ARCADIA NEWS

VOL. 30 NO. 10 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — JANUARY 2023



PULL TOGETHER

Arcadia mom Cameron Ballinger opened Row House, a boutique fitness studio focused on rowing machines.

PAGE 51

WE ARE THE CHAMPIONS

Brophy's Robotics Team headed to the FIRST Robotics Championship and won the top spot.

PAGE 18

BTC GIVES BACK

Boys Team Charity worked hard throughout the holiday season, spreading joy, cheer and help to those in need.

PAGE 31

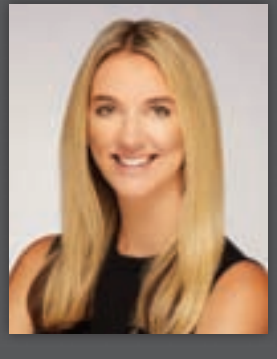
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Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Mailed subscriptions $36 annually for Continental U.S. Contact office for details. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2023) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Audited by:

CIRCULATION VERIFICATION COUNCIL

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

acp Association of Community Publishers MEMBER PUBLICATION

Proud Member



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This elementary school spent part of their Thanksgiving break learning and enjoying a game of football – with help from a couple of familiar football pros.

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Arcadia Montessori School is celebrating 50 years in the neighborhood by adding a second location and growing its Montessori family.

48 Fall sports round-up
Arcadia High, Brophy, Xavier and Veritas Prep finished the fall season of high school sports with a multitude of success, including new state records and a championship for one team.



Brophy's Robotics Team: Dennis Bui, Team President Sameer Godbole, Andy Mazzolini, Coach Nathan Tu, Carson Lauer, Aidan Parris, Doer He, Kevin Elinski and Rohan Godha.
PHOTO: SONIA GODBOLE



EDITOR'S NOTE



January! The month of resolutions, blank pages and inspiration to improve our lives. I know the last few years have been a challenge, but something tells me we have a lot to look forward to this year – starting with a brand-new edition of Arcadia News.

As the theme is fitness, I took a different direction in my well-being journey for 2023. Full disclosure: after the barre and aerial fitness classes in 2022, the potato chips called my name – and never stopped calling! So I decided to try something focused more on calming my mind. Something called "meditation in motion," also known as Tai Chi.

By definition, Tai Chi is an "internal Chinese martial art practiced for health benefits and meditation." The Taoist Tai Chi Society® is an international organization that has been around since the 70s, with the Phoenix branch opening in 2002.

It's a nonprofit run by volunteers that teaches the art of Tai Chi to beginners and experts alike. Sessions are held at St. Stephens Episcopal Church, so I headed there one Saturday to try it out. Afterward, I felt confident, strong and ready to start my day. I might just have found my niche in the fitness world – as long as the chips leave me alone.

This month, we've got a lot of sports news for our readers – baseball, swimming, and even a roundup of fall sports news from area schools. The focus? Improvement and inclusion for all.

Keep an eye out for our *Home and Design* and *Camp Guide* editions coming your way in a few months. Happy New Year to you, dear readers. We wish you all the best in 2023, and thank you for reading Arcadia News!

Mallory

— Mallory Gleich

UPCOMING THEMES:

FEBRUARY	MARCH	APRIL
History	*Spring / Home & Design*	*Outdoor / Camp Guide*

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

The bad news is time flies.
The good news is you're the pilot. *– Michael Altshuler*





Emily Deck



Emily Emmons



Isabelle Reiter

When you wish upon a… football game?

By Melissa Hirschl

Thanks to the generosity of Palo Verde Fiesta Bowl Charities' Wishes for Teachers program, three Arcadia educators scored big for their classrooms in November. They now have $2,500 each to spend on school supplies, teaching tools and programs that will make a difference for their students – emotionally and academically.

Emily Deck of Hopi Elementary, Emily Emmons of Tavan and Isabelle Reiter of Biltmore Prep were the recipients of the grant, which provides funding directly to teachers and their classrooms. The trio was among 400 across Arizona.

To receive the grant, K-12 public and charter school teachers complete an online application detailing school and classroom wishes. In addition, they elaborate on how the purchases will benefit students. Fiesta Bowl Charities then partners with DonorsChoose, another nonprofit, to award the recipients.

Through the Fiesta Bowl organization's two bowl games and community events, they donate three-five million dollars each year to education and nonprofits that contribute to the success of communities.

"Many teachers relate that they often have to spend their own dime investing in much-needed supplies for their classroom," Sandra Avila, Manager of Community Relations for the Fiesta Bowl, said. "This program is a way to support teachers who are the heart of the classroom."

Emmons teaches early intervention strategies to three to five-year-olds at Tavan.

"These are all special needs children. Some are language impaired, while others have cerebral palsy or down syndrome. They are mixed in the classroom, and each receives an individualized plan, which is a challenge," Emmons said. "I plan to purchase books and manipulatives that can help kids with finger and hand strength, such as Playdough. Even with physical therapists and occupational therapists available, I still need help."

Reiter, who teaches French at Biltmore Prep, said she was very excited when she learned she was a grant recipient.

"I don't have a curriculum on-site, so I've been buying them online. I also need iPads to teach vocabulary; this grant money will pay for it. I only had to add 50 dollars of my own money. I couldn't believe it when I won. I am so grateful," she said.

A fourth-grade teacher, Deck has projects picked out that align with Hopi's goals: to help students become more confident, involved, compassionate, and empathetic leaders and community members through service learning.

Deck's philanthropic projects include visiting nursing homes for Valentine's Day to sing songs and give out cards, creating boxes for veterans through Packages from Home, sending candy to the troops, and making dog toys from old t-shirts, towels and blankets for animal shelters.

"I had no idea I'd win this grant," she said. "I feel grateful it's offered to teachers. It's lovely when a whole team of 120 students is affected. I can't wait to use the resources."

Congratulations to our educators!

fiestabowl.org



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TOMMY ATKINSON
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602.625.6020

Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-11/30/2022)

Active Homes -	85 homes
Homes Sold -	221 homes
Average Sale Price -	$2,477,000
Average Sold $ Per SF -	$674
Average Days On Market -	42 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 31% this year. (based on 2021 sales results)
2022 home prices have decreased 15%. (based on 2021 sales results)
2022 $ Per Square Foot prices have decreased 1%. (based on 2021 sales results)
2022 homes are taking 28% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2022-11/30/2022)

Active Homes -	57 Homes
Homes Sold -	159 Homes
Average Sale Price -	$1,209,000
Average Sold $ Per SF -	$503
Average Days On Market -	39 days

There is currently 3 months of home inventory. (based on 2021 sales results)
2022 home sales have decreased 26% this year. (based on 2021 sales results)
2022 home prices have increased 18%. (based on 2021 sales results)
2022 $ Per Square Foot prices have decreased 1%. (based on 2021 sales results)
2022 Homes are taking 10% less time to sell. (based on 2021 sales results)

TOMMY ATKINSON

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WHAT'S HAPPENING, *ARCADIA?*

ARIZONA AUTO WEEK



BARRETT-JACKSON

Westworld of Scottsdale, 16601 N. Pima Road

Headquartered in Scottsdale, Barrett-Jackson is the granddaddy of collector car auctions. The event draws visitors from all over the world. In 2022, the auction sold over $203.2 million. They broke more than 140 world records and over $8.8 million was raised for charity!

When: January 21-29

barrett-jackson.com

BONHAMS

The Westin Kierland Resort & Spa, 6902 E. Greenway Pkwy., Phoenix

Historic British auction house Bonham's offers a more intimate auction environment with unique autos like a 1953 Siata 208S Spider or a 1933 Packard Twelve Model 1005 Coupe Roadster.

When: Jan. 26

bonhams.com

MOTORSPORT AUCTION GROUP

We-Ko-Pa Casino & Resort 10438 WeKoPa Way, Fort McDowell

The MAG will feature more than 500 collector cars, including a 1957 Chevrolet Corvette Roadster, a 1964 Chevrolet Impala SS 409 Coupe and the 2016 Mercedes-Benz AMG GTS coupe. The auction will focus on classics, muscle cars and hot rods.

When: Jan. 27-28

motorsportauctiongroup.com

RM SOTHEBY'S

The Arizona Biltmore 2400 E. Missouri Ave.

RM Sotheby's will return to the iconic resort for the 24th annual Arizona sale kicking off its 2023 auction calendar. RM Sotheby's is set to present a wide variety of makes and eras across many different price points. The preview on Jan. 25 is open to the public, but tickets are needed for the auction.

When: Jan. 25-26

rmsothebys.com

RUSSO AND STEELE

South of the 101 North Freeway and Scottsdale Road

Following tradition, Russo and Steele will continue with their signature "Auction in the Round" format and offer five days of excitement with over 800+ classic cars.

When: Jan. 26-30

russoandsteele.com

BRIEFS

Miriam Hahn of **YouCare-SelfCare** is offering an eight-week **Wellness Program** where folks can learn new habits regarding food, exercise, sleep, stress and environmental toxins. The sessions start on January 12 and include weekly meetings, food demos and tastings, new recipes and worksheets, all within a casual setting. Registration starts at $288, and the program runs until March 2.

youcare-selfcare.com

The City of Phoenix Youth and Education Office is accepting applications for the 2022 **Outstanding Phoenix Youth Leader of the Year** awards, which recognizes and honors the achievements of students, "enhances the perception of youth, and raises community awareness of their positive contributions." Students currently enrolled in high school in Phoenix or who live within Phoenix city limits can apply. Applications are due on February 24.

phoenix.gov

Petbar Boutique – Arcadia is a new concept dog wash and grooming business located in the shopping center at 2824 E. Indian School Road. Services include full-service grooming, bathing and self-service. The shop also offers premium food and treats. Monthly memberships start at $39 – members can get four washes a month, including one nail trim. Appointments can be made online, or on the "Petbar Boutique" app.



petbarinc.com

The Brokery held a **Stuff the Sleigh** toy drive for Arizona Helping Hands in December to collect holiday gifts for teens in foster care. Guests enjoyed a festive holiday market with local vendors, hot chocolate and milk and cookies, live music, and photos with Santa. The event resulted in 265 gifts donated and $835 donated in gift cards for Arizona Helping Hands.

Also in December, Barro's Pizza hosted the 11th annual **Doran Barro Holiday Hunger Fight**, which raised nearly $415,000 for St. Mary's Food Bank. With this contribution, Barro's has now raised more than $2.5 million, which equals almost 17,500,000 meals. Every dollar raised equates to seven meals served.

Coming soon! **Tacos Veganos** will take the place of Beaut Burger, located at 3301 E. Indian School Road. Not much is known as of yet, but it looks like the former food truck-turned-brick and mortar will serve vegan street tacos, burritos and more. Stay tuned for updates!

Charlie Mae's Southern Bistro recently opened near the corner of 24th St. and Indian School Road. Dishes include southern-style classics like a brisket sandwich, fried chicken, and mac and cheese, along with desserts like peach cobbler and banana pudding.

Charlie Mae's Southern Bistro Facebook Page

Vancouver-based luxury fashion showroom **Wardrobe Apparel** recently opened at the Biltmore Fashion Park (2502 E. Camelback Road), bringing designer clothing from Paris, London and New York to our corner of the desert. The boutique features red carpet looks, off-the-rack options and custom options ranging from casual to black tie events.

wdrobeapparel.com

A new "Arcadia family destination" has opened at the corner of 48th St. and Indian School in the former Taberna de Arcadia building. **The Spot Arcadia** is a restaurant/sports bar/arcade with something for everyone: various televisions, video games, board games, an ice cream shop and marketplace, special menu items (like lobster rolls and the Arcadia Monsoon drink) and membership perks.

thespotarcadia.com



Local Luxury Real Estate is opening its first flagship office on the southwest corner of Indian School Road and 36th St. in January 2023. Local Luxury Real Estate offers advisory service to all of their buyers, sellers and investor clientele in Paradise Valley, Arcadia, Scottsdale and Phoenix.

localboard.net

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 Saturday, February 4 at 9:30 a.m. and Tuesday, February 7 to meet fellow practitioners and learn more about Tai Chi. This event is free.

taoisttaichi.org

EVENTS

SUNDAY 1/1

The Secret Comedy of Women

2 p.m. at the Herberger Theater Center, 222 E. Monroe St., Phoenix. Written and performed by Barbara Gehring and Linda Klein, this show examines growing up, getting older and laughing at life as a woman: from boys to bras to menopause. The Secret Comedy of Women is a mix of sketch comedy, improvisation, audience participation, songs and videos showcasing the similarities all women share. Tickets are $45-$65.

playhouseinfo.com

THURSDAY 1/5

Night of the Three Kings

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. Christmas has passed, but that's no reason not to continue the celebration. Night of the Three Kings is a Latin holiday celebrating the night the three kings followed the star to Bethlehem. To commemorate this event, attendees will follow luminarias to Neely Center and watch as the three kings arrive on camels. There will be photo opportunities, arts and crafts and live music. Tickets are $30.

phoenixzoo.org

FRIDAY 1/6

Brighter Tomorrow Luncheon

11:45 a.m.-1:30 p.m. at the JW Marriott Scottsdale Camelback Resort, 5402 E. Lincoln Dr., Scottsdale. At this fundraising event, guests will enjoy lunch, a speech from Jewish Family and Children's Service's CEO, Dr. Henderson, a highlight reel of the programs and services at JFCS and a keynote address by Mi-Ai Parrish, a professor at Walter Cronkite. General admission starts at $200.

jfcsaz.org

WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 1/7

Family Fun Winterfest

10 a.m.-2 p.m. at the Arizona Boardwalk, 9500 E. Vía de Ventura, Scottsdale. If you're looking for winter fun, this event has falling snow! Guests can take photos with Elsa and Anna, listen to music from DJ FLO, and enjoy bounce houses, slides and face painting. Parents can enjoy shopping with local vendors. This event is free, but registered guests can be entered into giveaways – tickets to the renaissance festival, aquarium, plus restaurant and gift cards.

arizonaboardwalk.com

SATURDAY 1/7 – SUNDAY 1/8

Arizona Wedding Show

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

arizonaweddingshowjanuary.com

THURSDAY 1/12

MLK Celebration Dinner

5:30 p.m. at The Fieldhouse at Scottsdale Stadium, 7408 E. Osborn Road. Celebrate Martin Luther King, Jr. Day with the annual MLK Celebration, hosted by the Community Celebrating Diversity organization. Guests can enjoy dinner and a featured presenter. This year, the CEO and President of the National Newspaper Publishers Association, Dr. Benjamin Chavis, will take the stage. Individual tickets are $100 per person.

ccdarizona.org/mlk-events

FRIDAY 1/13

Arizona Fine Art Expo

10 a.m.-6 p.m. at 26540 N. Scottsdale Road. The 19th annual Arizona Fine Art Expo invites guests to meet artists in their creative space and immerse themselves in the process. There will be over 120 artists on-site showcasing multiple mediums, such as bronze, stone carving, metal and wood sculptures, southwest art, western art and mid-century modern pieces. This expo is ongoing until March 26. Admission starts at $12, 12 and under in free.

arizonafineartexpo.com

SATURDAY 1/14

Concerts at the MIM

7:30 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Get ready for an evening of soul, R&B and funk with the Blind Boys of Alabama and special guest Charlie Musselwhite. The Blind Boys have been active for seven decades and are one of the world's most recognized and decorated roots music groups. Combine that with Musselwhite's over 50 years of performing – and 20 albums – this is a night of music guests won't soon forget. Tickets start at $75.

mim.org



***Dog Days at the Garden** at DBG.*

Dog Days at the Garden

8-11 a.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Start your day on the right paw at the Desert Botanical Garden. Bring the whole family (dogs included) for a walk on the trails. Meet new friends, pose for photos, learn about pet nonprofits, shop and enjoy samples for you and your pups. Tickets are $30 for humans, four-legs in free.

dbg.org

FRIDAY 1/13 – SUNDAY 1/15

Maricopa County Home Show

10 a.m.-5 p.m. at the Arizona State Fairgrounds, 2960 E. Northern Ave., Phoenix. New year, new you, new look for your home. This event is a one-stop-shop for all things improvement, including 950 vendor booths, live demonstrations, seminars, art and craft projects, wine tastings and a food court for when you get hungry. Tickets are $8.

maricopacountyhomeshows.com

SATURDAY 1/14 – SUNDAY 1/15

Rock 'N' Roll Arizona Marathon

7 a.m. at the Fulton Center, 300 E. University Dr., Tempe. Start the new year with a flat and fast race that takes runners through Phoenix, Scottsdale and Tempe at the 18th annual Rock 'n' Roll Arizona marathon. Saturday is the 5K, and Sunday will have the marathon, half marathon, 10K and kid's run. There will be live music from national and local acts and an award ceremony after the race. Registration is $49-$129.

