

ARCADIA NEWS

VOL. 30 NO. 11

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

FEBRUARY 2023



PEANUTS & CRACKER JACKS

We've put together a Spring Training guide so folks can get their baseball fix this season.

PAGE 50

ACEING THEIR TENNIS GAME

IJP Tennis continues to ensure everyone who wants to play the game is given a chance to do so.

PAGE 30

CELEBRATING THE DECADES

The Old Adobe Mission and Our Lady of Perpetual Help Parish celebrate their 90th and 75th anniversaries in 2023.

PAGE 39

True wealth begins at home.



Your interests and aspirations are what drive you. MidFirst Private Bank respects that. We offer customized solutions, tailored services and industry expertise so you can achieve your financial goals while focusing on what truly matters. Connect with a Private Banker at midfirstprivatebank.com.



Tanner Detro
Senior Vice President
NMLS ID# 1182443

602.801.5325
tanner.detro@midfirst.com
midfirstprivatebank.com

Scan to save
contact information



Mortgage Solutions

- Jumbo primary mortgage lending
- All loans kept in-house
- Home construction loans
- Second home lending
- Residential investment property financing



Owned & operated by
Arcadians for Arcadia



Publisher: *Greg A. Bruns*
greg@arcadianews.com



Editor: *Mallory Gleich*
mallory@arcadianews.com



Designer: *Gabe Turner*
gabe@arcadianews.com



Advertising: *Roni Mier*
roni@arcadianews.com

3850 East Indian School Road
(602) 840-6379 • arcadianews.com
arcadianewsonline.com (for archives)

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:



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



Departments

- 4 Editor's Note
- 6 What's Happening?
- 10 Worth the Drive
- 12 On the Lowe Road
- 16 In the Kitchen
- 20 The Dining Scoop
- 22 Meet Mr. [Scharff]
- 24 Plant-based Wellness
- 40 Robin's Adventures
- 48 Sports
- 52 Career Corner
- 54 Did You Know

Articles

18 Grab your cowboy hats...

...it's time for Western Week! The first weekend of February is full of western-themed events, culminating in the 69th annual Parada del Sol and Trail's End Festival.

26 Let's hear a roar

The Echo Canyon RoarBots participated in the First Lego League Robotics Challenge and won the Champion and Robot Performance Awards.

28 PANDA is here to help

PANDA and Steele Children's Research Center focus on raising awareness and funds to benefit research for childhood diseases.

49 Take it to the mat

The Brophy Broncos have had a successful wrestling season thus far, with a few goals in mind: work hard, learn hard and keep winning.



King Sutton running through the tennis racquet tunnel to receive his medal at the end of the IJP Tennis clinic.

PHOTO COURTESY OF CHADWICK AND ELANA CAMPBELL



SPLASH, SMILE AND SWIM

AGES 8 WEEKS TO 12 YEARS
SMALL GROUP CLASSES
INDOOR POOL

Local Family Business
for Over 25 Years



Hubbardswim.com 602.971.4044

Location Near You –
Mesa Riverview, 32nd St. & Thunderbird

EDITOR'S NOTE



The 57th annual Super Bowl is being held this month in Glendale. Excitement is palpable from all corners of the Valley – from the preceding themed events (find some in our calendar) to the parties and snacks (find some in our Dining Scoop) – we're all ready to celebrate, even if the Cardinals aren't in the game.

Also happening in February is the 69th annual Western Week, which celebrates the history and culture of Scottsdale with an art walk, Hashknife Pony Express arrival, Arizona Indian Festival and – the most popular event – the Parada del Sol and Trail's End Festival.

"Western Week is about celebrating the city while educating guests about the cultures that exist today, that help make the community so unique and vibrant – all while having an Old Western style good time," Director of Tourism Karen Churchard said.

Football isn't the only sport in

town this month – Spring Training starts soon, and we've got a guide to all the stadiums so you can plan your baseball outings early.

We've also unveiled a new monthly column that focuses on the furry, fuzzy, scaly and cuddly four (or two!) legged members of your families. We'd love to feature yours – send a photo and a brief description of your pet to editor@arcadianews.com; remember to include your name, pet's name, age and a fun fact about your dog, cat, rabbit, bird – any and all animals are welcome. Check it out to the right of this note.

Happy February, and thank you for reading the Arcadia News!

Mallory

— Mallory Gleich

UPCOMING THEMES:

MARCH

Spring / Home & Design

APRIL

Outdoor / Camp Guide

MAY

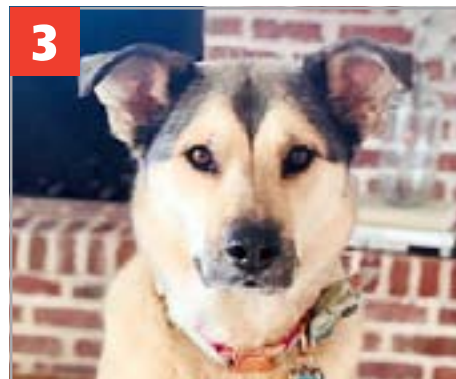
Celebrating Moms

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.

*"Love doesn't make the world go round.
Love is what makes the ride worthwhile."* – Franklin P. Jones

ARCADIA'S PETS

Our new column celebrates the furry, fuzzy, four- or two-legged pets that take over our hearts – and sometimes our couches. Meet a few of Arcadia's Pets!



1. Toby is an 11-year-old schnauzer/poodle/yorkie (I think) that I brought home from the shelter. He loves to be the center of attention and hang out with me at the pottery studio.

– Marilyn C.

2. Odin is a 2.5-year-old golden retriever. We brought him home October 2020 after a tough year when we lost our sweet maltipoo Fiona and my father. He quickly brought us joy through his cuddles and sweet personality. He loves walks, hiking and belly rubs.

– Tiffany P.

3. Zoe is originally from the Northwest Territories. We rescued her in Vancouver in July 2019 and are all still adapting to

the desert climate. Zoe is a snow dog – part husky/shepherd and a bit of wolf. She misses the snow but will still try to lay around in the sun. Zoe loves all the bunnies in our neighborhood, hates the coyotes and is not quite sure about the bobcats!

– Heather M.

4. Pork chop is a 3.5-year-old Old English bulldog, and at 86 pounds, he's a bit overweight! We have had him since he was 12 weeks old. Molly is a 2.5-year-old Old English bulldog. We've had her since she was four months old. They are uncle and niece. These two have the best personalities and are the politest beggars. They love their bellies rubbed, going on walks and love attention.

– Amber F.

Would you like to share your pet? Send a photo and a description (50 words max.) of your pet to editor@arcadianews.com. Include your pet's name and age, along with any fun facts about them you'd like to share. All animals are welcome!

HANDCRAFTED CABINETRY IN 2-4 WEEKS

Kitchen • Bath • Laundry • Countertops

Soft close drawers and doors • Free design consultations

Let our highly skilled team of craftsmen take your project from design concept to reality!

Enjoy your dream kitchen by Springtime!

AZ CABINETS
Arcadia family owned & operated!

(602) 314-6238 | azcabinetcompany.com | 3301 E Indian School Rd #4 | Phoenix AZ 85018



petbar

Keep Your Pets Clean All
Month Starting at \$39/mo

602.675.0845

Petbar Boutique – Arcadia
arcadia.petbarinc.com
2824 E Indian School, Suite 5
Phoenix, AZ 85016



Grooming • Full/Self Service Wash • Save With Monthly Memberships

NOW OPEN!

**BOOK
NOW**



CAMELBACK MOUNTAIN ESTATE



5427 E Wonderview | **\$5,500,000** | 7 bedroom | 9 bath | 10,035 square feet

CAMELBACK MOUNTAIN VIEWS



4545 N Royal View Dr | **\$3,195,000** | 5 bedroom | 5 bath | 5,000 square feet



TOMMY ATKINSON
Walt Danley Realty
602.625.6020

Arcadia Real Estate Stats

2022 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2022-12/31/2022)

Active Homes -	71 homes
Homes Sold -	237 homes
Average Sale Price -	\$2,484,000
Average Sold \$ Per SF -	\$672
Average Days On Market -	43 days

There is currently 2 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 increased 15%. (based on 2021 sales results)
2022 \$ Per Square Foot prices have increased 19%. (based on 2021 sales results)
2022 homes are taking 26% less time to sell. (based on 2021 sales results)

2022 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2022-12/31/2022)

Active Homes -	42 Homes
Homes Sold -	172 Homes
Average Sale Price -	\$1,222,000
Average Sold \$ Per SF -	\$503
Average Days On Market -	40 days

There is currently 2 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 19%. (based on 2021 sales results)
2022 \$ Per Square Foot prices have increased 19%. (based on 2021 sales results)
2022 Homes are taking 13% more time to sell. (based on 2021 sales results)



Free MLS Access: visit 
TommyAtkinson.com 
 **tommyatkinsonaz**

WHAT'S HAPPENING, ARCADIA?

BRIEFS

Mark your calendars! The seventh annual **Arcadia Cares: Food for Kidz Packathon** is back and scheduled for March 3 (late afternoon) and March 4 from 8 a.m.-2 p.m. at Prince of Peace Lutheran Church, 3641 N. 56th St., Phoenix. The community is welcome to volunteer to help pack meals for underprivileged families. Sign-up is open. popphoenix.org



The 5th annual **Arcadia Auto Rama** is happening on March 26, from 8-11 a.m. at Hopi Elementary School, 5110 E. Lafayette Blvd. Exhibitor registration is currently open for those who would like to be in the show; entries include cars, trucks, tractors and specialty vehicles. It costs \$20 to register but there's no admission for spectators. Trophies will be given out for Best in Show – People's Choice and Best in Arcadia – Judges' Choice. acmna.org

The 23rd annual **Beauty to the Rescue** event is happening from 10 a.m.-3 p.m. at Mane Attraction Salon, 3156 E. Camelback Road, on February 26. Attendees can provide a minimum donation and get select salon services to support the Phoenix Animal Care Coalition – a nonprofit that has raised over \$400,000 toward animal rescue organizations in Maricopa County. There will also be vendors, raffles, a silent auction and pet adoptions. maneattractionssalon.com

Happy Bees Pest Control is a brand-new, woman-owned and pollinator-friendly

pest control company based in Arcadia that provides residential and commercial services while reducing the environmental impact. Services include general pest, rodent and mosquito control and bed bug prevention. happybeespestcontrol.com

Register to vote now! Two Council seats from District 6 and District 8 will head to a runoff election on March 14. The latest date to register to vote for the March election is February 6; in-person voting will take place on March 11, 13 and 14. phoenix.gov/election

Join the **Taoist Tai Chi Society®** for introductory sessions on Saturday, February 4, at 9:30 a.m. and Tuesday, February 7, at 6 p.m. Guests can meet fellow practitioners and learn more about tai chi while learning about the health benefits of this practice. Admission is free. taoisttaichi.org

Mountain Shadows Resort welcomes

Yulissa Acosta as the new chef de cuisine at **Hearth '61**. Acosta joined the team in 2017 and became sous chef in 2018. She will oversee menu creation and culinary development in her new role, including dishes like Duroc Farm's pork chop with Jacob bean ragu and black pepper glaze and Two Wash Ranch chicken roulade with barley risotto, romanesco and natural jus. mountainshadows.com



The 2023 **New Horizons High School Student Art Exhibition**, held annually at the Shemer Art Center since 1987, is on display until February 16 and features approximately 75 works of art created by students from over 40 high schools across the Valley. Stop by to check them out! shemerartcenter.org



The fourth annual **Gathering of the Goldens** (retrievers, that is!) is happening at Red Mountain Park in Mesa on March 4 from 10 a.m. to 1 p.m. Guests can enjoy giveaways, raffles, pup-themed games, a bandana contest and a pet parade. Snacks and drinks will be available. The event is collecting canned food for Friends for Life Animal Rescue with a goal of 500 cans. azfriends.org

From managing daily household tasks to finding emotional support, male caregivers have unique challenges that risk emotional and physical burnout without help. **Duet: Partners in Health & Aging** offers a safe space for male caregivers to share openly and find emotional support. Meetings are held virtually at 10 a.m. on the first Saturday of the month, with George Burson leading the discussion. duetaz.org

EVENTS

WEDNESDAY 2/1

The Gather: A Portrait of the American West

9:30 a.m. at Scottsdale's Museum of the West, 3830 N. Marshall Way, Scottsdale. This new exhibition by photographer Scott Baxter is a collection of 148 photographs from 1998-2023 that showcase American ranchers and cowboys (and cowgirls) across the American West. They are displayed in various techniques, like silver gelatin, platinum and archival pigment prints. Admission to the museum is \$25. scottsdalemuseumwest.org

THURSDAY 2/2

The Table

7:30 p.m. at the Metropolitan Arts Institute, 1700 N. 7th Ave., Phoenix. Scorpis Dance Theatre presents "The Table," an intimate performance showcasing a series of chronicles and tales at – you guessed it – the tables within a home. The performance will feature new and reimagined pieces by Artistic Director Lisa Starry, and guest works by Scorpis Dancers. Tickets are \$35. scorpisdance.com

THURSDAY 2/2 – FRIDAY 2/3

Studio Styled Sets

10 a.m.-7 p.m. at Good Vibe Studios, 4602 E. Thomas Road. Good Vibe Media and About Town Social are launching the inaugural Studio Styled Sets event. Sessions include backdrops, props, lighting, snacks and drinks. This month's theme is "Be My Valentine & Bridgerton Tea Party." Photographer/videographer available for an extra fee. One ticket covers two people; 30 minutes for \$45, 60 minutes for \$65. Additional people are \$10 each. thegoodvibemedia.com

SATURDAY 2/4

Parada Del Sol & Trail's End Festival

10 a.m.-4 p.m. Parade starts at Drinkwater Blvd. and goes through downtown Scottsdale. Come on down and celebrate Arizona's "Most Western Town" with the 69th annual Parada and Trail's End Festival. Parade watchers will see over 125 entries, including bands, floats, horses and more. There will be live entertainment, a kid's zone, food trucks, games, activities and dancing at the festival. This event is free. scottsdaleparade.com

Flights 4 Charity

7 a.m.-3 p.m. at JOJO Coffeehouse, 3712 N. Scottsdale Road. JOJO Coffeehouse is celebrating its fourth anniversary with an all-day celebration. The breakfast and brunch spot will donate \$4 from every order of coffee and mimosa flights to benefit Feed My Starving Children. There will be live music, raffle prizes and giveaways, including a Discovery Flight tour for two with a pilot from Sawyer Flight Academy. jojocoffeehouse.com

SUNDAY 2/5

Kierland Fine Art and Wine Classic

10 a.m.-5 p.m. at the Kierland Commons, 15205 N. Kierland Blvd., Scottsdale. Main Street will have the vino flowing at this inaugural event. Guests will find more than 100 world-class artists showcasing their wares in an outdoor gallery, 15 of the region's best wineries pouring more than 150 different wines and live entertainment. This event is free. vermillionpromotions.com

Feel the Love Concert

3 p.m. at Ascension Lutheran Church, 7100 N. Mockingbird Lane, Paradise Valley. The Women's Orchestra of Arizona invites guests to enjoy a concert of classical and movie-inspired love songs just in time for Valentine's Day. Tchaikovsky's Sleeping Beauty, Salut D'amour and romantic medleys from multiple films (*Titanic*!) are just a few

WE HAVE MOVED

Our Family Caring for Yours

EXPERT DOCTORS AND PRACTITIONERS.
CONVENIENT SERVICES. EXTENDED HOURS.



Family Practice
Specialists

4600 E Shea Blvd | Suite 100 | Phoenix, AZ 85028
NW corner Tatum and Shea | West of Trader Joes
602.955.8700 • FPSAZ.com

WHAT'S HAPPENING, ARCADIA?



Flights 4 Charity at JOJO Coffeehouse in Scottsdale.

that guests will hear. This concert is free, but donations are welcome, and registration is required.

womens-orchestra-arizona.org

MONDAY 2/6

Super Bowl Opening Night

6 p.m. at the Footprint Center, 201 E. Jefferson St., Phoenix. Presented by Fast Twitch, the national kick-off to Super Bowl LVII is happening tonight. Guests can be there as players and coaches make their first public appearance during Super Bowl week. The evening will feature live entertainment, appearances and autographs by NFL Legends and team mascots. Fans will also have the chance to win prizes, including two tickets to the big game. General admission is \$20.

footprintcenter.com

THURSDAY 2/9

Super Bowl Experience

10 a.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. The NFL has invaded downtown Phoenix – and we get to experience it all! This event is known as a “football theme park,” with interactive games like the 40-yard dash, player autographs and meet-ups, photos with the Super Bowl Rings and Vince Lombardi trophy, and don’t forget to visit the NFL Shop. Tickets start at \$20, with kids under 12 free.

superbowl.com

FRIDAY 2/10

Giselle

7:30 p.m. at the Madison Center for the Arts, 5601 N. 16th St., Phoenix. This haunting tour de force is said to be one of the most romantic ballets of all time. Performed by Ballet Arizona, Giselle tells the tragic tale of a young woman who dies of a broken heart. This

performance is famous for the Wilis, maiden spirits who take revenge on the young nobleman that betrayed Giselle. Tickets start at \$55, and the show is open until February 12.

balletaz.org

SATURDAY 2/11

Dementia Experience and Education

9 a.m.-12 p.m. at HOV’s Dementia Care and Education Campus, 3811 N. 44th St. Presented by Michelle Bales, guests can participate in this interactive demonstration that features an eight-minute experience where guests perform everyday tasks as if they were living with cognitive impairment. Participants explore improvisation techniques, sensory and other person-centered approaches that optimize meaningful connections with those living with dementia. There is no cost to attend, but registration is required.

dementiacampus.org

THURSDAY 2/16 – SUNDAY 2/26

Scottsdale Arabian Horse Show

8 a.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Featuring more than 2,000 horses competing for more than \$3 million, attendees will witness a variety of showings at the 68th annual Arabian Horse Show – but that’s not all. There will also be an immersive experience, a fine art exhibit, and craft and shopping vendors. Admission is \$15; tickets good for all 11 days are \$75.

scottsdaleshow.com

FRIDAY 2/17 – SUNDAY 2/19

Worldwide Women’s Film Festival

6 p.m. at Harkins Shea 14, 7354 E. Shea Blvd., Scottsdale. The fifth annual Worldwide Women’s Film Festival “educates, supports, and empowers



Scottsdale Arabian Horse Show at WestWorld in Scottsdale.

women in the collaborative endeavor of filmmaking while we shine a light on women’s stories, stories by women, and other diverse experiences across all

genders.” There will be 45 films from various genres for guests to view. Tickets start at \$12.

wwfilmfestival.org

IT'S A RECORD-BREAKER

OVER \$30 MILLION IN SALES FOR 2022!



2023 GLB



2023 GLC

LOANER CAR SALE GOING ON NOW

Our sincere thanks to each and every one of our great customers. Because of your continued support and trust, our team crushed it with a record-breaking year! Team Tino Ferrulli has put together an established group of professionals dedicated to providing you with the best-in-class customer experience. Stop by and let's see what we can do for you.



Tino Ferrulli



Mercedes-Benz

Team **Tino Ferrulli**

480-748-4810

tino ferrulli@gmail.com

Mercedes-Benz of Scottsdale

4725 North Scottsdale Road • Scottsdale, AZ 85251

WHAT'S HAPPENING, ARCADIA?



2023 Willo Historic Home Tour in downtown Phoenix.



Thrive to Five Playfest at SRP Pera Club in Tempe.

SATURDAY 2/18

Drive the Dream Gala

5:30-11 p.m. at The Phoenician, 6000 E. Camelback Road. Childhelp, a nonprofit dedicated to at-risk children's physical, emotional, educational and spiritual needs, is hosting its 19th annual Drive the Dream fundraising gala. Guests can enjoy a night of cocktails, dancing, dinner and entertainment from Grammy-award winner Clint Black, Melissa Peterman,

Rex Linn and other musical acts. This year's theme is "Giddy Up for Kids."

childhelp.org

Arizona Strong Beer Festival

1-5 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The 22nd annual Arizona Strong Beer Festival will have over 500 beers on tap from over 100 different breweries. There will also be an assortment of food vendors, live music and entertainment, beer education panels and "strong man" games.

General admission is \$70 and includes 28 tasting tickets. There are also VIP packages.

chooseazbrews.com

Scottsdale Mac and Cheese Crawl

1-7 p.m. at various locations, starting at 7295 E. Stetson Dr., Scottsdale. Mac and cheese – need we say more? This event showcases the cheesy dish at multiple Old Town locations. Attendees can try dishes, enjoy drink specials and stay "healthy" by walking to each spot! This is a 21+ event. Tickets start at \$20.

scottsdalebarcrawls.com

be free books, playtime, make-and-take activities and games, photo booths, a sensory-friendly play area, a crafters market and early childhood resources. Tickets are \$10 for adults.

swhd.org/playfest

Furry Friends Fine Arts Festival

9 a.m.-3 p.m. at Shemer Art Center, 5005 E. Camelback Road, Phoenix. An art festival for the entire family, pets included. Shemer will showcase all things animal with paintings, drawings, photography, ceramics, metal, furniture and clothing. There will also be vendors, paw readings and pet adoptions by Maricopa County Animal Care & Control. Admission is \$5 per person or \$10 for the family.

shemerartcenter.org

Ray on my Mind

7 p.m. at the Madison Center for the Arts, 5601 N. 16th St., Phoenix. Ray On My Mind is a concert and theater work that brings the music of Ray Charles to life. Portraying Ray, master pianist and vocalist Kenny Brawner will lead an 11-piece orchestra in performing popular hits like 'What'd I Say,' 'I Got a Woman' and 'Georgia On My Mind.' Monologues depicting Ray's triumphs and tragedies will be interspersed with the songs. Tickets start at \$35.

themadison.org

SUNDAY 2/19

2023 Willo Historic Home Tour

9 a.m., starting at Third Ave. and W. Monte Vista Road in downtown Phoenix. This tour will showcase 14 restored historic homes and gardens in various styles and eras. After the tour, guests are invited to a street fair with local vendors, live music, food trucks and a beer and wine garden for the grownups. Tickets are \$25.

willophx.com

FRIDAY 2/24

Design for Dogs

5-9 p.m. at the Facings of America showroom, 16421 N. 90th St., Scottsdale. Facings of America is hosting the 9th annual Design for Dogs event, where guests can enjoy food, music, beverage tastings, raffle prizes and adoptable pets. The highlight of the evening is the doghouse design and build contest, where judges will choose and present the Best in Show and People's Choice awards. Tickets are \$50 per person.

designfordogs.org

SATURDAY 2/25

Thrive to Five Playfest

10 a.m.-2 p.m. at SRP Pera Club, 1 E. Continental Dr., Tempe. Presented by the Arizona Coyotes and Southwest Human Development, this event is for the littles to learn and have fun all in one. There will

SATURDAY 2/26 – SUNDAY 2/27

The Arizona Wine Garden Party

11 a.m.-5 p.m. at Singh Meadows, 1490 E. Weber Dr., Tempe. Enjoy two days of wine tasting to benefit The Joy Bus, a nonprofit that provides meals to cancer patients. The event will host 15 Arizona wineries pouring over 150 wines. There will also be an artist marketplace, food trucks, live music and entertainment. Saturday tickets are \$35; Sundays are \$30 – both come with a commemorative take-home wine glass.

[Singh Meadows Facebook page](https://www.facebook.com/SinghMeadows)



Sunday, March 26, 2023 – 8 a.m. to 11 a.m.

Hopi Elementary School

5110 E. Lafayette Blvd., Phoenix AZ 85018

Details at www.ACMNA.org/events

FREE ADMISSION FOR LOOKERS & SPECTATORS!

Exhibitor Registration Fee (donation):

\$20 with advance sign up, **\$30** on event day at the gate.

Trophies Include: Best Classic Car, Best Truck, Best in Show, Best Muscle Car, Best Sports Car, plus more.

Sponsored by:

HAGERTY
CLASSIC CAR INSURANCE

CHAPMAN
FORD

EARNHARDT
LEXUS

Courtesy
SUNBELT

Rewarding Location

There is an old saying in real estate that goes like this....Location, Location, Location. Fortunately for you, if you are reading this newspaper you probably live somewhere in the Camelback Corridor which is regarded by many as the premiere location within Phoenix. Historically, our neighborhoods will outperform in bull markets and will provide some insulation in bear markets because of the location premium.

For the past year, the national media has portrayed a housing market that is in a recession or headed for worse. We can tell you as local experts that the national headlines are not in step with what we are seeing here in the Arcadia and Biltmore neighborhoods. Our markets have been extremely resilient and are still lacking an ample amount of inventory. Although some homes are taking longer to sell, it is still very much a seller's market and we haven't seen any significant devaluations. If you are noticing price reductions it is because the home is probably not up to today's buyer standards or may lie in a peculiar location such as backing Camelback Rd.

