ARCADIA NEWS

VOL. 30 NO. 8 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — NOVEMBER 2022



SEE INSIDE!



VETERANS DAY

Area schools are celebrating Veterans Day with drive-through parades and messages sent to vets around the world.

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STUDIO 56

The Alfaro family took their love of all things vintage and opened a storefront this fall.

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NOVEMBER

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48 Dodge the ball
Veritas Prep held its third annual dodgeball tournament this fall, where the middle and high school students got to dress in themed costumes to compete for the coveted trophy.



CLS third-grade teacher Heidi Ashworth and her dad, Larry, a veteran who drove through the Veterans Day parade last year. Heidi's nephew Jake is pictured below them. Jake is a former CLS student currently in the Air Force Academy.
PHOTO COURTESY OF MEGAN GOTSHALL



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EDITOR'S NOTE



November is one of those months that fills me with a sense of pride. Sure, we have the Fourth of July and Memorial Day in May – but there's just something about Veterans Day that makes me proud of our country and the folks who risked their lives to ensure we can keep our freedom.

While the commemorations can sometimes be somber, our area schools keep a positive outlook during their celebrations. Tavan Elementary's fifth-grade teacher Shelly Rose started a Veterans Day project over ten years ago that has grown to include all third through fifth graders. Students gather addresses for all the veterans they know, from relatives to friends and neighbors. They then send a letter to each and every one – included in the envelope is a photo of the students posed in a heart shape and saluting to show their gratitude.

Black Rifle Coffee just recently opened up on Indian School Road. The founders – two of whom are veterans – started the company to connect people who love our country and to give back to veterans with employment opportunities and philanthropic efforts.

Coming up on November 5 and November 12 are the annual ACMNA Picnic and AONA Fall Festival, where neighbors can hang out and reconnect, grab something to eat, hear some live music and enjoy all of the beauty this time of year offers.

Don't forget to check out the Fall 2022 issue of Arcadia Home & Design, our seasonal, home-centric magazine. Featured are stories about Rancho Joaquina, Moon River Beef and some holiday fun folks can find around the Valley.

Happy Veterans Day, Happy Thanksgiving – and thank you, as always, for reading Arcadia News and Arcadia Home & Design,

Mallory

– Mallory Gleich

UPCOMING THEMES:

DECEMBER	JANUARY	FEBRUARY
Season of Giving	*Fitness*	*History*

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"The turkey. The sweet potatoes. The stuffing. The pumpkin pie. Is there anything else we can agree so vehemently about? I don't think so." *– Nora Ephron*





PHOTO COURTESY OF JONI SUCATO-NAVARRO

Board members Ashley Staples, Angela Woudenberg and Katherine Polachek.

Local nonprofit needs help this Thanksgiving

By Mallory Gleich

Their mission is powerful, and for the past ten years, their cause has helped over 100,000 children and their families – 20,000 in the last year alone – in various school districts across Arizona. Feed Our Students USA aims "to bring community resources together to develop and implement a sustainable, nutritious food source for hungry families, one school district at a time."

The organization helps families struggling to put food on their tables. They work with Scottsdale, Creighton, Balsz and Wilson School Districts and have recently added a Charter Schools Career Success program.

The nonprofit started when FOSA founder Joni Sucato-Navarro was a volunteer reader for a third-grade class in the Wilson School District.

"This little boy kept putting the treats I handed out after storytime in his backpack. After speaking to the teacher, I found out that he was taking the treat to his little brother at home because his family was having trouble putting food on the table," Joni said. "I didn't know ten years ago there was such a huge problem with food insecurities here in Arizona and across the USA."

And the problem persists. Navarro enlisted the help of a friend, and together, they helped the boy's family (and ten other families) with groceries. Thus, FOSA was created. Their main goal is to provide emergency food boxes to working families who are having difficulties providing food.

"We work directly with school personnel to ensure no child is coming to school hungry. Since school has started, we have increased our food distribution by 40 percent," Joni said. "We stock our food pantry every two weeks, and by the end of the two weeks, our pantry is empty, which has never happened in the ten years we've been operating."

FOSA holds a drive-through Thanksgiving event each year that includes turkeys and all the fixings. They provide 1,200 Thanksgiving meals to various school districts, and this year, they're looking to up that number to 1,600.

"Unfortunately, we are concerned about the price of turkeys and food. We have been quoted $3 a pound for each turkey from our wholesale vendor – that is almost triple what we paid last year," Joni said.

This year, they're adding a fun twist for companies and businesses that want to participate in a turkey drive and donation.

"We are making it a contest – the company or individual who collects the most turkeys/fixings will be provided lunch and space on our website for bragging rights," Joni said.

On November 21, the organization will then invite the person or company to help distribute turkeys and meals to Scottsdale Unified families.

"We have many in our community struggling with food insecurities. We are feeding more school families this year than we have in the last nine years," Joni said.

FOSA has also recently partnered with Door Dash to deliver food to families without transportation in the Scottsdale and Creighton School Districts.

"Along with our amazing volunteers and donators, we'd like to thank Monte Vista Church, Christ Lutheran School, Boys Team Charity and Boy Scouts/Girl Scouts Arcadia Chapters for their help and support," Joni said.

feedingstudentsusa.org

HOW YOU CAN HELP:

- Those wanting to hold food and turkey drives should do so from now until November 19.
- Items needed: frozen turkeys, canned vegetables, canned pumpkin, cranberry sauce, boxed stuffing and boxed potatoes.
- November 18 is the date FOSA will pick up food drive items and turkeys from businesses. Items can also be delivered to the pantry at 3313 N. 40th St. Phoenix (next to Monte Vista Church). Staff will be outside the pantry from 9 a.m.-2 p.m. to help unload.
- Thanksgiving Box donations will be stored until distribution. FOSA will have bins outside the pantry door if anyone wants to leave goods, with staff checking every hour to ensure all food is safe and fresh.
- FOSA will distribute frozen turkeys and Thanksgiving Boxes to school families on November 21.

Contact Joni at jonisucato@gmail.com or 480-352-2370 for more.

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Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-9/30/2022)

Active Homes -	99 homes
Homes Sold -	191 homes
Average Sale Price -	$2,519,000
Average Sold $ Per SF -	$678
Average Days On Market -	39 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 28% 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 33% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2022-9/30/2022)

Active Homes -	65 Homes
Homes Sold -	138 Homes
Average Sale Price -	$1,237,000
Average Sold $ Per SF -	$506
Average Days On Market -	35 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 21% this year. (based on 2021 sales results)
2022 home prices have increased 20%. (based on 2021 sales results)
2022 $ Per Square Foot prices have increased 19%. (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

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. The **AONA Picnic** is on Saturday November 12, at Arcadia Park, 3042 E. 56th St. These neighborhood events are 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.

acmna.org or arcadiaosbornphx.com

Registration for the 2022-23 **Arcadia Little League** season opens on November 1. Early bird registration is open until November 30; cost is $175. Regular registration is open from December 1-January 15; cost is $195. Late registration is open from January 16-February 4; cost is $215. All registration after February 4 will be placed on a waiting list, with a fee of $225. From the website: "Division placement is determined by a combination of player league age, skill level, prior league experience, coach recommendation, league guidelines and parent input."

arcadialittleleague.com

Chef Christopher Collins and Common Ground Culinary opened **St. Urban** at The Colony on 7th St. and Missouri Ave. this fall. St. Urban is Common Ground's take on a modern-day French Brasserie with favorites like Jamon (dry, cured ham) deviled eggs, the giardiniera chopped salad and various flatbreads.

sturbanaz.com

CitySkate is opening this month! The rink is located at Patriot's Park at CityScape (11 W. Washington St.). From November 28-January 1, folks can come out for a 90-minute ice-skating session from 4-11:30 p.m. General admission includes skates and is $20, with military, seniors and children eight and under $13; $5 off if you bring your own skates.

dtphx.org



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 introductory sessions on November 1 (at 6 p.m.) and November 5 (at 9 a.m.) to meet fellow practitioners and learn more about tai chi. This event is free.

taoisttaichi.org

Join Bricks Studio for **Parents' Day Out**, happening on Saturday November 5, from 11:30 a.m.-2:30 p.m. Participants will find dancing, lunch/snacks, games and crafts so parents can get a head start on holiday shopping. Proceeds benefit Bricks Company dancers by raising funds for their trip to Las Vegas to compete. Registration is $30 before the event, $45 day of.

bricksstudio.com

Devonshire Senior Center (2802 E. Devonshire Ave.) hosts virtual **Memory Café** events for those with early-moderate dementia and their caregivers/loved ones. Memory Café is held every Thursday from 10:30-11:30 a.m. Eventually, they will be offered in person and include activities such as storytelling, music therapy, art projects, animal therapy and group trips. Registration is required.

phoenix.gov

Puzzle Rides Scottsdale is launching several new excursions in November. These include the **Jingle Bar Hop**, an adults-only, two-hour "portable pub" adventure that invites up to ten people to visit local bars and try holiday drinks while solving a puzzle with clues tied to popular holiday music or television holiday specials. **Hijacked by Elves** is a family-friendly puzzle with a mission of finding out who stole Santa's naughty and nice list. Prices and times vary; these events are best for age 5 and up.

puzzlerides.com

Arizona Boardwalk is unveiling a new exhibit this November. **UFO Experience: The Truth is Out There** will feature "more than 200 alien artifacts, conceptual models, documented film clips, and recordings that support claims of life dating back to ancient encounters through modern day sightings." There will be galleries showcasing sightings, ancient alien encounters, galactic travel, a simulation of an alien abduction, a 3D film and more.

azboardwalk.com

Scottsdale Training and Rehabilitation Services is a new service provider offering transportation for senior citizens in Scottsdale that are enrolled in the city's "Cab Connection" Voucher Program. Individuals can schedule rides to and from the Wheels to Meals program or medical appointments. Rides are from 9 a.m.-2 p.m., Monday through Friday.

starsaz.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.

Barro's Pizza is giving $10,000 to one local resident in the 2022 Arizona Dr. Pepper Tuition Giveaway. The prize money will help pay college tuition or any related educational expenses. The giveaway has awarded $95,000 to students in Arizona since 2012. Submissions are open to all Arizona residents 18 years or older. A winner will be selected at random from the online and text-to-win entries. Entries will be accepted until Dec. 19, 2022.

barrospizza.com/drpeppercontest

EVENTS

SATURDAY 11/5

Music from the Heart

10 a.m., 2 p.m., and 6:30 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy. Higher Octave Healing provides music therapy for developmental disabilities, hospice and recovery. Today, Higher Octave will present its 8th annual music showcase, "Music from the Heart," for the first time in three years. Guests are invited to come out and support 14 bands comprised of teenagers and adults with special needs and developmental disabilities who are ready to show off their skills. Tickets are $15.

higheroctavehealing.org

Arizona Fall Festival

10 a.m.-4 p.m. at Margaret T. Hance Park, 1222 N. 3rd St., Phoenix. Local First Arizona's Fall Festival is back after a three-year hiatus. A celebration of all things Arizona, this event features beverages from Arizona wineries and breweries, food trucks and local restaurants, games and live entertainment, a silent auction and a kids zone. Admission is free.

localfirstaz.com

A Red Carpet Affair

6-9 p.m. at Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise Valley. Benefiting the Phoenix Suit Project (a nonprofit that provides professional men's

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WHAT'S HAPPENING, *ARCADIA?*

clothing to individuals who are rejoining the workforce), this fundraiser promises a night of drinks, dancing and dinner. There will also be a silent auction and raffle prizes. Bring a gently-used suit for donation to receive a gift from sponsors. Tickets start at $35-$500.

thephoenixsuitproject.org

Bentley Scottsdale Polo Championships

10 a.m. at WestWorld, 16601 N. Pima Road, Scottsdale. This famed event is celebrating 11 years with even more fanfare than before! Along with three polo matches, guests will find live music and performances, human and canine fashion shows, a car show, DJs, food, beverages and an all-around good time. General admission starts at $40.

thepoloparty.com

SATURDAY 11/5 – SUNDAY 11/6

Shemer Arizona Art Festival

10 a.m.-4 p.m. at Shemer Art Center, 5005 E. Camelback Road. Guests can enjoy two days of holiday shopping with more than 40 artists selected from across Arizona showcasing their works. There will also be artist demonstrations, kids' activities, live music, food and beverage vendors and a silent auction. This event is free.

shemerartcenter.org

SUNDAY 11/6

Books, Brunch & Bubbles

10:30 a.m.-1:30 p.m. at The Saguaro, 4000 N. Drinkwater Blvd., Scottsdale. The Loving Library nonprofit will host its first fundraising event called Books, Brunch & Bubbles for kids and grownups. Guests can enjoy brunch, a community service activity, brunch-themed drinks and a silent auction to help raise funds to provide books, journals and other tools to improve folks' mental health and well-being. Tickets are $25-$100.

thelovinglibrary.org

THURSDAY 11/10

Noche para los Niños

6-10 p.m. at the Arizona Heritage Center, 1300 N. College Ave., Tempe. The fourth annual Night for the Children is here! Guests can enjoy live music from various artists, contortionists, jugglers, and tarot card readers, plus food and beverage stations from local restaurants. There will be two auctions and a display of photographs created by at-risk kids from the Kids in Focus program, the beneficiary of the evening. Tickets start at $200.

kidsinfocus.org

FRIDAY 11/11

Phoenix Veterans Day Parade

11 a.m. in downtown Phoenix, starting at Montebello and Central Ave. This event has been going on for more than 25 years – and it's all about honoring the veterans. Guests are encouraged to arrive early to find parking. The parade will last for two hours and will feature over 80 participants. This year's theme has yet to be announced but promises to be as full of honor and courage as years past.

honoringamericasveterans.org

FRIDAY 11/11 – SATURDAY 11/12

Arizona Pinners Conference

10 a.m.-8 p.m. Friday, 9 a.m.-7 p.m. Saturday, at WestWorld of Scottsdale, 16601 N. Pima Road. If Pinterest is your favorite go-to app, then you won't want to miss this conference. Guests can enjoy everything from beauty, makeup, food, arts, crafts and more with over 250 businesses, 100 classes, and all things DIY. General admission is $10; classes are $20-$30 each.

az.pinnersconference.com

SATURDAY 11/12

Arizona Barrels, Bottles & Brews

1 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. This event is the only one in the country to feature samples produced exclusively in the Grand Canyon State. Guests can enjoy new releases and samples from over 25 Arizona breweries, wineries and distilleries. There will also be various food trucks – drinks and snacks, a perfect Saturday! Tickets start at $60 for general admission, with VIP packages available.

