

ARCADIA NEWS



VOL. 30 NO. 6

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

SEPTEMBER 2022



TWO PAIR OF GOOD SOLES

The sixth-annual Good Soles drive donated over 600 pairs of shoes to Child Crisis Arizona.

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SUMMER PHOTOS

Check out this year's summer vacation photo spread to see where Arcadia spent the summer!

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SENIOR SPOTLIGHT

Four Arcadia High seniors plan to spend their last year of high school conquering the volleyball court.

PAGE 47



Tanner Detro
NMLS ID# 1182443

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SEPTEMBER

*The Jones, Grossman and Jar families at Big Cedar Lodge in Lake of the Ozarks.
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Area high school football teams trained all summer. We caught up with the coaches to get a brief look at the upcoming season.



Henry McCarty (with Zane Gulick behind) at the Arizona Country Club watermelon eating contest.

PHOTO: MEGHAN MCCARTY



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EDITOR'S NOTE

Ah, September. I'm conjuring up images of inviting patios, bonfires, comfy sweats and football games. This is, of course, how I remember the month while living in the Midwest. Here in Phoenix, you could also have all those things, but the fire marshals might shut you down, and sweatpants are just... a terrible idea until November.

Alas, we will have to wait a while before we can don our long sleeves, but the good news is football is back – and that means high school football, too. We reached out to Arcadia High, Brophy and Veritas Prep to see how the teams prepped for the new year.

"We are looking forward to having

one of the best seasons we've had in a long while," AHS Assistant Coach Grant Sanders said. "We have 23 seniors, and they all play a huge part in our offense, defense and special teams."

We're excited to show you this year's summer vacation photo spread. I've never seen this many submissions – it's evident that our readers take summer vacation seriously! Folks spent time on beaches in California, boats in Alaska, camels in Morocco, trains Scotland and under umbrellas in Portugal.

You all traveled the world this summer – we're glad you're back home with us. Happy September, and thank you for reading the *Arcadia News*,

Mallory

— Mallory Gleich



My summer vacation photo.

UPCOMING THEMES:

OCTOBER

Fall Events

NOVEMBER

Honoring Military

DECEMBER

Season of Giving

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"We would accomplish many more things if we did not think of them as impossible." – Coach Vince Lombardi



The Shemer Art Center is located at Camelback Road and Arcadia Dr.

A new vision for the Shemer Art Center

By Molly Delgado

The Shemer Legacy and Expansion Campaign began in March 2020 when Shemer entered into a real estate purchase contract to obtain the property to its south, which is surrounded on three sides by Shemer's land. Expansion plans are still underway, but now there's a different plan.

"After a lengthy due-diligence process during which we explored purchasing the property next door, we are now proposing instead to construct a one-story building on our own site," said Shonna James, Shemer's president and executive director.

The purpose-built, state-of-the-art structure will allow Shemer to hold additional visual art classes, workshops and art lectures for adults closer to the existing building.

"Plus, it will provide the space needed to hold additional after-school and weekend youth classes, including expanding Summer Camp offerings, which this year sold out in two weeks," James said.

Current conceptual drawings demonstrate multiple classrooms that can open into one or two larger rooms, additional storage space, restrooms, offices and an art library.

"Our goal for a while has been to add the space needed to meet the demand for increased programming," James said. "This building will allow us to double our offerings and impact within the community, hire more instructors and support, and showcase more Arizona artists. That is the legacy of Martha Shemer and her Arizona family."

James said that Shemer is also looking for companies to show their support of the legacy project by partnering with them on materials and revised landscaping design, including the expansion of the outdoor sculpture garden.

"As we near our 40th anniversary, it's important that this City of Phoenix point of pride is here for virtual and in-person art education, experience and enjoyment for all of our artists, students and visitors, including future generations of Arcadia families," James said.

Donors interested in making a (tax-deductible) donation to Shemer's Expansion and Legacy Campaign can contact Shonna James for more information.

shemerartcenter.org

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Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-7/31/2022)

Active Homes -	87 homes
Homes Sold -	159 homes
Average Sale Price -	\$2,470,000
Average Sold \$ Per SF -	\$676
Average Days On Market -	37 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 21% 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 19%. (based on 2021 sales results)
2022 homes are taking 36% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2022-7/31/2022)

Active Homes -	57 Homes
Homes Sold -	117 Homes
Average Sale Price -	\$1,265,000
Average Sold \$ Per SF -	\$513
Average Days On Market -	35 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 16% this year. (based on 2021 sales results)
2022 home prices have increased 22%. (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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WHAT'S HAPPENING, ARCADIA?

BRIEFS

Three businesses will soon make the former Pet Club building on the southwest corner of 36th St. and Indian School their new home. **Arcadia Tennis, Local Board Real Estate**, and **Look Lab** (a skin/Botox company) will tentatively be opening their doors in November. Stay tuned for updates.

Antique Gatherings, once located in the Gaslight Square Complex on 36th St. and Indian School, has moved to 10615 N. 32nd St., off the 51 Freeway and Shea Blvd. Shoppers can still find a treasure trove of furniture, art, jewelry, rugs and more in their new showroom.

antiquegatherings.com

A new senior living center has opened on 32nd St. between Campbell and Camelback Roads. **Clarendale Arcadia** features 248 units, including 40 memory care apartments and views of Camelback Mountain. The six-acre facility will also have a swimming pool/spa, a putting green, athletic amenities, a dog park and a salon.

clarendalearcadia.com



A new parent education and childhood development center has opened at 3153 E. Lincoln Dr., Phoenix. The **Tot Spot Phoenix** is geared toward children ages three and under and offers workshops, classes, feeding groups and an indoor play space with mats, low climbers and slides. There is also a retail spot with clothing, décor and other baby items available for purchase.

thetotspotphx.com

Hopi Elementary is hiring! Part-time and full-time positions are available, including a permanent substitute, instructional assistant, limited appointment instructional assistant, special educational paraprofessional, noon aide, crossing guard and lunchtime volunteers.

susd.org/jobs

Mark your calendars! The second annual Childhelp **Trick or Trot Family Fun Run** is happening on October 23 at the McCormick Ranch Golf Course (7505 E. McCormick Pkwy., Scottsdale) at 9 a.m. There will be a 1-mile or 3-mile option. Attendees are encouraged to dress in their Halloween costumes and collect candy along the course.

childhelp.org/trickortrot



The Arizona Governor's Office has partnered with the Arizona Science Center to create the **AZ OnTrack Parent's Guide** to help kids get school-ready. The booklet is filled with activities and videos to prepare students for interaction, engagement, participation and application. Activities include creating a nature journal and excavating chocolate chip "fossils" from cookies. Those that download the guide can qualify for tickets to the Science Center.

azontrackdataportal.com



Biltmore Fashion Park

Biltmore Fashion Park, at 24th St. and Camelback Road, will welcome five new businesses, including Anthropologie's retail store, which will open later this year. Also coming soon: Ambrogio15, a San Diego-based pizza spot; Madison Reed Hair Color Bar; Lovesac furniture; and a new, larger location for EVEREVE women's fashion.

shopbiltmore.com

Beth Ami Temple (3535 E. Lincoln Dr., Paradise Valley) invites adults who would like to learn more about the congregation's activities to a Wine and Cheese Open House on September 16 from 6:30-7:30 p.m. The event will include a summary of social groups including Torah Study, Book Club, hiking, mahjong, dining, travel and fitness. Temple representatives will be available to speak about other Beth Ami activities. Registration is required.

bethamitemple.org

The **Diaper Bank of Central Arizona** is looking for donations of children and adult diapers. According to the National Diaper Bank Network, one in three American families struggles to provide diapers for their children. Donations can be dropped off at the warehouse in Phoenix or at any community drop-off locations (closest is BOK Financial at 3001 E.

Camelback Road). Diaper Need Awareness Week is from September 24 to October 2.

diaperbankaz.org

EVENTS

FRIDAY 9/2

Candlelight Concerts

7 p.m. at Butterfly Wonderland, 9500 E. Via de Ventura, Scottsdale. The Listeso String Quartet is on stage tonight, paying tribute to world-renowned shows like *Tokyo Ghoul*, *Naruto*, *Sailor Moon* and *Dragon Ball*. The set list features 16 songs, including "In Regards to Love," "Blue Bird," and more. This concert welcomes all ages. Tickets are from \$30-\$60.

feverup.com

FRIDAY 9/2 - SUNDAY 9/4

Arizona State Card Show

Friday 4-8 p.m., Saturday/Sunday, 10 a.m.-5 p.m. at the Phoenix Convention Center, 100 N. 3rd St. Arizona's largest card collectibles show is back for its fourth year. Guests can view over 350 tables of collectible sports cards and memorabilia, gaming collectibles, coins, comics and more. There will also be

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WHAT'S HAPPENING, ARCADIA?

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



Junk in the Trunk Vintage Market at WestWorld.



Immersive Monet at the Lighthouse Artspace in Scottsdale.

admission and receive a reusable shopping bag. Tickets are \$8 online and \$10 at the gate. junkinthetrunkvintagemarket.com

FRIDAY 9/16

Immersive Monet

1-7:30 p.m., at the Lighthouse Artspace, 4301 N. Scottsdale Road. Immerse yourselves in the beauty of Monet and other impressionists – literally. This art exhibit allows guests to sit in a room while Monet's water lilies, Degas's dancers, and more fill the screen, the floor, and every inch of the room while a specially-created soundtrack plays. Tickets to this event are \$40 per person, and all ages are welcome. immersivemonet.com

SATURDAY 9/17

Sip and Shop Market Series

9 a.m.-1 p.m. at Hotel Valley Ho, 6850 E. Main St., Scottsdale. Hotel Valley Ho celebrates local chefs, purveyors and beverages with this free indoor market series. September's theme is "Bourbon and Big Reds." Guests will receive six tasting tickets and a voucher to use at ZuZu, plus there will be live music and vendors. Food by local chefs and take-and-make cocktails will also be available for purchase. This is a 21+ event. hotelvalleyho.com

multiple raffles and giveaways. Tickets are \$5 per day, \$10 for the weekend. collectiblesoncollege.com

FRIDAY 9/2 – MONDAY 9/5

Saboten Con

Times vary, at the Sheraton Grand Phoenix, 340 N. 3rd St. *Saboten* (cactus in Japanese) is the largest Anime convention in Arizona. Dress in your best anime costume and prepare for panel discussions, a skit contest, a cosplay contest and talent show, fashion and photo ops, music, themed cafes, workshops and vendors. Events vary from day to day. Ticket prices are \$20-\$450. sabotencon.com

SATURDAY 9/3

AFASA Reggae Festival

12-8 p.m. at the Phoenix Entertainment Complex, 8050 N. 19th Ave. This year's festival boasts three-time Grammy nominee Wailing Souls and two local reggae bands, Dee Dread and Walt Richardson. There will also be a music and dance ensemble, stilt walker, storytellers, and a marketplace with African and Caribbean cuisine, crafts, clothing, jewelry and decor. Tickets are \$25. afasa.org

WEDNESDAY 9/7

Paws + Reflect Yoga

6 p.m. at Almost There Pet Rescue, 2611 E. Indian School Road. What's better than yoga? Yoga with PUPPIES. Almost There is the spot for a 30-minute yoga class where furry friends roam free. All fitness and experience levels are welcome. Kids can participate too! Classes are followed by a raffle, photo ops and lots of cuddling. Registration is \$30 per person. almostthererescue.org

SATURDAY 9/10

9/11 Memorial Stair Climb

4-10 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The sixth annual 9/11 Memorial Stair Climb honors the people who lost their lives to help during the attacks on the World Trade Center.

Participants will climb the bleachers for an equivalent of 110 stories – the same amount as in the WTC – to raise funds for the National Fallen Firefighters Foundation programs. Registration is \$35. saltriverfields.com

Toast!

10:30 a.m. at The Clayton House, 3719 N. 75th St., Phoenix. Sip, taste and shop to benefit Homeward Bound, a nonprofit dedicated to helping the homeless in Phoenix. Guests can enjoy wine tastings, a souvenir glass, a cocktail competition, gourmet snacks and plenty of shopping with local vendors. General admission tickets are \$100. homewardboundaz.org

Dementia Experience & Education

9:15 a.m.-12 p.m. at Hospice of the Valley Dementia Care and Education Campus, 3811 N. 44th St. HOV offers in-person and online dementia education and support for members of the community, including this presentation that includes an eight-minute experience that will ask guests to "perform everyday tasks as if they were living with cognitive impairment." Attendance is free, but registration is required. hov.org

SUNDAY 9/11

Camelback Collectibles Coin Show

8 a.m.-2 p.m. at the Phoenix Shrine Auditorium, 551 N. 40th St. Arizona's largest coin, currency and stamp collecting show is here. There will be over 30 vendors on-site selling their wares. There will also be baseball cards, jewelry, medals and tokens for sale, and if you're interested in selling your collection, this is the place to do so. This event is free for all ages. camelbackcollectables.com

TUESDAY 9/13

Sip 'N Snip

5-8 p.m. at LDV Winery, 7134 E. Stetson Dr., Scottsdale. Award-winning floral artist Karin Crawford and LDV Winery present this interactive floral arranging class. Guests

can create their own floral arrangement with tips and tricks from Karin while enjoying a glass of wine and small bites from Benedict's Catering. Registration is \$140 per person. godsgardentreasures.com

FRIDAY 9/16 – SUNDAY 9/18

Junk in the Trunk Vintage Market

10 a.m.-3 p.m. at WestWorld, 16601 N. Pima Road. More than 160 local and national artists, curators and vendors will be on-site showcasing their wares – everything from vintage to handmade. There will also be live music and food trucks. Sign up for early

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WHAT'S HAPPENING, ARCADIA?

SUNDAY 9/18

N.E.S. Bridal Expo

10 a.m.-2 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. Get ready to find all your wedding needs in one place. This free event will have over 35 vendors on-site, showcasing food and cakes, music, venues, tuxes and dresses. After the expo, guests can head to Wasted Grain for the after-party and a complimentary mimosa.

scottsdalebridalexpo.com

Mexico in a Bottle

4-7 p.m. at Walter Studios, 747 W. Roosevelt St., Phoenix. Tonight's event is all about mezcal. Over 45 local and national mezcal brands will be on-site for this tasting, where guests can also enjoy an art exhibit by Del Maguey, a Mexican pop-up bar with Illegal Mezcal, food trucks and more. General admission is \$75 and includes various tastings and snacks.

walterstudios.com

MONDAY 9/19

Free Flow Nights

6 p.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr. Whether you're a beginner or a seasoned yogi, nothing beats a great view and a good stretch. Mountain Shadows is offering a complimentary free-flow yoga class in the shadow of Camelback Mountain. Jai Graves will teach this evening's class. Don't forget your mat and water bottle! Registration is required.

mountainshadows.com



Museum of Illusions at the Arizona Boardwalk in Scottsdale.

