.



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Charlie, Kiahn and Lucas with the Preservation All-Stars.

IF MUSIC IS A PLACE...

...then jazz is a city – especially for this group

By Mallory Gleich

The French Quarter Festival, held in April in New Orleans, Louisiana, is designed to “remind locals how fabulous and fun the French Quarter can be,” according to Valley music teacher Dave Rowe. Stages are set up at every corner, and cuisine from the city’s restaurants fills booths in Jackson Square. This year, more than 2,000 musicians performed at the festival – and a small group from Phoenix happened to be on that roster.

Rowe began teaching music at Miami High School in 1984. Then, he moved to Phoenix and taught in the Arcadia area for 34 years – he had plans to retire, but he put those on hold and currently works at Biltmore Prep.

“I taught choir, show choir, marching band, jazz band and concert band in Miami. When I moved to Phoenix, I concentrated on beginning band, concert band, and jazz band,” Rowe said.

A little over a year ago, a group of

students approached him to see if he would be interested in starting a music group, which then became the 32nd Street All-Star Jazz Band. Currently, 17 high-school students make up the group.

“I love band instruments and jazz and enjoy teaching the next generation of musicians,” Rowe said. “These motivated students met last fall for two hours a week to practice. They performed at the Phoenix Farmers Market every Saturday morning to prepare for the French Quarter Festival and the Scottsdale Jazz Festival.”

Over 20 stages take over the French Quarter throughout the three-day weekend, starting early in the morning and going through the night. According to Rowe, festival-goers were immersed in multiple genres, including jazz, Latin, Zydeco, New Orleans Funk and rock.

“It was all local New Orleans musical acts. Our guys set up wherever there was space throughout the Quarter and attracted large crowds wherever they

went. There was lots of smiling, dancing, and singing at every stop,” Rowe said.

“Being a part of this band has been extremely special to me, let alone being lead trumpet. Going to ‘N’awlins’ was surreal,” senior member Kiahn Tehranchi said.

— “ —

Heart and soul is the best way to describe what this band presents to their audiences.

— ” —

Rowe has taken jazz bands to the French Quarter Festival since 1984. He said that it is billed as the largest free music festival in the south and attracts hundreds of thousands of people worldwide.

“This small but mighty band from

Phoenix made its mark playing on the streets to jazz lovers throughout the weekend. One highlight of our trip was sitting in the front row of Preservation Hall listening to some of the greatest jazz musicians in the world and visiting with the band afterward,” Rowe said.

“Music has always been something that I can turn to when things get tough. The 32nd Street Jazz Band has been no different. The group had a ‘vibe’ like no other when we were in New Orleans, a constant excitement that elevated our playing, which can never again be replicated. It was truly something special,” senior Charlie Nassar said.

The group’s work was far from over, though, for a week after they returned from New Orleans, they headed to the Scottsdale Jazz Festival.

Rowe explained that the event’s executive director, Doc Jones, brought International Jazz Day to Phoenix in 2012.

“International Jazz Day is a global celebration. Its mission is to promote



Aiden Perry taking the brass for a walk.



The band with Doc Jones and Miguel Ramirez of Molina Jewelers. They’re holding charter member plaques, a gift from Rowe for their dedication and hard work.



Zac Daitch, Frank Kaplan and Kiahn Tehranchi getting down in Crescent City.

increased awareness of jazz and its role as a vector for peace and intercultural dialogue. International Jazz Day was launched in 2011 by jazz pianist Herbie Hancock,” Rowe said.

Festival performers included: Nayo Jones and the Nayo Jones Experience, Dr. Jesse McGuire, Jaleo Latin Band, Carlos Rivas and SU Orquesta Mexsal, Rick Braun and Richard Elliot.

At the festival, the 32nd Street Band’s catalog included: That’s It! by Preservation Hall, Herbie Hancock’s Watermelon Man and Eddie Harris’ Cold Duck Time.

“The big crowd-pleaser is always When the Saints Go Marching In, with a mashup of Mama, Don’t Allow – a rather disrespectful vocal about playing an instrument even if ‘mama don’t allow it,” Rowe said.

Experiencing the “real thing” and playing on a massive stage to a huge crowd was the band’s favorite part of the festivals.

“Heart and soul is the best way to describe what this band presents to their audiences. They are especially supportive of one another and enjoy playing their instruments,” Rowe said. “My favorite part is seeing the older students mentor the younger ones. The collaboration that it takes to be beyond good is evident everywhere we go. I am proud to be associated with these fine young men.”

“We seniors have been anticipating this trip to New Orleans since sixth grade – we all remember when Mr. Rowe would show us videos of marching bands or Preservation Hall, attempting to immerse us in the culture. Getting to be there to play firsthand was genuinely life-changing,” senior Lucas Oland said.

The group will take a break for the summer, but Rowe said they’re still in demand to perform for various organizations. Three senior musicians will

no longer be performing as they go off to their post-graduation plans, so there are spots for young musicians in the Arcadia area who would like to join.

“All they need is a basic working knowledge of their instrument and some time to practice. We will train them. They are more than welcome to audition if they have a genuine interest in learning to play some really cool jazz tunes!” Rowe said.

Auditions are simple: play a scale or two of your favorite tune.

In the future, the group will partake in a fall retreat at the Marin Headlands outside San Francisco and continue to perform around Arizona when school starts back up. Those interested can reach out to Dave Rowe at 602-527-6005 with questions.



Caleb Humphreys says farewell to N'awlins.

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Founded in 2020, Brightside now has over 20 employees.



An art supply store and café are conveniently located within the studio.

Take a walk on the Brightside with this brand-new art studio

By Cliff Summerhill

‘Everyday’ artists now have a new place to call home, thanks in part to Arizona residents Brad and Vanessa Kuenn, who recently opened Brightside Art Studios.

The ample, multi-purpose building is located near 10th St. and Camelback Road and offers a wide variety of services for artists and the public, including art spaces, storage, open studios, and a café that offers coffee, food and live music.

“The mission behind Brightside Studios is to create a dream space for Phoenix artists – specifically painters – where they can hang out, work, eat, drink good coffee, and utilize a large studio to express themselves,” Kuenn said. “At Brightside, artists of all types and skill levels can enjoy our open-concept area, catered to most artistic needs.”

The studio offers more than 20 workstations that include almost everything an artist needs to bring their work to life. Perks include a “supply drop station” with various materials, including acrylic paint, which Kuenn said is “actually the good stuff,” as well as cleaning stations, art storage and a full-sized art supply store.

According to Kuenn, studio members receive even more benefits, including keycard entry into the workstations, accessible storage space, and discounts on classes, store items and refreshments.

The studio provides a colorful

environment of creativity for many people, including those who want to take a class or are just breaking into their artistic journey.

Brightside Studios has “Paint & Sip” workshops on Thursday, Friday and Saturday evenings from 6-8 p.m. for beginner-level participants looking for a fun weekend activity. Classes are \$40 per person and include all the necessary painting supplies and a choice of beverage.

“We have a select group of talented instructors at Brightside who specialize in paint classes, making them fun, lively and approachable for all,” Kuenn shared.

However, the studio isn’t just for artists. The café is open to the public and offers a variety of coffee and food options. In addition to live music on the weekends, Brightside Studios wants to expand to larger events, such as art shows, food truck events and fundraisers.

“Brightside has been working closely with the community to bring open mic nights, poetry slams, and stand-up comedy to one of our stages each month,” Kuenn said. “The best part of starting this business was doing it with my wife, Vanessa. We’ve dreamt of this project for years and feel so fortunate for the opportunity to give back to the creatives around Phoenix.”

brightsidestudios.com



Outdoor mural painted by Diego Perez.



Brightside Studios offers public art classes with trained instructors, live music and a coffee shop for those looking to relax.

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PHOTOS COURTESY OF BRAD KUENN



The field is located at 48th Street and Willetta – just south of McDowell.



PHOTOS: TOCINO FILMS

Promise Field's new look is a home run for little leaguers

By Luke Chatham

For Camelback East Little League players, the chance to play on a brand-new field this season came when a national organization called Ball Park Buns brought their Ball Parks of Dreams initiative to town.

The program began last year with a focus on helping little league clubs renovate playing fields to provide safe conditions for the teams. Ball Park Buns had worked with leagues in Detroit and Tampa and figured it was time to bring some support to Phoenix.

The Camelback East Little League's Promise Field (located at 48th St. and Willetta) received fresh dirt – to take care of the divots – new sod, and a new outfield fence.

Ball Park continued their efforts in sustainability and planted a tree next to the field to provide shade for fans, something they do at every renovation.

The update only took four weeks to complete, but the process itself was a lengthy one. Ball Park Buns started planning the project in November 2021. There was much to be decided as they worked with Camelback Little League's president to determine what was needed.

"Sitting down with the president to understand, get pictures of the field conditions, etc., took a long time. But once we align on the project and coordinate the contractors, it takes about four weeks to do

the physical work," Alexandra McDade, brand manager for Ball Park, said. "Thankfully, the project was straightforward and ran smoothly. Once everything was set up, there were no real issues or challenges."