azbottlesandbrews.com

Letterpress Workshop

10 a.m.-12 p.m. at Hazel & Violet, 1301 NW Grand Ave., Phoenix. Curious about letterpress printing? Hazel & Violet can help! Guests will learn the basics of letterpress printing with wood and metal settings to print their own poster, card or coasters. All materials are provided. This class is $60 per person, and registration is required.

hazelandviolet.com

SUNDAY 11/13

Slider Throwdown

12-3 p.m. on High Street, 5415 E. High St., Phoenix. It's the battle of the burgers! Valley food trucks will be on-site sampling their creative sliders – a panel of judges will vote on the best, but one truck will win the people's choice award. There will also be live music, entertainment, a silent auction, and shopping. This event will benefit the Arizona Friends of Foster Children Foundation. Tickets are $40.

affcf.org

SATURDAY 11/12 – SUNDAY 11/13

Phoenix Pizza Festival

11 a.m.-6 p.m. Saturday, 11 a.m.-4 p.m. Sunday, at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Head downtown for all the slices your belly can handle at the Phoenix Pizza Festival. Guests can enjoy more than 20 pizza vendors, dessert trucks and other food vendors, plus beer stations, lawn games, live music and a kid zone. Tickets are $16 per person, with slices from $2-$4.

phoenix.pizza



***Shemer Arizona Art Festival** at the Shemer.*

SUNDAY 11/13

Glimmer of Hope Gala

11 a.m.-2 p.m. at the Hilton Scottsdale Resort, 6333 N. Scottsdale Road. For the past 15 years, Phoenix Animal Care Coalition has hosted this event to raise funds for abused, neglected and homeless animals – and this year is no different. Guests can enjoy a silent auction, wine pull, lunch and a before-and-after video program highlighting pets who've been helped in the past year. Tickets are $150 per person.

pacc911.org

Clothing Swap + Shop

12-3 p.m. at the FOUND:RE Hotel, 1100 N. Central Ave., Phoenix. Guests can shop for gently-used clothing and accessories from participating local businesses. Along with clothes shopping, there will be a DJ, Bella Schorr will be sharing the latest trends and tips, raffles, complimentary shopping bags and food and drink available for purchase. This event is free.

foundrehotels.com

TUESDAY 11/15

Wine Dinner

6 p.m. at Marcellino Ristorante, 7114 E. Stetson Dr., Scottsdale. Chef Marcellino and Sommelier Dario Soldan present Marcellino Wine Dinners. Guests can enjoy a four-course meal complete with Italian wine pairings – including a dessert and house-made limoncello. Registration is $100 per person.

marcellinoristorante.com



WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 11/18

Vanity Fur

7-11 p.m. at Wrigley Mansion, 2501 E. Telawa Tr., Phoenix. Almost There Pet Rescue is hosting Vanity Fur, a soiree to benefit the nonprofit that includes appetizers, music and entertainment, drinks, and adorable puppies! Tickets are $125 per person. This event is 21 and up.

almostthererescue.org

ICAN Gala

6 p.m. at Omni Scottsdale Resort at Montelucia, 4949 E. Lincoln Dr. ICAN is an Arizona nonprofit that provides after-school programs for east valley youth. They are celebrating 30 years with their annual gala, where guests can enjoy a cocktail hour, silent auction, gourmet dinner and program highlighting success stories throughout the years. Tickets are $275.

icanaz.org

Bloody Mary

4:30 or 8 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy. CaZo Dance Company invites guests to enjoy their latest production; a drama called Bloody Mary. When the Queen of the Underworld grants the main character her wish, there is, of course, a price to pay. Tickets are $25 for general admission, $50 for VIP.

cazodance.com

Pup!Art 2.0

6-9 p.m. at 4130 N. Marshall Way, Scottsdale. Art One Gallery and The Paper Place are hosting the second annual PupArt Experience, featuring 30 artists and their "PupArt." Guests can watch the artists in action and bid on pieces. There will also be live music, food, drinks, and animal adoptions. Proceeds from the evening will benefit Art One Foundation and Two Pups Wellness Fund. Admission is free, and all ages are welcome.

twopups.org

SATURDAY 11/19

Arizona Children's Business Fair

10 a.m.-1 p.m. at Arcadia Park, 3402 N. 56th St., Phoenix. The Acton Academy of Phoenix presents the annual Children's Business Fair, an opportunity for kids to experience what it takes to start their own business. Kindergarteners-eighth graders will develop a brand, create a product and then sell their products to the public at an open marketplace. There will be over 100 booths to browse to support Arcadia's youth. Admission is free.

childrensbusinessfair.org

Christmas Bazaar

10 a.m.-4 p.m. at Paradise Valley United Methodist Church, 4455 E. Lincoln Dr. More than 30 artists and crafters offering jewelry, toys, games, hand-crafted items, food, inspirational gifts and more will be at this event. A portion of each purchase will be donated to UMOM, P.E.O., an organization that offers educational support to women, and Audrey's Angels, a program for elderly and disabled adults. This event is free.

pvumc.org



***Bloody Mary** at the Tempe Center for the Arts.*

SUNDAY 11/20

Thanksgiving Workshop

10-11 a.m. at Dig It Gardens, 3015 N. 16th St., Phoenix. Make a fun holiday centerpiece at this workshop. Attendees can create a pumpkin succulent arrangement with the help of Dig It's crew. Pumpkins, soil, plants and accents are included – along with refreshments and snacks. Guests can also bring a non-perishable food item for donation to St. Mary's Food Bank. Registration is $45.

digphx.com

THURSDAY 11/24

Phoenix Turkey Trot

6:30 a.m. at Wesley Bolin Plaza, 1700 W. Washington St., Phoenix. Work up that turkey day appetite at the Phoenix Turkey Trot. Runners, walkers and joggers of all ages can enjoy the 10K run, 5K run or walk, or 1K gobbler dash. Post-race, there will be an awards show and snacks before you head out for the big meal. Registration is $18-$45.

phoenixturkeytrot.com

Have an event or brief
that you'd like us to consider for What's Happening, Arcadia?
Send it to editor@arcadianews.com.

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Let Us Not Forget What it Means *to be* Free

There I was, a 19 year old punk kid standing in tighty-whities at the foot of my bunk with the 52 other recruits of Charlie Company 1081. It was dark outside, but the yellow glow of the barracks lights were bright. My head was freshly shaved, my arms were locked to my sides, and my gaze was straight ahead as the drill instructor looked me up and down. I was careful not to eyeball him or move an inch, but he could smell the fear. "Blalock! How the f**k did you get in here? You look like you should be at Parris Island with the female recruits!," yelled SSgt Bull. "Aye, Aye Sir!", I replied. From that moment on, life was different.



Tucker and Cpl. Mike Marshall *(Tucker's Roommate)*

I spent the next 4 years working as an administrative and logistical specialist at MCAS Miramar helping Marine Corps families move from one base to another as they changed duty stations. It sounds easier than it really was because the government moves slower than Marines and also because the average Marine family is trying to move themselves in a U-Haul that they rented with a $2,000 allowance from the Marine Corps. Usually, the families would be pulling in to the next duty station on "E" and without any cash reserve if things didn't go according to plan. It was here that I began my "real estate" training. When I wasn't working, I was either in the gym or cleaning.

In 2009, I was honorably discharged as a Corporal and returned home to finish at ASU with the GI Bill. I like to say that there was my life before the Marine Corps and my life after the Marine Corps. It is very black and white. I can remember the punk kid who wanted to quit college to party and I remember the man who stepped off the base for the last time. The military not only changed my life, but it saved my life and I will forever be indebted to the culture that raised me from 19-23 years old.

While I was able to give some, I know many others who gave all.
Let us not forget what it means to be free. USA USA USA

P.S. - If you have a child or acquaintance who has expressed interest in entering the military or who you believe may benefit from service, feel free to put them in contact with me to discuss their decision and options. I'm always here to advise on any of the branches of service.

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

FRIDAY 11/4

LovePup Family Fest

5-9 p.m. at Vertuccio Farms, 4011 S. Power Road, Mesa. Family and pups, what more do you need for fun? This event is free to attend (bring a pet supply item to donate). Guests can enjoy food vendors, live music, entertainment and animal adoptions. And, of course, four-legged friends are welcome!

lovepupfoundation.org

State Forty Eight Foundation Celebration

6 p.m. at the Chandler Museum, 300 S. Chandler Village Dr. A feel-good festival to recognize the achievements of this Arizona-based foundation, the event will feature live funk and soul music, a live art showcase, a silent auction, interactive fundraising games, dinner, drinks, raffles and more. Tickets are $70 for general admission.

statefortyeight.com

FRIDAY 11/4 – SUNDAY 11/6

Celtic Festival and Scottish Highland Games

Friday 5-10 p.m., Saturday 8 a.m.-10 p.m., Sunday 8 a.m.-5 p.m. at Rillito Raceway, 4502 N. 1st Ave., Tucson. Three days of Celtic, Irish, and Scottish music (Celtic Nova Traveler, Out of Kilters, and the Noble McCoy Band), dancing, Scottish athletics, bagpipe bands, food, drinks, vendors and activities all in one! Admission is $6 for kids, $23 for adults.

tucsoncelticfestival.org

SATURDAY 11/5

Fashion Week 4 Kids

10 a.m.-4 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. The 7th annual Fashion Week 4 Kids event includes a full day of fashion shows, family-friendly entertainment, live music, raffle prizes and children's activities. FW4K showcases current children's fashion collections from national designers and brands. This event is free.

fw4kids.com



Fashion Week 4 Kids *at Desert Ridge Marketplace in Phoenix.*

Johnson Ranch Holiday Market

9 a.m.-2 p.m. at the FUSD Campus, 29895 N. Desert Willow Blvd., San Tan Valley. Get a head start on that holiday shopping list! This market includes various vendors selling everything from candles, crafts, art, jewelry, food and décor. There will also be live entertainment, raffles and food trucks. Admission is free.

johnsonranch.com

West Valley Island Cultural Festival

12-4 p.m. at Willow Canyon High School, 17901 W. Lundberg St., Surprise. This is a multi-cultural event celebrating music and dance. Guests can enjoy a doggie fashion show, chocolate tasting event, shopping with local vendors, contests, giveaways, and live entertainment by Polynesian, salsa and belly dancers. Admission is free.

wvislandculturalfest.com

SUNDAY 11/6

Festival of Arts

9 a.m.-5 p.m. in downtown Litchfield Park, E. Wigwam Blvd. This event boasts over 200 art booths, a beer and wine garden with tastings offered by Arizona wineries (Aridus Wine Company, Coatimundi Cellars and Copper Horse Vineyards, to name a few!) and beers from local breweries, live music and food for purchase. Tickets are $15-$20.

litchfield-park.org

FRIDAY 11/11

East Valley Veteran's Parade

11 a.m. in downtown Mesa on Center St. The annual East Valley Veterans Parade will be held in its traditional format in Mesa this Veterans Day. More than 100 parade entries and aerial demonstrations of vintage aircraft are planned. This year's theme is "Raising the Flag."

evvp.org

FRIDAY 11/11 – SUNDAY 11/13

Fall Fountain Festival

10 a.m.-5 p.m. Friday/Saturday, until 4 p.m. Sunday, at 16872 E. Avenue of the Fountains, Fountain Hills. When this art festival opened in 1974, there were 60 artists present. Almost 50 years later, this event features 500 artists and craftspeople ready to showcase their wares to the public. Guests can find various mediums, plus food trucks and entertainment. Admission is free, registration is required.

fountainhillschamber.com

SATURDAY 11/12

Country Can Festival

4-10 p.m. at Riverview Park, 2202 W. Rio Salado Pkwy., Mesa. Celebrate Veteran's Day weekend with live country music, food trucks, shopping and, of course, all the canned drinks. Wear your dancing shoes – there will be a dance floor, and the line-up includes Ashley Wineland, Bobby Joe Bell, Hillbilly Deluxe and more. Tickets are $30, and first drinks are free. This is a 21-and-over event.

mesaparks.com

SUNDAY 11/13

Miles that Matter

6:45 a.m. starting/ending at Phoenix Raceway, 7602 Jimmie Johnson Dr., Avondale. Miles that Matter is a cycling event including a 60-mile, 40-mile, or 20-mile route benefiting the Phoenix Children's Hospital and their Hope Fund. Choose your mileage, enjoy the west valley scenery, and end the day with a Fun Ride at Phoenix Raceway. Registration fees are $125-$250 for adults and $50 for teens 14-17.

phoenixchildrensfoundation.org

SATURDAY 11/19

El Tour de Tucson

7 a.m. starting at Armory Park, 2609 E. Broadway Blvd., Tucson. El Tour de Tucson is a fundraising ride that captivates nearly 7,000 cyclists of all ages. Participants ride either the 100-, 62- or 32-mile rides. A Fun Ride with shorter distances is also available. Cyclists can attend the post-ride party with music, a beer garden, food vendors, activities, and an award ceremony. Registration starts at $15 for the fun ride, $40-$165 for the longer rides.

eltourdetucson.org

THURSDAY 11/24

Turkey Trot Fun Run

6:30 a.m. at Red Mountain Park, 7745 E. Brown Road, Mesa. Get your running shoes ready; the Turkey Trot is here! Attendees can participate in the one, five or 10K timed race to see who gets to the turkey first. All ages can attend. There is a one-mile walk available for kids 12 and under. Registration is $10-$30, and proceeds will benefit various nonprofit organizations.

mesaturkeytrot.com

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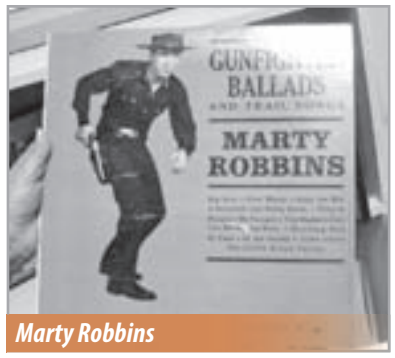
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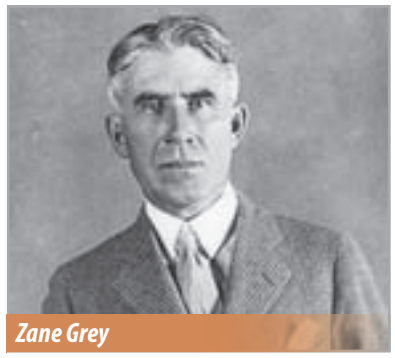
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Bob Nolan



Marty Robbins


Zane Grey


Amanda Blake


Walter Swan

Gone – and almost forgotten



The Lowe Road

BY SAM LOWE

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

Among Arizona's historical accounts are various individuals from bygone days who contributed, in one way or another, to the state's lore and legend. Some are easily recalled, like Senator Barry Goldwater, Rex Allen and Billy the Kid. But others have faded into the dusty pages of time, once well known, now but memories. And so, to give them another moment in the spotlight, here are seven of my favorites in that category.

