ARCADIA NEWS

VOL. 31 NO. 02 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — MAY 2023



GIRL POWER!

This Arizona-based nonprofit focuses on teaching tween and teen girls to be the best versions of themselves.

PAGE 30

ARIZONAAA, MOUNTAIN MAMA

These four Valley moms love to hike, so they challenged themselves by trekking the Arizona Trail.

PAGE 18

STUDENT VISIONARIES

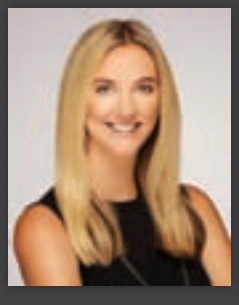
Arcadia High and Xavier Prep students raised $300,000 for the Leukemia and Lymphoma Society of Arizona.

PAGE 26

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Owned & operated by Arcadians for Arcadia



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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:

CIRCULATION VERIFICATION COUNCIL

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

acp Association of Community Publishers MEMBER PUBLICATION

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MAY

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 Ms. [Funari]
24 Plant-based Wellness
42 Robin's Adventures
48 Sports
52 Career Corner
54 Did You Know

Articles

19 Movers for Moms
Two Men and a Truck Moving Company hosts a special campaign in the spring dedicated to providing deserving moms with the supplies they need.

28 A voice for the voiceless
Valley mom Lisa Masters founded the Autism Life and Living company to give a voice to those on the spectrum and support them as they conquer adult living.

39 Sing your heart out
Phoenix Country Day School student Nora Palermo won a scholarship from the Arizona Young Artists' Competition hosted by Phoenix's Herberger Theater.

50 Dodge, duck, dip and dive
Biltmore Prep Academy held its third annual dodgeball tournament last month, where the students got to let off some steam while parents and faculty got to be kids again.



Heather McManus, Alice Cunninghan, Carla Monson and Mary Trent make up the Mountain Mamas hiking group.
PHOTO COURTESY OF HEATHER MCMANUS

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EDITOR'S NOTE



Is there a song out there that, whenever you hear it, it reminds you of your mom? For me, it would be 'Brother Love's Travelling Salvation Show,' sung by the great Neil Diamond.

My cousins and I would be piled in the back of an enormous red Ford Aerostar, mom behind the wheel, when she would pull over at the spur of the moment for an "executive fire drill" while Neil crooned on in the background.

Our May edition is packed with tributes: we've got a mother/daughter juice delivery company, the Movers for Moms donation campaign, and the Mountain Mamas, a group of Phoenix women who took their hiking abilities to the next level by completing the 800-mile Arizona Trail that spans from the border of Mexico to Utah.

Heather McManus and her group, dubbed the Mountain Mamas, spent over a year hiking the 43 passages that make up the trail. Despite tremendous weather conditions, blisters and run-ins with desert critters, the ladies found deep respect for Arizona, and for themselves.

"My AZT journey started off as a fun way to see Arizona and get active outdoors on the weekends; little did I know how much I would grow as a person and fall even more in love with my home state," Heather said. "Among my favorite memories was the steward leaving me a Blue Moon beer for my birthday in one of the bear boxes." What's a bear box? Head to page 18 to find out!

We hope your Mother's Day is filled with lots of love and laughter. Have a beautiful May, and thank you, as always, for reading the *Arcadia News*.

Mallory

— Mallory Gleich

UPCOMING THEMES:

JUNE	JULY	AUGUST
Celebrating Dads	*Summer*	*Back to School*

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"I want my children to have all the things I couldn't afford. Then I want to move in with them." *– Phyllis Diller*

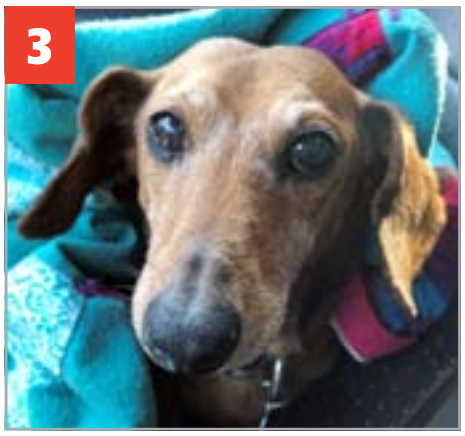


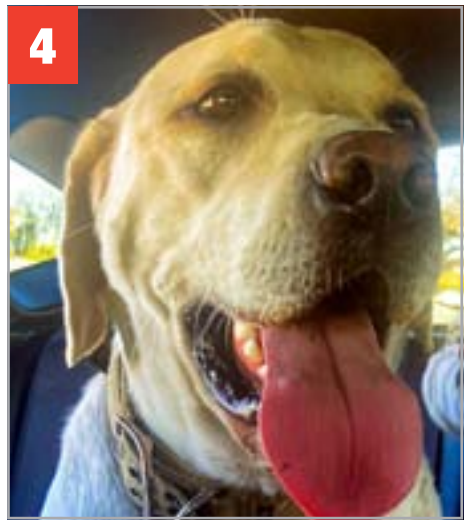
ARCADIA'S PETS

Celebrating the furry, fuzzy, feathery or scaly pets that take over our hearts – and sometimes our couches. Meet a few of Arcadia's Pets!









1. Jethro is just about the happiest pup around. He loves hiking, playing ball and turning heads while riding in the convertible. He's so handsome he even once got a modeling job!

–Meghan G.

2. Zoe of Downs Lake, a tri-color English Springer Spaniel, just turned 15 months old. She is a bundle of energy one minute and a regal presence the next. She loves to meet and greet everyone she sees on her walks – and then dive into the nearest pool!

–Greg A.

3. Hi, I'm Wrigley. I'm a 15-year-old Dachshund. It's a good thing Arizona is warm because I often get the shivers! When I'm not in a cozy blanket, I'm cracking open pecans for a snack… However, my mom says I have to cut back because my belly is too low to the ground!

–Sofia G.

4. Bear is a white lab. He is two years young. He is super sweet and enjoys the neighborhood parks and the bunnies that are there; but most of all, Bear's favorite pastime is playing with his two human brothers. We love Bear!

–Larissa W.