runrocknroll.com

THURSDAY 1/19

Art History Lecture

5:30-7 p.m. Shemer Art Center, 5005 E. Camelback Road. This month's art history lecture is about Nicolai Fechin, known for portraying American Indians and pioneers in Taos, New Mexico. Presented by Eleanor Sypher, Ph.D., guests will learn about Fechin's techniques with his portraits and landscapes done in Taos while enjoying beverages and hors d'oeuvres. Registration is $15.

shemerartcenter.org

SATURDAY 1/21

Zoo Move & Groove 5K

5:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. This year's 5K is all about the dinosaurs! Guests can participate in the one-mile fun run or the 5K (with a commemorative t-shirt) and afterward enjoy kettle corn, cocoa, free entrance to Zoolights and free entrance to the Dinosaurs in the Desert exhibit. Registration is $50 per person.

phoenixzoo.org



WHAT'S HAPPENING, *ARCADIA?*



The Simon and Garfunkel Story *at the Orpheum Theatre in Phoenix.*



PANDA Prowl & Block Party *at Prince of Peace Lutheran Church in Phoenix.*

Mimosas and Monet

9:30-11:30 a.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Calling all painters, beginners and experts alike. Hermosa Inn welcomes Carrie Curran Art Studios for a morning of art and mimosas. Carrie will teach and guide guests with an acrylic on canvas painting of Monet's Iris Garden. Enjoy a mimosa and snack on pastries while creating your masterpiece. Registration is $85.

hermosainn.com

SATURDAY 1/21 – SUNDAY 1/22

Chinese Culture and Cuisine Festival

9 a.m. to 5 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The time has come to celebrate the Lunar New Year, also known as the year of the rabbit. In honor of this tradition, the city is hosting a two-day festival that includes dragon and lion dances, live entertainment, hands-on activities, game demos, activities for the kids and a food and a beer garden. This event is free.

phoenixchineseweek.org



SUNDAY 1/22

PANDA Prowl & Block Party

2-4 p.m. starting at Prince of Peace Lutheran Church, 3641 N. 56th St., Phoenix. The Phoenix Women's Board of the Steele Children's Research Center has organized a 5K along the canal to raise awareness and funds for PANDA (People Acting Now Discover Answers). After the 5K, guests can enjoy a block party with face painting, music, food trucks and activities, plus a commemorative t-shirt for all participants. Registration is $35.

azpanda.org

FRIDAY 1/27 – SUNDAY 1/30

Arizona Wine Festival

6-9 p.m. Friday, 11 a.m.-7 p.m./5 p.m. Saturday and Sunday, at Heritage Square, 113 N. 6th St., Phoenix. Friday night is a Benefit Dinner for Horses Help, and the weekend is dedicated to the vino. There will be over 20 wineries, 150 wines and 40+ vendors on-site. Guests can sample drinks while enjoying entertainment and food trucks, plus vintage shopping and a vendor village. Tickets are $20-$35, with a different fee for the benefit dinner.

willcoxwinecountry.org

FRIDAY 1/27

The Simon and Garfunkel Story

7:30 at the Orpheum Theatre, 203 W. Adams St., Phoenix. If you couldn't tell by the name, this immersive concert-style production chronicles the journey shared by folk-rock duo Paul Simon and Art Garfunkel. The show features state-of-the-art projections, original film footage and a full live band performing hits, including 'Mrs. Robinson', 'Cecilia,' 'Bridge Over Troubled Water,' 'Homeward Bound' and more. Tickets start at $70.

pccticketing.com

Totally 80s

7:30 p.m. at the Madison Center for the Arts, 5601 N. 16th St., Phoenix. Conductor Stuart Chafetz and vocalists Nicole Parker and Aaron Finley will entertain audiences with one of the most eclectic decades of music: the 80s. Guests will hear tunes from George Michael, Phil Collins, Blondie, Huey Lewis & The News, Cyndi Lauper, Michael Jackson, Cher, Kool & The Gang, Tommy Tutone and more. Time to bust out your Members Only jacket! Tickets start at $70.

phoenixsymphony.org

Doggie Street Festival

10 a.m.-4 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The 6th annual Doggie Street Festival is a "dog, cat and small pet adopt-a-thon" where folks can bring the family pup and enjoy live music, treats for humans and pets, guest speakers, contests, an auction, prizes, a VIP area, demos and kid's activities. This event is free.

doggiestreetfestival.org

SATURDAY 1/28 – SUNDAY 1/29

Street Eats Food Truck Festival

11 a.m.-5 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Over 50 trucks from around the Valley will be parked and ready to serve up some delicious eats. Samples will start at $2 with full meals available for purchase and alcoholic and non-alcoholic beverages as well. There will also be eating contests, cooking demos and live music. Tickets are $12 for general admission, $75 for VIP.

streeteatsaz.com

Dear Neighbors...

I wanted to start off 2023 by thanking all of my readers who look forward to this editorial every month. I started on Page 9 in 2016 and have really come to love the process of writing these each month for you. If you have been reading since the beginning, you have seen me bring my children into the world, build a brand and a building, scale from $20,000,000 to $350,000,000 in annual sales, and much more! This editorial has not only given me a platform to share valuable market information with you over the past six years, but it has become the hobby that I didn't know I needed. I always look forward to disconnecting for a few hours to write these market musings and I hope that you enjoy reading them.

Moving into 2023 you can expect me to continue to put my credibility, craft, and market knowledge out in the open. When I personally make a move or refinance, you will hear about it. If I think the market is slowing, I will let you know. If I see an opportunity, you will see it too. This is the place to stay informed and ahead of the real estate game. You can also follow me **@TuckerBlalock** on instagram for day to day updates.

Lastly, I have included a QR code here. The QR code will take you to a quick survey where you can leave comments and feedback on my editorials. If there is anything you would like me to cover or if you have any comments on my past writings, please leave them here.

Happy New Year!

-Tucker Blalock



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OUT OF THE AREA, *BUT WORTH THE DRIVE*

SUNDAY 1/1

Lights in the Night

6 p.m. at the Thompson Event Center, 1901 N. Alma School Road, Mesa. Christmas may be over, but that doesn't mean the twinkle lights are done just yet. This drive-through event features over one million lights synchronized to classic holiday tunes. Guests can see life-sized candy canes, snowmen and Christmas trees while savoring the holiday spirit in the New Year. Tickets start at $40 per vehicle.

arizonalightsinthenight.com

FRIDAY 1/13

Buses by the Bridge

9 a.m. at the Lake Havasu State Park, 171 London Bridge Road. Spectators are invited to come out and see over 600 vintage Volkswagens and buses *and* partake in all the activities at Buses by the Bridge's 26th annual event. There will be live entertainment, a kid zone, bounce houses, lawn games, air balloon rides and a chili cook-off. Guests are also welcome to camp out for the weekend. Tickets are $5 per person.

golakehavasu.com

FRIDAY 1/13 – SUNDAY 1/15

Surprise Fine Art & Wine Festival

10 a.m.-5 p.m. at Mark Coronado Park, 15940 N. Bullard Ave. Thunderbird Artists will head east for the 11th annual Surprise Fine Art & Wine Festival. This year, the exhibit will feature mixed-media painter Sue Elliot. Guests can stroll around 180 acres of juried artworks while sipping wines, sampling local microbrews and listening to live music. Admission is $3, and $15 for wine tasting.

thunderbirdartists.com

SATURDAY 1/14

Copper State Beer Festival

2-5 p.m. at Riverview Park, 2100 W. Rio Salado Pkwy, Mesa. Let the beer bellies have their moment at the Copper State Beer Festival, a celebration of local brews, plus wines, ciders and seltzers. Guests can enjoy drinks, food trucks, live music, a vendor village and games like axe throwing, corn hole and giant Jenga. Tickets are $45 for general admission, $65 for VIP.

copperstatebeerfest.com



***From Classics to Klezmer** in Sedona.*

BrewHaHa

2-6 p.m. at the High Country Conference Center, 201 W. Butler Ave., Flagstaff. This one is a bit of a trek, but it will be worth it for all the brews. Guests can enjoy over 50 local, regional and western breweries with more than 100 beers to try. There will also be live entertainment, food tents and vendors, plus a ceremony for the Snowman's Choice Award. Better make this an overnight trip! Tickets are $50 for general admission.

flagstaffbrewhaha.com

SATURDAY 1/15 – SUNDAY 1/15

Dillinger Days

10 a.m., at Hotel Congress, 311 E. Congress St., Tucson. Travel back to the 1930s for this western-themed event. The Speakeasy dinner on Saturday (7 p.m.) includes burlesque dancers, whiskey tasting and live music, all in honor of one of the most notorious mobsters in Arizona. On Sunday, guests can enjoy a reenactment of Dillinger's capture, live music, a vintage car show and arts and crafts. Tickets start at $15.

hotelcongress.com

SUNDAY 1/15

Music and Mimosas

10:30 a.m.- 1 p.m. at Arizona Broadway Theatre, 7701 W. Paradise Lane, Peoria. What's better than spending a Sunday morning with friends and family while enjoying a variety of delectable entrées and live entertainment? This event will feature music from the Café flutes and a breakfast buffet with sweet and savory options. Tickets are $40 per person.

azbroadway.org

THURSDAY 1/19

Balloon Festival & Fair

12-10:30 p.m. at Lake Havasu State Park, 699 London Bridge Road. The 12th annual Havasu Balloon Festival & Fair was designated as one of the "Top 100 Events in North America" by the American Bus Association and boasts a multitude of activities across four days. Guests can find mass balloon ascensions, balloon night glow, dog shows, arts, crafts, kids events, carnival rides, live music, vendors, food and daily entertainment. General admission starts at $20.

havasuballoonfestival.com

SATURDAY 1/21 – SUNDAY 1/29

Chandler International Film Festival

Times vary, at LOOK Dine-in Cinema, 1 W. Chandler Blvd. The 7th annual Chandler Film Festival will feature over 120 films from more than 35 countries. Guests can also enjoy an opening ceremony, industry workshops, award ceremony, panel discussions and daily after-parties. Each day will have a different theme. The organization is partnering with Night of Hope, a nonprofit dedicated to ending human trafficking, which will receive 100 percent of profits from a select film. Passes for all events are $220 per person.

chandlerfilmfestival.com

SUNDAY 1/22

Walkin' the Line: A Johnny Cash Tribute

3 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave. We all know the lyrics. Now, you can hear the songs in real life! Theatre actor Scott Moreau will play the Man in Black and sing all of Cash's biggest hits, like "Folsom Prison Blues,' 'Ring of Fire,' 'Boy Named Sue,' 'Walk the Line,' and more. Tickets start at $24.

chandlercenter.org

SATURDAY 1/28

Bookfest

10 a.m.-2 p.m. at Black Canyon Heritage Park, 33955 S. Old Black Canyon Hwy. This festival combines two events into one. Bookfest guests will get a chance to buy some new reads and meet authors, booksellers, illustrators, and experts in Arizona history. The Old Cañon School Museum will also be open for tours. Food will be available for purchase, plus arts and crafts, vendors, a virtual silent auction and a raffle. This event is free.

blackcanyonheritagepark.org

SUNDAY 1/29

From Classics to Klezmer

3 p.m. at the Sedona Performing Arts Center, 995 Upper Red Rock Loop Road. Chamber Music Sedona presents "From Classics to Klezmer," a concert featuring clarinetist Alex Fiterstein, violinist Kristin Lee, pianist Qian Wu, and cellist Nicholas Canellakis. The program will include classic works and Klezmer (an instrumental musical tradition of the Ashkenazi Jews of Central and Eastern Europe) pieces. Tickets are $40 for general admission.

chambermusicsedona.org

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Add these places to your bucket list



The Lowe Road

BY SAM LOWE

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

With the possible exception of Stone Mountain in Georgia, I have been to, looked at and examined all the major items on the "Things to See Before I Go to that Big Resort Up in the Sky" list I compiled before reaching my current age, which is somewhere between senior-dom and elder-hood. So now I am working on a secondary list of lesser attractions that hold great interest but are not as well-known as the Space Needle, Disneyland and Niagara Falls.

Here are some that are worth adding to anyone's list:

In the spring and early summer, Snoqualmie Falls in western Washington has a lot of water thundering over a 270-foot drop-off and crashing into the river below. It is very accessible from above, but there's an even bigger thrill awaiting those who take a path underneath the falls to watch the cascade. Also making it worthwhile, there's no admission or parking fee.

The Spokane River Waterfall in the eastern part of Washington isn't nearly as spectacular, but worth investigating. The waters of the Spokane River roar over a series of obstructions and then fade into a gentleness right in the heart of the city. Walking paths along the river and falls provide excellent photo opportunities, and ample seating affords quiet time for those who just want to look and listen.

I stumbled upon Scotty's Castle in Death Valley by accident, but I sure am glad I did. Mistakenly thinking it was a miner's shack built with empty beer and wine bottles, I ventured a visit and discovered a palace in the middle of the desert. Built in the 1920s by a Chicago industrialist, it is now a California State Park. The name is attributed to an old desert rat named Scotty, who befriended the owner and lived there during the summers, so he told everyone it was his place.

Bigger-than-life things have always impressed me. Therefore, I have checked out items like the world's largest holstein heifer in New Salem, ND, the world's largest buffalo in Jamestown, ND, the world's largest roadrunner in Las Cruces, NM, the world's largest walleyed pike in Fergus Falls, MN, the world's largest elk antler arch in Afton, WY, giant Paul Bunyan replicas in California's Sequoia National Park and a park in Bemidji, MN, and in Arizona, the world's largest cowboy boot in Tucson and the world's largest spur in Wickenburg.

The Corn Palace in Mitchell, SD, was on my must-see list, so I went there, but it was not good timing because the previous year's corn mural had been removed, and the current year's installation hadn't been installed. So my photos didn't turn out well.

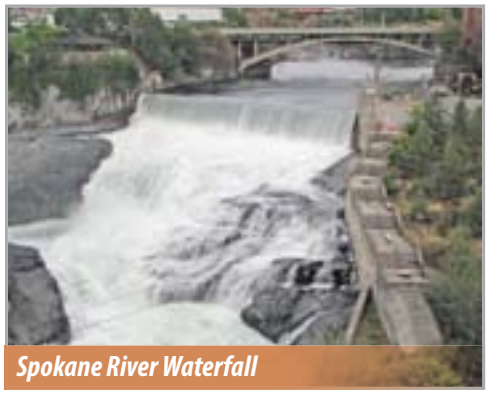
Lastly, although I don't like getting my innards all twisted up because of acrophobia, the Royal Gorge and Bridge in Colorado and the Skywalk in Arizona were well worth inspecting. Once you overcome your fear of heights, that is. The pedestrian bridge over the Royal Gorge lets you look more than a thousand feet straight down to the bottom.

The Skywalk, located on the Hualapai Indian Reservation's section of the Grand Canyon, is even worse. Or better, depending on your ability to handle the fear of falling. It's more than 4,000 feet from the glass-bottomed Skywalk as it juts out over the canyon to the canyon floor. Scary. White-knuckle scary. And worth every penny.

