ARCADIA NEWS

VOL. 30 NO. 7 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — OCTOBER 2022



WHO WANTS A COOKIE?

Jenny and Norah Moo love baking and decided to put it to use by creating Big Jenny's Cookies.

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HAPPY HALLOWEEN

Get your costumes and trick-or-treat bags ready – Halloween is coming!

MAKING A SPLASH

The swim and dive team at Arcadia High has two goals: do their best and finish the season on a high note.

PAGE 48



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OCTOBER

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Alex and Lindsay Molleo with Tyus and Ever during their Halloween neighborhood party in 2021.
PHOTO COURTESY OF ALEX MOLLEO



EDITOR'S NOTE



There are a couple of reasons why October is my favorite month, but the main one is that there are so many events – pumpkin patches, balloon launches and haunted houses, anyone? Every year around this time, the calendar is packed – don't worry, we included a few Halloween-themed events in this month's 'What's Happening, Arcadia?'

We also have a couple of stories centered on Breast Cancer Awareness Month, which takes place in October. Alyssa Gofonia-Dinowitz created Chemo Companions after spending time in the chemo lounge while her mother was sick. When she passed, Alyssa decided to continue visiting with other patients, and as the visits progressed, she knew there was more she could do.

Alyssa created Chemo Comfort Bags to hand out during visits, filled with comfy socks, activities, and snacks to ease patients' discomfort and give them a helping hand.

Continuing with the theme of helping hands, we also have a story about Arcadia resident Katie Halle Lambert. She created the MOMnation organization for new moms, with a focus on providing support and giving back to the community while providing friendship. What started as a small social media group blossomed into almost 19,000 members across multiple states.

We hope you enjoy the latest edition of Arcadia News! Happy October, Happy Halloween, and thank you for your continued support,

Mallory

Mallory Gleich

UPCOMING THEMES:

NOVEMBER	HOME & DESIGN	DECEMBER
Honoring Military	*Special Section*	*Season of Giving*

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"I wish that every day was Saturday and every month was October." *— Charmaine J. Forde*





PHOTO COURTESY OF TERI FRIEDLAND

After 20+ years working as an occupational therapist and Barre instructor, Teri Friedland created Pink Ribbon 360 to help breast cancer survivors stretch and strengthen their bodies after treatment.

Breast cancer survivors find support with Pink Ribbon 360

By Cliff Summerhill

For Arizona-transplant Teri Friedland, owner and founder of Pink Ribbon 360, the expression "it takes a village" is more than true for women diagnosed with breast cancer. Through her business, she's made it her goal to better the lives of survivors.

Pink Ribbon 360 is a "holistic, individualized therapeutic exercise program that meets both the physical and emotional needs of breast cancer survivors." The business offers support and instruction through specialized fitness and wellness plans.

"Everyone's physical goals are different; however, in the short-term, the hope is to increase the survivor's abilities to move their body safely, become stronger with less pain, and feel more confident," Friedland said. "Our program is the bridge between treatments and independence. Exercise must become a part of every survivor's life, and they deserve the support needed to achieve this."

Over the last year, Friedland has expanded her knowledge and services to support more survivors, including increased training in breast cancer medicine and becoming a Pori-certified breast cancer rehabilitative specialist.

"I believe it's important to become familiar with the breast cancer community in the Valley and provide resources to my clients," Friedland said.

Friedland said that her longer-term clients have returned to their way of life before diagnosis: returning to work, increasing parental duties, socializing with family and friends again, returning to their previous fitness activities and feeling more independent.

As October is Breast Cancer Awareness Month, Pink Ribbon 360 will participate in various events to continue raising awareness and provide exercise training around the Valley.

"The emotional benefits of exercise are no less important than the physical benefits," Friedland said. "Exercise is a scientifically proven mood booster. It can decrease symptoms of depression, stress and anxiety. Exercise can help with sleep, as well as improve self-confidence and self-esteem. Breast cancer survivors tend to struggle with all of these."

In 2019, a cancer.gov study found that "breast cancer survivors who were the most physically active had a 40 percent lower risk of death from breast cancer than those who were the least physically active."

In addition, emotional well-being should also be at the forefront, according to Friedland. Finding the strength and support to exercise can be challenging for many survivors.

"It's a natural time for depression, fear, and anxiety to occur," Friedland said. "This is hard for family and friends to understand because they want their loved ones to be okay."

She stated that most clients began working with Pink Ribbon 360 for the physical component but are then amazed how exercise helped them emotionally.

The organization will sponsor the Bingo for Breast Cancer event at the J Scottsdale on October 20.

pinkribbon360.com

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Arcadia Real **Estate** Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-8/31/2022)

Active Homes -	94 homes
Homes Sold -	177 homes
Average Sale Price -	$2,524,000
Average Sold $ Per SF -	$681
Average Days On Market -	38 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 24% this year. (based on 2021 sales results)
2022 home prices have increased 17%. (based on 2021 sales results)
2022 $ Per Square Foot prices have increased 20%. (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

(1/01/2022-8/31/2022)

Active Homes -	68 Homes
Homes Sold -	124 Homes
Average Sale Price -	$1,258,000
Average Sold $ Per SF -	$512
Average Days On Market -	35 days

There is currently 4 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 21%. (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

Shemer Art Center is offering a three-day art camp during fall break. From October 14-16, campers aged 8-13 can enjoy lessons in printmaking, painting, drawing and sculpture. Students will complete various projects and learn about famous artists like Georgia O'Keeffe and Ugo Rondinone, as well as the indigenous artist traditions. Camp runs from 1-4 p.m.; registration is $115 per person.

shemerartcenter.org

Mark your calendars! The annual **ACMNA Picnic** is happening on Saturday, November 5, 2022, from 11 a.m.-2 p.m. at Hopi Elementary, 5110 E. Lafayette Blvd. This neighborhood event is designed to bring the community together. Guests can enjoy music, meet local public service agents, see an old-school police vehicle, meet Phoenix PD K-9s and enjoy lunch.

The **AONA Picnic** will happen on Saturday, November 12 at Arcadia Park, 3402 N. 56th St.

arcadiaosbornphx.com
acmna.org

A new skin and body business opened in September on 32nd St., between Camelback and Campbell Roads, called **Laserboxx**. Services include laser hair removal, facials, Cryo T-Shock therapy, body contouring and fat reduction.

laserboxx.com



Phoenix Rescue Mission will launch its annual Hungry for Change holiday campaign from October 6 to December 31. The campaign features Mobile Pantries, Frozen Turkey Saturday and Thanksgiving and Christmas outreach events. Donations will support thousands of families served by PRM's programs, including Hope for Hunger Food Bank, Mobile Pantries and Hope Coach Street Outreach services. Dates for events vary.

phoenixrescuemission.org



New to the **Arizona Science Center** is the Going Places – the Technology of Transport exhibit, open until January 2, 2023. Going Places is an interactive exhibit that explores the technology of travel: airplanes, trains, cars and more. Guests can build an airship, ride on a hovercraft or control traffic in a city. AZ Science's latest film: *Living in The Age of Airplanes* is also available as an add-on exploration.

azscience.org

The **Children's Business Fair** is back in November – start prepping your business plans. The event happens from 10 a.m.-1 p.m. at Arcadia Park (3402 N. 56th St.) on Saturday, November 12, and is an opportunity for kids to experience what it takes to start their own business. Students from kindergarten-eighth grade can develop a brand, create a product and sell to the public at an open marketplace.

childrensbusinessfair.org

There's a chance you've quoted lines from the classic film *The Sandlot* (you're killin' me, Smalls!) at some point. Now, folks can meet the actors at **ComicX**, a comic book and superhero themed eatery at Desert Ridge (21001 N. Tatum Blvd., Phoenix). The meet-and-greet will feature stars Tom Guiry (Smalls), Marty York (Yeah-Yeah) and Victor DiMattia (Timmy Timmons) on October 2 from 12-4 p.m.

comicx.us



October is National Adopt-a-Shelter Dog month, so **The PetFinder Foundation** and **Bar Dog Wine** have teamed up to host the Howl-o'ween costume contest! In an effort to drive adoption, Phoenix's **HALO Animal Rescue** and other shelters across the country can dress their pups in Halloween costumes and send them Bar Dog's social media pages (make sure to include a biography!). Then, the public can vote on their favorite photo – every participating shelter will receive cash prizes, with the grand prize winner awarded a $1,000 donation. The contest will run until October 31.

bardogwine.com or halorescue.org

Getting a head start on **holiday giving**, Arcadia resident Elisabeth Lewandowski is looking for donations of Christmas stockings and small gifts (socks, gift cards, coffee mugs, etc.) to eventually share with wounded soldiers at Balboa Naval Hospital in San Diego. Additional items will go to Military Women Across the Nation in Phoenix and the Vietnam Veterans of Phoenix.

Reach out to Elisabeth at elewandowski@ymail.com for more.

EVENTS

SATURDAY 10/1

Check for a Lump 5k

8 a.m. at Steele Indian School Park, 300 E. Indian School Road. The 6th annual Pink Out 5K for Breast Cancer Awareness month is happening today. Before the race, there will be a vendor village, food trucks and music. One hundred percent of funds raised will provide Arizonans with free breast health education, mammograms, wigs and support. Don't forget to wear pink! Registration is $40 for adults, $20 for kids.

checkforalump.org

Paint and Sip

6-8 p.m. at Brightside Studios, 839 E. Camelback Road, Phoenix. Lyndsey Meyer will be this evening's Paint and Sip instructor. Guests will learn tips and tricks to create their masterpieces – with a little vino to help. Tonight's portrait is a saguaro cactus; admission includes painting supplies, a 16x20 canvas and choice of beverage. Registration is $40 per person.

brightsidestudios.com

Homecoming Dance

7-10 p.m. at the Creighton University Health Sciences Campus, 3100 N. Central Ave., Phoenix. Sorry teens, this dance is for the grownups! Brush up on your lingo, dust off your favorite outfit and head to this 90s-themed homecoming dance to benefit Support My Club, a nonprofit that serves low-income high schools across Arizona. Snacks and drinks will be available – and the music will make you feel all the nostalgia. Tickets start at $150.

supportmyclub.org

Roots and Reggae Festival

12-6 p.m. at Heritage Square, 115 N. 6th St. If you've ever wanted to travel to the Caribbean, now you can – with just a short drive to downtown Phoenix. Ochos Rios presents the Jamaican Jerk, Roots and Reggae festival, featuring Jamaican cuisine, cultural dance and music from local and Caribbean artists, a vendor market and a kids zone. Tickets are $40 for adults, $25 for kids.

ochoriosjerkspot.com

THURSDAY 10/6

Champions of Magic Tour

7:30 p.m. at the Orpheum Theatre, 203 W. Adams St., Phoenix. Nothing like a

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WHAT'S HAPPENING, *ARCADIA?*

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

little magic to kick off the spooky season. This show features a team of magicians presenting mind-reading acts, close-up magic and large-scale illusions – some of which the audience can help with. This event is recommended for folks aged 5 and up. Tickets are $63.

championsofmagic.co.uk

FRIDAY 10/7 – SUNDAY 10/9

Four Peaks Oktoberfest

5 p.m. Friday, 10 a.m.-12 a.m. Saturday, 10 a.m.-8 p.m. Sunday at Tempe Town Lake, 80 W. Rio Salado Pkwy. This (49th annual!) outdoor festival features various activities to help you celebrate Oktoberfest, including live music, carnival rides, a weiner dog fashion show, celebrity brat eating contest and an ASU Watch Party so you don't miss any football. General admission is $20 per person, free on Sunday.

fourpeaksoktoberfest.com

FRIDAY 10/7

Halloween Spook-Track-ula

6-9:30 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. The Paradise and Pacific Railroad is now transformed into a spooky spot with tricks and treats for the whole family. Guests can ride the train with scary (but not too scary) surprises and then head to the Halloween photo booths and a meet and greet with Bones the Engineer. Tickets are $15 per person.

therailroadpark.com

SATURDAY 10/8

Creatives Against Cancer

4-8 p.m. at Brightside Studios, 839 E. Camelback Road, Phoenix. This inaugural event will benefit the International Myeloma Foundation. Guests of all ages can find music, local vendors, grab a bite from various food trucks, activities for the entire family and, most importantly, create art for a cause. There will be a raffle, prizes and an Elton John cover band to cap off the evening.

brightsidestudios.com

Papago Music Festival

3-10 p.m. at the Papago Golf Club, 5595 E. Karsten Way, Phoenix. The first annual Papago Musical Festival will have guests traveling back in time. Six tribute bands will take the stage, singing everything from Abba to The Eagles. Food and drinks will be available for purchase, and proceeds will go toward the Arizona Alliance for Golf. Tickets start at $50.

papagogolfclub.com

Zombie Prom

7-11 p.m. at The Casual Pint, 4626 N. 16th St., Phoenix. Hopefully, there won't be any real zombies at this get-together. Zombie Prom encourages guests to dress in their best costumes for a night of drinks and dancing. There will be a king/queen crowning, photo booths, a raffle and, of course, a contest for best costume. This event is 21+ with a $5 cover fee – proceeds will benefit Equality Now.

thecasualpint.com



Harvest Moon Fest *at Tarbell's.*



Four Peaks Oktoberfest *at Tempe Town Lake.*

SUNDAY 10/9

Harvest Moon Feast

5:30-9:30 p.m. at Tarbell's, 3213 E. Camelback Road. The eighth annual Harvest Moon Feast showcases culinary creations made by high school teams and chef mentors, plus drinks and live entertainment by Nate Nathan and the MacDaddy-O's. This fundraiser benefits the Careers through Culinary Arts Program, which provides culinary, job and life skills to high school students in Arizona. General admission is $125.

ccapaz.org

FRIDAY 10/21

Silver and Turquoise Ball

5:30 p.m. at the Sheraton Downtown Phoenix, 340 N. 3rd St. This year marks 39 for the event and 75 for the Phoenix Indian Center – time to celebrate! Guests can enjoy a silent and live auction (with art, jewelry and gifts from local businesses up for grabs), an American Indian-inspired dinner and cultural entertainment. General admission tickets are $275.

phxindcenter.org

SATURDAY 10/22

Camp Connect-the-Dots

10 a.m.-2 p.m. at the Dementia Care and Education Campus, 3811 N. 44th St. This event is for those with family members diagnosed with Dementia or Alzheimer's. Children and teens (ages 5-18) are welcome to participate in various activities to explore what their families are experiencing at home. Teens will also participate in a dementia simulation. Parents are welcome to attend an additional workshop from 10-11 a.m. This event is free.

hov.org

Fall Festival

4-7 p.m. at Uptown Plaza, 100 E. Camelback Road. Celebrate the first official day of fall with Uptown Plaza's fall festival. Guests are welcome to come out and enjoy mini golf, face painting, balloon sculptures and trick-or-treating from Scoopwell's Dough Bar, Local Nomad and other participating tenants. Come in costume for this free, family-friendly event!

uptownplazaphx.com

FRIDAY 10/21 – SUNDAY 10/23

AZ Jazz Fest

6:30-10 p.m. Friday, 1:30-10 p.m. Saturday/Sunday, on High Street, 5415 E. High St., Phoenix. The streets are alive with the sound of music! This event will feature more than 20 bands, including Eric Benét, Norman Brown, Michael Lington and more. Guests can also enjoy food and drinks, available for purchase. Tickets start at $75.

azjazzfest.com

Yoga in the Outfield

8 a.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Grab your mats; this event is for those looking for a different kind of view for their yoga class. Attendees will participate in a one-hour session with professional instructors and then enjoy a post-class cocktail mixer on the Pepsi Patio. This is a 21+ event. Tickets are $30 per person.

saltriverfields.com

Salt and Lime Fiesta

3 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. All the good foods come out in October. This festival boasts 20+ taco vendors, dueling margarita and tequila spots, Lucha Libre wrestling, mechanical rides, live music and performances – and did we mention tacos? Tickets are $30 for general admission, $90 for VIP.