Bob Nolan (1908-1980) was born Clarence Robert Nobles in Canada. After his parents separated, he joined his father in Tucson, changed his name and graduated from high school. Nolan moved to Los Angeles in 1929, where he met Leonard Slye; together, they formed a western band named the Rocky Mountaineers.

That venture didn't last, but he stayed in touch with Slye and they, along with Tim Spencer, formed the Sons of the Pioneers in 1934. Slye left the group in 1937, changed his name to Roy Rogers and became the leading cowboy movie star. Nolan was also offered a movie series but chose to remain with the Sons of the Pioneers and wrote almost 200 western ballads, including the immortal "Tumbling Tumbleweeds" and "Cool Water." He did end up appearing in nearly 90 movies, usually as a singing sidekick to Rogers and Charles Starrett.

Glendale native Marty Robbins (1925-1982) was not only a top recording artist but also a NASCAR race car driver who had hit songs on both contemporary and western charts. He spent his formative years in Glendale but left at age 17 to join the Navy, where he taught himself to play the guitar. After returning from the service, Robbins played in local venues, then earned his own radio and television shows. Given a recording contract, he moved to California, where he reached the top spot with his rendition of "Singing the Blues." Eventually, he would record 500 songs and 60 albums, including his most famous pair: "El Paso" and "Big Iron."

Novelist Zane Grey (1872-1939) built a cabin on the Mogollon Rim near Payson and spent portions of the summers there from 1923 to 1930. He left Arizona for good in 1930 when he was denied an out-of-season hunting license. His cabin was left to the elements until Phoenix businessman Bill Goettl had it restored in 1966, but a forest fire destroyed it in 1990. A replica now stands in a Payson park. Grey's novels have been converted into 112 movies, two television specials and a TV series. His classic "Riders of the Purple Sage" has been made into three films.

Fans of old western television programs will remember her as Miss Kitty Russell. Amanda Blake (1929-1989) played that role opposite James Arness in 425 episodes of *Gunsmoke*. She also appeared in 21 movies before retiring and moving to Phoenix with her fourth husband, businessman Frank Gilbert. While living in Arcadia, on Exeter Blvd., Blake built a special enclosure for her pet lion, Kemo, and founded the Animal Welfare Society. She and her husband also organized a successful cheetah breeding program.

In Bisbee, they still talk about Walter Swan (1919-1994) and his bookstores. In the mid-1970s, Swan wrote *Me 'n' Henry*, a book about growing up in Arizona. When he couldn't find a publisher, he paid $650 to have it published, then rented a store in downtown Bisbee and opened the One Book Bookstore, so named because it only sold his one book. Fans bought 8,000 of them at $19.95 each. He wrote more books, rented space next door and opened the Other Book Bookstore. Eventually, Swan sold 20,000 books and



Giovanni Vigliotto


Pearl Hart

was featured in an Erma Bombeck column in *People* Magazine and on the David Letterman Show.

While on trial in Phoenix, Giovanni Vigliotto (1930-1991) admitted he probably had married 105 women and never divorced any of them. Although far from handsome, Vigliotto had no trouble finding mates. However, after marrying them, he absconded with most of their money and material goods, which he sold at flea markets across the nation. It all ended when a Mesa woman (his alleged 105th wife) tracked him down in Florida. He was returned to stand trial in a Maricopa County court, found guilty of fraud and bigamy and sentenced to 28 years in prison. He served only eight years before suffering a fatal stroke.

On May 29, 1899, Pearl Hart (1871-1956) set out from Globe with a male accomplice to earn her niche in Arizona history as the nation's first and only female stagecoach robber. However, it was not a successful venture; both were caught within days. A compassionate jury found her not guilty on the robbery charge, but an enraged judge had her rearrested within minutes.

The judge ordered a new jury that found Hart guilty of another offense, and she was sentenced to five years in Yuma Territorial Prison. She was released after 18 months and went to live with a sister in Kansas City. She tried to become a stage actress in a play about her life but wasn't much better at that. One critic said she "portrays herself with the enthusiasm of a pile of rocks."

Although forbidden to ever return to Arizona, a popular theory is that she came back, married a rancher in Gila County and died there at age 85.



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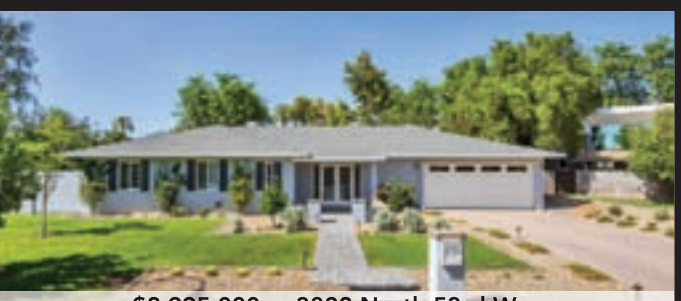


Check out the dazzling event lineup

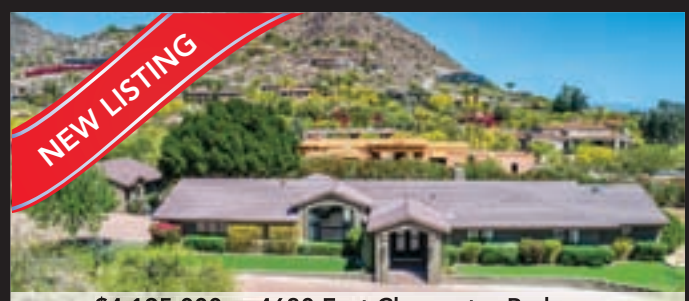
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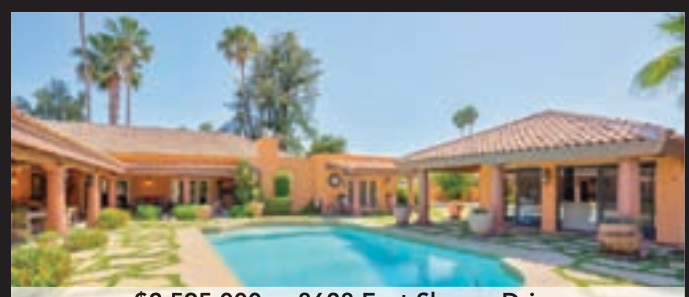
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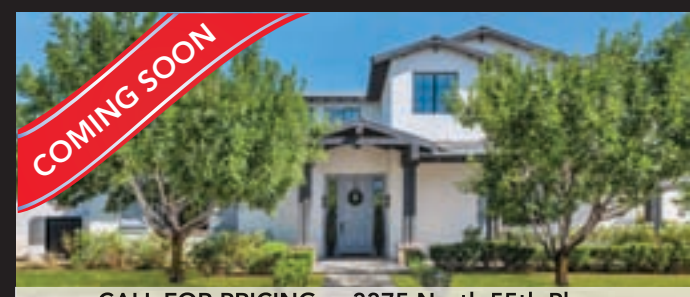
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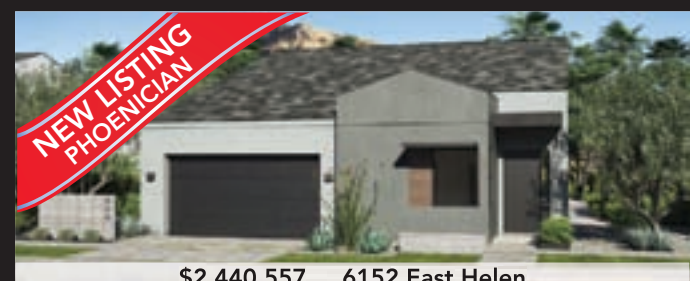
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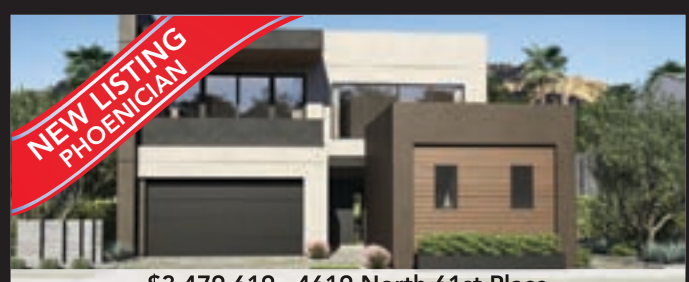
$2,995,000 4642 North Alta Hacienda Drive
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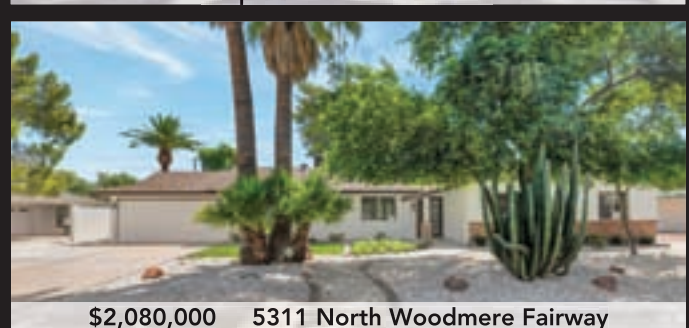
$3,479,619 4619 North 61st Place
3 bedrooms, 3.5 baths, 3,980 square feet
thephoenicianshea24.com



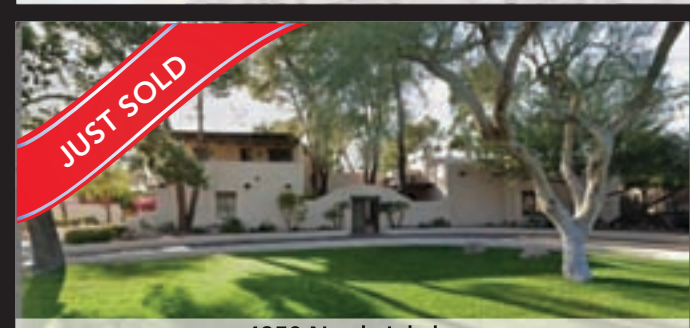
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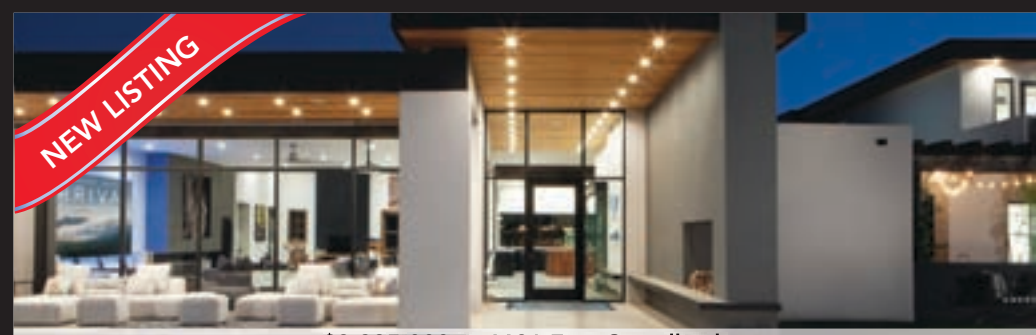
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7010avenidaelalba.com



$3,995,000 4621 East Camelback
4 bedrooms, 7 baths, 7,554 square feet
4621camelback.com



$2,795,000 6196 East 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



5115 East Exeter
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4415arcadialane.com



CALL FOR PRICING 8436 North Golf Drive
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In the Kitchen

with Chef Mark Tarbell of Tarbell's Restaurant & Wine Bar

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By Mallory Gleich

For almost three decades, Chef Mark Tarbell has served dishes at his namesake restaurant, Tarbell's – and it all started with a book he received at age 14. He's worked every facet of the industry and it's evident that whatever Chef Tarbell does, he does it with passion and love for his craft.

What was it that cemented your desire to become a chef?

When I was young, I was given a copy of Jacques Pépin's *La Technique*, which runs through a lot of different classical French techniques, and I dove into it. What I didn't know then – what I know now – is that I have this "gift," ADD, so I was hyper-focused, and it felt good to me.

In high school, I was a dishwasher. This might sound a little disgusting, but at the place I worked, the owner would let the dishwashers eat whatever came off the plate, and the chefs and cooks made their own food. And I thought, 'well, that's a big difference, and I like to eat, so I'm going to be a chef so I can make my own dinner.' There wasn't really a path to being a chef at that time, so it was purely a love for it. About four months into my apprenticeship [in Holland] at 19, I knew I wanted to have my own place. I haven't done anything outside of the industry in my career – that's a long time [*laughs*].

Did you have a favorite position while moving up in the industry?

Being an expo in the kitchen, as a chef on the line is one of my favorites because you're both cooking and communicating with the kitchen and the front of the house. You have to be succinct and positive in a way that doesn't debilitate the rhythm. Running the door on a crazy night is awesome – the same deal as the kitchen, except you have a lot of people with high expectations wearing nice clothes.

Where are you originally from?

I was born in Portsmouth, New Hampshire and moved here in 1986. My internship was in the early 80s in Amsterdam. Then I went to culinary school and wine school in Paris, and worked as a chef in three separate places.

What was it like working in Europe?

It was great. My apprenticeship was with a chef who was in the last part of his career – he was old school. He was intense, tough and standards-driven. And scary for some people. Culinary school was great because – even though the chefs were very demanding – they were also very supportive if you put in the effort.

Taillevent [a three-star restaurant in France] was the quietest, cleanest, most disciplined kitchen I've ever worked in – a fantastic place. In the one-star restaurant I worked in, the chef was…crazy. One day, he kicked another apprentice down the stairs. He was intense and had a temper. But that's just an individual – that's not the French way.

After Europe, where did you go?

I went from France to Boston and was a sous chef and chef at a wine bar. It was interesting because wine bars were brand new back in the early 80s. I also worked at a bakery, and as a baker, I worked all the time. We supplied all the bread to the top restaurants in the area.

I taught wine classes at the University of New Hampshire. I was briefly a pastry chef, which wasn't my talent, but I wanted to stretch myself and understand that position. I was a very busy guy – I always have been.

What can folks find at Tarbell's?

Our hope and prayer is that we're like a club without dues. A neighborhood restaurant with friends from all over the nation, and when they come here, this is their spot. Our door says, "welcome home." As far as food – there are two sides to what we do here.

We've developed a lot of home runs; things people attach themselves to. I take what I've learned and apply it to American classics with a Mediterranean base. With seasonal things, we take that and be creative. We get to play with it. But you'll always be able to get the scotch beef – from here on out. We use the highest cuts of beef; it takes four days to make the reduction sauce; everything is done at a high level.

Tell us about The Wine Store.