There are currently only 17 homes for sale in Arcadia Proper and 16 homes for sale in the Biltmore. Out of these, very few are actually turn-key homes where buyers would move right in. When move-in ready homes do come to the market, they are snatched up within the first few weeks. For example in Arcadia, 6130 E Calle del Media went under contract at \$4,500,000 within 3 weeks of being listed. Likewise in the Biltmore, 2737 E Arizona Biltmore Circle #3 went under contract at a record breaking price of \$2,350,000 after only 4 days on market.

We remain bullish on the market and will continue to keep you posted throughout 2023 with monthly updates. If you have any questions about the price or marketability of your home, please do not hesitate to reach out.



OLEG BORTMAN
ASSOCIATE BROKER
& CO-FOUNDER
602.402.2296



TUCKER BLALOCK
MANAGING BROKER
& CO-FOUNDER
602.561.0445

THE BROKERY

LOCAL REAL ESTATE BROKERS



OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 2/3 – SUNDAY 2/5

Arizona Balloon Classic

Opens Friday at 4 p.m., Saturday/Sunday at 7 a.m., at Goodyear Ballpark, 1933 S. Ballpark Way. This weekend, the sky will be filled with hot air balloons. Attendees will be able to watch inflation and lift off, check out the street food festival, desert glows, hot air balloon rides, a kid's kite festival, live entertainment and a vendor marketplace. There will also be live music and a beer garden for the grownups. Tickets are \$25 for adults; 12 and under are free.

abcfest.com

SATURDAY 2/4

Beauty and the Beast

7:30 p.m. at the Fountain Hills Theater, 11445 N. Saguaro Blvd. This family-friendly musical brings to life the story of a selfish and hot-tempered prince who is turned into a hideous monster and must win the affection of a beautiful girl to regain his humanity. Beauty and the Beast's classic score includes "Be Our Guest" and more songs that we may know by heart. Tickets are \$35 for adults, \$18 for kids.

fhtaz.org

Southwest Cajun Fest

2-9 p.m. at Dr. AJ Chandler Park, 125 E. Commonwealth Ave., Chandler. Don your beads and get ready for an afternoon of New Orleans culture. This festival boasts regional food dishes such as crawfish and jambalaya, eating competitions, brass ensembles, live music including Buckwheat Zydeco Jr. and the IIs Sont Partis Band, an alligator petting zoo, street performers, a kids zone and more. Tickets are \$25 for general admission.

southwestcajunfest.com

Glendale Arts and Culture Fest

11 a.m.-8 p.m. at Murphy Park, 5850 W. Glendale Ave. A collaboration between the City of Glendale, Local First Arizona, and SAACA, this event will feature immersive and experiential activities throughout Murphy Park, including an artisan market, games and activities, pop-up performances like a mariachi band, live art and food trucks for



Beauty and the Beast at Fountain Hills Theater.

when you get hungry! This event is free for all ages.

downtownglendalefest.com

Concours in the Hills

10 a.m.-3 p.m. at Fountain Park, 12925 N. Saguaro Blvd., Fountain Hills. At the 9th annual event, guests will find a variety of vehicles on display, including classic race cars, foreign and domestic high-performance cars, muscle and sports cars, hot rods, off-road and military vehicles, plus a vendor village and food and beverage options. Attendance is free, but donations are welcome. Proceeds support Phoenix Children's Center for cancer and blood disorders and the Cardiothoracic Surgery Support Fund.

phoenixchildrensfoundation.org

FRIDAY 2/10 – SUNDAY 2/12

Gold Rush Days

10 a.m. at 216 N. Frontier St., Wickenburg. Three days of family-fun are on the docket this weekend at the 74th annual Gold Rush Days. Folks can enjoy carnival rides and games, an artisan fair with 150 exhibitors, gold panning,

a rodeo, a parade, rodeo dance, and of course snacks and drinks to keep your energy up! Ticket prices vary depending on event.

outwickenburgway.com

SATURDAY 2/11

Ruck for Freedom

8 a.m. at the American Leadership Academy, 19935 E. Chandler Heights Road, Queen Creek. The inaugural Ruck 4 Freedom is an honorary 5K where folks can come together to show gratitude to Armed Forces. Based on military tradition, participants can wear a weighted backpack and participate in a 5K walk. Proceeds benefit the HOPE Mental Health Foundation and Delta Dogs, a foundation that provides service dogs to vets. Registration is \$35.

ruck4freedom.org

Cruise, BBQ and Blues Car Show

10 a.m.- 3 p.m. at the Oro Valley Marketplace, 12155 N. Oracle Road. A beautiful day calls for beautiful things! This event combines live oldies music, kids' activities and food with a classic car show. Over 30 different classes of awards will be given, such as Best of Show, Best Interior and People's Choice. Guests can enjoy blues music and BBQ on the grill. Proceeds benefit the Southern Arizona Arts & Cultural Alliance nonprofit. Admission is \$5.

saaca.org

THURSDAY 2/16

2023 Educating America Tour

10 a.m. at the Ahwatukee Event Center, 4700 E. Warner Road, Phoenix. The Alzheimer's Foundation of America is hosting a free conference to allow participants to learn from experts in Alzheimer's disease, brain health and caregiving. Sessions include Preventing Alzheimer's Disease: From Cradle-to-Grave, Aging in Place and What Happens Next, and

Best Practices in Palliative Dementia Care. Registration is required.

alzfdn.org

FRIDAY 2/17 – SUNDAY 2/19

Air Fair

9 a.m.-4 p.m. at Buckeye Municipal Airport, 3000 S. Palo Verde Road. Come out and enjoy a day lookin' up in the air. This event includes a two-hour air show, simulator rides, various aircraft on display, a take-off competition, a science/tech festival, kids' activities, a vendor area and historical military displays. General admission is free, but there are VIP packages available for \$60.

buckeyeaz.gov

FRIDAY 2/24 – SUNDAY 2/26

Lost Dutchman Days

Times vary, held at Rodeo Park, 1590 E. Lost Dutchman Blvd., Apache Junction. The Superstition Mountains hold many secrets, but the entertainment at Lost Dutchman Days is not one of them. Guests can enjoy live music, rodeos, a dance, carnival rides, vendors and shopping, a parade and plenty of snacks for the family. Admission is \$2 for activities, \$10 for the dance.

lostdutchmandays.org

SATURDAY 2/25

Hunchback of Notre Dame

2 p.m. at the Peoria Center for the Performing Arts, 10580 N. 83rd Dr. Based on the Victor Hugo novel and songs from the Disney animated feature, The Hunchback of Notre Dame will enchant theater-goers with the story of Quasimodo and Esmerelda as they fight to save the gypsies. Remember old songs and even hear new ones based on the pair's story. Tickets start at \$38.

theaterworks.org

RentsPHX.com



Ann Gregory
Broker

★ **Property Management**
★ **Tenant Rental Locator**

602-989-3411

Ann@RentsPHX.com



Gregory Real Estate and Management, LLC

Imagine your home, totally organized!

Custom Closets, Garage Cabinets, Home Offices and more...



40% off Plus
Free Installation

PLUS TAKE
AN EXTRA **15% off**

Terms and Conditions: 40% off any order of \$1000 or more or 30% off any order of \$700-\$1000 on any complete custom closet, garage, or home office unit. Take an additional 15% off on any complete system order. Not valid with any other offer. Free installation with any complete unit order of \$850 or more. With incoming order, at time of purchase only. Expires 2/28/23. Offer not valid in all regions.

**SPECIAL FINANCING
FOR 12 MONTHS!**

With approved credit. Call or ask your Designer for details.
Not available in all areas



Call for a free in home design consultation and estimate

480-864-4254

AN

www.closetsbydesign.com

Follow us



Locally Owned and Operated!
Licensed and Insured: ROC312904



**Closets
byDesign®**

A tribute to the icicle

On those chilly, wintry days when weather reports from cold country reach the Valley of the Sun and cause painful memories of time spent back there, only a very few will sigh and yearn for subzero temperatures, knee-deep snow and the snarling winds that claw their way through parkas, storm coats and long underwear. But some will

miss the icicles. I am among them.

Icicles cause no discomfort, not even in hindsight. They are multipurpose creations whose basic reason for existing is to remind us that nothing – not even the harshness of winter – lasts forever.

Icicles are the representatives of hope. When winter seems interminable, when the urge to

sell the home and move south becomes overwhelming, there comes a day when the wind shifts to ease the cold, and the harsh winter pulls back. And on those



Sam was sent to Buffalo, New York many years ago to do a story. He went to Niagara Falls on that trip, and while the falls were frozen over and it was so cold the shutter on his camera froze, he said the outing was "glorious."



days, the icicles appear just as surely as the wildflowers will blossom in the spring.

There are scientific explanations for this, of course. The wind blows the cold air out and lets blankets of warm air slip in, and that, in turn, raises the temperatures and some of the snow melts. But the cold air comes back and catches the snow in mid-melt, so there are icicles.

Because they grow wild, icicles are not confined to any particular area. But, as any cold country refugee will testify, they prefer the edge of a roof with a 30-degree pitch. Roofs with sharper slants tend to dispose of the snow melting too fast, which causes spindly icicles.

A good icicle forms slowly, one drop gently tracing a course over those that have gone before and now hang frozen off the lip of a roof. A really good icicle might take weeks, growing slightly with every thaw. And the really, really good icicles sometimes need technical help.

During my days as a collegian, we made really, really, really good icicles by hanging string from a third-story window of the Alpha Tau Omega fraternity house. Twice a day, someone was assigned to open the window and pour a glass of water down the string. By mid-February, we had a 30-foot icicle growing in the front yard.

One year, we used orange Kool-Aid instead of plain water, so our icicle looked like a giant carrot. We entered it in the annual snow sculpture contest but lost to a bust of Winston Churchill.

Icicles, although not an endangered species, face a certain amount of peril during their short lifespans. One is that the people who admire them are compelled to knock them loose from their moorings. People can't help it; it's in their genes.

Their ancestors did it in Norway and Germany, and the practice was brought over to this country by refugees and immigrants. So a two-foot icicle is rare and usually found in inaccessible places like the downspout of a five-story building.

Also, while there are no statistics to support this contention, it's almost 100 percent certainty that anyone who grew up in cold country has sampled an icicle for taste and texture and discovered the importance of proper cultivation. An icicle grown on a house with wooden shingles, for example, has a much better flavor than one raised on a composition roof. And an icicle taken in the wild, off the sagging branches of a pine tree, is ambrosia.

Eventually, most cold country inhabitants come to the realization that early winter icicles are far superior to those in March because they're made of fresher snow. By the time spring arrives, the original snow has been corrupted by snirt (a combination of blowing snow and dirt), so the icicles are thin and weak and taste just awful.

Some non-traditionalists will argue that Popsicles and bagged ice cubes make good icicle substitutes, but they are deluding themselves. Purists would never consider replacing fresh snow icicles with anything crafted through the use of artificial flavoring and chemically altered tap water.

By April, the icicles are gone, and nobody feels bad about it because they take winter with them when they depart. But they'll be back. As sure as unkind winter will return, the icicles will come to ease the pain.

SAVE up to \$1,200 with a New Federal Tax Credit on Energy-Efficient Hunter Douglas Shades*

HunterDouglas



Help reduce your monthly utility costs with Hunter Douglas shades specifically designed to provide year-round insulation

Contact Us to Learn More



Follow Us At Facebook



ARCADIA BLIND & SHUTTER
2921 N. 68th Street • 480-248-8047

* For tax credit details and restrictions and a list of qualifying products, see the Manufacturer's Certification Statement and FAQs at www.hunterdouglas.com/tax-credit. Hunter Douglas and its dealers are not tax advisors. Consult a tax professional regarding your individual tax situation and ability to claim a tax credit related to the purchase of the qualifying Duette® Honeycomb Shades. © 2023 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

Christ
CHURCH LUTHERAN
LC-MS

LOVE GROW SERVE

IN-PERSON WORSHIP

Traditional Worship 8:00am/10:45am
Contemporary Worship 8:30am/10:30am
Teaching Service 9:30am

ONLINE WORSHIP

Sunday @ 8:am/10:30am FB Live or
CHRISTCHURCHPHX.ONLINE.CHURCH

3901 E. Indian School Rd., Phoenix | www.cclphoenix.org | (602) 955-4830

Christ Lutheran School Preschool - Grade 8 • www.clsphx.org

ELEMENT IV THERAPY



Feel better fast with our
MOBILE IV SERVICES

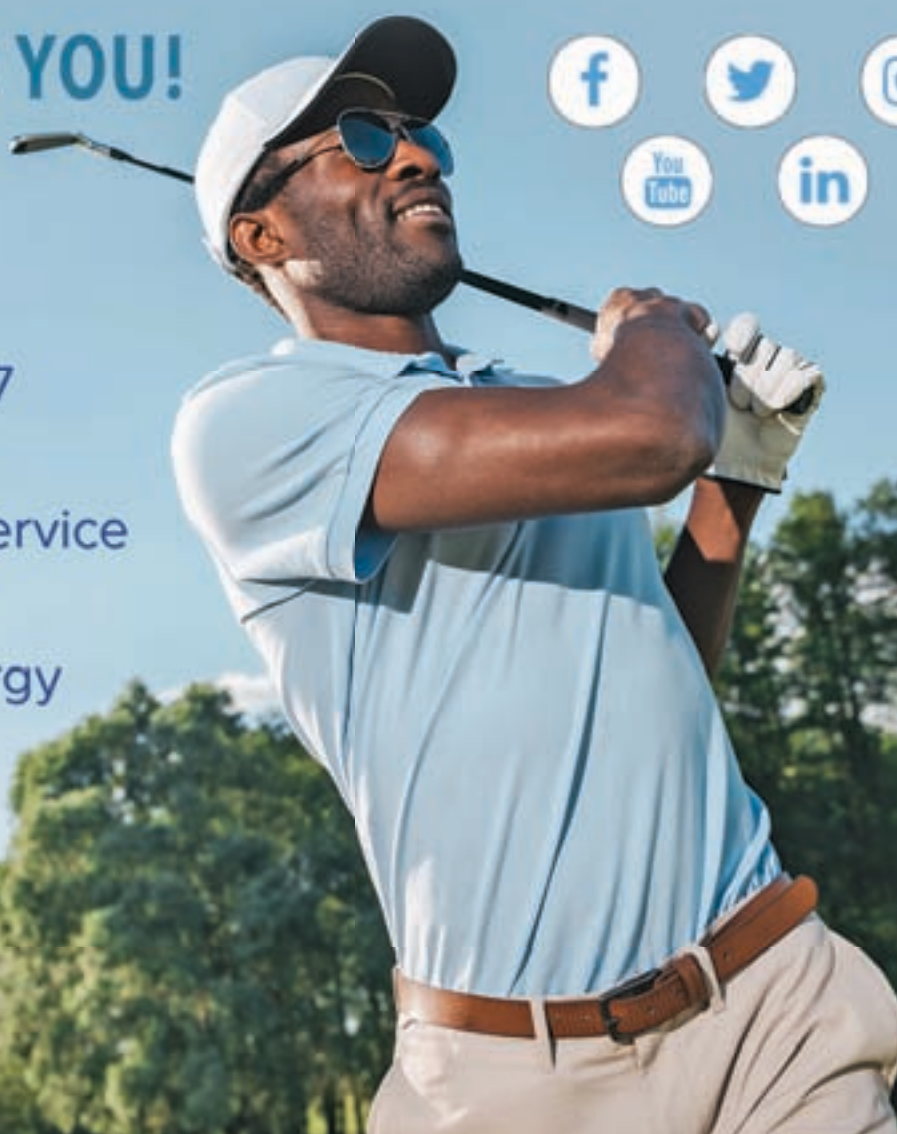
Hydration 💧 Allergies 💧 Hangovers 💧 Morning Sickness 💧 Migraines

Try our Element 19th Hole IV

(480) 672-0257 • www.elementivtherapy.com

**LET US COME TO YOU!
REVITALIZING IV
TREATMENT!**

- 💧 Schedule an IV 24/7 to feel better fast
- 💧 Enjoy convenient service that comes to you
- 💧 Get a boost of energy when you need it



NOBODY SELLS MORE HOMES IN ARCADIA THAN THE JOFFE GROUP



NEW LISTING

\$2,295,000 5044 East Weldon
5 bedrooms, 5 baths, 3,537 square feet
5044weldon.com



NEW LISTING

\$4,195,000 4630 East Clearwater Parkway
5 bedrooms, 6 baths, 4,602 square feet
4630Clearwater.com

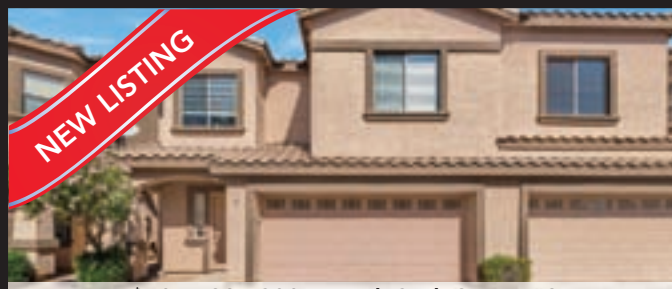


\$6,950,000 4409 North 66th Street
6 bedrooms, 7 baths, 6,800 feet
4409north66thstreet.com



NEW LISTING

\$475,000 2150 East Polk
Great Investment Opportunity – CALL FOR INFORMATION



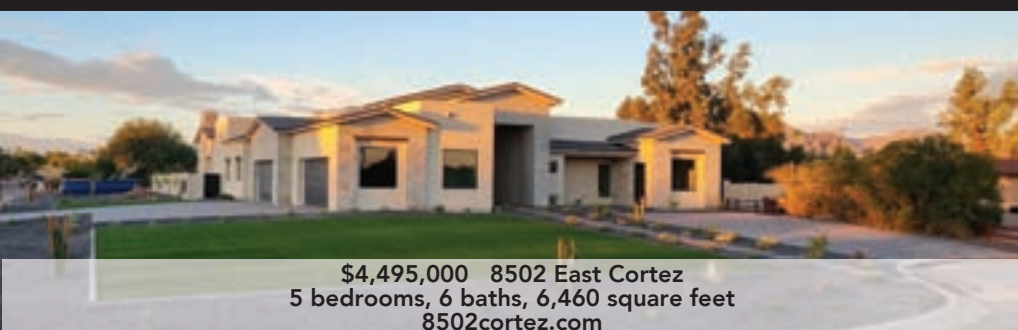
NEW LISTING

\$504,499 3006 North 37th Street #2
2 bedrooms, 3 baths, 1,554 square feet
3006north37thstreet.com



COMING SOON

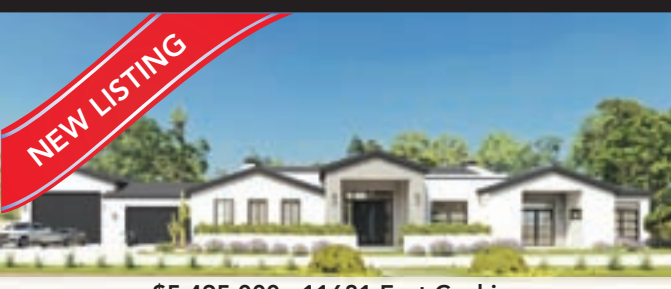
CALL FOR PRICING 3375 North 55th Place
4 bedrooms, 4 baths, 4,000 square feet
3375north55thplace.com



\$4,495,000 8502 East Cortez
5 bedrooms, 6 baths, 6,460 square feet
8502cortez.com



\$2,350,000 5323 East Royal View
Excellent New Build Opportunity
CALL FOR INFORMATION

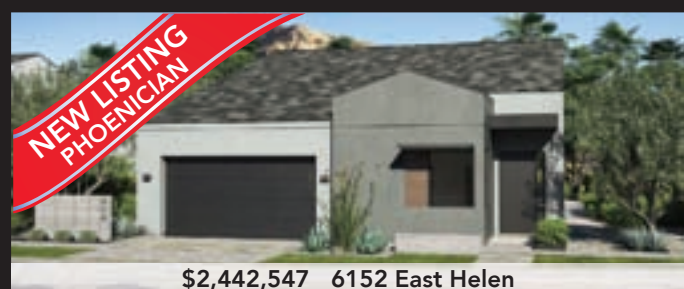


NEW LISTING

\$5,495,000 11681 East Cochise
6 bedrooms, 6 baths, 7,166 square feet

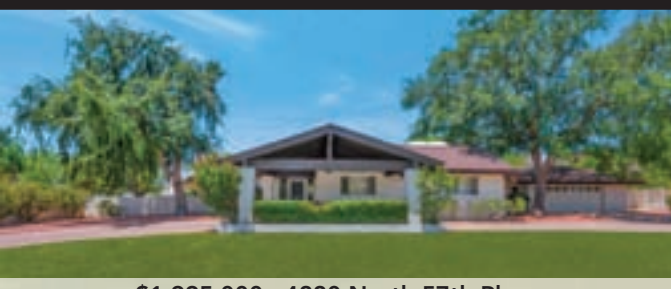


\$2,995,000 4642 North Alta Hacienda Drive
3 bedrooms, 3 baths, 2,815 square feet



NEW LISTING
PHOENICIAN

\$2,442,547 6152 East Helen
2 bedrooms, 2.5 baths, 2,263 square feet
thephoenicianshea27.com

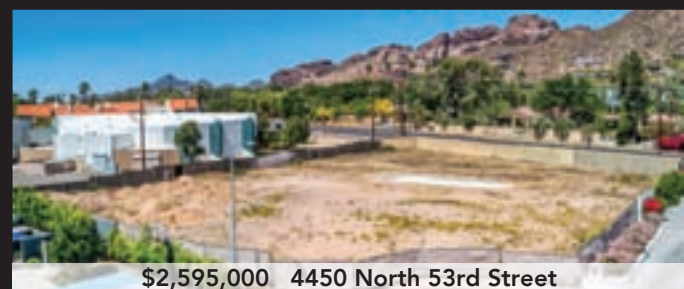


\$1,995,000 4220 North 57th Place
CALL FOR PRICING AND INFORMATION



JUST SOLD

\$3,479,619 4619 North 61st Place
3 bedrooms, 3.5 baths, 3,980 square feet
thephoenicianshea24.com



\$2,595,000 4450 North 53rd Street
Just under an acre lot with outstanding
Camelback Mountain Views



JUST SOLD

\$445,000 7520 East Earll Drive, Unit 45
2 bedrooms, 2 baths, 1,413 square feet



JUST SOLD

\$2,200,000 6202 East Lafayette
Lot Only



NEW LISTING

\$4,395,000 27234 North 102nd Street
4 bedrooms, 6 baths, 7,054 square feet
27234102ndstreet.com



602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com



SALE PENDING



\$359,995 9115 East Purdue
2 bedrooms, 2 baths, 1,157 square feet
9115purdue.com



\$5,250,000 4642 North Alta Hacienda
Exceptional 2.6 acre lot with Camelback Mountain Views
4642altahacienda.com



\$2,350,000 5330 East Palomino
Excellent New Build Opportunity
CALL FOR INFORMATION



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

NEW LISTING



\$4,995,000 5105 East Lafayette
6 bedrooms, 8 baths, 8,005 square feet
5105lafayette.com

NEW LISTING



CALL FOR PRICING 11593 East Cochise
5 bedrooms, 6 baths, 7,776 square feet
11593cochise.com

FOR LEASE



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

SALE PENDING



5115 East Exeter
CALL FOR PRICING AND INFORMATION

NEW LISTING



\$4,195,000 5051 East Lafayette
7 bedrooms, 8 baths, 6,916 square feet
5051lafayette.com

NEW LISTING



CALL FOR PRICING 11571 East Cochise
5 bedrooms, 7 baths, 8,433 square feet
11571cochise.com

SALE PENDING



CALL FOR PRICING 4415 North Arcadia Lane
6 bedrooms, 14 baths, 12,748 square feet
4415arcadialane.com

SALE PENDING



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

JUST SOLD



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

NEW LISTING



CALL FOR PRICING 5944 East Lafayette
5 bedrooms, 6 baths, 4,022 square feet
5944lafayette.com

COMING SOON



CALL FOR PRICING 6737 East Exeter
5 bedrooms, 7 baths, 6,876 square feet
6737exeter.com



Andrew Mehlman, Jen Sheedy, Robert Joffe, Meredith Lane, Jonah Joffe

THE JOFFE GROUP *Ranked #37 Team in the Nation*
602.989.8300
TheJoffeGroup.com

LAUNCH
REAL ESTATE

Call To Learn Why So Many People Trust The Joffe Group



In the Kitchen

with **Samantha Sanz**, Chef de Cuisine at Elements

5700 E. McDonald Dr., Paradise Valley • gurneyresorts.com

There's no place like home, especially for Chef de Cuisine Samantha Sanz, who started her culinary career at Elements at Sanctuary Resort before moving around the Valley and ending up back at the same restaurant – this time with a new title. With a background that began in her family's restaurant, Sanz took everything she learned and now applies it to the dishes at Elements, where her favorite part is helping guests create memories through her food.