saltlimefiesta.com

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SUNDAY 10/23

Trick or Trot Family Fun Run

9 a.m. at McCormick Ranch Golf Course, 7505 E. McCormick Pkwy., Scottsdale. Help raise funds for Childhelp, a nonprofit that focuses on kids impacted by abuse and neglect. Attendees can dress in costume to run or walk the one-mile or three-mile course. At the finish line will be a celebration with refreshments, snacks, music and a raffle. Registration is $25 per person.

childhelp.org

MONDAY 10/24

Pumpkin Carving for Grown Ups

6 p.m. at Thunderbird Lounge, 710 W. Montecito Ave., Phoenix. Pumpkins aren't just for the kids this year. Thunderbird Lounge is hosting a pumpkin carving event where folks aged 21+ can grab a pumpkin, carve a design and watch *Charlie Brown's Great Pumpkin* – with a few brews, if you choose. Registration is $10. Pumpkins are included, or you can bring your own.

thunderbirdloungephx.com

FRIDAY 10/28 – SATURDAY 10/29

Balloon Spooktacular

5 p.m. at Salt River Fields at Talking Stick, 7555 N. Pima Road, Scottsdale. Dress up in your Halloween costume and head to Salt River Fields to witness more than 20 hot air balloons on display handing out 4,000 pounds of candy. There will be live music, food and drinks, kids' activities, a haunted trail, a costume contest and a fireworks display to cap off the night. Tickets are $22 for adults and $17 for kids.

srfballoonfestivals.com



***Noche en Blanco** at Hance Park.*

SATURDAY 10/29

Noche en Blanco

5-10 p.m. at Hance Park, 116 E. Moreland St., Phoenix. This event was inspired by a "dinner in white" event in Paris 30 years ago. Now, guests can experience the 7th annual Night in White in downtown Phoenix. Attendees should wear all-white cocktail attire and can enjoy dinner, dancing and live entertainment. Toward the end of the event, guests will get to see a grand Carnivale parade. Tickets start at $30 per person.

hanceparkconservancy.org

Halloween Bash

11-3 p.m. at the Arizona Boardwalk, 9500 E. Via de Ventura, Scottsdale. Costumes are a must for this event, especially if guests want to win the costume contest. There will be a vendor village handing out candy, bounce houses, slides, face painting, live music and entertainment, family-friendly performances, giveaways and raffles at this Halloween-themed extravaganza. Admission is free.

odyseainthedesert.com

Tai Chi Open House

9 a.m.-12 p.m. at St. Stephen's Episcopal Church, 2310 N. 56th St. Studies have shown that Tai Chi can reduce chronic pain, improve balance, reduce stress and help calm the mind. Want to learn more? Join The Taoist Tai Chi Society for an open house to meet fellow practitioners, learn a few moves and sign up for upcoming sessions while also observing and learning about health and wellness benefits. This event is free.

taoisttaichi.org

SAT. 10/29 – SUN. 10/30

Fine Art and Wine Festival

10 a.m.- 5 p.m. at Kierland Commons, 15205 N. Kierland Blvd., Scottsdale. Hosted by Willcox Wine County, this inaugural festival will showcase 15 of Arizona's best wineries. Guests can enjoy tastings, live music and art collections from various cultures. Tickets include ten tastings and a souvenir glass. Saturday admission is $35; Sunday is $30.

kierlandcommons.com

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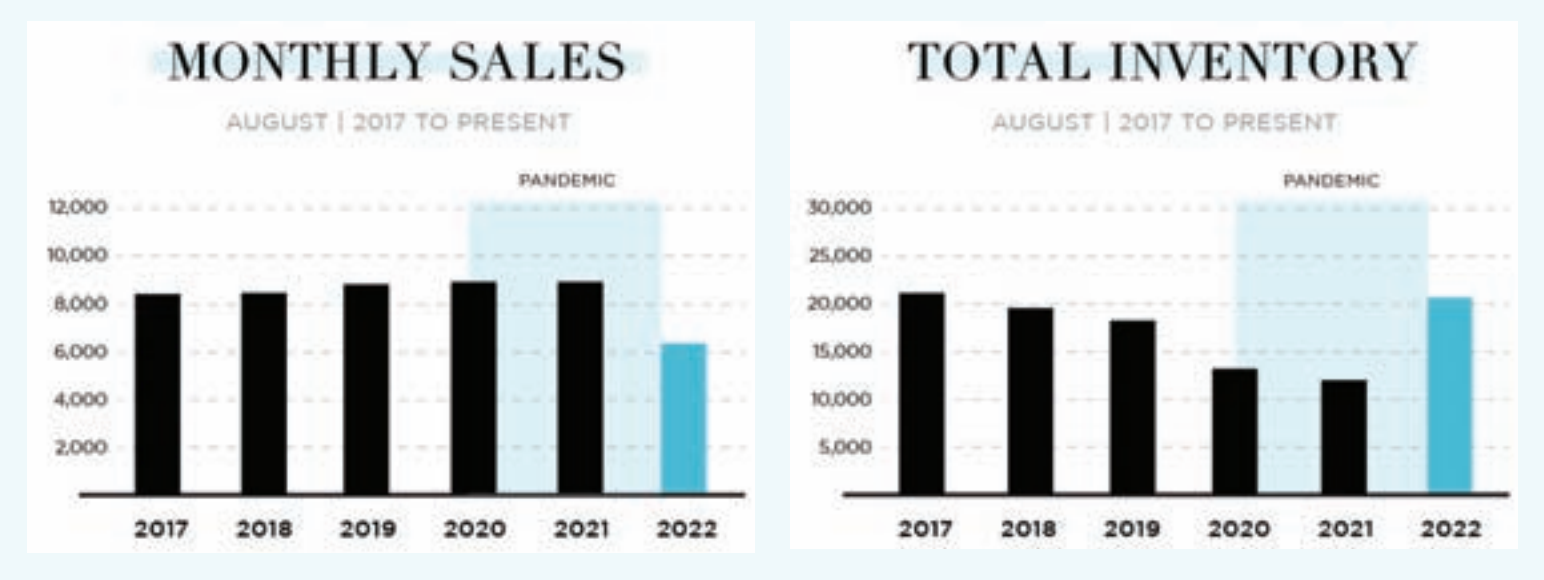
Then *vs.* Now

The year was 2019 and the real estate market was rocking in the Valley of the Sun! There were 17,492 homes on the market and it was taking sellers 63 days on average to sell. Things had never been better for our housing market as homes appreciated steadily and markets worked efficiently.

Then COVID happened....

Now, homeowners are upset when their daily refresh of Zillow doesn't populate a number that is 10% higher than yesterday or their home takes longer than 14 days to sell. Unfortunately, there is now an unhealthy relationship between owners and their expectations of the markets.

It is important to remember that once in a while we need to zoom out and re-evaluate just how far we have come. The "Total Inventory" chart below will show you that we are now normalizing back to 2018-2019 levels of housing inventory. Remember, not too long ago this level of inventory was considered historically low and fueled a very robust period for our housing market. Hopefully, the demand side will stay resilient and keep inventory from rising too much more in the future. We will continue to monitor these changes within our write up in the months to come.



If you ever have any questions on the current market or how to position your home for sale, please do not hesitate to call us at 602-888-6375. We are always available and ready to advise you on the ever changing market.

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OUT OF THE AREA, *BUT WORTH THE DRIVE*



Flagstaff Oktoberfest *at Wheeler Park in Flagstaff.*



Willcox Wine Festival *in Willcox.*

SATURDAY 10/1

Oktoberfest

3-11 p.m. at Dr. A.J. Chandler Park, 3 S. Arizona Ave. The downtown Chandler Oktoberfest features drinks (German-style brews!) and grub (soft pretzels and brats!) from SanTan and Pedal Haus breweries. Guests will find Oktoberfest-themed games and contests, including stein holding, wiener toss and sausage eating contests, plus live music from Desert Polka party, Hit Rewind and The Dirt. Tickets are $20.

pedalhausbrewery.com

Flagstaff Oktoberfest

11 a.m.-8 p.m. at Wheeler Park, 212 W. Aspen Ave., Flagstaff. If you're looking for a festival with potentially cooler temperatures, head to Flagstaff's 13th annual Oktoberfest. There will be costumes, live polka music, dancing, pretzels, bratwurst, contests, and plenty of brews. Tickets are $7 for adults, and 12 and under get in free.

flagstaffoktoberfest.com

Mariachi and Folklorico Festival

7 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave., Chandler. This concert is back for its 23rd year and will have guests out of their seats and dancing to the music of Mariachi Los Camperos and the 16-member Mariachi Estrella de Mexico, plus Folklorico dancers from Ballet Folklorico Quetzalli-AZ. There will also be art vendors and a special exhibit for guests to check out in between the music. Tickets are $48-$78.

chandlercenter.org

Monster Jam

Pit party from 2:30-5:30 p.m., main event at 7 p.m. at State Farm Stadium, 1 Cardinals Dr., Glendale. Celebrating its 30th anniversary this year, Monster Jam will feature Grave Digger, Jurassic Attack, Velociraptor, Vendetta, The Black Pearl and more battling it out in competitions of speed and skill. The Pit Party allows guests to see the trucks up close, meet drivers and crews and take pictures. Tickets are $30-$65, $20 for the pit party.

monsterjam.com

SATURDAY 10/8

Peoria Country Fest

2-10 p.m. at Pleasant Harbor, 8708 W. Harbor Blvd., Peoria. Grab your cowboy boots and get ready to sing along at this year's Country Fest. Guests will find live music from four country music artists, plus food trucks, mechanical bull riding and LIVE bull riding. Those looking to make it an extended weekend can also camp at the Pleasant Harbor RV Resort. Tickets are $30 for general admission and $75 for VIP.

pleasantharbor.com

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Bikers for Boobies

10 a.m., starting at Harley-Davidson of Scottsdale, 15656 N. Hayden Road. Arizona-based charity Bikers for Boobies is ready for its 13th annual motorcycle event for breast cancer awareness. Guests will find live music, raffle prizes, a silent auction, vendors and food for purchase. Then, hop on your bikes to end the night with an outdoor party at a separate location. Registration is $25 per person; this is a 21+ event.

bikers4boobiesaz.org

SATURDAY 10/8 – SUNDAY 10/9

Sedona Arts Festival

9 a.m.-5 p.m., 10 a.m.-4 p.m. Sunday, Sedona Red Rock High School, 995 Upper Red Rock Loop Road. The 31st annual Sedona Arts Festival will showcase a lineup of 100 juried artists from across the country. There will also be live music, raffle prizes, food, and a beer and wine garden – all set against the backdrop of Sedona's red rocks.

sedonaartsfestival.org

MONDAY 10/10

Vertuccio Farms Fall Festival

3-9 p.m. at Vertuccio Farms, 4011 S. Power Road, Mesa. Ring in the fall with activities galore. The festival features various family-friendly attractions like a corn maze, petting zoo, duck races, slides, pumpkin bowling, mega slide and more. Guests can also pick a pumpkin to take home. Snacks and drinks will be available for purchase. Tickets are $15 per person.

vertucciofarms.com

THURS. 10/13 – SUNDAY 10/16

Prescott Plein Air Art Festival

Time and locations vary. The third annual Prescott Plein Air Art Festival showcases 15 professional artists who will paint at various locations around Prescott while attendees witness and interact. There will be pre-festival workshops, a pre-exhibit sale at Yavapai College Gallery, artist demos, and a post-exhibit and sale at Mountain Artists Guild.

highlandscenter.org

FRIDAY 10/14 – SUNDAY 10/16

Willcox Wine Festival

Friday 6-9 p.m., Saturday/Sunday 11 a.m.-5 p.m. at 157 N. Railroad Ave., Willcox. Join Willcox Wine and the Cochise Graham Wine Council for this annual festival featuring 16 of Arizona's best wineries. There will be a vendor village with fine arts, artisan foods, plus live entertainment and food trucks. Tickets are $30-$45 and include a commemorative glass and ten tasting tickets.

willcoxwinecountry.org

SATURDAY 10/15

Glowing Pumpkins

6-10 p.m. at the Tucson Mall, 4500 N. Oracle Road. Halloween fun for the whole family happens here. This immersive event features art, twinkle lights, costumed characters and themed stops along an outdoor quarter-mile trail. Check out Dinosaur Land, Under the Sea, Superheroes, pumpkin carvings, a souvenir shop, snacks and plenty of photo opportunities. Tickets are $25; a family four-pack is $91.

glowingpumpkins.com

SATURDAY 10/22

Monster Mash and Dash

6 p.m. starting at Tortoise & Hare Sports 17570 N. 75th Ave., Glendale. It's a Halloween-themed scavenger hunt! Grab your team, dress in your costume and head to various Glendale businesses and landmarks to snap photos for proof. The team that collects the most snapshots will win a prize. Proceeds from the event will go toward providing shoes to kids in Title 1 schools. Registration is $14 per person.

tortoiseandharesports.com

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Our G.A.I.N. (Getting Arizona Involved in Neighborhoods) Picnic is an event designed to encourage neighbors from all over Arcadia to meet and get to know what our neighborhood is about. This event will showcase the importance of police community partnerships and citizen involvement. Come and see first responder demonstrations and other fun activities. This family event is neighborly, fun and free!

Bring the kids, bring your best friend, bring relatives, even bring your pets, or come alone to enjoy meeting City officials, your local police and fire fighters and your Arcadia neighbors. This is ACMNA's way to give back to the community and connect with our neighborhood. We look forward to meeting you!

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Believe it or not, Arizona's got 'UFOs'



The Lowe Road

BY SAM LOWE

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

It happens every year around this time – scary things keep popping up in my mind, and my thoughts turn to places and things that give credence to these mental manipulations.

Ghosts, for example. Over the years, I have dealt with several supposed haunted sites. They include alleged ghost sightings in such places as the Red Garter Inn in Williams, the Hotel Vendome in Prescott, the San Carlos Hotel in Phoenix, Coal Mine Canyon on the Navajo Reservation near Tuba City, the Hotel Monte Vista in Flagstaff and the La Posada in Winslow. I have spent extended time in each of those but have never seen an apparition. One believer said it's because I don't believe.

What I do believe is that several structures across Arizona might give rise to a belief that unidentified flying objects once landed here. And although they didn't survive the desert heat and summer monsoons, they did influence present-day architecture. At least, that's what I think about as Halloween approaches. These structures, for example:



Walkup Dome at NAU



Round Valley Dome



Camelback Seventh Day Adventist Church



Space Age Café



Hyatt Regency Phoenix



State Farm Stadium



Hotel Vendome

The Walkup Dome in Flagstaff and Round Valley High School Dome in Springerville look like flying saucers. They're big, they're round, and they both can hold a multitude of life forms. They closely resemble many of the sketches and drawings created by UFO adherents.

The Walkup Dome, located on the campus of Northern Arizona University, is the world's largest wooden domed stadium and can hold 15,000 earthlings. Some of them are dressed in strange costumes on certain autumn days, making them appear extremely large and bent upon destruction. The Round Valley Dome has room for 10,000 humans and is the site of many unearthly activities, such as racing madly around an oval track and throwing a leather spheroid through a net-lined metal hoop.

Both are enispheres – another word for "domes." And although both are used for athletic events, neither educational institution nicknamed its athletes The Aliens, Martians, Spacemen or, worst of all, the Plutos.

The meeting hall at the Camelback Seventh Day Adventist Church in Scottsdale bears a close resemblance to the two school domes, but it's substantially smaller, with a capacity of fewer than 1,000 people. It's painted a sort of tan, probably so it would blend into its desert surroundings and wouldn't be noticed after landing there. At least, that's what my mental state switches to every time I pass the building on the corner of Camelback and Hilltop Roads.

A couple of left-behind spaceships now serve as eateries. Diners at the Space Age Cafe in Gila Bend sit under a saucer that measures 28 feet across and features a three-tiered space mural rising to a 28-foot ceiling. The Compass Lounge and Restaurant is a vast circular facility on the 24th floor of the Hyatt Regency Hotel in downtown Phoenix.

Unlike the others, however, this one moves. It makes a complete revolution every hour, giving patrons a 360-degree birds-eye view of the city. Those looking forward to spinning around while eating will have to wait until December when it reopens after a renovation.