McDade explained that what made the project fun was that Ball Park was able to help a community that was in "their own backyard." They enjoyed providing for the kids that play on the field and seeing the reactions of all those who participate and support the little league.

At the end of the project, the company threw a celebration for the unveiling. Ball Park provided free hot dogs and hamburgers

and the "World Series Experience," where kids made their own baseball cards.

McDade said the event was meant to show little leaguers what the World Series is like and provide them with some fun before their upcoming season.

Additionally, Ball Park Buns plans to aid 20 additional Little League programs across the country through sponsorships, signs and coupons so that there will be enough buns and rolls to stock concession stands for an entire season.

"We felt so much pride from these kids," McDade said. "You could see they felt like they were professional baseball players."

ballparkbuns.com

No magic needed; this third grader just really loves to read

By Luke Chatham

For most ten-year-olds, the chance to speak to someone famous might seem like an impossibility. That is unless you happen to be Echo Canyon student Miles Rogers.

Miles was selected as one of five students to have a 30-minute virtual conversation with author J.K. Rowling, the *Harry Potter* series author, thanks to the Scholastic Super Reader Program.

Echo Canyon Principal Kat Hughes explained that she was having a conversation with a friend who mentioned Scholastic was looking for Title I schools to participate in the Super Reader program.

Hughes said at the same time, Echo Canyon had been looking for an opportunity where they, along with the Scottsdale Unified School District, could participate in a nationwide program. It almost seemed like magic was at play.

To participate in the program, teachers nominate their classrooms by demonstrating how and why students believe reading is important. With this nomination, two Echo Canyon scholars were chosen as Super Readers – a sixth-grader from Mrs. Chasse's class, and Miles.

Thanks to third-grade teacher Mrs. Strom's nomination – and Miles' love of reading – Scholastic donated 3,000 books to the school, who then donated 2,000 of them to programs through Valleywise Health, including the Family Learning Center. The school also distributed one thousand books to its students.

"Our goal with this donation is to teach our students to

be socially responsible and how to take care of each other," Hughes said.

As a bonus, winners were given a chance to speak with Rowling through an audition process. Strom said that she nominated Miles because he's continually expanding his knowledge with books. Paige Rogers', Miles' mom, said that the family has always prioritized reading time during the day.

"Miles is very inquisitive and loves to learn," Strom said.

"He's so kind and has a genuine heart."

After competing for the virtual meeting with 25 other students from across the nation, Miles became one of five students chosen to speak with Rowling. Miles said they talked about his love of reading and his favorite part of her newest book, *The Christmas Pig*.

"It felt like...I can't believe I got this far. How am I doing this," he laughed.

Miles said that the best part about speaking with Rowling was sharing his favorite part of the book. He said that she enjoyed his perspective on the ending and that after hearing it, "she was super emotional."

Miles received a signed copy of *The Christmas Pig* and has grown even more from this experience.

"I hope he gained confidence," Paige said, "and gained a realization of how wonderful he is. The challenge was how much attention he was getting from the win, but I think it was a good experience for him to understand how to manage that."

"For Miles to be selected to speak with the author of one of the most magical series I have ever read...it just gave our community such a huge opportunity, and I couldn't be more proud," Hughes said.

Our goal with this donation is to teach our students to be socially responsible and how to take care of each other.



PHOTO COURTESY OF PAIGE ROGERS

Kat Hughes, Suzanne Strom and Miles Rogers.

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Board of Visitors holds 107th Charity Ball

By Jennifer Marshall

Before the advent of antibiotics, tuberculosis raged throughout the country. Due to Arizona's dry climate, Phoenix became a mecca for those seeking relief and a cure for the infectious disease. To help with the influx of patients, care and support, 16 female volunteers with St. Luke's Home – a hospital that served TB patients – created The Board of Friendly Visitors in 1908.

"In 1915, the organization changed its name to The Board of Visitors," said Publicity Chairwoman Laura Westfall. "Now, we focus on raising money to serve the healthcare needs of women, children and the elderly in our community. Since its inception, we have granted over 24 million dollars to deserving nonprofits in our community."

With 50 active members and 122 associate members, The Board of Visitors is Arizona's oldest women's charitable organization. This past April, they held their Board of Visitors Annual Charity Ball. According to Westfall, this is Arizona's longest-running philanthropic event, having just celebrated their 107th gala in 2022.

The black-tie soiree featured high school females, called Flower Girls, escorted by their father or another date. Following their presentation, the pairs perform a waltz before an evening of dinner and dancing.

"Board of Visitors is amazing because there are so many girls from different schools, and everyone can experience the events together.



Sophie, David and Anna Kolbe.



Cale and Belinda "Indy" Clayton.

It was so special to be with old friends and make new ones. It was also an amazing time with my family, and it will forever be one of my favorite high school memories," Arcadia High senior Indy Clayton said.

"I was so honored to be a Flower Girl for the Board of Visitors this past year. It was such an amazing experience, and I am so

grateful to have made such great memories with my family and friends," senior Kate Erblich said.

Xavier senior Sophie Kolbe is a third-generation flower girl:

"I was grateful for the opportunity to follow in the footsteps of my mom and older sister in being a Flower Girl with my twin

sister this year. It was a fun night for a great cause," Sophie said.

In addition to the annual ball, the Board of Visitors holds two other major yearly fundraisers: Care Card, Arizona's largest shopping fundraiser, and their Fashion Show Luncheon.

boardofvisitors.org

Empowering the future, one classroom at a time

By Mallory Gleich

Have you ever thought to yourself, "I wish they would have taught us this in high school?" Usually, the words come to mind when writing out a budget, attempting to do taxes without a professional, learning how to invest or exploring a career change.

While it may be too late for adults to go back and educate their 16-year-old selves, children in kindergarten through 12th grade now have a way to learn life management skills while going to school through a program called Junior Achievement.

JA is a worldwide nonprofit dedicated to teaching students topics not typically learned in school. It was founded in 1919 in New England by Theodore Vale, President of American Telephone & Telegraph, Horace Moses, president of Strathmore Paper Co. and Senator Murray Crane of Massachusetts. Over 100 years ago, these three visionaries had an idea to teach kids about business and how the United States economy functioned.

It was first known as The Company Program and was offered as an after-school session for high school students. With help from business mentors, students set up their own businesses and then manufactured and sold products and services.

In 1957, Junior Achievement opened in Arizona, launching its first office in Tucson. A few years later, in 1975, the organization began to offer classroom programs at all grade levels. The curriculum involves financial literacy, work readiness education and entrepreneurship training.

In 2001, they launched JA BizTown (located in Tempe), and JA Finance Park began in 2009. These programs reach almost 90,000 primarily low-income students in Arizona each year.

"We prepare kids to succeed in work and life. Each of our 45+ programs focuses on giving kids the skills to



A fifth grader and parent volunteer from Pensar Academy working together at JA BizTown.

manage their money, thrive in their future careers and think entrepreneurially," Vice President Anne Landers said. "Our programs offer a wide range of delivery models, engagement strategies and age-appropriate content so that we can meet the diverse needs of educators today and ultimately prepare students to succeed."

JA utilizes the help of thousands of volunteers who take lessons to schools. Programs range from a one-time pop-in lesson to a series of lectures in a single day or over several weeks to semester-long programs for high schoolers.

"Many know of our program through JA BizTown, one of our flagship hands-on programs for fourth-sixth graders," Landers said. "BizTown is run by students, for students. Have you ever seen the influence of a fifth-grade mayor? It's a sight to see!"

Before visiting BizTown, students learn about the economy,

having a job, personal and business finances, marketing, civic duties, financial obstacles/opportunities, leadership and responsibility. Then, they put that knowledge to the test in the 12,000 square-foot student-sized towns.

JA Finance Park is geared toward middle and high school students. They are given a real-life scenario and have to apply financial lessons from the classroom to make a balanced family budget. Landers explained that there is a career exploration component, where students learn about jobs that might interest them in the future.

JA also serves students in non-traditional environments, such as partner community organizations, foster care programs, youth detention centers and opportunity youth.

"To put it simply, we have a dream that all kids graduate prepared to navigate adulthood better, having received at least one, if not several, JA programs along their journey in youth," Landers said.

Junior Achievement partners with more than 400 schools across the state. In the past, they've partnered with Echo Canyon and are currently available to students at St. Theresa Catholic School, Biltmore Prep and Ingleside Middle School.

Their most recently opened program is called JA Inspire; it focuses on career exploration and readiness for teens who can connect directly with more than 100 Arizona employers and explore future career paths.

"Our programs correlate to state learning standards, are turn-key for teachers and help meet the needs of students today. JA Inspire bridges the gap from the classroom learning to the real world and reinforces the expertise and content teachers are providing," Landers said.

JA plans to expand its programs to reach more than 100,000 students a year in the future.

jaaz.org

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HAPPY FATHER'S DAY





Members of The Scottsdale 20-30 Club.

Active 20/30 completes another successful year of fundraising

By Jennifer Marshall

The Scottsdale chapter of the Active 20-30 Club was established in 1987 by a group of men aiming to raise money for children's charities.