> ***I have been to, looked at and examined all the major items on the "Things to See Before I Go to that Big Resort Up in the Sky" list.***


Grand Canyon's Skywalk


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Spokane River Waterfall


Snoqualmie Falls


World's Largest Spur

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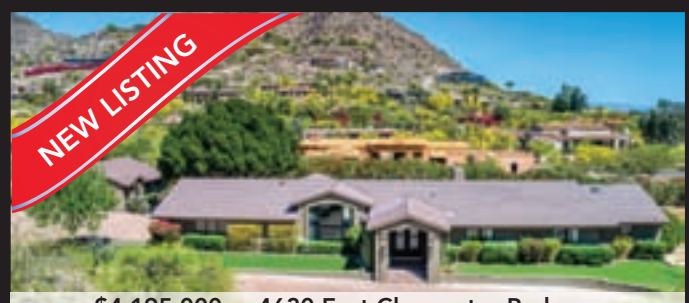
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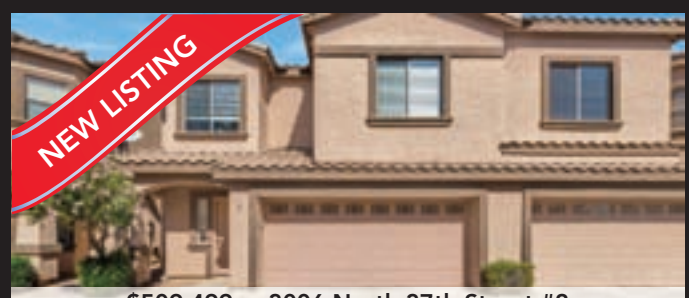
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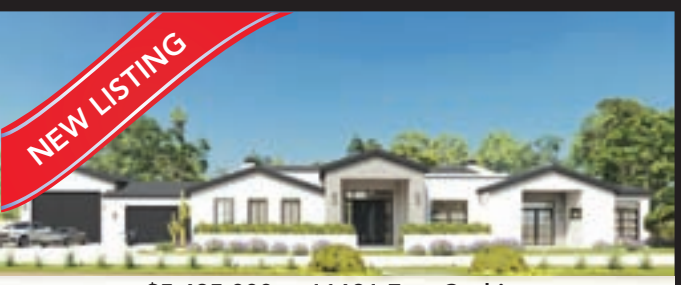
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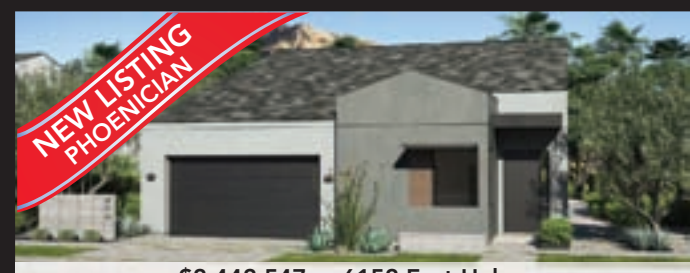
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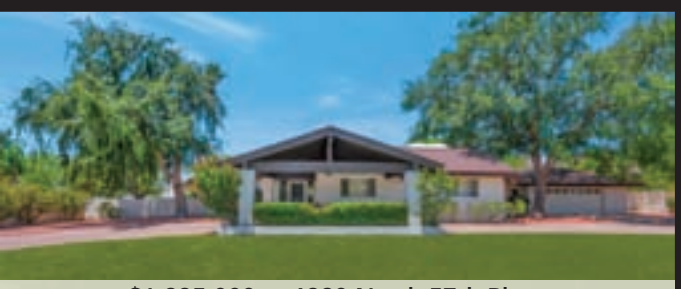
$5,495,000 11681 East Cochise
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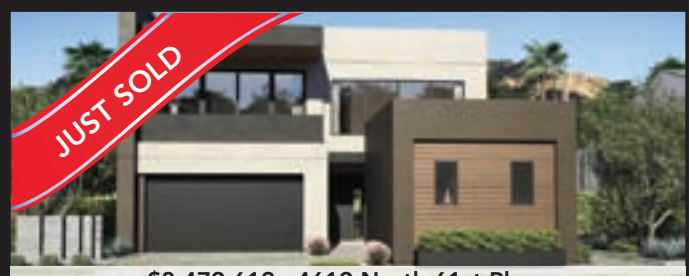
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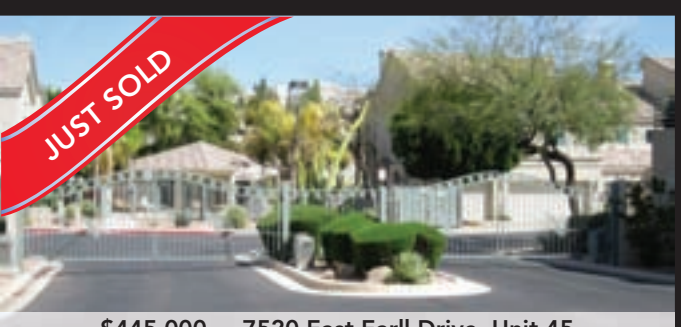
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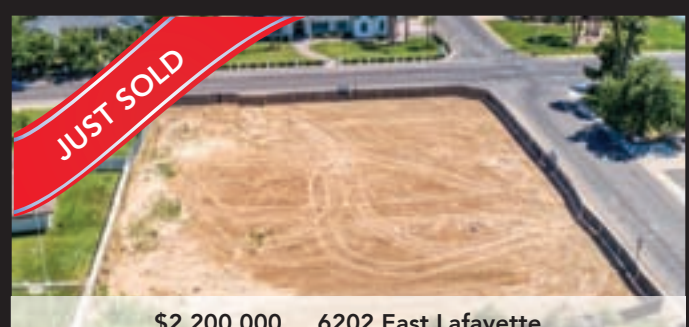
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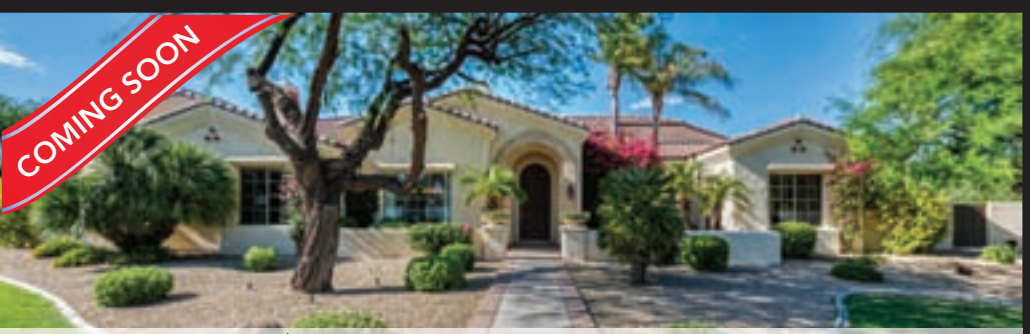
$359,995 9115 East Purdue
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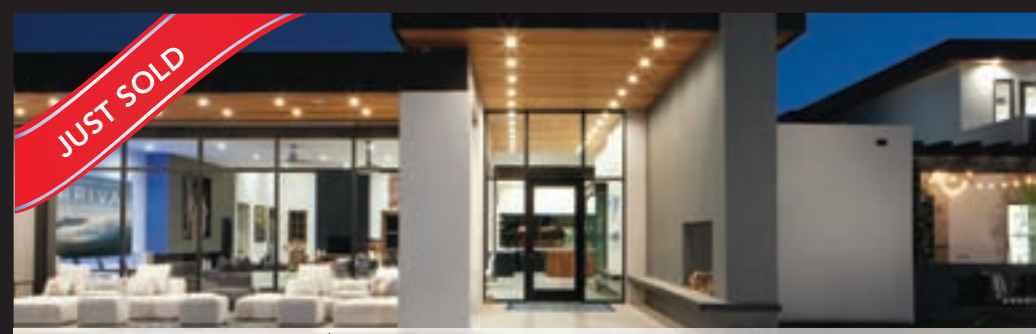
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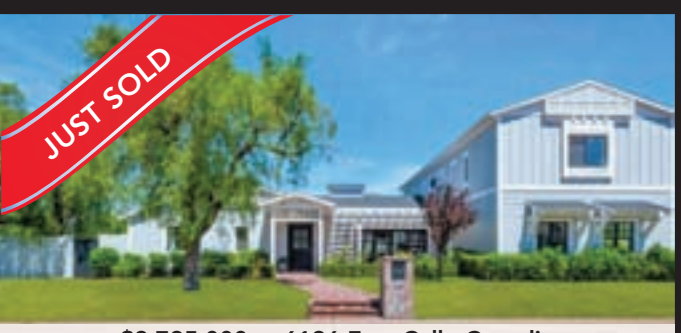
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In the Kitchen

with Bob Pappanduros, owner of Chicago Hamburger Co.

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If you thought the small white building on the southeast corner of 38th St. and Indian School was called Windy City Sliders, you'd be wrong – kind of. Chicago Hamburger Co., home of that well-known dish, has been in business for over 30 years, and Owner Bob Pappanduros attributes the longevity to the love of his food, the love of his crew, and love for that windy city.

Is it safe to assume you're originally from Chicago?

Well, one of us has to be. Otherwise, we might be accused of fraud!

Why Arizona?

I came here in 1982. I knew I wanted to move out west – I'd taken a few trips out this way, and I knew I didn't want to be a flatlander anymore. I didn't want to go back to the city, and I had a friend here. I had a girlfriend in Seattle at the time, so I thought about going there, but I didn't know if that would work out, and I knew my buddy would – we've known each other since fifth grade – so I moved here.

Was anyone in your family in the restaurant industry?

I'm a Greek from Chicago.

So – yes?

My grandfather moved here from Greece in 1912 and had a restaurant in Greek Town. Then, when my dad got out of the Army, he worked for my grandfather and was also a pie delivery guy for several years. At the beginning of high school (for me) he bought a hot dog joint on the south side and owned that for 25 years. Three of us kids all worked there for years. So yeah, if you're a Greek from Chicago, that's the first line of business [*laughs*].

You mentioned pie delivery...

Yes! At the time, two companies in town delivered pies and cakes to all the restaurants. Dad had the downtown Chicago route. There was never not pie or cupcakes at our house.

What was the first thing you remember cooking?

It's not really cooking – opening a can of Franco-American spaghetti. I used to keep a stash in my closet because there were five of us kids total, so when I was working, if I had some money, I'd buy those and stash them.

The first thing I actually cooked – besides grilling – my dad took some Chinese cooking classes, so I'd cook sweet and sour pork with him.

Where was your first job?

Cooking in the bowling alley when I was 15. I worked for my dad until college. I told myself repeatedly that I'd never work in a restaurant again. I didn't like the hours. My friends were out having fun, and I was working weekends. So I went to college, and after three months, I got a job in a kitchen [*laughs*].

I cooked through college and came out here with my degree in psychology and sociology – which didn't get me far regarding employment. I needed money, and once you're a cook, you can always find a job. I started working at a high-end dinner place on Scottsdale and Shea. Then I worked for Big 4 restaurants. The Big 4 was really popular in the 80s. Everything they touched was gold. It's kind of like what Sam Fox is now.

I worked as a food and beverage manager for a bit. I had never had a front-of-the-house job before, and I still ran it from the kitchen. I got in an argument with the owner and walked in the house at two in the afternoon, and my wife at the time was like, 'you're home early,' and I said, 'yeah, I think I just quit my job.' At that point, I decided I wanted to do this for myself or get the hell out of the industry.

I've cooked for four people, and I've cooked for 3,000; the difference is the people you have working with you. I knew I wanted a small staff, and I wanted to go back to, well, comfort.

How long has Chicago Hamburger Co. been around?

The building has been here since the 70s. It was Pete's Red Hots before it was Chicago. The guys I bought it from, around 1979, turned it into Chicago Hamburger Co., and I've owned it since 1989 – 33 years.

I happened to luck out. The previous owner was totally burned out and wanted out of the industry. I was looking, and he was looking to sell. I came in here, and you could tell they'd stopped caring about the place, but they had a decent following. I got rid of a few things – beer, boxing and wrestling off the TVs – stuff to change the place's reputation.

How did you come up with the cuisine?

There are a thousand places in Chicago that are exactly like mine. Beef, dogs and burgers – Chicago style. This isn't different aside from the sliders, which were on the menu when I bought the place. Now, because I'm a really smart, college-educated guy who has been in the restaurant industry for a long time, the first thing I was going to do was take the sliders off of the menu.

The first day I opened, I was working the register and noticed that most people ordered sliders. So I thought, 'okay, I'm an idiot – the sliders stay.' They were and are our identification. People didn't even know we were called Chicago Hamburger Co. – everyone thought it was called Windy City Sliders. We sell two to 400 a day.

I'm not reinventing anything here. We make a lot of our own stuff, but I'm putting out standard Chicago fare with a couple of 'Arizona' add-ons.

To what do you attribute the popularity of Chicago Hamburger Co.?

It's comfort food. Back in Chicago, people eat this stuff every day. We're in a good price range. At this point, though, what's carried me is my team. My 'newest' employee has been with me for 16 years. My son worked for me for 10 years and through college. My daughter helped me out last summer.



But really, it's the consistency of my team and my product. I've got customers that have been coming here for 20, 30 years. Regulars who order the same thing, who I see two or three times a week. This kind of business is built on regulars. If I see them once, it's our job to turn them into people who want to come back.

What do you love most about working in this industry?

I'm a social person and a blue-collar guy. I run everything – the paperwork, the payroll, bookkeeping – but really, I spend most of my time prepping, cooking and cashiering. That part, I've always enjoyed. I've adjusted my hours accordingly, and that comes back to my staff.

I've had people describe this place as a *Cheers* without the booze. We're a neighborhood place. We know a ton of people by name. I love the friendships I've made. And, I met my wife here. I'd already known her for five years, she'd been a customer here, but we were both in-between marriages at the time. Strawberry shake and sliders, and the rest is history.

What's the toughest part?

Business and stress level – we've been through three recessions and covid. There are ebbs and flows that create financial stress. It doesn't leave when you go home. Part of the reason I've had my staff for so long is that I never cut hours. Bills don't change, so I never cut labor.

I'd love to be a five-day operation and have full weekends, but Saturday is the busiest day of the week. I'd like to have the same schedule as all the other workin' folks. But I don't work nights anymore, and we don't work on Sundays. That change happened 25 years ago and was one of the best I've made.

What is one item you find yourself using in the kitchen all the time?

I have a different one for you: music. And that's thanks to covid. I always played music during prep time, but during business hours, I had the televisions on sports. Actually, at first, it was headline news, but

then things got a little crazy, and I said, 'enough of this noise,' so then it was sports. But when covid hit and there were no sports to show, I turned the sound off and put music on – I'm all over in my tastes, but usually it's a Santa Fe station run by a bunch of old hippies.

Any funny stories from your time in the industry?

One of my first managers was this big, burly Texan guy named Dave. He had the quickest wits I've ever known. Back then, a couple of times a year, you'd get a quick change artist – they try to confuse the cashier and leave with more money than they started with. It was early in the day, Dave was at the register, and the customer had money spread out on the counter. So, I say, 'Dave!' He doesn't even look at me, just holds his hand up and says, 'I got this, chief.' I watched them go back and forth a few times, and when the customer left, Dave said, 'I think I took him for $10,' and sure enough, we were $10 over that night [*laughs*].

Your kids have helped out in the restaurant. Will they follow in your footsteps?

Not if I have anything to do with it [*laughs*]. It's a good job to have and a good way to make money, but for the same reasons I didn't want to stay in it, I don't want them in it. It takes up too much of your personal life. Cole didn't have a passion for this. He works for Vanguard and has his Masters in finance. I mean, I wouldn't stop them if it's what they really wanted to do.

When you're not here, what are you doing?

Four days a week, I'm in a hockey rink. My daughter plays in an all-girls hockey league called the Arizona Kachinas. The rink is in Mesa, and since we're the only all-girls program, we have to travel to play other teams.



PHOTOS COURTESY OF BOB PAPPANDUROS

Bob and his team, most of whom have worked at Chicago Hamburger for 20 years.

We actually started at Arcadia Ice! That's what I'm doing most of the time. I play in a neighborhood band, but we don't play outside of a couple of parties among friends. I played softball for years, too.

What's your favorite thing to cook outside of work?

I have two. First, smoking meat or seafood and Cajun food. I worked at this place in Scottsdale that did a lot of Cajun, which taught me and solidified my love for it.

What's next for Bob Pappanduros?

My goal is to be done working in a restaurant when Sophie, my daughter, is out of high school. I won't officially be done working, but I want to let go of the load of owning my own business. I want my weekends [*laughs*].

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BEST COLLEGES U.S.News & WORLD REPORT MOST INNOVATIVE 2022-2023

BroncoBots win state robotics competition

By Melissa Hirschl

Sometimes it feels like robots might become the new frontier, and if so, Brophy Prep's Robotic Club members, also known as the BroncoBots, are uniquely poised to be at the frontline.

The BroncoBots were recognized for their technical savvy when they won the FIRST (For the Inspiration and Recognition of Science and Technology) Robotics Championship held at Arizona State University. They competed against 25 Arizona teams, with the winners receiving individual medals and a trophy to display at school.

"We felt an abundance of joy when we won," Club President Sameer Godbole said. "This is the first tournament we as individuals have won as an FRC (FIRST Robotics Competition) team."

An amalgam of technology, math and science, the "student-built and student-run" Brophy club attracts those who enjoy strategic thinking, creativity and collaborative problem-solving.

Godbole said that the club has grown tremendously – when he joined in 2019, there were 15 members. Now, they are up to nearly 100. The club's current mentors are chemistry teacher Andrew Mazzolini and Kevin Elinski, Director of Innovative Technologies.

"Robotics isn't purely about robots," Mazzolini said. "It's about teams working through tough strategies. They build something they never thought they could."



PHOTO: SONIA GODBOLE

Dennis Bui, Club President Sameer Godbole, Andy Mazzolini, Coach Nathan Tu, Carson Lauer, Aidan Parris, Doer He, Kevin Elinski, Rohan Godha and Renee Ashlock.

Every year, club members face regional championships and daunting state competitions. When presented with the latest challenge, entitled "Rapid React," the team had to create a 3'x3'x3', 120-pound robot that was capable of throwing cargo balls into a funnel placed on "hangers" (straight rods) and retrieving them. They had six weeks to complete the project.