The most recent addition to Flying Saucer Architecture is at Loop 101 and Maryland Avenue in Glendale. It's round, huge and it cost a lot of earth dollars. It's the State Farm Stadium, where the Arizona Cardinals play football. The edifice features a retractable roof, a retractable playing field, seating space for 73,000 earth-bound residents and an original price tag of $355 million. And you don't even have to squint to notice the resemblance between the stadium and that saucer that came down from the skies in the movie *Close Encounters of the Third Kind*.

And now for something really creepy:

Just south of Casa Grande, on a barren spot in the Sonoran Desert that looks like a place where UFOs go to die, a series of abandoned buildings resemble giant, unhealthy caterpillars facing a wrecked flying saucer. They're actually concrete domes, once covered with chemical foam by an electronics firm that intended to manufacture circuit boards on the site.

The worm-like buildings were scheduled to be the workplaces, and the saucer was designed to be the company headquarters. But the project never materialized, and the site was abandoned. Now the ruins sit, eerie and spooky, awaiting a city plan to demolish them.

Price reductions on these wonderful homes in Arcadia



4520 E EARLL DRIVE

Say hello to this quintessential custom-designed Arcadia Ranch home priced to sell fast in one of the most highly sought neighborhoods. Fully remodeled in 2017 & recently transformed into a 4BR 3BA, this home features an open floor plan & giant chef's kitchen with large island. The electric skylight, vaulted ceilings & wall-to-wall custom sliding doors offer endless natural sunlight. Best of all is the breathtaking resort-like backyard on a 10,000 sq ft lot with views of Camelback Mountain, diving pool with Baja step & huge covered outdoor living area. Centrally located on a tree-lined street, this house is move-in ready with new HVAC & water heater installed just this summer.



4718 N 35TH WAY

Charming well maintained Classic Ranch home on a tree-lined street, reminiscent of Mr. Rogers' Neighborhood, in the heart of Arcadia Lite. This 2243 sq ft 3BR 2 BA light, airy home boasts an open floor plan with an updated kitchen, granite counters and a large centerpiece kitchen island for entertaining. The Bonus room with laundry is perfect for a home office or crafts. The lush resort-like backyard with mature landscaping, green grass & multiple patios have a fenced sparkling blue pool. A short walk to La Grande Orange, great schools, fine dining, shopping & the airport. Alley behind the home has been abandoned. This home should not be missed!

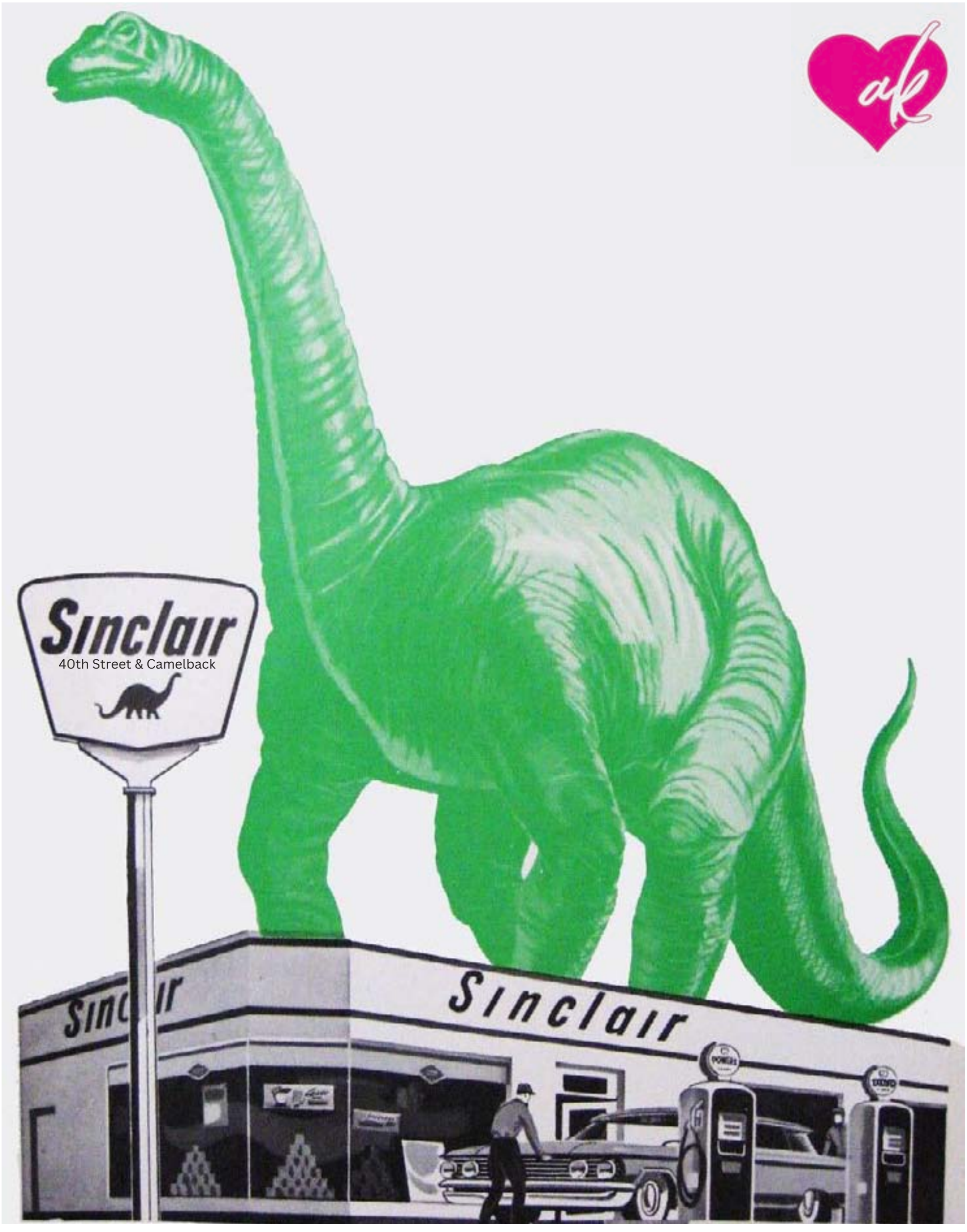


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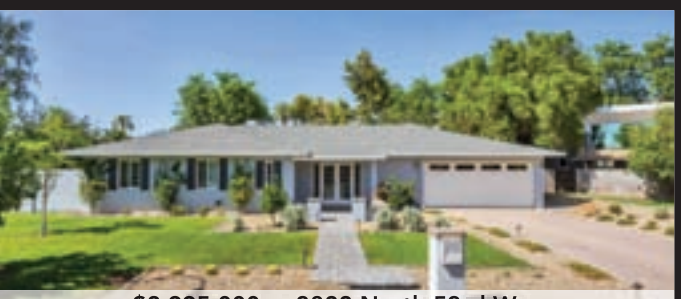
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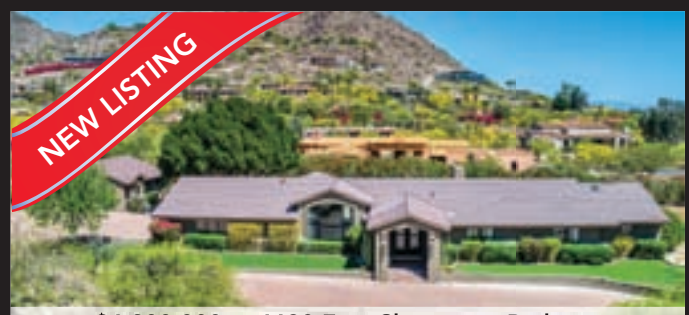
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4409north66thstreet.com



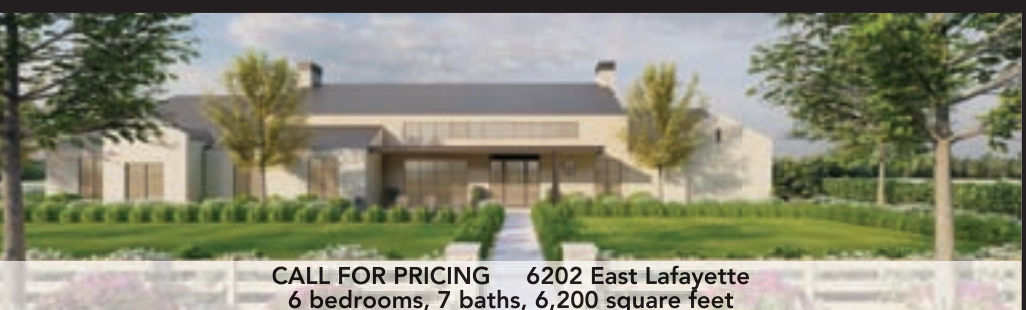
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$2,595,000 8628 East Sharon Drive
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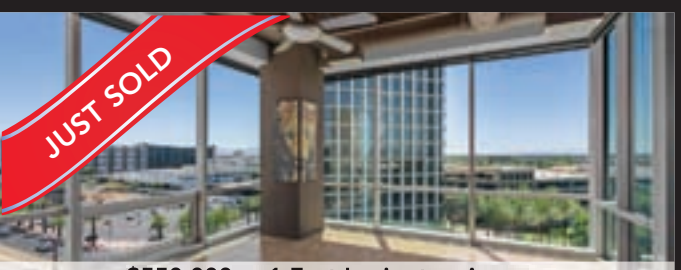
$4,200,000 5301 East Royal View South
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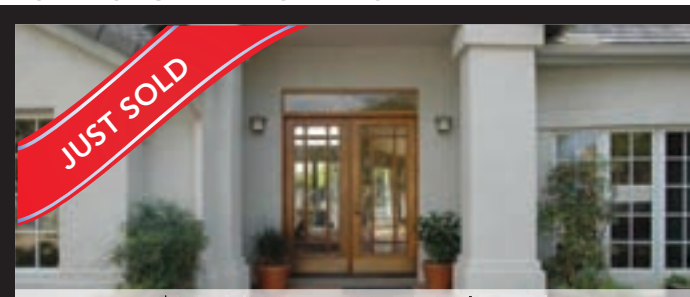
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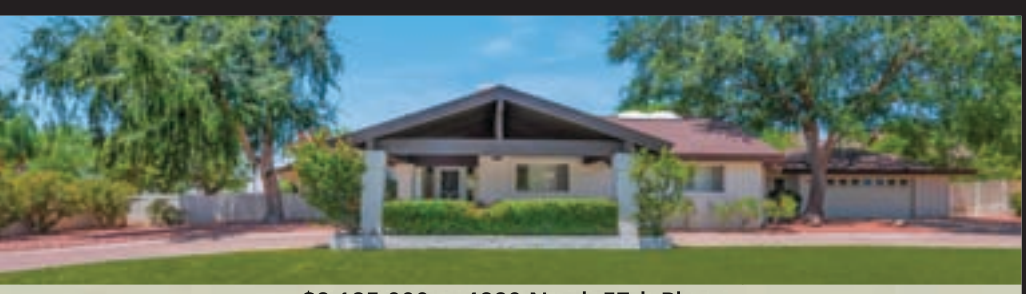
$550,000 1 East Lexington Avenue
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1lexington.com



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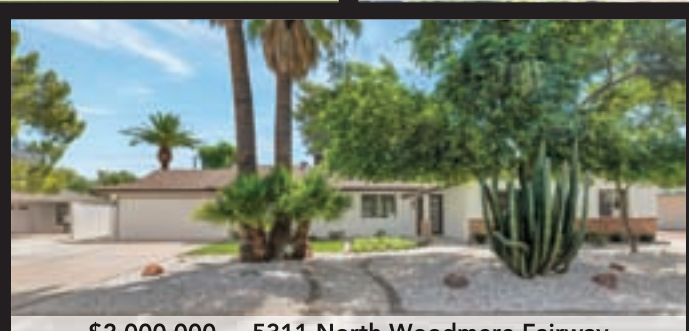
$2,195,000 4220 North 57th Place
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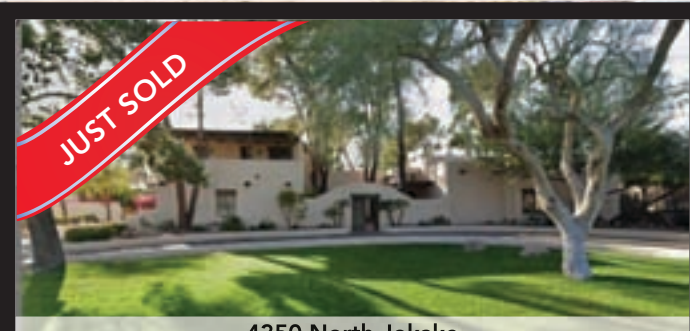
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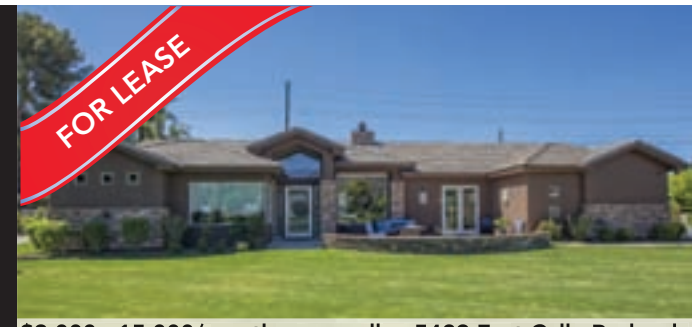
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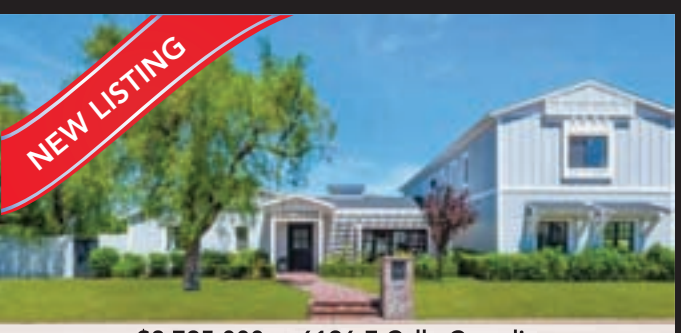
$4,200,000 7010 East Avenida El Alba
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$3,995,000 4621 East Camelback
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4621camelback.com



CALL FOR PRICING 8436 North Golf Drive
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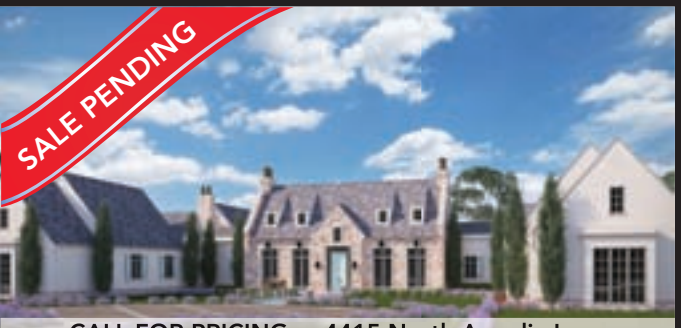
$2,795,000 6196 E Calle Camelia
6 bedrooms, 6 baths, 4,200 square feet
6196callecamelia.com



$12,000-$15,000 seasonally 8350 East Via del Sol
4 bedrooms, 5 baths, 4,783 square feet



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In the Kitchen

with Executive Chef Alejandro Martinez of Lon's at the Hermosa Inn

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Chef Alejandro Martinez has a desire to learn all he can about food cultures from around the world. As the product of multiple ethnicities, Martinez spent time taste-testing his grandmothers' recipes, ultimately leaving his home country of Argentina to explore the culinary world and ending up right here in the southwest – for now.

Start from the beginning.

I was born in Argentina and lived there until I was 23. I left for a brief period to work on a cruise ship and moved to Arizona in 2012. My dad's craft was restoring paintings. He always had an artist's touch. I remember as a kid, I used to hang around his shop, which originally belonged to my grandfather, and watch him restore these paintings or make custom frames. On the other side, my mom was a nurse.

So the cooking "gene" didn't come from family?