I've been here for a number of years, and for a while, next door was Sportsman's. It was the number one food, wine, and spirits shop in Arizona for years. The Fines owned it – they were extraordinary retailers and neighbors. It was sold to the Basha family, and they decided not to continue with it, so it was left empty.

My landlord threatened to turn it into something really horrible [*laughs*], and I took the bait. I opened it seven years ago. I kept the DNA and made it 1/3 wine and spirits store. It's a hospitality-driven experience with wine from all over the world and a section dedicated to Arizona, of course. Arizona wines are extraordinary and will continue to be.

You started wine school as a hobby?

When I was in culinary school in Paris, some friends decided to take classes at *Academie du Vin*, so I went with them. It was great. When I first started, I felt bad because I didn't know what people were talking about; all these people in this room saying, 'oh, this tastes like gooseberry with a fringe of blackcurrant,' and I'm like, 'are they making this up?'

I went through a process of feeling lost, but I just kept working at it – and by working, I mean I kept drinking wine [*laughs*] – and eventually the synapses in your brain connect and it's like learning a language.

Tell us about one of the nonprofits you work with.

There are so many, but the one that's most present is C-CAP – Careers through Culinary Arts Program. These are high school programs with instructors and students who do extraordinary things. It teaches life skills, partnerships, competitions and mentoring.

A lot of students come out of these programs with



increased skill sets and exposure. They go off to do other things, which is encouraged, or they may find themselves in the culinary/hospitality world. Last May, we awarded $1.6 million to students in Arizona. It's a really robust program that has a direct impact. We now have over 60 high schools that participate.

In October, we hosted a party with music from Nate Nathan and the Mac Daddy O's. Thirty high schools and their culinary students came out and showcased their dishes. We had 450 people come out and so many great sponsors. So, that's just one of the nonprofits – but I'm not passionate about that at all [*he says with a wink*].

What awards or recognitions have you received?

This is a tough question because the way I'm wired is that yesterday is gone and today is here – the future is uncertain. I'm saying this because I'm trying to buy time – I can't remember what awards I've won [*laughs*].

I work with *PBS,* and I've won five Emmys with the work I've done there. *Check, Please* and *Plate and Pour* are shows that celebrate Arizona's culinary talent and hospitality – a celebration of all the crazy good stuff going on here. I also won the Arizona Culinary Hall of Fame for media and for chef.

Do you consider yourself a television personality?

I mean – I guess. I am the host of a show – I've been on television a lot; I've been blessed with that. In 1995, the producers at Channel 3 asked me to be the resident chef, and I did that for 13 years. I was there every day, and then at the end, I was there twice a month. I competed on *Iron Chef* and won. I don't know about television personality, though. I've won some Emmys for it, so someone out there thinks I am!

What was *Iron Chef* like?

It was nerve-wracking – you're competing with a chance of losing on a national program that happens to be the number one show on cable in 2007. It's putting yourself out there, and I'm not so good at that – I like to compete as long as no one gets harmed. My team was Jim Gallen, who's over at Mountain Shadows and Paul Steele, who's

at a club in the east valley. We trained for six weeks and bought all the same equipment that they had on set. I wanted to remove some of the stressors of the competition. We were the only ones to win that season; we threaded the needle and got really lucky!

What do you love most about the industry?

This will sound obvious, but I love people. I'm blessed with that. It's an intense environment with both the staff and the guests that come in. All humans are different and have different needs, so to be able to weave that all into a great experience for everyone is challenging but rewarding.

Have there been any cooking techniques that have surprised you?

When I was young, it all seemed like magic, you know? As an apprentice, I worked with this Chinese couple that ran a *garde-manger* in a hotel – they did all the displays for the buffets. They would carve the most beautiful swans out of melons and roses out of tomatoes, and all of this was like magic to me.

Fast forward – restaurants are making these amazing dishes where something turns into something else, balloons filled with the smoke of parmesan – all this magic with new technology. I've never endeavored to do that, but places that do it at a high level – it's so cool.

What's your favorite thing to cook?

I like either slow or really fast cooking. That's one of the reasons I gravitated toward the scotch-beef dish – the pot roast. You do it for eight hours overnight with the right aromatics; it just comes out great. Also, anything that's quick and sensitive, like fish. It's varied in its cooking time; halibut is different than sole. It goes from yummy and moist to dry in a snap. I like baking bread, too. When I read that great bakers don't use recipes, I was like, 'yeah, I can do that.'

Do you have a favorite restaurant in Arizona?

So many! I like Mexican food – there's a big future for Mexican food in general because it's so diverse and complex; lots of influences. It'd be anything from Taco Chelo downtown, Madrigal in south phoenix, CRUjiente – but, hey, I've been known to have late-night Filiberto's, too.

When you're not at work, what are you doing?

I'm eating! I fasted once for five days and what I realized – which was shocking, scary and a teeny bit depressing – was that I had absolutely nothing to do. I'm either thinking about food, making food, eating food or thinking about what I'm going to make and eat next. When I fasted, there was just this huge vacancy. I don't fast anymore. Other than that, I love the outdoors, camping, hiking, stuff like that.

What's next?

I have a number of years left here at Tarbell's, so at this point, I'm just paying it forward, passing it on, developing as many young people as I can and giving them the tools they need to understand what it takes to go into this business. That's important to me.

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Teen with rare illness dedicates time to helping other children

By Jennifer Marshall

Through her establishment of a local nonprofit to help children with life-altering illnesses, Arcadian Kate Smolich transformed her illness into something positive.

The inspiration to start Beanie Love Foundation came after Smolich was diagnosed with a rare condition called Ehlers-Danlos Hypermobility Syndrome at age 13.

"The Lord gave me a heart for other children going through similar situations with life-altering and threatening diseases, disabilities and injuries. Through my battle, I felt called to bring hope to others and help encourage them through their fight," Smolich said.

She explained that during her extended stays in the hospital, visiting various doctors and undergoing treatments, she lost many friends.

"I never wanted any other child to feel alone," Smolich said.

She started writing letters of encouragement and crocheting hats for children fighting cancer, but eventually lost the hand strength to do them.

"Now we give beanies in our Hope Packs to children fighting cancer and other diseases or treatments that cause hair loss," Smolich said. "The love part of the name came from wanting to share the love of the Lord and let families know that they are seen and not alone in their fight."

Hope Packs are drawstring bags filled with items chosen for a specific child based on things they like or need, and items to help make treatment less scary.

They also contain a children's joke book, a devotional, toys and a personal letter of encouragement.

"Since the start, Beanie Love has grown into the multiple programs we offer year-round," Smolich said. The children (known as Courageous Warriors) and their families can receive Adventure Bags, which contain adventure-themed crafts for kids enduring a lengthy hospital stay. And when it comes to the family, they help with groceries and necessities they might need.

Volunteers are essential to fulfilling Beanie Love Foundation's mission. According to Smolich, a hardworking crew form the Courage Creators and Encourager Squad, which offers virtual and in-person opportunities to support children and their families. There are the Melody Makers of Hope within the Encourager Squad, a virtual music program, while the Courage and Friends Reading Corner hosts a virtual reading program.

The foundation places great emphasis on helping these warrior kids during the holidays, too.

"Our Christmas programs provide Hope Filled Christmas Packages, Christmas Hope Houses and Christmas Cheer Boxes to families across Arizona and children hospitalized during the holiday," Smolich said.

The packages contain a Christmas blanket, teddy bear, holiday window clings, a book, a Christmas-themed coloring book with crayons, a felt tree with decorations, card games and more. The Christmas Hope Houses, designed to resemble a house, come filled with gifts for all of the children within a family.

Christmas Cheer Boxes are stocked with a book, games, gifts, cookie cutters, sugar cookie mix, icing, sprinkles and other fun items.

"Our programs help through giving time, gifts, friendship, prayer, support, joy and smiles so our Courageous Warriors know that they aren't alone. We understand what our families go through because we've gone through it. Our goal is to walk alongside these families," Smolich said.

beanielovefoundation.org



PHOTO COURTESY OF KATE SMOLICH

Christopher, who has Spinal Muscular Atrophy, and Kate Smolich in front of Phoenix Children's Hospital, where Beanie Love surprised Christopher with a Hope Pack filled with all of his favorite things.

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Vegan Taste



Tarbell's

The Dining Scoop

Thanksgiving conjures up images of families gathered together, kids running into – and out of – the kitchen, lots of laughs and lots of food. Maybe you want someone else to do the cooking this year. If so, we've got a list of some – not all, but some – restaurants and businesses offering Turkey Day specials.

The Market by Jennifer has Thanksgiving meals covered this year. Guests can order a whole roasted turkey ($79) and various sides like bread stuffing, whipped potatoes, sweet potato hash, green beans with sliced almonds, veggies and rolls from $18-$36. Pumpkin and pecan pies are also available for purchase. Orders must be placed by November 18 and picked up by Thanksgiving Day, 7 a.m.-noon.

themarketbyjennifer.com

EAT by Stacey Weber is offering a ready-to-serve Thanksgiving menu that feeds four and includes all the traditional staples with some unique dishes (cranberry ginger salsa, baked brie with pistachios and whipped sweet potatoes, to name a few). Most items are gluten-free and dairy-free. Pre-orders will be available through Thursday, November 17, until 8 a.m. Orders will be ready for pick up on Wednesday, November 23, between 10 a.m.-4 p.m., at 4740 E. Shea Blvd., Phoenix.

eatbystaceyweber.com

Frashers Smokehouse is offering smoked turkey and smoked ham meals for dine-in or to-go. Dine-in orders include a choice of: acorn squash, stuffing, smoked corn, garlic mashed potatoes, coleslaw, green chili mac and cheese, baked beans, cornbread, homemade gravy, dinner rolls and dessert; $30 for adults, $20 for kids. To-go orders are $60-$100 for turkey; $50-$180 for ham and sides can be ordered individually.

frasherssmokehouse.com

Eat Up Drive In is serving two turkey-inspired specials all November long for dine-in and takeout. Option 1: the turkey dinner plate includes three slices of turkey, stuffing, cranberry sauce and potato gratin. Option 2: the turkey dinner sandwich stacked with shredded turkey, stuffing, cranberry sauce and drizzled with gravy, served on a baguette.

eatupdrivein.com

Doughbird is offering the "Grateful Plateful" throughout November (individual plate and family meal options). The individual entrée ($20) includes a half rotisserie chicken, roasted brussels and winter squash, rosemary stuffing, gravy, and cranberry sauce. The family meal ($38) offers "the whole bird" plus sides. A portion of the proceeds from these options will go to St. Vincent de Paul. Orders must be placed and picked up in advance.

eatdoughbird.com

Royal Palms is hosting two specials: a brunch buffet and a Thanksgiving dinner at T. Cook's. Both options are $150 for adults and $75 for kids. The dinner is a customized three-course, including dishes like lobster bisque or pork belly, roasted turkey, confit garlic mash and house-made cranberry sauce. On Thanksgiving morning, the resort will host a banquet buffet with traditional breakfast options; a charcuterie and cheese spread; soup, salad + pasta bar; seasonal sides; chilled seafood, carved meats station and desserts.

royalpalmshotel.com

On Thanksgiving Day, guests are invited to celebrate at **Chompie's** Valley locations. Diners can enjoy a turkey feast with stuffing, cranberry relish, mashed potatoes and gravy, home-style string beans, candied yams, freshly baked rolls and a slice of apple or pumpkin pie. The cost is $25 per person or $13 for children 10 and under. Wine, beer and cocktails are available for an additional charge.

chompies.com

Hash Kitchen has some festive specials for Turkey Day. The themed menu includes sweet potato and pumpkin pancakes ($14), pumpkin spice French toast ($15), turkey and stuffing waffle ($18) and turkey hash ($19). A festive fall drink, the Pumpkinpalooza ($14), made with dark cold brew, pumpkin spiced eggnog and vanilla vodka, is also available.

hashkitchen.com

Tarbell's to-go meals are $125 per person and include an entrée, sides and multiple desserts. Entree choices include herb crusted turkey, red wine poached filet and whole roasted salmon. Sides include organic field greens salad with caramelized pears and goat cheese, veggies, risotto with butternut squash and cilantro pesto, herb roasted red bliss potatoes, butter whipped potatoes, and house-made honey glazed biscuits. Desserts: cinnamon chocolate mousse, pumpkin pie slice, and ginger cookies. Orders must be submitted by November 19 for a November 23 (after 11 a.m.) pickup.

tarbells.com



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Tomaso's will be offering Thanksgiving specials from November 21 to 27. Holiday items include the Americano ($34): carved turkey breast, sausage stuffing, Tuscan potatoes, and broccolini. The Sweet Potato Fazzoletini ($26) is stuffed with sweet potatoes and ricotta, topped with candied pecans and a Frangelico cream. Tomaso's is open on Thanksgiving Day and will offer a themed menu. Reservations are encouraged.

tomasos.com

Bourbon and Bones in Old Town Scottsdale will be open on Thanksgiving Day and also has meals available for pickup. Folks can enjoy a three-course dinner of French onion soup or spring mix salad; turkey, country stuffing and mashed sweet potato; and a pumpkin spice Bundt cake to finish the festivities. The meal is $64.95 per person, and take-out orders are due by November 20.

bourbonandbones.com

ZuZu at Hotel Valley Ho will host a Thanksgiving dinner from 11 a.m.-9 p.m. on November 24, with a starter buffet, entrées ranging from apple-brined turkey to pan-roasted salmon and braised lamb shank, and sweets. Dinner is $63-$88 for adults and $25 for children 12 and under. Zuzu is also offering a to-go family meal featuring turkey, whipped potatoes, gravy, sweet potato casserole, stuffing, butternut squash soup, veggies, cranberry chutney, and buns. Packages are $249-$349 and should be ordered by November 18. Pick up by November 23.

hotelvalleyho.com

Hearth '61 at Mountain Shadows will serve up a Thanksgiving dinner from $29-$129. Appetizers include burrata with tomato jam, chop salad and Hamachi crudo with blistered shishito. Dinner includes turkey, beef tenderloin or salmon. To-go meals, with turkey, chorizo cornbread stuffing, mashed potatoes and gravy, orange cranberry relish, green beans and rolls are also available. To-go meals are $67 per adult and $33 for children. Add a butterscotch pecan pie or pumpkin pie, too! Orders open until November 22. Pick up on Thanksgiving Day.

mountainshadows.com

The week of November 21, **The Vegan Taste** menu will feature an entirely plant-based Thanksgiving feast. The meals (all individual serving-sized) can be spread out throughout the week or combined. The menu includes Turk'y loaf with mashed potatoes and stuffing, mac and cheese, scalloped potatoes, risotto, couscous and cauliflower and yellow split pea soup. Orders must be placed by Thursday; deliveries are every Monday. A 6-meal package is available for $89.99 or a 12-meal package is available for $149.99.