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!*

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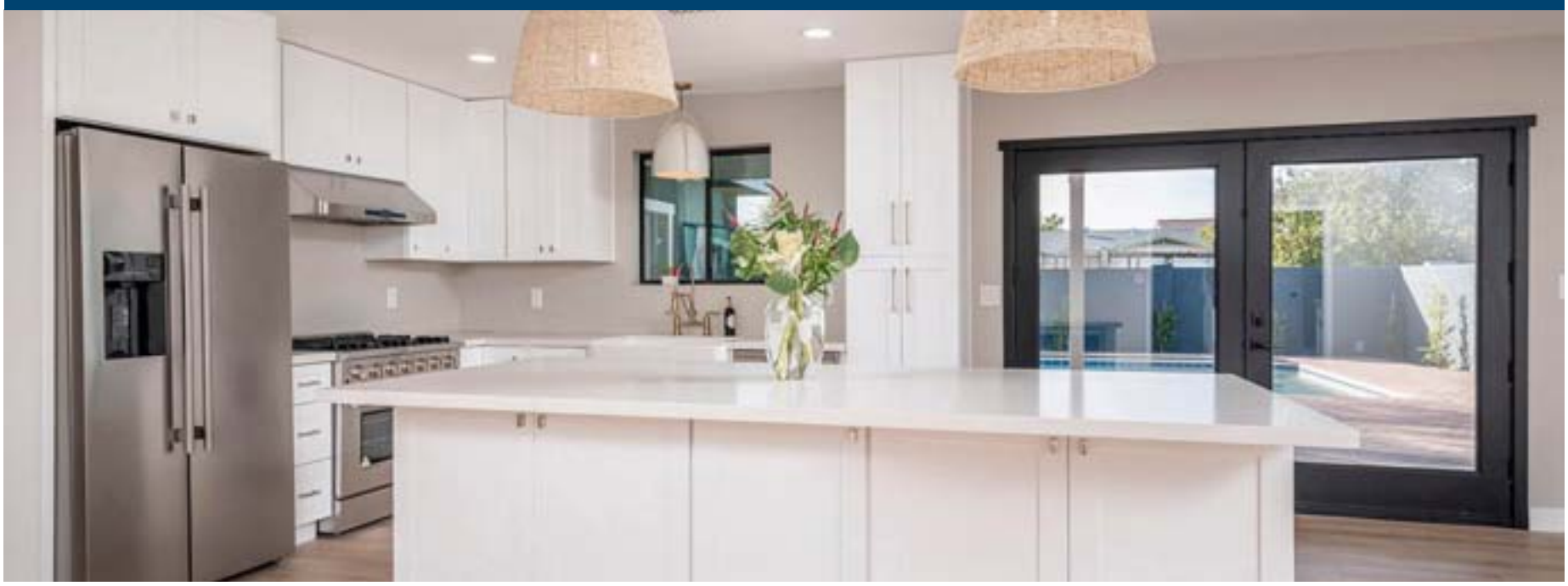
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Arcadia Real Estate Stats

2023 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2023-3/31/2023)

Active Homes -	99 homes
Homes Sold -	47 homes
Average Sale Price -	$2,763,000
Average Sold $ Per SF -	$648
Average Days On Market -	90 days

There is currently 5 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 20% this year. (based on 2022 sales results)
2023 home prices have increased 10%. (based on 2022 sales results)
2023 $ Per Square Foot prices have decreased 4%. (based on 2022 sales results)
2023 homes are taking 52% more time to sell. (based on 2022 sales results)

2023 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2023-3/31/2023)

Active Homes -	60 Homes
Homes Sold -	32 Homes
Average Sale Price -	$1,248,000
Average Sold $ Per SF -	$482
Average Days On Market -	96 days

There is currently 4 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 21% this year. (based on 2022 sales results)
2023 home prices have increased 2%. (based on 2022 sales results)
2023 $ Per Square Foot prices have decreased 4%. (based on 2022 sales results)
2023 Homes are taking 58% more time to sell. (based on 2022 sales results)

TOMMY ATKINSON

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WHAT'S HAPPENING, *ARCADIA?*

BRIEFS



Arcadia Little League held its Opening Night celebration in March to great fanfare! At the annual event, ALL recognized an "extraordinary" volunteer to receive the Bill Straus Award, and this year, the recipient was Jennifer Steen. Special guests included Baxter, Justin Martinez and Jose Perdomo from the Diamondbacks. Channel 3 newscaster Mark McClune emceed the event while the National Color Guard presented the flags. This season, Arcadia Little League has 81 teams and over 950 players.

arcadialittleleague.com

In April, the Maggiore family announced that **Tomaso's** (3225 E. Camelback Road) will close its doors after 46 years. The family plans to open a new restaurant in honor of Chef Tomaso Maggiore, named Il Massetos, which will be located in the former Bank of America spot on Camelback and 32nd St. To thank longtime patrons and supporters, the family is inviting the community to "Tomaso's Throwback Week," May 15-20, when the restaurant will bring back original menu items and menu prices from 1977 – the year Tomaso's opened in the Valley.

tomasos.com

Arcadians Angeles Klein and Avery Olmstead have started an organization for single moms called **Better Together Single Moms Group**. The duo has worked with other Valley moms to provide exciting monthly events and get-togethers. On May 13 from 4-6 p.m., families can participate in a donation-based Mother's Day photo shoot and picnic at McCormick-Stillman Railroad Park.

meetup.com/bettertogether

School of Rock is opening a new franchise location on the southeast corner of 28th St. and Indian School. Offering programs like Rock 101, Songwriting, instrument lessons and more, the school is geared toward teaching kids and adults everything they need to become a rock star.

schoolofrock.com



In April, Arcadia mom Sandra Zanck opened **Casa Lola** (525 E. Camelback Road, Phoenix), a liquidation store that sources Target brands like Studio McGee, Casa Luna, Threshold, Project 62 and more. Sandra is an interior designer who provides in-house services free of charge. Casa Lola is open Monday-Saturday from 9 a.m.-2 p.m.

casalolaphx.com

Arizona Restaurant Week is back for the spring season! This Valley-wide event offers various dining options for every palate – and from May 19-28, diners can get outside the neighborhood and try something new. Restaurants range from Southwestern favorites, comfort food and snacks, five-star dining, and everything in between. Prices range from $30-$50 per person.

arizonarestaurantweek.com



Located on 32nd Street just north of Indian School Road is **The Common**, a new 130-unit apartment complex. Each home includes fiber internet, and indoor and outdoor "social spaces" offer fire-pits, televisions, cooking and catering kitchens and gaming consoles. Other features include private underground parking, a pet spa, a fitness center and a heated/cooled swimming pool.

thecommonphoenix.com

Hotel Valley Ho is now offering a **Deep Stretch Sundays** class at the VH Spa every Sunday at 2:30 p.m. ACE-certified personal trainer Hashana Weiss will guide guests through a series of stretches and breath work for a sense of inner balance and well-being. The class is $25, or $15 for those who book the Self-Care Sunday Package. Reservations are required.

hotelvalleyho.com



Southwest Human Development is partnering with Valley businesses throughout May while participating in the **Grow a Reader** virtual book drive. Here's how families can help: visit a participating location, "pick a flower," and purchase books online. Donated books are distributed to families participating in SHD's early literacy programs.

swhd.org

If you are an aspiring food entrepreneur or are looking to grow your business, **Local First Arizona's Community Kitchen Incubation Program** might just be for you. The organization is now accepting applicants who want to turn their concept or startup into a success. Businesses will have access to a walk-in refrigerator, food storage, counters and wash-up area. Locations are available in Mesa, South Phoenix and, later this year, West Valley and downtown Phoenix. Interviews are open until July 30.