My entire family is from Europe. I have two parts Spanish, one part Italian, and one part Ukrainian. My paternal grandma was from Ukraine, my maternal grandma was of Spanish heritage, and they were married to Spanish and Italian men. Sunday family dinners were a fusion of those cuisines.

I would hang out and watch my grandmas make Italian and Ukrainian dishes – I always tried to help in the kitchen. My biggest approach to food was trying all the dishes. I was like the taste tester, you could say. The first thing I cooked myself was a couple of fried eggs.

Did you always know you wanted to be a chef?

Far from it. I was always attracted to the litigation side of being a lawyer. At the same time, I wanted to travel the world. If I chose law school, I would have to invest six years of my life before becoming a lawyer.

During high school, I was attending a cooking class outside of my regular classes. I was side by side with a bunch of women trying to learn some techniques. I was working in a kitchen on the weekends to learn all I could.

I did not go to culinary school. All I know is from working – learning from doing – and reading books. I did online courses for Cornell while I was in Bermuda and learned much about revenue management, hospitality, marketing, etc.

Did the cooking class cement your desire to cook professionally?

Kind of. My goal was to work in one of the popular hotel chains: Sheraton, Hyatt, Marriott, or something like that – and then ask for a transfer. It didn't work out that way, but I was able to get a job in the best restaurant in Buenos Aires at the time, La Bourgogne, which was part of Relais & Chateaux chain. That opened the doors to Europe. In 2000, I sent emails to every single property that was affiliated with the chain, and a place in Italy responded. In 2001, I was off.

What was it like working in Italy?

I was there for almost ten years – it was amazing and eye-opening; I re-learned everything I thought I knew. When I was young, I had a big ego. I thought I knew everything. I did not. So being in Italy helped a lot in establishing the mindset when it comes to the philosophy of what you're looking for when creating a dish.

Where did you go after Italy?

I spent a month and a half in France, worked four months on a cruise ship, then went back to Italy. I moved around a bit there, up north and down south to Apulia and Tuscany. I spent most of my time there. After Italy, I went to Bermuda. I got a job and was there for 2.5 years – it's where I met my current wife. She's from Michigan but was living in Scottsdale and, at the time, was working at the same hotel as me. She got an opportunity to move back, so I moved with her.

What other restaurants have you worked at?

My first job in the states was at Silverleaf Country Club in North Scottsdale. Then, Lon's for two years. From there, I became executive chef at Troon Country Club. After four years there, I came back to Lon's.

What recognitions have you received?

The latest was from Troon – it was the Distinguished Leadership Award; I was lucky enough to obtain one of those. Within Troon corporate, we did an Iron Chef competition, and I won that in 2019-20. I was voted Best Chef in Bermuda during one of the years I was there. I was working at an Italian restaurant, and ours was voted "the best lasagna on the island." That one was fun.

What do you love most about the hospitality industry?

When you go to a restaurant, you're basically going there to be entertained. Whether it's the ambiance, people watching, drinks, food, service or a combination. I feel a lot of reward when we are presenting something to our guests that are coming here with expectations – and we get to match or even exceed those expectations.

It pays off when you and your team are trying to figure out the best way to transform or showcase an ingredient. People don't see what goes on in the back of the house and the time invested in creating a dish. It's not something that happens overnight. The seasonality, how to combine, what is the best way to represent where we are at Lon's, and how can we let the dish speak for itself – these are things we look to do. It's fun to make it work. When you see the reviews, it really fulfills what we're trying to accomplish.

What is something you wish you could change?

In a way, I think the pandemic exposed a lot of things that the industry has been abusing for a long time. At the same time, it's becoming increasingly difficult to maintain the same standards that we had before because labor and ingredients were cheaper.

The bottom line is that working in a kitchen is something that takes a toll physically, mentally and psychologically. You have to be dedicated to work in a kitchen. It's not 9-to-5, Monday through Friday. You'll be here on your birthday, on holidays. Some people don't get that we are dedicating our craft to those who come through the door. I wish that there was more understanding from customers, owners, and peers that maybe you're having a bad day, but it doesn't reflect on how the restaurant is run on a daily basis. Obviously, if something is wrong, speak about it. Communication is important. Most of the time, problems can be fixed right away if we know about them.

What is your favorite thing to cook?

If you were to ask me ten years ago, I'd probably say beef. I'm from Argentina. I love meat. Over the years, my palette has changed, so now, I love transforming seafood. There's so much you can do. Vegetables and pasta are amazing, too.

My favorite technique is curing. It's a technique you can apply to almost everything that can change texture, consistency, flavors and colors.

Do you apply your background to the dishes at Lon's?

Some of them, yes. We have a wood-burning grill, so we use pecan wood to get that smoky flavor, so that's similar. Argentinian cuisine is based on Spain and Italy – we apply some charred elements to dishes.

Any unique anecdotes you'd like to share?

I've been cooking for 30 years, so I have a lot of those [*laughs*]. This one goes back to the old school and how the industry used to be. It was funny to me because I wasn't directly involved but was a witness to it: I've seen hot pans flying through the kitchen, directed at the individual who messed up. If you got hit, it was your own fault for not being fast enough!

In retrospect, it's not funny because the kitchen should have addressed it in a different way, but back in the day, it was a normal thing to do that I've actually seen happen.

That makes me think of a certain televised chef...

He was in the kitchen a few years before I started. He was trained by French chefs, as well, and – you know – they are very passionate. I'll just put it that way.

Speaking of chefs, who are a few that inspire you?

Thomas Keller. I think he opened the doors for so many talented people nowadays. Alain Ducasse, Michel Roux, Michel Bras, Marco Pierre White, Gualtiero Marchesi from Italy – they're the foundation of the newer type of culinary chefs.

Right after that, you have Adrià in Spain and all the Spanish avant-garde chefs that transformed everything you see these days. It's a great combination – I was witness to a lot of things that should not happen but was fortunate to be part of that era.

How do you keep yourself calm when things get crazy?

By default, I'm already calm. Years ago, I used to snap – I realized it's not as effective as tackling the problem before it happens. With proper training and materials to do the job, you should be able to do it as expected.

You've traveled the world – where else would you like to go?

I'd love to go to Asia. I'm fascinated by their cultures and history. Japan, China, and all the cultures that have been there for thousands of years. They have a lot that they can teach people. Singapore, where they blend everything. Africa – but it's so massive you'd need a lifetime to explore there.

What's next for Chef Martinez?

Within five years, I'd like to become a GM somewhere. I'm always trying to learn more and see what goes on outside the kitchen. My goal is for the team to become better in every way.

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Celebrating 45 years of compassionate community service

By guest contributor Debbie Shumway, Hospice of the Valley executive director

Hospice of the Valley is proud to celebrate a special milestone this year. Forty-five years ago, in the fall of 1977, a group of volunteers founded our not-for-profit community hospice. We began with just a few patients, very few staff and virtually no funding. But our commitment to serving was strong.

We traveled from one end of the Valley to the other, serving families with volunteer doctors, nurses, social workers, nurse aides and chaplains providing compassionate care and kindness.

In the early 1980s, Medicare created a hospice benefit, which allowed us to hire employees and begin serving more patients and families in need. From the early days through today, our mission has always been about delivering exceptional care.

As our community grew, we recognized the care needs of those dealing with significant health challenges but not ready for hospice. We began creating innovative programs to support families earlier, helping them manage chronic illnesses like cancer and pulmonary and cardiac disease and providing home-based primary care for high-risk patients with advanced illnesses.

Like our hospice care, all these programs are supported by a skilled clinical triage team that provides visit and phone support 24/7, even at night and on weekends.



PHOTO COURTESY OF HOSPICE OF THE VALLEY

Hospice of the Valley began as a community-based nonprofit with administrative offices in a church basement. Today, care teams provide specialized expertise in illnesses such as ALS, cancer, dementia and heart and lung diseases.

With community support, we recently opened a first-of-its-kind Dementia Care and Education Campus to enhance the quality of life for individuals and their families living with all types and stages of dementia.

As a not-for-profit, we are honored to be a safety net for our community. Hospice of the Valley cared for more than 22,000 patients and families last year and provided over $12 million in charity care.



Debbie Shumway

We could not do any of it without the amazing generosity of our community – which helps us care for all who come to us, regardless of financial resources.

Every volunteer makes a lasting impact: Providing companionship to patients and respite to caregivers, bringing a friendly therapy pet to brighten the day, making flower arrangements, paying tribute to veteran patients, and greeting customers at our four thrift stores. Their gifts are endless and so appreciated. Together we are caring for our community. Thank you for your trust and for supporting us these many years. We are excited about the next 45 and beyond.

hov.org

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The Fluffle from Gooder Goods.



Pizza, wings and salad from Fly Bye.

The Dining Scoop

GOODER GOODS

In April 2020, local chef Joe Meyers stopped by Harmony Fulton and Nate Lowrie's Arcadia home to discuss his dream of opening a café. After some deliberating – which included a whiteboard session of Joe's mission, vision and values – the trio decided to open one together.

On November 4, 2020, Gooder Goods debuted inside the Madison Improvement Club at 3802 E. Indian School Road. According to Fulton, Chef Meyers got started in the industry by accident.

"Out of necessity, he took a cooking job in college and fell in love with the excitement of it. Eventually, he went to culinary school, which was lucky for us!" she said.

On the menu, guests will find health-conscious items ranging from protein smoothies, burritos, avocado toast, waffles, salads, sandwiches, protein balls and baked goods from a local baker, Chef Mum. All the items are dairy-free, with a few gluten-free options available. They serve Provision Coffee and cold brew, and AZ Liquids juices.

Fulton said that avocado toast is the most popular item.

"It's so popular that we even had an a-frame sign made that says 'KILLER AVOCADO TOAST' to let people know how good it is," Fulton said.

According to the owners, a unique aspect of the eatery is its playful personality. The café's logo is a bunny drinking coffee, and the menu item names match that – for example, the "funky monkey" smoothie, "you're kale-in' me, smalls" salad and "off the hook" sandwich.

Gooder Goods was part of Phoenix Vegan Restaurant Week in September for the second year in a row. They are also looking for a primary location (with a drive-thru) and would like to spread offerings beyond Arcadia – like on the shelves of Sprouts or an online market.

getgoodergoods.com

FLY BYE

Fly Bye originally started as a pop-up ghost kitchen in 2020. Sam Fox of Fox Restaurant Concepts wanted a quick, convenient place that specialized in his favorite: Detroit-style pizza.

Fox enlisted the help of Regional Brand Chef Saman Javid, who fell in love with the industry at an early age. Javid watched his father and uncle run an Italian restaurant – he knew he wanted to follow in their footsteps. He attended culinary school in San Francisco, and the rest is history.

There are currently two open locations; one at Desert Ridge Marketplace, which opened in July 2022 and serves both dine-in and to-go, and one in north central Phoenix, which is to-go only. The Arcadia location, near 40th and Camelback Road, will be the third.

According to Regional Manager Kolin Thomas, Fly Bye became popular for a few reasons: online ordering, curbside pick-up and contact-free delivery. Oh, there's also the menu: Detroit-style pan pizzas; buttermilk-dipped, hand-breaded chicken tenders; chicken wings and eight house-made sauces. The classic pepperoni pizza is the most popular item.

Fly Bye recently expanded its menu to include hand-tossed pizzas, chopped salad options and hoagies.

From the original menu, pizza options include the crispy chicken parmesan, black truffle mushroom, and the copper hat with prosciutto, goat cheese, Medjool date, and salted pistachio. Guests can also build-their-own pizza.

New additions include the Lebanese Mom (marinated tomato, roasted garlic, spinach leaf, feta yogurt, za'atar) and The Brooklyn (pepperoni, Italian sausage, Nueske's bacon, mozzarella, crushed tomato sauce).

"I think the most unique aspect of Fly Bye is the attention to detail in every bite. From how we pick our pineapple to how it's roasted to perfection, every detail is thought through and intentional. We take real technique and apply it to something as simple as pizza to elevate our guest's experience," Thomas said.

The Arcadia location is expected to open this fall.

flybyetogo.com

THE SCOOP

The **Phoenix Greek Festival** is back again! Head over to the Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave., Phoenix, to celebrate with the 61st annual Phoenix Greek Festival. There will be authentic Greek cuisine, dancing and live performances, music, a village market with groceries and jewelry, culture and history tours and activities for the kids. Admission is $5.

phoenixgreekfestival.org

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Fear not, 'chemosabes,' for you are not alone

By Mallory Gleich

Arcadian Alyssa Gofonia-Dinowitz has always been a jack-of-all-trades. After moving to Arizona from Long Island as a kid, attending Xavier and ASU, then going back to NYC for a two-year acting program, Alyssa eventually made her way back to Phoenix.

She became a mom of two while teaching yoga to professional athletes, writing yoga-inspired articles, and creating a clothing line called Chewylou Designs.

During the mid-2000s, she also attended her mother's breast cancer chemo treatments with her four sisters. Usually a somber experience (her mother had already beaten cancer four times) the family made sure to keep things positive in any way they could.

Alyssa often noticed that other patients were alone and unprepared for the sometimes hours-long sessions.

"My family is all about connection, conversation and caretaking," Alyssa said. "We began learning about the needs of this community by carpooling with another patient, bringing baked goods and making close friends."

After her mom passed, Alyssa found that she couldn't stop thinking about those other patients.

"I couldn't bear knowing that all those 'chemosabes' were alone. Two weeks after mom died, I went back – and I haven't stopped," she said. Those "chemosabes" became the foundation for Chemo Companions.

Officially opened in 2010, Chemo Companions is a nonprofit that "provides companionship through a network of trained volunteers who bring comfort, conversation, laughter and nourishing essentials to the Chemo Lounge."

"Our mission is to make a positive impact on the lives of those undergoing cancer treatments by offering friendship and emotional support," Alyssa said.

A self-proclaimed lover of creature comforts, Alyssa noticed that patients were sometimes cold, sometimes hungry, and a little bored, especially since they could be there for hours at a time.

This led to the invention of Chemo Comfort bags. Each bag includes "essentials" for patients to use while receiving treatment.

"I thought about what I would want and what provided comfort to my mom to come up with items for the bags," she said.

Those essentials include hats, fuzzy socks, blankets, lip balm, ginger chews, tea, crosswords and pens, colored pencils and adult coloring books and granola bars – to name a few. Chemo Companions also provides pantry items and gas/grocery cards for patients who have suffered financially due to diagnosis and treatment. Supplies are donated from local companies and financial or donation drives.

"In 2010, the East Valley Women's League and I filled 100 Chemo Comfort bags. Now we're up to more than 500 annually," Alyssa said.

Patients of Ironwood Cancer Center in Chandler, MD Anderson Cancer Centers and Cancer Support Community of AZ (Phoenix and Flagstaff) receive visits and Chemo Comfort bags. Alyssa said that patient's reactions are always heartwarming.

"I am always humbled by their gratitude and grace," Alyssa said. "I often get asked why I am doing this, and I tell them about my mom and how she is still working through me."

Alyssa explained that through her work, she feels she's helping fulfill her mom's missions: "If you have two, give one away, leave it better than you found it, and kindness wins."

Alyssa said she would love Chemo Companions to eventually be "anywhere there is an IV pole." She also wants to introduce other options within the chemo experience: "chair yoga, breath work, healthy recipes, pet visits, meditation techniques, an inspirational speaker's bureau – there are too many things to list," she said.

Chemo Companions also offers free art classes, "adopt-a-family" for the holidays, and dinners for a local teen support group.

chemocompanions.org



PHOTO COURTESY OF ALYSSA GOFONIA-DINOWITZ

Alyssa with her mom and sisters: Robin Baethke, Jeannine Silverstein, Marriann Gofonia, Michelle Vestuto and Nadine Gofonia.



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"Meet Ms." | Ray Artigue

Harmony Fulton

Unicorns have been a fascination throughout the ages. The mythical beings have symbolized human characteristics such as innocence, purity, boldness and positivity. Storytellers have long depicted their healing, nurturing powers. Little wonder, then, that Harmony Fulton says that the unicorn is her emoji of choice.