THURSDAY 9/22

Museum of Illusions

9 a.m. at the Arizona Boardwalk, 9500 E. Via de Ventura, Scottsdale. Step into a world of mind-bending optical illusions, holograms, and interactive rooms that will take your photos to another level. This international exhibit will feature 60 rooms that can educate visitors on vision, perception and how the human brain works. Ticket prices vary.

museumofillusions.us

SATURDAY 9/24

Bandstand

2 p.m. at the Mainstage Theatre, 1825 N. Central Ave., Phoenix. This story revolves around Donny Novitski, who returns home from WWII to parades and celebrations in small town Ohio that inspire him to form a band with other veterans. A musical sensation that will have you feeling all the emotions! Tickets are \$40-\$125.

phoenixtheatre.com

WEDNESDAY 9/28

Phoenix Small Business Expo

10 a.m.-5 p.m. at the Phoenix Convention Center, 100 N. 3rd St. Learn about some of the small businesses in the Valley with this one-day networking event. Guests can attend workshops led by leading experts, shop and learn about new products at the vendor marketplace and check out the industry meet-up and networking mixer. Registration for general admission is free. For add-ons, tickets start at \$25-\$300.

thesmallbusinessexpo.com

FRIDAY 9/30

Immersive King Tut

10 a.m. at Lighthouse Art Space, 4301 N. Scottsdale Road, Scottsdale. Join others for the grand opening of the King Tut Experience, which takes guests on a journey through the Egyptian afterlife. Attendees will learn to follow the pharaoh on his journey through the underworld with immersive art and soundtracks (like the Monet exhibit, but with mummies!) Tickets are \$30 per person.

immersive-kingtut.com

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Don't Blink

“

Buyers and sellers are locked in a fierce staring contest that has just started and nobody knows what to do. All of the buyer's best antics of media driven fear tactics and history lessons on market crashes aren't working.

You are intently focused on the person across from you. Your eyes begin to feel dry and start to burn. You close them a bit, but not all the way. You crack a smile while remaining unshakable. You think to yourself over and over, “I will not blink!” You begin to get bored. This is starting to feel awkward, but you won't give in.

Your opponent finally blinks and you have won the game. Congratulations, but what did you really win?

That is how the current real estate market feels. Buyers and sellers are locked in a fierce staring contest that has just started and nobody knows what to do. All of the buyer's best antics of media driven fear tactics and history lessons on market crashes aren't working, while sellers try their best to persuade some buyers off of the sidelines by gently reducing their lofty list prices. Unfortunately, the game has just started.

While the market has shifted dramatically over the past 4-5 months in the favor of buyers, sellers still control their own destiny. Most homeowners have very little motivation to blink because they have refinanced to record low interest rates over the past few years. If they were to sell, they would have to pay a lot more for the next house and substantially increase their interest rate. With that said, there are still some realistic sellers who are choosing to sell to make a downsize, relocate for work, etc. If you are in that realistic seller bucket, now is the time to use the overpriced listings around you to your advantage. Price your home appropriately and it will look like a good value to the buyer when in fact it's just true market value.

To that note for sellers, the higher end of the market has remained incredibly resilient in the face of rising rates. Over the past week there were 3 sales over \$4,000,000 in the Arcadia Proper area. The majority of the markets that we cover are starting to see more showings as we emerge from the summer months, but we aren't confident the buyers have fully embraced the current environment just yet.

As always, we are around to answer any questions that you may have about the market or your home. Feel free to call us at 602-888-6375 or you can email me at Tucker@TheBrokery.com.



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OUT OF THE AREA, BUT WORTH THE DRIVE

THURSDAY 9/1 – SUNDAY 9/4

Tucson Gem and Mineral Show

10 a.m.-6 p.m. (4 p.m. on Sunday) at the Tucson Expo Center, 3750 E. Irvington Road. If you're in the market for gems and jewels, head down to Tucson for the Gem and Mineral Show. Here, guests will find more than 60 vendors from 26 countries selling jewelry, beads, chains, coins, gemstones, diamonds, tools and more. Registration is \$15.

jogsshow.com

FRIDAY 9/2

Solitary Confinement

7:30 p.m. at the Fountain Hills Theater, 11445 N. Saguaro Blvd. A murder mystery of epic proportions. This show follows billionaire Richard Jannings, who discovers that an assassin is trying to murder him in his penthouse – you might think you know whodunit, but you're probably wrong! Tickets for this performance are \$35 for adults, \$18 for kids.

fhtaz.org

SATURDAY 9/3 – MONDAY 9/5

Faire on the Square

9 a.m. in downtown Prescott, 120 S. Cortez St. Spend Labor Day weekend in the cool breeze of Prescott. Guests can enjoy over 100 arts and crafts vendors showcasing décor, home goods, baked goods, clothing, jewelry and more. There will be food available for purchase, plus live entertainment from the Prescott Regulators and their Shady Ladies. Admission is free.

prescott.org

SATURDAY 9/10

Canacopia

3-10 p.m. at Riverview Park, 2100 W. Rio Salado Pkwy., Mesa. A day to celebrate canned cocktails, this event will feature spirits, wine, seltzer and craft beer from companies across the country. Guests will be able to sample drinks and dine at food trucks; entertainment includes zip lines, half-pipe stunt shows, and a live



Pickin' in the Pines Music Festival at the Pepsi Amphitheater.

performance from Grammy award-winning artist Zedd. General admission is \$70. This is a 21+ event.

forty8live.com/canacopia

SUNDAY 9/11

9/11 Tower Challenge

8 a.m. at the Tucson Convention Center, 260 S. Church Ave. This stair climb is held each year to honor the people who lost their lives during the attacks on the World Trade Center. Participants will climb the bleachers for an equivalent of 110 stories (2,071 steps). Attendees can also choose to walk the concourse instead of climbing the steps. Registration starts at \$45, and all ages are welcome at this event.

911towerchallengefoundation.org

FRIDAY 9/16 – SUNDAY 9/18

Pickin' in the Pines Music Festival

Times vary, at the Pepsi Amphitheater, 2446 Fort Tuthill Loop, Flagstaff. Take the weekend and escape to Flagstaff for three days of bluegrass and acoustic music. The annual Pickin' in the Pines Festival features camping, barn dances, workshops, contests and kids' activities. Tickets are \$186 for a three-day pass and \$78-\$84 for single-day passes.

pickininthepines.org

SATURDAY 9/17

Blues in Bisbee

12 p.m. at Warren Ballpark, 99 Arizona St., Bisbee. This eight-hour jam session will feature various musical acts, including Johnny Rawls and the Black Cat Zydeco band. Along with the concert, food, drinks and a vendor village will also be available. Proceeds benefit the Easterseals Blake Foundation, known for its programs for those with intellectual and developmental disabilities. Tickets are \$30.

bluesinbisbee.com

Historical Chats

10 a.m. at the Sunnyslope Historical Society, 737 E. Hatcher Road, Phoenix. Join the Historical Society and Museum in unveiling their latest exhibits. Former Arizona Mayor Terry Goddard will also host a presentation on Arizona's water resources and the future of water in the southwest. This is a free event; food and drinks will be served.

sunnyslopehistoricalsociety.org

FRIDAY 9/23 – SATURDAY 9/24

Oktoberfest

5-10 p.m. at Fountain Park, 12925 N.

Saguaro Blvd., Fountain Hills. Complete with a band flown out from Germany, Fountain Hills' Oktoberfest will boast authentic German beer, pretzels, strudel, and schnitzel, plus a parade and various contests: beer-stein holding, alphorn-blowing, best Dirndl or Lederhosen outfit. Tickets are \$10 per person.

fhchamber.com

VortiFest

7 p.m. on Friday, 11 a.m. on Saturday, at the Sedona Performing Arts Center, 995 Upper Red Rock Loop Road, Sedona. If the views don't interest you, the lineup might! This two-day festival features Arrested Development and G Love, plus other musical acts, a comedy show, food trucks, vendors and a kid's area with arts and crafts. Ticket prices vary, from \$33 to \$155 for the VIP package.

sedonavortifest.com

SATURDAY 9/24

Broadway Ball

6 p.m. at the Arizona Broadway Theatre, 7701 W. Paradise Lane, Peoria. Spend the night like you're dining on Broadway. This event is an annual fundraiser benefitting the educational programs at the theatre. There will be cocktails, dinner and specialty performances from ABT's Mainstage production and youth performance troupes. Tickets are \$225 per person.

azbroadway.org

SATURDAY 9/25

Somos Peoria

4-10 p.m. in Old Town Peoria, 83rd St. and Grand Ave. This festival is dedicated to celebrating Hispanic Heritage Month. Guests will find live music performances by El Chicano, Latin Breed and Mariachi Divas. Guests can sample traditional foods, beer and margaritas, shop arts and crafts and check out activities like ballet Folklorico, a Lucha Libre wrestling ring and a low-rider car show. General admission is \$10 per person, with VIP packages starting at \$35.

peoriaaz.gov



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rest easy knowing their loved ones are benefiting from various activity options orchestrated by experienced and caring team members.

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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A tribute to the woodland giants

Sometimes, when bearing all the burdens of life becomes overwhelming, I drive north and seek refuge among the pines. People with scientific knowledge give them such names as *pinus ponderosa* var. *scopulorum* and *pinus strobiformis*,

but underneath loads of linguistic luggage, they are pine trees.

Ponderosa pines, mostly. Majestic ponderosa pines nourish the land and the souls of those who find solitude among their branches. They grow all over the west, but the area stretching east from near Flagstaff along the Mogollon Rim to the White Mountains contains the largest ponderosa pine

forest on the North American continent.

It's something we Arizonans brag about, particularly those among us who have spent time in the forests, creating a personal refuge and refreshing ourselves in the solitude, or walked across a bed of



Ponderosa Pines along the Mogollon Rim.

fallen needles and listened to the hushed sound it creates. We compare the aroma to a sort of woody smell that we can't actually describe. Kind of like fresh pine bark, even though that's redundant.

And the sound of footsteps upon a forest floor is reminiscent of those impressed upon newly fallen snow. But the whisper of a gentle breeze caressing the tree tops can be neither defined nor delineated by the utterings of mortals. Mere words are inadequate. Nothing else smells like a pine forest. Nothing

else feels like a pine forest. Nothing else sounds like a pine forest.

The trees themselves do not grow. Not in the common botanical sense. They reach for the sky. They soar to towering heights. They stand well over two hundred feet in some instances if loggers and fires let them achieve their potential. And their lifespans, if allowed, can easily surpass five hundred years - some even longer.

One in Washington was estimated to be 907 years old. One in Idaho measured 69.5 meters tall. That's almost 275 feet of ponderosa pine shooting skyward. The pines survive in the face of human intervention, lightning, fires, infestations, clear-cutting, housing developments and questionable forest management practices.

With the equipment now available, botanists and arborists can trace the entire history of a tree, from seedling to decomposing hulk. They can study an old tree and tell if there was adequate rainfall or drought during its lifetime. Or if any acid rain fell. Or if anything important happened to it the year Franklin Delano Roosevelt was inaugurated for the first time.

All that makes little difference for the rest of us who go to the pine forests to look, sense, and feel like we belong there. And hope nobody else ever comes to violate the sanctity we find among the stately pines.

But eventually, their time as sentinels of the forest will end. We wonder about that. Wonder how anything as big as that tree could die. Lesser things die. Things as big as that tree shouldn't die. Their size should give them immortality. What force could possibly bring down something so magnificent as a ponderosa pine? Besides axes and chain saws, of course.

Nature, probably.

Nature and old age.

The lifetime of a fallen tree somehow takes on importance. Humans look at it and agree that it is old. Older than any of

them, probably older than most of them put together. So, age becomes a topic for discussion, like we're trying to pay homage to it by debating its duration in the forest.

Was it there when Washington crossed the Delaware? Maybe.

When Lee surrendered at Appomattox? Probably.

When Babe Ruth hit sixty home runs? Most definitely.

In a non-scientific manner, we establish only that the tree is dead and that the probable cause is old age. That settles the issue for most, and it's incidental, anyway. The only certainty is that the tree stood in the forest for a long time. It grew straight and tall; it provided shade and shelter. And on many days, it was an instrument of the wind that played a melody while drifting through the treetops and haunting those who listened.

For years after its actual death, the giant remained upright, pointing directly to the sky, although stripped of its foliage but always dedicated to its task of directing the eyes of mortals to the firmament.

Then the day comes when the old tree can no longer withstand the forces that govern it, and the vigil ends. Weakened by time and the elements, the tree crashes to the ground.

Only the forest witnesses the demise, and the forest accepts it without comment. The tree's needles, discarded over the years, cushion the fall and soften the noise. Since these things happen regularly and play an integral part in a long-established cycle, the actual cause of death may never be studied. The untrained eye will look at a rotted stump and thousands of miniature tunnels crisscrossing beneath the remaining bark fragments and say it was time for the tree to die. Of old age and disease. Or maybe insects. But nothing conclusive, and it makes little difference. A giant has fallen.

For a while, the tree lies in state.

Its naked branches turn and twist in a frenzied dance that is a direct contrast to the trunk, which refused to yield to the wind except to sing its song. Gradually, the former titan of the wilderness will dissolve into the earth, returning the elements that made it a woodland entity to the forest floor.

The tree will join others that have fallen and await others that will fall. As their time on earth ends, they will provide life to others. To insects. Toadstools. Seedlings. Soon, in geologic years, another giant of equal stature will take its place. And the forest will remain a place where humanity will have a direct connection to the sky, nature, and the inner self.



The Lowe Road

BY SAM LOWE

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



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Families in Arcadia find support at new Dementia Care and Education Campus



We are excited to offer dementia education and support for all members of the community. Each workshop includes time for questions and answers. **There is no cost, but registration is required** for each session you would like to attend.

Ongoing Events, Classes & Support Groups

In-Person Gatherings

Adult Day Club

Specially designed to engage people living with Alzheimer's disease and other dementias.

Memory Café

Mondays • 10–11:15 a.m. | Thursdays • 2–3:15 p.m.

Care partners enjoy stimulating conversation in educational and support sessions. People with dementia participate in engaging activities provided by professional caregivers.

New Song Center Camp Connect-the-Dots!

Saturday, Oct. 22 • 10 a.m.–2 p.m.

Support for children living with parents or grandparents with Alzheimer's or other dementias.

Virtual Classes – Visit dementiacampus.org for Zoom Info

Zoom Support Groups for Dementia Caregivers

Tuesdays • 10–11 a.m. | Wednesdays • Noon–1 p.m.