goodfoodfinderaz.com

On Friday, May 5, **Cave + Post Trading Co.** will host a grand re-opening celebration, First Friday-style. Guests will find live music, food trucks, a Shinola brand trunk show and a Freenote brand Cloth trunk show. The event starts at 12 p.m. at 509 W. McDowell Road, Phoenix.

caveandpost.com

CINCO DE MAYO



Z'Tejas (8300 N. Hayden Road, Scottsdale) is hosting a "Cinco for Cinco" event, which includes $5 house margaritas, a live DJ, a piñata, and giveaways.

scottsdale.ztejas.com



Located at Scottsdale Fashion Square, **Kona Grill** (7014 E. Camelback Road, Scottsdale) will offer $5 margaritas, fish tacos and shrimp tacos.

konagrill.com



Cinco de Macayo fiesta is happening all day long at Macayos (8608 E. Shea Blvd., Scottsdale). Guests can enjoy the a la carte Macayo Chimi for $10, plus drink specials including $3 Dos XX, $4 Fireball shots or the $8 Cinco Margarita.

macayo.com



WHAT'S HAPPENING, *ARCADIA?*



A Chorus Line *at the Phoenix Theatre.*



Roars and Pours *at the Phoenix Zoo.*

EVENTS

TUESDAY 5/2

An Evening with Dr. Zahi

6 p.m. at the Phoenix Convention Center, 100 N. 3rd St. Dr. Zahi Hawass, the world's most celebrated archaeologist and former Minister of State for Antiquities in Egypt, brings the mysteries of the pharaohs on his first-ever lecture tour. Dr. Hawass will share closely guarded secrets and present his groundbreaking discoveries and the latest research. A Q&A and book signing will follow the lecture. Tickets start at $99.

zahilectures.com

WEDNESDAY 5/3

A Chorus Line

7 p.m. at the Phoenix Theatre, 1825 N. Central Ave., Phoenix. One of the longest-running musicals in Broadway history takes the stage in Phoenix this month. A Chorus Line follows 17 would-be dancers in their quest to make the chorus, or ensemble, for a new Broadway show. By the end of the show, only eight dancers remain. Get ready for iconic song and dance routines. This show is adults-only and is open until May 14. Tickets start at $50.

phoenixtheatre.com

THURSDAY 5/4

Roars and Pours

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time to get wild for Happy Hour. Roars and Pours is a 21-and-over event that boasts craft brews, wine and food options, and open walking trails. Attendees can also visit special exhibits, play lawn games and hear live music and entertainment. Tickets are $10.

phoenixzoo.org

Star Wars Trivia

6 p.m. at Walter Station Brewery, 4056 E. Washington St., Phoenix. May the fourth – and the luck – be with you at tonight's Star Wars Trivia event. Singles and teams are accepted, and of course, there will be plenty of food and drinks to be had while testing your knowledge on Episodes 1-8, Rogue One & Solo. Registration is required; event is free.

walterstation.beer

FRIDAY 5/5

Mariachi Sol de Mexico

7 p.m. at The Madison Center for the Arts, 5601 N. 16th St., Phoenix. Spend your Cinco immersed in culture with the Mariachi Sol De México de José Hernández Cinco de Mayo celebration. This group is the first mariachi ensemble nominated for a Grammy – it might be hard to stay in your seats at this performance. Tickets are $35-$55.

themadison.org

First Friday at the Heard

5-9 p.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. May is International Drum Month, and the Heard is planning a First Friday to celebrate just that – with a Native drumming show. The Cozad Singers, representing the Kiowa and Comanche tribes, will sing traditional songs passed down for generations. Guests will also hear from Head Singer Kenneth Cozad, Sr., about the history of the songs. This event is free.

heard.org

Cinco de Mayo Celebration

5 p.m. at Omni Scottsdale Resort & Spa, 4949 E. Lincoln Dr., Scottsdale. Omni has a Cinco celebration ready to go! On-site at Taqueria Centro, the eatery will offer a tequila tasting, a live mariachi performance, margarita, taco and churro dishes and a special appearance by the beer burro (yes – a live burro carrying bevvies!).

omnihotels.com

Hip Hop Crew at First Fridays

6 p.m. at the Herberger Theater, 222 E. Monroe St., Phoenix. This show is in celebration of the 50th anniversary of hip-hop. The Furious Styles Crew will host a fashion show curated by Trill Hip Hop Shop, breakdancing, graffiti art, an art workshop for kids and a DJ showcase from DJ Akshen. Food and drinks will be available. Admission is free.

herbergertheater.org



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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY 5/5 – SUNDAY 5/7

Maricopa County Home & Garden Show

10 a.m.-5 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Looking to give your home a makeover but not sure where to start? Look no further than the Maricopa County Home and Garden Show! Over 1,000 exhibits showcasing home improvement, interior design, ask-the-expert seminars, make-and-take crafts and more will be on-site. Guests also have a chance to meet *HGTV*'s David Bromstad. Tickets are $10.

maricopacountyhomeshows.com

SATURDAY 5/6

Fiesta De Taco

2 p.m. at Tempe Beach Park, 80 W. Rio Salado Pkwy. Cinco de Mayo may have happened yesterday, but that doesn't mean the parties ended too! Fiesta de Taco will feature various taco trucks and vendors, tequila/beer/margarita vendors, Lucha Libre wrestling shows, art installations, and live music from 2 Chainz, Lil Jon, the Ying Yang Twins and more. Tickets start at $40 for general admission, with VIP available.

fiestadetaco.com

SUNDAY 5/7

Cinco de Mayo Festival

12 p.m. at Washington St. and Third Ave., Phoenix. Attendees can enjoy a full day of fun with this festival, featuring authentic foods, cultural performances by Baile Folklorico, and live musical performances from Latin Breed and Los Lonely Boys. There will also be a kid's zone with inflatables, games and giveaways. Proceeds benefit the Arvizu Scholarships and Grand Canyon University. Tickets are $10 for general admission, $40 for VIP.

cincophx.com

Scottsdale Philharmonic

4 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St. If the classical genre is one of your favorites, you might not want to miss this show. This afternoon's Scottsdale Philharmonic performance will include Ravel's Tzigane Jonathan O, Brahms's Academic Festival Overture, Liszt's Hungarian Rhapsody no. 15, Rákóczi March, and Anton Arinsky's Symphony No. 1. Tickets are $15.

scottsdaleperformingarts.org

MONDAY 5/8

Floral Arrangement Class

7 p.m. at Thunderbird Lounge, 710 W. Montecito Ave., Phoenix. Grab your family and friends to celebrate the moms with a flower arrangement class. Phoenix florists Stem Swag will be on-site teaching students how to create beautiful bouquets that you can take home. Cocktails will also be available. Registration is $45 per person.