The Cincinnati transplant has been nurturing and leading people toward health and happiness for most of her adult life. The entrepreneur teaches yoga and spin at The Madison Improvement Club these days.

She and her partners also own the restaurant there, Gooder Goods.

> ***There is something in my DNA that makes me care about people.***

"I started teaching fitness classes in college, beginning with step aerobics. I was a cheerleader in high school, and that's where my love for moving to music began," Harmony said.

She refers to herself as the "rainbow sheep of the family" because after graduating from the University of Cincinnati, she moved to Arizona. "It was sad to leave my parents and sister, but I just knew I needed to be around mountains," she said.

A self-guided trip to Australia and New Zealand first introduced her to the beauty of their majestic mountain ranges, and she recalls it as a life-changing experience.

"It was there that a stranger totally, and unknowingly, changed the direction of my life for the better," she said.

Fulton's birth name was Patricia, but she legally changed it to Harmony in 2003.

"The word harmony and all that it connotes is definitely what I strive to be about and live up to," she said.

When she isn't teaching a weekly nine-class schedule at The Madison, Harmony is busy ensuring that the Gooder Goods' customers are happy, greeting most of them by their first name.

"Healthy experiences are a side effect of exercise and food, and the result can be life-changing and even life-saving for some people," she said.

Fulton admits she wishes her parents could see firsthand what she has accomplished in her career and how it has helped others.

"They visit from time to time and cheer me on from a distance. I don't have plaques to display on the wall, or letters after my name, because my accomplishments are different. I inspire improvement in others and help change their mindset and behavior. Everything I do is invisible," she said, calling it "soul school."

Fulton believes people's heightened commitment to health is in response to the decline in society's physical and mental well-being. "There are immeasurable benefits and it's a wonder to see people making greater strides," she said.

Harmony and her team serve a menu of healthy foods at Gooder Goods. "We are snobs about our ingredients; if it isn't planted-based or high quality, it isn't used. Joe is our incredible chef and a master at making everything taste good, even gooder," she said.



Fulton admits that running a restaurant is challenging, but she continues her desire to bring harmony and contribute to the greater good.

"Something in my DNA makes me care about people and things, especially animals." She then underscores this by admitting that she'd rather save an ant than step on it.

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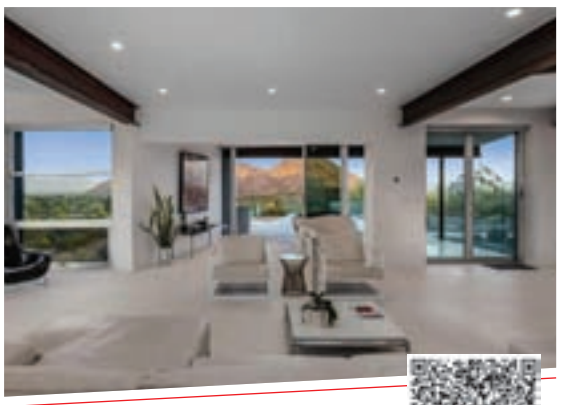
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Festive meals for the fall

October is a great month to get organized for the holiday months ahead. Cleaning out the pantry is a good place to start. I encourage people to minimize processed foods as much as possible and go for products with five or fewer ingredients. Start reading the ingredients on food labels and try to eliminate any products that have ingredients you can't pronounce, as well as these offenders:

Artificial colors: These will be labeled as Blue #1, Blue #2, Green #3, Red #3, Red #40, and Yellow #5.

Added sugar: Look for dextrose, fructose, glucose, lactose, maltose, sucrose, dextrin, maltodextrin, and high fructose corn syrup. **Artificial sweeteners:** Sucralose, aspartame and saccharin. Also, my Half-Day Wellness Retreat is happening on October 22 – learn new recipes and wellness secrets with lots of snacks!

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

Easy Mediterranean Salad SERVES: 4



Ingredients

- 2 cans garbanzo beans, rinsed and drained
- 4 Roma tomatoes, chopped
- 1 English cucumber, diced
- ¼ red onion, sliced
- 1 cup Italian parsley, chopped
- ½ cup Kalamata olives, halved
- ¼ cup fresh dill, chopped
- ¼ cup fresh basil, chopped
- ¼ cup sun-dried tomatoes (the type in a jar)

Dressing

- 3 tbsp. olive oil
- 1 tbsp. Braggs Apple Cider Vinegar
- Juice of one lime
- Juice of one lemon
- 1 tsp. pink salt
- ½ tsp. oregano
- ½ tsp. garlic granules
- ½ tsp. pepper

Directions

1. *In a large bowl, mix the beans, tomatoes, cucumber, red onion, parsley, olives, dill, basil, and sun-dried tomatoes.* ***2.*** *Whisk together the dressing and toss together.*

Banana Ghosts & Cutie Pumpkins SERVES: 12



Ingredients

- 6 large bananas (bright yellow and no brown spots)
- 24 mini chocolate chips
- 12 Clementine oranges (or tangerines)
- 1 stalk celery with celery leaves

Directions

1. *Peel the bananas and cut in half.* ***2.*** *Now with the pointy side up, press two mini chocolate chips in for the eyes.* ***3.*** *Peel Clementine oranges.* ***4.*** *Trim your celery into about ¼" thick x 1" stems.* ***5.*** *Set aside some single leaves that have a stem.* ***6.*** *Now insert the celery stem and celery leaf, and enjoy!*

Instant Pot Pumpkin Pasta SERVES: 6



Ingredients

- 1 tbsp. avocado oil
- 6 cloves garlic, minced
- ½ red onion, chopped
- 1 cup broth
- 1 cup pumpkin puree
- 1 cup coconut milk
- 1 ½ tbsp. white miso paste
- ¼ cup tomato sauce
- ¼ cup nutritional yeast
- 1 tsp. sage
- 1 tsp. thyme
- ¼ tsp. pepper
- 1 cup pasta
- 1 tsp. coarse salt + more for serving

Directions

1. *Add the oil to the Instant Pot and turn on the sauté setting.* ***2.*** *Add the onion and garlic and cook for five minutes, stirring frequently.* ***3.*** *Leaving the sauté setting on, add the broth, pumpkin puree, coconut milk, miso paste, tomato sauce, nutritional yeast, salt, sage, thyme, and pepper.* ***4.*** *Stir well to combine. Add pasta and stir again.* ***5.*** *Cancel the sauté setting and put the lid on the Instant Pot, making sure the nozzle is set to "sealing." Select "pressure cook" and set the time to five minutes.* ***6.*** *When time is up, carefully switch the nozzle on the lid to "venting."* ***7.*** *Stand back as a lot of steam will shoot out of the top of the lid.* ***8.*** *Top with fresh parsley if desired.*

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Living the sweet life with their new cookie business

By Jennifer Marshall

The famous adage, "necessity is the mother of invention," perfectly describes Jenny and Norah Moo's inspiration for establishing their home-based chocolate chip cookie business: Big Jenny's Cookies.

The business started in 2022 after Norah had trouble finding a summer job in Arcadia because she's 15 and there are limits on the hours she can work.

"For years, I've been baking chocolate chip cookies, and our family always said I should start a business. I figured this was a good way for Norah to earn some money as she seems to share my love for baking," Jenny said.

Before moving to Arcadia two years ago, Jenny sold real estate in the Chicago area while also working in interior design for around ten years.

"I'm not a desk job type of person," she said. "Baking is a way to relax and feel like I'm 'creating.' Norah also has a very creative side; although, she is much more artistic than I am and is more willing to experiment and try new recipes."

Jenny credits her brother-in-law for the name, based on an innocent reference he made years ago to her large homemade cookies. When this mother-daughter baking duo was brainstorming names for their new business venture, Norah suggested "Big Jenny's."

Jenny said "cost and ease" had them going the home-based business route.

"I researched cottage industry laws in Arizona," she said, "and they are quite favorable to home baking. Plus, I have four kids, and my main job is running this crazy household, so I'm not interested in anything that takes me out of the house for several hours if I don't have to."



PHOTO COURTESY OF JENNY MOO

Jenny and Norah Moo.



A batch of Big Jenny's chocolate chip cookies.

Jenny bakes the cookies, and Norah helps while also doing all the marketing.

"It's something that someone her age can do from their phone, anywhere, at any time, so it is the perfect fit," Jenny said.

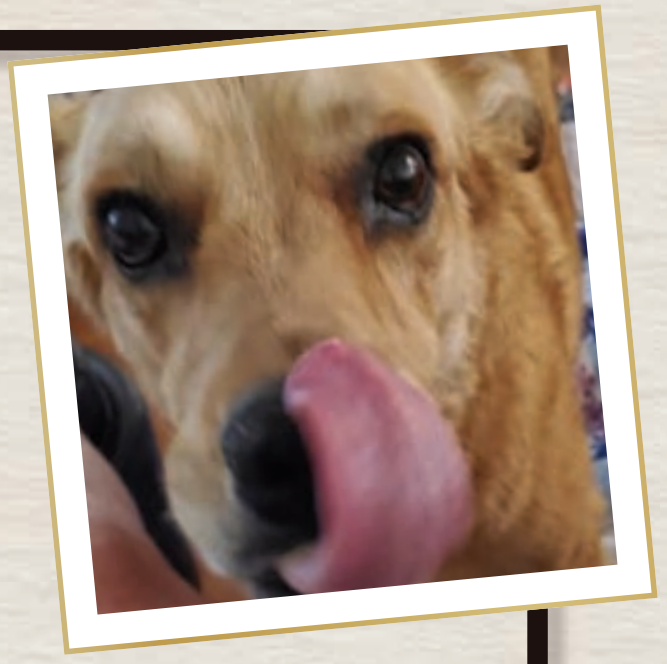
Big Jenny's Cookies currently offers the classic chocolate chip, but they're hoping to expand their offerings to include almond sugar and peanut butter cookies. They're also exploring the possibility of being able to ship out of state as they work to get their product featured in local schools and businesses.

"It's been a great learning opportunity for Norah," Jenny said, "as we drop off samples with local businesses. Marketing and sales are great lifelong skills, and I'm glad she's been exposed to them."

Learn more on instagram @bigjennysbakery



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Say what you want with Hazel & Violet



Our editor with just a few of her creations. Hazel & Violet allows guests to make as many pieces as they'd like.



Things we tried

BY MALLORY GLEICH

Since I could hold a pencil and write legibly, I have been obsessed with notebooks. I'm one of those people who buys them because of the pretty cover, intent on filling its pages with my musings. Inevitably, it ends up in a stack with the others I've collected over the years.

But when I happened upon Hazel & Violet, a local letterpress business in Phoenix that hosts public workshops, I knew I had to check it out.

A short history lesson:

Letterpress printing was invented all the way back in the 15th century by Johannes Gutenberg. This invention allowed many pieces of type to be cast at one time – which meant books, letters, notices, etc. could be printed at an accelerated rate. This type of printing continued until the 19th century.

A letterpress, simply put, is a form of printing where ink is applied to text or images on a raised surface, and then paper is pressed directly against it to transfer the text/image.

Hazel & Violet's owner, Nancy Hill, came from Tucson. Her family moved to Arizona in 1951.

Hill was living in Los Angeles when her position in corporate food service transferred her back to Arizona and she took it as a sign that her love of paper and typography now had a chance to blossom.



"My partner had taken a class, and afterward, we chatted about 'oh, wouldn't it be fun to open a business like that,' and here I am. It turns out I'm very well-suited to this," Hill said. "It's mechanical, there's a place for everything – it's a mix of precision and hand-made-ness."

Officially, Hazel & Violet is known as a letterpress shop/studio. They print everything from business cards, event announcements, holiday cards, wedding invitations and stationery.

The name of the shop comes from Hill's former business partner, who had two great aunts that lived in California and were "very entrepreneurial for their time." Their names were Hazel and Violet. The partner knew that whatever business she went into; she would name it after them.

"That worked for me because those are colors, too. What's old is new again; people are naming their children those names. If I'd known then, having to type out Hazel & Violet constantly, the business would be called 'Joe,'" Hill said with a smile.

Before the physical storefront opened 15 years ago, Hill and her partner ran their business out of a garage in Ahwatukee with a letterpress Hill bought on Craigslist.

"My partner then moved to the east coast, so I had to move everything out of the garage. I found a store on Roosevelt Road and was there for a few years before I found the spot on Grand Avenue," Hill said.

When it first opened, the shop was more of an art gallery – Hill only had one press, so she rented the space out to local artists. Now, there's an art collective on one side, and Hazel & Violet operates out of the other.

"I'm not the picket-line type, so making posters makes me feel like I'm doing something," Hill said. "I love seeing the result and being able to express myself through posters; I'm happy to share that with others."

I arrived at the shop, and my first thought was, "I want to live here." Colorful, handmade pieces with quotes, sayings and pictures line every inch of space.

Hill gave a tour of the bigger machines that make multiple pieces at a time – one of them was 100 years old! Then, she showed me where the cuts and fonts can be found and how a table press works.

Folks can choose from over fifty fonts, plus "cuts," wood and metal shapes, like stamps – trees, flowers, bicycles, people, spring-themed, Christmas-themed, etc. – that they can add to their creations. The hardest part is choosing what to create.

Hill said that most people choose a quote, so that's what I did. Once the font is chosen, you set the letter blocks on the galley (a metal tray). Each letter must be upside down and backward, a mirror image that will print so you can read it. Then, pick the ink.

There were many colors to choose from, but I stuck with black – at this point, I was only thinking about how to redecorate my house with handmade posters. Guests set the letters how they'd like to see them on the paper:

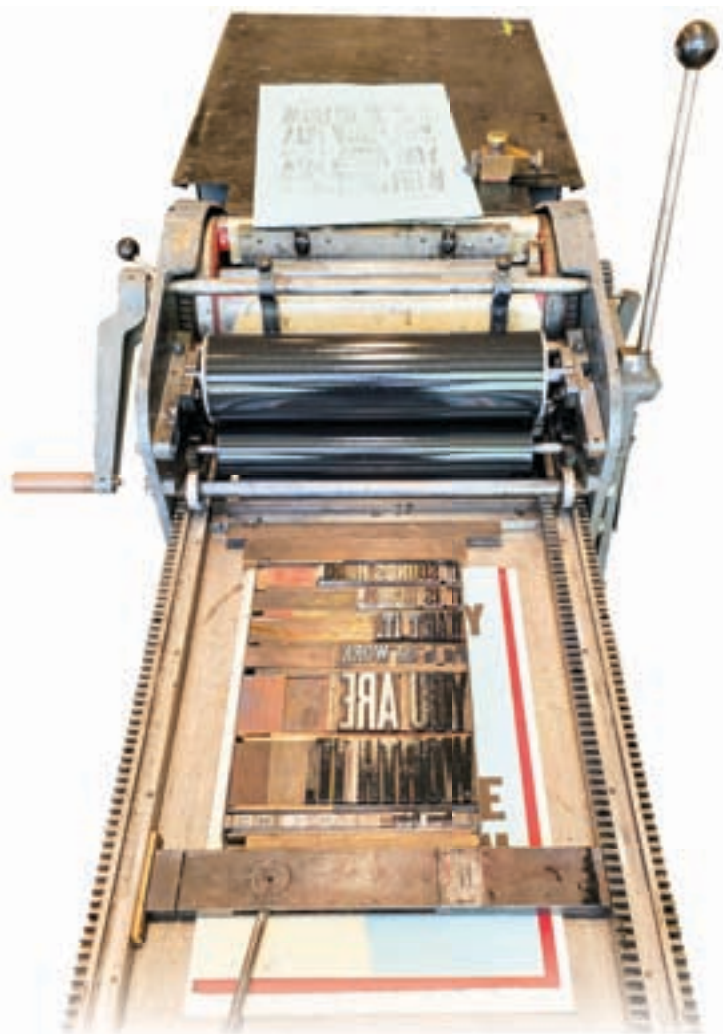
LIKE THIS, or
LIKE
THIS

Add the ink – not too much – with a roller and set the paper down over the letters. Then, grab the crank of the letterpress, roll it over the paper and boom! I had my cardstock AND a page from an old dictionary with a motivational saying inked on it. Yes, I'm a sucker for a motivational art piece.