thevegantaste.com

Thanksgiving family dinners, single dinners, holiday pies, and sides like mashed potatoes, stuffing and gravy are available for pickup from **Miracle Mile Deli**. The plate includes white or dark meat, homemade



ZuZu at Hotel Valley Ho

mashed potatoes and gravy, stuffing, cranberry sauce and rolls. They're also offering a family feast (6-8 people) for $225. Orders must be placed by November 22 by 2 p.m. for pick up on Wednesday, November 23.

miraclemiledeli.com

Pre-order your **Pie Snob** pies now! Guests can pick up on November 22 and 23 from 10 a.m.-6 p.m. Flavors include apple crumb, caramel apple, green chile apple crumb, chocolate pecan, pumpkin praline, pumpkin cheesecake and razzleberry double-crust. Prices vary from $26-$48.

piesnob.com

THE SCOOP – VETERANS DAY

CRUjiente Tacos will offer Vets (with ID) a free premier margarita with purchase of any taco for Veterans Day.

crutacos.com

Morning Squeeze is hosting a month-long fundraiser for Veterans by donating 10 percent of the month's proceeds to the Phoenix chapter of the Military Order of the Purple Heart.

morningsqueeze.com

Six Byrd Cider is offering a Veteran's Day special: buy a cider, get a second for only $1. Special valid on Veterans Day only, for Veterans only.

sixbyrd.com

Koibito Poké is honoring veterans with $5 off in-store orders on Veterans Day at all four of its Valley locations, including Arcadia (4280 E. Indian School Road). Koibito offers poké bowl selections as well as chicken and veggie options.

koibitopoke.com

Streets of New York Pizza will offer a 20 percent discount for veterans, active military, police and firefighters on Veterans Day.

streetsofnewyork.com

Eat Up Drive In and Old-Town-based restaurants Diego Pops The Hot Chick and The Montauk will offer 25 percent off food purchases for veterans and active military on Veterans Day.

jocqueconcepts.com

Salt & Lime in Scottsdale offers a year-round discount for veterans and first responders with a 20 percent discount every visit.

saltandlimeaz.com

Desert Ridge's **ComicX** is offering veterans 50 percent off of all entrees with presentation of military ID or if dressed in uniform.

comicx.us

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Greg Hoyt

Some people can't wait for Fridays – and dread the "Sunday scaries" that eventually lead to Monday. Greg Hoyt is not one of those people. He looks forward to the start of a new week and the opportunity to return to work.

Growing up, Greg had not one but two paper routes in junior high and would pull a lawn mower behind his bike so he could mow lawns after school.

"My dad was a hard worker and had a big influence on me. Though he could be rough, he was a straight shooter and taught me the importance of living your life with integrity, honesty and character," Greg said.

> ***Success without honesty and integrity is a failure.***

Greg and his younger sister grew up in southern California. While attending junior college, he started a drywall and painting business.

He soon realized that the building trades weren't for him, but it did pique his interest in the real estate industry. He enrolled in ASU's business school, which would lay the foundation for working in, and eventually taking ownership of, California-Arizona Industrial Properties.

"My dad's dream was to have me – and eventually my three boys – run his company, and that will probably happen," Greg said with unmistakable pride. "Wade is already onboard, and Briggs and Chase will hopefully fill some sort of a role in the future."

Greg admits that real estate development is a very cyclical business, with downturns and recessions around every corner. "I've seen them all, and I firmly believe that change creates opportunities," he said.

When Greg isn't bouncing back and forth between his two offices, he loves to golf and hike mountains here and around the world. "I just love being outdoors, no matter where I am or what I'm doing," he explained.

Greg admits that high on his bucket list is to play a round of golf at Augusta National in Georgia, home of the fabled Master's Tournament.

Another interest of this hard-charging entrepreneur is philanthropy. His family created the RS Hoyt Jr. Family Foundation in 1998, and they have been raising money and making grants to assist underserved youth with a wide array of educational opportunities ever since.

"It's not about the money. It's about making an impact," Greg said.

He and his wife, Becca, have lived in Arcadia for many years and said, "it is the hands-down best family environment you could find anywhere. I wish I had grown up in Arcadia. That's how much I like it."

Something Greg is pretty sure no one knows about him is his passion for the kitchen. "I love cooking, and some of my favorite dishes are anything on the grill or Italian food."



Another personal interest is staying up with what's going on around him. "I'm a loyal newspaper reader. I read lots of papers, but the *Wall Street Journal* is my go-to for what's going on in the world."

When asked what advice he would impart to the next generation, Greg pauses to reflect on something his father said to him many times over the years: "Success without honesty and integrity is a failure."



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Keeping health in mind this holiday season

The holidays are upon us, which means busy weeks, weekends and healthy routines are probably going out the window. With a little extra planning, folks can continue to exercise and eat right so that when January starts, they are energized for the new year. P.S. YouCare-SelfCare wellness classes start in January! Here are some quick tips to gear up for a healthy holiday season:

- Make weekly batches of overnight oats and chia pudding for breakfast.
- Stick with an exercise plan.
- Eat something before holiday parties, so you don't go crazy with unhealthy party food.
- Think about adding a few plant-based options to your Thanksgiving menu. Here are a few to try:

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

Tomato Orzo Soup SERVES: 6

Ingredients

- 1 onion, diced
- 2 cloves garlic, minced
- 1 package Beyond Meat Hot Italian Sausage
- 2 tsp. Italian seasonings
- 1 tsp. each: garlic powder, onion powder, oregano, pink salt
- ½ tsp. each: pepper, red pepper flakes
- 2 tbsp. nutritional yeast
- 1 28 oz. can crushed, fire-roasted tomatoes
- 3 cups broth (more if you want it thinner)
- 1 cup orzo
- 2 cups spinach



Directions

1. *Sauté the onion and garlic in a little avocado oil for five minutes, adding water if needed, so they don't stick.* ***2.*** *Discard casing from sausage and add to the pan. Break it down with a wooden spoon until it resembles ground sausage. Cook for about five minutes on medium heat, stirring frequently.* ***3.*** *Add spices, nutritional yeast, tomatoes and broth. Bring to boil, add orzo, lower heat to medium and cook for about seven minutes, stirring so the orzo doesn't stick.* ***4.*** *Stir in spinach and let wilt, then serve!*

Instant Pot Mashed Potatoes SERVES: 12

Ingredients

- 3 lbs. Yukon gold potatoes
- 1 cup water
- ¼ cup broth
- ¼ cup vegan butter (softened)
- ¼ cup dairy-free parmesan cheese
- ¼ cup dairy-free sour cream
- 1 tsp. salt
- ½ tsp. garlic granules
- 1 tbsp. chives, chopped, for garnish



Directions

1. *Peel the potatoes and cut into large chunks. Place in Instant Pot steamer basket (or on a rack if you don't have a steamer basket).* ***2.*** *Add one cup water to the Instant Pot, then add the steamer basket. Turn the valve on the lid to seal and set the timer for eight minutes. When the time is up, turn the valve on the lid to venting and release the steam. Make sure to stand back for the steam release.* ***3.*** *Remove the basket and discard the water in the bottom of the Instant Pot. Empty the potatoes from the steamer basket back into the Instant Pot.* ***4.*** *Add the broth, butter, parmesan, sour cream, salt and garlic granules. Using a potato masher, mash the potatoes to your desired consistency.*



Italian Salad SERVES: 6-8

Ingredients

- 1 head romaine or red leaf lettuce, chopped
- ¼ red onion, thinly sliced
- 1 can artichoke hearts (drained)
- ½ jar roasted red peppers (or 1 red pepper, roasted)
- ½ cup toasted pine nuts
- ½ cup Kalamata olives (optional)

Dressing

- ¼ cup olive oil
- ¼ cup Braggs apple cider vinegar
- 1 tsp. Italian seasonings
- ½ tsp. pink salt
- ½ tsp. pepper
- ½ tsp. garlic granules
- ½ tsp. pepper



Directions

1. *Whisk up dressing and toss with salad ingredients.*

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Lend a helping hand with these organizations

By Rachael Bouley

As the holidays approach, there are Valley organizations working hard to support those in need. From family charities to animal rescue groups, there are many opportunities to get involved in meaningful causes and show support. Here are a few nonprofits that could use some assistance in making a difference this holiday season.



PHOTO COURTESY OF ARIZONA HELPING HANDS

Arizona Helping Hands provides toys to 12,000 kids in foster care.

Arizona Helping Hands

azhelpinghands.org

Who: Arizona Helping Hands brings hope to thousands of children in foster care. The nonprofit provides cribs, beds, linens, clothing, diapers, personal hygiene kits and educational activities to help children feel safe and comfortable. More than 4,000 kids were supported through their Basic Needs program last year.

What you can do: Hope for the Holidays is in its 24th year, and the toy drive delivers much-appreciated gifts to foster kids – folks can donate online or hold their own drive to collect new toys, such as remote control cars, sports balls, arts and crafts and STEM-based toys. The public is also invited to a community drive-thru donation event on December 6.

Where: 3110 E. Thunderbird Road, Phoenix. Online donations are welcome.

Why: AHH provides essential services to children in foster care while promoting health and safety. The nonprofit collects donations year-round with special school, birthday, and holiday programs as part of their vision that "every child in foster care is safe and loved."

Childhelp

childhelp.org

Who: Childhelp is a nonprofit focused on the prevention, intervention and treatment of child abuse. Their programs include the Childhelp National Child Abuse Hotline and short-term residential therapeutic programs.

What you can do: The Five Days of Love event is a holiday online auction running from December 5-9. Funds raised will be used to shop, wrap and deliver gifts to children entering the Childhelp Children's Center of Arizona over the holidays. Childhelp is also collecting clothing and holding toy drive donations for new gifts to benefit kids.

Where: Donations can be dropped off at 6730 N. Scottsdale Road or donated online.

Why: Childhelp is on a mission to help children out of difficult and dangerous family situations and give them a life filled with love.

International Rescue Committee Phoenix

rescue.org

Who: The IRC provides vital services for refugees, immigrants and victims of human trafficking. The nonprofit supports vulnerable populations through education, empowerment and economic well-being programs.

What you can do: IRC's annual Holiday Giving Campaign pairs newly arrived refugee families with a sponsor who provides essential items to make them feel safe and welcome. The federal government matches time and gift contributions of $2 to $1 to provide families with rental assistance and job readiness training.

Why: The 2022 Holiday Giving Campaign helps refugee and asylum-seeking families from Afghanistan, Burma, Syria, and the Democratic Republic of the Congo. IRC wants these families to know the community cares as they adjust to life in America.

Lost Our Home Pet Rescue

lostourhome.org

Who: Lost Our Home is a no-kill pet rescue that helps abandoned or neglected pets find their forever families. The organization has a Temporary Care Program, offering up to 90 days of care for pets and a pet food bank program so families don't have to give up their pets during hard times.

What you can do: The Sit. Stay. Brunch. event on December 4 raises funds and awareness for lifesaving programs benefitting Arizona pets and pet families. It's a festive celebration highlighting pet rescue efforts and animals up for adoption.

Where: Scottsdale Resort at McCormick Ranch: 7700 E. McCormick Pkwy.

Why: Lost Our Home "fills the gap that once existed for pets and pet parents in crisis." The nonprofit continues to raise funds to support animals needing food, shelter and temporary or permanent homes.

Phoenix Rescue Mission

phoenixrescuemission.org

Who: Phoenix Rescue Mission supports men, women, and children facing homelessness, addiction and poverty. The nonprofit ensures that basic needs are met and provides food, job assistance, outreach, and recovery services.

What you can do: The third annual Hungry for Change holiday campaign runs through December 31, with Mobile Pantries and Frozen Turkey Saturday set for November 12. The Thanksgiving drive-thru will happen on November 19.

Where: 1540 W. Van Buren St., Phoenix.

Why: The annual campaign supports thousands of families through donation drives while addressing the root causes of hunger through education and job opportunities, counseling, and more life-transforming resources.

The Society of St. Vincent de Paul

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What you can do: The Turkey Tuesday Campaign runs throughout November and helps provide meals for families in need. A $15 donation buys one turkey. Donations are accepted online, or visit Bashas' or Food City locations on November 22 to donate a turkey in person. Folks can also volunteer this holiday season to serve meals or sort donations.

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In these quaint Arizona towns, 'everybody knows your name'



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Mortimer Farms – 90 minutes north of Arcadia, in Dewey-Humbolt.



Robin's Adventures

BY ROBIN SEWELL

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

Just an hour north of Phoenix lies a 60-acre property, lush with cottonwoods that create a cool canopy along a winding creek. Readers and viewers will often hear me say, "just off an Arizona Highway."

Well, in Mayer, The Creekside Lodge and Cabins really are just off the highway. Turn off State Route 69, and you've arrived.

Owner John Papuga recently bought the lodge on Bug Creek and did an entire remodel.

There are a total of 19 rooms, each 410 square feet. Seven rooms have Santa Fe décor, and seven others are cowboy-themed with heart-shaped tubs. There are also four lodge rooms with adjoining doors, in case it's a family getaway.

There's plenty to do in the surrounding area: horseback riding, a winery in nearby Dewey and two casinos close to Mayer. If guests want to hang out at the lodge and enjoy some r-n-r, there's a steakhouse on the property with a Thursday night Prime Rib special and a bar with live music that plays creek side during the summer. The lodge brings in different bands, from country tunes to the blues – a few musicians even play acoustics. Papuga wanted to provide a place with a unique environment so that visitors could experience it all.

Ten minutes from Mayer is Dewey-Humboldt, Arizona's "country town." Although its history dates back to the 1500s, when Spanish explorers and missionaries scoured the land in search of gold, silver and lost souls to convert to Christianity, Dewey-Humboldt didn't officially become a town until 2004.

This quaint and historic town is worth exploring, especially in the fall. Mortimer Farms is known for its Pumpkin Festival and Corn Maze, which takes place on a 15-acre pumpkin patch. There's also the Freedom Station Family Fun Center which has laser tag, mini golf and other family activities. Don't forget to enjoy the beautiful fall colors at Fain Park and nearby Watson Lake.

On our last trip to Dewey-Humboldt, we stopped in for a bite at Mamma's Kitchen, a place "where everyone knows your name." It's a neighborhood joint full of regulars, but visitors are also treated like family. The most popular breakfast items are chicken fried steak, Mamma's home fries, biscuits and gravy or the machaca huevos rancheros breakfast burritos.

Mamma does most of the cooking, and her two daughters have worked there since they were young. Guests say it's a warm and inviting environment but get to Mamma's early, as it's only open until 2 p.m., an hour earlier on Sundays.