Where did you grow up?

I was born and raised in Nogales, a small town bordering Mexico. I would cross the border every day to attend school there, and then I would spend afternoons in my family's restaurant, called Trocadero, which is still open to this day. The restaurant has been around for 60 years and has seen multiple generations grow up there.

When did you first decide you wanted to be in the restaurant industry?

My love for the kitchen was developed at a very young age. I always wanted to cook new recipes and spent summers learning how to make the meals my mom would cook for us. I was not aware that being a chef was a profession since I saw the restaurant as a family business, and there was really not a chef assigned per se.

I realized later in life that my grandmother was the chef the whole time. When I was a teenager, I decided I wanted to pursue a career in the industry, and I never changed my mind. I came to Scottsdale to pursue my culinary degree at Le Cordon Bleu in Scottsdale in 2008.

What's the first thing you remember cooking?

An omelet!

Where was your first job, and what position did you hold?

My first job was at Elements at the Sanctuary as a pantry cook – I took care of titling the cold food. Everything from salads, shellfish displays and cold appetizers.

How long have you been the chef de cuisine?

Since November 2020. I am in charge of creating the menus, the quality of food in general, and overseeing the staff and the restaurant.

What is the toughest part about being a chef?

Sacrificing all of your personal time. To have the mental fortitude to motivate yourself every day. It's a physical job, so it's hard on your body. Having patience even when you don't have any left.

The best part?

Mentoring the younger generation of chefs by teaching them multiple skills, not only cooking related but life skills. Another awesome thing is having the power to create something intangible, like memories for our guests.

Give us a brief timeline of your work history.

I started at Elements when I was 18. I worked my way through the kitchen until I became the lead cook. I left and took a sabbatical in Paris for a year, which was amazing. I miss it all the time. I love all the fresh food and just how beautiful the city is. I came back to Scottsdale and worked at Virtu Honest Craft with chef Gio Osso. I spent three years there, and I became his chef de cuisine.

I then pursued a position with The Four Seasons Troon North and was hired as the chef de cuisine of Talavera. While working, I was so blessed to be nominated twice for a James Beard Award, one for Rising Star Chef of the Year for Chefs Under 30 and the second for Best Chef Southwest. Then, in 2020, I was rehired at Elements, this time as chef de cuisine.

What does a day in the life of Samantha Sanz look like?

If I'm working, I start my day by waking up at 7 or 8 a.m. I walk my dog, Massimo, brew myself some coffee, check my emails and start getting ready for work. Once I arrive at work, I check in with all the staff and look at the food deliveries. I start looking at banquet orders and reservations and move to do office tasks.

I spend time in the walk-ins, organizing and making the soup of the day. The rest of the day is expediting the breakfast and lunch food that touches the tables. Then we get ready for dinner service, and another round of staff gets to work. We do a pre-shift meeting and go through reservations, expectations and share ideas. We move on to service, and I continue expediting food and greeting tables.

If I'm off, I usually try to do something for myself. Pedicures, massages, retail therapy, I take myself on lunch dates. Catch up with friends. Take Massimo to the dog park. Maybe watch a movie, study a new cookbook. If I have the energy, I like to hike. I like to draw and paint, so I do that if I have the time.

Give a brief explanation of the cuisine at Elements.

Elements is fresh American cuisine that has global influences. The location is amazing; the views are breathtaking.

The most popular items are Wagyu beef dumplings, tuna tartar, miso-glazed Chilean sea bass and red dragon Brussels sprouts.

Do you maybe have your eye on winning a specific honor after your James Beard nominations?

Hard work pays off, and that's really all I focus on.

Tell me something that might surprise readers to know about you.

I like to spend time alone. I don't have any issues having meals at restaurants by myself.

What is your favorite thing to cook?

Whatever I crave that day! I love seafood, fresh vegetables, and nice steaks. I cook a lot of Mexican food, and I also enjoy cooking Italian.

Who is your biggest inspiration in your personal life?

My grandmother, who opened Trocadero with my



grandfather. She was always working really hard in the restaurant, always in the kitchen making food and ensuring everything was to her standards. She taught me perseverance and not to let anybody intimidate me or tell me I cannot do it. Oh, and she's 101 years old!

I admire all my mentors – Chefs Beau MacMillan, Gio Osso, Mel Mecinas and Chuck Kazmeras, as they all helped me become the chef I am.

What was it like working with Chef MacMillan?

Beau Mac was the first chef I worked with. He is one of the most charismatic and caring human beings. He is passionate about food being beautiful and delicious. We had a lot of fun collaborating and creating menus in 2020. He is always there as a mentor and friend.

Advice for someone who wants to go into the restaurant industry?

Get a restaurant job before getting into school debt. School is nothing like the real deal. Working in a restaurant will give you a keen idea of what it truly takes to be in this industry.

What's next for Samantha Sanz?

Continue creating beautiful food that will hopefully create memories!

Arcadia High's Marching Band wins ninth championship

By Melissa Hirsch

The Spirit of Arcadia Marching Band is trumpeting a stunning victory after capturing first place in the November AZMBA (Arizona Marching Band Association) Championship. The win came on the heels of their second-place designation at the ABODA (Arizona Band Orchestra Directors Association) State Marching Championship.

Under the direction of Jan Gardner, the team has won the AZMBA Championship for the past five consecutive years. A staple of the school, the band plays at football games, pep assemblies and various public events.

When Gardner came on the scene ten years ago, the band and orchestra departments “barely had a heartbeat,” he said.

Over the years, Gardner’s expertise and drive have led participating musicians to new heights. The school now boasts a marching band, percussion ensemble, two concert bands and two string orchestras.

During competitions, judges look for proficiency in music, visuals and general effect. They critique band members on how they synchronize in time, carry themselves and their instruments, and what “wow” factors make the band unique.

The color guard kicks up that “wow” with visual aspects accompanying the band’s performances. By creatively using flags and props, they complement the rousing music with dance moves and routines set to the cadence of the music. Precision timing



PHOTO: SYLVIA VALTIKREZ

Spirit of Arcadia Marching Band with their first place trophy after the AZMBA Championships.

and execution are crucial. They spend months refining techniques, practicing, and perfecting choreography to ensure a seamless performance.

Band competitions and championships are pageantries of color, musical mastery and motion. Much of the credit goes to Gardner, who writes the drills and music and devises themes rich with interpretive possibilities.

Specialists employed to work with percussion, color guard and visual aspects

of the program provide an extra dose of professionalism. During shows, band members and color guard parallel the theme in music, movement and costuming.

For this year’s “Roman Gladiator” theme, the band made a dramatic entrance into the stadium donning Spartan-styled helmets replete with red plumage and spears. The score they played was entitled “In the Arena,” by Gary P. Gilroy.

“These kids are busy the entire day of the

contest,” Gardner said. “It starts in the early afternoon and runs until 9 p.m. That’s not even counting the time we rehearse at school beforehand. Sometimes kids have been here from 8 a.m. to 11 p.m.”

There are perks for all that hard work. Last year the band had the honor of marching in the Festival of Light Parade, hosted by NBC’s Olivia Sandusky and Tim O’Brien, in Palm Springs, California. The proverbial “cherry on top” was a trip to Disneyland.

“The band is a very close and supportive group. They make a huge commitment, consistently working very hard to achieve excellence, and are all-around a wonderful group of kids,” Band Booster Shannon McAfee said.

Freshman Wesley Harmony reflected on his first year with the band: “I enjoyed marching band this year, especially competing and playing at football games. I feel this experience has made me a better person, more confident and more willing to put myself out there and volunteer for new things.”

“My son joined marching band as a freshman, and I’ve been blown away by the hard work, dedication and discipline this group of students showed. I’m so proud of their accomplishments. Their hard work has paid off,” Band mom Krista Braden said.

Congratulations to the Spirit of Arcadia!

Microelectronics

ASU is leading the way

Arizona State University’s MacroTechnology Works facility in Tempe is where the public and private sectors come together to develop the research and workforce that Arizona will need as it transforms into a global hub for microchip manufacturing. It’s a collaborative approach attracting attention from national policymakers because it allows companies of all sizes to partner with ASU to solve microelectronic challenges that impact our daily lives and national security. It also directly connects these companies to the largest pipeline of engineering and technology talent in the U.S.*

*American Society for Engineering Education, 2021

ASU Arizona State University

are Arizona's future

#1 in the U.S. for innovation

BEST COLLEGES
USNews





PHOTOS COURTESY OF THE CITY OF SCOTTSDALE
The Scottsdale Parada Del Sol attracts more than 30,000 people annually.

69th annual Western Week heads to Old Town

By Mallory Gleich

Western Week, a collection of events held in Scottsdale in February, is dedicated to celebrating the city's history and cultures of the past – and the celebration promises an Old Western-style good time for all ages.

Although the “new” Western Week debuted in 2017, the events have been part of Scottsdale's culture as far back as 1957, according to Scottsdale's Director of Tourism and Events, Karen Churchard.

“The City of Scottsdale was looking for a way to incorporate the major events they were already hosting, including the Scottsdale Parada Del Sol Historical Parade and the arrival of the Hashknife Pony Express,” Churchard said.

While the events celebrate the past, they also educate attendees about the “cultures



The Hashknife Express delivers more than 20,000 pieces of U.S. Mail to the steps of Scottsdale's Museum of the West during Western Week.

that exist in the city today that help make the community so unique and vibrant,” Churchard said.

Additionally, the city worked with the Arizona American Indian Tourism Association to create the annual Arizona Indian Festival, which started in 2017 and offered free admission to Scottsdale's Museum of the West. At this event, guests can enjoy traditional food, storytelling, traditional dancing, singing and dwellings represented within the village area.

“Year after year, the city partners with businesses and museums in Old Town – such as Western Spirit: Scottsdale's Museum of the West, Scottsdale Gallery Association and individual merchants, bars and restaurants – to present events, programming and entertainment tying in with Western Week,” Churchard said.

The most popular event, however, continues to be the Scottsdale Parada Del Sol, which attracts more than 30,000 people annually.

Churchard said that the parade and Trail's End Festival will incorporate sports themes and

activities as well as cowboy and Western ones, as it always has. Last year's theme was Back in the Saddle, referring to the end of the one-year hiatus. The 2023 theme for the parade is Cowboy Kickoff, as Super Bowl LVII will happen in Glendale the following Sunday.

“People were extremely excited about the return of this event, as it has become a generations-strong tradition for many local families,” Churchard said. “Tens of thousands of people attend the weeklong event, with the highest attendance at the Parada and Arizona Indian Festival.”

The Parade Committee and the Scottsdale Charros (a nonprofit group that supports businesses and schools throughout the Valley) are dedicated to keeping the parade true to its roots, which means the event will continue to give off that small-town parade feel for attendees.

Entries are limited to around 125 groups representing the cultures of Scottsdale's past, present and future. These include colorful floats, mounted horse-riders, horse-drawn carriages, school marching bands, wagons and stagecoaches representing multiple cultures, from Mexican and Native American to Arabian and Western, according to Churchard.

scottsdaleparade.com

WESTERN WEEK EVENTS

Below are a few Western Week events. Find more information on the website.

WESTERN SPIRIT GOLD PALETTE ARTWALK

Thursday, Feb. 2, from 6:30-9 p.m.
Scottsdale Arts District

Stroll through the Scottsdale Arts District while enjoying authentic Western entertainment and Western-themed exhibitions at participating galleries.

MARCHING THROUGH SIX DECADES OF PARADA DEL SOL

Thursday, Feb. 2, from 6-7 p.m.
Scottsdale's Museum of the West/
Virginia G. Piper Theater

Scottsdale Community Historian Joan Fudala will hold a presentation including a photo-rich history of the Parada from its origins to date.

65TH ANNUAL HASHKNIFE PONY EXPRESS ARRIVAL

Friday, Feb. 3, from 11 a.m.-1 p.m.
Scottsdale's Museum of the West

Celebrate the arrival of the Hashknife Pony Express, the oldest officially sanctioned Pony Express in the world, which delivers more than 20,000 pieces of U.S. Mail to the steps of Scottsdale's Museum of the West. Enjoy live music, dancers, Native American hoop dancers and royalty, kids' activities and food trucks.

PARADA DEL SOL HISTORIC PARADE AND TRAIL'S END FESTIVAL

Saturday, Feb. 4 from 10 a.m.-4 p.m.
From Drinkwater Blvd.
along Scottsdale Road

Presented by Oliver Smith Jewelers, the 69th Annual Scottsdale Parada Del Sol Parade and Trail's End Festival celebrates the city's Wild West roots. The parade goes until noon, when the city is transformed into a block party with a kid's zone, food trucks, vendors and multiple stages with live entertainment.

ARIZONA INDIAN FESTIVAL

Saturday, Feb. 4, from 9 a.m.-4 p.m.,
Sunday, Feb. 5, from 10 a.m.-4 p.m.
Scottsdale Civic Center

The Arizona American Indian Tourism Association, in partnership with Arizona's Native American tribes, hosts this annual event. Guests can explore examples of traditional Indian villages and dwellings, arts and crafts, demonstrations, native food vendors and mainstage entertainment.

Traditional food, storytelling, dancing, singing and more happen at the American Indian Festival.



One Nutrition

SUPPLEMENTS • SMOOTHIES • VITAMINS

A NEW YEAR. A NEW YOU! ARE YOU READY?



**Buy One Get One
Smoothie**

**10% Off
Select Diet Pills**

**\$5 Off Select
Creatine**

**Free Shake
with coupon**

**Free Shake
with purchase
of Protein**

**10% Off Select
Pre - Workout**

**Free Shaker
Bottle
w/ purchase of protein**

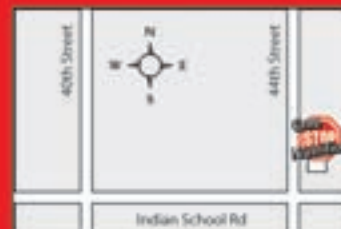
**GIFT CARDS
AVAILABLE**

**FB @onestoparcadia
IG @onestopnutritionarcadia**

COUPONS ONLY VALID AT THIS LOCATION

ARCADIA

4115 N. 44th St.
Phoenix, AZ 85018
602-956-0009





The Spot at Arcadia



EAT by Stacey Weber

The Dining Scoop

SUPER BOWL 2023

In just a couple of weeks, friends and families will gather around the television to watch the annual Super Bowl. If you're looking for a new vibe for this year's game, check out a few options for new venues, eats and football watch parties happening all over the Valley.

The Spot at Arcadia, a family-friendly sports bar, is offering 2-for-1 deals for Super Bowl Sunday on February 12:

buy one Arcadia Monsoon beverage or one pizza and get one free! The Arcadia Monsoon is The Spot's signature frozen drink, made with mandarin vodka and tropical citrus flavors. This deal includes all pizzas on the menu. Choose from the BBQ Brisket, Sweet Dreams, the Blanco Pizza and more.

thespotarcadia.com

On Saturday, February 4, from 10:30 a.m.-1 p.m., **Tracy Dempsey Originals** will host a Super Bowl-themed cooking class.

Tracy and her staff will coach attendees through the essentials that can be used at any party – not just the football ones! The menu includes Cubano sliders, Asian wing meatballs with sweet and spicy Sriracha, vegetarian Frito chili pie in a bag, tailgatin' dip, chocolate-dipped mini cheesecakes and kitchen sink cookies. Cost is \$70 per person, including all ingredients.

tracydempseyoriginals.com

Phoenix catering company **EAT by Stacey Weber** is offering Super Bowl Party Boxes for the big game that are ready-to-serve and big enough for a family of four. Pre-orders are available through Thursday, February 9, until 8 a.m. and will be ready for pick up on Sunday, February 12, until 4 p.m. Items include chicken and veggie potstickers with a sweet glaze and spicy soy glaze, ham and cheese rollups with buttermilk ranch, buffalo chicken dip with baby carrots, cucumber, celery and bell peppers, and more. Prices vary by dish.

eatbystaceyweber.com

Someburros (5115 N. 7th St., Phoenix) will offer \$5 off of their Fiesta Platters – a mix of 40 Mexican miniatures and signature favorites, including Sonoran-style red chili beef, green chili beef, bean mini chimis, five beef and five chicken taquitos. They will also be offering half-gallons of their margarita mix (\$14). Offers can be redeemed with the code "GAMEDAY."

someburros.com

Zinqué Bistro (4712 N. Goldwater Blvd.) has various platters for those game day eats. Choose from the Artisan French Cheese Platter (\$80), Charcuterie Platter (\$75), Sandwich Platter with sandwiches of the guest's choice (\$120), and Roman Pizza Bites (\$150) which comes with choice of zucchini, burrata, and merguez sausage.

lezinque.com

With locations in both Scottsdale and near the Glendale stadium, guests can watch the game at **Hash Kitchen** while enjoying a Big Poppa Bloody Mary (\$34). They also released a new menu that includes items like bread pudding French toast sticks (\$17), tsunami pancakes (\$18) in guest's choice of Strawberry Shortcake and S'mores, or brunch pizza (\$18) made with sausage gravy, ricotta, two fried eggs covered in parmesan cheese and mozzarella.

hashkitchen.com

ZuZu has unveiled a football-themed "Show Stopper" Shake that features a vanilla-cola milkshake base on a bed of chocolate cake, topped with sprinkles, meringue goalposts, candy cacti, and a chocolate football with M&Ms hidden inside. Paired with the shake is an eight-ounce Kobe beef burger with a deep-fried short rib patty, white cheddar, frisée, pickle salad, onion mostarda, and shaved truffles. The shake and burger are available February 10-12 from until 10 p.m. for \$57. The Quarterback Tomahawk Steak Plate,



Live high above it all on the 14th floor Just moments from Arcadia

Imagine living above it all with 180 degree unobstructed views of Phoenix Country Club, Camelback Mountain and Downtown Phoenix. The magnificent panorama of city lights at night can be enjoyed from your living room, den, master suite and 2nd bedroom. The glass walled terrace opens into the sophisticated great room, master bedroom and kitchen. South facing open floorplan remodeled in 2012 boasts a built in separate office and an abundance of closet space in the bedrooms. The community provides concierge/doorman service, 24 hour security, underground parking (with 2 spaces), storage room, a gym, a resort style grounds with a heated Olympic size pool and spa. This little-known secret in the heart of Midtown Phoenix is a must see.



Debbie Frazelle | CLHMS | ABR

602.399.8540

debbiefrazelle.com

dfrazelle@cox.net

PAST ARCADIA PTO VP
PAST HOPI PTA PRESIDENT

ARCADIA RESIDENT FOR OVER 30 YEARS



Debbie Frazelle
REAL ESTATE

Top 1% of Coldwell Banker Agents



HAPPY VALENTINE'S DAY! ENJOY YOUR TEE PEE FAVORITES



Open Sun-Mon-Tues 11am-9p

Wed-Thurs 11am-9:30pm

Fri-Sat 11am-10pm

• Dine in • Patio Service

• Sat-Sun Brunch menu with drink specials

• Happy Hour Specials • Pickup Orders

Try our full catering service: 602-300-7133

Safety guidelines are being followed. Thanks for your support!

4144 E. Indian School Road | teepeemexicanfood.com | 602-956-0178



Show Stopper Shake at ZuZu

featuring a 57-ounce prime tomahawk, was crafted by ZuZu's Executive Chef Russell LaCasce and is served with two pounds of herbed pee wee potatoes, tomatoes and fresh-baked bread. The steak is available Super Bowl weekend from 5:30-10 p.m. for \$570 – you might want to bring some friends to share this one! Availability is limited and pre-ordering is recommended.

hotelvalleyho.com

Postino Arcadia is offering a Super Bowl Party Pack so the snacks are taken care of! The party pack feeds up to 15 people at \$21 per person or \$315 altogether. Guests can choose from Chef's Charcuterie, skewers, Nick's Board, meatballs and goat cheese, Crudité Platter, assorted bruschetta platter and assorted panini platter. Cookies and gallons of lemonade or iced tea are available to add.

postinowinecafe.com

Hearth '61 is gearing up for the showdown with a Touchdown Board, featuring a twist on game-day favorites: Noble Bread pretzel, white queso, honey whole grain mustard, house pickles, charcuterie, spiced nut mix, chocolate-covered bacon, olives, truffle Hasselback potato, onion rings, zucchini fries and chipotle aioli. The board is available Feb. 6-12 from 2 p.m. to close, and the cost is \$57.

mountainshadows.com

Streets of New York (5031 N. 44th St., Phoenix) is offering an Appetizer Mix & Match for \$50, where guests can choose a half pan of two appetizers, like meatball sliders, pizza rollups, cheesy passion bread, artichoke spinach dip, chicken tenders and boneless chicken wings. The pizzeria will also be serving up football shaped calzones for \$12.

streetsofnewyork.com



PARTY TIME

The Hot Chick (4363 N. 75th St., Scottsdale) and **Boondocks** are hosting their second annual block party beginning February 8-12. Get ready to transport back to the early 2000s with the Tailgate Time Machine event: T-Pain, Baby Bash, Paul Wall and Slim Thug are set to take the stage – and don't worry, the game will be on multiple televisions with plenty of snacks on hand! Individual tickets start at \$129; three-day passes are \$299.

thehotchickaz.com/events

Also happening in Old Town is the **Historic Old Town ESPN Main Street Tailgate**, a five-day football pre-game party on February 8-12 (starting at 8 a.m.) along Main St. between Scottsdale Road and Brown Ave. The event will show pre-game coverage of Super Bowl LVII, with multiple ESPN programs live from the event. Guests can enjoy games and performances from local musicians. Area eateries will have food available for purchase. Attendees will also have photo opportunities, including a potential cameo on live TV.

scottsdalesuperseason.com

On Friday, February 10, starting at 6 p.m., Tempe Beach Park (80 W. Rio Salado Pkwy.) will turn into the **FanDuel** football watch party – complete with a live concert by The Killers. Guests can enjoy appearances by well-known sports stars, the celeb vs. NFL legends superstar showdown, a chance to win various prizes, and plenty of food trucks to keep the hunger at bay. This is a 21+ event; tickets are available by signing up.

fanduel.com



PROFESSIONAL LANDSCAPING FOR EXCEPTIONAL PROPERTIES

A to Z Tree & Turf provides homeowners with an exceptional outdoor living experience. We design and build some of the most prestigious landscapes in the Valley. Our unparalleled attention to detail and excellent customer service ensures your outdoor living space is exquisite year-round.

WE CAN CREATE THE PERFECT SPACE FOR YOU!

- Design - Build - Install
- Planting & Hardscapes
- Irrigation & Lighting
- Artificial Turf
- Plant Health Care
- Beautification & Enhancements

CALL 480-549-0590 FOR A COMPLIMENTARY CONSULTATION!



Serving Arcadia and surrounding areas for over 10 years.



Your Personal Landscape Experts
atoztreetandturf.com

ROC #313230
Licensed | Bonded | Insured
Member of AZ Landscape Contractors Association



"Meet Mr." | Ray Artigue

Dr. Milton Scharff

Dr. Milton Scharff's patients say he is one of a kind, meaning someone who is "caring, patient and amazingly kind," according to Tammy Peterson, a mother of three who has entrusted her children to Scharff for more than ten years.

"There are doctors, and then there's Dr. Scharff. He always goes above and beyond to care for all his kids. He takes the time with his patients, no matter how busy he is," Peterson said.

Scharff said he always knew he wanted to be a doctor but hadn't necessarily planned on pediatric medicine.

"I started working with kids during my third year of medical school, and things just clicked," Scharff said. "I just love working with kids of all ages and their parents."

Scharff grew up in San Antonio, the middle child of three. His parents were Holocaust survivors who came to America not speaking a word of English. They worked very hard and built a fruitful life in Texas.

"My dad lived to be 95, and some of the best advice he ever gave me came during his final days. He said, 'Milty, don't ever be too sure of yourself.' I keep that in mind when seeing patients and considering difficult diagnoses and treatments," Scharff said.

He earned his undergraduate degree from the

University of Texas, where he graduated magna cum laude and was elected to Phi Beta Kappa. He then attended UT Medical School and did his pediatric residency at the Texas Health Science Center in Houston.

Scharff has practiced at Camelback Pediatrics since 1994 and has consistently been recognized by *Phoenix Magazine* as "Top Doc," as well as being listed in the national poll of "Best Doctors in America."

"Pediatric medicine has evolved over the years. Things that doctors once considered to be absolutes in the 80s are no longer

practiced," Scharff said, citing the overuse of cough and cold medicines as one example. "Evidence-based medicine serves as a very good teacher."

Scharff enjoys spending time with his family when he isn't treating children. He has three grown kids: Erin, Spencer, Reed, and six grandkids. He and his wife, Gail, have been married

for 42 years and have lived in Arcadia since 1998. Their home is lively around the holidays with everyone visiting – the grandkids call him "Doc."