The workshop is two hours long, and guests can create as many pieces as they'd like within that time. Along with these, Hill also offers workshops through Airbnb for those looking for an activity while visiting Phoenix.

The shop will sell cards and stationery at Local First's Fall Festival in November and various markets in December. Hazel & Violet creations are also available on Etsy.

hazelandviolet.com


Table press at Hazel & Violet.

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Robin's Adventures

BY ROBIN SEWELL

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

From the exotic to the endangered, the feathered to the furry, and the shy to the sly, The Wildlife World Zoo, Aquarium and Safari Park in Litchfield has one of the most diverse collections of creatures in the country. They have over 600 distinct species, making it Arizona's most extensive exotic animal collection.

The Wildlife World Zoo was opened in 1984 by Mickey Olson, a retired schoolteacher. Olson passed away in January, but not before his passion for wild things grew from ten to more than 100 developed acres. Olson raised exotic birds for other zoos before he bought more land to raise even more birds. He then started trading them for other animals – thus, the Wildlife Zoo was created.

Here, guests can find animals from all over the world. It's one thing to see a giraffe on television or look in on them from a path, but at WWZ, you can get up close and personal – and even feed them. It's a little intimidating, but once you get the hang of it, it can be a lot of fun – make sure they don't reach up and lick your face!



PHOTO COURTESY OF WILDLIFE WORLD ZOO

Hyacinth macaws, sea lions and giraffes are just a few animals that call the Wildlife World Zoo home.

Guests can also hand-feed parrots, deer, goats, sea lions, stingrays, and penguins. The zookeepers pride themselves on making the park as interactive as possible because they believe when guests have one-on-one interactions with wildlife, they are genuinely inspired to conserve and help to protect the animals.

Protecting and preserving for future generations is a primary mission of any zoo. One of the most notable species at WWZ is the white rhino. Currently, rhinos have a very uncertain future out in the wild and getting them to Arizona was years in the making. Employees worked with the folks in Africa and were able to import three female white rhinos.

Before they were brought here, they had to be protected by armed guards 24 hours a day for months because, in Africa, they are being poached for their horns at an alarming rate. The zoo built a state-of-the-art rhino barn and establishment exhibit, hoping that one day they'll have a successful breeding program.

Other exhibits include Dragon World, home to reptiles like a giant saltwater crocodile, an anaconda and a python that's over 20 feet long. The zoo has an entire aquarium with over 80 exhibits, including sharks, stingrays and sea lions, plus fish from all over the world. At WWZ, folks can visit the sea lions and watch them in all their glory during the "Sea Lions at Shipwreck Cove" show.

There's plenty to see and do for people of all ages in this west valley oasis. There's an African safari train ride and tram ride, which will take zoo-goers through the "plains of Africa" to see endangered antelope, gazelles, ostriches, warthogs and red river hogs. There's also a sky ride where guests see everything from a bird's eye view and a zip line with views of the entire west valley.

wildlifeworldzoo.com

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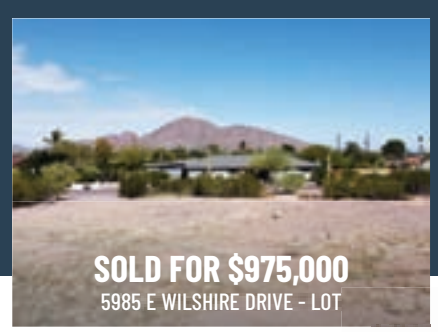
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Salon owner brings her vision to life

By Melissa Hirschl

Arcadia resident Sydney Goldstein has one overarching goal: to make women feel beautiful inside and out.

"It has always been my vision to create a quality salon and space that resembles spending time with your best friends," Goldstein said. "I envision my salon like a cross between *Steel Magnolias* and La Grande Orange."

Goldstein began chasing her dream on the heels of her high school graduation in Los Angeles. Two years of study at the Fashion Institute of Design and Merchandising and one year at the Makeup Academy of Hollywood cemented her proficiency.



Sydney Goldstein

"FIDM provided practical knowledge of business ownership, and The Academy provided me with live models to learn special effects, photography, television, bridal and high-fashion," she said.

Goldstein's makeup resume highlights include working with stars like Melissa Gilbert, Teri Hatcher, Reese Witherspoon and Judd Nelson. As lucrative as the career was, Sydney and her husband were tired of congested freeways and long commutes. They decided to relocate to Phoenix in 2004.

"The allure of Camelback Mountain, mature trees and lush green lawns drew us to Arcadia," Goldstein said.

Without the backdrop of the film industry, Sydney needed to change gears, choosing to work in various Arcadia salons as a makeup artist. Eventually, she decided to open her own shop.

"I would frequently visit the shopping center and see moms coming and going. The place I used to get my nails done had lots of clients. I knew if that store became available, I wanted it," she said. When the previous owner moved out, Sydney moved in. The process took less than a year.

Sydney's salon provides a host of services: hair styling, makeup applications and lessons, eyelash extensions and lifts, lip waxing, dermaplaning, microblading, and an aesthetician for facials. All products used on clients have a common denominator: clean lines devoid of additives and chemicals.

"To create a luxurious experience, I carry high-quality products for hair and skin. Acoin was a pioneer in makeup sculpting, and his products were only sold at high-end stores like Bergdorf Goodman before I had the opportunity to sell them," Goldstein said. "I had to qualify by letting the company know the other brands I would be carrying to make sure we were a good fit for each other."

The salon also has a retail area with clothes and jewelry to round out the beauty experience.

Sydney G Makeup Bar, Salon and Boutique, is located in the Safeway Plaza at 48th and Indian School.

sydneygsalon.com

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Arcadia mom channels grief through her first book

By Mallory Gleich

Those with pets know how important they are to a family, and how heartbreaking it can be when they pass away. Arcadia mom Claudia Teetsel and her family experienced that sorrow after the death of their pup, Coco.

"Our family got Coco back in 2009 – our first family pet. In 2016, we were devastated when she was diagnosed with Immune-Mediated Hemolytic Anemia (an autoimmune disease in dogs where the body attacks its red blood cells)," Teetsel said. "She became ill on a Friday and was gone by Sunday."

Coco's death was tough, especially since the family had never heard of IMHA before. Each of them grieved in their own way. It wasn't until she received a hand-made gift from her son Jason that Teetsel uncovered another way to grieve: through writing. After Coco's death, Teetsel knew what she wanted to write about.

After the family got their current dog, Pearl, Jason painted a portrait of Pearl chasing Coco through a meadow of yellow wildflowers.

"This meadow is a real place in Pinetop that we visited many times with Coco and then later with Pearl. Jason's painting inspired *BEA and HONEY: The Secret*," Teetsel said.



PHOTO COURTESY OF CLAUDIA TEETSEL

Author Claudia Teetsel and Pearl, who is featured on the cover of Teetsel's new book.

The story introduces a family who is heartbroken over the death of their family dog, Bea. After some time, the family adopts a new dog named Honey, who knows a secret: Bea has become an angel and is still near the family. Even though they can't see her, Honey can, and the two become friends.

"Profound grief over the loss of a pet is a feeling shared by many people. I hope my book will help to ease the heartache that they feel," she said.

Teetsel is originally from rural New Jersey – a graduate of Penn State. She worked in the healthcare industry for a decade before her first son was born, then became a stay-at-home mom.

"When Jeff and I arrived 23 years ago, we chose Arcadia because of the trees and green grass that add charm to the area and the diverse house architecture. We still live in the same house, and it's been a wonderful neighborhood to raise our children in," she said.

Teetsel said that she initially wrote the book to help ease her family's grief. Although writing a book on this topic was difficult, it was also therapeutic.

"I then discovered illustrator Judith Gosse and loved her skill at portraying animals. When she submitted her first sample illustrations, I knew I had found the illustrator for my book," Teetsel said. "Judith's watercolors brought my concepts to life."

Choosing the cover was a no-brainer: Teetsel used the painting that her son Jason had gifted her three years ago.

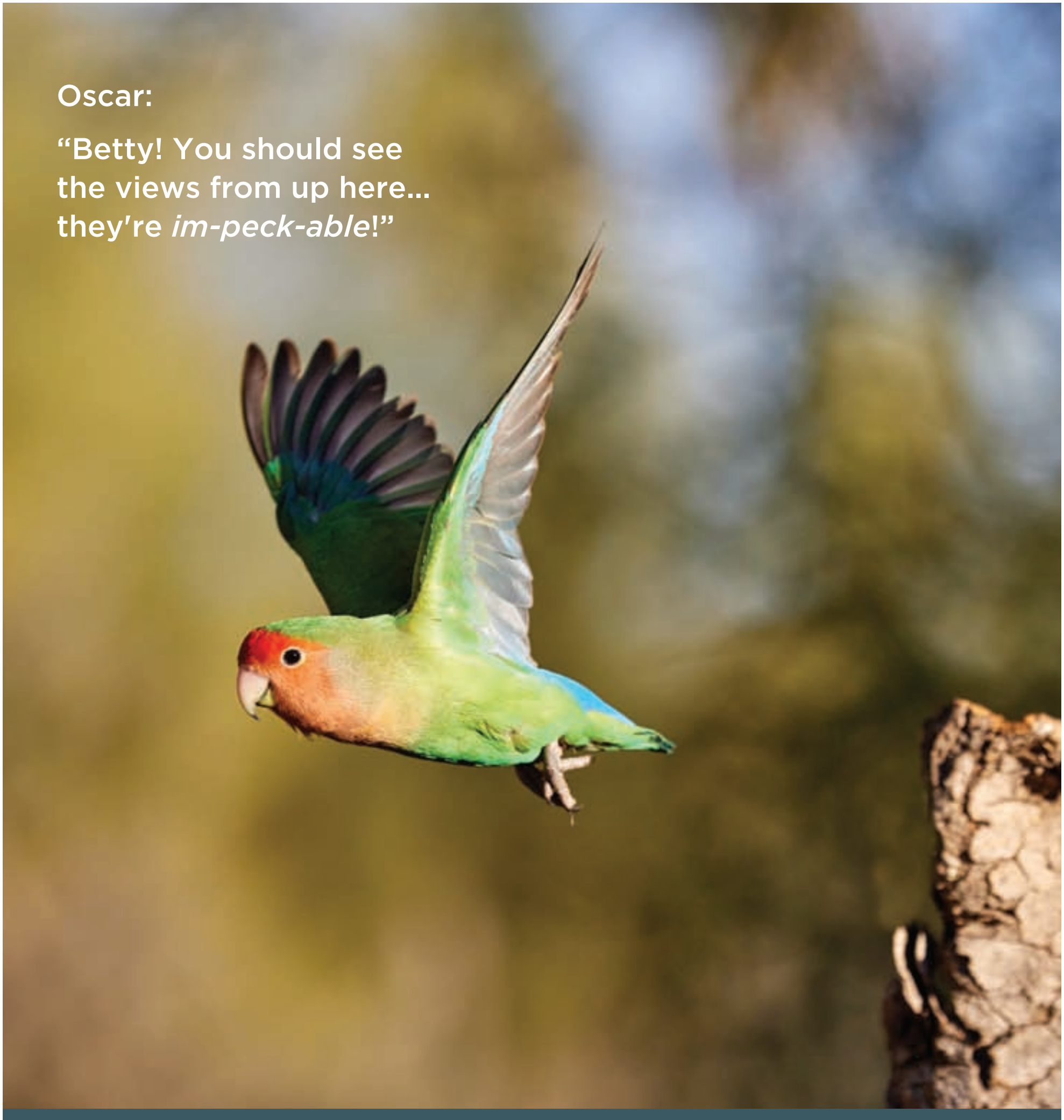
"My family has been supportive throughout the entire creation and publishing journey. They are delighted with the book, especially due to the personal connection we have with the story," she said. "I found the publishing adventure to be exciting and rewarding. I have learned a lot."

BEA and HONEY: The Secret can be found on Amazon or Bookbaby. A follow-up book will give readers more details about Bea and Honey's secret shenanigans, with a tentative release in 2023.

beaandhoney.com







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Six decades of Greek culture and fun in Phoenix

By Jennifer Marshall

In 1961, the church parishioners of Holy Trinity Greek Orthodox Cathedral were searching for ways to raise money for their church. An idea took hold, and the Phoenix Greek Festival – now in its 61st year – became a way not only to raise money but to share Greek culture and cuisine with the Valley.

"They used family recipes to cook food and pastries in the church kitchen, made Greek dance costumes by hand so that the youth groups could perform and opened the church doors to Phoenix," Marketing Coordinator Sandy Meris said. "Hence, the Phoenix Greek Festival was born. It has grown since and is now one of the state's largest and oldest cultural festivals."

According to Meris, the goal was – and still is – to showcase the vibrancy of Greek culture, history and cuisine. She said that Greek people are naturally hospitable and love sharing their heritage with others. The festival is also the church's largest fundraiser, and guests are encouraged to tour their cathedral while attending.

Everything is cooked in the cathedral kitchen. The menu includes slow-roasted lamb shanks, roasted Greek chicken and potatoes with olive oil, lemon and spices, moussaka (Greek lasagna), gyros and Greek salads. Pastries are made by hand from scratch by the church's Greek Grandmothers, or *γιαγιά* (pronounced ya-ya). Baklava and baklava sundaes take center stage.

PHOTOS: KAREN GALLAGHER AND ANDREA KATSENES



A member of Synthesi plays the bouzouki, a Greek guitar style instrument.



Andrea Katsenes-Pappas is really excited about those loukomades (a sweet puff pastry, dipped in honey)!

"Our food is the best Greek food you'll find in the Valley," Meris said.

Various Greek beverages, such as ouzo, Metaxa, beer and wine, are also available to sample. And it wouldn't be a Greek festival without dancing.

"People come for the food but stay for the dancing," Meris said. "We have continuous live music and exciting Greek dance performances. Our dance groups are composed of our church youth, and the costumes are now imported from Greece."

While at the festival, folks can also purchase Greek jewelry, clothing, art and grocery items.

"What makes it so successful are our people and volunteers," Meris said. "It is entirely run by our parishioners, and we put our heart and soul into making the festival a wonderful experience."

Arcadians Donna and Jim Manelis and their family have been participating since 2004.

"Jim is a first-generation Greek who grew up in Denver," Donna said. "We got our first taste of volunteering for the festival by working several shifts in the food lines."

From there, the family graduated to running their food booth, which has evolved over the years: they started selling *keftedes* (Greek meatballs) and chicken wings, then added chicken and pork souvlakia, Greek fries and salad to the menu.

"With the help of our three children, church families, friends, neighbors and sometimes out-of-town family, we're able to staff for the entire weekend," Donna said.

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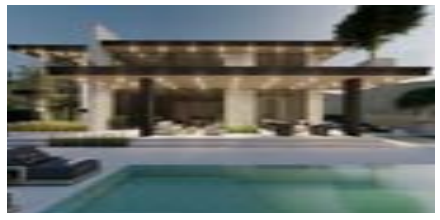
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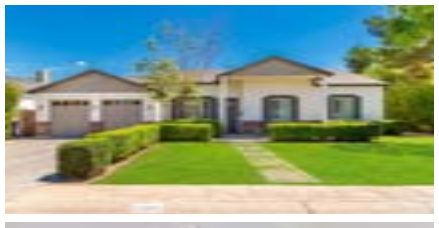
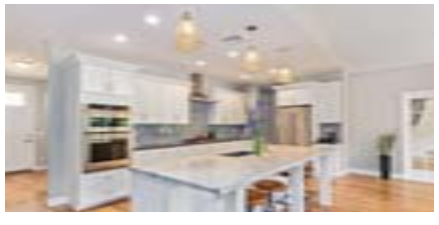
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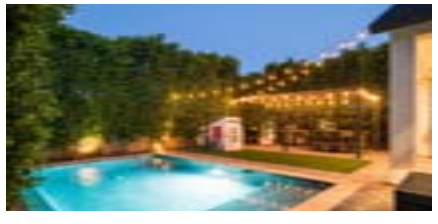
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This student knows how to talk the talk – and win

By Jennifer Marshall

Since seventh grade, Phoenix Country Day School senior McKinley Paltzik has honed her skills in speech and debate.