thunderbirdloungephx.com



Celebration of Women Gala *in Tempe.*

THURSDAY 5/11

Celebration of Women Gala

6 p.m. at the Arizona Heritage Center, 1300 N. College Ave., Tempe. This evening's event celebrates the 10th anniversary of Achieving My Purpose – a nonprofit focused on recognizing the achievements of women across the world. Starting with cocktails and light bites, guests will also be treated to a presentation by Lia Valencia Key, an expert in personal and professional development, plus a raffle with various prizes. Tickets start at $75.

achievingmypurpose.org

SATURDAY 5/13

Skate After School

5-9 p.m. at FOUND:RE Hotel, 1100 N. Central Ave., Phoenix. Skate After School, a local nonprofit that provides after-school programming and summer camps for youth, is hosting this free community skating event in honor of its 10th anniversary. Attendees can skate to their heart's desire and partake in an auction featuring custom-painted skate decks, with proceeds benefitting Skate After School.

foundrehotels.com

Under the Lights Clinic

6-9 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Kids aged 5-12 can come to the fields for an evening of baseball. Salt River staff will teach fundamentals and different hitting, pitching, fielding and catching drills. Players will be assigned to small groups based on age. There will also be a Memorial Day Clinic on May 29. Cost is $75 per person.

saltriverfields.com

Mama's Makers Market

8 a.m.-2 p.m. at the Shops at Town and Country, 2021 E. Camelback Road, Phoenix. Join Local Trade for its fifth annual Mama's Makers Market. The marketplace will feature over 100 local vendors showing off their one-of-a-kind wares, including art, jewelry, handmade furniture, decor, clothing, health, beauty and sweets. There will also be food available for purchase and live music and entertainment. Admission is free.

localtradeaz.com

SUNDAY 5/14

Rock and Roll at the Railroad

7 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. Who doesn't love a little live music on Sunday nights? This summer music series features all genres – and tonight's band is the Rockin' Divas playing your favorite 80s tunes. Bring your chairs and blankets, and don't worry about snacks, as there will be multiple food trucks on site. Admission is free.

therailroadpark.com

THURSDAY 5/18 – SUNDAY 5/21

Wrigley Mansion Wine Festival

Times vary, at the Wrigley Mansion, 2501 E. Telawa Tr., Phoenix. The third annual Wrigley Mansion Wine Festival is a four-day celebration with dinners crafted by Chef Christopher Gross (and others!), interactive classes, cooking demos, tastings and visits from pups at Almost There Pet Rescue. Thursday and Friday kick off with multiple dinner experiences. Saturday's events are the Grand Wine Tasting, where guests can sample more than 100 wines from across the world, plus interactive masterclasses. The festival closes with brunch. Ticket prices vary.

wrigleymansion.com

FRIDAY 5/19

Music in the Garden

7 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Take in the beauty of the Sonoran Desert with Music in the Garden, a series presented by Desert Botanical Garden. Guests can walk the trails, experience the latest art installations and listen to live music from The Sahnas Brothers, a contemporary/Spanish guitar quartet. Tickets are $37 for general admission.

dbg.org

SATURDAY 5/20

Spirit of the American West

7 p.m. at North Canyon High School, 1700 E. Union Hills Dr., Phoenix. North Valley Symphony Orchestra presents a concert of Wild West proportions, with tunes inspired by the American West. Guests will hear film scores from classic westerns, including *Silverado*, *Dances with Wolves*, *The Magnificent Seven*, and more. Tickets are $5.

northvalleysymphony.org

SUNDAY 5/21

Jazz Series - Artemis

7:30 p.m. at the Ravenscroft, 8445 E. Hartford Dr., Scottsdale. Artemis, an ensemble of six of the most acclaimed musicians in modern jazz worldwide, will close out the jazz concert season at Ravenscroft. Renee Rosnes, Ingrid Jensen, Alexa Tarantino, Nicole Glover, Noriko Ueda and Allison Miller are known for their sleek, rhythm-forward sound. They will perform songs off their debut and brand-new albums. Tickets are $78 per person.

theravenscroft.com

What my mother taught me

By Eileen Bailey, copyright 2000

On Mother's Day, do you usually think about what your mom meant to you?

I do. My mother, Bernice Bailey, was a practical mother. Around the time I got my first job at 15, she began showing me how to be a responsible adult.

On Mother's Day years later, I wrote this and sent it to my mother. That same week, I mentioned it to my editor at *The Arizona Republic*. He read and published it that Sunday, and the following year as well. Turns out he had a practical mom, too.

My mother was never one to preach. Yet by example she taught me:

- *That if you take your kids to the library, they'll love to read for the rest of their lives.*
- *To always vote and to support my elected leaders.*
- *How to count back change and balance my checkbook.*
- *That the best things in life aren't things.*
- *That a good education is worth any price.*
- *To laugh every chance I get.*
- *To spend mostly time, rather than money, with my family.*
- *To always smile, even through gritted teeth. She had that down to an art.*
- *To use common sense. Anything too good to be true is usually just that.*
- *That true friendship is one of life's greatest blessings.*
- *To stay in touch with my birth family. "Call your cousins," she'd say.*
- *That the other side of grief is joy.*
- *That no one ever said, on their deathbed, "I wish I'd kept a cleaner house."*
- *That most people are basically good, and the bad egg you sometimes run into—or marry—is an exception.*

Thank you, dear Mama. Love, Eileen

KEEP IT LOCAL

For better or worse, our local real estate market is on the map. After decades of flying under the radar, neighborhoods such as Arcadia and Paradise Valley are now becoming known nationally as luxury hotspots within the Southwest. Similar to Santa Monica and Brentwood in Los Angeles or Bellevue and Kirkland in Seattle, our submarkets are beginning to make noise...maybe too much noise.

As prices rise, so do the stakes. It won't be long before publicly traded companies and large private equity backed firms infiltrate our ecosystem to get their take. Just last week, Compass, a publicly traded company and the largest real estate company in the U.S., entered our market. In our opinion, this is just the tip of the iceberg in terms of these bigger companies inserting themselves into our neighborhoods.

As a locally owned business, we know what makes our neighborhoods great and we can tell you that it isn't Applebee's and Denny's. As the stakes rise, so will our commitment to the neighborhood to stay "Relentlessly Local." Last year, we invested over 50% of our company profits directly back into the neighborhoods that we serve through new employees, office redevelopments, community and charity events, and more. As the only real estate company who actually owns real estate in the neighborhood, we have skin in the game. Our investments back into the neighborhood mean that our goals stay in alignment with your goals and that we will be here even when times get tough.

Nobody knows the neighborhood like we do and we will be here to assist you when the time is right. As always, thank you for the support and we look forward to delivering exceptional results for our neighbors for decades to come!