"Even with my medical background, I get questioned by my kids and grandkids all the time, asking me, 'Is that really right?'" Scharff said with a chuckle.

His hobbies consist of reading and road cycling.

"I'm a news junkie and an avid biker. I usually ride between 15 and 30 miles. We're those guys you see in the funny outfits cruising through Arcadia," he said. He also enjoys riding in multiday cycling events,



such as RAGBRAI, a 468-mile ride with more than 10,000 riders.

"It's incredibly gratifying to work with families, develop meaningful relationships, and positively impact their lives. That's what I enjoy most about being a doctor," he said.

Asked about what his autobiography might be titled, he suggested "Thanks for the Ride," then adding, "I'm kind of lucky."

It's incredibly gratifying to work with families.

LOCAL, MEET LUXURY.



5800 N MONTE VISTA DR. | PARADISE VALLEY
\$9,250,000 | 5 BEDS | 7 BATHS | 7,439 SQ. FT.
THOMAS SCOTT | 480-482-9260
KELLY JONES | 480-399-9322



4601 E EARLL | PHOENIX
\$2,000,000 | 4 BEDS | 4.5 BATHS | 2,936 SQ. FT.
ALISON GUELKER | 602-920-8101
KATRINA BARRETT | 520-403-5270



8290 E VIA DEL SOL DR. | SCOTTSDALE
\$2,975,000 | 4 BEDS | 3.5 BATHS | 4,116 SQ. FT.
BLAKE ST. JOHN | 480-444-9888
BLAKE ZINKE | 602-402-2180

Visit LocalLuxuryRE.com for all our exclusive properties.

UPCOMING EVENT:

HOUSE HUNTING BUYER TOUR: Homes of Paradise Valley.
COME TOUR THE HOTTEST PROPERTIES FOR SALE IN PARADISE VALLEY,
WITH YOUR LOCAL NEIGHBORHOOD SPECIALISTS.

FRIDAY, FEBRUARY 17TH AT 2:00 PM

3545 E. INDIAN SCHOOL RD, PHOENIX, AZ 85018.

Please RSVP: Office@LocalLuxuryRE.com

LOCAL
LUXURY REAL ESTATE

ACCELERATED SAVINGS. *Extraordinary Experience.*



CrossFirst Bank is an established leader with an innovative approach to customer service. Our experienced bankers are ready to go above and beyond for you through state of the art technology combined with personal service that will make your life easier.

BUMP RATE CD

4.00% APY¹

18 months | \$10,000 Minimum

PERSONAL MONEY MARKET

2.35% APY²

Balances \$500,000 or Greater

Visit us today to experience extraordinary!

602.837.6230 | 3237 E. CAMELBACK ROAD | PHOENIX, ARIZONA 85018 | CROSSFIRSTBANK.COM

¹Annual Percentage Yield (APY) accurate as of December 16, 2022. This is a variable rate account. At your request, we may change the interest rate after account opening. \$10,000 minimum deposit to open. A penalty may be imposed for early withdrawal. This account features a Rate Increase Option that allows you to increase your interest rate and APY one time during the term of the CD if our applicable interest rates increase during the CD term. If you choose to exercise the Rate Increase Option, the new interest rate and APY for the remaining term of your Bump Rate CD will be determined by the advertised rate for your account term at the time the request is initiated. We will not provide any notice to you when our interest rates change. If at any time during the term of your Bump Rate CD you want to exercise the Rate Increase Option, call us during normal business hours at 1-844-261-2548. THE DATE ON WHICH YOU CHOOSE TO USE THE RATE INCREASE OPTION COULD IMPACT, POSITIVELY OR NEGATIVELY, THE TOTAL EARNINGS ON YOUR CD. THE AVAILABILITY OF THE RATE INCREASE OPTION NEITHER IMPLIES NOR GUARANTEES THAT OUR INTEREST RATES WILL INCREASE DURING THE TERM OF ANY BUMP RATE CD.
²The annual Percentage Yield (APY) is accurate as of December 16, 2022 and is currently offered for personal accounts. Because these are variable rate accounts, the rates and APYs could change without notice after account opening. Rates may vary depending on balance tiers. For balances between \$0 - \$24,999.99, the APY is 1.25%. For balances between \$25,000.00 - \$99,999.99, the APY is 1.35%. For balances between \$100,000.00 - \$249,999.99, the APY is 1.75%. For balances between \$250,000.00 - \$499,999.99, the APY is 2.10%. For balances \$500,000.00 and greater, the APY is 2.35%. The required minimum opening deposit is \$1,000. If your account's daily collected balance falls below \$1,000, there is a \$10 monthly maintenance fee. Fees may reduce earnings on the account.

Member FDIC

Sweet and saucy meals for Valentine's Day

It's trendy these days to eat clean, right? But what does it mean, exactly? Simply put, it means eating fresh, whole foods that are minimally processed. As a wellness coach, I help clients focus on eating more plants, legumes, whole grains, nuts and seeds. It is also important to get in the habit of flipping the packaging over and reading the ingredients before you buy. Products with five or fewer ingredients, without artificial coloring and flavorings, are the best place to start. Think about going back to basics

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

with food. Simple food can still have lots of flavors. Here are two easy healthy dinners and one sweet treat for Valentine's Day.
youcare-selfcare.com

Buffalo cauliflower tacos SERVES: 4

Ingredients

- 1 head cauliflower, cut into florets
- 1 tbsp. avocado oil
- ¾ cup buffalo sauce, divided
- ½ tsp. garlic granules
- ½ tsp. pink salt
- 1 can pinto beans, drained
- 1 large tomato, diced
- 8 small tortillas or taco shells

Dressing

- 1 avocado
- 1 cup cilantro
- 3 tbsp. lime juice
- ¼ cup water
- 1 tsp. apple cider vinegar
- 1 tsp. cumin

Directions

1. Preheat oven to 400 F. Toss cauliflower with oil, ½ cup of the buffalo sauce, garlic granules and salt.
2. Roast for about 25-30 minutes. When it is done, toss with remaining buffalo sauce.
3. Put topping ingredients in blender. Blend until smooth.
4. Assemble tacos in shells with buffalo cauliflower, pinto beans, tomatoes and sauce.



Teriyaki soba noodles SERVES: 4

Ingredients

- 2 bundles Soba noodles
- 4 cups broccoli, chopped
- 4 cups spinach
- 2 cartons mushrooms, sliced

Sauce

- ¼ cup tamari soy sauce
- 2 tbsp. olive oil
- Juice of one lemon
- 1 tbsp. sesame oil
- 1 tbsp. maple syrup
- 1 tsp. sriracha
- ¼ tsp. ground ginger

Directions

1. Sauté mushrooms in a pan for about 10 minutes.
2. Cook soba noodles and toss broccoli into the pot when there are two minutes left on cook time.
3. Drain, put back in the pot, and add spinach.
4. Once wilted, add cooked mushrooms and sauce.
5. Stir and serve.



Valentine's Day chocolate mousse SERVES: 6

Ingredients

- 6 oz. 100% cacao chocolate
- 1 ¾ cup plant-based (or soy) milk
- 12 pitted Medjool dates
- Strawberries and coconut whipped cream for topping

Directions

1. Put the dates in a small bowl and pour boiling water to cover. Let sit for 20-30 minutes.
2. Chop the chocolate and put in a double boiler or microwave to melt.
3. Remove the pits from the dates and put in a high-speed blender with the plant-based milk. Blend until smooth.
4. Add the melted chocolate and pour into individual jars or ramekins. Refrigerate until ready to serve. These will last up to two weeks in sealed containers in the fridge.



Edward Jones®

> [edwardjones.com](https://www.edwardjones.com) | Member SIPC

A place to grow your money for a rainy day

Bank-issued,
FDIC-insured

4.65%

1-year APY*



Spencer Campman, CRPC™
Financial Advisor

2302 N Central Ave Suite 1
Phoenix, AZ 85004-1332
602-265-6821

* Annual Percentage Yield (APY) effective 01/17/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

ASA Arizona School for the Arts

A COLLEGE PREPARATORY AND PERFORMING ARTS TRADITION

WHERE CREATIVE THINKERS & LEADERS THRIVE

NOW ENROLLING

5TH - 12TH GRADE

THRU 02.22.23

Distinctive dual focus in COLLEGE PREPARATION and the PERFORMING ARTS

TOP 3% AZ Public High Schools TOP 1.5% AZ Public Middle Schools U.S. News & World Report 2021-22

Located in the heart of DOWNTOWN PHOENIX and CENTRAL ARTS DISTRICT

96% college/university or conservatory bound and exceptional post-secondary success

Acceptances to leading colleges, universities, and conservatories, such as:

- Stanford
- Yale
- Johns Hopkins
- Northwestern
- Juilliard
- NYU
- Rice

NON-PROFIT PUBLIC CHARTER SCHOOL | Tour Campus & Apply Now | GOASA.ORG/ENROLL

YOU HAVE EXPECTATIONS.

I HAVE EXPERIENCE.

TOP 0.5% REALTOR®

STATE OF ARIZONA - 2022

TOP PRODUCER

THE BROKERY - 2022

TOP 50 BEST REALTOR®

PHOENIX MAGAZINE - 2021+2022



THE
BROKERY
LOCAL REAL ESTATE BROKERS

Associate Broker, MBA

Debbie@TheBrokery.com // 480.335.8604 // DebbiePontikas.com



RoarBots tackle First Lego League Competition

By Mallory Gleich

Echo Canyon School has much to celebrate in the new year – a new mural showcasing their school to drivers on Camelback Road, a return to classes, and a championship win for their competitive robotics team, the RoarBots.

The ten members of this competitive team headed to the Mesa Academy of Advanced Studies in December to participate in the First Lego League (FLL) Mesa Qualifying Tournament.

The First Lego League organization introduces science, technology, engineering and math to students ages 4-16 through hands-on learning experiences.

Participants gain real-world, problem-solving skills through the robotics program, where they experiment and grow their critical thinking, coding and design skills.

The challenge? Teams had to build and program a Lego robot that traverses the missions of a robot game. Part of this includes researching to identify and solve a relevant real-world problem.

There are three parts to the FLL Challenge: robot design and score, presentation of solution and core values.

This year’s theme was called SuperPowered. The RoarBots were tasked with researching how energy is produced, stored, transported and used. They had to identify the problem and solve it.

Once the Lego robots were built, the teams



(back) Andy Silvertson, Rae Ramirez, Alexis Rojas, Mia Clyde. (middle) Andrew Pulido, Indy Strebe, Hillary Peyton, Jonah Gross. (front) Klover Eichenauer, Chloe Wilkins and Monse Castillo.

added up points for things like the “car” no longer touching the ramp, the energy unit (a Lego piece) placed in the car, raising certain pieces and placing others inside the “car.”

“The team’s solution was to come up

with a new, clean, untapped energy source to at least aid in removing fossil fuels in our environment,” Coach and fourth-grade teacher Kay King said.

The team members succeeded and were

awarded the Champion’s Award, meaning they won in all three categories. They also won the Robot Performance Award, after they got the highest score of 210 points in the robot matches.

“I felt very scared at one point while we were waiting for the scoreboard to give us the final score,” team member Hillary Peyton said. “When the scores came up, and I saw that we were in the first place, it was fantastic! I was so happy that I cried. I love my team and celebrating this with them.”

Even more impressive is that this is the first FLL Challenge the RoarBots have competed in since 2020. Out of 14 teams, they took the top spot. They were awarded two trophies and medals for all the members.

“The team was so surprised, proud and blown away by their wins. I am so proud of them,” King said.

“I was surprised that we won because in the first round, the robot messed up and even fell over, but after making a few adjustments to the robot, our next two rounds went well. I was in shock when we won. My favorite part was that it was fun,” team member Andrew Pulido said.

The RoarBots were one of the top four teams at the qualifying tournament, which earned an invite to the State FLL Tournament at ASU on January 14, where they competed with the top teams from around the state.

HIGH PLACE MORTGAGE

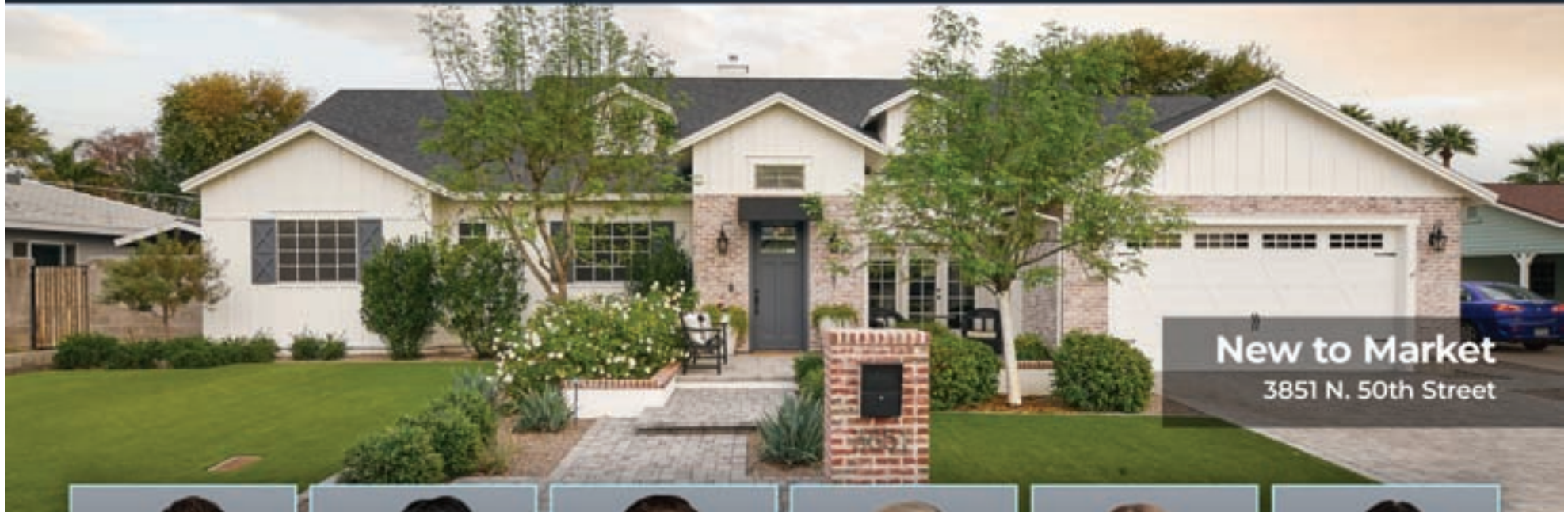
WE MAKE LOANS HAPPEN. From first-time homebuyers to seasoned real estate investors, we’ve got the tools to help with your financing goals.

- ▶ Conventional Loans
- ▶ Private Money
- ▶ HELOCS / Lines of Credit
- ▶ First-time Home Buyers
- ▶ Bank Statement Loans
- ▶ FHA Loans
- ▶ Construction Loans
- ▶ Bridge Loans
- ▶ VA Loan Programs
- ▶ Portfolio Products
- ▶ Refinances / Purchases
- ▶ Reverse Mortgages

HIGHPLACEMORTGAGE.COM | 800.996.0662
2930 E CAMELBACK ROAD, SUITE 175 | PHOENIX, AZ 85016

REALTORS

Your neighbors. Your friends. Your experts.



Chris Morrison



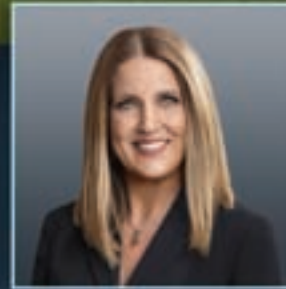
Chrissy Heller



Brian Frey



Stephanie Tarr



Shawna Bonnet



Kathy Miller



Coming Soon

3712 E. Highland Avenue



For Sale

5520 E. Calle Del Norte



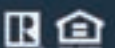
Coming Soon

4323 E. Whitton

602-456-0065
7316 EAST 6TH AVENUE
SCOTTSDALE, ARIZONA 85251



Scan for
Morrison Team
Listings



February is Rare Disease Month

PANDA and Steele Children's Research Center are here to help

By Mallory Gleich

Eosinophilic gastroenteritis (EoG) affects roughly 10 in 100,000 people. It is more common in females, and those with food allergies are more susceptible.

Three-year-old Arcadia tot Lana Cohen was diagnosed with EoG in October 2021. The rare autoimmune disease causes red blood cells to incorrectly line the digestive tract, causing pain, vomiting, gagging, coughing and choking.

But this isn't a story about EoG. It's a story of hope, help and advocacy thanks to the women of PANDA (People Acting Now Discover Answers) and the folks at Steele Children's Research Center (SCRC).

Before her diagnosis, Lana and her parents had been to multiple doctors, learned of various issues (including food allergies) and had been scared and frustrated with not knowing how to help their daughter when it came to eating – and keeping down – meals.

At a loss, and with doctors unable to pinpoint what was wrong, Lana's mom Dara Silverstein reached out to a friend – and member of PANDA – who encouraged Dara to reach out to SCRC.

In Tucson, SCRC is the University of Arizona's Department of Pediatrics research division. The physician-scientists and researchers are devoted to improving children's health through scientific,

translational and clinical research in areas such as autism, autoimmune disorders, cancer and blood diseases, diabetes, GI disorders and lung disease, to name a few.

Dr. Faye Ghishan, head researcher at SCRC, diagnosed Lana and put her on a successful treatment plan.

"Dr. Ghishan provides quarterly endoscopies of Lana's GI and takes biopsies of her esophagus and stomach to see the status of her disease. He oversees her diet and medication," Silverstein said. "The moment we became a patient of Dr. Ghishan's, our daughter's quality of life immediately changed. We are forever grateful for having this research team in our family's orbit."

SCRC was born out of tragedy. When her 9-year-old son Michael passed away from non-Hodgkin lymphoma, Louise Thomas dedicated her life to starting a facility that would help find the cause and cure for childhood diseases. The center officially opened in 1992, with Louise as the founding board member. SCRC is the facility that helped create PANDA.

When Co-founder Robyn DeBell and her family moved from Tucson to Phoenix, she met Penny Gunning (another co-founder), and the two discussed what it would take to expand SCRC to reach Phoenix and beyond. The women finally settled on a project, the



PANDA Board Members Rachel Troyan, President Courtney Gaintner, Candace Bianco, Co-founder Penny Gunning, Co-founder Robyn DeBell, Chandra Petelin and Teri Bockting.

Children Helping Children Fashion Show, and thus PANDA was created.

Officially, the organization is known as a Phoenix-based women's philanthropy board that focuses on raising awareness and funds to benefit research for childhood diseases.

"It's a group of 200 of the strongest, most passionate, and selfless women: business owners, educators, doctors, lawyers, and mothers all with the same focused determination to ensure that every kid has the childhood they deserve," Silverstein said.

According to member Lori MacLeod, the board is 100 percent made-up of volunteers. There are no paid staff, salaries or executives. Every board member commits to a minimum five-year term.

PANDA holds several fundraising events throughout the year, like the PANDA Prowl, a family fun-run event in January, and Lemonade Stand Day, where children across the Valley set up lemonade stands in March to raise funds.

Silverstein said that the organization is most known for its Children Helping Children Fashion Show, which showcases local kids and Steele patients that walk the runway to

help raise funds. Last year, they raised more than \$4 million.

Every year, PANDA votes to fundraise for one specific issue that affects children. According to Silverstein, the "First 1,000 Days of Life Project" focuses on seven angles of research to investigate the critical role nutrition plays during the first 1,000 days of life (pregnancy through three years old).

Lana will walk in the fashion show, happening April 8 at the Arizona Biltmore, with her big brothers to help raise more awareness about her disease and to help others.

"I will say that Lana – and any patient at Steele – directly benefits from being a patient at a hospital at the forefront of a wide range of research. Lana will have access to new medicine and be part of research studies that can change her quality of life," Silverstein said. "PANDA is a bridge between children, doctors and scientists. They look for the greater need and help get the funds to make that research possible."

azpanda.org
peds.arizona.edu/steele



OPEN house!

Tuesday, February 7, 2023 • 10-11:30 a.m.

New Way Academy provides a transformative education for students in 1st-12th grade with learning challenges. Visit us and learn what we have to offer students and families.

RSVP: newwayacademy.org/links

5048 E Oak Street, Phoenix • 602 389 8600



NEW WAY ACADEMY

ARCADIA'S PETS*

To be a part of Arcadia Pets, send us a photo and tell us:

- 1 Your pet's name and breed.
- 2 How old your pet is and how long it has been part of your family?
- 3 In 50 words or less, tell us about your pet.
- 4 Your first name and last initial.

*see more on page 4.



Send photo and description to editor@arcadianews.com.



Little O's

Arcadia Market

NEW MENU BREAKFAST

EGGS & BACON

BISCUITS & GRAVY

HOT CHICKEN & BISCUITS

AVOCADO TOAST

SMOKED SALMON FLATBREAD

CHICKEN & WAFFLE SAMMY

CHILAQUILES

BREAKFAST BENNY

LOX BENNY

MON-FRI | 7AM - 11AM

Part of O.H.S.O. Brewery in Arcadia



Local tennis program brings lessons to all

By Jennifer Marshall

In 2012, Arcadians Chadwick and Elana Campbell spent some time in England. While there, their children took tennis lessons with an Australian coach named Matt Sunter. They were so impressed with Sunter’s techniques that they decided to bring them back to the U.S. and open a program called International Junior Performance (IJP) Tennis.

Sunter’s techniques included the instructional “Red, Orange, Green, and Yellow Ball Junior Tennis Pathway.” The Campbells noticed this technique was underused in Arizona and wanted to share it with tennis players around the Valley.

“Sunter joined as the director and became my business partner,” Chadwick said. “He has over 20 years of experience coaching junior tennis in the U.S., Australia and Europe, and he’s worked with elite juniors and professional tennis players.”

In 2016, the Campbells brought IJP Tennis to Arcadia with the inauguration of its high-performance junior tennis development program for players aged four to 18, from beginner to elite.

“IJP Tennis is dedicated to developing junior tennis players into elite athletes while introducing the sport to the next generation of players and generally promoting it,” Chadwick said.

They now employ five tennis professionals for over 150 players. The program utilizes



ACEing Autism Phoenix Program Directors Elana and Chadwick Campbell with longtime participant Marinda Moran.

a systematic approach to develop young players as they advance through Red, Orange, Green, and Yellow Balls. They offer group and private lessons and match preparation sessions that include tennis-specific strength and conditioning.

“Countries around the world have used the development pathway,” Sunter said, “and I’ve seen how successful the program was in Europe and Australia. We don’t believe

in kids standing in lines; we want to make every lesson interactive for the players.”

Sunter said that the program challenges the kids every time they practice, which helps build characteristics they will need both on and off the court.

“We love to take beginners and develop them into high-level players,” he said.

In 2016, Chadwick and Elana learned that their son, Euan, was on the Autism

spectrum, which is how they learned about ACEing Autism.

“ACEing Autism is a nonprofit organization that started in 2008 in Wayland, Massachusetts,” Chadwick said. “Its mission is to help children with Autism Spectrum Disorder grow, develop, and benefit from social connections and fitness through affordable tennis programming.”

Chadwick explained that Richard Spurling, a tennis professional with a degree in International Business and an MBA in entrepreneurship, and Dr. Shafali Jeste, an autism researcher and pediatric neurologist, created a curriculum to use tennis as a means to provide unique social and developmental benefits to children with autism.

With IJP Tennis serving as the host, the Campbells founded the Phoenix Chapter of ACEing Autism in 2017.

Autistic players are partnered with IJP Tennis volunteers. According to Chadwick, “the program ‘pulls’ the community to autism as much as it ‘pushes’ the kids with autism into the community.”

“It’s been an honor for us to host ACEing Autism over the years,” Sunter said, “and I love seeing the kids volunteer their time to help with this program.”

“The kids learn how to work in a group in a structured environment with people who aren’t family members or school teachers,” Elana said. “They are given a chance to talk to others, exercise and have fun.”



THANK YOU
to all that joined us
for our **Scandinavian
Ranch Viewing Event.**
Because of you it was a
tremendous success!

*We had a wonderful time connecting
with the neighborhood and sharing
our latest projects with you!*



**JOIN US ON
OUR JOURNEY**
SCAN HERE for
our latest videos!

ROC #314154

NATE + PAUL
REAL ESTATE + DEVELOPMENT



Forbes
GLOBAL PROPERTIES

5151 E EARLL DRIVE | ARCADIA | OFFERED AT \$2,850,000



FEELING LEFT OUT?
SCAN HERE TO SCHEDULE
YOUR PRIVATE TOUR.



**NATHAN ANDERSON
+ PAUL NICOLETTI**

480.888.5800 | NATEANDPAUL.COM

If you are currently working with an agent, please disregard.