Six years later, her hard work has paid off, as McKinley won the National Speech and Debate Association's 2022 National Championship in International Extemporaneous Speaking this summer in Louisville, Kentucky.

According to McKinley, there are two types of competitive extemporaneous (without preparation), or extemp, speaking: international and domestic. International is McKinley's specialty; this deals with the subject of international politics.

"Extemporaneous speaking is a speech and debate event in which a competitor is given a political question and has 30 minutes to prepare a memorized, seven-minute speech answering the question," McKinley said. "Another competitor then cross-examines their speech."

McKinley won the national championship in this event, along with the President's Bowl, an award given to the person who ranks the highest in the final round alone. With these awards, she received a $1,250 scholarship. While at nationals, she competed in an impromptu speaking and congressional debate along with extemp.

McKinley also won the Yale Tournament, New York City Invitational, Montgomery Bell Academy Round Robin, Arizona State Tournament and the Tournament of Champions this year. All of these helped ready her for the national competitions.

"Just attending nationals is a huge accomplishment, as usually only the best two or three competitors from each state are allowed to compete," McKinley said.

This year, over 1,000 schools and 7,000 competitors from around the world attended nationals. McKinley competed with about 250 of the best contestants in the country. The tournament lasts for seven days and has 13 rounds. Throughout the tournament, competitors are ranked by nearly 50 judges, and the championship is determined based on cumulative ranks.

> ***My dad has been my number one fan since day one. To win with him in the audience was so special.***

This fall, McKinley will begin the college application process. She said she already knows she wants to study government and foreign policy – speech and debate have only fueled this passion.

"Competing in the final round of the national tournament has been my biggest goal since I started," she said. "To win is an almost unfathomable honor, and I'm incredibly proud. This championship represents a culmination of thousands of hours of hard work, dedication and effort."



PHOTO: NSDA

McKinley Paltzik was the only female finalist competing in international and domestic extemp at this year's National Speech and Debate Association tournament.

She said she couldn't have won nationals without the support of her team and coaches, Mr. Klemp and Rhonda Smith, and her dad, who she said has always been her biggest supporter.

"My dad's traveled with me to every tournament, let me use his office for online seasons and has been my number one fan since day one," McKinley said. "To win with him in the audience was so special."

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Mom-treprenuers from MOMnation at a 90s-themed party thrown by Team EvoAz.



Members Erika Romero, Lydia Palomino, Dr. Bobbie Bennett, Holly Parker and Krysten Leach at an American Red Cross blood drive.

PHOTOS COURTESY OF KATIE HALLE LAMBERT

Providing support from moms – to moms

By Melissa Hirschl

When real estate agent Katie Halle Lambert had her first and only child in 2014, she was anxious to bond with other moms who could relate to her new status. However, she found herself in a dilemma.

"My friends were in two camps: those with no children and those with older children," she said.

Her solution was to create a Facebook group called MOMnation. The original idea was to encourage fellow moms to join in play dates and coffee dates and help plan social activities. The new mom had no idea that the social networking group would take on a vibrant life and balloon to 10,500 Phoenix members – and eventually 18,042 members across New Hampshire, Florida, Washington and Texas.

Lambert, her staff and a cadre of volunteers provide a "village" atmosphere, philanthropic opportunities, emotional support, personal growth and a "cheering section" for members' businesses. The focus is on "moms as people."

MOMnation also provides a whirlwind of social activities, including camping, spa days, hiking, cookie decorating, out-of-town trips to Vegas and Sedona, prom night and bunco. Another feature of the group is Lambert's inspiring – and sometimes provocative – podcast.

"I have always wanted to be on the radio, so this was a perfect fit for me," she said.

Themes include trauma, addiction, domestic violence, Botox, dealing with bullies, emotional eating and life after divorce. There's also a monthly mental health segment with Certified Counselor Laura Wood.

> ***"People tell me how we have made a huge difference in their life. Nothing makes me happier!"***

MOMnation member Sara Pitcher has been a guest on Lambert's podcast – and the subject is delicate, as she is a survivor of domestic abuse. To spread the word on this important topic, Pitcher (with her 'cheering section' in the crowd) will be a guest speaker at a Domestic Violence Awareness Walk on October 15.

"The goal is to have moms work through past traumas so they can leave a new legacy for their children regarding mental health," Lambert said.

Philanthropy is another spoke in the wheel of MOMnation. The group recently sponsored its first "Backpack School Drive" to assist other moms in the community.

"Member business owners collected $3,400 that went toward cute backpacks filled with school supplies," said Lambert. "They were given to moms who couldn't afford classroom necessities."

The charity committee takes nominations in December for five families experiencing hardship and provides a complete holiday dinner. The leftover money goes toward gift cards.

"The love and outpouring of support I have received has helped me in my journey. Two kids, two businesses and a bunch of friends later, I continue to receive knowledge and love from this group – I am not alone," member Liz Shepard said.

"MOMnation's tagline is 'we change lives here.' I hear from people daily that tell me how we have made a huge difference in their life," said Lambert. "Nothing makes me happier than hearing that."

momnationusa.com





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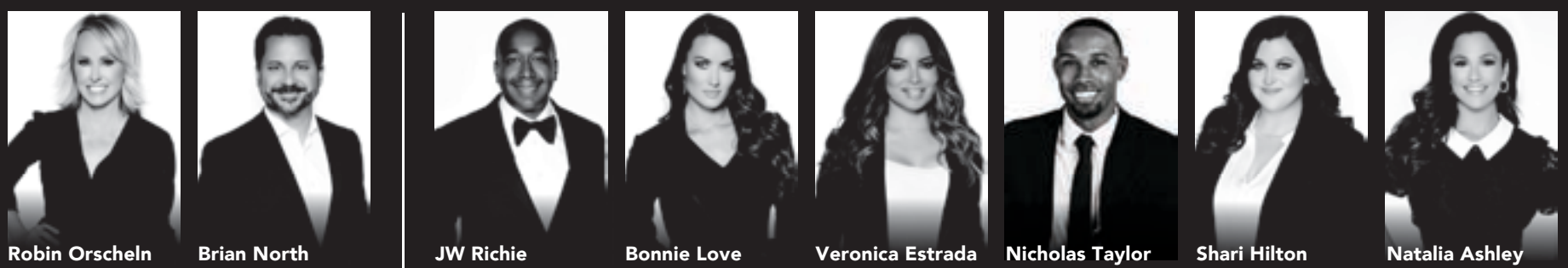


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A rare gift of 'truth and light'

By Mallory Gleich

As a youngster, Deb Levine knew she had a gift. It wasn't something physical; instead, this gift came from her mind. From her intuition. It wasn't until she got older that she realized she could share this gift with others.

Levine is a medium. No, she doesn't "speak" to the dead. She isn't a fortune teller, at least in the sense of how that industry is portrayed on television. She recalls her first experience with mediumship:

"I could 'hear' (subjectively; I did not actually hear a voice in my head or my ear) the voice of an older British woman asking me a question. I couldn't tell you what it was that she asked, I was so freaked out. I just remember putting my fingers in my ears and saying in my mind, 'Go away.' And she did."

Originally from Norristown, Pennsylvania, Levine attended Penn State and got her Bachelors in Advertising, citing that she wanted to be the next Amanda Woodward (a character on the television show *Melrose Place*). During her senior year spring break, she and her 85-year-old grandmother flew to Arizona to visit her cousin at ASU.

"I fell in love with the sunshine, palm trees, and the fact that it was halfway across the country from where I grew up," Levine said. "I was ready for a change, so I waited a year after graduating college and made the trek out west. It was only supposed to be for two years – that was 25 years ago."

Levine decided to finally accept her gifts after settling in Phoenix.

She opened Soul Wisdom 'unofficially' in 2018, doing readings from her bedroom closet before moving into an office space in 2020. She offers private, one-on-one mediumship sessions, public and private group demonstrations, and sound healing meditation events.



PHOTO: KATIE LEVINE

Deb Levine harnessed her gift of mediumship – connecting with souls no longer living – and shares it through her business, Soul Wisdom.

Levine said that a person doesn't just become a medium; rather, one IS a medium.

She explained that mediumistic "gifts" (the ability to connect with those that have left their physical bodies) cannot actually be taught, but they *can* be honed.

Levine said she has sharpened her skills with the help of trained mediums for the past five years. She also works with her mentor, John Johnson (a Scottish tutor of mediumship and Intuitive Arts) and participates in monthly workshops.

Within sessions at Soul Wisdom, Levine is able to connect – or "visit" – with people from her client's life that have passed – but it's more an awareness of their spirit.

"A 'visit' from a spirit is different for every medium. Some people see the deceased objectively, as in, they can actually 'see' your deceased grandma standing beside you. I 'see' spirit subjectively, in my 'mind's eye.' It's like picturing a scene from your favorite movie and being able to play it out in your mind," she said.

And if you're wondering if Levine can see the future, the answer is no…but also yes. Sometimes, she'll pick up on something in her client's energy – something that hasn't happened yet – but that doesn't mean it actually will happen:

"I connect with something within the soul of my client that leads me to feel it could be something they may want to consider. I might encourage them to think about something specific, but it's up to my client to determine whether they want to take the ball and run with it," she said. "To tell someone their future would only serve to disempower them. I feel my job is to empower someone on their journey of personal growth and self-healing."

Levine's hope is that each client leaves with a deeper understanding of themselves; that the session "serves as a mirror of reflection of their own powerful inner light that maybe they haven't been able to see for a while, or ever."

Soul Wisdom is hosting "An Evening with Spirit" event on October 1 at Shantiful in Old Town.

thesoulwisdom.com





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Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

I love that the last few years have been a job seeker's market. Companies have made significant adjustments that seemed impossible before to recruit and retain the best employees. Salaries increased, and pay became more transparent. Many people began working from home.

Work-life balance took a front seat. Employers had everything to gain by becoming more receptive to employee needs. Employers struggled to find employees. But don't fool yourself. This is not a permanent state. Like everything in life, change is a constant.

If you have a retirement fund that depends on the stock market, you have probably noticed that the last few months have been up and down. You've probably heard that the housing market is changing. You have likely seen that many companies are struggling overall.

A downturn has been inevitable. Seeing how well things held up amid a global pandemic was surprising. The instability we're feeling has been on its way for quite some time.

The rights of employees are essential. Everyone should be treated with respect every day. There should be boundaries between the workday and personal life. Companies should pay top dollar for top talent. But a saying comes to mind: "Would you rather be right, or would you rather be married?" In this case, "married" should be swapped out for "employed."

We cannot assume all of the perks from a job seeker's market will continue as it becomes an employer's market again. The intention here is not to scare you. But if there's one thing we've learned, it's that anything can happen. You cannot assume things will continue the way they are today.

Realizing that no one can predict the future, all we can do is prepare. The last thing you want is to find yourself in a difficult situation with no plan.

If you haven't updated your resume in a while, it's time to dust it off and ensure it is current. Have it on standby, just in case. Don't forget about LinkedIn. It should be updated and connected to your colleagues and have a recent photo of you. Your resume and LinkedIn profile are two of your most excellent job search tools.

If your work is already feeling unstable, it may be time to go to the next step. You may want to begin to apply for jobs. Although the job market looks poor right now, hiring is still happening. It may be harder to find a job and may take longer, but it is not impossible.

Set aside time each week to work on your plan. Think about where you would like to be in one year, in five years. Don't wait for the future to happen to you. Lay your foundation now.

From the Archives



ARCADIA NEWS

Vol. 20 No. 7 AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 October 2012

ARCADIADAILY.COM / ARCADIAPIX.COM

Matt McMurry is a 14-year-old looking at the world through a racing mask. It's his hope to become the youngest person to drive in the Le Mans 24-hour car race, and from a start with go-carts to his current training, he's out to turn the dream into reality. *Read his story on page 62.*



Have you sponsored your pink light yet? An annual part of Breast Cancer Awareness Month, The Pink Light District is a local cause that Arcadia News strongly supports. Help those diagnosed with breast cancer get a second opinion. Go to: **aibh.org.**

It's a special year at Arcadia Neighborhood Learning Center. The school is prepared to show off a facelift with a dedication and carnival.

Page 39

This year's list of things to do in October includes the 20th anniversary of the Arizona Fall League, the best kept secret in all of baseball.

Page 48

In October 2012, Matt McMurry appeared on our cover. Back then, the 14-year-old was on a quest to become the youngest driver to ever race at the 24 Hours of Le Mans. Five years later, he was featured on our cover after completing his quest. These days, McMurry is a professional racer and engineer.

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PHOTO: LEE FERGUSON

2022 Arcadia Swim and Dive team.

Arcadia swim and dive starts with a splash

By Rachael Bouley

After the final bell rings, signaling the end of the school day, 46 swimmers and 22 divers from Arcadia High School don't go home. No, these dedicated and motivated individuals head to the pool for training four days a week, two hours a day – and this doesn't include their personal training sessions.

Dive coach Brittney Blystone said the team looked strong throughout their first home dual meet and invitational – against Saguaro High and Shadow Mountain – with plenty more to come in a season that runs until state title competitions begin in November.

"We have many returning divers and welcomed many new faces to our team. Several divers are already looking to compete at state," Blystone said.

Those divers include previous state competitors Sophie Osika and Avery Bowling, who was honored with an SUSD All-District Athletic Award after finishing first at last year's district meet and sixth at state as a freshman.

Swim coach Risa Moran said the swimmers also show a lot of potential. After wrapping up the 2021 Division II State Championships with the boys ranked 12th and the girls 21st, the swim program trusts its seasoned competitors to lead the way this season.

"Our biggest strength is that we have a lot of experienced swimmers who can help our newer members," Moran said. "We had several swimmers compete in State in previous years, including Emily Dodd, Henry Ord, Kate Webster, Lola Webster, Noelle Elrod, Ella Loel, Reagan Drewett, Aidan McClure, and Ryan Mallender."

Dodd, one of the leading point scorers at last year's swim meets, and the rest of the confident competitors encourage newer swimmers to give every pool session their all, whether it's for practice or a meet.

It's a team effort as the Titans face strong competition from schools like Sunnyslope, Horizon, Cactus Shadows, and Millennium. Most of these competitions are dual meets where Arcadia faces one other team.

"The meets are full of energy, and the races alternate between boys and girls – this year, boys get to go first," Moran said. "Our ultimate goal is to have fun and beat our previous times."

Although there are inevitable challenges as student-athletes juggle other after-school activities and homework, the coaches are committed to making it work by being flexible and supportive.

"We are overcoming these challenges by encouraging students to make the most of their time after school to get work done before practice starts," Moran explained.

The coaches motivate team members by reminding them that the more practice they do, the more meets and events they will be able to compete in. As Coach Moran said, "the key to success is showing up to each practice ready to give it their all."

At the tri-meet against Shadow Mountain and Saguaro, the girls' and boys' teams placed second, while the Dive Team won by default.

Teams will compete against Cactus Shadows on October 6, Chaparral, Desert Mountain and Saguaro on October 22 and Millennium on October 27.

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PHOTO: STEPHEN DANFORD

Parker Bond, Ian Christoffersen, Hank Hubbard, Jackson Malatesta, Joseph Mellen, Guy Milisci, Jack Peters, Oliver Smith, Drew Stauffacher and Greyson Tass. Not pictured: Grant Erickson.



PHOTO: ERICA MCCLURG

Kylee Rohde, Katie Cross, Maryn Cross, Avery Wahl, Mackenzie Bream, Payton Connelly, Annie Spiekerman, Coach McClurg, Phoebe Kleinlein, Logan Jenkins, Maggie Bogart. Not pictured: Scarlett Danninale.

Hold on to your putts: golf season is here

By Jennifer Marshall

The grass is green, the flags are set, and Arcadia, Brophy and Xavier's golf squads are ready to play their best. Arcadia News caught up with our area high school teams to see what they're most excited about this season.

ARCADIA

The Arcadia boy's 11-member squad kicked off their season in August and will compete until early November. The season started with matches against Notre Dame Prep and Mountain Pointe and they also participated in a 23-team tournament.