Join other care partners while remaining in the comfort of your home to discuss the stresses, challenges and rewards of providing care for a person living with dementia.

Memories of the Heart

1st & 3rd Tuesdays • 10:30 a.m.–Noon

Support for those experiencing loss when a loved one dies of dementia.

Mindfulness and Loss: class on Zoom

Sundays, Sept. 11, 18 and 25 • 1–3 p.m.

Practice the art of mindfulness to help heal from loss due to death, illness or estrangement.



DEMENTIA CARE
and EDUCATION
CAMPUS

Know Better, Do Better September Weekly Workshops

Classes held in person at the Dementia Campus

Thursday, Sept. 1

Navigating Dementia Panel 10–11 a.m.

Our Dementia Educators help untangle the challenges of living with dementia and explore community resources.

Thursday, Sept. 8

Communication Strategies (Improv) 10–11 a.m.

Learn how improvisation techniques can enhance communication with persons living with dementia.

Saturday, Sept. 10

Dementia Experience and Education 9:15 a.m.–Noon

This interactive presentation presses participants to perform everyday tasks as if they were living with cognitive impairment

Thursday, Sept. 15

Legal Issues Related to Incapacity and Paying for Care 10–11 a.m.

A look at important legal documents that ensure the goals and wishes of the individual are carried out.

Thursday, Sept. 22

What are the Most Common Types of Dementia? 10–11 a.m.

This presentation provides an overview of dementia and describes the most common types and symptoms.

Thursday, Sept. 29

Understanding Dementia: A Challenging journey 9 a.m.–Noon

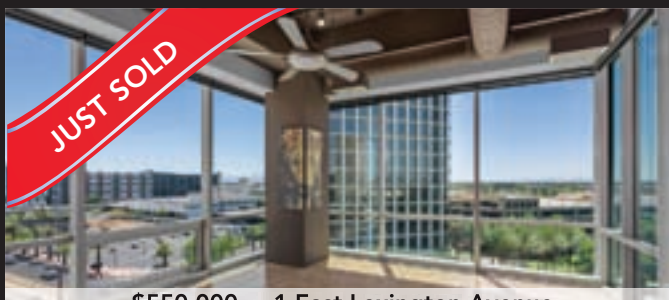
Explore dementia and its progression, learn to maintain meaningful connections and discuss ways to reduce stress.

For questions or to register, email
DementiaCampusEvents@hov.org
or call (602) 767-8300

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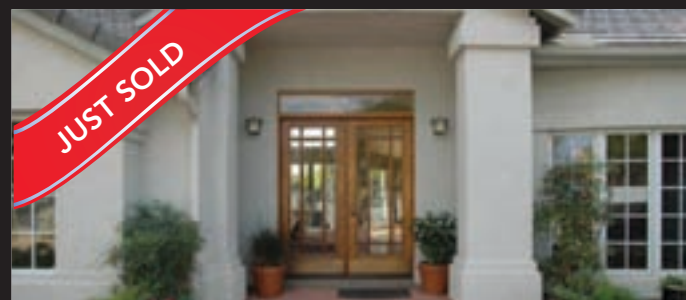


\$1,950,000 5111 North 41st Street
4 bedrooms, 2 baths, 2,922 square feet



JUST SOLD

\$550,000 1 East Lexington Avenue
2 bedrooms, 2 baths, 1,169 square feet
1lexington.com



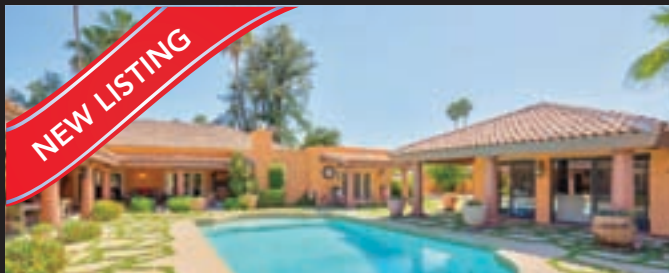
JUST SOLD

\$2,560,000 4429 East Arlington
4 bedrooms, 3 baths, 4,045 square feet



JUST SOLD

\$3,250,000 6302 East Lafayette
5 bedrooms, 5 baths, 3,940 square feet



NEW LISTING

\$2,595,000 8628 East Sharon Drive
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8628sharondrive.com



JUST SOLD

\$4,200,000 5301 East Royal View South
5 bedrooms, 7 baths, 5,169 square feet



JUST SOLD

4145 North Jokake
CALL FOR PRICING AND INFORMATION



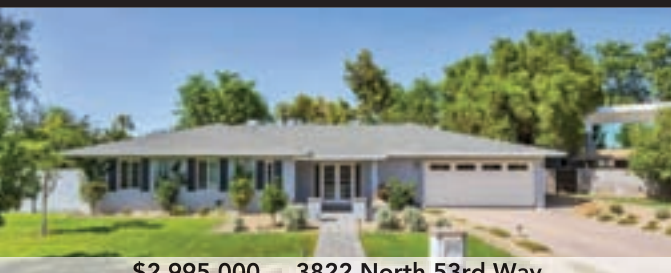
NEW LISTING

\$2,000,000 5311 North Woodmere Fairway
4 bedrooms, 3 baths, 2,989 square feet



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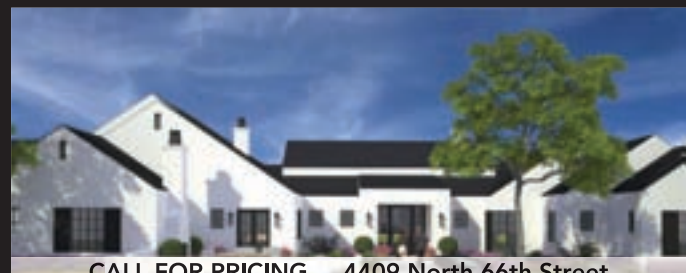
4350 North Jokake
CALL FOR PRICING AND INFORMATION



\$2,995,000 3822 North 53rd Way
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3823north53rdway.com



\$2,995,000 4642 North Alta Hacienda Drive
3 bedrooms, 3 baths, 2,815 square feet



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4409north66thstreet.com

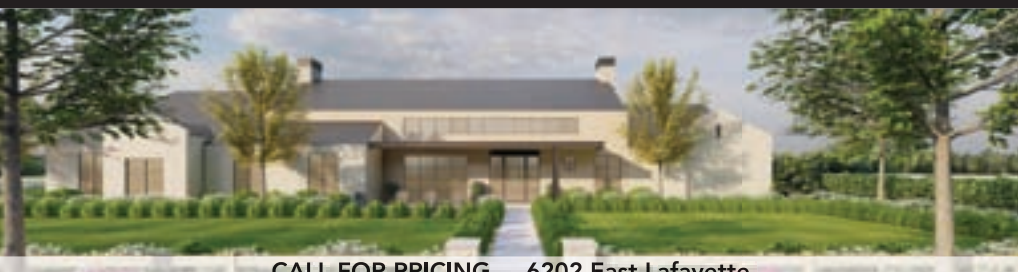


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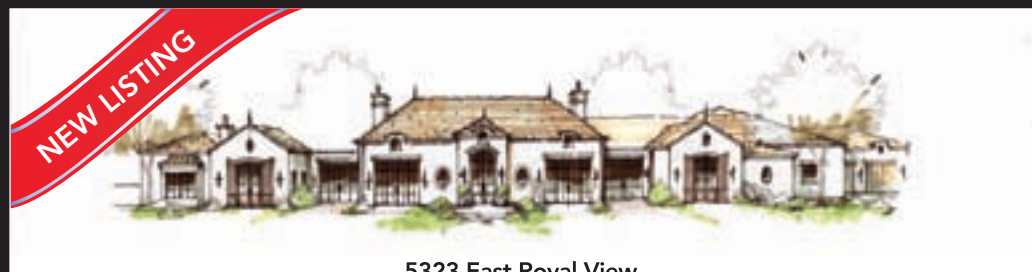
\$2,195,000 4220 North 57th Place
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\$2,095,000 4450 North 53rd Street
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\$5,750,000 4642 North Alta Hacienda
Exceptional 2.6 acre lot with Camelback Mountain Views
4642altahacienda.com



\$2,825,000 4216 East Hazelwood
4 bedrooms, 5 baths, 3,900 square feet
4216hazelwood.com



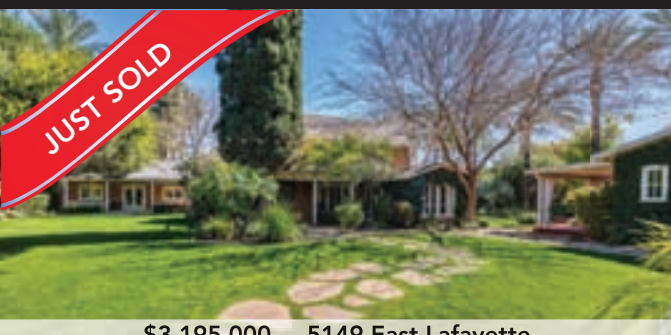
\$4,200,000 7010 East Avenida El Alba
5 bedrooms, 6 baths, 5,287 square feet



\$1,995,000 4814 East Flower
4 bedrooms, 4 baths, 3,088 square feet
4814flower.com



CALL FOR PRICING 8436 North Golf Drive
6 bedrooms, 7 baths, 8,216 square feet



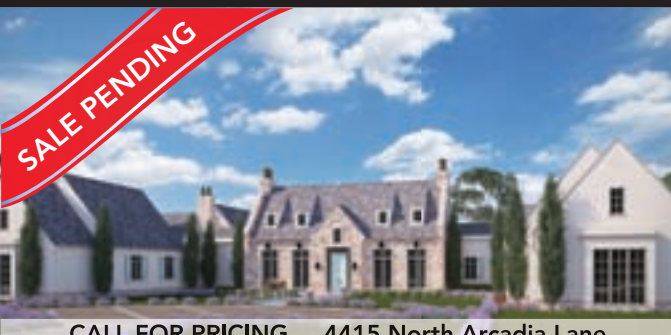
\$3,195,000 5149 East Lafayette
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5149lafayette.com



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In the Kitchen

with **Chef Silvana Salcido Esparza** of **Barrio Café**

2814 N. 16th St., Phoenix • barriocafe.com

For the past 20 years, Chef Silvana has worked tirelessly to educate and share her love of Mexican food and culture with those who visit her restaurant, Barrio Café. She's made it her mission to learn all she can about her heritage, which is evident in her dishes and in the person she has become. Arcadia News caught up with Chef Silvana to learn more about this cultural warrior.

Where are you from?

I was born and raised in California. From there, I moved to Florida for eight years, back to California, and moved to Arizona at the ripe old age of 34. When I traveled through Mexico years ago – I was there, floating in the turquoise water, thinking, “aw man, I have to go home.” I had no job and no money. I had an old Karmann Ghia that wouldn't run in the heat. I thought about New York, eh – I'm 40, not a good idea. Chicago, too cold; California – been there, done that. Arizona was the only place I really thought I'd hit it.

I grew up in a Mexican bakery. I come from 800 years of baking and gastronomic excellence.

By age 15, I had a business making carnitas and selling them. I sold tacos out of the same bakery. I ran away to go into banking – came back in my 20s, and told my father, “Dad, please teach me!” I worked my way up to a catering company, and we did all kinds of cool stuff. Overnight I realized I didn't know enough about cooking, so I went to culinary school. Now, I'm here.

Did you know you wanted to relocate to Phoenix?

Phoenix is my place. I didn't know it back then, but I came here to *be* a phoenix. I came here broken to heal, and I've maintained that. I've risen from the ashes every time I've been trampled on or faced a misstep.

What was it that you were healing from?

My mother passed away at 58. I took care of her for a year – I didn't really have a chance to mourn, so I was healing throughout culinary school. It made it difficult. I kicked butt in school because I had emotions; I was a beast.

When I chose to come out as gay, life got hard. I was discriminated against, and now I've got a keen eye for it. In the chef's world – it's a man's world, so it makes it even juicier when you're the woman who has success.

Who was the first person to teach you to cook?

My mother and grandmother. The first thing I learned to cook was Chile Rellenos. I had to make the egg batter, and to get those peaks is pretty hard. By age six, I was already working at the bakery. I was in there cleaning corn husks or sweeping. I knew how to handle a broom really well!

What was the inspiration for opening Barrio Café?

When I came back from Mexico, I thought I would open a fine dining spot. It was 2002, and I couldn't get a decent chile in this city to save my life! Guajillo peppers were still considered obscure. Most places were using ancho. I had to make bi-monthly trips to Mexico to buy groceries and put together this menu that I opened with.

I thought this was my only chance to have a restaurant. I named it “a neighborhood” café because I wanted to serve

this neighborhood (Coronado), one of the largest historic neighborhoods in Phoenix.

Tell us about the menu.

Did you know there are over 36 different oreganos in Mexico? If I'm making an Oaxacan dish, I want Oaxacan oregano; it's subtle with a larger leaf than those grown in a hotter climate.

There are so many misconceptions about Mexican food. America's view has been erroneous. If you have Mexican food, it's a Chile Relleno, enchilada, carne asada, chimichanga and yellow cheese.

I don't offer chips and salsa but instead offer bread and tapenade. I'm using the highest quality ingredients. As a chef, you pick your price point – for me, I created the menu and did the math around it.

You call yourself a cultural warrior.

What does that mean?

Not everybody has the privilege of having lunch in Mexico City or tasting different food cultures. So I did that to honor my family's legacy and my mother's memory. My purpose is to set an example and educate my clients.

When I was in Mexico, I visited different restaurants and spoke to chefs about their recipes that have been passed down for generations. At first, I felt like an imposter, so I explained my background to these chefs, and they shared their recipes – how to eat iguana, pig, armadillo, all these things.

Meeting these women fed my creativity and spirit, which is why I call myself a cultural warrior – I protest the yellow cheese. Back then, it was the most available, cheapest cheese – same thing with chiles. Hatch chile, Anaheim, the poblano, but that's the evolution of Mexican food in the United States.

You support several platforms – tell us about one.

I'm a gay woman, so I've always supported the LGBTQ+ community. I believe that if I'm living my life to the best of my ability and being a productive member of society, I should be allowed to live my life however I choose to, and you should too. I hope I'm an example to others that you can be true to yourself and still have success and happiness.

How does it feel to have created a business that's lasted for decades?

Not only successful but a continuing success. I've watched others, and I know that things change, things get stale, and there's always going to be a new girl in town, you know? As far as Mexican food, I'd like to think that I can endure and keep going. The kitchen, the servers – I've known them all for years. We're going to grow old together. The key to our success is not me; it's the Barrio family.