EXPERIENCE AMAZING
WITH THE LEXUS
RX



THE ALL-NEW
2023 RX

• MPG: 37 city / 34 highway



THE ALL-NEW
2023 RX 350H

• MPG: 37 city / 34 highway



THE FIRST EVER
2023 RX 500F SPORT

• 26 MPG in combined
city/highway driving

Family Owned. Shop Local. **Support Local.**



2023 RX 500F SPORT 2023

SHOP **EARNHARDTLEXUS.COM**
480-990-7000 | 800 EAST CAMELBACK ROAD, PHOENIX

THE TEAM

RETSY

Forbes
GLOBAL PROPERTIES



Meghan / Brooke / Rebecca / Lara / Shawna / Laura

Why hire an agent, when
you could hire **The TEAM!**



**SCAN HERE for a
free home evaluation**

www.THETEAM4RESULTSAZ.com

Area high school coaches bestowed with annual honor

By Rachael Bouley

The AIA Premier Region-6A Conference Division has announced Coach of the Year winners for the 2022 high school season, with three of our area coaches bringing home the accolade. Meet the latest recipients from Brophy and Xavier Prep.

Dave Van Sickle – Cross Country

Van Sickle has been coaching for over 40 years, 33 of which have been at Xavier. The Iowa native first taught at McClintock High School, then headed to MCC, Yavapai College and Bradshaw Mountain High School before finding his home with the Gators.

Although his competitive nature motivated him early in his career, Van Sickle sometimes found that winning was more important than the team, who needed to be happy to train and thrive. He decided to switch up his coaching style.

“I concentrated more on creating a culture where the girls had a sense of belonging, which made them happy to come to practice. The more they came to practice, the fitter they became. The fitter they became, the more they won,” Van Sickle recalled.

While he was pleased to be recognized as Coach of the Year, he notes it wouldn’t be possible without the players and their dedication to distance running, something he hopes to see for years.



Dave Van Sickle
Xavier



Lamar-Renee Bryant
Xavier



Jon Shores
Brophy

Although they didn’t win this season, Cross Country has a record of 10 state championships and five runners-up accolades.

“Winning state championships is extraordinary, but I am the proudest when the kids come back from participating in college and tell me how important running is to them,” he said.

Lamar-Renee Bryant – Volleyball

Brooklyn-born Bryant moved to Arizona in elementary school and graduated from Corona del Sol High School in Tempe before playing collegiate volleyball at the University of Memphis.

She’s spent 18 of the past 25 years coaching at Xavier and has been the Gators’ varsity coach for the last decade.

Being named Coach of the Year was an exciting moment for Bryant and a testament to her coaching philosophy as the Gators went 20-13 overall this season and made it to the playoffs.

“It felt great as a coach to get validation. We weren’t the biggest or strongest team; we used our intellect to be successful,” Bryant said. “It’s all about empowering young women to be their greatest resource.” Bryant acknowledges the support of Xavier’s Sisters and the school community over the years, on and off the court.

“Xavier is a special place with so many traditions,” Bryant said. “The volleyball program has continued for decades, and my goal is to continue the legacy that Xavier works to instill empowerment in young women.”

Jon Shores – Golf

Shores, a freshman advisor at Brophy, earned his bachelor’s at Vanguard University before continuing his master’s education at Arizona State and Northern Arizona University.

He had another successful year leading the Brophy varsity golf program, with the Broncos securing their ninth golf title – the first since 2018.

“I am not big on titles or accolades, but it is always nice to be recognized. I received the honor of the Coach of the Year, but in reality, the kids played well. It is appreciated,” Shores said.

The 2022 AIA Division I State Championship marked Brophy’s third state title under Shores, as the team set new single-round and tournament records and won by 34 strokes. They led the state in scoring average, birdies and eagles.

“It’s fun when we win, but more fun being around this group of students. They are nice boys and enjoy being around each other,” Shores said. “Winning and good play are secondary to helping develop the character of the young men in the program.”



Today’s Real Estate Market Can Be Confusing...
But it Doesn’t Have to Be.

- ARCADIA NATIVE
- TOP 2% AGENT
- 17+ YEARS EXPERIENCE
- CONCIERGE-STYLE SERVICE

Contact me today for your *free home valuation*
or to start planning for your *real estate future*.

THE
BROKERY

Dallas Peagler, Realtor®
602.821.9494 | Dallas@TheBrokery.com | DallasPeagler.com



BILTMORE PREPARATORY ACADEMY






NOW ENROLLING FOR THE 2023 SCHOOL YEAR!

Biltmore Preparatory Academy is an internationally
recognized Spanish Dual Language school.

Schedule a tour and enroll today!

biltmore.creightonschools.org

4601 North 34th Street, Phoenix, AZ 85018, (602)381-6160





INDOOR/ OUTDOOR LIVING A TREND THAT'S NEVER OUT OF STYLE



4454 East Thomas Road
Phoenix, AZ 85018

602.508.0800

liwindow.com

Mon-Thurs 8:30-5p.m. | Fri 8:30-4p.m. | Sat 9-2p.m. | ROC#179513

Seven festive holidays that aren't Valentine's Day

By Tallulah Board

Walking through a store in February can leave any person overwhelmed with the presence of Valentine's Day. Pink candy, cutesy cards and stuffed animals litter the aisles. However, this month is home to more than just Cupid's favorite day. Below are a few ideas for some holidays that everyone can celebrate!

NATIONAL GET-UP DAY

February 1

Start your month by celebrating National Get Up Day on February 1. Created by the U.S. Figure Skating Association in 2014, this day is about keeping going, no matter what setbacks you may have encountered. Much like the figure skaters who often face a fall on the ice, almost everyone has experienced setbacks in their career, school or life in general. Get Up Day encourages people to share those hard times and inspire others with how they persevered. Share your stories across social media with #GetUpDay.

WORLD CANCER DAY

February 4

World Cancer Day is a day to spread awareness and support. According to the American Cancer Society, an estimated 1.9 million new cancer cases were diagnosed and 609,360 cancer deaths happened in the United States in 2022. Getting involved can

be as simple as sharing a personal story on social media using the hashtag #WeCanICan.

NATIONAL PIZZA DAY

February 9

According to Global Newswire, the global pizza market is expected to grow by \$51.38 billion from 2022 to 2026. This one is easy to celebrate – go ahead and enjoy some pizza, and don't forget to post about it on social media (#NationalPizzaDay). There are many free pizza deals – type "pizza day deals 2023" into Google to find businesses taking part.

GLOBAL MOVIE DAY

February 11

Each year, the second Saturday of February is marked as Global Movie Day, the perfect day to see something new and exciting on the big screen. This year, newly released movies include *Knock at The Cabin*, *80 for Brady*, and a 25th-anniversary re-release of *Titanic*. If you don't feel like going out, this holiday also coincides with the Oscars, creating a perfect excuse to get together with friends and family and have a movie marathon.

STATEHOOD DAY IN ARIZONA

February 14

Aside from celebrating people in your life on February 14, celebrate where you live, as the state of Arizona has its 111 birthday this year. On February 14, 1912, we officially became a state and have since become home



to over seven million people. Gather all your friends and eat a Sonoran hot dog to celebrate, or enjoy a nice hike in one of Arizona's 22 national parks or monuments.

INCONVENIENCE YOURSELF DAY

February 22

Though its title may be discouraging, Inconvenience Yourself Day is about doing good for others. Founded in 2006, this day encourages appreciation and giving back to those less fortunate. To participate, one can do something as simple as taking two minutes to reach out to a friend you haven't spoken

to in a while. It may make a huge difference! Inconvenience Yourself Day is to think of others and the small and big ways your actions can make a positive change in the world.

NO BRAINER DAY

February 27

As the month ends, enjoy a peaceful Monday on No Brainer Day. The point is to relax and do all the small tasks piled up. However, rule number one is that everything requires little energy or thought. Let your brain switch off, enjoy a day off, and encourage those around you to treat themselves equally.

Even our school uniforms are exceptional.



Learning Aikido, the martial art that focuses on harmonizing with your opponent to resolve conflicts peacefully. It's just one way we create unique student experiences that feed a sense of inquiry, reflection, action, and discovery.

Phoenix Friends School offers a Quaker-based education welcoming all faiths and practices. We encourage a whole-student approach that values academic excellence and spiritual depth. Visit PhoenixFriendsSchool.org for more information.



PHOENIX
FRIENDS SCHOOL
The City is Our Classroom

Opening Fall 2023 | Grades 5 & 6 | Midtown Phoenix





DESERT HIGHLANDS- JOHN RATTENBURY ARCHITECT

Located at the foot of Pinnacle Peak this Wright protégé used his acumen to design a home of continuous curves nestled into a boulder strewn environment. Decorative details echo the shapes, forms and colors of the desert. The 3.8 Acre site includes sweeping views, extensive garage parking for five, and separate Guest House. One-of-a-kind! **Offered at \$5,229,000**



THE HAWKINS RESIDENCE - BLAINE DRAKE ARCHITECT

Designed by Frank Lloyd Wright fellow, Blaine Drake, this "Arcadia Meets Camelback" home offers true Mid-Century Desert Modern Design. A generous floor-plan combines with incredible Camelback Mountain views! A high-level of masonry construction, superb craftsmanship, and updating celebrate the original detail. Located in a prime Camelback Mountain Foothills location. WOW! **Offered at \$2,495,000**



ARCADIA LIVE/WORK MODERN- LUIS SALAZAR ARCHITECT

Unique modern home completely renovated and expanded with the vision of Architect Luis Salazar who created a Zen like compound complete with freestanding home/studio/shop. Interiors offer world-class finishes & furniture-grade cabinets while the zoning class (R-O) offers flexibility. **Offered at \$1,100,000**



THE HALAS HOUSE - EDDIE JONES, FAIA ARCHITECT

There are so few homes that represent the "Arizona School" of Desert Modern Architecture best other than this home designed by award-winning, "Master of the Southwest" Architect Eddie Jones, FAIA. Immaculately kept, it is being offered for the first time ever! Featured in publication, this award-winning home nestles into its Camelback Mountain hillside site offering stunning views. **Offered at \$3,400,000**



INCREDIBLE CAMELBACK MTN MID-CENTURY MODERN - FULL RENOVATION

This home offers a FULL 'down to studs' update that includes great architecture, soaring rooflines and incredible detail! Texas Limestone, Walnut Floors, Metal Roof, Fleetwood Windows & Doors, Raised Ceilings, ALL En-Suite Baths, Sub-Zero Wolf everything: now a perfect MODERN HOME! Enough room for 6+ cars and amazing views. **Offered at \$3,495,000**



THE DIALOGUE HOUSE

Incredible opportunity: Phoenix offers a handful of signature designs that define contemporary Desert Modern Architecture; this home designed by Wendell Burnette is one of the finest. The home was carefully renovated and restored painstakingly following the Architect's vision. Irreplaceable! **Offered at \$1,995,000**



TRACEY ZEMER
602.478.0607



SCOTT JARSON
480.254.7510

We are the only real estate brokerage in Arizona that specializes in the sale of architecturally unique homes. For a thoughtful approach to real estate contact us today to buy, sell or just lean more: Call 480.425.9300
Happy New Year! Our gift: use this QR code to enjoy a free digital subscription to our magazine, Defining Desert Living!

azarchitecture
Jarson&Jarson REAL ESTATE
visit: **azarchitecture.com**



A life-changing accident leads to new outlook for this mom

By Rachael Bouley

After a 2016 ATV accident resulted in the amputation of her right arm, Diana Gazzano Gibson learned to embrace a new way of life. The Scottsdale-based amputee started The Diana Adapted Foundation to support others recovering and adapting to life with limb loss and disabilities.

“Mindset is everything. I decided early on that I would not allow the loss of my arm to define me. I chose to see the silver lining in all things,” Gibson said. “I recognize that I so easily could not be here today if just one thing about my accident were different, and for those reasons, I make sure to be grateful for the opportunities I still get to experience.”

To show others in similar circumstances that they can still have a fulfilling life, Gibson launched her foundation focused on financial support and creative adaptation.

“I was fortunate to have been provided and referred to resources that allowed me to have a solid recovery in all areas,” Gibson said. “I wanted to create something for those with sudden limb loss and disabilities to have access to the same resources that allowed me to continue to live the way I was always meant to.”

The nonprofit is 100 percent funded by community support and empowers members through three main programs that were the cornerstones of Gibson’s recovery. First is Adaptive Mindset, where recipients

learn to nurture positive thinking to feel more confident.

Adaptive Independence encourages recipients to recognize their limitations and use technology and resources.

“The purpose of this program is to identify tools and processes to allow people to live as normal a life as possible while also having confidence and patience with themselves,” Gibson explained.



Diana Gazzano Gibson

Adaptive Fitness covers safe exercise concepts for building physical strength and endurance.

Gibson looks forward to expanding these offerings through local partnerships with physical and occupational therapy, psychological and legal resources.

“The foundation has much larger goals to support those with disabilities. Think home renovations and accommodations, vehicle modifications, and prosthesis funding. The list goes on and on. We’re truly just scratching the surface,” she said.

While there’s plenty of room to grow, Gibson is fulfilled knowing that others will have valuable support and resources when dealing with sudden limb loss or disability.

“For those that feel like their recent



After losing her right arm in an accident, Diana Gazzano Gibson founded The Diana Adapted Foundation to support others with limb differences.

changes will only impact their life negatively, we will be there to support them and prove to them that their new normal is actually their new secret

weapon,” Gibson said. “That is why I founded the organization and what is the most rewarding part for me.”
dianaadaptedfoundation.org

Want to reach more happy campers?

ARCADIA NEWS
SUMMER Camp GUIDE 2022

Advertise in the Arcadia News **APRIL** Camp Directory!

Direct-mailed to households in 85018, 85016, 85251 and 85253, the Arcadia News targets affluent families with our trusted and award-winning monthly publication.

Our comprehensive summer camp advertising program offers a multi-media approach to reaching 45,000+ potential campers in an affordable way.

ARCADIA NEWS
★ DIRECTORY OF ★
summer camps

OPTION ONE

ONLY **\$645**
(\$950 VALUE)

Display Ad + Listing

- 1/4* Page Print Ready Color Ad in the APRIL Issue (\$820 value)
- Need help with ad design? We are happy to design your ad for \$45.
- FREE Summer Camp Directory Listing in the APRIL Issue (\$130 value)

OPTION TWO

ONLY **\$130**

Camp Directory Listing

Scottsdale landmarks commemorate anniversaries

By Rachael Bouley

2023 is a big year for Old Town, as family and friends gather to celebrate the 90th anniversary of the Old Adobe Mission and the 75th anniversary of the Parish of Our Lady of Perpetual Help.

Mission Historian Ernie Kallen and Father (Fr.) Gregory Schlarb, Pastor/President of Our Lady of Perpetual Help, are eager to highlight the significance of these sites to the community.

“The Old Adobe Mission is the oldest standing church in Scottsdale and the first Catholic Church established by the diocese (in 1948) for Scottsdale,” Fr. Schlarb said.

“It’s a beacon of hope for Catholics and the Hispanic community who built and established the need for the Mission in 1933. Back then, it was considered mission territory of Our Lady of Mount Carmel in Tempe, whose priests traveled to celebrate mass in the Old Adobe Mission,” he continued.

The church was named Our Lady of Perpetual Help (OLPH) in 1932, and families made and brought their own pews as Rev. James Davis led the first mass on October 15, 1933.

Community involvement grew, and the Parish building was officially erected in 1948. James Mulvihill was the Parish’s first pastor.

It outgrew the original building on Brown Avenue and moved into a larger church on Miller Road and 2nd Street in 1956. Today, that building is known as Maguire Hall, still on the campus of the Parish.

“The Old Adobe Mission was just a regular little church and was designated as a ‘parish church’ after the Bishop of Tucson (at the time all of Arizona was under the Diocese of Tucson) erected Our Lady of Perpetual Help,” Kallen said. “This was the first established parish in Scottsdale, with borders from 48th Street on the west to the Indian Reservation to the east; and McDowell Road in the south to the Maricopa County line in the north. At that time our church served a large area, thus we had to eventually move to a larger building.”

Around then, the Old Adobe Mission became home to the Knights of Columbus, who remained there for 22 years. The Parish joined the Diocese of Phoenix in 1969 and opened its third and current church in 1978 (on Miller and 1st Street), the same year the Scottsdale Symphony Orchestra settled in the Mission church. This arrangement lasted until 2003 when efforts began to restore the historic building to its former status.

The restoration was completed in September 2017, and the Old Adobe Mission was named to the National Register of Historic Places a year later. While regular mass is no longer held there, the mission is open daily for visitors and hosts



Scottsdale’s Our Lady of Perpetual Help Parish was established in 1948.



Father
Gregory Schlarb

weddings, funerals, baptisms and events.

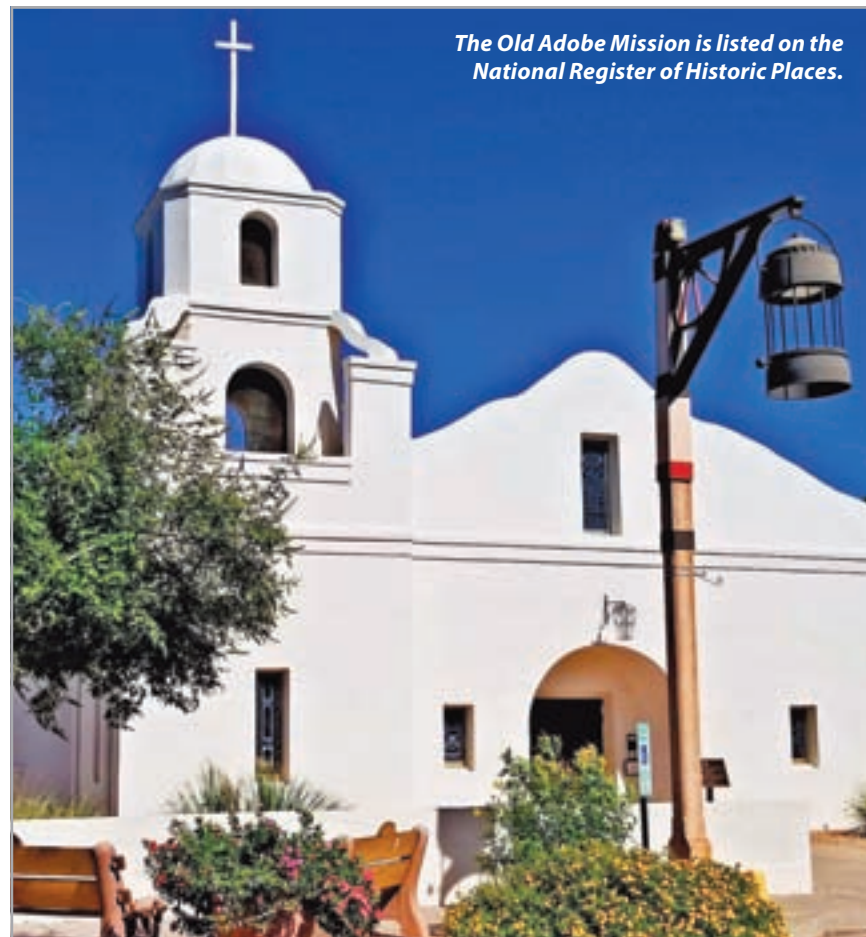
Meanwhile, the Parish of Our Lady of Perpetual Help continues to thrive at the present-day church on Main Street. Even with all the changes throughout the years, these sites have served their purpose of bringing the community together. Church leaders have bright ideas for the future, too.

“Some initial plans for OLPH are to paint the church’s exterior, continue our xeriscape conversion at the main campus, and update the front signage,” Fr. Schlarb said. “We also hope to update the landscaping at the Old Adobe Mission.”

The Parish and mission started celebrating their anniversaries in November 2022. Monthly events will be starting this spring until November 2023, including Oktoberfest, Dia de Los Muertos, a Living Nativity, Chili Cook-off, Mardi Gras, Springfest dinner and auction, ice cream socials and karaoke nights.

The events culminate in a 75th anniversary mass led by Bishop John Dolan on Sunday, October 8, 2023, at 11 a.m.

oldadobemission.org
olphaz.org



The Old Adobe Mission is listed on the National Register of Historic Places.



Clifton: one of Arizona's Old West treasures

The town of Clifton is about two and a half hours northeast of Tucson. It sits along the San Francisco River, surrounded by huge cliff walls. Clifton is one of the oldest towns in Arizona, and by looking at its main

drag one can see that it's also one of the most well-preserved.

It all started in the 1880s when prospectors were lured to this now-sleepy town with the promise of gold and striking it rich. People from all over the country spent hours, days, weeks, and months panning for gold. Yet instead of that precious metal, they discovered copper veins, and that's when the mining in the area

exploded. Clifton and the neighboring town of Morenci were booming. At that time, there were more people in Morenci, Clifton and Metcalf than in Phoenix.

The area was so large they even proposed it become the state capitol. Of



The rock jail, built right into a mountain, was used from 1881-1906.

course, like many mining towns, there were tremendous ups and downs. The town almost went bust but somehow survived the copper strike and a devastating flood in 1983.

Today, when visitors walk down Chase Creek Street, it's like a time capsule of the 1900s – especially when walking inside Ray West's Vintage Market. When Ray retired from the heating and cooling business, he and his wife searched for a small town, and they never found

anything they loved until they came to Clifton.

The couple saw a gorgeous town with great weather and friendly people. So Ray bought a couple of buildings, one for his shop and one for his wife's business, and he came out of retirement.

The vintage market is full of unique items with a rich history. For instance, Ray loves typewriters because of their historical significance. One of his all-time favorite pieces is a Remington (yes, the gun manufacturer) typewriter from 1910.

His primary focus, however, is furniture – specifically oak pieces from the turn of the century to 1920-1925. He calls them solid and sturdy pieces that have stood the test of time.

Ray calls his pieces special rather than rare, even though shoppers can find very few items like his anywhere else. For Ray, it's a life-long passion. He's been tinkering with antiques since he was a teenager. He spends all his time at yard and estate sales and antique shops.

Ray buys everything, even if it needs some work, because he claims, "I can fix anything." He refers to himself as a hoarder. He said the only difference is he likes to spread all his favorite finds out in one big shop and put price tags on them.

The town of Clifton has proven it has that Old West grit. Guests looking for a bit of history, beautiful scenery, and architecture can check out this unique Arizona town.

Visitors can get a selfie in front of the original "Devil's Highway" or the rock jail, which was literally dug out of the mountain. It had just two rooms so criminals could be shackled to the ground. The Clifton Cliff jail is open for tours and is part of the National Historic Register. Don't forget to drop in at Ray's Vintage Market, where he's happy to share his knowledge. More than likely, you'll go home with an Arizona treasure!



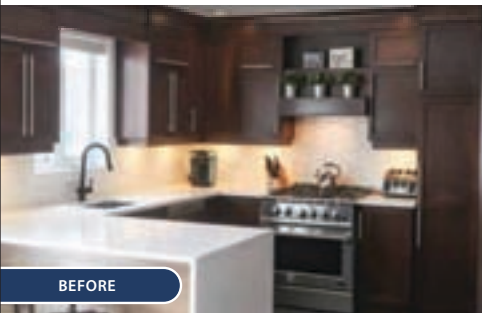
Robin's Adventures

BY ROBIN SEWELL

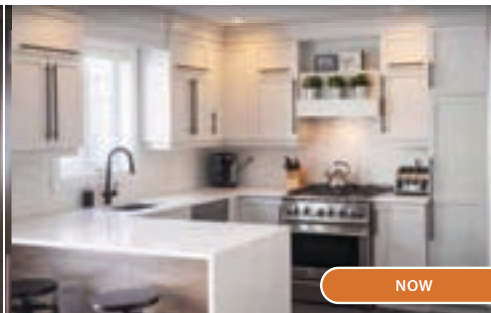
Robin is the host and executive producer of the Arizona Highways Television, Saturdays and Sundays on CBS.

There's painting. There's replacing. And now, there's Spray-Net.

MELAMINE • LAMINATE • WOOD • THERMOFOIL • ALUMINUM • VINYL • BRICK • FIBER CEMENT • ENGINEERED WOOD • STUCCO • DOORS & WINDOWS



BEFORE



NOW



BEFORE



NOW

OUR PROMISE



FACTORY FINISH



QUICK & COST-EFFECTIVE



15-YEAR NO-PEEL WARRANTY



NO SURPRISES



SUSTAINABLE

Save up to **75%** of replacement costs!

The Spray-Net product is an incredible paint & so reasonably priced at a fraction of the cost of new siding or brick!

f ★★★★★ - FRANK S.

Why just paint or replace it. When you can **Spray-Net** it?

Whether it's for the exterior of your home or kitchen cabinets, Spray-Net delivers the convenience & affordability of conventional painting with a factory finish that looks & lasts like it came off the assembly line!