-Tucker Blalock

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THE BROKERY

LOCAL REAL ESTATE BROKERS

OUT OF THE AREA, *BUT WORTH THE DRIVE*



Wine, Beer and Spirits Festival *at the Veterans Memorial Park in Sierra Vista.*



Sangria Social *at the Queen Creek Olive Mill.*

MONDAY 5/1

Spotlight Series

4 p.m. at the Holland Center, 34250 N. 60th St., Scottsdale. The Spotlight Series at Holland Community Center presents engaging talks on various topics. This afternoon's talk – the last of the series – features Bill Staples, Jr., an award-winning baseball historian and author. His topic is "Baseball at the Gila River Incarceration Camp," which focuses on two of the largest prison camps in Arizona. Attendance is $10, and refreshments will be served.

hollandcenter.org

FRIDAY 5/5 – SATURDAY 5/6

Mother's Day Spring Market

10 a.m.-8 p.m. on Friday, 9 a.m.-5 p.m. Saturday, at Horseshoe Park, 20464 E. Riggs Road, Queen Creek. Treat mom to a day of shopping, tasting, creating and sipping at this year's Vintage & Vino market. Over 100 local businesses will showcase their handmade, antique and vintage jewelry and home decor pieces on-site. There will also be food trucks, wine tastings, live music, giveaways and crafts for the kids. Tickets are $5.

vintageandvinoaz.com

Show Low BBQ Throwdown

12-7 p.m. at Frontier Park, 660 N. 9th Pl., Show Low. Celebrate Show Low's 70th anniversary with a Burger Burn contest from 5 to 7 p.m. on Friday. On both days, attendees can watch the pros cook various dishes to see who will be crowned the best of the best in four categories. There will also be a kid's zone, food vendors and live entertainment featuring Sydney Swanson, Midnight Moon and Inevitable. This event is free.

showlowaz.gov

FRIDAY 5/5 – SUNDAY 5/7

Route 66 Fun Run

Times vary. Meet up at St. Francis Catholic Church, 22440 Schoeney Ave., Seligman. The 34th annual Route 66 Fun Run spans 140 miles on the historic roadway. Hundreds of old and new-school vehicles will participate, starting with a parade of entrants that will leave Seligman and cruise Route 66 – with events in between, like live music, dancing, entertainment, vendors and food. The trip ends in Topock with an awards and farewell ceremony.

historic66az.com

SATURDAY 5/6

Uncorked Wine Festival

11 a.m.-5 p.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. This year's motto? Rosé all May! The Uncorked Wine Festival invites guests to enjoy a selection of wines before heading on an adventure through the red rock Verde Canyon. This event is held the entire month, with daily wine tastings at the depot – tickets can be purchased along with the train ride and lunch for $149 per person.

verdecanyonrr.com

Derby DayClub

10:45 a.m.-6 p.m. at Turf Paradise, 1501 W. Bell Road, Phoenix. Arizona's biggest Kentucky Derby party kicks off this weekend at Turf Paradise. Two VIP experiences will be available, where guests can enjoy live horse racing, betting terminals, beverage tents (with mint juleps), food trucks, and multiple televisions to watch the Kentucky Derby. VIP prices vary, but general admission is $40.

thepoloparty.com

Cinco de Mayo Celebration

11 a.m.-5 p.m. at Tlaquepaque, 366 State Route 179, Sedona. Escape the rising temperatures and head to Sedona for a Cinco de Mayo celebration. At Tlaquepaque, there will be plenty of fun, with mariachi musicians, folklorico and flamenco dancing, Mexican food and drinks available for purchase, and arts and crafts and face painting for the kids.

tlaq.com

FRIDAY 5/12

Pops Concert Series

7 p.m. at the Mesa Arts Center, One E. Main St. The Phoenix Boys Choir finishes their season with a final Pops Concert Series titled PBC Playlist – 75 Years of Song. The concert pays tribute to former and current artistic directors. Attendees will hear classics with a Broadway flare, including 'Edelweiss,' 'Consider Yourself,' 'My Favorite Things,' 'Hallelujah,' and 'Route 66.' Tickets are $28 for adults, $16 for students.

boyschoir.org

SATURDAY 5/13

The Curious Incident of the Dog in The Night-Time

7:30 p.m. at the Fountain Hills Theater, 11445 N. Saguaro Blvd. Based on the international best-selling book, this play takes guests inside the mind of Christopher Boone, a 15-year-old math savant. When he discovers that his neighbor's dog has been murdered and that he has fallen under suspicion, Christopher sets out to solve the crime. Tickets are $35 for adults, $18 for 17 and under.

fhtaz.org

SATURDAY 5/20

Verde Valley Wine Festival

11 a.m. at Riverfront Park, 1284 E. River Front Road, Cottonwood. Vino lovers, this one is for you. Guests can peruse Cottonwood's wineries, breweries, distilleries and restaurants that are "committed to creating homegrown products." General admission gets guests a commemorative wine glass, eight tasting tickets, food samples, music, art and live entertainment. There are VIP packages available. Tickets start at $35.

verdevalleywinefestival.com

FRIDAY 5/26

Bella Donna

7:30 at Casino Arizona, 524 N. 92nd St., Scottsdale. This tribute concert re-creates the music of Stevie Nicks. The band is named after the artist's album of the same name and depicts Nicks during her solo career and time with Fleetwood Mac – you're sure to hear some of your favorite tunes, like 'Stand Back,' 'Don't Stop,' and 'Go Your Own Way,' at this show. Tickets are $20-$30.

casinoarizona.com

SATURDAY 5/27

Wine, Beer and Spirits Festival

12-7 p.m. at Veterans Memorial Park, 3105 E. Fry Blvd., Sierra Vista. Take the scenic route and check out this annual festival in Sierra Vista. Guests can sample local vintages, craft brews, and micro-distilled spirits while shopping at art and craft vendors and enjoying live music at two venues. Tasting tickets include 12 samples and are available for $25. Food vendors will also be on site. This event is free for all ages.

sierravistaaz.gov

Sangria Social

8 a.m. at the Queen Creek Olive Mill, 25062 S. Meridian Road, Queen Creek. Celebrate Memorial Day with a splash (or more) of sangria. The Queen Creek Olive Mill will offer three seasonal-inspired house made sangrias, while Di Olivia Restaurant & Bar serves up dinner specials – like the Spanish Meat & Cheese Board – and discounts on beverages.

queencreekolivemill.com

SUNDAY 5/28

Gazillion Bubble Show

12 p.m. at Desert Diamond Casino, 9400 W. Maryland Ave., Glendale. Fans of bubbles and science should prepare for a lot of excitement with this evening's event! This national show has been ongoing for more than 16 years, and fuses bubble artistry with audience interaction for a night of family fun. Tickets start at $20.

ddcaz.com

Have an event or brief?

Send it to editor@arcadianews.com.