What's the most popular item on the menu?

My guacamole – it's tableside and served with pomegranate seeds. It's not mashed. It's kept integral so you can actually taste the flavor of the avocado accompanied with the other ingredients versus mashed into the ingredients.

My chips are the kind you get in Mexico. They're called *totopos* – a solid chip where you get the flavor of the tortilla with the whole piece of avocado.



What is your favorite thing to cook?

Italian food. Or barbecue. I like ribs and brisket. I've been studying American barbecue since 2017. I took my RV and went across America to 17 states in the south and deep south to study the different woods and regional foods. I wanted to taste and look at it, the nuances of the area, the traditions.

The best spot I found was in Marianna, Arkansas, two hours from Memphis. It's the oldest known African-American restaurant in the country at 115 years of continued operation. They only serve one thing – pork barbecue by the sandwich. My mouth is watering! Actually it was this place that inspired me to add more smoked things to the menu.

What are you doing when you're not cooking?

I'm a co-parent for my five-year-old grand-niece, so you'll find me planning a skate party or a pool party. Oh, and writing!

What is your book going to be about?

I wrote a book 20 years ago, and the publisher wanted it to be a standard cookbook. I couldn't do that to the women that I was going to tell stories about. It was a storybook about the Mexican women who gave me their love – I wanted to honor them. I had permission and their blessing to share their recipes so now I'm writing another one about those women.

Who is the biggest inspiration in your life?

Collectively, Mexican women who cook. My mother, my grandmother, all the women. Here, there are men line cooks and women cooks. A woman's place is in the kitchen, right? That means a commercial kitchen, too.

What's next for Chef Silvana?

I'm not going to open more restaurants. I have many books I'd like to work on. I'm also working on a brand corporation – I want to do it right, so that'll be up and running in the next few years. I'm actively working on awareness for the un-housed. I've been collecting water bottles to hand out. I can't do nothing – that doesn't feel good to me.

One of our first regulars, who used to come in every week, told me, “with great success comes great responsibility,” and I've used that as my talisman, my karma, my PR. You'll have to put up with me for a lot longer [*she says with a smile*].

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Annual PTO round-up for area schools

By Mallory Gleich

Behind every successful school is a hardworking and dedicated Parent Teacher Organization. Read on to see what our area schools have planned for the 2022-23 school year.

ARCADIA HIGH

arcadiapto.org

Kim Kleski returns as Arcadia High's PTO President for the 2022-23 school year.

"Building on our successes from last year, we plan to continue our dedication to support the community and make this a great year," Kleski said.

Arcadia's PTO has two fundraisers: a membership drive in the fall and an auction in the spring. The membership drive has seven levels, starting at \$25, and Kleski said that this year's auction will hopefully be an in-person event. Also new to the membership drive is an online swag store where members can get a coupon code for items.

Upcoming events include Homecoming – with the signature parade – Future Titan Night, and various staff appreciation events. AHS is also looking for parent volunteers to help with multiple facets, including monthly teacher meals, Saturday catch-up days, One Lunch and Project Grad.



BILTMORE PREP

creightonschools.org

Co-Presidents Jane Hendry and Jenna Erickson said they are super excited for this school year.

"We can't wait to bring back a few events that haven't been able to happen in the past couple of years," Hendry said. Those events include their Fall Soccer League in September, a Fall Festival planned for early November and a Sweetheart Dance for Valentine's Day.



"In addition to our events, we will be planning monthly dine-outs, organizing spirit wear sales, a Read-A-Thon and supporting our teachers and their classroom needs," Hendry said.

CHRIST LUTHERAN

clsphx.org

While CLS doesn't have a parent-teacher organization, the faculty and students are keeping plenty busy this year! On September 30, Phoenix's Detour Acting Troop will perform for the students. CLS will also be hosting a Veterans Day Parade on Friday, November 11. The students have been busy filling bags for people experiencing homelessness as well as starting their own recycling program.

"I am excited to watch our students grow as leaders and to watch them love and serve those around them," Outreach Director Megan Gotshall said.



ECHO CANYON

echocanyonpto.com

Echo Canyon's PTO President Jessica Scordo said they're a newer group, so they are excited to bring back events to help families connect.

"Our other priorities include supporting teachers and students to enhance the educational experience, as well as spreading the word to community members about our wonderful school," Scordo said. Upcoming events include Color Run, Read-A-Thon, Spring Family Dance, Holiday Shop, participating in Parada del Sol and Field Day.



HOPI ELEMENTARY

hopipta.com

This year's PTA theme is "The journey starts here."

"As a strong advocate of the growth mindset

with my own children, I love the idea of education as a journey to both be respected and enjoyed," President Anna Zollman said. "I believe in progress, not perfection."

Upcoming events include Family Fun Night in September, Used Book Fair in November, Hopi's Variety Show, and more:

"Parents can join the PTA to help provide classroom aides, fund educational classroom materials, and support school programs and events for the whole family," Zollman said. "Hopi encourages families to register, which will allow them to receive the weekly Hopi Highlights newsletter, a free t-shirt and purchase Hopi Gear. We're always looking for volunteers!"



INGLESIDE MIDDLE

inglesidepto.com

Cindy Krawczyk, who served on boards for Hopi, Ingleside and Arcadia in the past, is this year's PTO president.

"Our board is made up of determined and involved parents, and we are willing to do the work to make sure that Ingleside thrives," Krawczyk said. "We are also very excited to have Hopi fifth-grade teacher Andy Bannister serving as our Dad's Club President this year!"

Upcoming events include "Mocha with Dr. Michael" visits, Mock Trial, community and Dad's Club events and assemblies. Krawczyk also mentioned that the board is advocating for additional security on campus and that Dr. Michael and Vice Principal Masteropollo have adopted the "No Place for Hate" policy.

"We want to make sure that our kids feel safe and secure; they shouldn't have to worry about being bullied at school," Krawczyk said.



ST. THERESA CATHOLIC

stcs.us

PTO President Robin Swenson said that everyone at St. Theresa is looking forward to a great year. In August, the school held a party to welcome new families and give students a chance to meet their teachers and other faculty before the school year began.

"We are very excited for our annual Trunk or Treat night in the fall, plus the school auction," Swenson said. "We are a very social school and love all events where we can come together as a community. There will also be a new event: Trivia Night!"

The Father/Daughter Dance, Mother/Son event and community parties are in the spring. St. Theresa is also bringing back their school musical after a three-year hiatus.



ST. THOMAS THE APOSTLE

staphxschool.org

Laura Louis and Angela Isacksen are the co-PTO presidents this year at STA.

Upcoming events include Dad's Club Oktoberfest and Father/Daughter Dance in October, School Carnival and Heritage Mass in November and St. Nick's Workshop and a Christmas Program in December.

"We are always excited for our annual school carnival, which is great family fun for our wonderful community," Isacksen said. "Our carnival chairs, Jackie Baumgarten and Catherine Western (and their team of volunteers) are preparing a 50s-themed day with rides, games, food and more!"



TAVAN ELEMENTARY

tavanpto.com

Perla Rivera is serving her second term as president of the Tavan PTO. "Our school has so much diversity, and my goal is to unite our teachers, students and families to create a 'family community' where we can appreciate each other's backgrounds," Rivera said.

The PTO is working on a few indoor and outdoor projects, including new shade structures, adjustable outdoor basketball hoops, raised garden beds, an additional mister system, and a golf cart for the maintenance crew.

"Our board is in full swing and has started planning for our two biggest events of the year, Hi Jinx and Twinkles. Hi Jinx will be held on Saturday, October 22 and is the 'be seen at Halloween' event of the season," Rivera said.

Tavan welcomes the neighborhood to dress up and celebrate the holiday on campus with games, prizes, and Trick or Treat Row. Tavan Twinkles is a holiday shopping event in December featuring local vendors and young entrepreneurs.



VERITAS PREP

veritaspreppso.com

Nichole Weems and Meeghan Seoane are co-presidents for the Veritas community PTO.

"We are excited to carry the momentum from last year's events into a new school year," Seoane said. "This is Veritas' 20th year, so we look forward to celebrating this milestone with our community!"

Upcoming events include the third annual Dodgeball Tournament on September 17 where students and faculty compete and win different categories with fun prizes for costume, school spirit, etc. The middle school dance will be held in October, and Spirit Week starts October 24 with dress-up days, a pep rally for the Homecoming football game and the Homecoming Dance for high school students.



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The Dining Scoop

POSTINO WINECAFÉ

Postino is well-known for its wine list and bruschetta boards, like the brie, apple and fig spread or the prosciutto, fig and mascarpone.

The first location opened 21 years ago inside the former 1940s Arcadia post office building at 40th St. and Campbell.

Since then, it's grown to 25 locations across Arizona, Texas, Colorado, California and Georgia.

Culinary Director Jim McCann joined Upward Projects (the hospitality brand behind various eateries, including Postino) in 2022. McCann started as a dishwasher, worked his way up in various restaurants,

graduated from culinary school, and then held executive chef positions for 12 years. Since then, he's rolled out a new seasonal menu at Postino and said he has a few things up his sleeve for the fall.

Beverage Director Brent Karlicek samples over 2,000 varietals annually and partners with wine producers worldwide to create the wine menu, which he said includes familiar bottles and more obscure offerings.

Upward Projects is known for its repurposed buildings, furniture and art, explaining that most items inside each restaurant have been sourced by vintage pickers.

Lauren Bailey, co-founder and CEO of Upward Projects, said that Postino's most unique aspect is that no two restaurants are the same.

"Each location is artfully curated to connect with the surrounding communities. Every Postino features a custom-made 'art wall' built from common everyday objects such as books, keys, sunglasses, matchbooks and more. No two art walls are the same, but the objects share a core theme," Bailey said.

Postino plans to open new locations in Atlanta and Orange County this fall.

postinowinecafe.com

THE SCOOP:

A new coffee joint is making its home in the former Kneaders restaurant near 40th St. and Indian School. The Arcadia **Black Rifle Coffee** shop will offer a full espresso bar, a grab-and-go food menu with breakfast and lunch options, over 15 different blends of coffee, outdoor, dog-friendly seating and merchandise. No opening date is known yet.

blackriflecoffee.com

Phoenix **Vegan Restaurant Week** is happening from September 11-18. Full-service restaurants, food trucks, pop-ups and ghost kitchens will participate this year. During the week, breakfast, lunch and dinner will be available at a set price: breakfast will feature an entrée and drink for \$15; lunch will showcase an appetizer, entrée and beverage for \$20. For dinner, a

three-course option is available for \$33 or a five-course meal for \$44. P.S. Beaut Burger and Gooder Goods on Indian School Road are on the list!

phoenixvegan.com



Right after that, **Arizona Restaurant Week** starts on September 16-25! There will be various dining options for every palate – and the chance to get outside the neighborhood and try something new. Restaurants range from southwestern favorites, comfort food and snacks, five-star dining, and everything in between. Prices range from \$30-\$50 per person.

arizonarestaurantweek.com



Macayo's **Chimi Challenge** is taking place through September 16, with the top 10 competing in the inaugural Chimi Challenge Championship at Macayo's Scottsdale location on September 26. The Chimi Challenge features a five-pound chimichanga that diners have 20 minutes to finish eating. The grand prize is \$2,000; second place is \$1,000, and third is \$500. Finalists can also receive free Macayo's for an entire year!

macayo.com/chimi-challenge

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Become a senator? This student already has

By Luke Chatham

On a Saturday night at home, Arcadia High senior Trex Jones came across a documentary called *Boys State*. Intrigued, Jones watched the film and decided to dig a little deeper; this is how he found out the program is a real thing – a thing he was most interested in.

First convened in August 1946, Boys Nation was built as a national youth program to help young leaders learn about the structure and function of the federal government. The program boasts prominent alums like NBA Coach Phil Jackson, Bruce Springsteen, Neil Armstrong, and former president Bill Clinton.

“After I watched the film, I fell in love with the idea of going to this political ‘camp,’” Jones said.

For those in Boys State, the ultimate goal is to become a “senator” who will eventually join the American Legion’s Boys Nation.

Congress created the American Legion in 1919 as a patriotic veteran organization. These days, it is one of the most influential

nonprofit groups in the United States. There are over two million members and more than 13,000 posts worldwide.

Jones applied to the local American Legion during his junior year and was accepted to join Arizona’s Boys State. There, he learned from past alums and participated in mock elections for different government positions, essentially learning what it takes to become a state leader.

Candidates for senator are selected based on their specific state procedures, but according to Jones, those who stand out in Boys State Arizona are sent to Boys Nation.

“I won my nomination from my party, so we had a party convention, and everyone rallied against the issue I talked about. They rallied behind me, stood up, cheered and clapped,” Jones said.

After the nomination, he went through multiple interviews and was chosen as an Arizona senator. From there, Jones headed to Washington, D.C. for the week-long American Legion Boys Nation conference.

There, he and the other states’ senators learned the “proper method of handling

“This program taught me that our country is a beautiful thing, because we can voice our opinion, change laws and vote people in that represent what we believe in.”



Cooper Weissman, Trex Jones, U.S. Senator Mark Kelly, Esther Cho and Trinity Ragland at the Boys Nation conference.

bills, participated in the political process, including party conventions, and nominated and elected a president and vice president.”

“You meet a bunch of people from all over and learn what they’ve done for the community,” Jones said. “You learn to talk about your political morals without yelling at one another.”

Jones said that being part of Boys Nation taught him that losing is okay

and it’s important to voice your opinion. Through debates and conversations, he better understood what it takes to be a country’s leader.

“This program taught me that our country is a beautiful thing,” Jones said. “It’s beautiful because we can voice our opinion, change laws and vote people in that represent what we believe in.”

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“Meet Mr.” | Ray Artigue

Aaron Driscoll

Aaron Driscoll describes himself as a “legacy builder.” And sure enough, his actions and efforts bear this out.

The 41-year-old husband and father of three children is all about tradition, heritage and family.

“As a parent, it’s your obligation to raise good, well-rounded kids,” Driscoll said.

He is a senior financial advisor with Goldbook Financial, providing counsel and financial planning strategies for businesses and families. It is a role that he was groomed for from a very young age.

“I grew up in the *Law & Order* and *Matlock* era and toyed with the idea of becoming an attorney, so I majored in political science,” Aaron said. “Deep down, I knew that my father and grandfather’s insurance agency was ultimately where I would end up. After all, impacting the lives of my clients is extraordinarily rewarding.”

His hunch was correct. After graduating from Brophy and even before graduating from college, Aaron worked for his family’s firm, selling insurance products.

“What we provide, everyone needs, and at the end of the day, we help people,” Driscoll said.