A cacophony of sounds was heard in their lab as club members worked collaboratively while tinkering, experimenting and sharing ideas. Loud background music filled the air as students worked with power tools, metals, laser cutters, wood, 3D printers and water jets to cut metal.

Online tutorials came in handy as well. As they found their niche, some students worked on wiring and building the robot, while others oversaw the project or handled the management and business role. They met the deadline and were ready to roll using materials provided by FIRST.

Carson Lauer is the team's engineering director, teaching first- and second-year students and guiding them through creating the robots.

"What I find most satisfying is watching your hard work become a working robot," Lauer said. "Every year's robot takes quite a bit of work to do, so watching them slowly take form is incredibly gratifying."

At the championship, fellow students enthusiastically cheered on the teams while robots threw cargo balls into the funnel hubs. Teams accrued points two ways: how many cargo balls made it into the funnel and how many times the robots could traverse the rungs of the hanger. The BroncoBots robot finessed the challenge, winning Brophy the top spot.

"I find robotics fun because it is an outlet for people to learn the engineering design process while working closely with others," Godbole said. "I would encourage students to join because robotics improves coding, designing, communication and leadership skills while maintaining a competitive environment."

firstinspires.org

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The Dining Scoop

Another new year is here, and many folks might have "go on a diet" on their resolution list. We all know how hard that can sometimes be. In the spirit of healthier eating, here are a few spots around the Valley that offer a liquid-based way to get that well-being ready for 2023!

D'LITE

What began as a search for healthy dining options in 2007 has grown to six D'Lite locations around the Valley, including one on Indian School near Arcadia. Along with a plethora of healthy entrees, D'Lite offers cold-pressed juice, smoothies, and signature shakes like the d'Breakfast Buzz, with vitamins, chocolate whey protein, espresso shots, nonfat milk, banana and peanut butter.

dlitehealthyonthego.com

GOODER GOODS

This Arcadia-based outfit offers five different smoothies. The "Funky Monkey" comes with banana, chocolate protein powder, peanut butter, protein powder and almond milk; the "Wise, You Are" comes with spinach, spirulina, avocado, chlorella, mango, ginger and coconut water. Guests can add chocolate or vanilla protein powder, a buffer bar, extra espresso or things like reishi mushroom, spirulina, guarana, ashwagandha, chlorella, chia seeds, hemp seeds, beetroot, amino acids, matcha and glutamine to their drinks.

getgoodergoods.com

JAMBA JUICE

Jamba Juice has five categories of smoothies: classic, plant-based, super blends, Boba and favorites. Guests can add boosters like vitamin zinc, 3G energy, whey protein concentrate, soy protein isolate or whole food boosters like nonfat Greek yogurt, peanut butter, ginger, matcha green tea, blue spirulina or kale.

The world-famous Mango-a-go-go contains a pear, white grape, mango, orange passion juice blend, mangos and pineapple sherbet. Other faves include Caribbean passion, razzmatazz, strawberry surf rider and pumpkin smash.

jamba.com

NEKTAR

With over 180 locations in over 22 states (one is in our backyard at 4340 E. Indian School Road), Nektar has something for every appetite. They offer handcrafted bowls, superfood smoothies – like the Pineapple Matcha with pineapple, matcha green tea, house-made cashew milk, vanilla protein, and agave nectar – fresh juices, grab n' go bottles, wellness shots, and juice cleanses. The Classic Detox is for beginners and has turmeric, celery juice, Camu Camu (an antioxidant), prebiotics and probiotics.

nekterjuicebar.com

NUTRITION PURA VIDA

Nutrition Pura Vida, located at 4611 E. Thomas Road, officially opened in 2020 and offers three options for protein smoothies. The first, soy, is used as a food replacement shake. The second is a whey-based shake used to increase post-workout muscle mass. They also have a vegan option that's kosher and non-GMO. The most popular flavors are snickers, banana chocolate and banana strawberry. They also offer various protein bowls.

Nutrition Pura Vida Facebook Page

ONE STOP NUTRITION

Fun fact: One Stop Nutrition was founded in 1996 at an indoor swap mart in a 100-square-foot booth. Now, the health-conscious store has over 45 locations, including a few in Nevada and Texas. The business also boasts a full smoothie/shake and juice bar along with vitamins and supplements. There are meal replacement shakes, post-workout shakes and nutritional shakes – guests can choose a base and flavor and add in things like creatine, glutamine, protein, multi-vitamin flax seed oil, ginseng and energy boosts.

onestopnutrition.com

PROTEIN HOUSE

Though probably more well-known for their salads, wraps and high-protein burgers, Protein House (with 12 locations in the U.S. and five internationally) also boasts a protein shake and cold-pressed juice menu. For the shakes, guests can add things like B12, CarbGain, coconut oil, creatine, glutamine, flax seed oil, fiber, MCT oil and even oatmeal. One example is the Peanut Butter Cookie Dough Shake, with peanut butter, almond milk, vanilla whey, honey, coconut flakes, gluten-free oats, sea salt, dates and vanilla extract.

There are eight juices to choose from, like the Sweet Greens with spinach, lime, cucumber, pear, apple and agave or the Summer Tryst with grapefruit, strawberry and apple.

protein-house.com

SMOOTHIE KING

The history of Smoothie King goes back to 1973 when proprietor Steve Kuhnau blended his first "Smoothies with a Purpose" by mixing nutrients and proteins with real fruit to help improve his health.

The first franchise opened in New Orleans in 1989 – and now, there are over 1,000 locations across the U.S. They've got 21 Feel Energized blends, 24 Get Fit blends, 18 Weight Manage blends, 16 Be Well blends, and 18 Enjoy a Treat blends… so everyone can find a smoothie to their liking. They also offer a multitude of additions, plus enhancements like protein powder or energy boosts.

smoothieking.com



Everyone deserves a chance to play baseball

By Jennifer Marshall

Arcadia High's Head Baseball Coach, Matt Sugarman, wants his players to learn more than just how to excel at hitting, pitching and catching – he also wants them to grow to become caring and involved members of their community.

That's why the team volunteers with a charity every season. This year, they partnered with Miracle League, a nonprofit dedicated to providing safe baseball experiences for those with disabilities.

Volunteer opportunities were slim during the past two years, as many charities were closed to in-person events. Food drives held by organizations like Feeding Students USA kept the team active while they strived to help the community in any way they could.

"The coach is all about giving back to our community and getting our players involved," baseball mom Julie Lambert said. "My sons have all been part of the Camelback League Boys Team Charity, which works with Miracle League, and its director, Drew, is outstanding to work with."

Lambert suggested to Coach Sugarman that the team could partner with Miracle League. Drew was all for it, and Sugarman now hopes to work with the League every fall.

"Miracle League allowed me to connect with kids and bond over the game we share a passion for," senior varsity player Reilly Blake said. "Seeing everyone come together to make an amazing experience for them was something special. Seeing the kids smile after getting a hit and running the bases was the highlight of the morning."



PHOTO COURTESY OF JULIE LAMBERT

Homer, the mascot of Miracle League, has been with the organization for five years. His only responsibility is to make the fans smile – and eat lots of stadium hot dogs.

"I have a sister who is nonverbal and has special needs, so it felt good to have the opportunity to give back to families in similar situations. Just seeing the joy on the kids' faces when we were cheering for them was amazing; it made me realize how truly blessed I am to be able to play on a team because some kids will never have that opportunity," senior varsity teammate Quinn Palmer said.

The Arcadia team played three games with the Miracle League players. During the games, they worked with, supported and cheered the players on as needed, including assisting those in wheelchairs to have a fun and vibrant experience.

"My main takeaway from helping at the Miracle League is that those of us who do not face the daily challenges, like the participants, were fortunate enough to help them enjoy the day and play a game that, for many of us, is just an everyday event," senior varsity player Jim Achen said. "I'm fortunate to play ball every day. I had a terrific time seeing the kids have a really fun time."

The baseball team will continue to support the community with various food drives throughout the year, as they all believe in the importance and power of giving back to their neighbors.

miracleleagueaz.com

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Randy Norton

If Randy Norton wasn't consumed with advising global Fortune 500 companies, he might find himself working in sports and entertainment, fulfilling a lifelong attachment to those industries. Don't count him out, though, for he is one for a challenge.

Today, Norton is a client service partner with the professional services firm Deloitte. In that role, he has served tech industry clients during his 22-year career with the global management consulting giant.

"Working for Deloitte has been a true career achievement and, honestly, a real joy," Norton said. "Serving clients and addressing their evolving needs is both the challenge and the reward."

> **Serving client needs is both the challenge and the reward.**

Norton earned dual bachelor's degrees in economics and business from The University of Redlands (where he also played basketball) and then attended ASU, earning an MBA.

No small feat, considering he was the first in his family to attend college. He grew up in Minneapolis and moved to Phoenix with his family when he was 13.

"Athletics helped me integrate with others in high school and college," he said.

Norton lettered in four sports and earned All-State honors at Paradise Valley High School. That's also where he met Susanne Ingold, who he would marry nearly 20 years later.

"We dated for quite some time and spent many years apart while pursuing our careers, but we have now been together for more than 30 years," Norton said with a touch of pride.

Growing up, he was always interested in the world of finance. He worked for Bank of America while studying for his MBA, and after graduating with honors, took a job with J.P. Morgan in New York.

"I'm fascinated with corporate strategy and operations and how market conditions create constant change. Of course, technology has only accelerated the pace of change and the need for business transformation," Norton said.

Combining his interests in sports business and community service, Norton began volunteering on the Fiesta Bowl's "Yellow Jacket Committee" in 2002. Twenty years later, he serves as chairman of the Board of Directors.

In January, the Fiesta Bowl will host one of two College Football Playoff Semi-Final games and Norton will preside over the week-long festivities.

"We are so proud of our role in the community, promoting economic development through our events and providing substantial grants to Arizona nonprofits," Norton said.

All of his professional and civic accomplishments aside, Norton said what he covets most is his wife, Susie, and his family.

"We are extremely close and that was modeled by our parents. Though my mom, dad and brothers are still in Minnesota, I get back to see them often," Norton said.



People who know and work with Norton describe him as intelligent, thoughtful, determined and loyal.

"Randy has so many qualities, but even with all of his success and accolades, he remains humble and down to earth," long-time friend, Dan Santy, said.

Norton plans to retire in the next 10 years and hopes to tackle a healthy bucket list, including learning to play the guitar, running the NYC Marathon, and attempting stand-up comedy. He also intends to serve on commercial and nonprofit boards.

With Norton's penchant for challenges, he no doubt will accomplish it all.

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Local Dentist Helps Uninsured Adults

Dr. Sophon Heng D.D.S. caters to those people who don't have dental insurance. Dr. Heng provides comprehensive dental care exclusively to uninsured adults in a modern, yet modest office in Phoenix. Dr. Heng grew up in Seattle and graduated in 2001 from the University of the Pacific School of Dentistry in San Francisco, and he relocated to Phoenix after graduation.

"After watching the dental profession change," said Dr. Heng, "I felt it had to be done a different way: 'A Non-insured Way.' We use the latest technology and treatment, yet we keep our facility modest and control our business overhead, which allows us to offer lower fees to serve the people in the community."

For example, Dr. Heng's office charges $650 for a lifelike crown made with latest materials and technology. His crowns are guaranteed for life against breakage or defects. Other dental offices could customarily run from $1,200 to $1,400 or more for a similar crown in this area. Also, other general procedures in Dr. Heng's office run 30-60% less than those typically charged. For example, $699 for a root canal, $699 for immediate denture (each), cleaning starts at $50.

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



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

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



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Move over, 2022 – we've got new recipes ahead!



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

Another year, another time to re-focus on health. In January, most people want to get rid of holiday weight. My biggest tip is to shift your thinking from weight loss to improving your health and preventing disease. Forget about counting calories and fad diets, and start eating strictly to fuel your body with nutrients that make you feel vibrant, ward off disease, and make you glow. Strive to eat more plant-based, and you will reap the rewards. (P.S. my four-week Zoom class on Preventing Alzheimer's is coming up in February. Grab a spot before they are gone!) Start with these five tips:

• Stop drinking empty calories. Commit to avoiding fancy Starbucks drinks, sodas, and limit alcohol to weekends. There is no benefit to the sugar, additives, and unhealthy ingredients you are swishing down. Nutrient-dense liquids like fresh celery juice, turmeric ginger shots, green smoothies, fruit or veggie-infused water, herbal teas, and kombucha all give you a mega dose of vitamins and minerals.

• Eat oatmeal with fresh fruit for breakfast. Buy organic, rolled oats and make a batch for the week, so you have it ready to eat. Top it with plant-based milk and fresh fruit. Oats are full of essential minerals that help with weight loss, sleep and mood. They help lower cholesterol and balance blood sugar. Plus, they are full of resistant starch to feed our good gut bacteria, which speeds up metabolism. Oats will keep you full all morning and set a healthy direction for the day.

• Cook more at home. Shoot for dining out for only two meals per week. Even if you choose healthy options at restaurants, there will always be more oil and salt than you would use at home. Each week, make a list of what you will be making, get the ingredients, and stick to it. Double the recipes, so you have leftovers. I have suggestions on my Instagram!

• Stock your fridge with fresh produce for snacking. Fall back in love with raw veggies and fresh fruit. Make homemade hummus to dip veggies in, and buy non-dairy yogurt to have with fruit. Organize your fridge with glass containers so you can see what you have. Don't leave snacking to chance. Every time you eat, including snacks, is a time to supply your body with disease-fighting nutrients.

• Make a big pot of soup on Sunday. Soup is a great way to pack in lots of veggies for minimal calories. Heat up some for lunch, pair it with a salad for dinner, or eat it as a snack to hold you over.

Here are a couple of healthy side dishes to try in 2023. Since black-eyed peas are known to give us luck for the coming year, I have included them in one of the salads:



Texas Caviar Salad SERVES: 4-6



Ingredients

- 2 cans black-eyed peas, drained
- 1-½ cups frozen, cooked fire-roasted corn
- 1 English cucumber, diced
- 1 red pepper, diced
- ¼ red onion, diced
- 1 large tomato, diced
- 1-2 avocados, diced
- ½ cup cilantro, chopped

Dressing

- 3 tbsp. olive oil
- 3 tbsp. Braggs vinegar
- 2 garlic cloves, minced
- 1 tsp. cumin
- 1 tsp. pink salt
- ¼ tsp. pepper

Directions

1. Combine all ingredients.
2. Whisk dressing and toss over salad.

Mediterranean Orzo Salad SERVES: 4-6



Ingredients

- 1 cup uncooked orzo (I use organic whole wheat)
- 2 roasted red peppers, sliced
- ¼ cup jarred sun-dried tomatoes (make sure to dry off oil)
- 1 can garbanzo beans, rinsed and drained
- 1 container grape tomatoes, halved
- ¼ red onion, sliced
- 1-2 cups arugula
- ¼ cup fresh basil

Dressing

- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- Juice of 1 lemon
- 1 tsp. each: garlic granules, pink salt, pepper

Directions

1. Cook orzo, rinse and drain.
2. Combine everything and toss!

Potato and Leek Soup SERVES: 6



Ingredients

- 1 tbsp. avocado oil
- 1 large leek, chopped
- 4 cloves garlic
- 2 stalks celery, chopped
- 6 Yukon gold potatoes, diced
- 4 cups vegetable broth
- 2 cups water
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/3 cup nutritional yeast

Directions

1. Heat the oil in a large pot and add the leeks, garlic, and celery. Cook for 10-15 minutes stirring frequently. Add some broth to the pan if it gets dry. Add the potatoes, broth, water, salt, and pepper. Bring to a boil, then simmer for 30 minutes or until the potatoes are tender.
2. Blend some of the soup with an immersion blender or stand-up blender, but leave some chunky.
3. Add the nutritional yeast and spinach. Simmer for five minutes and stir.
4. Top with scallions or chives and serve.



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How to: Vary your protein intake without giving up meat

By Kristen Carli, MS, RD



Kristen Carli

Most individuals associate a plant-based diet with veganism or vegetarianism. I am here to tell you that you do not need to explicitly give up meat to follow this way of eating. A plant-forward diet emphasizes and celebrates plant-based foods but is not strictly limited to just that. The idea is to add and highlight nutrient-dense, plant-based foods to a diet and make them the star of your plate.

Benefits of plant-based eating

Research shows that increased plant consumption can decrease the risk of heart disease, stroke, and inflammation in the body. A plant-forward diet is also high in fiber, which is critically lacking in the standard American diet. Getting adequate fiber promotes healthy gut motility, a strong immune system, appetite regulation and other benefits.