So, if you are looking for some hometown fun, a fall color spectacular and a place where friends feel like family, head to Mayer and Dewey-Humboldt. The Creekside Lodge and Cabins are a little oasis and at Mamma's Kitchen – just like the *Cheers* bar, they are always glad you came.

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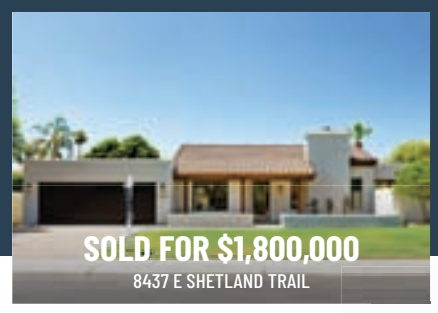
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PHOTO: KATRINA ALFARO

David Alfaro, David "Deuce" Alfaro II and Derek Dahlgren.

Studio 56 opens

By Jennifer Marshall

Following the temporary closing of their youth sports league, Arcadians Katrina and David Alfaro and their son, Deuce, decided to flip the script and try something new. And with how much David loves to shop, finding their next venture was easy.

The Alfaros recently opened a vintage clothing store and print shop called Studio 56, named for its location at 56th St. and Thomas Road.

David is an avid collector of vintage sports clothing with a focus on 90s champion basketball jerseys. Although their sports league was shuttered, David continued buying jerseys and other vintage clothing items, and the family decided to start selling them online.

"Those sales really took off," Katrina said. "Then, toward the end of 2020, our sports league reopened, and we started doing vintage pop-up events. David [also known as Deuce], our 19-year-old son, and I did about 35 to 40 shows in 2021. Our events were just as successful as our online sales, and before we knew it, our house was overtaken by racks and racks of clothes."

The clothing dominated the kitchen, living room, bedrooms, carport and back patio, which prompted Katrina to tell her husband that it was time to get the clothing out of the house. Thus, their search for a shop to lease began – and luckily, they found a spot just down the road.

"At Studio 56, we carry vintage clothing: shirts, sweaters and jackets from the late 80s to the early 90s," Katrina said. "We also stock old sports tees, concert and band tees, rap tees, sports sweaters, jackets and jerseys. We also sell new sneakers: Yeezy's, Dunks and Jordan's, and foreign snacks and drinks from around the world."

A vendor by the name of Outta Town Pop supplies the shop with those items. They've offered Fanta from Thailand, Japan and China as well as unique flavors of chips, cookies and candy, plus Crystal Pepsi from Canada and cup noodles-flavored potato chips from Taiwan.

"David searches for new items every day," Katrina said. "He gets his merchandise from thrift stores, yard sales, estate sales, storage units, online platforms, etc. The man never stops looking! Currently, there are around 1,500 items, and new stuff is added all the time."

Deuce, along with being part owner of the business, is the inspiration behind the print shop. He specializes in printing sublimation t-shirts (a process that uses heat transfer to apply an image to the shirt), vinyl t-shirts and names on the back of the kids' youth sports jerseys for the sports league.

Learn more on Instagram
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Christ, Our Light in Times of Darkness

Veteran-owned Black Rifle Coffee Co. now open in Arcadia

By Rachael Bouley

It all started as a humble passion project and business idea, brought to life by former U.S. Army Green Beret Evan Hafer and friends Jarred Taylor, Richard Ryan and Mat Best.

Founded in 2014, Black Rifle Coffee Company (BRCC) is a veteran-owned business that has 21 "Outposts" across Florida, Georgia, Tennessee, Oklahoma, Texas and Utah. The Arcadia Outpost is BRCC's first in Arizona. Chief Retail Officer Heath Nielsen says it's been an excellent start for their new location.

"The Arcadia community has greeted us with open arms," Nielsen said. "We are encouraged by the warm welcome we have received and are proud to serve BRCC coffee to Arcadia and the Phoenix community."

The new location is part of a thriving network of Outposts where the company sells its blended roasts in a community-oriented atmosphere.

"The founders started the company to connect people who love our country and to give back to our veterans as an employment opportunity and through philanthropy," Nielsen said.

Hafer initially roasted beans in his garage, producing hundreds of pounds of ready-to-ship coffee on a one-pound roaster. While BRCC has grown significantly since then, the team hasn't forgotten where they came from and what they care about.



PHOTO COURTESY OF HEATH NIELSEN

Mat Best served as an Army Ranger and Evan Hafer served as a U.S. Army Green Beret before opening Black Rifle.

"At every stage, from garage to going public, the company has prioritized hiring veterans," Nielsen said. "Currently, about 50 percent of our employees are veterans, about ten times the national average, and our goal is to eventually employ 10,000."

BRCC helps veterans nationwide through a steady stream of events and donation drives. Last year, the company donated over $1.2 million to charitable organizations and $3 million worth of coffee and products to active military and first responder units.

The company's desire to make a difference led to the creation of the BRCC Fund in 2021. This fund supports veterans, law enforcement, first responders, and conservation organizations, including Mettle Ops, HunterSeven Foundation, Back the Heroes, and Folds of Honor.

As the business expands, BRCC strives to be the top employer of choice for veterans and first responders. With opportunities for advancement and ongoing training, BRCC wants everyone to feel supported and appreciated at work, no matter their title.

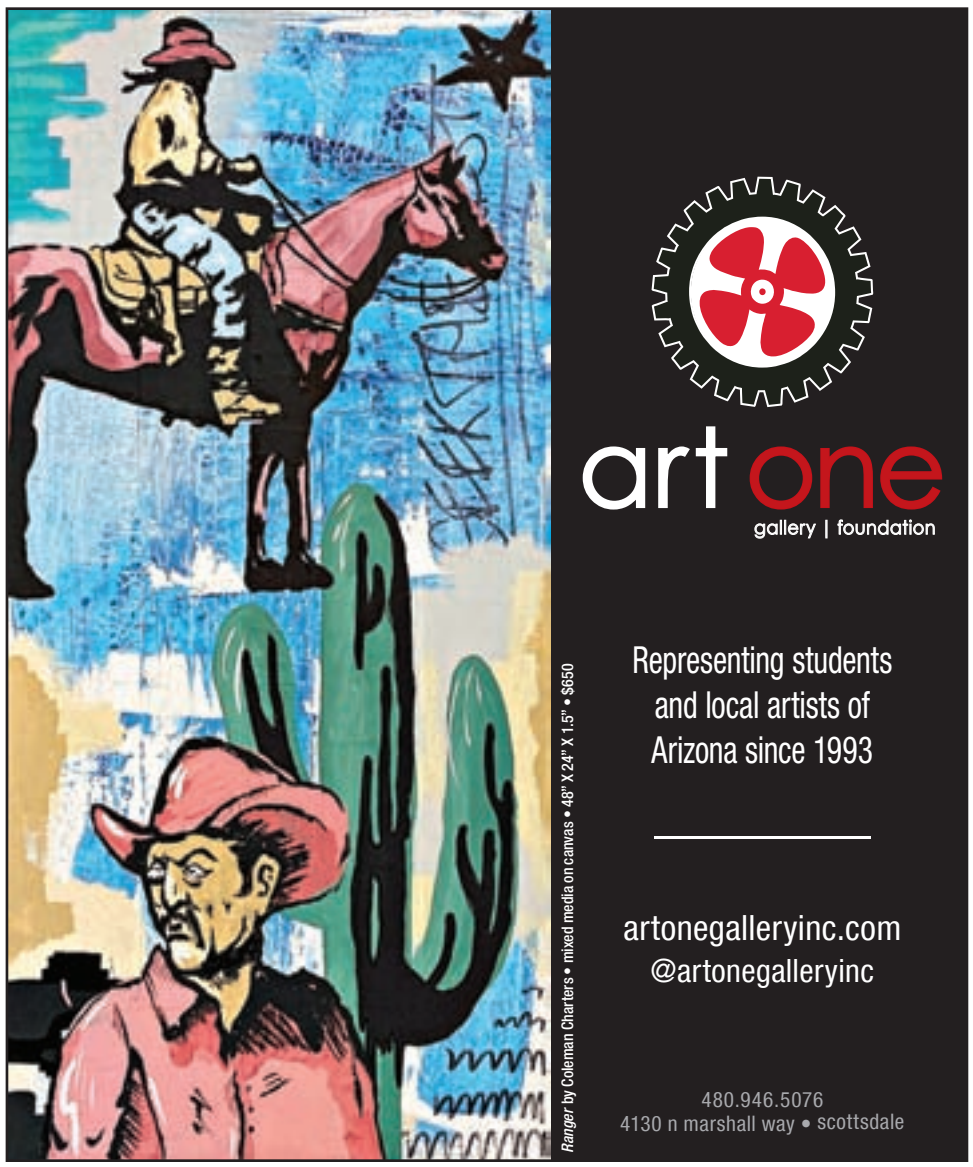
"As a veteran myself, I know that the value of veterans in the workplace cannot be overstated. They are the ultimate team players – resourceful, resilient and determined," Nielsen said.

He added that businesses operating with veteran employees have access to the increased wealth of experience and skills that a military background provides.

"Our goal as a company is to serve those who have served our country as they enter civilian life," he said.

BRCC Arcadia offers a full espresso bar with more than 15 different blends of coffee, a drive-thru and a grab-and-go menu for breakfast, lunch, and sweets. There's also BRCC apparel, hats, mugs, and bags of coffee to take home.

blackriflecoffee.com







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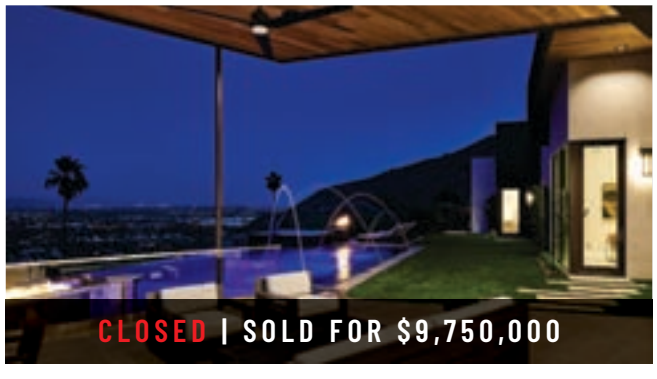
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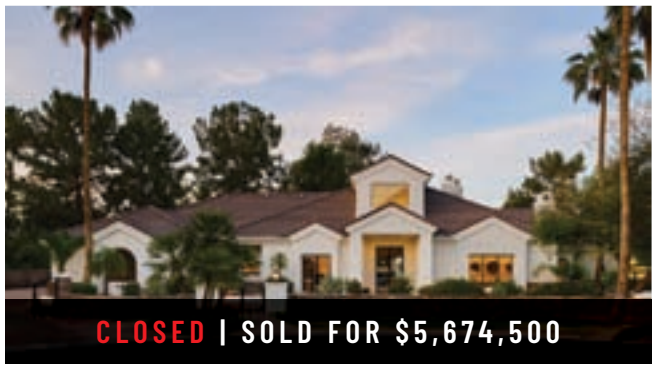
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Local schools honor armed forces on Veterans Day

By Rachael Bouley

What started as an annual Veterans Day breakfast has transformed into a family-friendly parade, an idea brought to life by the students at Christ Lutheran School.

The Veterans Day breakfast was introduced in 2015 and was held each year until November 2020, when CLS had to pivot away from the traditional event – an idea that Outreach Director Megan Gotshall said ended up very beneficial. Gotshall oversees the event and helps students during the planning process and festivities.

"Instead of only some students getting to meet veterans and learn about their experiences at breakfast, now all of our students can participate in the festivities because the parade is during the school day," Gotshall said.

The kindergarten through eighth-grade classes decorate the campus, create posters to hold up and invite veterans to drive through.

"It's a wonderful way for us to celebrate and thank our veterans for their service as a whole school community," she said.

Gotshall and fellow staff were impressed when a group of students suggested a drive-through parade as an alternative to the breakfast. At the time, it was a safe and socially distanced option for Veterans Day festivities, and the tradition continues two years later with the parade planned for Friday, November 11.

Veterans and their loved ones are encouraged to get involved and decorate their cars for the special occasion, which Gotshall said is an important reminder for students that freedom isn't free.

"It is too easy to take this life for granted. Being together as a community to thank our veterans reminds us of the blessing that it is to live in the United States of America," Gotshall explained. "We want to be citizens who help make this country a better place like our veterans did."



PHOTOS COURTESY OF SHELLY ROSE AND MEGAN GOTSHALL

The fifth-grade classes at Tavan Elementary send this photo to each veteran they write to.



Brian and Connor Frey at the CLS Parade. Brian is class of '95 at the United States Naval Academy.

Seeing veterans' reactions as they drive through the parade, some with smiles and some with tears in their eyes, shows the students that their efforts were worth it. Some veterans even write what branch/war they served in on their cars, a touching tribute to their patriotism.

The school community hopes to see a strong turnout of veterans at this year's parade so they can thank them for their courageous service and sacrifice. While Gotshall coordinates the parade logistics, she said the students deserve the credit for such a grand celebration.

"It truly is the students who make it special and meaningful with their enthusiasm and cheering," Gotshall said. "The parade means a lot to all of us. It's a time for us to be together as a community and remember the service and sacrifice of our veterans."

CLS isn't the only Arcadia area school to do something special for Veterans Day. At Tavan, a project that started with Shelly Rose's fifth-grade class over 10 years ago has grown to include all third, fourth, and fifth graders.

With the help of their families, students are asked to gather mailing or email addresses for all the veterans they know, from relatives to family, friends and neighbors. This collective effort produces a long list of veterans to recognize each November.

"We take a group photo and write thank you notes to send to veterans along with the picture," Rose explained. "It has been well received by veterans who note that nobody ever really thanked them."

Over the years, Tavan students have expressed their gratitude to veterans across Arizona, the country, and even overseas, with many writing back to share their appreciation for such acknowledgment.

The school is committed to thanking veterans for their service and teaching future generations about veteran sacrifices throughout history.

Hopi Elementary School is also coming together with a Veterans Day assembly planned for Thursday, November 10. There will be a student council presentation and a patriotic performance from the fourth and fifth grade choir, who have been hard at work practicing their songs.

"Traditionally, this has also been a red, white, and blue day for students. This is my first year at Hopi, so I'm looking forward to seeing us come together as a community to learn, honor and observe military veterans," Principal Anne Plenkovich said.

"It is critical that we remember all the men and women who have courageously sacrificed for us to have the freedom and peace we experience today."

Echo Canyon to 'spruce up' Camelback Road

By Mallory Gleich

Passersby traveling east on Camelback Road toward 62nd St. will soon notice some new artwork on the wall surrounding Echo Canyon School.