He met his wife, Heather, during his first year at the University of Arizona, and they have three children: Eli,

Harper and Will. As a teenager, he grew up in Arcadia and hopes his family’s generational ties will stick.

“Heather and I love Arcadia because it’s such a wonderful place to raise our kids. Honestly, the neighborhood helped me persuade my wife to move to Arizona after college because she asked for two things: grass and trees.”

When asked about the best advice he has ever received, Driscoll said, “Success comes from the ability to change and keep in motion. Therefore, be open-minded, curious and always willing to learn.”

Driscoll practices what he preaches because he decided to leave his family firm last year to join GoldBook and offer what he calls “superior services” to his current and future clients.

When Driscoll isn’t working, he coaches youth sports.

“Arcadia Little League is the best time of the year. I love coaching. Baseball is a passion, and my family are big Giants fans unless they are playing the Diamondbacks, then we root for the home team,” he said, placing blame for the out-of-town loyalties on his wife.

Heather grew up in the Bay Area, and they regularly travel to her hometown to visit wine country and the beach and to see family.

“Arcadia is my favorite neighborhood in Arizona. The people who call it home go out of their way to make everyone feel welcome, and the art of neighboring still exists here. It has a small-town feel, and I feel lucky every day to wake up, have my coffee, and look at Camelback Mountain,” he said.

When asked about his single biggest achievement in life, he doesn’t hesitate: “Marrying my college sweetheart and becoming a dad three times over.”

Chuckling, he admits, “I guess that is four things.” And wonderful things they are.



“Be open-minded, curious and always willing to learn.”



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The Clothier



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

Labor Day recipes with minimal labor

September 1 is National Tofu Day! Tofu gets a bad rap sometimes but there are so many delicious ways to make it and since it is so neutral, it soaks up the flavors it's cooked in.

There are also some misconceptions out there surrounding soy. Many years ago,

the press claimed the phytoestrogens in soy were like human estrogen and people thought that soy could actually cause cancer. Research in the last 10 years shows exactly the opposite. The Physicians for Responsible Medicine say that soybeans are a wonder food. They are loaded with high quality

protein – one cup of tofu contains 20 grams of protein – as well as magnesium, omega-3 fatty acids, potassium, calcium, iron and B vitamins. Soy products are low in saturated fat and contain zero cholesterol. Here are two delicious tofu recipes and one salad for Labor Day!

Mexican street corn salad

Ingredients

- 1 bag (16 oz.) frozen fire roasted corn
- ¼ cup cilantro chopped + more for garnish
- 1 jalapeno, seeds removed, diced
- 1 garlic clove, minced
- ¼ cup Veganaise
- Juice from one lime + more lime for garnish
- ¼ tsp. tajin seasoning
- ¼ cup dairy-free feta cheese
- 2 scallions for topping

Directions

1. Follow the package directions for cooking the corn. This will take about five minutes on the stove top. 2. Chop the cilantro, jalapeno and garlic. 3. Mix the Veganaise, lime juice and tajin. Drain the cooked corn and put in a medium bowl. 4. Add the cilantro, jalapeno, garlic and dairy-free feta. Add dressing and toss to combine. 5. Top with scallions and additional cilantro, lime and more feta if desired.

Serves: 6



Air Fryer tofu stir fry

Ingredients

- 1 16 oz. super firm pre-pressed tofu
- 1 tbsp. soy sauce
- 3 tbsp. avocado oil, divided
- 2 tbsp. corn starch (or arrowroot powder)
- ½ onion, chopped
- 3 cloves garlic minced
- 2 cups broccoli, cut into florets
- 2 cups mushrooms, sliced
- 1 red pepper, sliced
- Sesame seeds and scallions for topping
- Optional rice for serving

Sauce

- 3 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 tbsp. each: miso paste, maple syrup
- 2 tsp. corn starch
- 1 tsp. grated ginger

Directions

1. Dry off tofu with a paper towel and cut into cubes. 2. Put the cubes in a large Ziploc bag and add the soy sauce and 1 tbsp. of the avocado oil. Toss to coat, then add 2 tbsp. of corn starch and shake again. 3. Put the tofu in the air fryer and cook for 20-25 minutes at 400F. 4. Heat up the remaining avocado oil in the same pan and add the veggies. Cook on medium high for about 10 minutes or until the vegetables are just tender. 5. Mix sauce. 6. Add the tofu back into the pan and add the sauce. Toss to combine. 7. Top with scallions and sesame seeds. Serve with rice if desired.

Serves: 4



15-minute vegan breakfast tacos

Ingredients

- 1 tbsp. avocado oil
- ½ cup red onion, diced, divided
- 1 red pepper, diced
- 1 cup mushrooms, diced
- 1 tsp. each: black salt, cumin, pink salt
- 16 oz. super firm pre-pressed tofu (House Foods, Nasoya, or Trader Joes make this type)
- 2 tbsp. nutritional yeast
- 1 can (15 oz.) black beans, rinsed and drained
- ¼ cup sliced black olives
- ½ cup chunky salsa
- 18 small flour tortillas, slider size or 12 hard taco shells
- ¼ cup cilantro, chopped
- ¼ cup grape tomatoes, quartered (or hot house tomato, chopped)
- 1 lime
- Optional for topping: red pepper flakes, hot sauce, avocado

Directions

1. Add the oil to a large sauté pan and heat to medium high. Add the onion, red pepper and mushrooms. Sauté for five minutes, stirring frequently. Add the black salt, cumin, salt, pepper and stir. 2. Open the package of tofu and wrap in a paper towel to dry off surface water. Then crumble with your hands into the sauté pan. Break down with a wooden spoon. 3. Add the nutritional yeast, black beans, olives and salsa. Stir to combine and cook for five minutes. 4. While cooking, warm up tortillas. 5. Stuff shells with tofu mixture and add toppings.

Serves: 6



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The family of good souls behind Good Soles

By Jennifer Marshall

Thanks to St. Thomas's fourth-grade teacher Amanda Goossen and her family, hundreds of children returned to school this year wearing new shoes.

For the past six years, the family has led The Good Soles Shoe Drive to help collect shoes for Child Crisis Arizona, an Arizona Foster Care organization.

"To date, we've collected over 1,000 pairs of shoes and thousands of dollars to support this cause, allowing hundreds of children to go back to school with a new pair of shoes on their feet," Goossen said.

While back-to-school shopping in 2017, Goossen, a mother of two, became acutely aware of the emphasis placed on backpacks and other general school supplies, whether they were featured in-store sales ads or school drives.

She kept hearing her grandfather's words: "Everyone deserves a good pair of shoes."

Growing up, her grandfather was an orphan supported by the Catholic Church and its nuns. Goossen said that he became the inspiration and foundation for Good Soles.

"He was the epitome of good," she said. "He dedicated his life to the Catholic Church. I searched out foster



PHOTO COURTESY OF AMANDA GOOSSEN

Sophia, Amanda, Colin and Craig Goossen with Atasha Hill from Child Crisis Arizona.

"It allows us to devote some of our summer to something other than ourselves. I hope it has shown our children that giving

back can be something you do year after year that can make a large impact without a large struggle," Goossen said. "It's easy

to give to others, and I hope they always remember that."

childcrisisaz.org

“Giving back can be something you do year after year that can make a large impact without a large struggle.”

care programs, and when Child Crisis mentioned that shoes were something their children lacked, I knew this was one way my family could help."

This year, Goossen and her family collected around 600 pairs, with local businesses donating about \$7,500 to Child Crisis Arizona.

"Along with our continued sponsor, Tito's Vodka, and their program, 'Love, Titos,' we were able to purchase hundreds of shoes, which made it possible to buy every size that Child Crisis Arizona needed, plus many, many more," Goossen said.

New this year, The Good Soles established a student volunteer aspect. They selected four St. Thomas students in seventh and eighth grade to create a fundraising competition.

"The students earned service hours, and the winner was named The Good Soles Shoe Drive Volunteer of the Summer," Goossen said. "These four students ended up collecting 198 pairs of shoes together. It was incredible."

For the Goossen family, the drive is a family tradition they look forward to each June.

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Nonprofit animal rescue celebrates five years

By Rachael Bouley

Animal lovers treat their furry friends like family and know how expensive pet care can be, especially in an emergency. Animal rescues face similar challenges in obtaining lifesaving treatment as the bills pile up.

That’s where Two Pups Wellness Fund comes in. The nonprofit has just marked its fifth year in operation, working with animal shelters and rescue organizations across the state to help almost 10,000 animals receive urgent veterinary care.

The founders were inspired to make a change after seeing sick dogs being turned away from the vet because their families couldn’t afford treatment. When her precious pups, Miss Lacie and Mr. P., passed away, Nancy Silver knew she wanted to help less fortunate animals and recruited animal advocate Bip Haley to join the pack.

The duo has since been joined by Melody Furcini, Jan Sapanaro, and Greg Hales, who help Two Pups with everything from community relations to finance, grant writing, outreach and development.

The team is grateful to be making a difference through financial assistance to save the lives of dogs and cats who are critically ill, injured, neglected, abused and abandoned.

“We are very proud of our work, and seeing animals recover from a surgery and respond to medications is incredibly rewarding,” Haley said.



Founder Nancy Silver with Charlie, an 11-week old puppy rescued by Stealing Hearts Rescue.

She explained that before starting the Two Pups Wellness Fund, many animals in shelters faced being euthanized because they weren’t adoptable and needed expensive care.

“To know that we’ve helped change that situation makes it all worthwhile,” Haley said.

What originally started as a small operation with a handful of shelters in Maricopa County, Two Pups now works with more than 50 rescues and shelters across Arizona.

The organization supports shelter staff and rescue volunteers to help bridge the gap between the high number of ill or

injured animals being turned in and the limited funding for medical care. Grants and funding ensure more animals get the care they need so shelters can give them the opportunity for adoption and a quality life with a loving family.

“We get calls daily from people with heartbreaking stories – a dog left in a dumpster, a runaway hit by a car and found with multiple broken bones, a wounded animal with an infection – they all need care or treatment,” Haley explained.

Two Pups follows up with each case, ensuring the pet receives proper medical and wellness support. For animals that require ongoing treatment, they provide medication funding for up to six months, thanks to donations from individuals and organizations. They’ve even helped reunite long-lost animals with their families.

“Animals are a part of our families. They can’t help themselves; they need an advocate, support and someone that cares,” Silver added. “In the future, our goals are to continue to expand our reach to work with more rescues and shelters. Long-term, we would like to expand beyond Arizona, but that will take time.”

Two Pups will host their Booze and a Band fundraiser on Saturday, October 22. Guests can look forward to games, activities and dancing.

twopups.org

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PHOTOS COURTESY OF ANAIYA PATEL



With R.C. Squared, Anaiya works through the Valleywise Refugee Women's Health Clinic and holds monthly "reading" meetings with various groups of children.

Making a positive impact, one story at a time

By Luke Chatham

Phoenix Country Day School student Anaiya Patel keeps a busy schedule. Not only has she started her junior year of high school, but she also created a nonprofit called HealthForHER with a fellow student in 2021.

Now, in 2022, Anaiya has added another nonprofit to her resume. R.C. Squared, or Refugee Children Reading Council, focuses on sharing books and literature with refugee children.

After working with folks from Ethiopia, Congo, Afghanistan, and more with HealthForHER, Anaiya found that she connected with the children and wanted to provide them with something enjoyable. So, in March, she created R.C. Squared.

"I saw this spark and passion in them. They were so interested in everything that was going on," Anaiya said. "I just thought it would be such an amazing thing if I could bring something that I love to these children and families who are new to America."

Anaiya works with Valleywise Medical Health Systems, which houses the Refugee Women's Health Organization. The head coordinator reaches out to each residence to see if they'd be interested in participating.

"Generally, the times that I meet with each group is when the parents are in a church session or a health class provided by the Valleywise nurses," Anaiya said. "While the parents are in their sessions, we meet in the reading corner."

The kids, aged 5-12, spend time reading books (as a group or individually), ranging from health and hygiene to books written by authors from their home countries.

Anaiya said that kids often choose two popular books; *I Can Eat a Rainbow* by Olena Rose and *The Sky of Afghanistan* by Ana Eulate. The books are provided through donations to R.C. Squared or through other families. Anaiya also brings markers and paper to help kids connect with the books by giving them time to draw or write.

"A lot of the writing and drawing helps them connect with what the story was about. 'What do you feel about the story? What are your favorite things you read?' These are questions I ask," Anaiya explained.

Currently, she is running R.C. Squared on her own, with help from her mom, who works at Valleywise as a rheumatologist. Anaiya is working on creating a volunteer system to allow others to sign up and attend sessions with the kids.

"Wherever you go, reading and writing is such an important tool and asset," Anaiya said. "In this country, so many people don't have access to literature and books in general. My goal is to share it with the children."

Eventually, Anaiya plans on building little libraries within the refugee center so that anyone who passes through the doors has an opportunity to read.

Learn more on Instagram @rcsquare.d

Carpool adventures are inspiration for author's book

By Cliff Summerhill

Dreaming big is important, even if you're a beetle that aspires to be a lion. This is precisely what Max, the potato beetle in Arcadia-based author Charles Golding's new book, aspires to be.

Golding's storytelling started years ago when he would carpool his children and their classmates to school.

"To keep the kids from arguing I would ask each one to give me a character, and I would tell them a story," Golding said. "The story involved all of their characters and my own."

Golding and the children created fantastical lands, mesmerizing scenes, and magical stories that inspired Golding to continue writing well after the carpool adventures had ended. Thus, *Max the Potato Beetle* came to be.

"My children told me they loved the stories

years later, so I decided to put their favorite ones into print," Golding said. "I thought others would love them as well. Max is such a wonderful character we can all identify with. He's innocent, brave, willing to stand up for his friends, and never gives up on his dream."

While crafting Max's first adventure, Golding described the creative process as a "sprint."

"You stretch, get limber, get quiet, and go hard for as long as possible," Golding said. "You must also be in the right frame of mind and take everything in. Ideas come from everyday experiences."

Most of Golding's ideas are sparked by the belief that almost any human interaction can be translated into a scene.

Golding was born in Brooklyn but lived in Denver and central Florida for most of his childhood. At age 21, he joined the Navy and spent the next six years as a Naval Officer.

During this time, he read hundreds of books and became enamored with writing.

Golding moved to Vancouver and while raising his two children, continued his writing pursuits through poetry and creating stories.

"Writing makes me laugh more than I would otherwise laugh and cry more than I thought," Golding shared. "Plus, I love words and those who bring prose to life."

Today, Golding lives in the Arcadia area and is both a CPA and author. Outside of work, He spends time traveling, reading fiction, fly fishing and hanging out with friends.