Varying your protein intake

The Dietary Guidelines for Americans stress the importance of varying protein. That means switching up sources throughout the week. Some nights it may be chicken, while others, it's salmon, tofu, beef or beans. Most people eat the same proteins day in and day out. Not only is this lackluster to consume, but this eating pattern can also be lacking in nutrients over time.

Plant-based sources of protein

So you are willing to switch up your protein intake, but you aren't sure of plant-based protein sources. Lucky for you, there are many! Here are just a few examples:

- Soy products like tofu, tempeh and edamame.
- Whole grains like quinoa, oats and brown rice.
- Beans (or legumes) like chickpeas, black beans, black-eyed peas, and kidney beans.
- Nuts like almonds, walnuts and pistachios.
- Seeds like chia seeds, hemp seeds and flaxseed.
- Vegetables like spinach, bell peppers, corn, artichoke, peas and onions.

Implementation

There are no rules when it comes to varying your protein intake. The idea isn't to restrict but encourage folks to consume more plant-based sources of protein in addition to animal-based ones. Here are some ways to implement this practice into your daily life.

Participate in the Meatless Monday movement. This campaign encourages people to eat vegetarian one day per week – you guessed it – on Mondays.



PHOTO COURTESY OF KRISTEN CARLI

Mexican quinoa stuffed bell peppers.

Add seeds or nuts to your meals: chia seeds to a smoothie, hemp hearts to a salad, or pumpkin seeds to yogurt. Next time you make a sauce, try adding some nuts and blend together to give it a creamy-like texture.

Aim to eat vegetarian lunches. Choose a high-protein but plant-based lunch, like a spinach salad with quinoa, almonds, chickpeas, tomatoes, cucumber and lemon vinaigrette.

Swap out some favorite recipes with plant-based equivalents, such as a spinach lasagna instead of meat-based or black bean enchiladas instead of chicken.

Aim to incorporate these hacks every now and then and see how you like them. You may be surprised at how easy this transition is to make.

— Kristen Carli is a registered dietitian nutritionist with a private practice, Camelback Nutrition and Wellness in Scottsdale that specializes in chronic disease prevention and management.

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PHOTO COURTESY OF ELLEN YOUNG

The 2022 Turkey Bowl Team got to hang out with former Arizona Cardinals quarterback Drew Stanton and Arcadia Sports Central Coach David Alfaro.

Former Cards lead fifth-graders in Tavan's annual Turkey Bowl

By Jennifer Marshall

The Tuesday before Thanksgiving was a special day for the fifth-graders of Tavan Elementary. It's a special day every year, as the school holds its annual Turkey Bowl, a day of football and fun before the *actual* Turkey Day commences.

"This is a Tavan tradition that's been going on for probably more than 30 years," P.E. Teacher Ellen Young said. "Our fifth-grade students play a flag football game against each other, and the entire school walks to Arcadia High to watch and cheer everyone on."

What made this year's Turkey Bowl particularly exciting for the young players was the coaches. Amp Lee and Drew Stanton, both former NFL stars who played running back and quarterback for various teams – including the Arizona Cardinals – joined in the fun that day.

The kids also had help from David Alfaro, coach of local youth sports league Arcadia Sports Central. Alfaro and his wife, Katrina, attended all the team practices and coordinated with the Arcadia High Football Boosters to create a cheer tunnel for the players to run through during team introductions.

"We named the teams the Cardinals and the Sun Devils," Young said, "and it was the *closest* game. One team would get a touchdown. Then the other team would get a touchdown. It came down to time, and the Cardinals were the winners. Drew and David called the plays, and the teams were both really amazing!"

"It was pretty fun, even though our team lost. I was on the same team as my friends. At first, I didn't want to participate, but it ended up being worth it," fifth-grader Emma Fong said.

Young said that former Arcadia High graduates John Albright and John Thomas announced the game, and in between quarters, the kids showed the announcers how to "floss" (a dance move).

"It was really fun, and we had great sportsmanship. Even though I didn't get the ball, I still loved it a lot," student Braden Stapleton said.

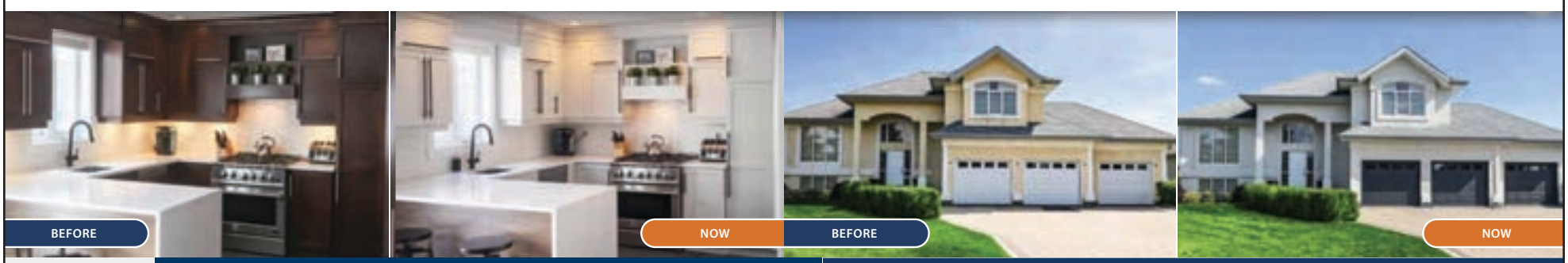
"I think it was one of the most interesting things I've done this year," student Brooke Bennett said. "It really made me more interested in playing football. The coaches were really great. Before I played in the Turkey Bowl, I didn't know what a running back was, but the coaches taught us really well!"

In addition to the Tuesday football game, the Friday before, Tavan held their annual Turkey Trot, where kids and their parents ran laps – just for fun – and the winner got to "pie" a volunteer teacher. This year, PE teacher Molly Creagh agreed to take a pie in the face.

"The event was incredible," Young said, "and all the students had a wonderful time! Our first through fifth-grade students walked over to cheer everyone on, and we made a lot of noise!"

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PHOTOS COURTESY OF IVAN PEMBERTON

Arcadia Montessori School's new campus has garden beds to help students learn to grow and care for their own herbs and vegetables.

Arcadia Montessori celebrates 50 years

By Mark Hays

In 1972, Judy Pemberton chose to bring her ideas for enhanced education to the children of Arcadia. She believed that children benefited from independent learning that was specifically tailored to them, but felt that opportunities in the area were limited.

"There were so many things that I wanted to do, that I believed in and felt," Judy said. "And yet, there were so many restrictions and rules on how children should learn."

A mother of three, Judy's experiences influenced her approach to education.

She wanted to create a school suited to every child and worked tirelessly in pursuit of her goal. Her early foray into these endeavors came when Judy obtained her Montessori certification and rented a room at Shepherd of the Hills Church at 56th Street and Lafayette.

"I was a fish out of the water, just jumping in," Judy said.

This early school had only twelve students, six of whom were relatives who paid no tuition. But news of her dedication to quality education spread, and the small room soon needed a larger campus, which came in the form of a home at 5115 E. Virginia Avenue in Arcadia.

In the early days, the school not only hosted students but 75 animals as well, including a pony, chickens and goats.

As Arcadia Montessori continued to grow, it held on to the principles that made it a success in the first place. The school has provided a tailored, quality education to thousands of children over its 50-year span.

"Many things changed over the years, but we've been fortunate to have such longevity of staff and the ability to expand several times. One of our teachers has been with us for over 42 years. Me, my brother Josh and sister Holly even attended the school," Ivan Pemberton, Judy's son, said.

Arcadia Montessori opened the second location near 52nd Street and Virginia Avenue in the fall, just half a mile from the main campus. It will educate up to 125 students, ranging from infants and toddlers to primary students.

"We have an ever-growing waitlist and a passion for providing more children access to a quality Montessori program. When we first toured the building, we knew that its large outdoor space, courtyard, and spacious classrooms would be a good fit for our program," Ivan said. "We have new students starting every week and were fortunate to have some existing staff move over to the new campus to assist with a smooth opening."

Arcadia Montessori plans to renovate buildings at the original campus, including new outdoor equipment and storage for the classrooms.

arcadiamontessori.com



Maria Montessori, whose teaching methods are available at schools nationally and internationally.

Where did Montessori come from?

On August 31, 1870, a woman was born in Chiaravalle, Italy, who would change the fabric of education worldwide.

As a child, Maria Montessori was interested in education but studied medicine after briefly pursuing engineering. She graduated from the University of Rome in 1896 and started her career as one of the first female physicians in Italy.

Her career, combined with her interest in education, led her to open a childcare facility in 1907. The center was the first of its kind in Italy and helped young children whose parents worked during the day. With this work, Maria developed her educational theories, studying how children learn as she cared for them.

She found that children naturally enjoy learning and that trouble with education is usually caused by teaching methods that aren't compatible with the student's learning styles. Maria found that the children she watched learned by doing and needed to interact fully with their environment. She believed that given the right setting, children would teach themselves, an idea that she integrated into the Montessori curriculum.

She eventually taught her techniques to others. Soon, schools using the Montessori Method began to spring up all over Europe. By the end of 1911, Montessori education had been officially adopted in public schools in Italy and Switzerland. In 1912, other European countries along with the United States had adopted her methods. The first school in the U.S. opened in October 1911 in Tarrytown, New York. By 1913, there were more than 100 Montessori schools in the country.

In addition to her educational accomplishments, Maria was a prominent activist who campaigned for women's right to vote. She lived in the turbulent times of world wars, but she used this experience as motivation to add peace education to her teaching curriculum.

Maria died on May 6, 1956, at age 81, at a friend's home. She left behind a legacy of educational excellence that continues today, with over 5,000 Montessori schools in the United States alone serving over one million students.

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A shining leader in community and connection

By Jennifer Marshall

The Camelback League of Boys Team Charity (BTC) worked hard throughout the holiday season, spreading joy and cheer to those in need. In their efforts to help their community, they hosted a Thanksgiving food drive, volunteered with the #LovePup organization and built an outdoor space for a Valley group home.

"Boys Team Charity is a volunteer service organization dedicated to developing an altruistic spirit in young men through active participation of parents and sons in philanthropic projects in their communities," Camelback League President Victoria Canada said.

BTC dates back to 2001 when local moms and co-founders Anne Czerwinski and Lucia Marusiak went on a quest to find a way for young boys to be able to give back and support their local community through charitable acts. They had six sons between them, and wanted to instill this love of serving their community in them. When their research yielded no organizations, BTC was created. The organization is open to students in seventh through 12th grade.

"These boys and their families provide community service in their local neighborhoods," Canada said. "We also strive to promote personal growth, strengthen family relationships, develop team skills and provide educational opportunities."

One of these opportunities was for the members of BTC to work with the Feeding Students USA Thanksgiving Food Drive.

"For over ten years, Feeding Students USA has helped over 100,000 children and their families – 20,000 in the last year alone – in the Scottsdale, Creighton, Washington and Balsz school districts," BTC member Ashley Staples said.

Feeding Students brings community resources together to provide food sources for families with insecurities in the Valley.

The organization hosts its annual food drive for Thanksgiving, bringing traditional meals to around 1,200 families. The package includes a turkey with all the typical fixings and fresh produce, packed and ready to prepare at home.

"We look forward to this annual tradition that we do with our close friends every year," brothers Will and Luke Staples said. "We have served families for seven years, and our favorite part is hearing and seeing their gratitude for the food they wouldn't normally have on Thanksgiving."

For the last three years, BTC has helped to collect, sort and fill the donation packages. Their time, contribution and hard work amounts to about 25 percent of the total food donations.

"As I was helping move and count Thanksgiving food bags, I was reminded of two things: I am grateful for always having enough to eat, and grateful to live in a community of helpers and that I can be one of them," member James Richardson said.

#LovePup is another organization that benefited from BTC's hard work and generosity, not just during the holiday season but throughout the year.

"LovePup is a local dog rescue that we partner with to offer weekly help and also help with events," BTC member Heidi Richardson said. "Volunteers walk, feed, groom, clean up after and play with the cute, furry residents."

Members also volunteered to work #LovePup's annual Cars and Canines Event, which consists of a car auction and dog adoption.

"BTC provides a wonderful forum for young men and their parents to serve others in our community. Living here in Arcadia, I feel very blessed. As such, I have a responsibility to give back and support broader communities in need," member Andrew Nickle said.

boysteamcharity.org



PHOTO COURTESY OF JULIE LAMBERT

One of the many charitable acts within BTC is helping out local shelter dogs.



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Trying to find my inner yin and yang

In January 2022, I stood (awkwardly) outside my comfort zone and attended a barre and aerial fitness class in the spirit of our January theme: fitness. After that, I learned that my body prefers something a little less fitness-y and strives more for calm, meditative strengthening. For my 2023 fitness journey, I chose Tai Chi.



Things we tried

BY MALLORY GLEICH

On a cold Saturday morning, I trekked to St. Stephens Episcopal Church on 56th St. and Oak to check out a session with the Taoist Tai Chi Society®. Before regaling you with the experience, let's look at where the practice came from:

Tai Chi started with a man named Moy Lin Shin. As a child, Shin suffered from serious health issues because of the living conditions in China during WWII. When he learned of Taoism (a belief that humans and animals should live in balance with the "Tao," or the universe) and the benefits of Tai Chi, he started practicing and found that it rejuvenated his health. From there, he devoted his life to teaching Taoism to others.

After WWII, Shin was initiated into a Taoist temple and received training in meditation, rituals and ceremonies. His family moved to Hong Kong, where Shin studied under Master Liang Zipeng, a notable instructor of Tai Chi and other arts.



Saturday's Tai Chi participants.

As an adult, Shin immigrated to Canada in 1970 and founded the Toronto Tai Chi Association, the Taoist Tai Chi® of Canada, and the International Taoist Tai Chi Society®, which has locations in 25 countries. Two of them are in Phoenix and Flagstaff.

Tai Chi is an internal martial art practiced for defense training, health benefits and meditation.

"Some major benefits include improving physical and internal balance and stress reduction. Tai Chi is sometimes referred to as 'meditation in motion,'" Phoenix leader Patricia Burns, who has been with the organization for over a decade, said.

Co-leader Steve Greenburg got involved with the Taoist Tai Chi Society® in 2016, at age 67, when he decided to commit to a healthier lifestyle.

"In March 2020, I was honored to be asked by branch and regional leaders if I would like to become a 'beginning leader in training,'" Greenberg said. "I had regularly volunteered to help out at sessions and workshops."

Within a few days, covid hit and the in-person practice stopped. Greenberg participated in virtual "Tea Breaks" for the next two years with local, national and international members and leaders.

"My self-practice was supported, and my daily Tai Chi sets became a refreshing and centering meditation and overall healthy experience," he said.

Greenberg said his focus is on improving physical and internal balance, relaxation, and stress reduction – precisely what I was looking for.

There were 10 people in my class. Participants wore comfortable clothing and shoes. The session started with Greenberg reviewing and practicing moves and demonstrating a few new ones. Rinse, and repeat.

The first three moves on the 108 move set (a series of moves developed by the founder – it takes 12 weeks to introduce all the moves, so I only saw a few!) are "Commencement of Tai Chi, Left Grasp Bird's Tail and Grasp Bird's Tail."

In between practicing moves, Greenberg and co-leader Cherie Nelson, along with Mary McBride and Patricia Camden, engaged participants by asking how they felt after doing a specific move. Answers varied from "confident, calm, balanced, and strong." They also spoke on Tai Chi's benefits for bone density and strength.

Cherie reminded everyone to take their time with the moves so that they could benefit from the exercise.

"The number of moves I work on in any session varies considerably. There are times when the focus is on a single move for the entire session and other times when the focus is on a sequence of moves," Greenberg said.

Now, I'm one of those people who struggles with coordination. My arms were all over the place. Thankfully, everyone in the class was supportive and helpful, and eventually, I felt (or at least hoped) that I had a strong grasp of the set.

After the class, I felt rejuvenated and ready to start my morning on a positive foot. Even the day's traffic didn't bother me – and that's saying something!

"I hope people develop a lifetime practice of Tai Chi arts that improves health, flexibility and balance; enjoy a moving meditation with fellow participants, and experience a calm vitality and clarity of being," Greenberg said.

Introductory sessions are held at St. Stephens (2310 N. 56th St., Phoenix) on Tuesdays at 6 p.m. and Saturdays at 9:30 a.m., with a continuing session until noon.

taoisttaichi.org



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Aspiring film director makes her red carpet debut

By Mark Hays

Awards show season: celebrities get dressed to the nines, head to the red carpet, take a million photos, and then sit down to an hours-long show to celebrate winning actors, directors, producers and such. This process is much the same for the Young Artist Academy (an offshoot of the Young Artist Foundation, a nonprofit founded in 1978 to honor the excellence of young performers).