The team practices once or twice a week, playing nine-hole matches and doing skill work. According to Head Coach Stephen Danford, the team's strengths reside in their depth and experience, while their weakness is inconsistency, which he said they're working on improving.

"Of course, our ultimate goal is to win the state championship," Danford said. "Over the last four years, we have won State twice and came in third last year."

"After finishing third in State last season, as a senior, I feel like there's unfinished business this year," golfer Jack Peters said.

The Titans have upcoming matches against Horizon, Desert Mountain and Chaparral. They are currently ranked 6th in the state for Division II schools and they won three matches in a row at the start of the season, with senior Parker Bond medaling in each match.

The Lady Titans have had matches with Cactus Shadows, Desert Mountain and Chaparral thus far. Practices include going to the driving range, chipping, sand traps or putting. Some days, the squad plays five-to-six-hole games.

"Our strengths are that we have several returning players from last year, who played a lot in the off-season, so they are stronger this season," Head Coach Erica McClurg said. "I cannot think of any weaknesses – I only try to focus on the strengths."

They were the district champs last year, so they're hoping for the same winning streak this season.

"I'm looking forward to state. Golf is a great team bonding experience – plus, we get to skip school and play golf with our friends!" team member Payton Connelly said.

"So far, matches have been very hot," McClurg said, "we play nine holes when we have matches against one other school, and then we play 18 holes when we have invitationals." Most recently, the lady Titans won the Aguila Open, an 18-hole tournament against 12 other schools. Mackenzie Bream placed first and Payton Connelly shot a 76, her personal best.

BROPHY

"We played one tournament and one dual to start off the September season," Steven Shaff, Brophy's Sports Information Director, said. "Last year, Brophy was the runner-up at the AIA State Championships in Division I."

According to Coach Jon Shores, the strength of the 11-member team is found in the fact that "we're a small but tight-knit group of guys who genuinely care for one another and root for one another. This brings out the best in all of them."

By contrast, he said their weakness is that they need a constant reminder to think about all 11 teammates, not just the five they think might help them perform their best.

In addition to making it to the state competition, the team's goal is to foster a strong bond between all the players as they help each other grow as golfers and leaders on and off the course.

To date, the team has won three of four matches. The Broncos participated in – and won – two invitational matches. After an upcoming tournament in Flagstaff on October 7 and 8, they will head to Florida for another tournament on October 14-15.

XAVIER

Xavier's golf squad will play ten matches and four invitationals throughout the season. Coach Tui Selvaratnam said their main focus is to play each match well and qualify for the State Championship.

"The main strength of the 2022 team is that we have a very deep team," she said. The competition among the 20 team members is very high!" Practices are broken down into three sections: putting green, chipping and short game area, and driving range. All team members spend equal time in each area, working on their game.

"The one thing we need to work on is being consistent each time we compete," Coach Selvaratnam said.

In the last 43 years, Xavier College Prep has won 37 state titles and six state runners-up – they started off this season well with a win at their first match against Chandler.

"The ladies are most excited about making new friends, becoming a family, helping each other, playing well, making the top five and winning back the State Championship," Coach Selvaratnam said.

As of deadline, Xavier has four wins; against Chandler, Hamilton, Basha and Perry. Upcoming matches this month include Horizon, Mountain Ridge, Millennium and Liberty.



PHOTO: STEVE SHAFF/BROPHY ATHLETICS

Coach Jon Shores, Tyler Spielman, Nico Nuez, Scott Belgrad, Dylan Boenning, Henry Dall, Charlie Palmer, Ty Blaicher, Nick Butkiewicz, Jack Abraham, Trevor Karber and Nick Lyman.



PHOTO: TUI SELVARATNAM

(back) Giulianna Bulkley, Kate Hauptman, Jayden Jevnick, Kyla Layman, Alanna Karuru, Karter Nannen, Isabella Piazza and Natalia Lamadris. (middle) Annie Dawson, Reimi Bleyl, Aanvi Goel, Lauren Campbell, Ellie Van Kolen, Sophie PeBenito-Brooks and Sophie Stamatis. (front) Madalyn Gubernick, Grace Rubelsky, Lena Durette, Kalyn Doss and Carrie Doss.

DID YOU KNOW? HAUNTED HOUSES

ORIGINS



Norman's Ghost Show, 1900, is an early version of the Haunted House, built by Orton and Spooner in Staffordshire, Great Britain.

1 A.D. – Pliny The Younger wrote of his home being haunted by an old man with a long white beard.

The Orton and Spooner ghost house was built in 1915 and was the first haunted house attraction built for the general public.

One of the most famous haunted attractions was a display called "Chamber of Horrors" by Marie Tussaud, which consisted of the decollated wax figurines of notable French figures such as Marie Antoinette, King Louis XVI, Robespierre, and Marat.

There are two types of haunted houses that attract visitors. One is where reported "paranormal sightings" have taken place. In the USA, home to the Halloween tradition, this first came into being when parents decided to add a spooky touch to their houses to keep their children from going out during the times when the Great Depression hit. The other type is an attraction at an amusement park or an arcade designed to scare the audience. — history.com

HOW MANY?

2,700

There are more haunted houses in the United States than Target stores. A recent estimate from the Haunted House Association indicated that roughly 2,700 haunted attractions operate across the United States, while Target boasts a mere 1,800 locations. — listverse.com

HOW MUCH?

$20K



McKamey Manor in Tennessee has previously offered $20,000 if you can stay inside. It is considered to be the scariest haunted house in the world. However, instead of just being a frightening experience, guests are tortured with waterboarding, forced to eat unknown substances, and tied up. The tour lasts eight to ten hours, but the longest anyone has ever stayed was 6 hours. The waiting list is said to be around 25,000. — thrillist.com

HOW LONG?

3,563 FEET



The Lewisburg Haunted Cave in Ohio holds a Guinness World Record for the longest walk-through horror house at 3,563 feet. It is also home to over 30,000 bats. — wlwt.com

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DID YOU KNOW? HAUNTED HOUSES

HOME FACTS
– simandan.com

If the seller is aware, they must tell you if you are buying a haunted house.

Real "haunted houses" may be caused by carbon monoxide poisoning, which has the symptoms of feeling like you are being watched, hearing noises, hallucinating and dizziness.

Most haunted houses are traced back to somebody dying in the home.

The US White House is considered the most haunted house in the country.

Pittock Mansion in Portland is home to happy, friendly ghosts.

British haunted houses were originally thought to have fairies playing tricks on humans.

Some governments, like in Indonesia, have used haunted houses as punishment for their citizens.

ATTRACTIONS
– kidadl.com

Haunted houses have gone corporate and now make between 300-500 million dollars a year.

Walt Disney's Haunted Mansion was the first major for-profit haunted house in 1969.

Charities now run most haunted houses.

Modern haunted houses are less about ghosts and more about shock and fear.

If you have a heart condition, you might not want to attend a haunted house.

Haunted houses are costly to operate, sometimes requiring $100,000+.

Extreme haunted houses that involve torture and other tactics are on the rise.

There is a science to creating the perfect conditions for setting up a scare.

WORD SEARCH

O	A	O	P	R	A	N	K	S	N	H	L	E	L	X	G	U	A	K	T	O	Z	B	T	Y
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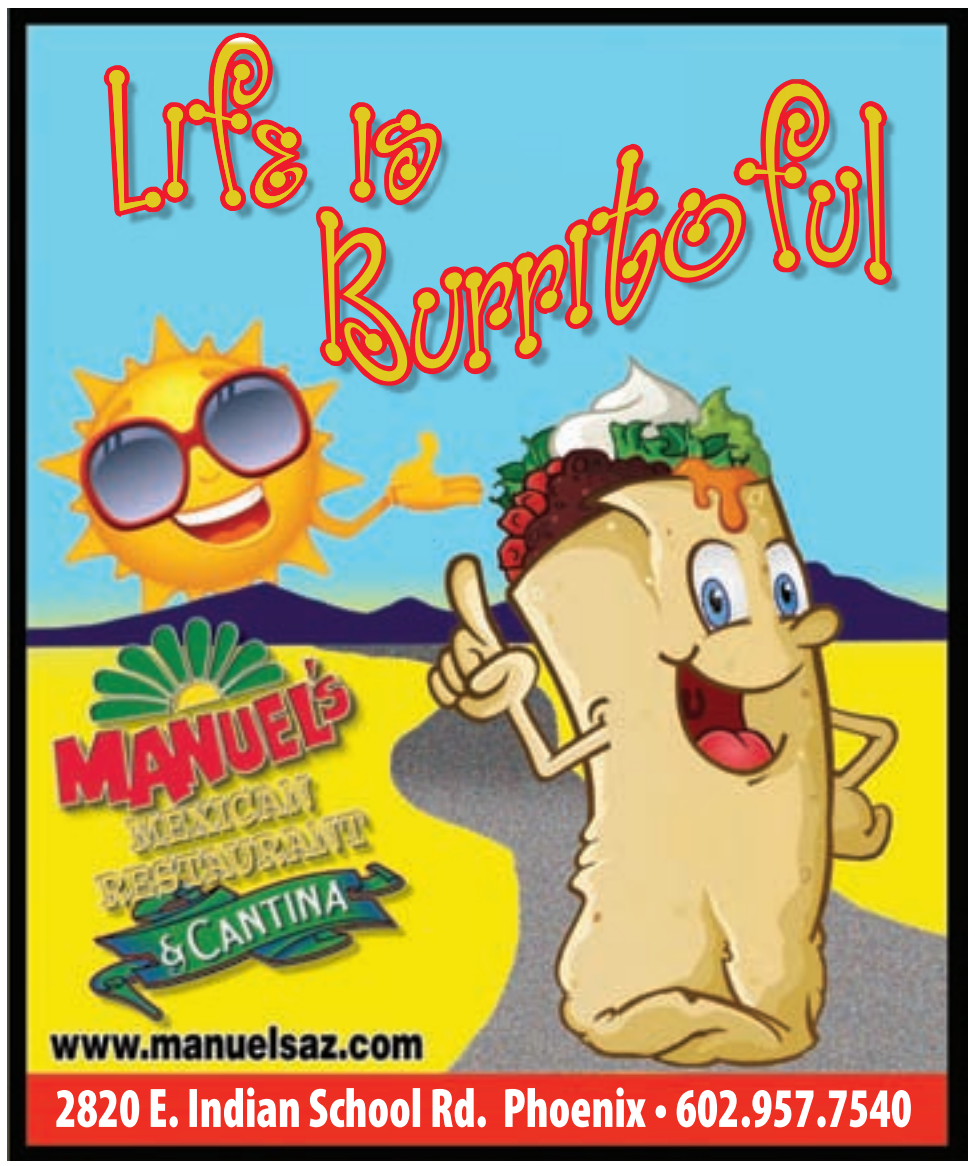
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PHOTO COURTESY OF LISA ZUBA

Sienna Cherwinski drained a game-winning three at the buzzer at the Basketball Without Borders game.

Two Gators are mastering the art of their game

By Rachael Bouley

Xavier Prep's varsity basketball program continues to go from strength to strength, with two of its own recently recognized for outstanding performances.

Senior and three-time varsity captain Sienna Cherwinski headed to Mexico this spring to play at Basketball Without Borders after being selected to the prestigious program by an NBA director.



Jennifer Gillom Head Coach

There, she met players from across Latin America, Canada, and the Caribbean while further developing her basketball skills under the guidance of the NBA, WNBA and FIBA players and coaches.

"My team ended up winning the BWB championship when I scored a game-winning 3-pointer at the buzzer," Cherwinski said. "It was an experience that I will never forget."

As a global development program, Basketball Without Borders brings over 60 top high school players together to practice and compete. Cherwinski was one of ten all-stars selected from this year's camp to attend the NBA Academy Games in Atlanta, where prospects showcased their talents in front of college coaches and WNBA scouts.

Meeting athletes from other countries and sharing their mutual love of basketball was a great source of motivation for Cherwinski, who said she would like to play basketball at the college level and beyond.

"I am extremely excited and grateful for this opportunity. It allowed me to showcase my talents, create new bonds, and learn new skills," Cherwinski said. "It also allowed me to learn about different cultures and practice my Spanish. I still keep in contact with people I have met and will continue to keep these unique relationships for years to come."

After a busy summer showing off her strengths as a point guard and shooting guard, Cherwinski said she's looking forward to her senior season with Xavier. The team hopes to keep up the momentum from last year's first-place finish in the 6A Premier section at 9-1 with a 19-6 record overall, including a semifinal run.

While the team captain has been hitting the court at national and international events, Xavier Basketball Head Coach Jennifer Gillom has had an exciting achievement: being named to the Arizona Sports Hall of Fame.

The former Phoenix Mercury player and WNBA coach joins fellow inductees Larry Fitzgerald, Pedro Gomez, Peggy Kennedy, Karen Self and Michael K. Kennedy. She was surprised and humbled to hear of her induction.

"It is such an honor to join some of the most legendary athletes and sports figures in Arizona sports history as part of the class of 2022," Gillom said.

The Hall of Fame dates back to 1957 and has 126 members who have brought honor to the state through outstanding sporting contributions as athletes, coaches and administrators.

For Gillom, the AZ Sports Hall of Fame certainly makes her list of special moments, which include winning Olympic gold medals as a player and coach and representing the Phoenix Mercury on the first WNBA All-Star team.

However, she said playing in back-to-back state finals championship games for Xavier was the biggest highlight since becoming coach in 2017.

"Although we didn't win, watching the excitement of the players accomplishing something that has never been done in school history was very rewarding," Gillom said. "My goal every year is to lead by example and help develop these young ladies into the best players they can be. Our team goal is still to win a state championship, which would be the first basketball title in Xavier's history."

Author aims to unlock little sparks with this 'big' book

By Rachael Bouley

Carrie Bloomston is on a mission to inspire others; to help unlock their inner creativity for happier, more fulfilling lives. The Arcadia-based author just released *The Big Book of Little Sparks Creativity Journal,* a continuation of her first book, *The Little Spark – 30 Ways to Ignite Your Creativity*, published in 2014.

Bloomston and her team at C&T Publishing whittled down the original book's content to create empty spaces for thoughtful reflection. Readers can discover their passions with 30 thought-provoking questions, exercises, activities and lessons.



"Answering the prompts will help people step into the life that's waiting for them with an 'action plan, roadmap, headlamp and open heart,'" Bloomston explained.

She also wrote two new chapters that she said have become some of her favorite content on creativity.

The long-time author credits illustrator Ruth Burrows with bringing the reflective journal to life.

"It was rewarding to flip through my own words, visualized through her responsive imagery, style, symbology and color palette," Bloomston said.

She believes the world is having a continuing creative "moment," spurred by the pandemic and a need to fill the days during lockdown.

"The more creative we were, the better we felt about living in a scary time. From 'quaran-teams' to virtual cocktail parties to the infatuation with bread-baking, sourdough starters, and ad hoc backyard workouts, the world rose to the strange new landscape of isolation with some pretty clever and creative solutions," Bloomston explained.

"Folks want to feel good after enduring that isolation. People want to create meaning in their lives, reclaim space for themselves, recover from burnout, and be in their bodies in a way that aligns them with their ancestral urges."

Bloomston is thankful for the opportunity to use her passion for writing to help others slow down and appreciate the simple joys in life.

"I've been writing forever. I went to art school and was told by my favorite professor at Brown University that he hoped I'd go on to inhabit both the realm of writing and the realm of art. I hope to honor him in my work," Bloomston said.



PHOTO: JILL MCNAMARA PHOTOGRAPHY

Carrie Bloomston's The Big Book of Little Sparks *encourages readers to find their passions and live life to the fullest.*

Outside of writing and textile design, Bloomston enjoys hiking, yoga, making wood-fired pizzas, and experiencing the natural beauty of the Sonoran Desert. She's also a middle school art teacher at Phoenix Country Day School.

Bloomston is focused on writing her next book and spending time with her family while continuing to inspire people to step into their most creative life.

The Big Book of Little Sparks Creativity Journal is available at Changing Hands Bookstore and Barnes & Noble and also sold online at Barnes & Noble, Amazon and Target.

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