Max the Potato Beetle is just the beginning, as this protagonist will go on to star in at least four more books, according to Golding.

The second book will feature Max on the search for the "heart of a king," with books three through five tackling other subjects around family, life and death. Golding hopes his stories will bring joy to both children and parents.

charliegbooks.com



PHOTO COURTESY OF CHARLIE GOLDING

Arcadia author Charlie Golding.

Teen suicide prevention: There is help. There is hope.

By Mallory Gleich

As a mother to four daughters aged 13-16, Katey McPherson is well aware of the struggles that teens face on a daily basis. And as someone who's been in education and mental health advocacy for more than 20 years, she has made it her mission to help those teens, through in-person and online efforts.

According to the Arizona Department of Health Services, suicide is one of the top causes of death in Arizona children ages 10-17. September is Suicide Prevention Awareness Month, and if there's one thing to remember, it's this: there is **help**. And there is **hope**.

Seven years ago, McPherson left her career as an educator and guidance counselor in the Scottsdale and Gilbert School Districts. Her new focus was traveling around the state and country to educate school faculties and parents on digital wellness and school safety.

The impetus for the job change? An 18-year-old boy who reached out to his "followers" via Twitter – posting a cry for help. Receiving nothing helpful in response, he sent a final message, detailing what he was going to do – and did it. Not long after his death, three more students from the school committed suicide.

"He got in trouble at school, which triggered the loss of his athletic career. He documented his plan on Twitter. Kids were retweeting and trying to get someone's attention, and it was like, what are we missing? That was the catalyst for what I do now," she said.

Then, in 2017, it happened again. Three boys and one girl died by suicide at a different school in the Valley. McPherson refers to this as a "contagion," when one death triggers multiple in a short time.

"These kids were obviously in pain. For me, first as a mom, then as an educator, it was like 'we've got to get to the bottom of this,'" she said.

During McPherson's 'assemblies,' she speaks on community outreach, mental health, digital wellness and more recently, safety regarding school shootings. She explained that most school shooters are suicidal before they become violent.

Though it differs from person to person, McPherson said that home/school



Katey McPherson

environment, social media, bullying, neglect and abuse, access to substances and firearms, and genetic predisposition are all factors in why children may be struggling. Warning signs include self-

deprecating comments, isolation, declining grades or hygiene and "acting happy."

"In 2015, the day before the incident, the student was at a school-led bonfire. Others said he was smiling and happy," McPherson said. "They act happy because they're at peace with their decision."

So, how does McPherson stay positive in an industry such as this – and what are some preventative measures parents can take? She cites: exercising, spending time with her daughters, creating a strong family bond and utilizing positive peer networks.

One of the peer networks is Teen Lifeline.

The organization has been active in Arizona for 36 years. They're best known for their peer counseling crisis hotline, according to Clinical Director Nikki Kontz, who has worked there for 28 years.

"It initially started because of the high rate of teen suicides at the time,"

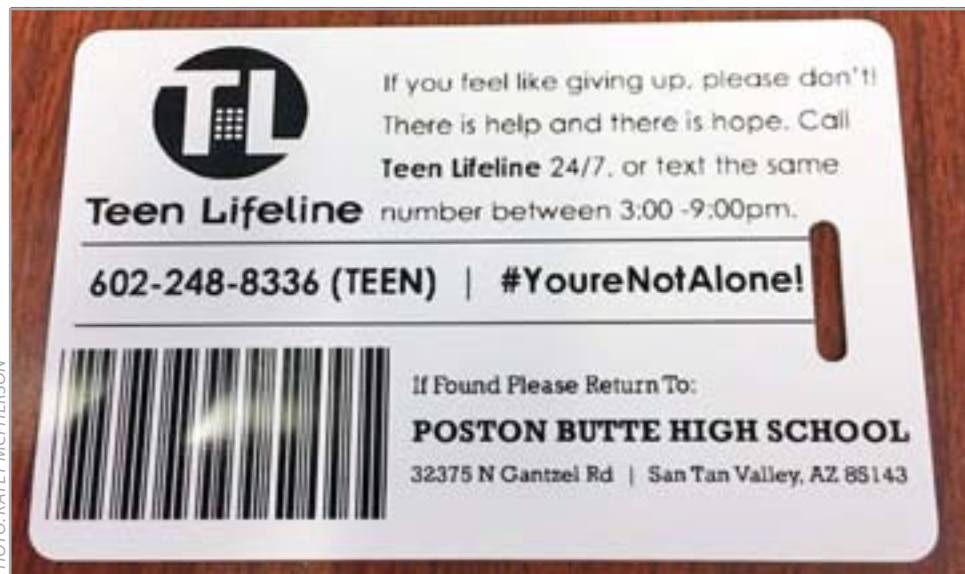
Kontz said. "Since then, our focus has not wavered."

Teen Lifeline trains teen peer counselors to man the crisis phone line and talk to kids their age about any problems they may have. Masters Level clinicians monitor all calls.

The hotline is also used by parents, whether looking for resources or guidance in dealing with behavioral health. There's also a prevention program for middle and high school parents, students and staff. These programs help identify at-risk kids and those struggling with mental health concerns – and provides resources both in and outside of school.

"We also do education with the students because we know, for teenagers, the first place they tend to go when they're struggling is to their peers," Kontz said. "We teach teens

We teach teens about communicating and help connect them to someone who can help.



Arizona high school and university students have had suicide prevention resources added to their school-issued identification cards since 2021.

about communicating and help connect them to someone who can help."

Teen volunteers go through a base training of 72 to 100 hours. Volunteers participate in roleplaying exercises and even learn legal information in case a caller is in danger or needs that type of resource.

"With mental health, nothing is one size fits all. It's not just about taking a pill or seeing a therapist. Sometimes it's 'right now, I'm in crisis,'" Kontz said. "It doesn't necessarily mean kids need formalized help; they might just need a place to talk. Crisis lines provide that, to talk about the hard things that might

be too hard to speak about with people they're close to."

Kontz said that during the pandemic and even now, Teen Lifeline is seeing more people reach out at a higher frequency – 50 percent more – than before. The ability to call or text, or reach out to someone is destigmatizing the negativity of seeking help.

"When we focus on 'help is there, it's okay to hurt,' the more that it's okay – it helps others and helps us to provide support," Kontz said. "We are here for you."

kateymcpherson.com
teenlifeline.org

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Along with being a mental health advocate, McPherson is also the director of professional development for Bark, an AI app for parents and school faculty.

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SUMMER Vacation Photos

From our readers

Sixteen states. Eight countries. Five mountains. Four camels. A few umbrellas, pups and countless beach waves. This year's summer vacation photo spread is one for the books. Thank you for submitting your photos, everyone!



TOP ROW:

Olivia Gugger getting ready to cover some ground in Tamarindo, Costa Rica.

Bridget, Kasey, Jaquelyn and Jay Swartz enjoyed a day trip to Tangier, Morocco during their two-week trip in España.

Ryder Burman at the 4th of July Balloon Festival at Fiesta Park, Albuquerque, New Mexico.

MIDDLE ROW:

Lottie and Dalton Bishop enjoyed a staycation at home before heading to summer camp.

The extended Bruns family spent a week on the beach in La Jolla for their annual summer escape.

BOTTOM ROW:

Gage D'Ambrosio and Kennedy Holman take over the boat in San Diego.

Tessa and Phillip Miller taking a dip at the Mystic Hot Springs in Utah.

Mallory and Anthony waiting for fireworks in Long Island, New York.



TOP ROW:

Aimee, Addie and John Heckenlaible board the Jacobite Steam Train (Harry Potter Train) in Fort William, Scotland.

Avery and Charlie Buddensick at the Lincoln Memorial in Washington, D.C.

Phillip, Sprinkles and Finn Miller at the Crested Buttes in Colorado.

MIDDLE ROW:

Henry and Stella Bragg and their cousin Nora Packer check out a big chair in Carlsbad, CA.

Ishani Patil at the Eiffel Tower Carousel in Paris.

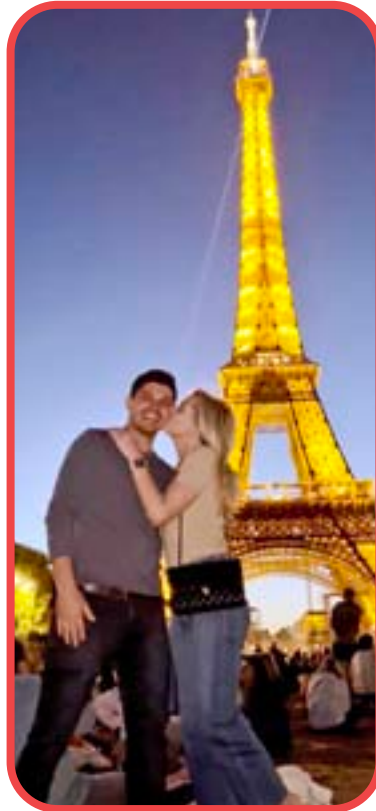
Megan Stills and Graham Byron hiking in Mount Rainier National Park, Washington.

BOTTOM ROW:

Brad Gooch and Ella Vitti at Pink Street in Portugal.

Antonella and Avianna Klein jumping into summer at Lake Carlos, Minnesota.

Vaughn Kekic with the "sheriff" on the 4th of July in Williams, Arizona.



TOP ROW:

Martina and Logan Morton in Oceanside, CA, decked out in their Fourth of July best.
 Heidi and Bill Staudenmaier at Paul Bunyan and Babe the Blue Ox Monument in Bemidji, Minnesota.
 Julia Purcell and her fishing guide, Steve, with a northern pike at Scott Lake Lodge in Saskatchewan, Canada.

MIDDLE ROW:

Aiden and Marisa Charous outside Wilson's Ice Cream Shop (running for over 100 years!) in Ephraim, Wisconsin.
 Veritas Prep students got to explore Rome, Pompeii, Assisi, Florence, Pisa and Venice this summer. The group is outside the Piazza del Colosseo in Rome.
 Amil and Retta Kekic in the "City of Light" in Paris, France.
 Shannon and Josephine McAfee exploring Lisbon, Portugal.

BOTTOM ROW:

Annie, Kevin and Ainsley Kopp celebrate the 4th on Coronado Island.
 Piper and Dylan (DJ) Tassos spent two weeks in Hoonah, Alaska.
 Garrett, Katie, Riley, Parker and Frances Otondo in Pagosa Springs, CO.



TOP ROW:

Mark, Heidi, Luke and Lily Ashworth enjoy some boat time in Michigan.

Ayvery, Sydney, Georgia and Oliver Fouts trying on sombreros in Rocky Point, Puerto Penasco.

Jerry and Tracy Summers biked the Acadia National Park in Maine.

MIDDLE ROW:

Addie, Emma, Megan and Adam Livingston at Disneyland.

Justin and Keegan McAfee on cavalcade at Philmont Scout Ranch in New Mexico.

Adam Blais tearing up the waves at Lake Powell.

BOTTOM ROW:

Gracie, Charlie and Henry McCarty at the "Bean," Millennium Park in Chicago.

Mindy, Grayson, and Parker Shock at Oswald Beach State Park, Oregon Coast.

Jack, Ben and Coco (the pup!) Banister in Oxnard, California.

Find more photos online!

Experience the power of art right here in Phoenix

Like most museums in the west, the Phoenix Art Museum was started by an imaginative group of people who felt it was critical for this city to have access to art.



Robin's Adventures

BY ROBIN SEWELL

Robin is the host and executive producer of the Arizona Highways Television, Saturdays and Sundays on CBS.

That vision began in 1915 when the Phoenix Women's Club pledged to purchase one work of art every year. This was a grassroots effort that turned into a movement. In 1969, it formally became the Phoenix Art Museum. Now, it's evolved into the largest of its kind in the Southwest. The gallery focuses on seven core areas: fashion, Asian, Latin American, the art of the American West,

European, modern and contemporary. Altogether, the permanent collection has more than 20,000 objects. One of the most talked about exhibits is the fashion exhibition. The Phoenix Art Museum is one of just seven in the country with a dedicated fashion wing.



The 20,000 pieces within the museum were received through donations and traveling exhibits.

CEO Jeremy Mikolajczak said it's an integral part of the museum because it's "wearable art." "It's a different type of medium than painting, drawing or sculpture, so it's unique to see how fashion fits within a museum context, and it's important to have it amongst other things," he said. The museum's largest – yet lesser-known – body of work is Asian art. It is one of the oldest collections and spans the entire continent, representing dozens of countries and myriad cultures. Equally important to the curators is building up collections that mirror our community, which is why Hispanic and Latin American art is also heavily celebrated. One of the most iconic paintings in the group is "The Suicide

of Dorothy Hale" by Mexican painter Frida Kahlo. Mikolajczak said that museums tell stories: "We preserve those stories and cultures. There's a great sense of respect and honor in that particular role." By celebrating Arizona's artistically diverse cultures, The Phoenix Art Museum hopes its patrons are proud to call this world-class facility "their" museum. The organization believes art has the power to change the world, which is why they bring in a variety of traveling exhibitions throughout the year. These range from fashion to photography to Impressionism, from Japanese theatre to one of the recent exhibits focusing on interpretations of automotive and skateboarding subcultures.



Whether it's Yayoi Kusama's infinity mirror room, where guests are surrounded by what feels like a dancing swarm of fireflies, or the Thorne rooms – replicas of actual historical interior spaces – art can transport guests to another place and time. "We are asking people to pause, put the phone down, stop the conversation, look at something, and have a quiet moment. If you take it all in, it's truly an amazing process," Mikolajczak said. The mission of Phoenix Art Museum is simple: to ignite imaginations, create connections and serve as a vibrant destination. The best part is that folks can find this just minutes off an Arizona Highway. phxart.org



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The (cider) boys are back in town

By Rachael Bouley

Four years of hard work and planning have paid off for the co-founders behind Six Byrd Cider, who returned home to open the doors to their very first taproom, located in the Gaslight Square on 36th St. and Indian School Road.

Six Byrd Cider is the work of three members of the Thorn family – brothers Eric and Jared and their cousin, Jackson. They’ve dreamed of opening a taproom since starting their business (formerly known as Crush Craft Cider Co.) in Tempe in 2018.

The small batch craft cider company has distributed its beverages in cans and kegs across the Valley for the last few years, working up to 60 varieties before making their taproom goals a reality.

“We’ve been exclusively distributing our product wholesale for the last four years, so it’s extremely gratifying to have face-to-face encounters with people who enjoy our ciders,” Jared said. “The best part is the ability to share our years of test batches, bench trials, and crazy ideas with the world.”