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LifeStorage

Phobiae for Phobiaphiles



The Lowe Road

BY SAM LOWE

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

Back in those glorious and illustrious days that my generation commonly refers to as "the good old days," life was a simple combination of getting up, going to work, eating three meals a day, and, if there were any worries, finding a tin can. During that time, kicking a tin can down a paved street made a lot of noise, but it eased all tension. As adults, we must confront multitudes of concerns that, because tin cans have been replaced with plastic, cannot be resolved in the former manner. So now, we must deal with them with the all-encompassing word: Phobia.

This turn of events forced some research into the list of phobias experienced. Over the years, we have devoted considerable time and effort to pursuing new phobias. Or, as we properly indoctrinated journalists call them, phobiae. The results were somewhere between stupefying and electrifying, depending on where we were standing when a new one hit us. And these are the results of our efforts:



ILLUSTRATION COURTESY OF SAM LOWE

Pharmfarmphobia – The fear of operating a drug store in a wheat field.

Tontophobia – The fear of not being there when they hand out the masks.

Barebearphobia – The fear of naked grizzlies.

Barebearberryphobia – The fear of naked grizzlies eating wild fruits.

9:15phobia – The fear of horizontal hands on a timepiece. (Also known as 2:45phobia.)

Zirconphobia – The fear that your engagement ring came from a box of Cracker Jacks.

Spamphobia – The fear of accepting an offer of a home-cooked meal from a lifelong bachelor.

Caliporniaphobia – The fear of watching XXX-rated movies in Los Angeles.

Tunatutuphobia – The fear of watching a fish ballet.

//phobia – The fear of skiing.

)/phobia – The fear that one of your skis is going to warp.

)(phobia – The fear that both of your skis are going to warp.

Hotdogphobia – The fear of receiving junk mail that says, "You may already be a wiener."

Ferniturephobia – The fear of sitting on a sofa or easy chair made entirely of houseplants.

Buckabottlephobia – The fear of a hangover caused by imbibing too much cheap wine.

Frankenholsteinphobia – The fear of using a cow's brain when creating a monster.

Acarpellaphobia – The fear of singing with a fish choir that doesn't use an accompanist.

Chewchewchoochoophobia – The fear of eating in a railroad dining car.

Achoochewchewchoochoophobia – The fear of sneezing while eating in a railroad dining car.

Moomuumuuphobia – The fear of watching a hula dance performed by cows.

Stalactitephobia – The fear that your nasal drip is going to last for centuries.

$$$$$$$$$$phobia – The fear that you're not making any cents.

/0/0/0/0/0/0/phobia – The fear that once you've learned to read between the lines, there's nothing there.

Fangphobia – The fear that your incisors have been secretly taking steroids.

Bandannananaphobia – The fear that you're going to tie a tropical fruit across your face and hold up a stagecoach.

/?/?/?/?/phobia – The fear of asking slanted questions.

Butlerphobia – The fear of knowing who did it.

Bleachedblondephobia – The fear of dyeing by your own hand.

Cantelopephobia – The fear of not being able to find a ladder so you won't be able to run off and marry a muskmelon in secret.

Wurstversephobia – The fear of becoming inspired to write sausage poetry.

Commacomaphobia – The fear of falling into a state of unconsciousness after becoming involved with a punctuation mark.

Chewachoochewphobia – The fear of accidentally buying black pepper-flavored bubble gum.

Cigarettephobia – The fear of getting all lit up and making an ash of yourself.

Tututoottootphobia – The fear of going to a costume ball dressed as a ballet dancer but being mistaken for a traffic jam.

Zebratwurstphobia – The fear of striped sausage.

Gozintaphobia – The fear that schools will eventually eliminate long division so grade-schoolers will no longer recite answers like "8 gozinta 24 three times."

Elephantomphobia – The fear of a large gray ghost whose breath smells like peanuts.

Elephaintphobia – The fear of standing next to a large animal that has a history of dizzy spells.

Elephumblephobia – The fear of using large jungle beasts as running backs because they have trouble hanging on to the football.

Oboehobophobia – The fear that all those music lessons you took as a child aren't going to get you a steady job.

Lipsyncphobia – The fear that somebody's putting words in your mouth.

Ptarmiganphobia – The fear of not getting any recognition even though you're first in line. (Also known as "psychophobia" and "psalmphobia.")

Blackandwhiteandblackandwhitephobia – The fear of watching a penguin roll down a hill.

Cartunaphobia – The fear of comic strips drawn by a fish.

Axidentalphobia – The fear of having your teeth fixed by a guy who moonlights as an inexperienced lumberjack.

Teriyakimaphobia – The fear that a central Washington city is going to be flooded by soy sauce.

Cargofargophobia – The fear that everything you ship by boat is going to end up in eastern North Dakota.

Caesarseizurephobia – The fear of being arrested while eating a salad.

Tannenbombphobia – The fear that your solo during the Christmas concert is going to be a cultural disaster.

Reinbeerphobia – The fear of a Christmas completely sponsored by a brewery.

Santaclaustrophobia – The fear of discovering that the jolly old elf is actually afraid of chimneys and other enclosed places.

Carpcarpetphobia – The fear of installing a floor covering made of fish heads.

Canadawdlephobia – The fear that your house guests from British Columbia are going to stay all winter.

IBM&Mphobia – The fear of computerized candy.

EIAUOphobia – The fear of having a vowel movement.

Oscargotphobia – The fear that the Academy Awards are going to have a Best Performance by a Snail in the Garlic Sauce category.

Hairplanephobia – The fear of flying on a 125-passenger toupee.

Serialcerealphobia – The fear of eating breakfast food that will be continued tomorrow.

Sherloxphobia – The fear of trying to solve the murder of a smoked salmon.

Timbuktubaphobia – The fear of large brass musical instruments made in the West African nation of Mali.

Pencilvaniaphobia – The fear of writing instruments made in Philadelphia.

Giraffittiphobia – The fear of long-necked animals carrying cans of spray paint.