According to current Chairman Jonah Joffe, the original founders felt that the best way to meet the need and objective of giving back and sharing with the community was to "band together to raise the most money, while helping each other grow as individuals."

Active 20-30 is "the oldest philanthropic

organization in the Valley, dedicated to serving underprivileged children," according to the club's website.

"This social club has raised millions of dollars for local Arizona nonprofit organizations through its three fundraising events: NiteFlite, Brokers for Kids (BFK) and Agents Benefiting Children (ABC)," Joffe said.

The nonprofit has consistently achieved and exceeded this mission throughout the years through their major spring fundraiser, The Olympiad. This event is a culmination

In 2022, I am proud to say that The Olympiad was able to raise one million dollars.

— Jonah Joffe



Auction items included jerseys from Deandre Hopkins (Cardinals) and Ronald Acuna (Braves).



Agents Benefiting Children teams square off in Pop-A-Shot.

of two of their other fundraising events: BFK and ABC.

"ABC is an event where teams of residential real estate professionals compete against each other to raise money for local children's charities," Joffe said. "It is a four to six-month competition that comes to a head with a celebration at Scottsdale Stadium when teams participate in the field day." Jennifer Wilson with Russ Lyon Sotheby's raised \$34,000.

By contrast, BFK comprises commercial real estate professionals doing the same type of fundraising with the same mission in mind. Chris Sloat with CIM Group was crowned the winner after raising \$35,000.

Initially, The 2022 Olympiad only included commercial real estate in the event. ABC was added around 10 years later.

The Olympiad was held on Friday, April 15 and featured games like dodgeball, corn hole, pop-a-shot, and more. Teams compete, and whoever emerges victorious is crowned Olympiad Champion for that year.

"In 2022," Joffe said, "I am proud to say that The Olympiad was able to raise one million dollars. Both sides worked very hard to accomplish this and set a new fundraising record. I am also proud to say that the original mission still stands true today as the Scottsdale Active 20-30 Club continues to grow together to meet the needs of local children."

The club's main charity partners are the Care Fund and Boys Hope Girls Hope, but there are over 25 charities that receive money.

scottsdale2030.org

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Leading ladies honored with awards for community service

By Rachael Bouley

Two Xavier Prep students – junior Sonya Colattur and senior Clairra Chong – recently received the 2022 Junior Achievement of Arizona 18 Under 18 Awards for their dedicated contributions to the community through the organizations they created.

The recognition celebrates creativity, generosity and entrepreneurial spirit to benefit the local community and “make the world a better place.” The pair each received a \$1,000 scholarship toward their future education expenses and free Chick-fil-A for a year.

Sonya was inspired to create a nonprofit while visiting her great grandmother in assisted living facilities. She noticed how many seniors were lonely and without visitors. Companion dogs and cats offered comfort and support, but it was hard for many seniors to afford to take care of their pets. Determined to help, Sonya founded GrandPaws Pantry at the age of 10.

“It started in 2016 as a small organization being funded solely out of the donations I asked friends and family to give instead of birthday presents,” Sonya said. “Since then, it has grown tremendously to provide over 1,000 pet care packages to senior citizens in assisted living facilities in the last year alone.”

Sonya puts together monthly pet care packages for those on a fixed income or disability. Her goal is to serve

PHOTOS COURTESY OF LISA ZUBA



Clairra Chong

two underrepresented communities simultaneously: pets and seniors.

“Today, one in four seniors suffers from anxiety and depression. Seventy percent of adults report that having a pet helps them cope with their physical and emotional struggles,” Sonya said. “Through year-round fundraising efforts, community support and individual donations, GrandPaws Pantry is here to help.”

Sonya said that receiving the 18 Under 18 Award and scholarship was a huge honor.

“Junior Achievement is an incredibly impactful organization in making a positive change in the community,” Sonya said. “To be recognized as a recipient affirms that I’m making a meaningful impact, which means the world to me.”



Sonya Colattur

After high school, Sonya plans to study public policy in college and become a lawyer after graduation.

When she was a freshman, Clairra Chong felt like she and her peers needed more knowledge of practical life skills. This was the driving force behind EmpowHerX – which Clairra co-created in August 2020 with a dozen founding members.

The group has grown to include over 45 girls from schools across the Valley who participate in monthly meetings on various topics.

“Our mission is to educate and empower high school girls with knowledge about self-defense, financial literacy, career readiness, leadership, cultural awareness, and effective communication, all of which are necessary

for success and confidence in college and beyond,” Clairra said.

She handled many responsibilities while setting up EmpowHerX. To keep the organization going, she took over website development, social media management, advertising, and finances. As president, Clairra ensures the executive board and committee leaders are set for successful sessions each month. She was overjoyed when she learned she’d received the 18 Under 18 Award.

“Not only was this a tangible recognition of the work being done through EmpowHerX for my community, but it showed that others recognized the importance of our mission and message,” Clairra said. “Being an award winner has provided me with a cohort of like-minded changemakers inspired to make a difference in their community.”

Now a Xavier senior, Clairra is looking forward to finding the best fit for college where she can further explore community affairs. In the meantime, she hopes to continue expanding her nonprofit.

“I am excited to see how EmpowHerX evolves and grows with new leadership,” Clairra said. “I want to continue strengthening our network of empowered college students who can impart wisdom to others.”

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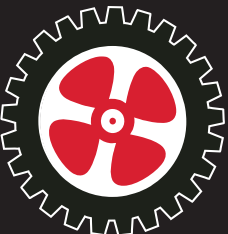
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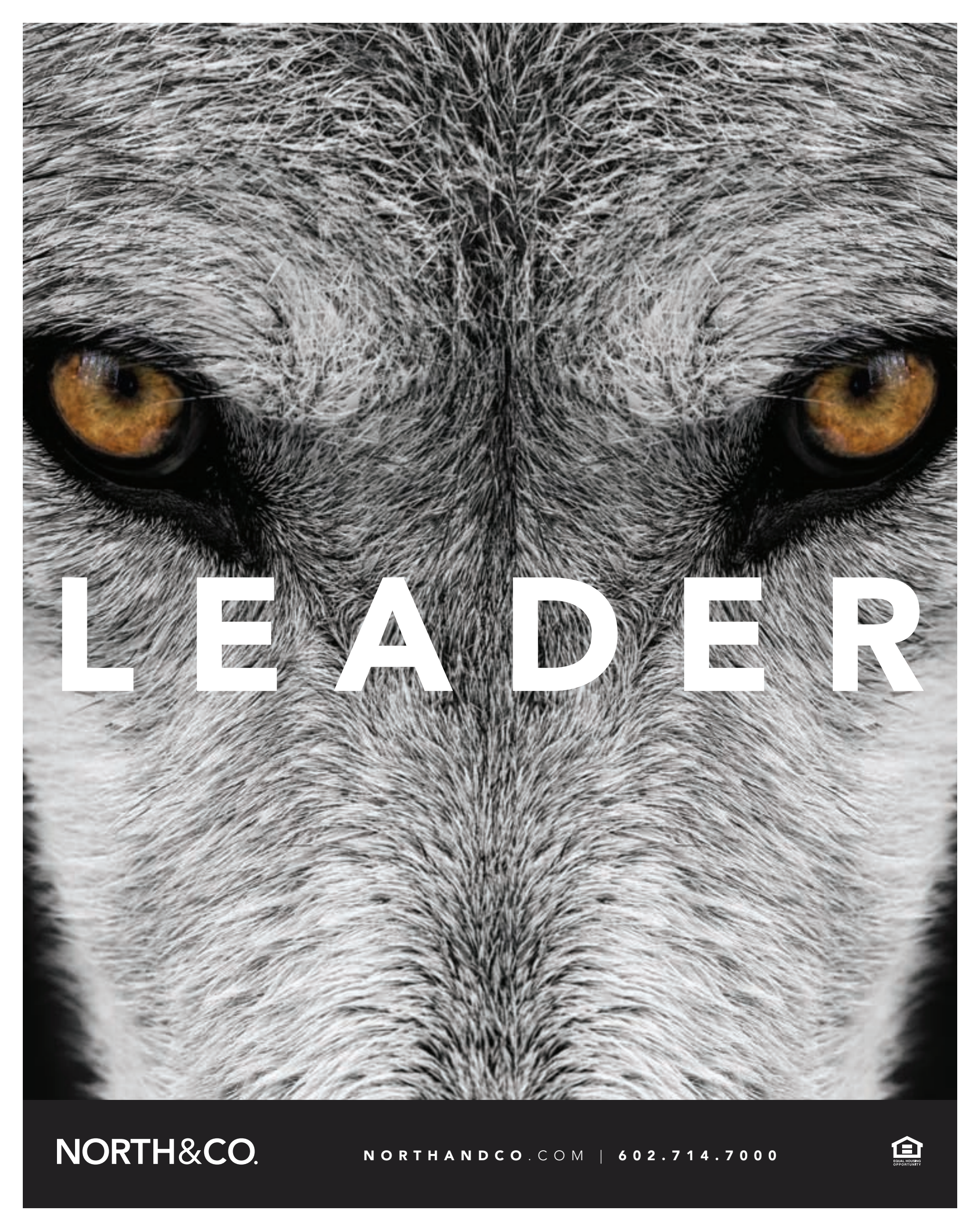
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A high-contrast, black and white close-up photograph of a greyhound's face. The focus is on the eyes, which are a striking yellowish-brown color. The fur is grey and has a very fine, wiry texture. The word "LEADER" is superimposed in large, white, bold, sans-serif capital letters across the middle of the image, positioned between the eyes and the snout.