The trio’s inspiration goes back to 2009, when Eric was first exposed to craft ciders and fruit wines while studying abroad in central and eastern Europe.

“After experiencing the amazing quality and variety of the traditional beverages there, I became obsessed with bringing that spirit back home,” Eric said. “It was a love for and appreciation of these drinks, coupled with a frustration that it was near impossible to find any in the southwest.”

It wasn’t long before Eric got his younger brother Jared involved. Following his college graduation in 2015, Jared pursued cider-making professionally and headed to Bishop Cider in Dallas, to apprentice under the “cellarmaster.” He spent two years there before returning to Phoenix, hoping



Jackson Thorn, along with cousins Eric and Jared, opened Six Byrd Cider with a dream of sharing their favorite beverage with Arizona.

to open a cidery alongside his brother and cousin one day.

“We want to introduce Arcadia, and all of Arizona, to our high-quality drinks that reflect the unique climate and culture of the desert,” Eric explained. “We worked to develop recipes and refine products so that when we finally opened our first taproom, we’d have the most important thing ready – the cider.”

Jackson said that cider-making is a different process than beer-making.

“We don’t ‘brew,’ which is the process of extracting sugars from grain. The sugar that we ferment is pressed from apples,” he explained.

“We are constantly developing new flavors, styles and even our product presentations to enhance the experience and continue advocating cider as a beverage option,” Head cider-maker Jared said.

“**The best part is the ability to share our years of test batches, bench trials, and crazy ideas with the world.**”

Within the business, Eric handles business operations and Jackson manages sales.

“Our biggest challenge was finding our first brick-and-mortar taproom,” Jackson said. “Over the years, we toured just about every available option. It was well worth the wait – to open our first location in Arcadia is like coming home since it’s where we all grew up.”



There are eight rotating ciders on draft, two rotating cider slushies, pre-packaged cans, and a full kitchen. Guests can stop by for small bites, entrees and desserts.

“We have several fruit ciders, tea-style, pie-style, and even some hop ciders. We’ve worked to create a casual, relaxing ambiance to drink, eat and enjoy time with family and friends,” Jackson said.

Six Byrd will release new ciders each month (with flavors like Bourbon Barrel Aged Apple Pie) while they continue to grow.

“We are building out our Tempe production space to quadruple production,” Jackson said. “This will allow us to expand our scope with larger distribution in cans and kegs. We would also love to open another taproom in the next year or two!”

sixbyrd.com

Etiquette: a fancy word for simple kindness

By Jennifer Marshall

Knowing and practicing proper etiquette is as vital to a successful academic and professional life as learning how to write well and do advanced math, according to SueAnn Brown.

As a certified etiquette instructor and the owner of It’s All About Etiquette, Brown provides etiquette training and workshops for all ages. She explained that “competition for acceptance into colleges and good jobs is becoming increasingly tough, and those who possess social skills that are well developed and natural will stand out in the crowd and have a big leg up on their peers.”

Brown grew up in Paradise Valley and graduated from Chaparral High School. She learned etiquette at an early age from her mother, who frequently entertained at home. As a youngster, Brown was taught to greet guests, set the table and, in general, mingle with adult visitors.

One of their most famous guests was actor Paul Newman, with whom her mother starred in the movie *The Life and Times of Judge Roy Bean*. In addition, Brown’s mother performed in local theaters and traveled abroad with the USO to entertain the military. All the while,

she was teaching Brown how to use her manners.

“I always say that manners start at home,” Brown said, “meaning use please, thank you, and you’re welcome. Have your kids set the table while the family eats together. Another important point is to limit your children’s time playing video games. Enrolling them in sports, organizations, and other activities can help their social skills.”

Before establishing It’s All About Etiquette in 2012, Brown worked for eight years as a corporate trainer and workshop leader for an international image and skin care/cosmetic company. She decided it was time



SueAnn Brown

to switch careers and completed an online etiquette training program with “Mom’s on Edge” to earn her official certification.

“I started my business because I saw a lack of kindness and respect for others,” Brown said. “In today’s world, some may find it hard to teach children manners. Sometimes it takes an outside adult, so I become that adult to try and help kids listen and learn.”

All About Etiquette serves both the youth and professional sectors. According to Brown, kids and teens are not the only groups that need etiquette training. Working in the corporate world taught her that customer service sometimes feels less effective than it should.

“I want to help companies make a change,” Brown said, “so I created a Business Etiquette Workshop for the Professional that is popular with business owners. In the end, respecting and valuing others and making others feel at ease are the key reasons why I think everyone in society needs to learn good manners and social etiquette.”

itsallaboutetiquette.com



New York Strip with shattered french fries



Sweet heat baby back ribs and onion rings

Chef Chris Collins' latest eatery is a family affair

By Mallory Gleich

Chef Christopher Collins grew up in a large family – five brothers and one sister. So, when he opened his latest concept – Collins Bros. Chophouse – it was assumed that he'd opened a restaurant with one of his brothers, right? Wrong!

I had the pleasure of meeting the Collins brothers, two young men by the names of Topher and Fitzgerald: Chef Collins' sons, and the inspiration behind the name of the ninth Common Ground Culinary eatery.

Collins said that although it's called Chophouse, he doesn't want guests thinking that "meat" is the only thing available – there is an a la carte steak section, but the menu is sizeable, with guests able to choose from seafood, sandwiches and entrees.

Mixologist Caleb Shroyer created the cocktail menu. He said the inspiration behind the drinks came from taking classic cocktails you might find in a typical chophouse and elevating them with special infusions or house-made syrups.

"Each one has a unique ingredient or twist that leaves our guests feeling like the cocktail went above and beyond their expectations," Shroyer said.

"I realized a chophouse was what this neighborhood needed about a year and a half ago. We have been working on the menu and planning ever since," Collins said. "The theme is high-quality food and outstanding service in a thoughtful environment where everyone feels like part of the family."

Collins Bros. serves classic American cuisine, with this concept focusing more on cuts of meat, seafood, and decadent sides.

The new spot is located inside the former Twisted Grove eatery on Hayden Road and Via de Ventura in Scottsdale.

"We kept a lot of the favorites from Twisted Grove, but I think our additions will quickly become new favorites," Collins said. "Anything on the Butcher's Shop list, the veal parmesan, rotisserie



The ninth Common Ground Culinary eatery is named after Chef Collins' sons, Topher and Fitzgerald.

chickens and our 'Maryland style' crab cakes...to name a few."

Collins said that the crab cake recipe is four generations old, shared by a chef friend of his who told Collins if he messed with the recipe, they would be friends no more.

Common Ground Culinary describes the chophouse as "the most polished of all the Common Ground concepts."

"We've never done our take on a chophouse," Collins said. "A la carte proteins, expanded wine list, and beautiful renovations that hopefully make people feel like it's upscale but still approachable."

The eatery was revamped, adding large,

comfortable booths and custom woodwork throughout. They also changed the color scheme and décor and plan to add a wine-themed art piece to the front of the restaurant soon.

"When people think about chop houses, they think 'expensive places that you only go for special occasions,' and 'steaks,'" Collins said, "here, the rotisserie chicken and salmon are as important and high quality. We hope we are taking the food and service standards people have come to expect from all of our other restaurants and delivering a chophouse vibe."

collinsbrosaz.com



Butter cake



California artichokes

Expanding her global outlook, 7,500 miles from home

By Jennifer Marshall

Each year, The Bronfman Fellowship – a nonprofit founded in New York in 1987 – selects 26 North American students from the Jewish community to embark on a five-week summer trip to Israel.

Arcadia News reached out to Eliana Rosenfeld, a Phoenix Country Day School senior, who was one of the specially chosen travelers.

“The Fellowship is a transformative, year-long learning experience for intellectually adventurous Jewish teens who want to see the world through a lens different from their own,” said Program Officer Stefanie Weisman. “At the end of their Fellowship year, students join an incredibly active, nearly 1,400-member alumni community.”

Bronfman’s rabbis, educators and artists join the group as they explore the Jewish texts and their meanings and ideas in-depth. This type of study and interaction allows for important conversations that help everyone grow and expand their global outlook. The program also works closely with its peers from the Israeli branch, Amitei Bronfman.

“We help Fellows develop a capacity to channel their passions and make a significant impact on the world, particularly on Jewish life,” Weisman said. “We are committed to building a community from as wide a spectrum as possible.”

This spectrum includes “diversity in religious and cultural affiliation,

race, ethnicity, spiritual beliefs, origin, socioeconomic status, gender, physical abilities and political views.”

“As a diverse community, we have the opportunity to learn from one another and to appreciate and value distinctiveness as a source of strength,” she said.

To become a Bronfman Fellow, Jewish high school juniors in the U.S. and Canada can apply to the Fellowship. The application period begins on the first of September.

“The Fellowship is important because of its commitment to pluralism: learning from the other,” Eliana said. “Each Fellow is unique in their observance, political opinions and passions; yet we agree to be flexible in our convictions to prioritize learning.”

Eliana found out about Bronfman from a writing fellowship she did last year called Rising Voices.

“I was encouraged to apply by the faculty there as a continuation of my work,” she said.

During the trip to Israel, students explored many significant historical and religious sites. According to Weisman, they “treat sites like texts, listening for the voices and thoughts the places provide or manifest.”

From the ancient fort of Masada to the



Eliana Rosenfeld

PHOTO COURTESY OF ELIANA ROSENFELD



The Kotel, also known as the Wailing Wall, is an ancient limestone wall in the Old City of Jerusalem. It was originally constructed as part of the expansion of the Second Jewish Temple begun by Herod the Great.

Old City of Jerusalem to the more modern Holocaust Museum, Yad Vashem, the students live and learn while immersed in the Jewish tradition.

Eliana said that the experience consisted of lessons with faculty, trips around Israel, “magical” Shabbats (days of rest), casual walks around Jerusalem, seminars with the Israeli Amitei and, most importantly, meeting and forming lifelong bonds with the other Fellows.

“The best wisdom is extracted in between

the scheduled learning times – from friends who become teachers,” Eliana said.

After graduation, Eliana plans on attending school on the west coast to study history and pre-med.

“I am interested in health policy and want to fight health inequity within the U.S. through medical research and other avenues,” she said. “I also want to explore Jewish Studies while at school and engage with campus life.”

bronfman.org

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Arcadia High

Let’s get ready for some football!

By Luke Chatham

With school back in session, the teams at Arcadia High, Brophy Prep and Veritas Prep have increased training for football season. The coaches worked with their teams throughout the summer.

Brophy’s boys were up at 5 a.m. running drills. Arcadia’s coaches hosted a summer football camp for their players while watching and learning the team’s strengths and weaknesses, and Veritas held some special training sessions to keep their athletes active.

ARCADIA HIGH

AHS is looking to start the season strong after their high-intensity workouts during summer camp. While the team has many returning players, incoming players helped strengthen the bond. Over the summer, the team traveled to Payson to practice at ASU’s Camp Tontazona.

The squad went through countless workout and conditioning sessions and organized team activities.

“Arcadia is going to be something special this year,” Assistant Head Coach Grant Sanders said. “I don’t have any weaknesses to talk about. The only thing I see is a bright future and a lot of strengths.”



Coach Sanders said the defense is strong, much work is being done for the offense, and they are “getting better every day.” The Titans play their first game on September 2 at Peoria High School.

BROPHY PREP

According to Head Coach Jason Jewell, the Broncos varsity defensive line is stronger than ever, with multiple players already receiving college offers. Coach Jewell said that the offensive side has been working with their newcomers to strengthen the line.

“We’ve been making it a priority to get better in the trenches, to get bigger, get stronger,” Jewell said.

The Broncos train on “Brophy Standard Time,” meaning players should be in class

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For example, Dr. Heng’s office charges \$599 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. Other dental offices could customarily run from \$900 to \$1200 or more for a similar crown in this area. Also, other general procedures in Dr. Heng’s office run 30-60% less than those typically charged. For example, \$699 for a root canal, \$699 for immediate denture (each), cleaning starts at \$40.

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



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

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



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Brophy Prep

five minutes early and at practice 15 minutes early.

Jewell said that this helps the players form a routine of doing “common things in an uncommon way.” On top of that, the coach employs training methods that help the team stay up and moving.

“One of the things that we implemented last year that I plan to continue is ‘competing all the time,’” Jewell said. “We’ll do random competitive drills to start practice, whether one-on-one or just something like push-ups.”

The Broncos are set to play champions like Saguaro and Highland this season. Jewell said that the goal is to ensure that the players stay healthy while also staying competitive and physical.



Game one is September 2 against Sandra Day O’Conner High School.

VERITAS PREP

Veritas is celebrating a young and vibrant team, with the varsity squad composed of 16 freshmen.

“This is the largest number of freshmen we have ever had join the program at one time,” Coach Jason Black said. “With only four seniors, we will definitely be looking for a handful of our younger players to make key contributions to this year’s team.”

With those players not as well-versed in Veritas’ training and gameplay, introducing new concepts and running them consistently is a must. On top of that, academics are a high priority for students. Coach Black said that juggling papers



and projects with practice time and film study are something the students and coaches need to work on.

“Our biggest struggle as a staff is finding that balance. We know what it takes to run a successful program and win games. We have to balance that out with the higher demands of the academic side,” Black said.

Going into the season, Veritas will

face other Great Hearts teams. And while those programs tend to have older players, Black said that the players are working to prove themselves and win.

“We get to go out there and prove our physicality,” Black said. “We have to be the small dog in the big fight.”

The Falcons opened the season on August 19 with a 40-8 loss against Scottsdale Prep.



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Email etiquette

We're at an exciting point in time regarding business culture. People with many backgrounds and experiences are working together. Some team members are young – they have never worked at an in-person job and have always had a cell phone. Others are older and started working before laptop computers or the internet even existed.

Some employees have only worked at big corporate companies, while others have been at startups. These people are now collaborating via the tiny camera on their computers.

Variations make communication differences interesting to observe. You probably have coworkers who will only call you if there's a scheduled meeting on your calendar. Others may send you an unplanned message asking if you have time to talk. Then there is a handful that will call with no notice. These differences are driven by multiple factors, including generation and work experience.

Similarly, people have different habits when it comes to written communication. Some people prefer email, while others like Slack (messaging software). Within the email, there are distinct differences. Some are sent from one person to another. To reduce the number of replies, some emails will have recipients included as blind carbon copies (BCC). Others include many extra people as a carbon copy (CC) for informational purposes.

Over the years, I've believed there is an inverse relationship between email and the company's size. In other words, the smaller an organization is, the more recipients will be included in a single email. People at startups tend to copy many people at once. This keeps everyone up to date and is seen as more efficient. Within a large company, it's more common to see email chains that include only the bare minimum number of people. The sender doesn't want to involve anyone who doesn't need to be on the email.