Echo Canyon's parent-teacher organization had been discussing adding signage to the school's Camelback Road-facing wall over the past few years. The wall was recently approved for a new mural, with the project beginning in early November.

"We wanted a design that would indicate what was on the other side of that giant wall while also showcasing the beauty of our campus and vast campus gardens," Board Member Kristen Guerin said. "We also wanted to honor the surrounding Arcadia neighborhood and Camelback Mountain."

Once it was approved, the group set out to find an artist with a passion for botanical design – Arizona-based Ariana Enriquez, whose portfolio showcases a collection of floral paintings, was hired a few weeks later.

"I saw her working daily on a large mural at Baseline Flowers. After that mural was complete, she was featured on the news, and we got her name. She has been incredible," Guerin said. "She brought our vision to life and designed the piece with these elements in mind."



PHOTO COURTESY OF KRISTEN GUERIN

Echo Canyon's PTO hopes the mural will attract new families and instill a sense of pride and beauty.

According to Guerin, raising resources to cover the cost, finding an artist that could capture the vision, and obtaining necessary permission from the district and city were all factors that took time to develop the plan.

"Priorities have also shifted to wanting to focus more on imaging and attracting new families to our school," she explained.

The group said they are focusing on the main entry wall, which is 35 feet in length and eight feet in height. They're planning to also concentrate on the far west wall, an 8x8 foot corner section, to capture the eastbound traffic along Camelback.

"We hope the mural attracts new families and reminds those commuting down Camelback that there's an outstanding elementary school on the other side. We also hope it instills a sense of pride and beauty in our current families and neighbors. Thanks to families who have supported fundraising efforts, we can now make this project a priority for this school year," Guerin said.

Guerin and PTO member Brett Rogers are heading up the project. The mural is 100 percent funded by the Echo Canyon PTO. Work will begin in early November and will take a few weeks to complete.

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A new way for new moms to get the help they need

By Mallory Gleich

In 2013, Walmart pledged to spend $250 billion over 10 years on products made, grown or assembled in the United States. In 2021, they upped that number to $350 billion and hope to achieve that by 2031.

To help the goal along, the corporation hosts Open Call, a two-day event where 1,100 businesses from across the country pitch their products. Twelve companies from Arizona were invited to the event, and one of those is owned by Arcadia resident Jacqueline Kincer.

Kincer is an Arizona native who attended ASU and majored in sociology. For the past six years, she's owned a company called Holistic Lactation.

Kincer explained that breastfeeding her first child was a struggle. She found that support from doctors and lactation consultants was lacking, so she decided to become her own consultant and help other new moms navigate the experience.

"I started Holistic Lactation as a private practice International Board-Certified Lactation Consultant, providing home visits for breastfeeding families needing lactation care," Kincer said.

She had an opportunity to meet with a buyer to present her product, Advanced Lactation Formula. By the end of the meeting, she had her own spot on Walmart.com.

"It was really exciting. Walmart is the world's largest retailer, so for a company of their caliber to find value in my product and want to offer it to their customers was a huge honor," she said.

From there, Kincer and her team completed the documentation and arranged the delivery of her product; then, they worked with an item management team and merchant to ensure the supply is up and running.

Advanced Lactation Formula comes in capsule form and is an organic herbal supplement for supporting and increasing breastmilk production, increasing breastmilk fat content or balancing hormones – all of which help moms increase milk supply and regain their confidence when it comes to breastfeeding their baby, according to Kincer. She worked on the formula for three years before finding a concoction that worked.



Jacqueline Kincer

"I wanted to be sure this is something that would work for a wide variety of moms with varying health conditions and circumstances," she said. "Finding a quality manufacturer, producer, third-party tester, among other things, took a little over a year, then I was able to sell it."

Because of her training, Kincer had a solid foundation to help figure out what to recommend to her patients.

"Knowing how important it was to create something that would be safe and effective meant that I spent a few years of clinical trial and error to come up with the exact ingredients and dosages in Advanced Lactation Formula," she said.



PHOTO COURTESY OF JACQUELINE KINCER

Advanced Lactation Formula is an organic herbal supplement for supporting and increasing breastmilk production, increasing fat content and balancing hormones in new moms.

Kincer explained that the ingredients in the supplement help balance postpartum hormones, specifically ones responsible for lactation, which in turn helps with energy levels, mood and overall health.

The Advanced Lactation Team is working to introduce not only the winning product but also a Lactation Flow Formula, which prevents and treats plugged ducts and mastitis (an inflammation of breast tissue during lactation). They will also present a third product, available early next year.

holisticlactation.com



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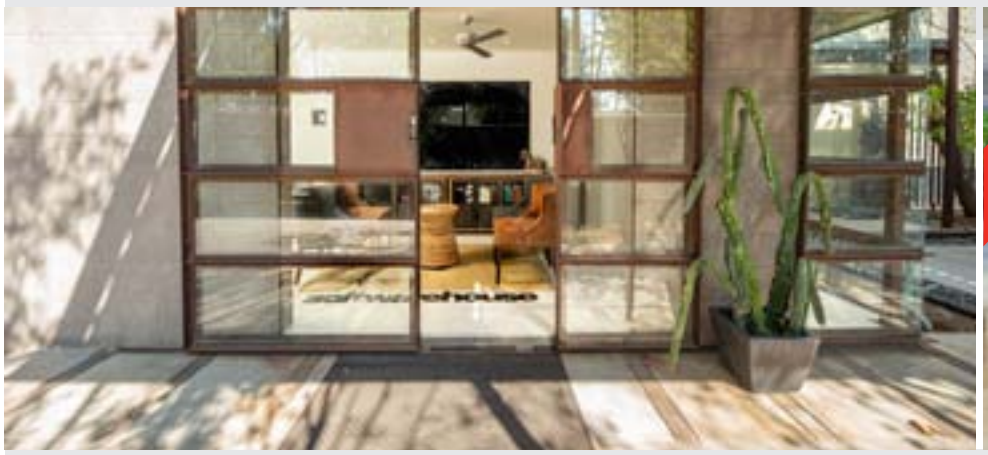
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The history of the ever-growing Phoenix Zoolights





PHOTOS COURTESY OF LINDA HARDWICK

Zoolights covers 125 acres of land across Phoenix Zoo.

By DeAsiah Ball

The Phoenix Zoo has many different creatures, but elves are not one of them – unless it's time for the cherished holiday display known as Zoolights! A six-person crew is working diligently to bring the magic of a few million twinkle lights to visitors, with an opening date of November 23.

To the untrained eye, trying to find millions of lights across the zoo during the day could be a challenging scavenger hunt. But to Zoolights manager Justin Davis, it's a breeze.

"We try to have everything done by Halloween. Usually, we'll have an 'i' to dot and 't' to cross at that point, but we know it needs to be done. Most people don't realize the planning and execution it takes," Davis said.

Zoolights first debuted in 1991. Back then, the lights were only on the Arizona Trail (a .75-mile trail designed to imitate the wildlife and plant life of the state of Arizona). The display was much smaller, of course, and only open for 11 to 15 days. By 1999, the zoo had introduced the Lake Show.

"That show was the start of trees and elements being connected to music along the lake. Each year the zoo shines brighter and bigger with enhanced elements," Vice President of Marketing Linda Hardwick said.

The two-month long event has expanded to include the entire park (except for the Children's Zoo and the Predator Passway, which is coming soon!). According to Davis, it started with a couple thousand lights, and now there are around three million. The famous tree, Big Blue, holds about 35,000 lights alone!

The crew starts planning for upcoming displays for the next year at the end of Zoolights, and construction begins on June 1.

LED lights have made the process of decorating 125 acres of land a lot easier. Davis and his team set the lights on timers, automatically turning on and off.

"This also prevents questions such as 'did somebody turn on the flamingos?'" Davis said with a laugh.

This year, he and his crew have planned an all-new Lake Show with a line of trees, the main one being 50 feet tall, wrapped with pixelated lights to display different moving images.

"I like to say we get a bunch of brand-new people. We do, but Zoolights is like a family tradition. Some families have been coming to this event for 30 years," Davis said.

In 2021, the park included a Sensory Night. Fewer tickets are sold for this night to ensure smaller crowds, lasers that move along the ground are unplugged, the music is quieter, and all moving displays are slowed down. This year, the park will offer two Sensory Nights.

Zoolights was started as – and continues to be – a fundraiser that helps raise money for the zoo to add new exhibits and Species Survival Plans (SSP). SSPs help save animals from extinction and inform the public about how they can help in the future.

"The best way to help is to come out and enjoy the zoo. Donating is always helpful, but at the same time, just coming and supporting us is a win-win," Davis said. "The biggest thing is knowing that not only are folks seeing the lights, but they're also supporting the zoo and the wildlife."

ZOOLIGHTS:

Time: *5:30-10:30 p.m.*
Date: *November 23-January 15, 2023.*
phoenixzoo.com



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Arizona's 'unique' museums offer a peek into the past

By DeAsiah Ball

One of the best ways to experience the multitude of culture and history within the Grand Canyon State is with the museums offered across Arizona. Here are a few familiar – and maybe not-so-familiar – places folks can visit.

Commemorative Air Force Museum

2017 N. Greenfield Road, Mesa
azcaf.org

More than 300,000 planes were produced during World War I and II. Few remain in existence, and even fewer are in flying condition.

Adults and children can experience aircraft throughout history at the Commemorative Air Force Museum. The exhibits are filled with fun facts, videos, photos and even a few previously untold Air Force stories.

Families can enjoy a Behind-the-Scenes Cockpit Tour to experience the inside of World War II fighters and torpedo bombers. The tours occur twice every Friday.

Families can also book a ride inside restored World War II aircraft, like the B-17G Flying Fortress, B-25J Mitchell, C-47 Skytrain and C-45 Expeditor. Visiting hours are Wednesday-Saturday, 10 a.m.-4 p.m. Tickets are $15 for adults, $5 for kids, and $12 for seniors and veterans.

The Hall of Flame Museum

6101 E. Van Buren St., Phoenix
hallofflame.org

Founded in 1961, the Hall of Flame Museum recognizes firefighters who have died in the line of duty and have shown acts of heroism. The displays showcase heroes dating back to 1725.

Families can explore exhibits that include fire alarm systems, engravings, photographs, fire extinguishers and even motorized fire trucks dating back to 1940. Guests can also learn about firefighters in England, France, Austria, Germany and Japan. Visiting hours are Tuesdays-Saturdays, 10 a.m. to 6 p.m. Admission is $17 for adults, $10 for kids.

i.d.e.a. Museum

150 W. Pepper Pl., Mesa
ideamusuem.org

The i.d.e.a. Museum was founded in 1978 by John Whiteman and his father, Jack. Along with a dedicated group from the community, they created an interactive world of STEAM concepts for "children and the child within you."



PHOTO COURTESY OF HALL OF FLAME

This 1919 Mack ladder truck is a former U.S. Army vehicle that was converted into fire apparatus by the Baltimore, Maryland Fire Department.

The museum provides multi-sensory experiences with technology for all. Guests can explore various art-inspired activities like The Hub and ArtVille while adding science, engineering and design thinking to the fun with Tech Tables and the Animation Station. The three key pillars of the business are: supporting early learning, nurturing creative thinking and engaging families.

Visiting hours are Tuesdays-Saturdays, 9 a.m. to 4 p.m., and Sundays, 12 p.m. to 4 p.m. Tickets are $9 per person.

Musical Instrument Museum

4725 E. Mayo Blvd., Phoenix
mim.org

The Musical Instrument Museum was founded in 2010 by former Target CEO Bob Ulrich. Housed within are 8,000 instruments from more than 200 countries. Families can experience the nature of music while appreciating traditional instruments' diverse culture and craftsmanship.

The museum hosts the Experience and Encore gallery, where guests can interact and play with various instruments. One of the oldest is the *paigu goblet* drum, dating between 5000 and 4000 B.C.E. The Musical Instrument Museum is open daily from 9 a.m. to 5 p.m. General admission tickets are $20 or $27 with special exhibits.

Ignite Sign Art Museum

331 S. Olsen Road, Tucson
ignitemuseum.com

Iowa transplant Jude Cook spent over 40 years in the design and sign industry and, throughout those years, also collected a mass of neon for his own. Almost a decade ago, Cook began restoring Tucson's iconic neon signs and in 2018, the Ignite Sign Art Museum was brought to Arizona.

The museum's mission is to preserve the history of neon signs while educating the community on their importance, all in a visual and highly entertaining way. Interactive puzzles and displays, scavenger hunts, photoshoots and more are available.

The shop hosts Restoration Saturdays, where Jude and his team take guests behind the scenes to see how restoration happens. Visit the Ignite Sign Art Museum Wednesdays-Saturdays, 10 a.m. to 4 p.m. General admission is $12.

Mini Time Machine Museum of Miniatures

4455 E. Camp Lowell Dr., Tucson
theminiaturetimemachine.org

Founded by Patricia and Walter Arnell in 1979, the Mini Time Machine Museum of Miniatures brings collecting miniature objects to a new level. The museum boasts over 500 antique and contemporary dollhouses and "room" boxes. The team believes that miniatures are for everyone and their goal is to preserve and advance the art form. The scenes change every season to bring more creative entertainment to friends and families. Holidays Around the World and Through Time will be displayed from November 22 to January 8, 2023.

Visit the museum Tuesday-Sunday, 9 a.m. to 4 p.m. Tickets are $11.50 for adults, $9.50 for seniors and military, and $8 for students and children ages 4 to 17.

World's Smallest Museum

1107 W. Hwy. 60, Superior
buckboardcitycafe.com

Founded in 1996 by friends Dan Wight and Jake Reaney, this tiny barn is more than what it seems! On the side of Arizona's Highway 60, this 134-square-foot museum showcases artifacts from Arizona's wild west, pop culture, local copper mines, plus history and political figures.

The museum also houses the world's largest "fake" Zippo lighter and the world's largest naturally formed black obsidian stone, the Apache tear. It is free to visit, but donations help future preservations and museum improvement efforts. The World's Smallest Museum can be visited Wednesday-Sunday from 7 a.m. to 2 p.m.



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Cyclist and pedestrian safety coming to Thomas Road

By Avion Wick

In September, the City of Phoenix Transportation Department proposed a change to Thomas Road from 48th St. to 52nd St. Currently, this section of Thomas Road has two westbound lanes and three eastbound lanes.

The change would require removing an eastbound traffic lane and adding a bike lane on each side to create an equal number of lanes in both directions.