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Oleg Bortman

At just four years old, Oleg Bortman traveled with his family to the United States, seeking freedoms that they had never known. Born in Kyiv, the Jewish immigrants left Ukraine before the Russians closed the border in 1980.

“My parents came for the ‘American Dream,’ and they found it through hard work and perseverance. They couldn’t speak English and took any job they could find to provide for their family,” Oleg said.

His father was a sheet metal mechanic, his mother a seamstress; they settled in New Jersey, where they began to raise Oleg and his older sister, Marina. They soon learned that what they had heard about America was indeed true – hard work paid off, and anything was possible.

“It was the best life ever, for us, as my parents were paid for their hard work and could share their opinions without being thrown in jail,” Bortman said.

His parents’ work ethic must have been infectious because Oleg then went to college and set lofty goals for himself. He studied molecular biology at York College on a scholarship, where he also excelled in playing soccer. Upon graduation, he took a pharmaceutical sales job with Abbot Laboratories and quickly became a regional sales manager.

“My father really wanted me to be a doctor or lawyer, but I was more interested in becoming a professional soccer player,” Bortman admits. “After I tore my ACL, that wasn’t going to happen, so I took the job in sales.”

And that would become the foundation for a long and successful real estate career.

“My first investment was buying a home on the Jersey Shore, which I then flipped in order to buy another one,” said Bortman. Though he was still selling medical supplies, he kept buying real estate, even after Abbot transferred him to Las Vegas. “One investment led to another, and another, and I knew that I had found my true passion.”

While living in Vegas, he began dating Jenny, a girl he met in an airport customs line while on a sales trip he won through work.

“I pursued her for nearly two years, and she blew me off, but my persistence finally paid off, and she finally caved,” he said triumphantly, calling her his “soulmate.”

The couple has two children: a son, Levi, and a daughter, Lily.

Today, Oleg and his partner, Tucker Blalock, own and operate The Brokery, a boutique firm specializing in residential real estate in Arcadia, Biltmore, Paradise Valley and Scottsdale.

“We credit our success to superior market knowledge and outstanding customer service. Tucker was raised in Arcadia and knows the neighborhood. I’m just a sales guy who works hard,” Oleg said with a smile. “Though I am



Humanity over winning is priceless.

proud of our success, business is not just about winning. It’s about being human. Humanity over winning is priceless.”

Due to its unwavering popularity, he predicts that Arcadia will hold its real estate values for at least another eight to 10 years.

“My family loves Arcadia for all the same reasons that others do. It’s about the friendly people and the ability to live and play in a comfortable and safe environment.”

Bortman enjoys spending time with his kids when he isn’t working, cheering on their games, dance routines, and other activities.

He says that life is too short to be doing anything other than what you enjoy. He also trumpets what his parents instilled in him at a very young age: “Everything is possible!”

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Hydration is key this summer

Did you know that 75 percent of Americans are dehydrated? Most people need around 64 oz. of water per day, but to find the exact amount for your body weight, use this formula: body weight in pounds times .67 = the number of ounces you need per day.

You can use decaffeinated beverages in your count. My favorites are herbal teas! Make cold-brew teas easily by just adding a few tea bags to a large pitcher of water let it sit in the fridge overnight. Or make a single serving by using one teabag and water in a water bottle and let it sit overnight.

Here are five reasons to stay hydrated: improves brain performance, better digestion, more energy, weight loss and decreased joint pain.

Plants contain high amounts of water – here are three amazing salads that will provide extra hydration:

Plant-based Wellness

BY MIRIAM HAHN



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

Mexican Kale Salad

Ingredients

- 1-½ bunches of kale
- Juice of one lemon + a few shakes of salt
- 1 red pepper, diced
- 1 can (15 oz.) black beans, rinsed and drained
- 1-½ cups corn (thawed, if using frozen)
- 1 cup fresh tomatoes, diced
- 1 tbsp. jalapeno, diced
- ¼ cup cilantro, chopped
- 1 large avocado, chopped or sliced
- ¼ red onion sliced
- ¼ cup olive oil
- ¼ cup lime juice
- 1 garlic clove, crushed
- 1 tbsp. maple syrup
- 1 tsp. cumin
- 1 tsp. salt
- 1/4 cup toasted pumpkin seeds

Directions

1. Strip the kale from the stems and cut into thin slivers. Put in a large bowl.
2. Add the lemon and salt to the kale. With your hand, massage kale for several minutes.
3. Add the red pepper, black beans, corn, tomatoes, jalapeno, cilantro, avocado and red onion to the bowl.
4. Mix up the olive oil, lime juice, garlic, maple syrup, cumin, and salt in a small bowl.
5. Toss the dressing with the salad, top with pumpkin seeds and serve.

Serves: 4



Thai Crunch Salad

Ingredients

- 1 romaine heart, chopped small
- 1 cup dino kale, stems removed, slivered
- ½ cup purple cabbage
- ½ cup grated carrots
- 1 red pepper, chopped
- ½ cup steamed broccoli, chopped small
- ¾ cup shelled edamame
- 1 mango, diced
- 3 tbsp. toasted cashews
- Sesame seeds for topping

Dressing

- 3 tbsp. tahini
- 2 tbsp. rice vinegar
- 1 tbsp. maple syrup
- 2 tsp. sesame oil
- 2 tsp. soy sauce
- 1 tsp. grated ginger
- Juice of ½ lemon
- ½ tsp. salt

Directions

1. Mix up the dressing and toss with salad ingredients. Top with sesame seeds!

Serves: 4



Spicy Asian Salad

Ingredients

- 1 pkg. Sriracha pre-baked tofu (you can find at Whole Foods, Sprouts or Trader Joe's)
- 2 tsp. Sriracha
- 4 zucchinis, spiralized
- 2 carrots, julienned cut
- 1 cup red cabbage, chopped
- 1 cup snow peas, chopped
- 4 scallions, chopped

Dressing

- 1/2 cup almond butter
- 1 clove garlic, crushed
- 3 tbsp. soy sauce
- 2 tbsp. lime juice
- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1 tbsp. water
- 1 tsp. Sriracha
- 1/4 tsp. powdered ginger
- 1/4 tsp. red pepper flakes

Directions

1. Cube the tofu and put it in the air fryer (or oven using the convection setting) – Cook for 12 minutes at 400. Toss with 1-2 tsp. of Sriracha to coat when done.
2. Add dressing ingredients to a small bowl and whisk to combine. It will be thick, but the zucchini noodles release water, so it will thin out.
3. Toss the salad ingredients, dressing and tofu.

Serves: 6



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one-n-ten equals a million at this local fundraiser

By Rachael Bouley

Now in its 13th year, Arizona nonprofit one-n-ten, which is dedicated to empowering LGBTQ+ youth – has even more to be proud of, as it recently generated over \$1 million in a single day at its annual event this spring.

“Fresh Brunch was incredible! It was our first time in-person since the pandemic. We had record-breaking attendance and shattered our fundraising record,” CEO Nate Rhoton said. “We were able to share more youth stories and performances than ever before, creating a really special day for everyone in the room.”

one-n-ten has come a long way since the first event in 2010, which raised \$36,000 to fund programs and open a dedicated youth center.

The donations make community support services a reality, empowering LGBTQ+ youth by encouraging self-expression, self-acceptance and healthy choices.

“Today, the event raises nearly a third of the annual budget, providing unrestricted funds to expand programs, open new locations, and serve more youth and young adults,” Rhoton said.

one-n-ten was founded in 1993 to provide a safe place for the younger generations.

“It’s an affirming environment for ages 11 to 24 to navigate the path to adulthood and achieve their highest potential,” Rhoton explained. “We deliver on our commitment to this population through activities at our downtown Phoenix Youth Center, statewide satellites [in-person sites], and signature programs in housing, workforce development, wellness and leadership.”

The organization continues to make a big difference, with almost 500 people supported through various services last year alone.

“Dancing for one-n-ten” is another annual tradition, which



PHOTO: ONE-N-TEN
Guests Brett Bovee, David Simmons, Mark Howard, Calvin Bovee and Jeffery Perales.

pairs professional dancers with community members for an exciting competition. They also introduced a National Coming Out Day event this past year to highlight personal experiences and further connect youth with valuable support resources.

Camp OUTdoors is another big hit, helping teens and young adults develop leadership skills and thrive in team settings. These programs are significant for LGBTQ+ youth who may not feel supported at home or in their community.

“We also partner with other organizations to provide culturally competent resources that strengthen opportunity, wellbeing, and self-confidence,” Rhoton said.