Familiar names like Leonardo DiCaprio, Jennifer Lawrence, Ryan Reynolds, Regina King and Julia Roberts were part of the organization back when they first started. And now, the industry can add unfamiliar names (for now!), like Xavier junior Sejal Patel, to the list.

Sejal was nominated for Outstanding Director by the Young Artist Academy for her short film *Life with the Patels*.



PHOTO COURTESY OF LISA ZUBA

Sejal Patel got a taste of the celebrity life at the Young Artist Academy Awards.

Her interest in filmmaking began in elementary school when she and her friends would make short films that they recorded with her laptop. Those early adventures soon led to more sophisticated projects, as Sejal taught herself how to use greenscreens and CGI and attended filmmaking camps during summer break. These days, her projects are on a much grander scale.

"One day, I had the idea to make a *Modern Family*-type film about my own family," Sejal said. "*Life with the Patels* is a five-minute comedy short film intertwining three true stories that culminate into a life lesson shared by all."

The film showcases interactions between her parents, sister, grandfather, aunt and uncle.

"The stories intertwine into the shared lesson that we do things for our loved ones, even if we initially do not want to, because we love them," Sejal said.

Once the film was complete, she sent it to the academy to be viewed by the nomination committee. This group comprises casting agents, managers, studio executives, journalists, and governors from other entertainment awards. Once the submissions are reviewed, the committee chooses the nominees – and one of those was *Life with the Patels*.

Sejal was ecstatic to hear of her nomination, which she found out about via email while she was on summer vacation.

"I was expecting a rejection, honestly. I opened the email and, to my surprise, it said I was a finalist. I screamed out to my parents and told them the good news. I could not stop thinking about the award show, and I eagerly awaited the event," she said.

The ceremony was held at the Directors Guild of America in Los Angeles in the fall. Sejal recalls the overwhelming excitement she felt:

"This was the first film award show, other than the Arizona Student Film Festival, where I was nominated and able to attend in person. When I arrived and walked the red carpet, I knew that this was a once-in-a-lifetime opportunity, and I wanted the moment to last forever," she said.

The show had all the glitter of the professional Academy Awards. Sejal said she was able to meet other nominees, including many who flew from overseas for the event.

"When I got to the front, I posed for the cameras and had the experience of a lifetime. I wanted to savor the excitement and the nervous energy that I felt," Sejal said.

This time around, Sejal's film lost out to Maya Jai Pinson, whose short film was called *I Dare You*.

Sejal isn't letting the loss deter her from filmmaking. She said that *Life with the Patels 2* is already in development, and she plans to make more short films throughout the year.

After high school, she wants to attend the USC School of Cinematic Arts. She dreams of working as a director or producer at a major film studio.





A love for the sport helped this martial artist win gold

By Mallory Gleich

With a full class load, tutoring responsibilities and daily life tasks, it's hard to imagine that Arcadia High junior Jace Egnew has time to enjoy his favorite hobby: the art of Jiu Jitsu. But, he's got it down to such a science that Jace recently won gold at the Compnet USA National Championship in Austin, Texas.

Jace became interested in Brazilian Jiu Jitsu (a form of grappling based around positions to control an opponent on the ground) after watching UFC events. More specifically, from watching Conor McGregor battle against Cowboy Cerrone in the UFC 246 fight in January 2020. After that, Jace was ready to discover the martial arts world.

Jiu Jitsu originated in the 1530s when the first school was established in Japan. The martial art was formed as a close combat system that uses joint locks, paralyzing strikes, throws and holds to subdue armed and armored enemy combatants. It migrated to South America thanks to a Japanese diplomat named Mitsyuo Maeda, who helped form the modern Brazilian Jiu Jitsu. In the early 1900s, it gained popularity with the help of Maeda, who was trained in Judo (also called Kano Jiu Jitsu, where Brazilian Jiu Jitsu got its name). Maeda agreed to teach the art to others, including a young man named Carlos Gracie, Jr.

In 1986, Gracie Jr. founded the first Gracie Barra School in Rio de Janeiro. Now, there are offices in North America, Brazil, Australia, Japan, and Europe, and more than 700 schools worldwide – including one serving Arcadia, where Jace trains with Professor Ryan Wood.

Students start with a white belt and move up to blue, purple, brown, black and coral, though coral is rare and only awarded to Jiu Jitsu masters who have been active black belts for over 30 years.

CompNet is the global Jiu Jitsu competition league where Jace competes. Started in the early 90s, Master Gracie Jr. created it to host in-house tournaments to select the top division competitors to represent Gracie Barra at state, national and international competitions.



PHOTO COURTESY OF JEFF EGNEW

Logan Linde, Will Ingram and Jace at the Championship in Austin.

Matches can differ depending on the practitioner's age, belt level, and weight. They usually last around five to 10 minutes and rely on a points system and submissions to determine the winner.

"Submissions are used to cause an opponent to 'tap,' which ends a match immediately," Jace said.

In the past two years, he has participated in the Arizona State Championship, Winter Championships, an Autumn Championship, a tournament called Jiu Jitsu World League, and two American National Championships: one in Las Vegas and the most recent in Austin.

At the Compnet American National Championship, hundreds of competitors gathered to compete in matches based on weight, belt level and age. Jace's bracket was 163.5 lbs./blue belt/16-17 years old.

"In a national tournament, competitors attempt to defeat everyone in their bracket to obtain a gold medal. If you receive that, you become a national champion. I was ecstatic when I found out I'd won," Jace said.

"Jace's mother and I are very proud of his accomplishments, and we're thrilled to have him train at Gracie Barra Arcadia; we're incredibly thankful for his coaches and training partners," Dad, Jeff, said.

Jace's favorite part of Brazilian Jiu Jitsu is "the family you find in the gym."

"Without it, I would not have met some of the humblest and most supportive friends I've ever had," he said.

Jace's ultimate goal is to earn his black belt, which he said is an enormous accomplishment because it can take up to 10 years. After graduation, Jace plans on pursuing commercial aviation through a four-year university, although he is undecided on where he'd like to go.

"I plan on continuing to practice Jiu Jitsu in college because the love I have for this sport is unlike the love I have for any other," he said.

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Robin's Adventures

BY ROBIN SEWELL

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

Florence, Arizona, was established in 1866 and is a small town with a significant history. It's one of Arizona's oldest settlements, and also the final resting place of Charles Poston, who was referred to as the "father of Arizona" because of his efforts in lobbying for the creation of the territory.

Just an hour from Phoenix, Florence offers a little something for everyone. Surrounded by wide open spaces and gorgeous scenic views, there are many opportunities to hike, explore and take in the beauty of the Sonoran Desert. There are two museums, a variety of mom-and-pop shops and locally-owned eateries.

This town also has a quirky side. There's one corner where time stands still. The clock on the old courthouse has been stuck at 11:44 since the building opened in 1891. That's because the hands never move – they're painted on. It was originally an economic decision, but now it's a uniquely Florence tradition.

Another reason to visit is the Windmill Winery. When it first opened, owner Harold Christ hosted wine tastings featuring California wines. It was always a dream to grow his own varietals, and he made that dream come true. Christ is currently growing Italian grapes on the property. Windmill also has a joint venture with a Willcox winery, where they are growing 15 different varietals.



Florence Fudge Shop



Windmill Winery

The 110-year-old barn that Windmill operates out of hosts wine tastings and more than 200 weddings a year. Christ bought the barn in Green Bay, Wisconsin, tore it down, brought it to Arizona and built it back up again. Three nights a week, they have live entertainment, food trucks and a majestic mountain range or quiet lakeside view for guests. It's a place for locals and visitors looking for something special.

It may not be a bustling metropolis, but Florence boasts charming local characters and small main street businesses like the Florence Fudge Shop, where residents have become addicted to the homemade confections. Popular flavors include orange creamsicle, peanut butter chocolate, snickers, butter pecan and maple walnut. The fudge shop doubles as a café where guests can enjoy homemade soup, salads and sandwiches.

Also on Main Street are Peyton's Hidden Treasures and Sweet P's Candy Store, where old things become new again. At Peyton's, folks can hunt for fun bargains and one-of-a-kind pieces. Sweet P's offers famous saltwater taffy, nostalgic candies and vintage drinks. It's like taking a walk down memory lane. California transplants Paula Butterworth and her daughter Danielle own and operate both stores.

They function out of a 130-year-old building (which is on the Historical Registrar) that survived a fire in 1917, served as a hideout during prohibition and was turned into a Greyhound bus stop in the 1930s. A historic structure with a new future, much like the town of Florence. This unique getaway is waiting for you just off an Arizona Highway.





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City of Phoenix senior center serves entire community

By Rachael Bouley

For over 40 years, Devonshire Senior Center has brought the local community together for family fun, education and support. Located on 28th St. and Devonshire Ave., the center first opened in early 1980 and has grown to include a multitude of classes, programs and events. Don't be fooled by the name, however, as Devonshire Senior Center is not exclusive to seniors. It's open to all ages.

In 2006, Devonshire was part of an expansion project that consisted of a 8,500 square foot one-story addition and a 1,500 square foot remodel to the existing building. This included a fire system insulation, miscellaneous site and landscape improvements, a newly constructed large multipurpose room, restrooms, offices, and classrooms.

The center is shared by the City of Phoenix Parks and Rec. Department and Human Services Department. At 23,000 sq. ft., the facility also houses a fitness center, dance and exercise room, billiards, computer lab, meeting space, and local art gallery – all available to the public.

The center has connections to local organizations and is known for popular events like Money Bingo and classes in photography and arts and crafts. Events like family yoga time and youth soccer leagues encourage physical activity, too.

Classes are offered year-round and new programs are regularly introduced based on community feedback. The Human Services Department also provides nutritional and social services for older adults.

Devonshire recently introduced the City of Phoenix Memory Café Program. Phoenix, which became America's largest "dementia-friendly" city in April 2020, offers those living with early to moderate dementia a safe space for socializing and activities that support brain health. Care partners also benefit from their visits to Devonshire for Memory Cafés, where they can access resources and learn how to help their loved ones navigate this disease.

"The cafés offer a place where both care partners and loved ones can connect with others in a similar situation by participating in social activities, music therapy and different forms of art," Program Manager Pablo Flores said. "Participants will then be eligible to participate in all programs including group trips, exercise classes, arts and crafts activities, game groups, and lots of other activities."

"It is an easy process. I leave here happy, fulfilled, and have made new friends," participant Leonard Chayrez said. "The activities we have are interactive, stimulating and enjoyable."

"The City of Phoenix Dementia Community is geared toward helping individuals and families. The Memory Café adds some peace to the lives of the individuals with memory loss," Leonard's partner and caregiver Mark Garrity said.



PHOTO COURTESY OF ADAM WALTZ

Devonshire Senior Center opened in 1980 and has grown to include a multitude of classes, programs and events, like bingo games.

The busy calendar of events at Devonshire is part of the Parks and Recreation Department's goal to build healthy communities and make Phoenix a better place to live.

"Devonshire Senior Center is a crucial community asset that serves so many residents across many demographics," said Parks and Recreation Director Cynthia Aguilar. "It's heart-warming to know that Phoenix Parks and Recreation plays a part in keeping our seniors busy."

Upcoming January classes include aerobics, sewing club, photography and yoga.

phoenix.gov

Los Olivos Park

Devonshire is situated on the southwest side of Los Olivos Park, a picturesque area that's lined by olive trees and was once an active olive grove. Today, the wide open space features a walking trail, playground, picnic area, sports courts and a disc golf course.

"The center, along with Los Olivos Parks, is a gem in Arcadia," said Northeast Deputy Director Danielle Poveromo. "Our staff is dedicated to positive programming that always puts a smile on the faces of our seniors. Not to mention a great disc golf course in the heart of Phoenix."

The Parks and Recreation Department is working with a Phoenix-based group called Greenbelt Hospitality on plans to develop a 4.5-acre section of the 26-acre park into an urban working farm and education center, known as The Farm at Los Olivos.

This project is aimed at building a healthier community by getting locals involved in the urban garden. The project was approved by the Parks' Board and is awaiting feedback for the conversion process before moving forward.

Valley organization offers help and hope to parents

By Rachael Bouley

Founded in 2006, The Singletons is a nonprofit that offers numerous resources and a strong sense of community to help loved ones navigate health and financial challenges following a cancer diagnosis.

Founder Judy Boyd created the organization in honor of her childhood friend Michelle Singleton, a 30-year-old single mother of four diagnosed with breast cancer in 2005. Friends and family rallied around Michelle to support her by shopping for groceries, dropping off dinner and covering bills. Sadly, she passed away at 32.

"Seeing how overwhelming this situation had been for Michelle and her family, we realized she couldn't have been alone during all of this," Boyd said. "We knew that there were likely many others in Michelle's situation who needed help, and that is how The Singletons were born."

Michelle's loved ones wanted to acknowledge her brave battle and that life doesn't stop with a diagnosis, especially for single parents who still need to pay bills and put food on the table. For the first four years, Boyd ran The Singletons out of her home with the help of family and friends. As they gained more volunteers, they branched out to a small office in Old Town and grew from there.

In January 2020, the organization bought a building in North Phoenix and turned it into the H.U.B. (Help Us Build: Strength, Hope and Community). The first-ever family center exclusively supports single-parent families, with resources to help loved ones navigate a life-changing diagnosis.



PHOTO COURTESY OF JODY BOYD

The Singletons team, which includes Madison Prester, Jody Boyd and Tilly Bowens, gives back through the Bare Necessities Drive, which provides families with every day needs.

From their H.U.B. base, The Singletons offer utility stipends, meal prep, essential household supplies, and social activities to give parents and kids a break. One of their most recent events was a charity magic show with Tank Hanna, a big hit with both kids and adults.

"This was a great event hosted by one of our volunteers who happened to be a magician and had a community of support in the magic world," Boyd said. "It's a reflection that it takes a village. We are grateful for every volunteer and donor."

In planning for their next community fundraising event, Swing into Spring Casino Night on February 25, Boyd hopes they can strengthen support across Arizona, including in Tucson, where they serve 19 families.

"Being able to continue growing at the H.U.B. is a priority," Boyd said. "We are building community gardens, teaching families to grow vertically and hydroponically, inviting local chefs to facilitate educational cooking classes, and are focused on a head-to-toe approach to wellness."

Throughout the years, The Singletons have supported over 1,000 families and 3,500 children and are proud to give families a chance to foster friendships with others in this unique situation.

"I think we provide them with a community of support they otherwise wouldn't have. We bring love, care, budget relief, and peace of mind," Boyd said. "Knowing what they're facing is so scary and unknown, it is helpful for them to be surrounded by a community that supports them and wants to bring some smiles."

thesingletonsaz.org

azarchitecture.com

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**DATA SOURCED DEC 2022*

Nonprofit celebrates 20th annual Heroes Patriotic Luncheon

By Trisha Anthony and Mallory Gleich

The Veterans Medical Leadership Council (VMLC) is a nonprofit dedicated to "honoring and serving our military heroes."

Founded in 1999, the VMLC's mission is to assist veterans in crises, encourage initiatives that honor heroes and recommend quality medical and mental health care for veterans. Through its Returning Warrior Program, the VMLC works closely with VA Medical Center social workers to provide veterans with emergency financial assistance not provided by the federal and state governments.

This assistance helps veterans complete rehab programs, find a job and help keep families together. VMLC also supports the Arizona Stand Down, Central Arizona Shelter for the homeless, the VA Amethyst Clinic for Women and the Arizona State Veterans Home.

In November, the VMLC hosted the largest Heroes Patriotic Luncheon to date, with nearly 700 attendees at the Arizona Biltmore. The 20th annual celebration was presented by GlobalMed, an international company founded by local philanthropist Joel Barthelemy, and was chaired by VMLC Committee Chair George Bliss. A keynote speech was delivered by Congressional Medal of Honor Recipient Major General Patrick Henry Brady, who served in the United States Army as a medical evacuation pilot.



PHOTO COURTESY OF TRISHA ANTHONY

The VLMC honored Arthur Agosta, Wayne Snider, Dale Glendenning, Kiamesha Guy, Sean Stoddard and Lee Huff at the 20th annual luncheon.

"This event provides the opportunity to honor and celebrate our veterans and military service members who have and continue to 'stand in the gap,' defending our liberty and freedom," VMLC President Tom Eisiminger said. "This year, we were very fortunate to have Patrick Henry Brady discuss what American exceptionalism is and what it means to be an American. Over the last 20 years, we have been fortunate to provide close to $4 million to assist our heroes looking for a hand up, not a handout."