CALL US TO BEAUTIFY YOUR HOME

SPRAYNET.COM
480.508.9780



SPRAY-NET
Custom Chemistry. Smarter Painting.
ROC #340851

CONVENTIONAL PAINTING
Factory Finish
Done in as little as a day
Affordable solution
No-peel warranty
Sustainable

SPRAY-NET Custom Chemistry. Smarter Painting.
Factory Finish
Done in as little as a day
Affordable solution
No-peel warranty
Sustainable

REPLACEMENT
Factory Finish
Done in as little as a day
Affordable solution
No-peel warranty
Sustainable

WE ARE ENGEL & VÖLKERS

We've always believed there's more to real estate. It's about helping people discover their new home and the new life that awaits.



**20958 N 112TH STREET
SCOTTSDALE, AZ**



\$28,000,000 | 7 BD | 8 BA | 13,617 SF
Dana Bloom / Jeff Bloom
+1 480-600-6606 / +1 602-418-1723



**6112 E QUARTZ MOUNTAIN RD
PARADISE VALLEY, AZ**



\$9,999,888 | 6 BD | 8 BA | 9,372 SF
Josh Peters
+1 480-788-7556



**3424 E ROVEY AVE
PARADISE VALLEY, AZ**



\$6,250,000 | 6 BD | 7 BA | 5,600 SF
Josh Peters
+1 480-788-7556



**14242 N CORAL GABLES DRIVE
PHOENIX, AZ**



\$3,000,000 | 10 Acres | Developer Opportunity
Bob Nathan / Myra Diaz Nathan
+1 480-695-6031 / +1 480-273-1412



**4451 E JOSHUA TREE
PARADISE VALLEY, AZ**



\$11,950,000 | 5 BD | 7 BA | 5,458 SF
Gretchen Baumgardner / Jim Bruske
+1 602-909-7056 / +1 602-768-3772



**4801 E SPARKLING LANE
PARADISE VALLEY, AZ**



\$3,495,000 | 4 BD | 6 BA | 4,763 SF
Josh Peters
+1 480-788-7556



**21218 N 82ND STREET
SCOTTSDALE, AZ**



\$2,395,000 | 5 BD | 5 BA | 4,130 SF
Todd Merkow
+1 480-776-4689



**9900 E SHARON DRIVE
SCOTTSDALE, AZ**



\$1,789,000 | 5 BD | 6 BA | 4,511 SF
Kris Schatzberg / Jim Bruske
+1 602-284-8485 / +1 602-768-3772



UNDER CONTRACT

**20704 N 90TH PLACE, #1070
SCOTTSDALE, AZ**



\$925,000 | 3 BD | 2 BA | 1,703 SF
Bob Nathan / Myra Diaz Nathan
+1 480-695-6031 / +1 480-273-1412

SCOTTSDALE AT WATERFRONT

7025 E Via Soleri Drive, #125
Scottsdale | AZ 85251
+1 602 610-3713



ENGEL & VÖLKERS®

SCOTTSDALE

20707 N. Pima Rd. #135
Scottsdale | AZ 85255
+1 480 515-5900

Visit us online at scottsdale.evrealstate.com



A Happy Trail helped this couple find new meaning in life

By Mallory Gleich

For Valley resident Connie Smith, cleaning is a most enjoyable task. So much so that she started her own home-cleaning business with her husband, Rick, by her side.

The business came with many adventures, which inspired Rick to write a book that focuses not only on the homes but also on an inspiring notion: it's never too late to hit the reset button.

Connie and Rick were born and raised in Billings, Montana. Though they enjoyed the winter, they didn't care for how long it lasted – and after visiting family in Arizona, they decided it was time to head west. That was over 20 years ago.

Before starting Happy Trails Housecleaning, Connie worked in the medical and furniture industries. Rick worked 25 years with Universal Athletic Service, a corporation specializing in athletic sales with schools.

However, something was missing in both of their lives: time. Connie decided to leave the corporate world and start her own business, focusing on something she loved to do: cleaning.

"We had been involved with life in Montana, had two kids, jobs we enjoyed and constant improvement in our lives," Rick said. "Connie became weary of working evenings, weekends and most holidays. She elected to end her sales

career and create her own one-person business."

She operated the cleaning service in Montana for two years before the family moved to Arizona.

"Her income went down, but earnings went way up. Time is more valuable than money. The new venture allowed Connie to be home for our kids in the morning and back again before they came home from school. No more nights, weekends and holidays, either," Rick said.

After 25 years of 60-hour work weeks, Rick was also ready for a change. Connie sensed it, so she wrote him a note and put it in his lunch (which she made for him every day), which set their new venture in motion. Happy Trails Housekeeping opened in 2002.

According to Rick, Connie was management, and he was labor. She ran the business: scheduling, billing, prices, maintaining supplies and communications. Rick said he was happy to follow her lead.

Twenty years later, the business inspired a different adventure – book writing. Rick compiled his thoughts, musings and tales from Happy Trails and published *Cleaning Homes for The Rich and Famous in Scottsdale, Arizona*, in 2022.

"Manuscript writing took about ten weeks, but it took 20 years of cleaning to get the stories. Once I began to write, the chapters fell into place like pieces of



Connie and Rick Smith.

a jigsaw puzzle, each finding its place at the right time," Rick said. "I wrote the book, but Connie created and named the business. I convinced her to let me join along."

He explained that his original intent was to share stories from their experiences that would be entertaining: people, realities, highs and lows, friendships, funny moments, spiritual reflections, etc. The book starts with their move to Arizona and "traces our journey of blind faith through 20 years of cleaning," Rick explained.

Rick said the chapters honor those customers and the relationships they have developed.

"The love of these people (and others not in the book) kept Connie and me cleaning all these years," Rick said.

According to the couple, a theme in the stories is hitting the reset button – in their careers and lives.

"This meant ending one chapter and beginning another. We wanted to refresh our lives differently. The American Dream is available in different forms. Our dream is forever love and a stable and consistent home for our family," Rick said. "It's the crux of our love story. It didn't matter if our jobs were glorious or humble. We started over from scratch at 50 – we hit the reset button."

Happy Trails continues to serve a few customers with cleaning and property management. Rick said they plan to clean for "a bit longer" until retirement.

The couple enjoys walking, hiking, bike riding, reading, and movies outside of work. Rick sings and plays the guitar at senior communities around the Valley, with Connie sometimes tagging along to dance with residents while Rick performs.

Rick is currently working on two more books. *Cleaning Homes for The Rich and Famous in Scottsdale, Arizona*, can be found online at Amazon, Barnes and Noble, Apple Books, Google Books and Amazon Kindle.

rick-smith.co

Celebrate

St. Valentine's Day

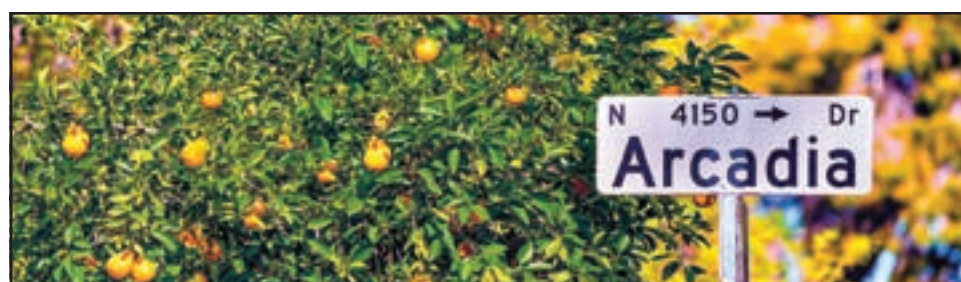
At MANUEL'S

MEXICAN RESTAURANT & CANTINA

Est. 1964

www.manuelsaz.com

2820 E. Indian School Rd. Phoenix • 602.957.7540



ARCADIA NEWS IS LOOKING FOR AN ADVERTISING SALES REP

You will: help businesses reach our audience in our publications and online.

You'll have: a wonderful existing customer base of advertisers who have been with us for many years: some more than 25!

You should: be friendly, motivated, self-directed, detail oriented and able to work with a variety of people through different mediums.

You'll be: part of a small team that produces big results. We've won over 100 national awards for our stories, photos and ads.

You'll need: MS Office, Windows and CRM abilities. Print advertising experience (desired). Reliable transportation.

We'll provide: base salary plus commission, PTO, an in-office position with some schedule flexibility.

If you enjoy helping others and love this neighborhood, let's talk!

Send an intro letter, resume or relevant work experience, and two work-related references: jobs@arcadianews.com

ARCADIA NEWS

Your comfort is our everything.

At REEIS, we prioritize your comfort above all else, delivering best-in-class, innovative technology with industry-leading customer service, knowledge and skills



Schedule your heating system tune-up today!

- Save money on heating bills
- Avoid breakdowns
- Improved comfort & safety

Reg. \$129.99

Reeis
AIR CONDITIONING

WWW.REEIS.COM
602.492.3700

3525 E. CORONA AVE.
PHOENIX, AZ 85040

REEIS A/C LLC ROC# B - 318364, C-39 - 318363





**RETSY listings are seen
by a global audience,
not just your neighbors.**

+3.1 MILLION

Global Impressions on our YouTube

+2.9 MILLION

RETSY Agents Ad Platform Impressions



SCAN HERE

RETSY

Forbes
GLOBAL PROPERTIES

RETSY leverages Forbes' global reach and digital audience of over 150 million to introduce discerning buyers and real estate enthusiasts to our carefully curated collection of sought-after properties.

**DATA SOURCED JAN 2023*





Ryan Sheedy



Avery Bowling



Quintyn Isabell



Carter Pruitt



Tatum Longnecker

Students honored at the SUSD All-District Athletic Awards

By Mallory Gleich

Scottsdale Unified School District has held the All-District Athletics Banquet for the past 15 years, where student-athletes from SUSD's five high schools are acknowledged and presented with well-earned awards for their sports seasons.

This time around, five Arcadia Titans – Tatum Longnecker, Ryan Sheedy, Avery Bowling, Quintyn Isabell and Carter Pruitt – were presented with accolades.

There are three events per season for each school year, with keynote speakers from the school board, athletic directors and school principals all in attendance.

"The purpose is simple: to honor and recognize the very best student-athletes in

Scottsdale Unified School District," Athletic Director Nathan Slater said.

He explained that the award criteria depend on team sports versus individual sports.

"With sports like cross country, swim/dive and golf, there are SUSD Invitational events that, to qualify for the banquet, an athlete needs to win," Slater said. "In team sports, the coaches determine who best represents their sport since all five schools don't necessarily play each other during the season."

The five Arcadia winners joined their fellow athletes in receiving an 8 x 10 plaque commemorating their accomplishments. Around 50 students were in attendance, along with parents and coaches. There was a dinner and a keynote speaker.

Volleyball player Tatum Longnecker has an extensive list of accomplishments: in addition to leading her team to the state championship game, she was selected to the All-Conference and All-District Teams, named All-Region Player of the Year, AVCA All-Region HS Team and Under Armour All-America Nominee.

She will play D1 volleyball at the University of Missouri in the fall and plans to major in nutrition and exercise physiology.

"It was an honor representing Arcadia volleyball with Coach Bunker and fellow teammate Ryan Sheedy at the ceremony. Meeting other athletes, coaches from our district and Mayor Ortega was a great way to end the season," Tatum said.

Tatum's teammate Ryan Sheedy said that going to state was one of her most memorable accomplishments.

"Another highlight was the final four game in Tucson against Salpointe. They had never lost and had beaten us once, so when our team came together and won, it made me tear up. I was so proud of my teammates," Ryan said. "Being awarded feels good because this is the sport that makes me happiest. I truly didn't expect any awards. I am so grateful for all the people and teammates that have helped me get to where I am today."

Ryan said she will not continue court volleyball – but may try out for sand volleyball – in her college career.

Junior Carter Pruitt has plans to play college football. His favorite highlights of his athletic career thus far include getting two interceptions in Arcadia's game against Arizona College Prep, getting an interception in his first varsity game sophomore year and hitting his first out-of-the-park homerun in little league.

"I felt honored and am thankful I have such good parents and coaches that helped me achieve this award," Carter said. "I want it next year too. And with the title of Arcadia's Defensive Player of the Year for this season, I'm on my way."

Sophomore swim and diver Avery Bowling plans to attend college after graduation, but where is to be determined.

"My favorite moments are winning districts two years in a row, placing sixth last year and third this year at state, and also having an awesome team to practice and compete with," Avery said. "I feel honored to receive this award in consecutive years. Being able to represent Arcadia and those on my team is an honor I will never forget."

The banquet is funded by the SUSD Foundation and has representatives from the Scottsdale Charros.

"In Scottsdale, we are blessed with tremendous student-athletes, families, coaches, and staff. The SUSD Athletic Banquets are an opportunity to honor some of the athletes that make our district amazing," Slater said. "We are very proud of all of our schools and the student-athletes that participate each and every day."

SPONSORED CONTENT

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.



Sophon Heng D.D.S.

602-703-1195

2600 N. 44th St., Ste. 106 | Phoenix, AZ 85008

LASTING
IMPRESSIONS
ARIZONA'S WINDOW AND DOOR SPECIALISTS

Bring the Outdoors In!

Up to
\$1500 OFF
Call for
details



MOVING GLASS
WALL SYSTEMS

VISIT OUR SHOWROOM 4454 E. Thomas Rd. Phoenix
602.508.0800 | liwindow.com

Mon-Thurs 8:30-5p.m. | Fri 8:30-4p.m. | Sat 9-2p.m. | ROC#179513



(front): Nico Defalco, Matthew Richardson, Owen Lozevski, Bo Spiekerman, Dillon Achen, Luke Gullekson, Mason Kendrick. (back): Coach Brett Bailey, Ethan Stenhouse, Ethan Faas, Jamison Fox, Braylon Rooney, Slade Roberts, Oliver Faye, Ebenazer Amelga and Head Coach Stephen Danford.



(front): JT Shear, Nick Sanford, Ayden Madi, Ryan Burbach, Sam Williams, Edgar Salcedo. (middle): Connor Fitzgerald, Skyler Johnson, Coach Matt Hooten, Coach Mike Schwertley, Coach Ian Burke, Manager Henry Foster. (back): Braeden Speed, Luke Rehl, Conner Ivy, Arman Madi, Xander Koehler, Daylen Sharper.

Get to know this year's high school basketball teams

By Mark Hays

High school basketball season is in full swing for players around Arcadia. Here's what's happening with the teams at AHS, Brophy Prep, Veritas and Xavier Prep.

ARCADIA HIGH

BOYS

Arcadia plays 25 games this season and is currently at a three-win, 17-loss stretch. They have a young team, with eleven senior players graduating last year, but the team has strengths that can lend themselves to a potentially rewarding season.

"We have high basketball IQ, size, the tallest team we've had in several years, and defense – one of the best defensive groups we have had," Head Boys Basketball Coach Stephen Danford said. He likes to run a competitive, rigorous practice.

"We, as a staff, stress fundamentals, kids being accountable to each other, and our expectation program-wide is that we compete and never stop regardless of the score," he said.

Standout players include sophomores Jamison Fox and Braylon Rooney, senior Ethan Faas, and junior Bo Spiekerman. The team was excited to face their rivals, Saguaro High School and Seton Catholic School.

"Our goals are to get better every day, make the playoffs, and learn from our mistakes," said Danford.

GIRLS

The Lady Titans have a 11-9 record in the season so far, ranking fourth in the 4A Desert Sky Division. Along with regular season games, the team will play seven tournaments.

"For me, being part of the girls' basketball team means having fun, playing hard and growing and improving together," senior shooting guard Darci Cuellar said.

Junior point guard Tianna Knighton and sophomore center Sofia Cordova are the team's most experienced players, according to Coach Gavin Tolan.

"These two do a great job of helping their teammates learn the game without offending them," Tolan said.

Their final game of the season is against



(front): Gosimo Alinonu, Sienna Cherwinski, Jasmine Olivar, Lucy Sanford. (middle): Manager Aaliyah Mag'itt, Annie Kopp, Dominique Nesland, Sarah Miller, Maureen Ulrich, Isabella Cerniglia, Manager Olivia Zangerle. (back): Coach Patrick Mangosing, Coach Angela Vecchiarelli, Gabriela Trbovic, Athiel Mlat, Noelle Bofia Guimatsia, Emily Manuelito, Coach Jennifer Gillom and Coach Bethany Roessler.

Chandler's Seton Catholic School on February 1.

BROPHY

Brophy plays 18 regular season games – thus far, they've got 18 wins and six losses under their 6A Premier Division belts. They're currently in third place.

The team also recently participated in the Visit Mesa Basketball Challenge and five games at the Desert Holiday Classic in Palm Springs, California.

"I think this group has been the best shooting group I have coached so far," Head Coach Matt Hooten said. According to Hooten, they have a relatively inexperienced team, but the players have become their own as the season progresses. The team this year is also exceptionally skilled in defense. No player on the team is taller than 6'6," and that presented certain challenges.

"Rebounding is something that we have focused on quite a bit," Hooten said.

Assistant Coaches Mike Schwertley and Ian Burke are both Brophy graduates who played basketball at Arizona State University and Portland State University, respectively.

"They both bring a ton of expertise. Our focus is always to help teammates play our best game of the season in the next game on the schedule, so that is how we approach our practices and games," Hooten said.

Leading scorers are senior Arman Madi, who has signed to play for NAU next season, and junior Braeden Speed.

"Our goal is to play our best so that, at the end of the season, we head into the playoffs with multiple wins," Hooten said.

VERITAS

GIRLS

The Lady Falcons at Veritas Prep play seventeen games in their regular season – thus far, their record is 9-9, ranked 7th in the 2A Metro Division.

The team's main strength, according to Athletic Director Corian Dennis, is playing hard and gritty, and their numbers have risen since last year. This growth coincides with them being a young team, with only one senior. The coaches stress a positive attitude, consistent effort, and communication among the team.

Dennis said that this year's top scorers

include Jaz Cobb and Cate Schneider. Veritas Prep's team had their first winning season last year, and they want to build on that success in the current season.

BOYS

The boys' basketball teams, varsity and freshman/sophomore, play sixteen regular season games and two regular season tournaments. Varsity has a record of 14-7 and are ranked third in the 2A Metro Division.

They are a competitive bunch who are invested in the success of their teammates, according to Dennis.

"While they struggle with scoring lulls, they are working hard to improve all the time, and are an ambitious team who are always excited to be playing," Dennis said.

The number of players on both the boys' varsity team and the freshman and sophomore squads has grown steadily. Their goal is to make it to the state tournament, since Veritas Prep hasn't played in the postseason since 2015.

XAVIER

Xavier is currently 14-4 and in second place in their division. They play 17 games in the regular season and will participate in two tournaments this year. Depth is their team's main strength – an advantage that will certainly come in handy as they work on offensive and defensive plays.

"We continue to improve on both ends of the court," Head Coach Jennifer Gillom said.

Gillom's coaching style is high-tempo, active play during both practices and games. Xavier boasts a strong lineup of players that bring unique talents and strengths to the team.

"Dominique Nesland is our leading scorer, but anyone on our starting lineup can be the leading scorer on any given night," Gillom said. They face some tough opponents, but she's optimistic: "I think our (Premier) conference is very competitive, and we look forward to starting this year against any of those teams."

Their goal this season is to win the first state championship in the school's history.

Brophy Broncos wrestling for the top position

By Mallory Gleich

With two second-place individual championship finishes in 2018 and 2022, Brophy's wrestling team hopes to add a state championship – and first place win – to their trophy case in 2023.

The Broncos Division 1 wrestling season lasts four months, from early November to February. In that time, each wrestler will compete in roughly 40 matches. There are five invitationals throughout the season.

Varsity Coach Wayne Catan has been a wrestling coach for 30 years, with eight of those at Brophy.

"Within a wrestling match, the ultimate goal is to pin the other person, but you can win on points, too," Catan said. "The ultimate goal for me is to get the student-athletes to love the sport because if they do, they will prosper."

The Broncos competed against Liberty, Sunnyside, Hamilton, Chandler, Mountain Ridge, Shadow Ridge, Sunnyslope and Chaparral this year.

"Wrestling is a very demanding sport that requires dedication in every aspect of preparation. Coach Catan and the Broncos are having a great season, and we look forward to the push toward state championships. There are exciting things ahead," Athletic Director Steve Shaff said.

The team started the season with dual wins over Cibola High (48-18) and Copper Canyon (58-18). Four wrestlers went 2-0:



(back): Woody Bayless, Axel Lauer, Ty Trickle, David Sweetman, Gutierrez Rigoberto, Dominic Orozco, Cooper Carey. (front): Adam Angulo, Jacob Mathew, Dylan Faires, Khan Richardson, Jackson Sweetman, Sean Kennedy.

junior Woody Bayless, junior Ty Trickle, sophomore Dylan Faires, and freshman Khan Richardson.

Freshman Adam Angulo won ten straight matches in January at the Central Arizona Classic, earning him the gold medal.

Ty defeated a top-ranked California wrestler in the finals of the Liberty Open at Liberty High School in Peoria in December.

David Sweetman (the team's heavyweight)

won the Liberty Open and the Central Arizona Classic in early January.

At the Liberty Open, David went undefeated in his matches, winning five by pins and two forfeits. The pins happened within 45.3 seconds.

Other top performances at that invitational included Blake Sweetman with fourth place at 195 and Sean Kennedy with a sixth-place finish at 126. Other place-winners at the Central Arizona Classic included

Jackson Sweetman (fourth at 175), Cooper Carey (second at 157), and Dylan Faires (fifth at 106).

The Broncos split two matches in a separate competition, defeating Camelback 72-7 and losing to Shadow Ridge 53-26. Sean Kennedy and Adam Angulo both went 2-0.

"I have been wrestling since I was eight – my dad put me in it in second grade," Ty said. "I hated it at first. It's tough, difficult and sometimes embarrassing. However, over time I grew to love that grind."

At practices, the 17-man team starts with warm-ups, then moves on to techniques.

"We wrestle hard for about 40 minutes, and after that, we do conditioning, like sprints or body-weight exercises," Catan said. "Our goals are to keep learning, working hard and winning."

Brophy also traveled to Winslow to wrestle in the Doc Wright Open. Fifty-two teams from Arizona, New Mexico, Nevada, Utah and Washington competed, and Cooper Carey, Axel Lauer, Jackson Sweetman, Blake Sweetman, Woody Bayless and Rigo Herrera won titles in their matches.

Adam Angulo and David Sweetman propelled the team to a 15th place finish. Angulo beat two state runner-ups for a fifth-place finish.

The team is getting ready for the 2023 State Championships, taking place on February 16-18 at the Veteran's Memorial Coliseum in Phoenix.



ADVERTISE IN THIS AWARD-WINNING ISSUE!

- Special pull-out section in *Arcadia News*.
- Featuring original and compelling content.
- A go-to guide for Arcadia's discriminating homeowners.

2023 Home & Design Guide SPRING ISSUE

Release date: March 1 | Deadline: February 17 @ Noon

Contact Roni Mier at roni@arcadianews.com or 602-840-6379.



CHRIST LUTHERAN SCHOOL

Christian Values. Quality Education.
Preschool through Grade 8

WHO SAYS YOU CAN'T STUDY OUTSIDE?

Religious Instruction • Strong Academics • Cutting Edge Technology • Service Learning
Leadership Programs • PE and Interscholastic Sports • Instrumental and Vocal Music
"Arts Attack" Program • School Nurse • Bus Transportation Available

3901 East Indian School Road • 602-957-7010 • www.clsphx.org



Cactus League Spring Training attracts over 300,000 annual visitors.

2023 SPRING TRAINING GUIDE

By Rachael Bouley

Cactus League Spring Training Opening Day is set for Friday, February 24. Fifteen Major League Baseball teams will partake in the annual tradition of preseason training and exhibition games at ten different stadiums across the Valley, all within an hour's drive.

Bridget Binsbacher, Cactus League Executive Director, said Spring Training draws visitors from around the country.

"Generations of baseball fans have fallen in love with Arizona, and they return year after year," Binsbacher said. "This year,

we are stressing that local fans have a great opportunity to attend games early in the season, before the influx of out-of-state visitors, which occurs in mid-March."

She explained that the ticket demand isn't as strong in the early weeks, so they want to ensure that Valley residents take advantage of the chance to enjoy baseball during Arizona's best time of year. From signature hot dogs to the seventh-inning stretch, there's plenty of family fun on offer, with special deals varying by stadium as the season runs through Tuesday, March 28.