For one-n-ten, the year is just getting started. After

raising \$1 million at Fresh Brunch, they already have eight additional locations planned to open across Arizona by the end of 2022.

“This will provide a safe space for LGBTQ+ youth across the state to convene and ensure that they feel supported and know that they are not alone,” Rhoton added.

As for community support, the team wants people to know there are many ways to get involved.

“You can show support by attending our signature fundraising events, but we can also always use the support of volunteers, resource collection drives and community outreach,” Rhoton said.

oneten.org

Valley hip-hop shop celebrates three years in style

By Rachael Bouley

When Trill Hip-Hop Shop opened on 18th St. and Indian School Road three years ago, it aimed to highlight hip-hop culture and bring a wide selection of records and apparel to the Valley. It wasn’t long before Trill became known as hip-hop’s flagship store, with stylish streetwear, shoes, collectibles and more.

In true hip-hop fashion, Trill hosted an anniversary party that kicked off with a breakdancing competition on day one and a DJ battle on day two, bringing hip-hop lovers together in a place that’s gained national attention for its extensive collection of rare music memorabilia.

Jonathan “Jay” Valdez, better known as DJ Akshen, is an official deejay and buyer for Trill. He was excited to see the anniversary celebration come together.

“The third anniversary was such a huge success, with the true essence of hip-hop culture displayed and all the elements showcased on both days,” Akshen said.

The event opened with a three versus three breakdancing competition, as 14 crews battled it out for a \$3,000 grand prize. Judges narrowed it down to three crews and Them Maya Boys took the win.

After the breakdancing battle, it was time for live aerosol graffiti art, with Sake 1 creating a masterpiece of the late J. Dilla



PHOTO COURTESY OF VPHOTOS
Trill’s anniversary was a two day party filled with music, dancing and all things hip-hop.

on the collectibles wall. Trill resident artist Dumper was also on-hand painting outside the hip-hop swap meet.

Hip-hop personality D-Stroy hosted live rap emcee performances to wrap up the first day. Then it was time for Sunday’s DJ battle, as 14 deejays from all around the country came to Trill to compete for the grand prize

of \$1,000 in a “first of its kind” DJ battle using modern controllers.

Battle judges faced the tough challenge of choosing the top three. Phoenix’s DJ Panic came third, DJ CJ from Orlando finished second, and DJ Tren D from Banning, CA, won the championship cup.

Overall, it was a memorable weekend for everyone involved, and something Akshen

was proud to be part of, given his long history with the store.

“I have been involved with Trill since it was called the Coolin’ Out Shop located on Roosevelt Row almost ten years ago,” Akshen said. “My favorite thing about Trill is that the owner, Chuck, always brings out these legendary hip-hop artists and puts together these events for the community for free.”

Akshen recognizes Trill’s importance to the hip-hop community. The store proudly preserves all four elements of hip-hop: deejaying, breakdancing, emceeing and graffiti art.

“Trill and hip-hop culture, in general, is important to the community because it’s a way to present a positive vehicle for the youth that big corporations have negatively commercialized,” Akshen said.

Akshen also explained that when people visit, they might be blown away with 10,000+ square feet of pure hip-hop magic.

“People will feel a blast from the past and see a time capsule of some of the greatest hip-hop gems the culture has to offer and a glimpse into the future of what today’s hip-hop kids are into. Respecting the pioneers and championing the future is always the goal of Trill,” he said.

trillphx.com



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Congratulations, college graduates

Graduates have finally donned their caps and gowns after spending over two years in a pandemic. Can you imagine what it would have been like to spend your junior and senior college years isolated and learning via Zoom? I can't. Caps off to the graduates who pulled through that tough time!

Now it's time to find and embark on a new career path. For most, this is both exciting and scary. You may feel completely confused, like you're on an island with no map.

The first step is to get started on a job search. You've seen the news about the strong job market and the Great Resignation. Do not assume that it will be simple to find a job. It can take a very long time.

Start looking now, and enlist a few job-

searching friends as support. You need people who are going through the same experience. You'll have interviews fall apart at the end of the process. Jobs will be put on hold. Companies will ghost you. It's a lot like dating. You're going to have to kiss a lot of frogs.

When you find something, do your homework on what the current market pays, but keep your expectations realistic. As a recent graduate, you will likely



*Career
Corner*

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

be paid on the low end of the hiring scale. I know this is frustrating, especially given the high cost of apartments. Look for the job that will provide you with the best experience, and the money will come (eventually!).

Remember that you are only the third group of college graduates to enter the workforce since the start of the pandemic. Companies are still learning how to work with their remote employees and are certainly not used to working with young college graduates remotely. If career success is important to you, you will have to work to be more proactive than your older peers.

Look for mentors and friends, and work to build a great relationship with your boss. In the remote world, it's easy to become disconnected. You need to work to create opportunities to learn, grow and develop a community for yourself.

Friendships are where the real growth happens. Ask your boss to meet with you at least once a week for one-on-one meetings. Set up coffee dates with your peers. Look for others within the organization to build bonds with. Talk about work, and then look for opportunities to talk beyond that.

Last but not least, hold yourself accountable. Your career is up to you. Set regular hours, and put in the time – even when no one is looking. The foundation you lay now will help you for years to come.

From the Archives

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June 2011

ARCADIADAILY.COM

LEAPING INTO SUMMER



Reader Janey Ledyard and her sons Tommy (left) and Scott, capture the youthful spirit of summer's start in their winning photo of this month's Arcadia News Photo Contest. See more photos on page 23.

For many, summer means lots of movies, and our reviewer has a superb list of summer films to choose from, including Classics, Disney films and Japanese anime.

Page 31

When is a broken leg good for you? When it leads out of the restaurant biz and into a new career as a personal chef. This month's offering from Arcadia's Cookbook.

Page 36

This former Arcadia High baseball player is tearing it up as a Sun Devil, hitting his way into the lineup and excelling in the clean-up spot in the Arizona State batting order.

Page 56

Reader Janey Ledyard and her sons Tommy (left) and Scott, capture the youthful spirit of summer's start in their winning photo for the 2011 Arcadia News Photo Contest.



DESERT HIGHLANDS- JOHN RATTENBURY ARCHITECT

Located at the foot of Pinnacle Peak this Wright protégé used his acumen to design a home of continuous curves nestled into a boulder strewn environment. Decorative details echo the shapes, forms and colors of the desert. This home remains timeless and one-of-a-kind! **Offered at \$5,995,000**



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Adding a healthy touch to the snack food industry

By Mallory Gleich

Primal Provisions is a plant-based company that utilizes one simple ingredient: organic tiger nuts. If you're not sure what those are, owners Miles Barth and Kayla Galloway are here to explain:

"To start, they're not nuts, but vegetables. They're an ancient superfood that made up 80 percent of our paleo ancestors' diets. They were an integral part of Egyptian culture and have since become a staple ingredient in some Spanish, Mexican and African cultures," Barth said. "They are used to make horchata and can be found in gluten-free flours. Tiger nuts are packed with prebiotic fiber, making them excellent for gut health."

The pair of Midwest transplants made their way to the sun in August 2020. Kayla is from Chicago, and Miles hails from Columbus.

"We drove from Arlington, Virginia, to Phoenix two years ago and haven't looked back," Barth said. So, how did they discover this snack?

"Our families have been dealing with heartburn and gastro-related issues for years, where every meal became a hurdle to feel good. So, we changed our diets significantly by cutting out added sugars, all meats besides fish, and most grains and dairy," Barth said.

The duo started to feel better but noticed they struggled to stay satiated, so they



Founders Miles and Kayla in Lake Tahoe.

searched online for "a healthy snack to keep you full" and stumbled upon the veggie.

"Our ancestors ate tiger nuts as their primary source of nutrition; if it worked for them for thousands of years, we thought we might as well give them a try," Barth said.

They first tried to eat them raw: "They have an amazing hazelnut flavor, but they

were hard as rocks. We had to find a way to eat them," Barth said.

The pair researched how to make the snack more "comfortable" to chew. There were recipe changes and many taste tests, and Primal Provisions successfully launched their first product, TigerPuffs, a few months ago.

"We took tiger nuts to the next level by infusing them with flavor so that people can enjoy them with their favorite foods. After our process, they are slightly larger than a hazelnut and look more like Cocoa Puffs," Barth said.

There are four flavors that consumers can choose from: maple cinnamon, smokey BBQ, chocolate lovers and cafe mocha.

Barth said one of their goals is to have a flavor that complements any meal.

"TigerPuffs are extremely versatile, and we eat them with salads, yogurt, ice cream, spaghetti squash, pizza, and other unique recipes," he said.

Primal Provisions products are currently only available online, but the pair plans to partner with a few grocery stores and occasionally attend events. Consumers will be able to find TigerPuffs at the upcoming Rock N Roll Marathon in San Diego in June.

This is the first small business venture for Barth and Galloway, who previously worked together for three years in IT sales and consulting before starting Primal Provisions.