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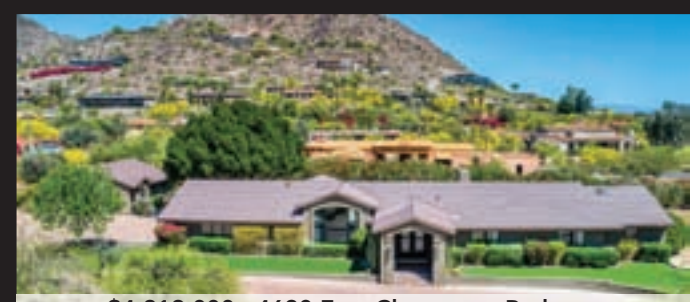
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5 bedrooms, 5 baths, 3,537 square feet
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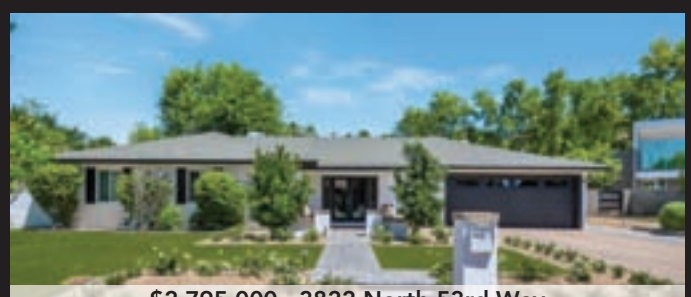
$10,495,000 5034 East Calle Del Norte
6 bedrooms, 9 baths, 7,797 square feet
5034calledelnorte.com



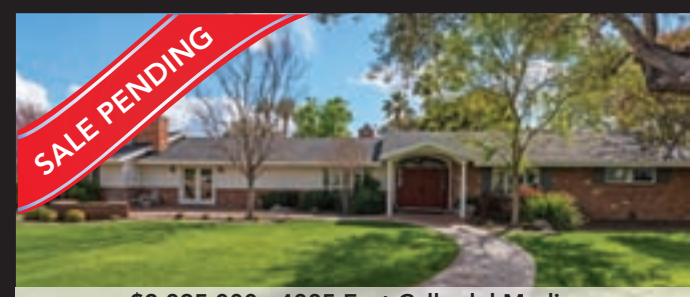
$4,219,000 4630 East Clearwater Parkway
5 bedrooms, 6 baths, 4,602 square feet
4630Clearwater.com



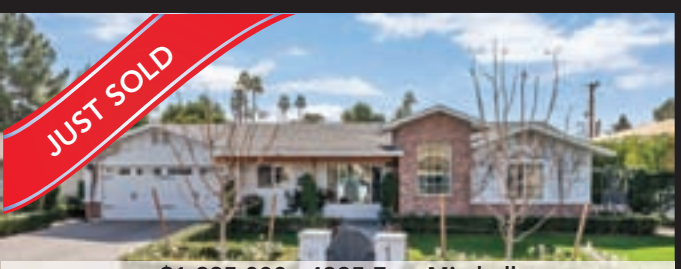
$2,995,000 4642 North Alta Hacienda Drive
3 bedrooms, 3 baths, 2,815 square feet



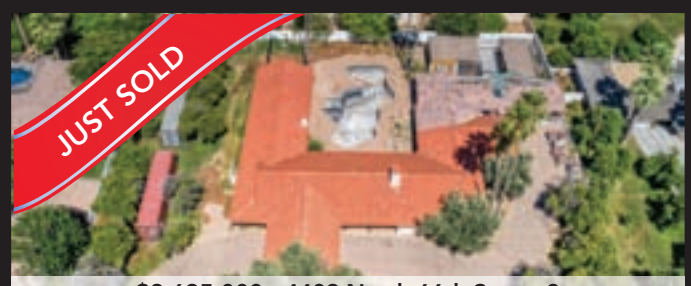
$2,795,000 3822 North 53rd Way
5 bedrooms, 4 baths, 3,403 square feet
3822north53rdway.com



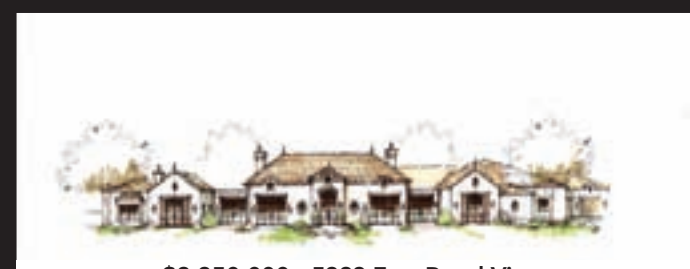
$2,895,000 4885 East Calle del Medio
5 bedrooms, 6 baths, 4,750 square feet
4885calledelmedio.com



$1,225,000 4335 East Mitchell
4 bedrooms, 4 baths, 2,291 square feet
4335mitchell.com



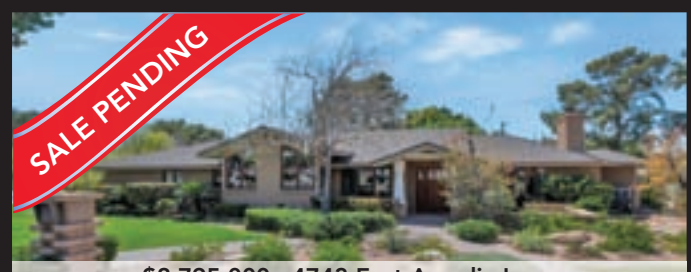
$2,695,000 4409 North 66th Street 8
.81 Acres



$2,350,000 5323 East Royal View
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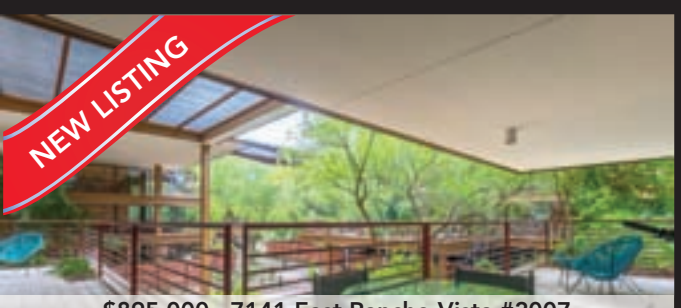
$10,500 per month 6301 East Calle Del Norte
4 bedrooms, 3 baths, 3,091 square feet



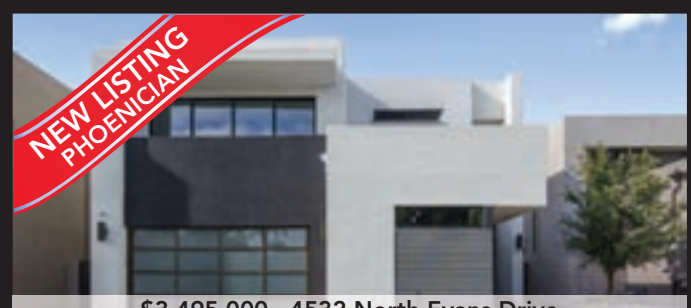
$2,795,000 4743 East Arcadia Lane
4 bedrooms, 4 baths, 3,488 square feet
4743arcadialane.com



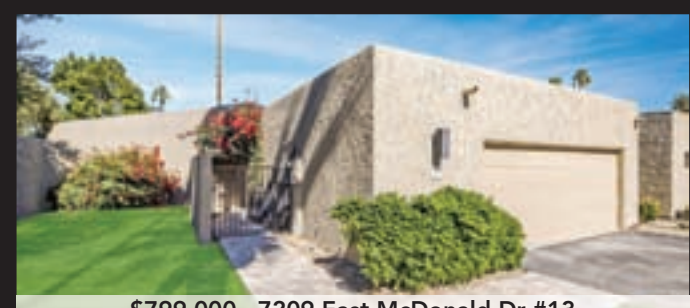
$2,442,547 6152 East Helen
2 bedrooms. 2.5 baths, 2,263 square feet
thephoenicianshea27.com