This year, the Cactus League and the

Arizona Board of Regents teamed up on a Spring Training incentive for college-bound Arizonans. The first 750 Arizona high school seniors who fill out the Free Application for Federal Student Aid will receive four free tickets to a 2023 spring training game. Below are details on all the Cactus League ballparks to catch Spring Training this season!

cactusleague.com

Scottsdale Stadium

7408 E. Osborn Road, Scottsdale

Home to the San Francisco Giants, Scottsdale Stadium offers a VIP Spring Training experience at the Charro Lodge, complete with prime seating and complimentary food and beverages for \$1,000 per table of four. General admission tickets start at \$13, and there's a wide range of concessions, including French fries, bratwursts and nachos.

scottsdaleaz.gov

Salt River Fields at Talking Stick

7555 N. Pima Road, Scottsdale

Cheer on the home team at the Spring Training stadium of the Arizona Diamondbacks. The Colorado Rockies also train and play here, offering a great preview of the National League West division. The Pepsi Patio is a popular spot for group outings, situated above the main press box with views of the grounds and the surrounding Sonoran landscape. Single-game lawn seating starts at \$15.

saltriverfields.com

Hohokam Stadium

1235 N. Center St., Mesa

The Oakland Athletics have a long history at Hohokam Stadium in Mesa, with lawn seating starting from \$10. The Stomper Kid Zone in centerfield is free to guests and welcomes children 12 or younger to play baseball, skeeball and participate in the tee-ball home run derby.

mesaparks.com

Sloan Park

2330 W. Rio Salado Pkwy., Mesa

Catch the Chicago Cubs at Mesa's Sloan Park, the largest Cactus League ballpark with 15,000 seats. Built in 2014, it's also the newest Spring Training stadium, with seven practice fields and a high-def 28-foot-tall video board. Tickets range from \$15 for general admission lawn to \$88 for infield box on select days.

visitmesa.com

Tempe Diablo Stadium

2200 W. Alameda Dr., Tempe

The Los Angeles Angels train and play their home games out of Diablo Stadium, the oldest Cactus League facility. It was built in 1968 and underwent a major renovation in 2005, with more upgrades planned in the coming years. Grab single-game tickets for \$15-\$55 each.

tempe.gov

American Family Fields of Phoenix

3805 N. 53rd Ave., Phoenix

Head west to check out the training home



The New York Giants arriving for spring training in 1955. They were one of the first two teams to use Arizona as a pre-season home.

PHOTOS COURTESY OF SCOTTSDALE PUBLIC LIBRARY



The San Francisco Giants play in the old Scottsdale Ballpark in 1991, the last spring training season before the park was replaced by the current Scottsdale Stadium.

of the Milwaukee Brewers. Tickets start at \$12 for lawn seating with field and diamond boxes around \$30-\$45 per ticket. The Third Base Smokehouse and Game Day Grill are fan favorites, along with the parking lot pregame tailgates.

mlb.com/brewers

Camelback Ranch

10710 W. Camelback Road, Phoenix

The Los Angeles Dodgers and Chicago White Sox spend Spring Training at Camelback Ranch, which holds 13,000

people and features 13 full baseball fields where you can see professional athletes in action. Helmet nachos and Dodger/Chicago dogs are some of the most popular food options, and lawn tickets start at \$10.

mlb.com/camelback-ranch

Goodyear Ballpark

1933 S. Ballpark Way, Goodyear

The Cleveland Guardians and Cincinnati Reds are based out of Goodyear Ballpark, one of the newer Cactus League facilities completed in 2009. Kids run the bases

post-game every Sunday, and a few special events are planned, including a Pint Glass Giveaway on March 17 and Fan Appreciation Day on March 26. Berm seats are \$12 for adults and \$7 for kids.

goodyearbp.com

Peoria Sports Complex

16101 N. 83rd Ave., Peoria

Across the Valley in Peoria, you can watch the Seattle Mariners and San Diego Padres train and play. Tickets range from \$20-\$50. Stay tuned for St. Patrick's Day

specials, Book it to the Ballpark, Dog Days, Kids Days and more.

peoriasportscomplex.com

Surprise Stadium

15850 N. Bullard Ave., Surprise

The Kansas City Royals and Texas Rangers play out of Surprise. The venue has room for over 10,500 baseball fans in the stands and another 3,000 on the lawn. Noodles, funnel cakes, corn dogs and chicken sandwiches are available, and there's a great deal on \$8 lawn tickets throughout the month.

surprisestadium.com



CactusLeague.com

Preparing for your 2023 job

It's a new year with new opportunities to find the career meant for you. These early months are the perfect time to set new goals and look toward the future. So, what can folks expect from 2023?

First and foremost, hiring is still happening. There have been several layoffs in recent months, but keep in mind that specific industries are experiencing layoffs, and only a small portion of employees are impacted. These layoffs do not mean that the entire job market is down. The United States unemployment rate in November was 3.7 percent. This shows that overall, the market is still strong.

One big focus of 2023 will be the diverse work options available. Within the last couple of years, many companies have gone fully remote. As time has gone by, some companies are asking employees to come back to the office

full-time. Others have created hybrid models that allow employees to come to the office a few days each week and work from home the remaining days.

Notably, fewer work-from-home jobs are being posted and receiving a high volume of applicants. If you're a hiring manager, keep this in mind.

Lifestyle will also continue to be a large focus in 2023.

Employees have prioritized health and quality of life in the past two years. There will continue to be an emphasis on work-life balance. Employers will continue testing new benefits, such as mental health days.

Wages will continue to rise during 2023. However, do not expect to see the large jumps we saw in the previous few years. If you are looking for a new job, do your research. Sites such as Glassdoor and LinkedIn will help you understand your industry's current pay rate.

When job searching, consider the industry that you are looking in. Some sectors, such as financial services, travel and government contracting, are seeing growth this year. There are other sectors, such as tech, that are less stable.

No matter what sort of job you're pursuing, the time to get started is now. Don't wait for a job to find you. Make your job search a priority. If you haven't looked for a job in a few years, brace yourself. Things have changed. The online application process is a long one that can be discouraging at times.

You will apply to many jobs you won't hear back from. Know that this is normal. It's not you, and don't let anyone tell you otherwise. Hang in there. Keep moving forward, and you'll find something before you know it.



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

From the Archives

arcadia news
Vol. 3, No. 10 FREE February 1998

arcadia NEWSHEAT

The kiss is such a wonderful way to express our feelings of friendship and love. Have you ever wondered where this delightful custom originated? **Page 11**

Being in love is just about the best feeling in the world, and love abounds here in Arcadia. Mary talked to several Arcadia couples and she shares their love stories with you. **Page 27**

It's showtime again at Hopi, and this year's extravaganza promises to be out of this world (literally!). Want a preview of what awaits you? **Page 19**

Remember the excitement you felt when you first fell in love? Unfortunately, sometimes relationships lose some of that early sizzle. Sylvia Satov and Larry Singer have suggestions that can keep you and your partner "walking on air." **Page 9**

How are those New Year's Resolutions going? If the answer is, "not great," don't miss Cheryl Peder-son's article on **Page 23**

Happy Valentine's Day!

The Cooper's just wanna have fun!
Left to right: Dash, Alice, Sheryl, Calico, and Sonora. Dash is a sixth-grader at Ingleside, Calico is a sophomore at Arcadia High, and Sonora is in preschool. Don't miss our interview with Sheryl on Page 18.

LOOK TO US FOR YOUR SOURCE OF NEIGHBORHOOD NEWS

1998: Dash, Alice, Sheryl, Calico and Sonora. Dash is a sixth-grader at Ingleside, Calico is a sophomore at Arcadia High and Sonora is in preschool.

2022: The Godfather of Shock Rock is now a grandfather of four. Daughter Calico sings, acts and directs. She has appeared on various television shows, including "The Mindy Project" and "Hawaii: Five 0." She is also the lead vocalist of Beasto Blanco. Dash has three kids with wife Morgan Cooper. He performs and writes songs for the rock band CO-OP. Sonora stays out of the spotlight, enjoying time with her husband and child.



PHOTO: BILL CHRISTENSON

Arcadia High.



PHOTO: CORIAN DENNIS

Veritas Prep.

Area high schools reach for success this soccer season

By Rachael Bouley

High school soccer at Arcadia, Brophy, Veritas and Xavier kicked off in November, with teams setting their sights high for the second half of the season.

ARCADIA HIGH

BOYS

Coach Andrew Petrucelli is pleased to see the Titans' improvement over the first half while they learn more about one another every time they hit the field.

"The boys love playing together and are not selfish in any way," Petrucelli said. "They all have a common goal of trying to win state, and they are buying into the culture they have set forth for themselves."

Petrucelli said standout players like Julian Costales, Charles Stark, Jack Buchanan, Anthony Degante, Blake Fraire, and Eduardo Ocasio Hernandez have helped the team persevere despite tough competition, taking a 4-5-2 record thus far.

"We are focused on our short-term goal, and that is our next game. We look to take things one game at a time and are excited for the next opportunity to get better," Petrucelli said.

GIRLS

Arcadia varsity girls soccer has overcome a slow start with injuries to several key players, going 6-7-1 in their first games under new varsity head coach Bill Christenson. Despite dropping their first two games, including a 2-1 loss to powerhouse Flagstaff, the team has turned things around with seasoned veterans leading the way.

"Our senior captains Ana Acosta, Ellie Broucek, Alex Martin and Alex Murphy have provided great leadership and set an example for the rest of the team," Christenson said. "Some of our most skilled players are junior forward Quinn Sowders, midfielder Emmie Formanek, and fullback Te'a Knighton."

The team is focused on steady progress as the season progresses so they can play their best in the playoffs.

"With all the hard work and dedication that the girls have put into the campaign, I



PHOTO: STEVE SHAFF

Brophy Prep.

think a deep run to the state title should be expected," Christenson added. "In the end, however, the ultimate goal is providing the girls with a fun and rewarding experience."

BROPHY

The Broncos won eight of their first ten games, with two 0-0 ties against two top teams from Los Angeles (Loyola and Cathedral). They started the season with 20 goals for and only one against, and nine shutouts. Their record thus far is 12-1-2.

Coach Marc Kelly is excited about the roster depth and how well the players work together in pursuit of their 10th state championship.

"This team features 18 seniors out of 25 players, so the tryouts were tremendously competitive," Kelly said. "The senior group is perhaps the most talented I've ever seen. They're extremely close and really play for each other and the school. I'm lucky to be around these guys."

Senior goalkeeper Zoran Vignjevic has made an impact with seven straight shutouts and some stellar saves, while captains Ian Hagan and Peter Calihan have been strong on defense.

"They're just tremendous guys all together," Kelly said. "Benny Coury, Tobi Babarinde and Mason Snailum are currently on fire for us as well."

VERITAS

BOYS

The Falcons enjoyed a great start to the season, going 5-2 despite tough competition. Captain and goalkeeper Andrew Logan helped the side record three early shutout victories, while Adrian Ramos, Beau Kinerk, and Noah Zook also stood out as top contributors.

Coach Rich Cardenas says the team's strength lies in their intelligence, although they have challenges to overcome.

"We know how to play the game well, and we move the ball quickly, but we are a small team, and that presents a problem when we face bigger, stronger teams," Cardenas said.

They are determined to do well and focus hard at practice, so they are ready for game day and can maximize their playoff potential.

"We set our goals to make it deep into the state playoffs every year," Cardenas added. "This year, we hope to improve our quarterfinal appearance."

GIRLS

Veritas girls' soccer won three out of their first four games, outscoring their opponents 14-4. They've concentrated on practice, conditioning, and team chemistry to support a solid second-half campaign.

"From our seniors to our freshmen, the team has always meshed well on and off the field," Coach Kristi Seltzer said. "We have a solid defense that has done a great job, and we also have a lot of strength with our central mid players who are both such talented soccer players."

Junior midfielders Maddie Lucas, Maddie Mitchell and senior defender Rory Klocke have made a big difference to the Falcons.

Even though the team's smaller size means most players have to play entire games, they are determined to stay healthy and go far in the playoffs.

"As a team, we have talked about our goals for this season, and we have set them high," Seltzer said. "We are striving to make it to state again and to quarterfinals this year, which would be our first time going that far as a team."

XAVIER

The Gators had big shoes to fill this season after winning the 2022 6A conference state championship in overtime last February, but they picked up right where they left off with a six-win, zero-loss start.

In their first six games, Xavier scored 29 goals and gave up just two, with four shutout victories in a row.

They are chasing their third-straight state title and 13th overall with a strong roster of ten seniors and four juniors, backed by three sophomores and seven freshmen.

"The season has been good so far. We are 9-0 and playing well," Coach Barb Chura said. "The competition has been very good and we are definitely getting tested as a team."

Chura said that Bella Leonard, Larkin Thomasen, Eva Allen, Michal Cagungun, Holland Carey, Lourdes Lauterborn, Bianca Willis, Collins Entz, Ally Brown, Tessa Montanile and Kate Willmering are standout players this year.

"Our ultimate goal is to get better each day individually and collectively, become a very strong unified team, and to compete for the state championship," Chura said.

DID YOU KNOW? WHALES

HOW LONG?

100 feet

The blue whale is the largest animal on the planet, weighing up to 200 tons (as much as 33 elephants!) and reaching up to 100 feet in length. They can consume about 3,600 kg of krill a day. – [nationalgeographic.com](https://www.nationalgeographic.com)

HOW FAR?

14K miles

During migration season, gray whales can travel over 14,000 miles round trip. That's as far as the world's longest continuous walkable road from Cape Town, South Africa to Vladivostok, Russia. – [whalefacts.org](https://www.whalefacts.org)



HOW MANY?

13



The largest member of the beaked whale family is the *Berardius bairdii*, more commonly called Baird's whale, which has 13 stomachs. – [animalways.org](https://www.animalways.org)

HOW LOUD?

230 decibels



Sperm whales not only have the largest brains, but also create the loudest sound of any animal on earth – they are louder than a jet plane engine taking off in flight. Reaching 230 decibels, the communicative nature of the sperm whale can physically blow out a human's eardrums and even vibrate the human body to death if heard in close proximity. – [roaring.earth](https://www.roaring.earth)

Serving the Arcadia area since 1958



IT'S PET DENTAL HEALTH MONTH!
Schedule Your Pet's Dental Cleaning.

BRIAN A. SERBIN, DVM • MOLLY R. KLEIN, DVM • COURTNEY PARKER, DVM • KARISSA SCIACCA, DVM



HOSPITAL 602-840-3446 | GROOMING 602-952-1754
Grooming OPEN Tues - Sat

To ensure the safety of our clients & staff, we are performing curbside assistance.

4855 E Thomas Rd, Phoenix AZ 85018 | [ingleside.com](https://www.ingleside.com)



MEDICAL • DENTAL • SURGERY • BOARDING • GROOMING • OBEDIENCE TRAINING

Happy Valentine's Day!!!
from your friends at Pete's

👉 Burgers, Dogs, Burritos!
👉 Scrumptious Fish & Chips!

👉 Best Chicken Nuggets & Tenders!
👉 Fresh Breaded Onion Rings!

👉 Children's Menus at All Locations!
👉 Drive Thru/Take-Out is Our Specialty!

20% off any order over \$15.00!

Offer expires 2/28/23.

Valid with coupon only. Present coupon at time of purchase. May not be combined with any other offer. 1 coupon per person. Valid at all 8 locations. No cash value. Coupon cannot be reproduced.

Phone orders taken till 10:00pm Monday thru Saturday.
602-840-0630

Need a menu? Visit our web site:

WWW.PETESFISHANDCHIPS.COM

4121 N. 44th St., Phoenix Cash only. ATM on Patio.



Family Owned & Operated Since 1947

VOTED BEST LOCAL BURGER IN THE EAST VALLEY TRIBUNE 2020
VOTED BEST SEAFOOD IN THE GLENDALE STAR 2020
VOTED BEST SEAFOOD IN THE EAST VALLEY TRIBUNE 2021
VOTED BEST SEAFOOD IN THE WEST VALLEY VIEW 2021
VOTED BEST LOCAL BURGER IN THE EAST VALLEY TRIBUNE 2022
VOTED BEST SEAFOOD IN THE EAST VALLEY TRIBUNE 2022

DID YOU KNOW? WHALES

WHALE FACTS

Humpback whales don't eat for most of the year.

All toothed whales have a 'melon' on their foreheads.

Some whales blow bubbles that encircle their prey, making it easy for the whales to eat them.

It's estimated that there were over 225,000 Antarctic blue whales before their exploitation in the 1900s. Today there are less than 3,000 remaining in the wild.

Over 80 percent of North Atlantic right whales have been entangled in fishing gear at least once during their lifetime.

Usually, only male narwhals have a tusk – that develops from a tooth. The name 'narwhal' comes from old norse and means 'corpse whale' because it resembles a drowned sailor.



Whale feces helps reduce climate change because it feeds phytoplankton, which produces 50 to 85 percent of the oxygen we breathe.

Blue whales are actually grey. Thousands of tiny diatoms on their skin create the blue glow of the water around them, making these beauties appear blue.

Dolphins are whales, but whales aren't dolphins. Whales have two blowholes, whereas dolphins only have one.

Whales can store oxygen molecules in their bodies and on average, hold their breath up to 90 minutes.

A 60,000-pound whale can jump entirely out of the water.

There are two main types of whales: baleen and toothed.

To keep from drowning, whales do not fully sleep like other mammals.

Whales can reach speeds up to 30 miles an hour.

Whales do not chew their food.

Whale vomit is found in many costly perfumes.

Whales travel in pods.

Whales' tails are like our fingerprints – no two are the same.



SAY WHAT?

KILLER WHALES ARE DOLPHINS

Orcas, also known as "killer whales," are the largest dolphin family members. They are the ocean's top predators, preying on a diverse range of marine species, which include fish, penguins, seabirds, sea turtles, cephalopods, sharks and marine mammals such as seals and even whales. – us.whales.org



WORD SEARCH

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

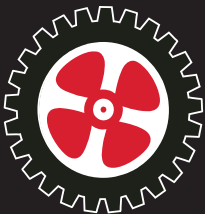
BAIRDS WHALE
BALEEN
BLUE WHALE
CEPHALOPODS
DIATOMS
DOLPHIN

HUMBACK WHALE
KILLER WHALE
MAMMAL
MELON
MIGRATION
MOLECULE

NARWHAL
ORCA
PERFUME
PHYTOPLANKTON
SPERM WHALE
TOOTHED



Bonsai / Dipsychy Steven Allison • oil on panel • 12" X 6" X 2" • \$450



art one
gallery | foundation

Representing students
and local artists of
Arizona since 1993

artonegalleryinc.com
@artonegalleryinc

480.946.5076
4130 n marshall way • scottsdale

NATIONAL CLASSIFIEDS • FEBRUARY 2023

HEALTH/FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español.

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258.

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587.

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398.

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141.

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads.

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516.

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299.

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306.

Switch and save up to \$250/yr on talk, text & data. No contract or hidden fees. Unlimited talk & text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time get \$50 off any new account. Use code GIFT50. 1-855-903-3048.

Attention Homeowners! If you have water damage and need cleanup services, call us! We'll get in & work with your insurance agency to get your home repaired and your life back to normal ASAP! 855-767-7031.

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936.

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time \$20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892.

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277.

Caring for an aging loved one? Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors help take the guesswork out of senior care for your family. Free, no-obligation consult: 1-855-759-1407.

FREE \$20 Cash App Everyone! Yes It's Real. Very Limited supply until we run out! Go to Free20Now.com.

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.



PHOTOS: MARK HAYS
Follow all posted signs to stay within the laws.



What you should know about Phoenix's e-bike laws

By Mark Hays

The use of electric bicycles in the City of Phoenix has led to concerns among local legislators, who have implemented new rules on their use. Several laws were passed that could lead to citations issued to e-bike riders who commit violations.

"E-bikes are a fantastic alternative form of transportation, but — as with all new technology — there are new problems, which were never a consideration before," Phoenix Community Action Officer Jared Sherman said. "Due to this, Phoenix City Council passed PCC 36-500-513, which pertain to the safety and regulation of e-bikes on Phoenix streets."

Regulations include:

Riders must ride e-bikes on the road or in bike lanes. The City of Phoenix prohibits anyone younger than 16 from operating one. They are also forbidden from riding on sidewalks. If a rider needs to make a turn prohibited for vehicles, they should dismount and walk e-bikes on the sidewalk.

How fast you can drive them depends on how fast is safe, given the circumstances.

"A person shall control the speed of a motorized electric bicycle as necessary to avoid colliding with any object, person, vehicle or other conveyance on, entering or adjacent to the roadway in compliance with legal requirements and the duty of all persons to exercise reasonable care for the protection of others," reads Sec. 36-500 of the Phoenix Municipal Code.

Another thing e-bike users should be aware of is that they are required to yield to all vehicles, non-electric bicycles and pedestrians. They must obey all vehicle traffic rules whenever they are on roadways or in bike lanes. The code extends to safety features, which must be in working order.

The Phoenix Police Department wants to remind all bike riders to be safe, wear a helmet, when riding at night use a white headlight that can be seen from 500 feet away and a rear reflector visible from 50 to 300 feet, and avoid wearing dark clothing.

When parking a bicycle, riders should take caution to ensure that they are not obstructing traffic or impeding pedestrians. To do so, riders must stay clear of the intersection of two sidewalks, as well as restaurants and curb ramps within 10 feet, sidewalks with less than two feet for pedestrians to pass safely, and loading zones. Also, cyclists should obey any signs that prohibit the use of bicycles in certain areas, such as bus stops.

Any prohibitions on regular bicycles also applies to e-bikes. If your bike is removed, the city will attempt to contact you and inform the public about unclaimed e-bikes. The city may implement fines to recover the cost if an e-bike is removed from a prohibited area.

"The laws are there to protect those riding e-bikes, as well as the communities in which they are being used," Sherman said. "It is my hope that the effect these laws have on the Arcadia community are positive ones that ensure the safety of every community member."

"The ACMNA has always been an advocate for the safety of our residents. Now that city codes have caught up with technological advancements, we fully support these laws and believe it supports a safer environment on our roadways," ACMNA President Michael Phillips said.

Those caught avoiding these regulations will be subject to fine no less than 100 dollars if a citation is issued.

phoenix.gov

BECOME AN INSIDER and get the latest news!

AN INSIDER

Free e-newsletter

SNAP HERE



or visit
arcadianews.com/newsletters

ARCADIA NEWS

WHY ADVERTISE IN *ARCADIA NEWS*



DIRECT MAIL

19,000 copies per month. 14,000 mailed;
5,000 in strategically-placed racks.



AFFLUENT READERSHIP

We are the only publication that covers the highly-desired communities of Arcadia, Biltmore and Camelback Corridor.



READERS READY TO BUY

75% regularly purchase products or services
from ads seen in the *Arcadia News*.*

There is no better way to reach Arcadia and the surrounding area.

For a detailed information kit about us and our market, go to arcadianews.com/advertise or send your email address to roni@arcadianews.com.



3850 E Indian School Rd, Phoenix | **602.840.6379** | **arcadianews.com**

*Source: 2020 CVC
Publication Report Audit

CLEANING SERVICES

HOUSECLEANING - 20 YEARS
experience. References available.
Call Xiomara at 602-750-8017.
If no answer, leave a message.
(I'm probably cleaning
someone's house!)

HOUSECLEANING SERVICES
Excellent references and
dependable experience in area.
Call Emma at 602-478-9603.

ELECTRICAL

GALLEGOS ELECTRIC
Commercial, industrial,
construction and residential
electrical. Bonded and Insured.
AZROC# CR11-315321.
Call 480-235-1345.

WARNER ELECTRIC SERVICE
Corp.Service/Remodel/
Construction Licensed; Bonded;
Insured. ROC 187308/ROC
187309. Clean, professional,
reasonable. Lifetime
workmanship guarantee. Call
Dave anytime at 623-512-8209.

EVENTS

AN INVITATION FROM
First Christian Church,
Scottsdale. Worship with us
"virtually" each Sunday at
10:00 a.m. Join us for service:
facebook.com/FCCScottsdale.
You are welcome here!

FOR SALE

TURN YOUR CLUTTER
into cash! Get your message in front
of 45,000 readers. Only \$25 for
25 words, 25 cents thereafter (limit
100 words). Place your ad by the
15th of month at arcadianews.com,
classifieds@arcadianews.com or
602-840-6379.

FURNITURE CLEAN/REPAIR

LEATHER FURNITURE CARE
Your leather looking shabby?
Cat/dog scratches? Fading?
Ink? It can look new again.
Free estimates. Udder Finery
Leather Works. Since 1970.
602-248-7862.

HEALTHCARE

DENTAL INSURANCE
from Physicians Mutual Insurance
Company. Coverage for 350 plus
procedures. Real dental insurance
- NOT just a discount plan. Do not
wait! Call now! Get your FREE
Dental Information Kit with all
the details! 1-602-680-2034.
dental50plus.com/arcadia #6258.

FOOT ULCER
Do you have a foot ulcer? Do you
have Diabetes? Hyperbaric Oxygen
Therapy and Diabetes nutritional
information could heal your foot
ulcer. 602-518-3911.

NON-HEALING WOUND
Have you been severely injured
in an auto accident? Do you have
Diabetes? Hyperbaric Oxygen
Therapy and Diabetes nutritional
information could help quicken
your recovery. 602-518-3911

PORTABLE OXYGEN
Concentrator – may Be Covered by
Medicare! Reclaim independence
and mobility with the compact
design and long-lasting battery
of Inogen One. Free information
kit! Call 602-857-9376.