"We love food, and love to eat. It's nearly impossible to find a ready-to-eat snack that doesn't force you to compromise between added sugars, chemicals, calories, and most importantly, taste," Barth said. "Working long hours in sales, we'd get burnt out at the end of the day and were starving by the time we got home. We searched for a food that we could eat daily that benefits our health."

Primal Provisions recently launched TigerNut Granola and TigerNut Trail Mix in May. The granola combines a classic recipe (sans sugar) with maple cinnamon TigerPuffs. The trail mix combines nuts and seeds with smokey BBQ TigerPuffs.

"We are excited to be able to offer healthier, lower sugar alternatives to some of our all-time favorite snacks. We hope that people will soon be like us and eat them with everything," Barth said. "Our primary goal is to educate people about TigerPuffs and share them with as many people as possible while continuing to experiment with other flavors and snacks."

primal-provisions.com

A LOOK AHEAD

ADVERTISING OPPORTUNITIES

JULY: Summer II, Health & Wellness Directory

AUG: Back to School

SEPT: Fall Sports Preview, Health & Wellness Directory

OCT: Fall Events

NOV: Veterans/Heroes, Health & Wellness Directory, Home & Design Guide

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- **CORDYCEPS MUSHROOMS** are incredible for stamina. They optimize oxygen and ignite your inner strength.
- **LIONS MANE MUSHROOMS** are great for focus, memory, nerve health, creativity, and mood.
- **SPIRULINA** helps pull toxins and heavy metals out of the body. It is full of plant-based protein and also boosts the production of white blood cells and antibodies that fight viruses and bacteria.



Lions Mane Mushrooms.



Senior team: Max Marvin, Addy Medlin, Max Valencia, Eden McQueen, Aaron Bill, Michael Torrez, Anthony Williams, Jake Marbach, Andrew Johnston, Brody Richter, Joseph Spadafore, Levi Galat, Ana Patarkashavili, Jack Young, Clare Rathsburg and Avery Auger.



Junior team: Jackson Victor, Tanner McGeough, Giovanni Spadafore, Mason Williams, Payson Murasky, Sam Ledesma, Abdullah Hilowle, Carlos Soto, Jacob Soukup, Savanna Cash, Aila Conner, Analie Conner, John Jackson, Ryan Lowe, James Marvin, Luke Hurst, Bodwe Akimana and Brennan Fisher.

You've heard of Powder Puff, now get ready for Powder Buff

By Rachael Bouley

Together with the school community, Veritas Prep created the Powder Buff volleyball tournament as a new way to give back.

The first-ever event raised \$500 to benefit Arizona Search Dogs, a nonprofit that focuses on training pups for deployment rescue missions.

The tournament saw junior and senior boys' teams go head to head, following in the footsteps of the school's Powder Puff flag football game between junior and senior girls.

"The boys wanted to have a similar match between the two grades, so we came up with the volleyball match and called it the Powder Buff, although I keep telling them it should be called the Power Buff," physics teacher – and event advisor – James Ward said.

It was a huge success, drawing a big crowd and raising donations for a local nonprofit at the same time.

"The seniors thought they would 'blow away' the juniors, but the games were close, and the juniors won the second match. They played best out of five, and the seniors were ultimately victorious. There were several amazing saves, and the boys played very well – they were obviously well-coached," Ward laughed.

Junior and senior girls from the volleyball team instructed the boys – the opposite of the Powder Puff tradition where the boys coach the girls. The school was happy to have so many students involved in the intramural tournament.

"The seniors certainly gained more respect for the

junior boys as they kept the games close and were very competitive," Ward said. "We had excellent team spirit and outstandingly good sportsmanship. Some parents had students on both teams and probably did not know who to root for, but they still watched some very entertaining games."

Veritas wanted to support a local charity with the Powder Buff tournament, similar to the Powder Puff game that raises money for the Leukemia & Lymphoma Society. One of the senior girls' volleyball coaches, Addie Medlin, suggested Arizona Search Dogs.

"Her dad is involved with the charity, and who doesn't love dogs? We had Mr. Medlin bring one of them to the match, and say a few words about the charity – it was great to learn more about their work," Ward said.

Medlin was pleased to highlight the work of Arizona Search Dogs, which has a facility in Phoenix that's dedicated to training disaster search dogs for deployment.

"The nonprofit trains, certifies and develops Canine Search Specialist teams to be mobilized with Urban Search and Rescue Task Forces. They also assist state and local jurisdictions in urban and wilderness search and rescue activities," Medlin said. "The money raised will help acquire new search and rescue dogs and care for our current canines, including vet care, training, food and toys."

"The teams had a lot of fun practicing and playing in the match, and I had many parents and spectators tell me how much they enjoyed the evening," Ward said. "I am confident that this event will grow every year and become a much loved and honored tradition at Veritas."



Elvis, the mascot for this year's tournament.

PHOTOS COURTESY OF JAMES WARD

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DID YOU KNOW? MORSE CODE

ORIGINS

Morse code is named after one of its inventors, Samuel Morse.

Morse was a gifted painter and inventor. He came up with the idea after receiving a horse messenger to inform him that his wife was ill. The message had taken so long to reach him that she'd not only passed away by the time he came home, she was already buried.

Morse and his assistant Alfred Lewis Vail created an electromagnet machine that would respond to an electric current sent along wires.

The first long-distance telegraph test was conducted on May 24, 1844. Standing before government officials, Samuel (in Washington, D.C.) sent a message to Alfred (in Baltimore). An onlooker suggested "What hath God Wrought?" as the message. The words traveled 40 miles before they were recorded on paper tape. — [britannica.com](https://www.britannica.com)



HOW FAST? 230 MTPM

In June 2005, Andrei Bindasov successfully transmitted 230 morse code marks of mixed text in one minute. The attempt was held as part of the International Amateur Radio Union's 6th World Championship in High-Speed Telegraphy in Primorsko, Bulgaria.

— [guinnessworldrecords.com](https://www.guinnessworldrecords.com)



16K+ words

In 1864, as Abraham Lincoln fought for re-election during the Civil War, he was eager to admit Nevada to the Union because of its pro-Unionist and predominantly Republican sympathies. James Nye, governor of the territory, sent certified copies of the Nevada constitution by Pony Express to Washington, but on Oct. 24, they still hadn't arrived. So Telegrapher James H. Guild worked for seven hours to transmit the document in Morse code. (right) The final page of the 175-page transcription shows a word count of 16,543 at the cost of \$4,303.27 (about \$60,000 today). Just eight days before the election, Nevada was admitted to the Union, and Lincoln was re-elected president. — [archives.gov](https://www.archives.gov)



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TIMELINE

- 1832 ···· Idea for the telegraph was first conceived.
- 1838 ···· First message sent using dots and dashes to represent characters.
- 1844 ···· American Morse code in final form.
- 1844 ···· Washington to Baltimore line was completed, and the first message was sent.
- 1850 ···· Sound reading generally replaces tape registers for receiving.
- 1851 ···· International Morse code was adopted in preference to the original code.
- 1851 ···· Telegraph was first used in train dispatching.
- 1858 ···· First transatlantic cable laid. It failed after 24 days.
- 1860 ···· Automatic repeaters were first used to extend the length over which telegraph lines could operate.
- 1866 ···· Successful completion of the transatlantic cable.
- 1872 ···· Development of Stearns duplex system enables two messages to be transmitted simultaneously over one line.
- 1930 ···· Last Morse wire closed by Associated Press.
- 1989 ···· Western Union Telegraph Company dissolved.
- 1999 ···· Morse code is no longer required for International Distress signals.
- 2013 ···· India's state-owned telecom company, BSNL, ended its telegraph service.
This was reported as the world's last true commercial electric telegraph system.

FUN FACTS

- On ships, flickering lights were often used instead of radio communication.
- Morse code was invented for the telegraph.
- Morse code helped put the Pony Express out of business.
- You can communicate Morse code by blinking.
- Morse Code was once sent over electric lines in the sea.
- There are Korean and Japanese versions of the code.
- Morse code helped save lives aboard the Titanic.

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K W V T L F G E J S V I C I B N A T Z X C N O J Q
E L E V I O P X R M E O S D I R X T I E I I S P V
B X B D A R M P O K L D B B G P C I N A T I T L J
U P Q A V J W R G N G D A E X R N T X P E C X P G
B N Z S G V S E B L L N L L H F I V I R N S G O D
H W I G F E M S P Q X E T H H Z O R D N G E U T T
Z Q M O S M H S A Y T W J I P C C A T S A W M S O
J I C O N S T I T U T I O N C S M E Q H M N S P Z
X M O K S Y M J G Z Q E B I N D A S O V O E O T A
K B D Y J G O E M J D A L A T S P L Q R R U N E K
A T K B K C T F P S P B R E Z X K U W T T H J L U
E I W E A H X Q O R D T Z R T Y E P S C C I H E U
K C O L G Y Z K K K R C Q E X J S I V H E X U G A
E U M T P X Z K E N R P P S N A D E V S L V O R D
K J Y Q N R G J G V I P O F S B Y K V V E L W A A
L B W P E B I E Q E D M U H U P O N Y T M F U P V
I H I S M Y H M J L T A W W K R M W G V Q J S H E
U V X P A W E F O H I D Z J Y R L P V B S R C Y N
A B V G R R D N J R N V Y B M Y E N S Z F Y I Z C
P B W K N C J Q E I S J T G W U R X N K D A E Q I
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the dash is spoken as “dah” (daw). The letter “R,” for example, is dot-dash-dot so
it would be pronounced “di-dah-dit.” – the-daily-dabble.com



(back) Alessandro De Valle, Simon Ning, Colby Schoenborn, Jakob Reimer, Scott Gurley, Foster Johnson, Rhys Williams, Thomas Farar, Ryan Sweeney. (middle) Tristyn Abbott, Jake Whitiker, Spencer Pine, Damian Jachnik, Isaac Speyer, Henry DeHaan, Andrew Landon, Jason Smith. (front) Coach Karen Fleissner.