David McIntyre, President and CEO of TriWest Healthcare Alliance, was this year's Honorary Luncheon Chairman. The BGEN Tom Browning Community Heroes Award was presented to USAA for their continued support of our Veterans and the VMLC. The American Rosie the Riveter Association (also known as the working women of World War II), were in attendance as special guests.

The following honorees were recognized for their selfless devotion to our country:

- Dale Glendenning (Army, WWII)
- Art Agosta (Navy, Korea)
- Wayne Snider (USMC, Vietnam)
- Kiamesha Guy (Navy, War on Terror)
- Sean Stoddard (Army National Guard, War on Terror)
- Civilian Lee Huff.

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PHOTO COURTESY OF TYLER MOORE

Arcadia High's Scott Gurley.


PHOTO COURTESY OF TYLER MOORE

Jenna Mukavitz, Darci Cuellar, Kate Marinick, Kaileena Ferguson, Rachel Daniggelis, Charlotte Hopper and Alanna Estrada.


PHOTO COURTESY OF JACKIE BUNKER

(back) Indiana Ewell, Drea Firman, Taylor Soule, Zoe Leonard, Katie Musselmann, Tallulah Johnson, Avery Nadolski, Lane Sheedy. (front) Leslie Bugg, Ryan Sheedy, Tatum Longnecker, Maddy Malatesta, Alexa Helms.

A memorable season: High school sports fall wrap up

By Mallory Gleich

The 2022 fall sports season has ended. Check out what happened at Arcadia High, Brophy Prep, Veritas and Xavier Prep.

ARCADIA

CROSS COUNTRY

Head Coach Tyler Moore had a successful season in his fourth year at Arcadia for the boys' and girls' cross-country teams.

"The boys' team had some huge personal improvements, with senior Team Captain Scott Gurley leading the way. They also had the pleasure of adding a standout freshman runner this year in Chase Braden, who was one of the top three overall runners," Moore said.

The boys' team did not qualify for the State Meet this year, instead placing 14th in the Sectionals Qualifying Meet.

"We will look to build up the team next year with returning runners Chase Braden, junior Samuel Vickers and sophomores Ari Schott and Isaiah Talamantes," Moore said.

The girls' team made huge strides in overall performance and had several individual improvements with 11 personal records. The highlight of their season was placing sixth at the Sectionals Qualifying Meet and advancing to the State Meet for the first time in four years.

At State, the girls placed 10th overall, one of the best performances in school history, according to Moore. The team was led by Junior Kaileena Ferguson, who finished sixth with a 5K time of 19:34. This earned her All-State First Team Honors.

The remaining State runners included sophomores Charlotte Hopper, Rachel Daniggelis and Jenna Mukavitz, junior Kate Marinick, and seniors Darci Cuellar and Alanna Estrada.

"In the beginning, it is very hard to understand that the real competition is a little voice inside you that wants to quit the second running gets hard," Kaileena said. "If there's anything I've learned this season, it's that running fast is supposed to be hard, and mentally managing the 'hard' is what makes you great."

Arcadia Cross Country is a non-cut sport that always welcomes new athletes. Email Coach Moore at tmoore@susd.org to learn more.

GOLF

The Titans had a spectacular 13-match season this year, culminating in wins at the Aguila Invitational Tournament and at their last three matches of the season. They also headed to the State Tournament and finished in the top 10.

The Lady Titans also won the Aguila Open Tournament and finished 10th at state. Payton Connelly, one of the state contenders, had her first Eagle at the state tournament.

VOLLEYBALL

The volleyball team finished the season with an 18-3 record, making it to the 4A State Championship, where they lost 3-1 to Estrella Foothills. The team ended the season as the 4A State runners-up for the first time since 2012.

"We were the number five seed coming into playoffs, and we upset number four, Canyon Del Oro, and number one, Salpointe Catholic. Both were road wins in Tucson," Head Coach Jackie Bunker said. "We were undefeated in our AZ Desert Sky Region (10-0) and region champions."

Many of the athletes were named to the AZ Desert Sky All-Region Team: senior setter Tatum Longnecker became AZ Desert Sky Player of the Year, junior middle hitter Zoe Leonard was Offensive Player of the Year, senior outside hitter Ryan Sheedy was named 2nd Team All-Region, and senior libero Maddy Malatesta, junior outside hitter Taylor Soule and sophomore middle hitter Katie Musselmann were All-Region Honorable Mentions.

Not only that, but two players – Tatum and Ryan – were named to the SUSD All-District Team. Tatum also broke the all-time assist record at Arcadia with 2,056 assists.

"In addition to a State Championship, we had the goal to be the top team in SUSD and the top team in the AZ Desert Sky Region," Bunker said. "We accomplished top SUSD school with wins over Chaparral, Desert Mountain and Saguaro, and won the AZ Desert Sky Region."

The Titans will have nine varsity returning players next year.


PHOTO COURTESY OF STEVE H. PHOTOS

Arcadia High's Luke Mellen.

FOOTBALL

The Titan football team finished the regular season with six wins and four losses, securing a spot in the 2022 AIA State Football Championships, 4A division, for the first time since 2011. They played against Snowflake and unfortunately lost that game 19-0 to the Lobos.

"I'm most proud that our success was tangent to the offseason and the efforts that began in spring 2022," Head Coach Ray Brown said, citing that the last game to qualify for playoffs – which went into overtime – was memorable.

The Titan's journey was most significant due to several injuries and the consistent availability of the full roster. According to Brown, Quinton Isabell was the team's most valuable offensive player, and Carter Pruitt was outstanding on defense.

"A big thank you goes to the players, coaches, administrators and boosters for living up to 'working together for a great outcome,'" Brown said. "We hope to build on the season's success and get excited about the offseason."

Carson Umble, Kevin Perry and Quintyn Isabell made All-Region First Team; Khary Beler, Cabot Wigginton, Thomas Guerrero, Ethan Jimenez, Gehrig Heil and Chris Hoos made All-Region Second Team, and Kaidan Carr, Andrew Delord, Carter Pruitt and Braylen Rooney were honorable mentions.

"I felt like the season went great. We made the playoffs for the first time in years and paved a path for the first- and second-year students," Kaidan said.

"I was happy to get one last ride with all the guys on the team who became like a second family this season," Cabot said, with Assistant Coach Grant Sanders agreeing:

"With 23 seniors and one of the largest senior classes we have had in a while, it was a tremendous season all around," he said. "Our goals are to continue building our program within and maintaining a strong foundation. Coach Brown's leadership is infectious, and we are truly lucky to have had him at the helm for the past two seasons and the entire coaching staff."

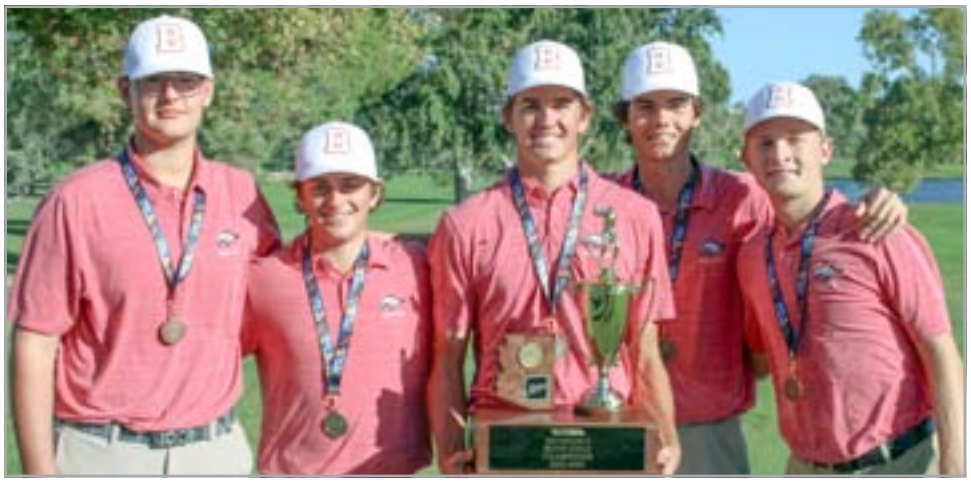
SWIM AND DIVE

Arcadia's Dive Team made it to the District Championships this year, with Sophie Osika placing 4th, Avery Klose in 5th, and Lily Verhoff placing 6th. Of the boys, Avery Bowling placed 1st, Michael Kurschat placed 3rd, and Aidan Schott placed 4th.

They did so well that they made it to State, where Sophie Osika placed 5th and Avery Bowling placed 3rd.

"Six divers competed at two other Invitational meets, which helped Avery and Sophie qualify for State," Dive Coach Brittney Blystone said. "And two other divers were only a few points away from qualifying: Avery Klose and Michael Kurschat."

Blystone said that each diver on the team of



Brophy's Dylan Boenning, Tyler Spielman, Charlie Palmer, Trevor Karber and Henry Dall.



PHOTOS COURTESY OF STEVE SHAFF

The Brophy Swimming and Diving team finished third at the AIA Division I State Championships.

21 sets independent goals for themselves. This could be anything from learning a number of new dives to scoring a certain amount during a meet.

"Each diver was successful this season with reaching the goals they set out for themselves. We are really proud of them all," Blystone said. "We're hoping more freshmen or sophomores come out to join our dive team next year."

She also said that although diving is an individual sport, every diver was committed to each other – whether at practice or a meet, the team supported each other and boosted each other's confidence.

"Our 2022 divers were a truly united team," Blystone said. "I hope more divers qualify to compete at the invitational meets and possibly qualify for states. We want them to continue pushing themselves to learn new dives and build confidence while having fun!"

BROPHY PREP

Brophy Prep's fall sports teams had an impressive season, including three top-10 state finishes and a record-breaking state championship performance on the golf course.

CROSS COUNTRY

The Broncos finished eighth overall at the AIA Division I State Championships with 207 points in November at Cave Creek Golf Course. Senior Zach Loiselle was the top finisher in 14th place, and sophomore Santiago Sanchez was 33rd. Both earned All-Region honors.

"We executed our game plan," Zach said. "It was a hilly course, and I was happy with our performances."

GOLF

The golf team won the 2022 AIA Division I State Championship in October with a state record of 529 two-day team total. The Broncos posted team scores of 262-267 and defeated Hamilton by 34 strokes.

"I am proud of them," Head Coach Jon Shores said. "As a coach, you want them to come out and play their best, and they did for two days. It is hard to do with all five guys. It was special for me as a coach."

Junior Tyler Spielman, who shot a state championship record 10-under par 60 in the first round, closed with a seven-under-par 63 to win the medalist honors. He is the fifth student-athlete from Brophy to win the individual state championship and the first since 1999.

"He is very precise in how he manages a golf course, hitting fairways and greens," Shores said. "It is what he did, and he made a lot of putts. He led the way for us. It took the pressure off the rest of the guys when he played as well as he was."

This is the ninth golf title in Brophy history and the first since 2018. The Broncos captured their third title under the direction of Shores, who was also named the State Coach of the Year.

The Broncos also set low single-round and tournament records, while Spielman's tournament 60-63 for a 123 total is a state championship record as his 60 from the first round.

FOOTBALL

The football team closed their three and eight season with an AIA 6A Conference playoff game, losing to Red Mountain 45-38 in the first round. Sixteen Broncos earned All-Premier Region honors, including first-team honors by senior running back David Lopez, senior offensive lineman Luis Gastelum and senior defensive lineman David Sweetman.

SWIM AND DIVE

The Broncos finished third at the November AIA Division I State Championship meet.

"The boys stepped up with best times across the board," Head Coach Daren Brubaker said. "I am proud of them."

In the finals, the team was led by two top-three finishes by senior Gabe Gonda, who placed second in the 100-yard butterfly (with a time of 49.87) and third in the 100-yard backstroke (with a time of 51.03).

Senior Finnegan Crawford earned a pair of sixth-place finishes in the 200-yard freestyle (1:41.58) and the 100-yard butterfly (50:57).

Brophy also sponsors mountain biking and club hockey programs that competed in the fall. The mountain biking program won its first regular season state title, while hockey will strive for the playoffs in February.



PHOTO COURTESY OF CORIAN DENNIS

Veritas Football.

VERITAS

CROSS COUNTRY

The boys' and girls' cross country teams made it to the Division IV Metro AIA Championship, with the girls placing ninth and the boys placing 12th in the finals.

"For cross country, every runner places a





PHOTO COURTESY OF CORIAN DENNIS

Veritas Volleyball.



PHOTO COURTESY OF LISA ZUBA

Xavier Spiritline.

goal for themselves at the start of the season. By the end, each of them had accomplished their goal and even beat their own records," Athletic Director Corian Dennis said.

FOOTBALL

The Falcons varsity football squad finished the season with five wins and five losses, placing third in the 2A division and 12th place overall. They made it to the playoffs but were bumped out first round against Holbrook, 42-18.

VOLLEYBALL

The varsity volleyball team ended their season 11-6, which placed them first in their region and eighth overall.

"In volleyball, the team had a goal to finish their season in the top eight and win the region. One of their earlier games was against Phoenix Country Day, who at the time was ranked number one – and we beat them, which was a great feeling," Dennis said.

The squad made it to the playoffs, winning the first game against Scottsdale Prep but ultimately losing to Horizon Honors School.

SWIM AND DIVE

In varsity swim, the girls' team took eighth place at the State AIA Championships, with sophomore Gwen Kainass taking third in the 100 free and 100 back events. The boys' team also made it to the championships, placing 32nd.

The swim teams also brought home a trophy from the PCDS Small Schools Swim Meet, where they were the runners-up.

"Overall, the strength at Veritas is our athletic sportsmanship. The players encourage and support each other on and off the court, and it makes for great team camaraderie, whether they are winning or losing," Dennis said. "Next season, we want to keep growing as an athletic program and strive to develop every athlete to the best of their ability."



XAVIER

Xavier's varsity teams had a spectacular season this year, culminating in two coaches winning the AIA State Coach of the Year award: Coach Dave Van Sickle for cross country and Coach Lamar-Renee Bryant for volleyball.

SPIRITLINE AND CHEER

Xavier's spirit squad competed at the USA Regional competition in November, where all of the teams – Pom, Cheer, Jazz, Game Day and all-girl stunt – qualified for the National Competition in February 2023 in Anaheim, California.

The cheer team also took first place in the Varsity Show Cheer Advanced and All Girl Stunt divisions.

According to Coach Monica Gaspar, senior Jaya Vijungco had a standout season, despite numerous setbacks:

"One year ago, Jaya tore her ACL on a ski trip, had surgery in February and worked hard to get back into the routine. She was cleared to compete just a couple of months ago. She is a captain of her team, is in the All Girl stunt routine (which only has five of our best athletes) and was also able to tumble again in these routines. An amazing recovery, an amazing young woman and leader of this team!"

BADMINTON

The varsity badminton team finished their season with ten wins and six losses. There were nine players this season in singles and doubles matches, finishing at the #4 spot in Div. 1 Premier.

GOLF

The Lady Gators made it to the state golf championships after an undefeated season, ten straight wins.

Senior Annie Dawson was awarded for her golf skills and academic achievements. Since she was a top-10 finisher in the American Junior Golf Association, she was invited to apply for Rolex Scholastic Junior All-America honors. Dawson was one of 44 students nationwide named a Rolex Scholastic Junior All-American (including Brophy senior Charlie Palmer!). This honor recognizes athletic talent along with academics.

"I work to improve myself in the classroom and on the golf course because of an intrinsic motivation to be my best self," Annie said. "I am always pushing myself to top my previous accomplishments in everything I do. This keeps me progressing and on top of my game, in school and in golf. Plus, it's all about time management and not getting behind."

CROSS COUNTRY

Cross Country finished third in AIA Sectional and State Championships.

Coach Van Sickle said of his team, "We kept improving all season. At state, all seven girls worked super hard, which improved our finish from a predicted 7th to 3rd place. It was a good day!"

SWIM AND DIVE

Swim and Dive placed third at the Brophy Invitational and first at the AMDG State Qualifier, and also won three dual meets during the fall season. Swim Coach Glen Coy also shared some heartwarming news about one of the swimmers:

"In August 2020, sophomore Genevieve George was diagnosed with median arcuate ligament syndrome (MALS), which restricts blood flow to upper organs and compresses nerves. Because she had a feeding tube and several procedures, she could not practice and swam in only one meet freshman year." Now, Genevieve is back in the pool and, according to Coy, was instantly the fastest swimmer on the team during tryouts.

"Being back in the pool this year was the best feeling ever. It was hard at first to come back because I wasn't as fast as I used to be, but I was happy to be with my teammates and back in the water. After being out for so long, I knew it would be different, but once I hit the water, everything came back, and I felt at home again," Genevieve said.

VOLLEYBALL

The varsity volleyball squad placed 9th in the state and first in the Premier Region, with three players making it to the All Premier Region 1st Team, including one freshman.