The same trend seems to also be true in meetings between companies. A small company will bring many attendees to a meeting to show that the company is legitimate. A large company will send one or two representatives as the only contact points.

No matter the venue, one thing hasn't changed. Praise in public, and criticize in private. Calling someone out in a meeting in front of others does nothing but hurt your relationship with them.

If you're asking a colleague for something via email and aren't getting the results you want, call them or email them directly. Don't copy additional people. This is how it will likely feel, even if you aren't trying to put them on the spot. No one wants their shortcomings to be pointed out in front of others. Adjust your approach, and you'll get better results.



*Career
Corner*

BY ANGELA COPELAND

Career expert
and founder of
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From the Archives

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arcadia news

Vol. 5, No. 5 FREE September 1997

arcadia NEWSBEAT

September is a wonderful month. Vacations are over, school resumes, things settle down and we achieve some semblance of normalcy in our lives again. Here at Arcadia News, September is our annual Family Health and Safety issue. We have lots of articles about health and safety related matters that pertain to the family. So sit back, grab a cup of coffee, and enjoy...

Jokake School for Girls was an exclusive institution, which sprang up as a result of the historic Jokake Inn. In the 1930's wealthy girls came from all over the U.S. to attend this exclusive school. Page 12

Guess where the reigning Mrs. Arizona just happens to live—Arcadia, of course! We'll introduce you to this very special lady. Page 7

Once again, Gil Gillenwater and his "Guardian Warriors" rise to the occasion of helping those less fortunate who are counting on them. We'll tell you about his latest project. Page 11

Arcadia School Days

Everywhere you look in Arcadia, you see kids on their way to school. Here, it looks like Mackenzie Riley's big brother, Connor, is offering to carry her school books for her. Connor is seven years old, and will be in second grade at Hopi. Mackenzie is five, and just starting Kindergarten.

Photo by: Rose Landon Photography

LOOK TO US FOR YOUR SOURCE OF NEIGHBORHOOD NEWS

Here, it looks like Mackenzie Riley's big brother, Connor, is offering to carry her school books for her. Connor is seven years old, and will be in second grade at Hopi. Mackenzie is five, and just starting kindergarten.

Arcadia High's volleyball 'Final Four'

By Mallory Gleich

Senior year is a time to decide on after-graduation plans, get those grades up, and, most importantly, make as many memories with friends and teammates as possible. For these four seniors, winning a volleyball state championship is also on the list.

Arcadia High School kicked off its 2022-23 volleyball season on August 30 against Chaparral High. The season consists of 17 matches and two regular season tournaments. The top 24 teams in each division will advance to the single-elimination post-season playoff, and what's more, AHS has moved up and will be competing in the 4A division this year.

"Our focus is to win a state championship. Our values of effort, accountability and unity will drive the focus and determination necessary to become a championship program," Coach Jackie Bunker said.

Practices consist of small group tutoring, serving and passing and focused 6-on-6 gameplay. Bunker said the team is highly competitive, which drives their desire to learn and improve daily.

"My philosophy in coaching is to partner with each athlete to help them become the best version of themselves on and off the court, by developing a growth-minded approach towards self-improvement and challenges," she said.

The seniors said they are most excited about the opportunity to accomplish something that has never been done before: winning a state championship at Arcadia with their teammates.

"Our seniors are an extremely special group of young women who have made countless sacrifices to help raise the level of our program over the past three years," Bunker said. "I know they will give everything they have this senior season to leave a legacy at Arcadia."

MEET THE SENIORS!

Leslie Bugg – Outside Hitter

I have been playing volleyball since I was around 10 years old. I love the competition, the game, the cheers, and being part of a team that plays together.

What will you miss most about playing for AHS? The coaches!

Plans for after graduation? I plan to attend college. I am undecided but excited to further my education and passions.

Advice for incoming players? Always give your best effort and be for the team.

Tatum Longnecker – Team Captain and Setter

I've played for Arizona Storm Elite and AHS volleyball for six years. I attended Veritas Prep middle school, where Sarah Sponcil (the greatest setter of all time!) played. Sarah's father assisted at practices and encouraged me to continue playing. Eventually, I quit my other sports and focused 100 percent on volleyball. My favorite part of playing is being part



(clockwise from upper left) Maddy Malatesta, Ryan Sheedy, Tatum Longnecker and Leslie Bugg.

of a team with common goals and, of course, winning!

What will you miss most about playing for AHS? I will miss Coach Bunker and Coach Chang. They are my biggest fans! They also support all the players, unmatched in their dedication to the program.

Plans for after graduation?

I plan to attend a 4-year university to play volleyball and study business. I am currently undecided.

Maddy Malatesta – Libero and Defensive Specialist

I have been playing volleyball since I was 11 years old. I started playing at Ingleside when my friends and I all decided to try out for the volleyball team in sixth grade. I surprisingly liked it a lot. I also played club volleyball from ages 12-15. My favorite part of volleyball is the lifelong friendships you make.

What will you miss most about playing for

AHS? The team has so much fun and makes many memories while staying competitive and getting work done.

Plans for after graduation? I plan to attend a four-year university to further my education. My top two schools are San Diego State University and the University of Arizona.

Advice for incoming players? Enjoy every moment on the court and with the team. The season flies by so fast, and before you know it, it will be your senior night.

Ryan Sheedy – Outside Hitter

I have been playing for six years. What drew me to volleyball was the game's speed and how fun it is to work as a team. I used to play club volleyball, but last year I decided to play sand volleyball, which was so worth it! My favorite part is winning a great game and feeling united as a team.

What will you miss most about playing for AHS? I will miss the coaches and the bond I have with my teammates. I will also miss preparing before a game and getting excited to play.

Plans for after graduation? I plan to head to a four-year university, but where is still to be determined. I have decided not to play and put 100 percent into my major.

Advice for incoming players? Have the best time with your teammates, and love playing every second because it will be over in the blink of an eye.

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- The German word "fernweh" means "far sickness," or an intense urge to travel.
- Jet lag feels worse if you travel from west to east.
- Taking a vacation can lower your risk of heart disease.
- The United States is the only advanced economy that does not mandate any paid vacation time for workers.
- There are 61,000 people in the air over the U.S. at any given time on any given day.
- One-third of the world's airports are located in the U.S.
- The shortest international commercial flight available for purchase is a 15-minute trip from Sint Maarten (Dutch Caribbean) to Anguilla (British Overseas Territory).
- The pilot and his assistant must eat different food in order not to upset their stomachs at the same time.
- During a routine flight, the temperature outside your plane is around -60°F. That's colder than almost anywhere on Earth at any given moment of the year.
- A single Boeing 777 Engine delivers twice the horsepower of all the Titanic's engines combined.
- There is enough fuel in a Boeing 747 plane to power a car around the entire planet four times.
- Introvert personalities are more likely to pick mountainous locations for a holiday, while extroverts prefer the beach.
- Spanish has been rated the world's happiest language with its abundance of happy words.
- Fifty percent of Americans research, book, and plan their trips to a new travel destination using only a mobile device.
- Continents shift at about the same rate as your fingernails grow.
- The northern hemisphere is home to 90% of the world's population.
- You can lose more than 60 fluid ounces of water from your body during a ten-hour flight.

REGIONAL FACTS - discovercorps.com

- There's a good chance you may see a lake or two when visiting Canada. It has over three million lakes. That's 60% of the world's total.
- There's a lot to explore when heading to Russia. Incredibly, the country is bigger than Pluto.
- 99% of Libya is desert.
- There is a town in Norway called 'A'.
- Saudi Arabia has zero rivers.
- Over 820 languages are spoken in Papua New Guinea, or 12% of the world's total.
- The Eiffel Tower is a daily place of work for 600 Parisians.
- Australia has over 10,000 beaches. You could visit a new beach every day for over 27 years.
- 90% of all meteorites are found in Antarctica.
- The Great Barrier Reef is the only living structure visible from outer space.
- Did you know that goats regularly climb trees in Morocco to have a meal?
- Kiribati is the only country in the world to fall into all four hemispheres, straddling the equator and extending into the eastern and western hemispheres.
- More than 30 million people in China live in underground caves.
- There's a city named Rome on every continent (aside from Antarctica).
- In certain places, Mexico City is sinking by up to 15 inches a year.
- Rice was used in the construction of the Great Wall of China.

WORD SEARCH

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

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Kayaking the Salt River.

Celebrate Labor Day away from the backyard

By Melissa Hirschl

There are plenty of ways to celebrate Labor Day outside the “barbecue box.” Here are some imaginative activities to help unwind, appreciate nature and have fun with the family.

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kayakingthesaltriver.com

Experience the majestic wilderness of the Tonto National Forest while paddling down the Salt River. Kayakers have the potential to see wild horses, deer, great blue herons, osprey, bald eagles and more. Two unguided trips are available: the two-hour Salt River/Foxtail (\$51-57) and the four-and-a-half-hour Salt River/Granite Reef (\$80-90). Both trips begin and end at the Saguaro Lake Guest Ranch, where shuttles are available. Paddle boarding is also available for around \$55.

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octaneraceway.com

Octane Raceway promises a day of exhilaration for kids, teens and adults. With karts going 45 mph, a third-mile indoor/outdoor track, video arcade, mini-bowling, state-of-the-art axe throwing, Brickyard Bar and Grill, and Velocity VR — a virtual reality game described as a “360-degree immersion in mayhem,” the fun is nonstop. The raceway opens at 10 a.m. with happy hour from 3-6 p.m. Another bonus is two dollars off well drinks and 50 percent off drafts on Labor Day weekend.

DIM THE LIGHTS...

These movies shine a provocative light on the plight of the American worker:

Nine to Five features Jane Fonda, Lily Tomlin and Dolly Parton in a classic office satire about women working in a male-dominated industry.

Norma Rae stars Sally Fields, whose character rallies her coworkers to unionize.

Modern Times, with Charlie Chaplin, sheds light on how work in an early-century factory disrupts the more meaningful parts of life.

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Soar over the desert at 5,000 feet with Rainbow Ryders — a hot air balloon company providing early morning and sunset balloon experiences. Guests traveling over Phoenix will experience 45 to 60 minutes of mesmerizing 360-degree views of the Sonoran Desert and Deer Valley. The cost is \$199 per adult for Labor Day weekend and \$125 per child. Private rides are also available.

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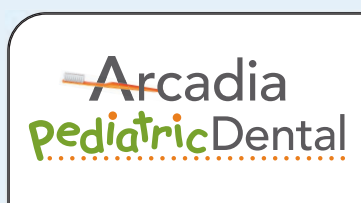


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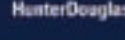
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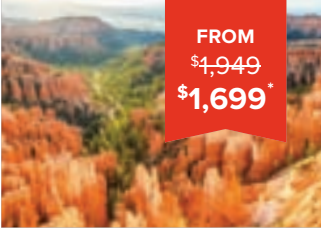
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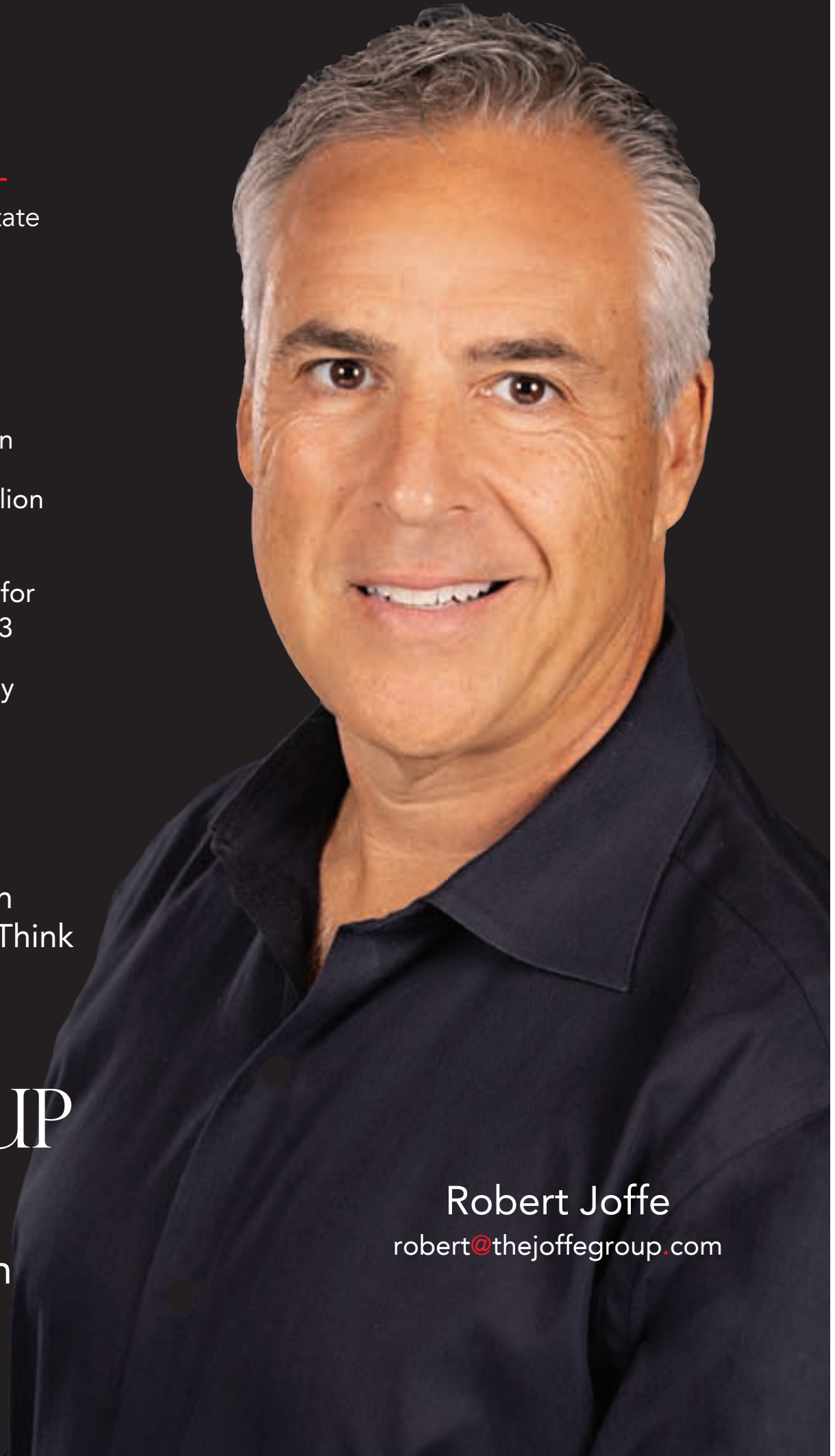
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