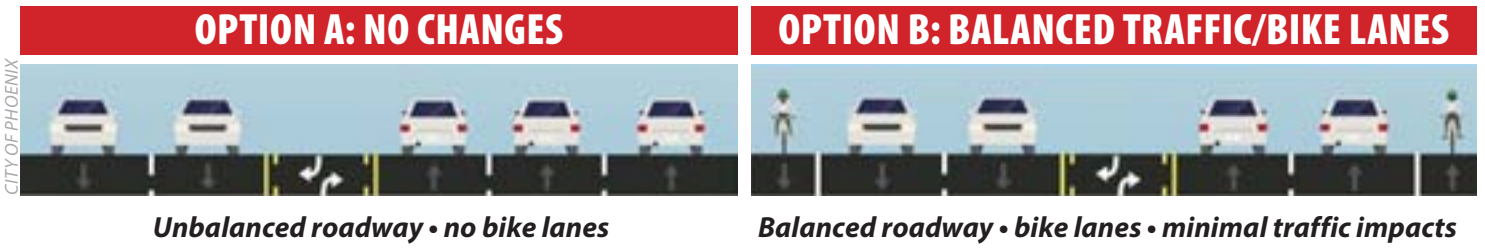
Project Manager Marielle Brown shared a presentation with Option A or Option B, where Option A is no changes, and Option B is to remove the eastbound traffic lane and add bike lanes.

"No matter the option picked, the city will repave the section of the road. It is just a matter of striping after repaving. This project is part of our Complete Street Policy. It requires we design streets with biking, transit, walking, and driving in mind," Brown said.

Traffic Engineering Supervisor Carl Langford explained that there would be a timing change to the street lights with either option, but it will have a minimal impact on traffic flow.

"There will be a minor increase overall – the worst signal is about 3.5 seconds… depending on when you get caught by the light, you might experience a little more," Langford said.

Langford also stated that Option B would not affect any parking along that section of the roadway while they are repaving and afterward.



A common concern of many attendees, who also said they are excited about the bike lanes, is that no buffer is proposed for Thomas between the traffic and new lanes.

"On a paving project, there is no ability to add width to provide that buffer," Bruce Littleton, Deputy Director of Traffic Services, said. "If it becomes a problem, we can certainly add a buffer… it's a question for the public, whether there's a bike lane or no bike lane."

If the project is approved, the process could begin as early as winter 2022. This renovation will also blend in with the City of Scottsdale Transportation Action Plan (TAP) on Thomas Road from 56th St. to 73rd St., where they are transitioning from Option A to Option B.

According to the website, one of the main goals is to prioritize people, livability, and safety over vehicles and travel speeds, which was also a significant parallel to the presentation the City of Phoenix made to the public in September.

ACMNA 56TH ST. PROJECT

The update also connects to the ACMNA 56th St. Project, which is currently in the planning stages. This development spans from Camelback to Thomas Road and focuses on access for cyclists, pedestrians and children who attend the schools in the area.

According to the City of Phoenix Street Transportation Department website, proposed improvements include:

- Six-foot bike lanes in both directions.
- An 8x10 foot multi-use path for cyclists, families and pedestrians.
- Fully completed sidewalks on the west side of 56th St. for safety and connectivity.
- A 24" storm drain down 56th St. from Thomas Road to Camelback Road.
- Low-water use trees for shade adjacent to the sidewalk and multi-use path.
- Possible improvements to the existing roundabout at Exeter Blvd.
- A proposed mid-block crossing near Veritas Prep.

ACMNA Board Member Tristahn Schaub said that once the funds are confirmed, construction could start in 2024.

Schaub described how introducing vegetation into a physical barrier between the road and the walkway could help with pedestrian safety and water runoff. These barriers are often referred to as bioswales, an area on roadways filled with vegetation with channels and slopes to control stormwater like a storm sewer does.

"In the long term, we want separation with vegetation," said Schaub, "the vision we have here is a walkable corridor."

The department held a public meeting on October 25 to discuss the design with the public and to get feedback on what the local community desires.

Stay tuned for an update on the 56th St. Project in an upcoming edition of Arcadia News*!*

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PHOTO COURTESY OF CHRISTINE JOHNSON

The MusicaNova Orchestra plays a set list of classic Christmas tunes at the tree lighting and sing along, happening this year on November 26.

Holly, jolly events keep Scottsdale in the holiday spirit

By Jennifer Marshall

Eager to get into the holiday mood? Look no further than Old Town Scottsdale and its annual month-long festival, known as Scottsdazzle, which runs from November 26 through December 31 and provides various holiday-themed activities and fun for the whole family.

"Scottsdazzle began in 2016," Knife & Fork Media Group President Susie Timm said. "It was originally the brainchild of Karen Churchard, who was the director of the Tourism + Events Department of the City of Scottsdale. She wanted to reignite a holiday celebration, as there had not been one for several years."

According to Timm, many stakeholders were working behind the scenes, who offered opinions, ideas and input for the initial Scottsdazzle event. And since its initial debut, the holiday festival has evolved and grown tremendously over the last seven years.

"Our event committee, comprised of City of Scottsdale staff members and other stakeholders, came up with an original slate of events," Timm said. "Based on attendance, feedback, etc., we have tweaked the event lineup, and annually, we have added new events to try different ways to highlight Scottsdale businesses and restaurants."

Scottsdazzle kicks off its holiday cheer with the Sing-Along & Tree Lighting Ceremony on Saturday, November 26.

"We get a fantastic turnout for the start of the festival," Timm said. "That night really kicks off both Scottsdazzle and the holiday season; the feedback around that event is always very positive."

Puzzle Rides, one of this year's attractions, has participated for two years.

"We are bringing back our very popular 'Hijacked by Elves' ride, in which participants are searching for the missing Naughty and Nice lists while figuring out which elf tried to hijack Christmas," owner Katie Dufort said.

Puzzle Rides is also bringing back the Jingle Bar Hop, where older kids (21+) can puzzle their way through a pub crawl. New this year is the Holly Jolly Holiday Puzzle Relay, which can accommodate groups from 11 to 60 in a two-hour holiday puzzling extravaganza.



PHOTO COURTESY OF HOLLY MORGAN

At the Hijacked by Elves event, kids search for Santa's missing Naughty & Nice lists.

"My favorite part is the decorations. I love the elves in the trees and planters up and down 5th Avenue," Dufort said. "We actually have our riders count them – it's hard to get the number right! I became very fond of them last year and can't wait to see them again."

scottsdazzle.com

A FEW SCOTTSDAZZLE EVENTS:

- Sing-Along & Tree Lighting Ceremony: Saturday, November 26
- Meet Santa at the Farmers Market: Saturday, November 26; December 3, 10, 17
- Small Business Saturday: Saturday, November 26
- Merry Make & Takes: Saturday, December 3, 10, 18
- Scottsdazzle Stroll: Saturday, December 3, 10, 17
- Santa's Wine Flights: Tuesday, December 6
- Gold Palette Artwork: Thursday, December 8
- Holly-Jolly Painting Party: Sunday, December 11
- Live Nativity at the Old Adobe Mission: Saturday, December 17
- Holiday Lights: Friday, November 25, Friday, December 30

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DID YOU KNOW? PEANUT BUTTER

HOW MANY?



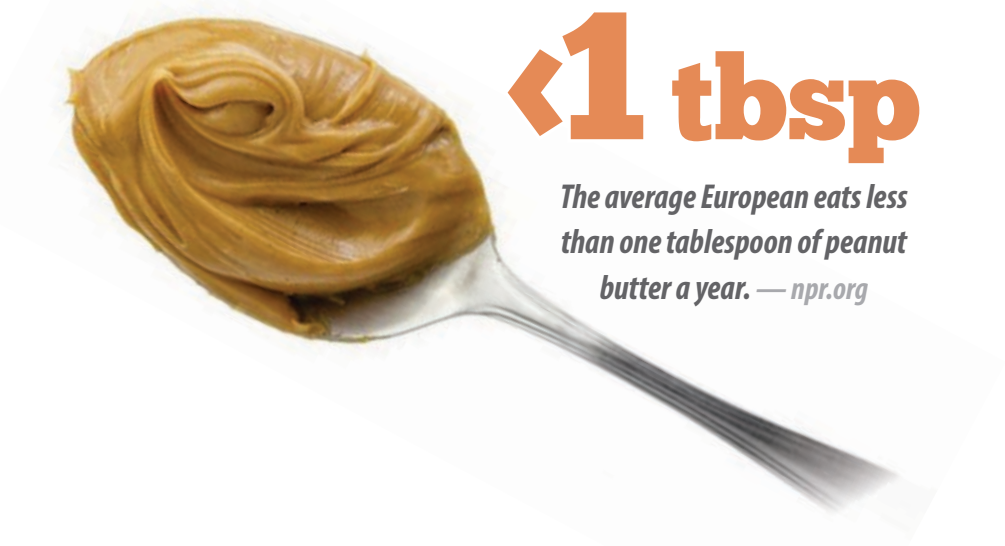
540

It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
— nationalpeanutboard.org



3,000

The average person will eat almost 3,000 PB&Js in their lifetime, according to a 2016 Peter Pan Simply Ground Peanut Butter survey.
— nationalpeanutboard.org



<1 tbsp

The average European eats less than one tablespoon of peanut butter a year. — npr.org

HOW MUCH?

3 lbs

Americans eat three pounds of peanut butter per person every year – enough peanut butter to coat the floor of the Grand Canyon! — quora.com



HOW MUCH?

230,000 lbs

According to Little Brownie Bakers, cookie bakers use about 230,000 pounds of peanut butter weekly for making Girl Scout's Do-si-dos and Tagalongs.
— pennlive.com



HOW FAR?



124.4'

The farthest distance to throw a peanut is 124 feet 4 inches, achieved by Colin Jackson at the Welsh Institute of Sport in Sophia Gardens, Cardiff, UK on February 20, 2008.
— guinnessworldrecords.com



DID YOU KNOW? PEANUT BUTTER

PEANUT BUTTER FACTS – nationalpeanutboard.org

November is national peanut butter lovers month.

Africans ground peanuts into stews as early as the 1400s; Chinese have crushed peanuts into creamy sauces for centuries, and Civil War soldiers dined on "peanut porridge."

Goober – a nickname for peanuts – comes from "nguba," the Congo name for peanuts.

George Washington Carver was known as the "plant doctor" and the "grandfather of peanuts." He discovered many ways to use peanuts and innovative farming methods, including crop diversification and soil conservation.

Any product labeled "peanut butter" in the United States must be at least 90 percent peanuts.

It takes 3.2 gallons of water to produce one ounce of peanuts.

The average peanut farm is 200 acres.

The average adult eats a PB&J three times a month.

Two peanut farmers have been U.S. presidents – Virginia's Thomas Jefferson and Georgia's Jimmy Carter.

Astronaut Alan Shepard brought a peanut with him to the moon.

Former President Bill Clinton says one of his favorite sandwiches is peanut butter and banana; it was also reported to be the favorite of Elvis "the King" Presley.

There are six cities in the U.S. named Peanut: Peanut, California; Lower Peanut, Pennsylvania; Upper Peanut, Pennsylvania; Peanut, Pennsylvania; Peanut, Tennessee; and Peanut, West Virginia.

Women and children prefer creamy peanut butter, while most men opt for chunky.

People living on the East Coast prefer creamy peanut butter, while those on the West Coast prefer the crunchy style.

Boiled peanuts are considered a delicacy in the peanut-growing areas of the South. Freshly harvested peanuts are cooked in brine until they are a soft bean-like texture.

Peanuts are sometimes called "ground nuts" or "ground peas" because they grow underground.

The nub between two peanut halves is an embryo.

There are four different types of peanuts – Runner, Valencia, Spanish and Virginia.

There are enough peanuts in one acre to make 35,000 peanut butter and jelly sandwiches.

The Huffington Post did a survey on what makes the best peanut butter and jelly sandwich: 36% say strawberry jam is favorite (grape is 31%); favorite bread is white bread (54%); favorite type of peanut butter is smooth (56%) and a whopping 80% like their PB&J with the crust left on the sandwich.

The peanut plant is unusual because it flowers above the ground but fruits below the ground.

WORD SEARCH

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

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PHOTOS COURTESY OF GINNY CARDENAS

Ivy Superfon, Payton Rassas, Lilly Smead, Mary Stewart Witherspoon, Ms. Hennessee, Lucy Leathers and Elle Mingus.

Community, mixed with a little competition

By Mark Hays

Remember walking into gym class and seeing see a line of red rubber balls in the middle of the floor? This, of course, meant one thing: dodgeball. Can you still feel the rubbery surface and hear the familiar sounds as you attempt to catch the ball and stay in the game? Veritas Prep sure can, as they recently held their third annual dodgeball tournament this fall.

While not as widely known as other team sports, dodgeball is a game that gives participants a chance to get in some serious exercise. Players stand on a line in teams and attempt to avoid being hit with balls thrown by the opposing side. The fast-paced nature and short play times made it the perfect choice, allowing everyone a turn in action and ensuring that the day was exciting for the whole Veritas Prep community.

The event was divided by grade level, with the middle school students playing in one bracket and the high schoolers playing in another. Teams consisted of five students and one adult: a coach, faculty member or staff volunteer. The high school defending champions from last year, Globo Jim, took home the win again. The high school runners-up were the "Captain Grimm" team.

In the middle school bracket, victory was had by The Founding Flavors, with second place going to The Flaming Potatoes. In a final game on October 28, Globo Jim played the Founding Flavors at Veritas Prep's homecoming pep rally.

As important as the athletic contests were, the human aspect of the tournament cannot be over-emphasized. It was a day of camaraderie among all.

"It is a fun event sponsored by our parent organization to bring our students, families, and staff together," Media Manager Virginia Cardenas said.

PTO Co-President Nichole Weems agreed, explaining that dodgeball has become an exciting community-building sport. That and fun were major themes, which incorporated a costume contest and added games.

Veritas Prep had some very creative outfits this year, including The Founding Flavors dressed in colonial-era wigs, and juxtaposed ice cream names with terms relating to early American independence such as "Mint Chip Constitution" and "Sherbet Sedition."

There was also The Six Wives, whose team wore crowns and the names of King Henry VIII's significant others. Other groups included Gru's Crew, who dressed up as the characters from *Despicable Me*, The Human Targets, Dr. T's Tater Tots and The Beach Bums.

Out of all those, The Kickin' Chickens were declared the finest. The winners of the costume contest portion of the event were dressed all in white, complete with combs [the red part on top of a chicken's head]. Ms. Hennessee even wore a beak!



Globo Jim team: Tico Lentz, Mason Bushard, Cade Huseth, Carter Perry, Mrs. Townsend, Tyler Beebe, Mr. Nydegger and Rehaan Sawhney.

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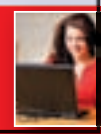
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