Nola Williams, Grace Reed, Olivia Radack, Ashlee Cowley, Vessa Turley, Emmi Kolyszko.

Teammates turned family leads to success

By Mallory Gleich

While winning matches and making it to the state championships was a common goal among the tennis squads at area schools, there was another prevalent theme: community. Here's a round-up of our neighborhood tennis squads' seasons.

ARCADIA BOYS

The Titans ended the season with a final record of 13 wins and two losses. They're currently ranked ninth in Division 2 after making it to the first round of state and losing to ALA Gilbert North, 2-5. This year, there were 17 students on the JV and varsity teams.

"These kids had a good sense of community," Coach Karen Fleissner said. "They held each other accountable while adding a splash of humor and fun. Everyone played so well, and we are really happy with our season!"

Fleissner said that the singles matches were tough and that there were a lot of tiebreakers.

Practices started with running, stretching and warm-up strokes. From there, they varied on what the team needed the most help with.

"Rhys Williams was my number one on varsity, helping the team by teaching other students that needed help with their strokes. Thomas Farar was awesome at getting the team organized at practices and starting things off," Fleissner said.

Freshman Tristyn Abbott has been playing tennis for a little over four years. He said that his goal this season was to improve his playing and competing abilities.

"My team was super motivational, and I had support on anything I was trying to achieve. Our team captain, Rhys, was a great leader and really helped me play my best," Tristyn said. "I also feel another major strength of our team was Coach Karen – she put up with all the wacky things we did and still remained chill."

Sophomore Isaac Speyer shared similar sentiments:

"I think some of the strengths of our team is that we all are very motivated and close with each other. We all want to do well throughout the season but also have fun. Although tennis is mostly an individual sport,



(back) Hank Brown, Head Junior Varsity Coach Chris Campbell, Head Coach Eric Chalmers, Jack Brown, Josh Lewis, Nick Maroulis, Grant Guidry, Jack Strichartz, Hadley Kukla. (middle) Assistant Coach Larry Sims, Ryan Egan, Kentaro Akiyoshi, Ryan Zerbib, Kyle Andrews, Naren Gudavalli, Neil Patel, Arin Gopakumar, Ishaan Patel, Austin Kos, Johnny Abbott, Aidan Lin, Will Burnham. (front) Tyler Woo, Logan Phillips, Christian Smith, Ethan Ashok, Topher Ladha, Arjun Hemmadry, Andre Johnson.

having a cohesive team is a key to winning our matches and having a great time."

ARCADIA GIRLS

The Lady Titans had an undeniably successful season. They went undefeated during regular games, ultimately gaining the number two spot at the state championship.

The squad also became Division 2, Section 6 champions – out of 69 schools, Arcadia High is now in second place as state runners-up against Catalina Foothills.

There were three freshmen, one sophomore, and two seniors on the varsity team this season. Coach Brian Corte helped fill in for the girls' team at the last minute. Corte teaches P.E. and was previously a school principal and football coach at other institutions.

"He joined our team a week after tryouts and made it work," Tennis Booster President Deidre Turley said. "He played a huge role in bringing the girls together and building up their camaraderie and injecting confidence and team spirit."

"Freshmen Emmi Kolyszko and Vessa Turley are elite tennis players within their circuit – to come into high school and play as they did individually and as a team is admirable," Corte said. "The entire program, with 26 student-athletes on the roster, is

unconventional, but allowed more students to participate. In that regard, the varsity team worked tirelessly to build bonds and celebrate a great season of competition and development."

Vessa echoed her coach's praise for the team and their success: "We were all excited to come together to work hard and make it all the way to the finals," she said. "We couldn't have done it without our coach. Our team had a deep lineup this year with strong girls all the way down. This played a big factor in the state quarterfinals against ALA. Without Jane McAplin and Lainey Sayre, we wouldn't have made it all the way to the finals!"

BROPHY

Brophy Prep went undefeated in the regular season (18-0) and cleared the board at state, with four wins against Basha, Desert Vista, Hamilton and Chaparral – claiming the No. 1 spot in Div. 1.

The season began in mid-February and ended with the State Finals in May. There were 14 regular season matches and four rounds of playoff matches.

"Our team is resilient, determined, smart, and they play well together," said Coach Eric Chalmers. "Tennis is an individual sport, but what makes high school tennis special is the opportunity it gives us

to experience what it's like to play our favorite sport and represent our school." Chalmers said that every team member consistently works on developing certain aspects of their game. Practice involves lots of doubles games since it's not something that's commonly focused on outside of team tennis.

"We also simulate many different match play scenarios and situations to ensure that we are as prepared as possible for anything that can happen while we're playing a dual match," Chalmers said.

Jack Brown, Ryan Zerbib, Hank Brown, Hadley Kukla, Kentaro Akiyoshi and Andre Johnson were the Broncos' starting six.

"Each one of them, led by Jack Brown (who will be playing tennis for the Air Force Academy next year), brings unique talents and abilities that always put us in a position to win," Chalmers said. Their ultimate goal was to secure a state championship after falling short in last year's finals.

"We always talk about being a tennis family and making sure that when we're out there in our matches, we play for each other, and we play together," Chalmers said.

VERITAS

At the end of the season, the Veritas boys' tennis team was ranked third in their region and 13th in 2A. The girls' team follows



(back) Coach Peter, Aaron Bill, Jack Victor, Ian Townsend, Coach Lisa. (middle) Tanner McGeough, Max Kaminski, Michael Torrez.



(back) Coach Lisa, Charlotte Noel, Sophie Nicks, Anna Schillinger, Isabella Robinson, Juliana Curtis, Coach Peter. (middle) Raja Hussein, Kate Hirsch, Bella Buckler, Parker Cashdan, Grace Iiao. (front) Elvie Eaton, Kaylee Shire, Paige Borazanci, Aila Connor.

closely behind, fourth in their region and 14th in 2A.

“Our players are determined to succeed in any environment they are put against,” Veritas Athletic Director Kayla Walsh said. “Their knowledge of the game is impeccable, and their heart is unmatched.”

Walsh explained that because the 25 teammates were very young, they needed more time on the court and more game experience – she said that those two things are always a good starting point to work toward the team’s goals. She also said that they welcomed many new players to the team this year.

Both squads practiced four days a week, focusing on fundamentals and mental readiness for matches.

“Everyone contributed this season. One of the strengths of the Veritas tennis high school program is that everyone cares about everyone else on the team,” Walsh said. “It might sound cliché, but we are truly a family. We had our challenges this year, but everyone was there for each other at the end of the day.”

The Falcons’ team motto has always been a quote from tennis player Arthur Ashe: “Start where you are. Use what you have. Do what you can.”

Junior Tanner McGeough had this to say about the program: “The Veritas tennis team is a great group of people. I think everyone is inspired not just to play for themselves but their teammates and coaches, as we care tremendously about each other.

Senior Michael Torrez felt the same: “I stayed motivated throughout the season because our team environment is so invigorating that it’s not hard to have ‘happy feet.’ We know each other’s strengths and weaknesses and play off of that, as well as ultimately enjoying the matches just as much as we want to win them.”

XAVIER

The Gators were flying high at the end of their season as they went 13-1 in the regular-season dual matches and won the Millennium Quad tournament. In May, the varsity team won all three state tournament rounds but unfortunately finished with a loss



(back) Ryan Kershner, Kristina Stender, Lily Gabler, Lexi Zastrow, Kate Lumlung, Danielle Dyer, Maggie Henry, Coach Ann Coover. (middle) Head Coach Laurie Martin, Coach Joy Rodey, Gabrielle Hayden, Lara Shennib, Victoria Chrostowski, Julia Chrostowski, Nyla Vranic, Nitya Reddymasu, Coach Ford Oliver, Coach Khristen Vanderwey. (front) Belani Soto, Olivia Taylor, Gabrielle Dinan, Chayse Clingan, Lauren Strong Albers, Corrine Ladha, Sophia Kleingartner, Megan Wheeling, Caroline Lunt.

against Desert Mountain High School in the Championships.

“We have ten players on varsity and 11 on the JV squad,” Coach Laurie Martin said. “In addition, we have another 70 girls on our lower JV2/3 teams that just compete with each other!”