"It feels so great to be nominated. It was so special to be on varsity this year for Xavier. By playing high school volleyball, I bonded with my teammates and made friendships that will last for years to come," Vivian Hickman, who was voted freshman player of the year, said. "I learned a lot by playing with talented, hardworking athletes and dedicated coaches who pushed us to succeed. I hope to have the opportunity to do it again next fall!"

New boutique fitness studio offers rowing workouts

By Rachael Bouley

After two knee surgeries and raising three kids, a low-impact workout was exactly what Arcadia mom Cameron Ballinger was looking for when it came to fitness. She found it in Row House, a boutique rowing studio focused on full-body fitness for everyone.

Ballinger and her partner Kurt Rupprecht were inspired to open their own Row House after discovering the fitness franchise in Virginia. Realizing there wasn't a local studio in the Valley, the duo set out to bring this unique fitness concept to the Phoenix/Scottsdale area.

"For me, the idea of a low-impact workout was intriguing for long-term sustainability," Ballinger said. "I also fell in love with the motto 'pull together,' as there is something beautiful about an entire class rowing together, approaching fitness as a team versus an individual struggle."

Since opening, Row House has built a loyal following of folks supporting one another during these high-intensity workouts. The studio prides itself on an inclusive environment where people of all fitness levels can burn calories, build muscle and improve cardiovascular health.

Ballinger and Rupprecht credit a background in CrossFit for sparking their interest in rowing.

"The Concept2 RowErg machine is used in CrossFit workouts, and that's where it started for us," Ballinger recalled. "Kurt was a natural rower and took to that machine immediately."

"I, on the other hand, struggled with rowing for years as my body preferred running. Row House taught me the proper technique, and I have become stronger and more efficient. As with any exercise, the more your body enjoys it, the more likely you are to stick with it and continue to excel," she said.



Cameron Ballinger

A fun environment and energetic, dedicated staff are two keys to success. The studio offers five classes: Signature, Full Row, Intervals, Strength and Restore.

Most classes are 45 minutes, although 30-minute lunchtime classes and open-row sessions are also available.

Enthusiastic coaches lead the way, with classes set to 70s, 80s, 90s or pop music (coach's choice!) as drills, sprints, and strengthening exercises are incorporated into routines.

"All of our workouts are set to the cadence of music. Rowing to the beat. We also do themed rows, where the music is set to a certain decade or a specific artist. Our rowers love it," Ballinger said. "We created such an inviting space and are incredibly lucky to have an inspiring staff. People always leave with a glisten to their skin and a smile on their face."



PHOTO COURTESY OF CAMERON BALLINGER

These folks participated in the Fundraiser Row for a Cause for the ALS Association.

Row House's team said they are grateful for the strong community support, which is why they decided to give back with a special campaign to help local schools.

"For any membership purchased at our studio naming a specific school, we give 10 percent of monthly dues to that parent-teacher organization," Ballinger explained. "We have worked with Hopi, Archway Veritas, Saguaro, Cherokee, Cochise and Kiva, and already donated $3,000 this year to their PTOs."

With plans to open two more studios, Ballinger wants people to know that anyone can row.

"The erg is an effort-based machine, which means what you put into it, you get out. You create your own resistance. You are in control of the intensity and calories burned," Ballinger said. "It may take a few sessions for your body to learn this new movement, but our coaches will have you efficiently and effectively working in no time."

The studio offers a free class for first-time visitors and $7 for seven days in the first week. Unlimited membership is $119 a month. Five, 10, and 20 class packs are offered, as well.

therowhouse.com

Scholarship program makes a splash at Phoenix Swim Club

By Rachael Bouley

Phoenix Swim Club is on a mission to make competitive swimming more accessible for young children through a new scholarship program.

The PSC scholarship is based on financial need and can cover up to 100 percent of the monthly membership dues for a practice group.

Kim McClure, vice president of the PSC Board of Directors, said the scholarship is the latest initiative in a long history of community outreach, which includes swimming for Special Olympic athletes and a partnership with the Boys and Girls Club of Arizona.

"The scholarship exists because of support in the form of donations from the PSC community and the Thunderbirds Charities," McClure said. "The donation from the Thunderbirds was really important and amazing because it put the scholarship program into a sustainable position where it can fund swimmers over a longer term."

PSC Head Coach Darian Townsend is pleased with the initial launch of the scholarship, as the club has been able to offer financial assistance to all athletes who demonstrated need in 2022/23.

"From the Thunderbirds Charities and our current membership, we have received tremendous support in the form of donations as well as positive feedback, which has further strengthened our belief that the initiative we have introduced is for a good cause," Townsend said.



PHOTO COURTESY OF KIM MCCLURE

Grace Hull, Jack Sorenson, Gabe Gonda and Evelyn Silguero at the Four Corners Sectionals Meet, which is comprised of the best swimmers from Arizona, Colorado, New Mexico and Utah.

With different demographic and socioeconomic backgrounds making up the club's membership, they felt it was essential to offer a scholarship to support current members in the pool and invite new swimmers to join.

The club is looking forward to growing its swim family, which has produced numerous state champions and college athletes since it first opened in 1989.

This includes Arcadia High graduates Matt Anderson, Sydney Carlson, Savanna Carlson, Chase An, and Isabella Fratesi, who have all gone on to swim at the college level in recent years.

The club currently has five professional athletes training to qualify and represent their country at the 2024 Olympic Games, following in the footsteps of Olympians like Gary Hall and Anthony Ervin.

While coaches are passionate about producing champions in the pool, they also emphasize the importance of being good teammates and supporting one another, which is what the scholarship program is all about.

"PSC is a big team, but we are also a close family where every swimmer is cared about and worked with to ensure they reach their full potential," Townsend said. "Our goal is never to turn away a swimmer or family."

teamunify.com

Keep looking forward



Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

When riding a horse, there's an important lesson to learn about where you focus your energy. You must keep your head up and focus on where you want to go. If you look down, you may get stuck, and ultimately, you may not reach your intended destination. The same is true when looking for a job.

The modern job search comes with quite a few bumps in the road. It's happened to the best of us. You're interviewing with one company. It seems like it's going well. You receive positive feedback, so you stop looking for jobs and wait for the job offer to arrive. But in the end, you aren't selected.

This happened to me when interviewing for a job at a financial services company. They put me through ten rounds of interviews over six months. After going in person for interviews, the hiring manager let me know that I was the one he'd selected. But he wanted me to talk with a few more people, which elongated the process by a month or more. Given how far along we were, this was an unusual request, but I did the interviews. Since I knew I'd been selected, I began to pack my things. The job was in another city, and I needed to prepare to move.

Strangely, that job offer never arrived. Instead, I received a phone call from the hiring manager. He told me he had good news and bad news. I was the winning candidate, but they had decided not to hire anyone to save money.

I could tell by the lightness in the hiring manager's tone that he had no idea what an impact this decision had on me. He wasn't thinking about the months it would take me to find another job. He had no idea I'd already packed or that I'd stopped applying to other companies. In his mind, it was as if he'd changed his mind about ordering a dessert after dinner. But for me, it was devastating.

What could I have done differently here? Well, for one, the lesson is never to stop applying for jobs until you have a written job offer in hand. Until that point, anything could happen. The company could choose to hire someone else or to hire no one at all.

Second, you should try to go through job interviews without thinking about the outcome. When you focus on the outcome, you will be extremely disappointed by all the rejections. It will begin to feel as if something is wrong with you. That's not true. The modern hiring process is broken.

And don't get too excited just because you're a perfect fit for a role. Someone else may be a perfect fit too.

So, stay focused. Keep your eyes on the end goal. When you reach it, you'll know. Until then, keep looking forward.

From the Archives

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Vol. 13 No. 10 www.arcadianews.com January 2006

MEET YOUR COUNCILMAN



Photo: Christine Johnson Photography

Phoenix City Councilman Greg Stanton was re-elected by the citizens of District 6, which includes the Arcadia area, in September. He and his wife, Nicole, will be celebrating their first wedding anniversary this month. *(Story on page 44.)*

A disaster can happen anywhere, to anyone. Tracy has compiled some basic disaster preparedness tips that can help all of us be ready for whatever comes our way...

Page 8

Arizona leads the nation in methamphetamine usage for youth ages 12-17. Governor Janet Napolitano has been working on bold new state and local solutions for the state's meth problem.

Page 14

The Arcadia News has teamed up with the Valley Sports Ledger to provide a new sports page, focusing on the world of youth sports in Arcadia. See the very first Arcadia Sports Page!

Page 63

YOUR SOURCE FOR NEIGHBORHOOD NEWS SINCE 1993

This cover from 2006 highlighted the re-election of Greg Stanton as District 6 Councilman – a position he held from 2000 to 2009. After that, Stanton served as the state's Deputy Attorney General for two years and the Mayor of Phoenix for six. He was elected to the US House of Representatives (District 9) in 2018 and won re-election in 2020 and 2022. Congressman Stanton and his wife Nicole live in Phoenix and have two children – and they celebrate their 18th wedding anniversary this month.

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*Source: 2020 CVC Publication Report Audit

DID YOU KNOW? BOBBLEHEADS

ORIGINS



Chinese "nodding-head" figures were recognized in England and Continental Europe in the 1760s and are believed to be the first type of bobblehead. Johann Zoffany's famous portrait depicting Queen Charlotte in her Dressing Room at Buckingham Palace, painted in 1765, shows two nodding-head figures in the background.

German bobblehead dolls were made of ceramic and began production in the late 1700s and early 1800s. In the 20th-century, commercialized bobblehead dolls were made of paper maché and then switched to more durable ceramic.

The first sports bobblehead was created in the 1920s and featured a generic basketball player. In 1960, Major League Baseball imported paper maché bobbleheads for each team to give away. The featured players were Roberto Clemente, Mickey Mantle, Roger Maris and Willie Mays, although the personalized bobbleheads had the same faces as the generic team bobbleheads. Later that year, additional bobbleheads were made to commemorate the World Series.

HOW TALL?



17 feet

In 2022, Ollie's Bargain Outlet created a 17 foot tall bobblehead replica of the company mascot. It resides in Harrisburg, PA.

– corsicanadialysun.com

HOW MANY?



300+

There have been over 300 bobblehead promotions nationwide, with more than 75 of them having been done by the San Francisco Giants. It's believed that the team's 1999 giveaway of Willie Mays bobbleheads contributed to their reappearance. *– bobblehead.com*

HOW MUCH?



$60K

In 2015, a 14-inch New York Yankees bobblehead figurine from 1961 sold for $59,750. *– blog.hobbydb.com*

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DID YOU KNOW? BOBBLEHEADS

BOBBLEHEADS FACTS

January 7 is National Bobblehead Day.



In 2015, the Pope Francis bobblehead became so popular that it caused a nationwide shortage.

Typically, bobbleheads have a body with a head attached to a spring, which bobs or wiggles when touched or moved. Sometimes the head is disproportionate to the body.

Figurines with moving heads have many names, including bobbleheads, nodders, nodding heads, wobblers and moving heads.



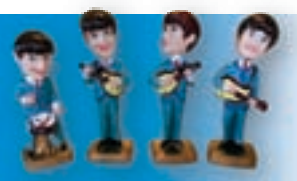
Bobblehead The Movie about the lives of figurines, came out in 2020.

Many companies make custom and personalized bobbleheads from photos.

In 2016, the National Bobblehead Hall of Fame and Museum opened in Milwaukee.

Politicians, musicians or athletes are the most popular bobbleheads in production.

The Beatles pioneered the first full-on pop culture bobblehead in the U.S., and the original 1964 set sells for up to $800.



A 17-foot (though the height isn't official) Conan O'Brien Bobblehead was created in 2012 and can be found at Harold's Chicken Shack on Wabash Avenue in Chicago.

In 2014, Major League Baseball gave away nearly one million bobbleheads.

In 2010, a couple of 18th-century Chinese bobbleheads resembling a husband and wife sold at an auction for $35,925.

WORD SEARCH

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



In 2016, Colorado-based businessman Robert Blaha announced his run for U.S. Senate by distributing bobbleheads of U.S. Senator Michael Bennet to newsrooms across the state and suggesting that Bennet was one of the "chief bobbleheads in the circus that is the U.S. Senate." He went even further, running a television ad that featured bobble-headed members of Congress. – coloradoindependent.com


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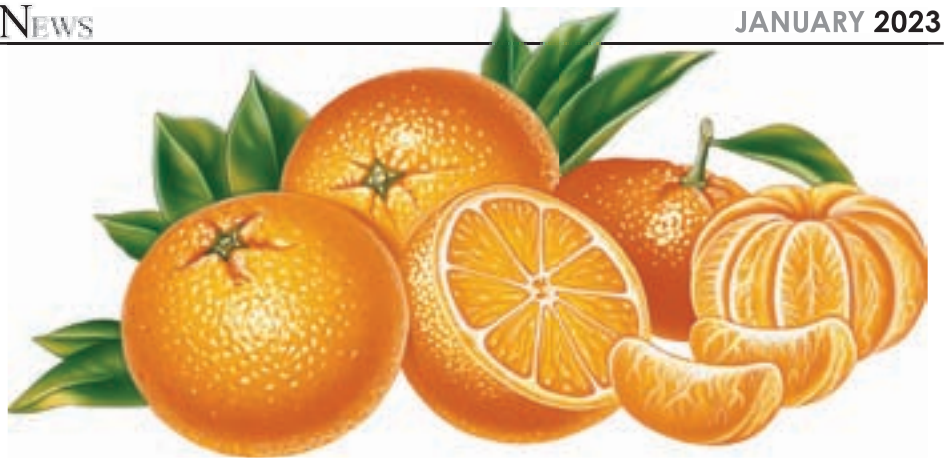
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ARCADIA NEWS



IT'S GLEANING TIME

What can you do with your leftover citrus? Donate it!

By Mallory Gleich

The beginning of the year is prime time for citrus gleaning, and the Arcadia neighborhood has no shortage of citrus trees ripe for the picking.

Gleaning – the process of removing abundant ripe fruits from citrus trees – has become a familiar event for Arcadia residents. From January until March, many neighborhoods collect their excess oranges, limes, lemons, grapefruits and tangerines and donate them to local food banks.

The importance of gleaning was recognized after the discovery of roof rats in 2001. It prompted Arcadia's Citrus Program, a group of volunteers who would come out and collect citrus from the surrounding neighborhoods. The program was suspended in 2015 after Asian citrus psyllid was found in fruits and trees in western Maricopa County.

Today, folks can donate their citrus themselves or consider hiring someone to pick and haul the fruit away. Donations should be clean fruits void of leaves, stems, decay, etc.

CITRUS DROP-OFFS

SHEPHERD OF THE HILLS
5524 E. Lafayette Blvd., Phoenix
Partnering with St. Mary's, Shepherd of the Hills will host Citrus Saturday drop-offs each Saturday in February. Folks can bring their citrus donations on February 4, 11 and 18 from 9 a.m. to 3 p.m.
firstfoodbank.org/citrus-gleaning-seasonal sohucc.org

ST. MARY'S FOOD BANK ALLIANCE
2831 N. 31st Ave., Phoenix
People can drop off their citrus at St. Mary's Food Bank Alliance from 8 a.m.-3 p.m. from January 10 through April 30.
firstfoodbank.org

ST. VINCENT DE PAUL
2120 S. Third Dr., Phoenix
St. Vincent de Paul will accept donations from 8 a.m.-5 p.m. Monday through Friday.
stvincentdepaul.net/programs/dining-rooms

VIA LINDA SENIOR CENTER
10440 E. Vía Linda, Scottsdale
Via Linda Senior Center will accept citrus donations throughout January and February. Folks can bring their donations to the office from 8 a.m. to 8 p.m. Monday to Thursday or from 8 a.m. to 5 p.m. on Friday.
scottsdaleranch.org

ROOF RAT INFO



- The roof rat is dark brown or black and measures 13-18 inches, including the tail. They weigh 5-9 ounces and are slim, nearly hairless and have large ears.
- Common signs of roof rat activity include hollowed-out fruits, damage to plastics on electrical wires and unsettled pets.
- They are usually found around swimming pools, laundry rooms, attics, garages and patios. They spend 90 percent of their lives four feet or more off the ground.
- Roof rats nest outside in trees, woodpiles and dense vegetation like oleander bushes. Inside, roof rats prefer to nest in the upper levels of a structure in the attic and ceiling.

For comprehensive information and tips about preventative measures in Arcadia, visit **acmna.org/roof-rats-in-arcadia**

ARCADIA NEWS

HEALTH & WELLNESS

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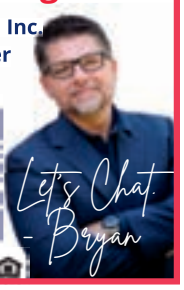
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