STROKE & CARDIOVASCULAR
diseases are leading causes of
death, according to the American
Heart Association. Screenings
can provide peace of mind or
early detection! Contact Life
Line Screening to schedule your
screening. Special offer -
5 screenings for just \$149.
Call 1-833-335-0203.

HOME IMPROVEMENT

AZ PAINTING
Kitchen cabinets, vanities, doors
interior/exterior, furniture, murals
& more. 45 years experience. All
work hand-done by owner Gary. No
spraying & no hired help! Highly
professional. Very affordable.
Primarily interiors & small jobs.
See web samples. 480-945-4617,
www.azrespainting.com.

**YOUR AD
COULD BE HERE
CALL 602.840.6379**

HOME IMPROVEMENT

BCI - THE BATHROOM
of your dreams for as little
as \$149/month! BCI Bath &
Shower. Many options available.
Quality materials & professional
installation. Senior & Military
Discounts Available. Limited
Time Offer - FREE virtual in-home
consultation now and SAVE 15%!
Call Today! 1-855-970-2349.

BEAUTIFY YOUR KITCHEN
or exterior the smart way! We offer
customized coatings for specific
surfaces all around your home.
Custom Chemistry. Smarter
Painting. Call 480-508-9780 for
a free quote. ROC#340851,
spray-net.com.

DZ PAINT, INC.
Quality painters and affordable
prices. Int./Ext. painting, epoxy
floors and more. Angie's list "A"
rated. Licensed/Bonded/Insured.
ROC#240852. Free quote.
623-975-1871 and 480-326-0851.

WE LOVE ARCADIA!
Extra Mile Painting Company
is offering 20% off all exterior
painting for the winter. We also
provide exquisite interior painting.
Our painting services company
is licensed, ROC# 299666, and
insured. We pride ourselves on
complete professionalism and
have received excellent reviews
including an A+ Angie's List
rating. Contact us to schedule a
free estimate. Call us today and
paint tomorrow! 602-521-2662.

YOU DREAM, WE BUILD!
Dwill-Mast Construction is a full
service company with 30 years of
experience. Commercial, residential
& remodel maintenance. ROC#
335310, bonded & insured. For a
quote, call us at 602-505-2559 or
visit dwill-mastconstruction.com.

LANDSCAPING/TREE CARE

AN ARCADIA AREA
specialist since 1984. Experts
in landscape maintenance
(residential and commercial).
Excellent customer service.
Free estimates. Call now!
Ersland Touch Landscape, LLC.
602-273-1633. erslandtouch.com.

LANDSCAPING/TREE CARE

DRIP & SPRINKLER SYSTEMS
Repairs & installation by Ramon.
Replace your old drip lines with
heavy-duty ones. All repairs
warrantied. No money in advance.
Free estimates. 602-487-1152.

GRANADOS LANDSCAPING
Lawns, sprinkler repair and install,
rocks, all types of trees, trimming
palms, removals, new sod, planting.
Bi-weekly, monthly, one time
service. Commercial — Residential.
Leo Granados. Se habla Español.
602-757-6915.

RICKY'S ROCK RAKERS
Landscape Maintenance - Free
Estimates - Lawn Care - Shrub
Pruning - Small Tree Care - Weed
Spraying + Much More! Scottsdale
native! Call or text 480-351-9595.

MISCELLANEOUS

WESLEY FINANCIAL GROUP, LLC
Timeshare Cancellation Experts
Over \$50,000,000 in timeshare
debt and fees cancelled in 2019.
Get a free informational package
and learn how to get rid of your
timeshare! Free consultations. Over
450 positive reviews.
Call 877-729-7031.

PET SITTING

ARCADIA PET SITTING
Loving and responsible care for your
pets and home. Insured and Bonded.
References available. Call/Text
Wendi 602-574-4528 or Debbie
480-514-0951.
arcadiapetsitting.com.

REAL ESTATE

LOOKING TO BUY OR SELL
real estate in the White Mountains
of Arizona? Call me. I specialize in
properties in Pinetop, Lakeside and
Show Low. Elizabeth Keller.
928-242-6463 or 480-343-3000.
kellerrealestate@outlook.com.

TUTORING

SAT AND ACT TUTORING
LindaEdgarTutorandSATprep.com
Summer and school year; Grades
K-12. Reading, Math, Writing.
Homework help - test prep.
Individual or small group. ACT/SAT
prep courses. Linda Edgar
623-229-1861, ledgar@cox.net.

WANTED

TWO MEN AND A TRUCK
Scottsdale is hiring! Fun work
environment, weekly paycheck,
paid time off and bonus potential.
Move your career forward by joining
our talented team today! Apply
now at twomenscottsdale.com or
480-991-1805!

ARCADIA'S PETS
– we'd love to meet yours! To share
your family friend with our readers,
send us a photo of your pet and tell
us: Your pet's name, breed and age,
along with a short description
(50 words or less) and your
first name and last initial.
Send photo and description to
editor@arcadianews.com!

**ARCADIA NEWS NEEDS
SOME GOOD FOLKS**
to be a part of this award-winning
community newspaper!

FREELANCE WRITERS
If you love to write, we'd love
to see it – and share it with our
readers. Meet unique and
gracious people while writing
for the good news newspaper.
Send three writing samples
and your resume to:
editor@arcadianews.com.

**ARCADIA NEWS
ADVERTISING SALES REP**
Help advertisers reach our audience
through our publications. You will
start with a wonderful existing
customer base of advertisers who
have been with us for many years
– some more than 25! You should be
friendly, motivated, self-directed and
detail oriented. You will be part of a
small team that produces big results.
MS Office and Windows necessary.
Print advertising experience desired.
Reliable transportation necessary.
Base salary plus commission. This is
an in-office position with some
scheduling flexibility. If you enjoy
helping others and love this
neighborhood, let's talk. Email intro
letter, resume and two work-related
references: jobs@arcadianews.com.

FIND US ON THE GO!

*Our site is mobile-friendly and
our archives are searchable.
Visit us via the browser
from almost any device:
www.arcadianews.com.*



AUTO

AUTO HOUSE

Charlie Forker | Auto consultant

azforker@aol.com

Cell | 602.622.6873

360 S. Smith Rd. Tempe, AZ 85281

CALL US AT 602.955.5725

“The Ultimate In VW Service”

VOLKSWAGEN SPECIALISTS
SERVICE • PARTS • HIGH PERFORMANCE
2926 N. 34th Place • Phoenix, Arizona 85018
www.montzauto.com

CALL US AT 602.955.5725

HOME IMPROVEMENT

ARCADIA BLIND & SHUTTER
2921 NORTH 68TH STREET SUITE 1
SCOTTSDALE, AZ 85251
MAIN 480 248 8047 FAX 480 429 9177
“YOUR NEIGHBORHOOD WINDOW COVERING STORE”

The Bath or Shower You’ve Always Wanted
IN AS LITTLE AS A DAY

\$1000 OFF*
AND
**No Payments & No Interest
For 18 Months***
OFFER EXPIRES 3.30.2023

BCI BATH & SHOWER
CALL NOW (855) 970-2349

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 3/30/23. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2023 BCI Acrylic, Inc.

BILTMORE MECHANICAL
Heating & Cooling
602.885.7328
R.O.C #: 319269

BLOCK WALLS
BRICK • STUCCO • CONCRETE
FLAGSTONE • PAVERS • MAILBOXES
STONE • DRIVEWAYS • BBQS
BEEHIVES • FIREPITS • TILE
Satisfaction guaranteed
Call Arturo Bonilla
602-475-7486

Not A Licensed Contractor
Affordable Rates

MISSING

YOUR AD IN THIS SPACE!
*Reach over 45,000 loyal readers
per month for only \$75/mo.*

Email: roni@arcadianews.com

Lic. Bonded # ROC196099

Desert Heat Masonry, Inc.

Custom Wood Burning & Gas Fireplaces
Custom Barbecues
Custom Fire Pits
Brick Work & Repairs
Retaining Walls
6-8 in. Block Fence Walls & Repairs
Small Concrete Slabs

480-239-9551

Jacuzzi | BATH REMODEL

Get a new shower or bath installed in as little as

1DAY
CALL NOW
866.410.0399

50% OFF
INSTALLATION
+
**NO INTEREST
NO PAYMENTS
FOR 12 MONTHS***

*Visit EZShowers.com for complete terms and conditions.

LASTING IMPRESSIONS
ARIZONA'S WINDOW AND DOOR SPECIALISTS

Licensed, Bonded & Insured ROC#129513

Connor Sussman
Sales Representative
connor@liwindow.com

(602) 508-0800 Office
(480) 390-3888 Cell
(602) 508-9482 Fax

www.liwindow.com

4454 E. Thomas Road
Phoenix, AZ 85018

NEIGHBORHOOD HANDYMAN
Over 30 years of experience

HOME REPAIR SERVICE:

✓ Painting
✓ Light Electrical
✓ Plumbing
✓ Ceiling Fans

✓ Drywall Repairs
✓ Vertical Tile
✓ Trim Carpentry
✓ Hang Doors

Call Ralph 480-797-5192
Not a licensed contractor.

PTown Concrete & Masonry
“Professional, Reliable, Affordable.”
Concrete Services • Block Walls • Stucco
Artificial Turf • Pavers • Landscaping
Lua Na’a 602-692-5599
ptownconcrete@outlook.com • concretecompanyphoenix.com
Not a licensed contractor

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP WALK-IN TUB
1-855-517-1892

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB1082185 ROC# 882299 8883445

RED RAM REMODELING
30+ years experience 40+ year Arcadia Resident
ROC Lic #128969

• Room Additions
• Carport Enclosures
• Patios-Kitchens-Baths
• All Brands of Windows & Doors
• Maintenance Free Sidings & Trim

CALL FOR FREE ESTIMATE
602-867-1253
redramremodeling.com

WANTED Your Business Card Ad

**Reach 45,000 loyal readers
each month for only \$75!**

Email roni@arcadianews.com for details.

Side Job
GARAGE DOORS & OPENERS
custom gates • security doors
sales • service • repair • installation

Chris Honack
802.399.4156 East Valley
623.262.7615 West Valley
602.271.9882 Fax

ROC # 271218
chris@sidejobgaragedoors.com
www.sidejobgaragedoors.com

Jose Luis Escobedo Jr.
Franchise Partner
623.715.6671 • jose.l@spray-net.com

Jose Luis Escobedo Sr.
Franchise Owner
623.715.6670 • jose.s@spray-net.com

Call us for a FREE quote!

SPRAY-NET CAMELBACK
1.877.45.SPRAY • spray-net.com

SPRAY-NET
Custom Chandeliers • Spray Painting
ROC #340851

Looking for an Insurance Agent?
Shisler & Associates Insurance, Inc.
Bryan Shisler, Agency Owner

Home | Auto | Business | Life
(480) 951-5056
www.insurelocalaz.com

AMERICAN FAMILY INSURANCE

Let's Chat
- Bryan

Are you receiving SSDI/SSI benefits?

You may be eligible for additional benefits.

CALL US TODAY

888-490-6616

CITIZENS DISABILITY SINCE 2010 CITIZENS DISABILITY.COM

DENTAL Insurance

Get your **FREE** Information Kit
from Physicians Mutual Insurance Company.

1-602-680-2034

Dental50Plus.com/Arcadia

Product not available in all states. Contact us to see the coverage and offer available in your state. Contact us for complete details about this insurance solicitation including costs and limitations. This specific offer is not available in CO. Call 1-800-969-4781 or respond for a similar offer. In WV: To find a provider in the network visit us at <https://www.physiciansmutual.com/web/dental/find-dentist>. Certificate C250A (ID: C250E); Insurance Policy P150; Rider Kinds B438/B439. In CA, CO, ID, KY, ME, MD, MA, MI, MO, NV, NJ, NC, ND, VA: Includes Participating Providers and Preventive Benefits Rider. Certificate C254/B465 (PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6323

Medicare has changed.
Find out how it can affect you.

For **FREE** Medicare Supplement information
from Physicians Life Insurance Company, call:

1-877-253-9951

or visit **MedSupBenefit.com/arcadia**

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. I understand I have no obligation. This is a solicitation of insurance. A licensed agent/producer may contact you. (MD, VA: These policies are available to people under age 65 eligible for Medicare due to a disability). (VA: For a complete description of policy exclusions, limitations, and costs or other coverage details, please contact your insurance agent or the company). Policy form number L030, L035, L036, L037, L038, F001, F002 (OK: L030OK, L035OK, L036OK, L037OK, L038OK; TN: L030TN, L035TN, L036TN, L037TN, L038TN, F001TN, F002TN; L030VA, L035VA, L036VA, L037VA, L038VA). 6243_A

Medicare/Health Insurance Questions?

Compare plans with a local broker



Franki Sbrocca Leonard
Licensed Broker

Medicare Supplements
Medicare Advantage Plans
ACA Plans • Part D Plans • Dental Plans
Long Term Care • Life • Short Term Plans
Hospital and Cancer Plans and more

Free Consultation
602-578-8343
frankileonard@gmail.com
www.seniorhealthplansaz.com



Your Personal Landscape Experts

Design □ Build □ Maintain
Artificial Turf & Hardscapes □ Plant Health Care

Call for a complimentary consultation!

480.549.0590
aotztreeandturf.com

ROC #313230

Citrus Care

602-840-0601



Deep Root Fertilization
\$18 - \$27 per tree (Small Trees Half Price)
Disease Treatment
Trimming
Tree Painting
Maintenance Plans
Free Estimates

Quandt Landscaping

Landscaping Installations
& Makeovers

Call for a
free estimate!

602-481-8571

- Outdoor Lighting
- Brickwork
- Saltillo Tile
- Sprinklers
- Gravel • Sod
- Shrubs • Trees



Not a Licensed Contractor

Ryan's Removal Oleander Removal

Oleander, Tree and Stump Removal
Dirt • Concrete • Hauling • Trenching • Delivery
Laser Leveling • Lot Clearing
Licensed • Insured • Bonded

Call for free estimate

602-451-6120

ryansremoval@gmail.com • oleanderremoval.com

ROC # 318482

FLEMING

SPRINKLER/LANDSCAPE

INSTALLATION-REPAIRS
DESIGN/BUILD • LIGHTING
LICENSED • BONDED • INSURED

602-292-5657

Doug Fleming, Owner

ROC # 098462

MISSING

YOUR AD IN THIS SPACE!

*Reach over 45,000 loyal readers
per month for only \$75/mo.*

Email: roni@arcadianews.com

inogen

**FREEDOM.
TO BE YOU.**

Call **1-602-857-9376**
for a free consultation.

MKT-P0240

MISCELLANEOUS



Digitize

VIDEOS PHOTOS, SLIDES
& more!

602-799-9621

Celeste Soong-Tang

Gifting AVAILABLE!

DUI CLASSES ONLINE!

HOME • OFFICE
TRAVEL ANYWHERE YOU CAN "LOG ON!"

ONLINE SERVICES: COURT & MVD MANDATED DUI SCREENINGS
SR-22 INSURANCE • DUI COURSES 24/7/365
ALCOHOL SCREENINGS, EDUCATION & TREATMENT

480.429.9044 **STI** Scottsdale Treatment
SCOTTSDALETREATMENT.COM

3200 N Hayden Rd ~ Suite 170 - Just South of Osborn Rd



Timeshare Cancellation

Get your free information kit
and see if you qualify:

877-729-7031



SHANTI MASSAGE THERAPY

MASSAGE THERAPY

- Signature
- Specialty Spa
- Sports
- Lymphatic
- Trigger Point Therapy

HOLLY CLEMENT
602.284.9262
shantimassagetherapy.com

THE NOTARY

William F. Wilkins
Notary Public - Arizona
wfw1015@gmail.com
www.wfwre.com

707.332.9973

PAINTING

Arizona's Precision Painting

Serving the Valley since 2009

- Interior & Exterior Painting
- Drywall & Stucco Repair
- Custom Cabinet Painting
- Free estimates

602-672-6383
APPprecisionpaint@yahoo.com
Jason Mausbach, Owner
Licensed • Bonded • Insured ROC#249178

Lambros Painting



Tom Lambros
480.220.7892 Tom.Lambros@gmail.com

Not a Licensed Contractor

Picture Perfect Painting LLC

Repaint Specialist

JON SEARCY
602-410-5050
jonsearcypainting@gmail.com
www.pictureperfectpaintaz.com
Licensed, Bonded, Insured
ROC# 285136

- .Interior
- .Exterior
- .Commercial
- .Residential
- .Drywall Repairs
- .Stucco Repairs
- .20 Years Experience

PLUMBING



COBRA

ROOTER & PLUMBING SERVICE

Serving the Valley Since 1983
602-955-1352
ROC# C-37 320968

LOW RATES ON EMERGENCY SERVICE 24/7
QUICK, HONEST, DEPENDABLE SERVICE...ALWAYS!



Custom Plumbing of Arizona, LLC

Arizona's Favorite Plumbing Company
and Home of the \$69 Drain.

602-866-2665
dispatch@customplumbingaz.com

Mention this ad for a discount!

RESIDENTIAL COMMERCIAL
ROC-CR37-297514

POOL SERVICE



LIZARDPOOLS LLC

Weekly Services
Netting • Brushing • Emptying Baskets • Equipment Check • Water Testing

Other Services
Pump/Motor Repair & Replacement • Sand/Water Change • Tile Cleaning
Handrails • Filter Cleaning & Repair • Acid Wash • Green Pool Clean Up

Quality Pool Service, That is Priceless!

Owners: Angela Clark, Chelsea Clark, & Homer Clark
ROC 303766 | 480-489-0713 | lizardpools.com

REAL ESTATE

Pam Peacock - Realtor
Cell: (602) 505 - 0257

Email: Pam@PamPeacock.com
www.PamPeacock.com

4 Decades – ★★★★★ Service
Home Smart Associate Broker
Certified Residential Specialist

⚡THERE IS NO SUBSTITUTE FOR EXPERIENCE.⚡



Justin Rottman
REALTOR®
DRE# SA705075000

m 480.205.4988
e azluxlistings@gmail.com

HomeSmart
4040 East Camelback Rd, Suite 165
Phoenix, AZ 85018
Each brokerage independently owned and operated.

ARCADIA'S PETS*

To be a part of Arcadia Pets, send us a photo and tell us:

- 1 Your pet's name and breed.
- 2 How old your pet is and how long it has been part of your family?
- 3 In 50 words or less, tell us about your pet.
- 4 Your first name and last initial.

*see more on page 4.

Send photo and description to **editor@arcadianews.com**.



AT YOUR SERVICE

a directory of local businesses

AUTO REPAIR

SINCE 1980, SERVICE YOU CAN TRUST!

The Car Repair Company is your source for quality auto repair and service.

AAA APPROVED TOP SHOP AWARD WINNER

- Honest, family-owned
- Certified technicians
- Shuttle service to work or home
- Save 10% off labor!

Try us, you will love us!
CALL TODAY!



2918 N. Scottsdale Rd.
NW Corner Scottsdale & Thomas behind Chase Bank



480.949.7777
www.carrepairco.com



HANDYMAN

Quality Home Repair & Maintenance

Here are some of the many services we offer:

Interior & exterior painting • Drywall repair
Replace outlets/GFCI • Light fixtures • Ceiling fans
Door handles/door adjustment • Garbage disposal
Clean gutters • Replace A/C filters • Smoke
detector batteries • Leaky toilet and MUCH MORE!!

Repair it before it causes more damage
and costs way more MONEY!!



Tim the Tool Man

Quality Home Repair &
Preventative Maintenance

COMMERCIAL ROC #271739 • RESIDENTIAL ROC #271740



602.694.0999
timthetoolman.biz

CABINETRY

HANDCRAFTED CABINETS IN 2-4 WEEKS

Let our highly skilled team of craftsmen take
your project from design concept to reality.

Kitchen • Bath • Laundry • Countertops

Tier One, Feature-Rich Cabinetry

Stop by our showroom:

3301 E Indian School Rd #4

Arcadia family owned & operated!



AC CABINETS

602.314.6238
azcabinetcompany.com

HOME RENOVATION

Pre-Sale Renovations In Just 3 Weeks

Renovation Sells Scottsdale is dedicated to beautiful
designs and delivering the look buyers want. We offer
a wide range of upgrades including lighting, painting,
hardwood flooring, carpet, fireplaces, kitchens and
bathrooms. Call for a free consultation!

Financing available.



keith@renovationsells.com
ROC# 337771



Keith Stanton

602.812.2068
renovationsells.com/scottsdale

CONSTRUCTION

LOOKING TO STAY? REMODEL TODAY!

Dwill-Mast Construction is dedicated to quality
and integrity. Call us today and we will bring
our project management skills and extensive
construction experience to your next project.

- Commercial • Residential • Remodel • Maintenance
- 30 years of experience
- Licensed, bonded & insured



ROC# 335310



602.505.2559
Dwill-mastconstruction.com

MOVING/STORAGE

TWO MEN AND A TRUCK®/SCOTTSDALE

- Family-Owned and Operated
- Over 21 Years of Service
- Customizable Options
- Storage
- Used Furniture Disposal
- Local and Long-Distance Moving
- Boxes and Supplies
- Serving our neighbors in Arcadia/Biltmore Corridor
- Movers Who Care®



480.991.1805
twomenscottsdale.com

CUSTOM CLOSETS

Imagine your home, totally organized!

At Closets by Design, we design, build and install
custom closets, garage cabinets, home offices,
laundries, pantries and much more.

Call today for a free in home
design consultation and estimate.



Locally Owned and Operated
Licensed and Insured: ROC312904



480.864.4254
closetsbydesign.com

PAINTING – EXTERIOR & KITCHEN CABINETS

THE SMART WAY TO PAINT YOUR HOME

We provide an innovative, quick,
sustainable, and cost-effective factory
finish with a 15-year no-peel warranty for:

- Kitchen cabinets •Stucco
- Brick •Front & Garage Doors
- Windows •And more!

Call us for a FREE quote!



SPRAY-NET
Custom Chemistry. Smarter Painting.

ROC #340851



480.508.9780
spray-net.com

PLUMBING/AIR/HEATING

West Coast Plumbing & Air

- 15 years in business
- Quality brand, air & heating systems
- Plumbing repairs & maintenance
- Factory-trained technicians
- Weekends & afterhours - no extra charges
- 24/7 emergency service
- Call us today!



ROC #221431
ROC#274551

Committed to your comfort



623.582.1117
westcoastplumbingandair.com



PLUMBING – RESIDENTIAL & COMMERCIAL

OUR PRECAUTIONS DURING COVID-19

- Maintaining a safe distance at all times
- Washing and sanitizing hands before and after every job
- Wearing a protective mask, gloves and boot covers if entering a home

24/7 on-call service



ROC #315991



WE ARE OPEN AND HERE TO SERVE YOU

The safety and health of our customers is extremely important to us. Our technicians are taking extra precautions when working in your home.

Kitty Maloney Langmade
Owner

602.944.5516
maloneyplumbing.com

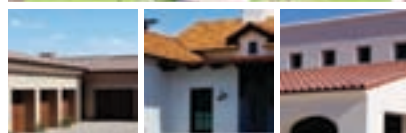
ROOFING

Arcadia Roofing

Focus on Quality
Honest and Trustworthy
Professional service
Family operated company
25 years of roofing
experience



ROC #K42-234021



602.840.ROOF (7663)
www.arcadiaroofingaz.com

WINDOWS/DOORS

Is your house ready for a makeover?
Building your dream house?
We can help!

- Replacement windows
- New Construction windows
- Multi-Slide – Bi-folding doors
- Entry, French and Patio doors
- Barn doors & Hardware
- Interior Doors and Trim
- Window coverings and shutters

Stop by our new showroom: 4454 E. Thomas Road
ROC #179513



602.508.0800
www.liwindow.com

45,000
AFFLUENT READERS
ARE WAITING TO DISCOVER YOU.



ADVERTISE IN THIS
AWARD-WINNING ISSUE!

- Special pull-out section in *Arcadia News*.
- Featuring original and compelling content.
- A go-to guide for Arcadia's discriminating homeowners.

2023 Home & Design Guide SPRING ISSUE

Release date: March 1

Deadline: February 17 @ Noon

Contact Roni Mier at
roni@arcadianews.com or 602-840-6379.



A LEGACY OF REAL ESTATE EXCELLENCE

Since 1986

ARE YOU CONSIDERING SELLING?
Don't Be Fooled by Messaging
The Market is Very Strong

There are Plenty of Buyers
and The Joffe Group
Can Connect You

Call Me Today to Find Out
What Your Home is Worth

I'm Sure It's More
Than You Think

Wall Street Journal
Ranked #37 Team in the Nation

THE
JOFFE GROUP

602.989.8300

TheJoffeGroup.com

Robert Joffe
robert@thejoffegroup.com

LAUNCH
REAL ESTATE