Martin said that their strengths lie in the team’s depth.

“Danielle Dyer and Ryan Kershner are a very strong doubles team that won the State Doubles Championship. The majority of our varsity players play year-round, and they are always looking to improve their game,” Martin said.

The Gators will continue to work on control and consistency, especially with the younger players. An important quality, according to Martin, is that all players have a high tennis IQ.

“Our ultimate goal is to enjoy the journey and enjoy playing the game. We focus on the process, not the outcome,” Martin said.

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Scott Jeffers performs solo and with his band, Traveler.

Bringing the world together with music

By Melissa Hirsch

Known for his fiery fiddle and vocal performances, Valley resident Scott Jeffers is the lead singer and composer for an internationally-renowned band called Traveler. This Tempe-based group is a dynamic fusion of Romanian gypsy, Middle Eastern, Celtic, Greek, Turkish, Moroccan and Hungarian music. The twist? It's fused with rock, reggae and heavy metal sounds.

"I'm about creating fire and passion in my music," said Jeffers. "My style is based on finding a full spectrum of new sounds from deeply rooted ethnic music."

The band has regaled audiences in Canada, Alaska and Turkey, while Jeffers has performed solo in India, Scotland, the United Kingdom and Panama.

Locally, Traveler has been a fixture at the Phoenix Desert Botanical Garden's Las Noches de las Luminarias event for the past 12 years and performed at the Gilbert Global Village Festival, the Arab-American Festival in Phoenix, and Tempe Marketplace.

"I love the group's energy," Traveler fan Harvey Schroeder said. "You can tell they are enjoying themselves, and that feeling quickly spreads to the audience. Scott sometimes takes his fiddle to serenade people in the audience - even babies!" Harvey's wife, Linda, echoes her husband's enthusiasm: "Their music is contagious. It transports me all over the world."

Jeffers credits his musical success to various groups.

"I grew up listening to Simon and Garfunkel, Cat Stevens, Billy Joel, Jimmy Hendrix, Led Zeppelin and Black Sabbath," he explained. "I think ethnic music is a great fit for rock music since music continually evolves and merges into other forms."

Along with playing music, traveling is a big passion for Jeffers. He sojourns to Asia, the Middle East, and Europe during the summer, where he plays with and learns

from other musicians. By the end of the summer, he's ready to enthrall audiences with dramatic new material.

"To learn Irish Celtic music, I'd go around the countryside and play with other musicians in pubs," he said. "I try to play with local musicians everywhere I go. In Israel, I learned 'Hava Nagila' and 'Hevenu Shalom Aleichem,' two upbeat melodies that make you want to bounce. It's amazing how each region has nuances and approaches to thousands-of-years-old songs. Audiences everywhere love them."

To create an authentic experience, Jeffers performs in exotic clothing purchased abroad. Examples include a headscarf from Turkey, a Moroccan shirt, a Tunisian vest, and necklaces from Morocco, Tunisia and Egypt.

Jeffers recalls his musical obsession as a child growing up in Boulder, Colorado.

"Until I was 12, I was a musician without an instrument. My desire to play the guitar was so strong. I convinced my parents to get me lessons," he said. "In a few years, I played and sang folk-rock songs professionally."

Jeffers evolved his style over the years, recording solo projects, writing songs for acoustic albums and headlining for national acts. In 2000, he created Traveler. Current band members include Mark Niemeyer (bass), Jason Weidman (drums and Arabic dumbek - a percussive drum from Egypt) and Dezwood Tillman (guitar and banjo).

Some exotic stringed instruments used by Traveler include a bouzouki (a Greek lute), an oud (a short-necked lute with a pear shape) and a loutar (a plucked lute unique to the Berber music of Morocco.)

To experience Traveler for yourself, head to Seamus McCaffrey's Pub in Phoenix on Friday, June 3 or check the website for more upcoming concerts.

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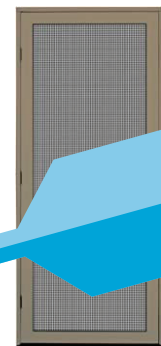
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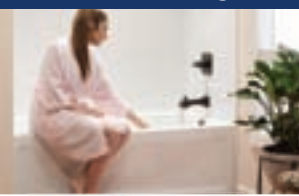
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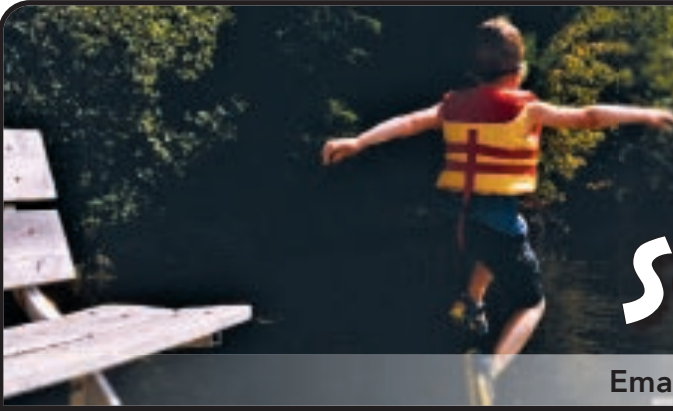


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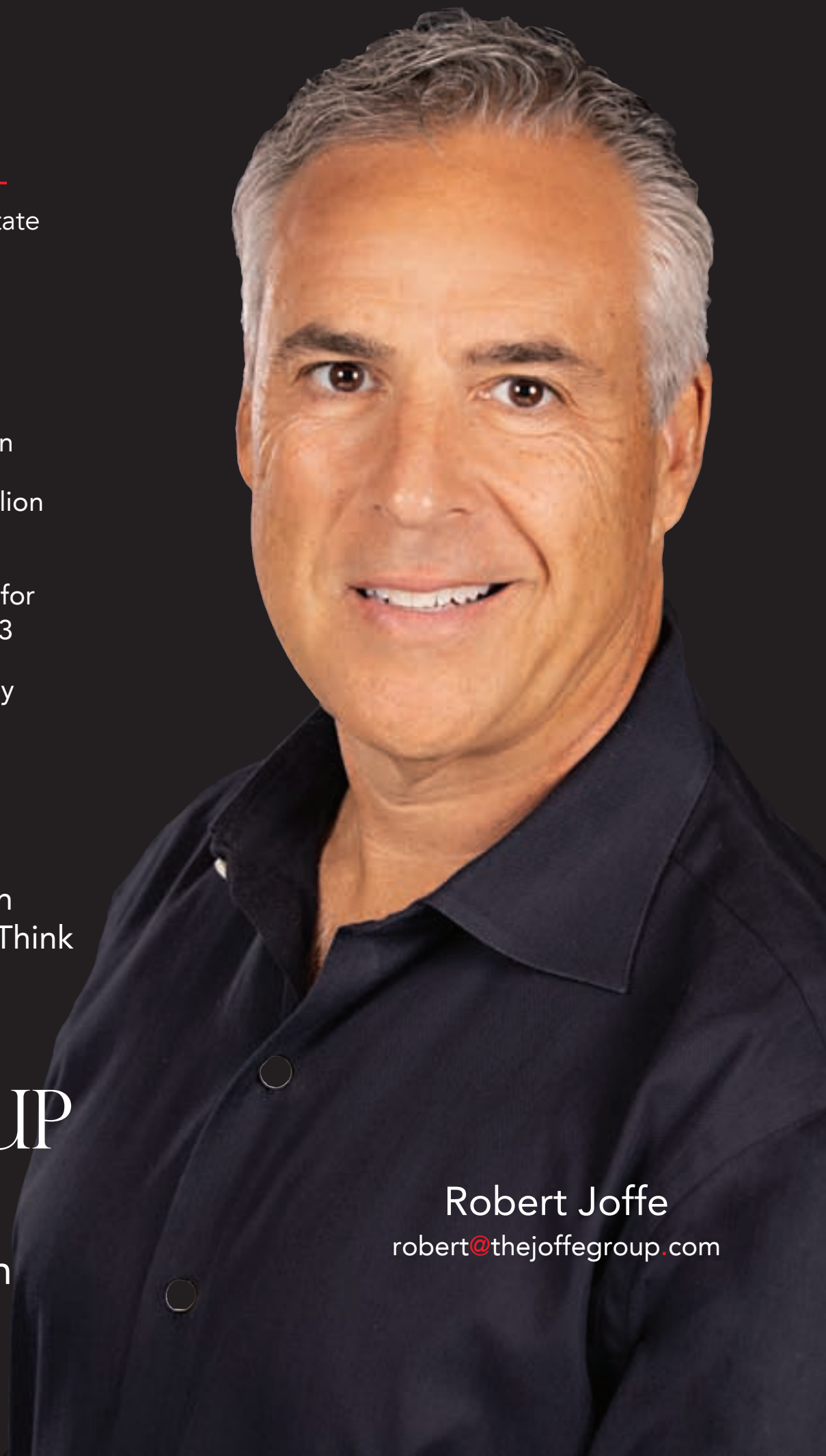
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