$895,000 7141 East Rancho Vista #2007
2 bedrooms, 2 baths, 1,416 square feet
7141ranchovista.com



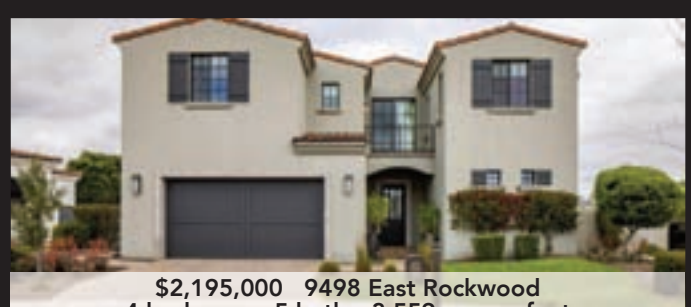
$3,495,000 4532 North Evans Drive
3 bedrooms, 3.5 baths, 3,478 square feet
4532evans.com



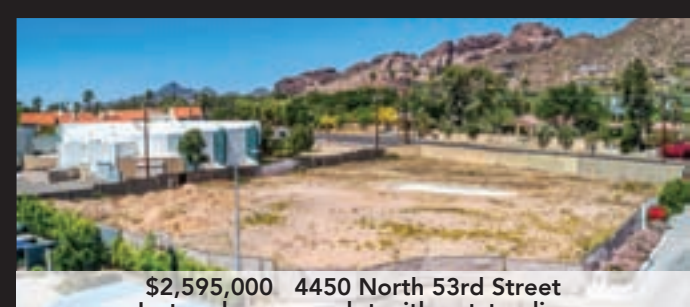
$799,000 7209 East McDonald Dr #13
2 bedrooms, 2 baths, 1,655 square feet
7209mcdonald.com



$1,295,000 1826 West Sleepy Ranch Road
4 bedrooms, 4 baths, 3,391 square feet



$2,195,000 9498 East Rockwood
4 bedrooms, 5 baths, 3,559 square feet
9498rockwood.com

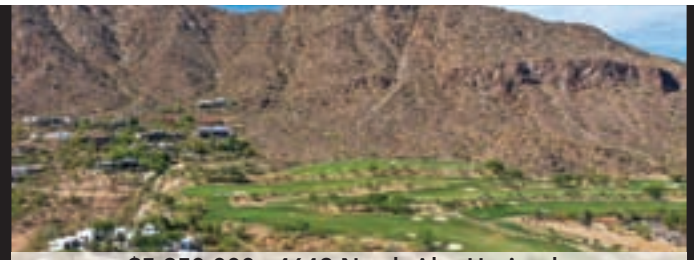


$2,595,000 4450 North 53rd Street
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$5,250,000 5301 East Roadrunner
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5301roadrunner.com



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



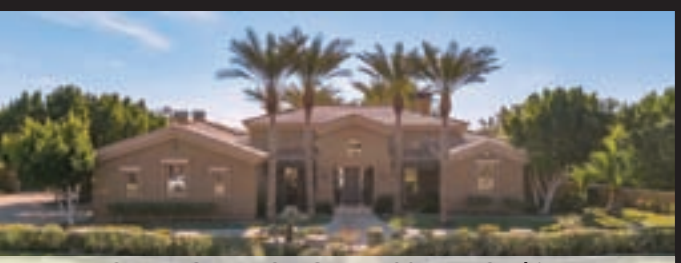
$1,995,000 5330 East Palomino
Excellent New Build Opportunity
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$10,995,000 4615 North Launfal
5 bedrooms, 6 baths, 5,287 square feet
7010avenidaelalba.com



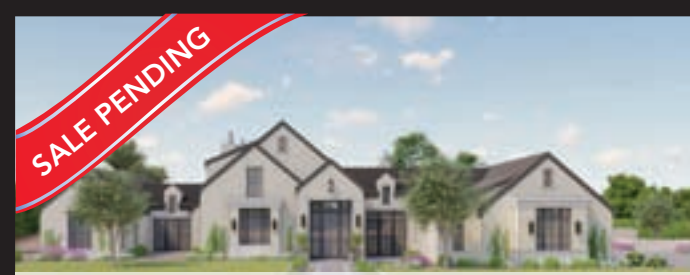
$2,925,000 8102 East Del Cristal
5 bedrooms, 4 baths, 3,500 square feet
8102delcristal.com



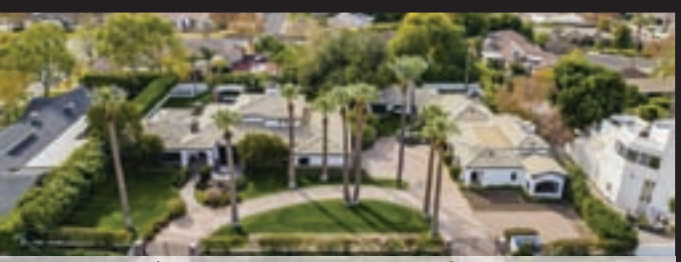
CALL FOR PRICING 11593 East Cochise
5 bedrooms, 6 baths, 7,776 square feet
11593cochise.com



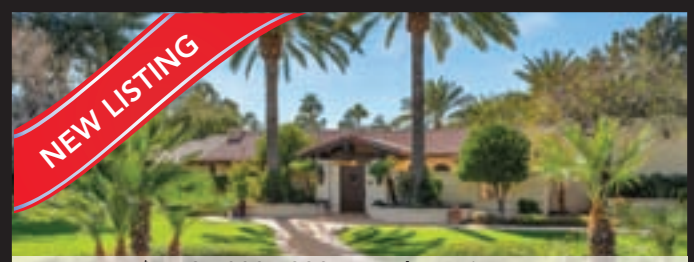
$12,000-$15,000 seasonally 8350 East Via del Sol
4 bedrooms, 5 baths, 4,783 square feet



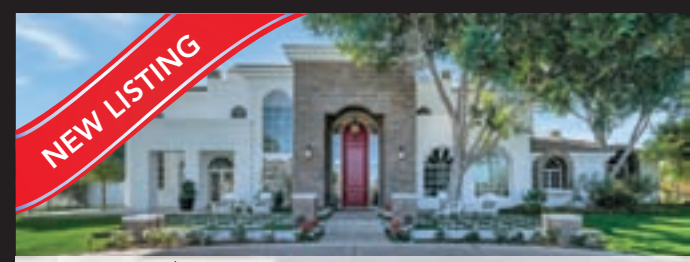
5115 East Exeter
CALL FOR PRICING AND INFORMATION



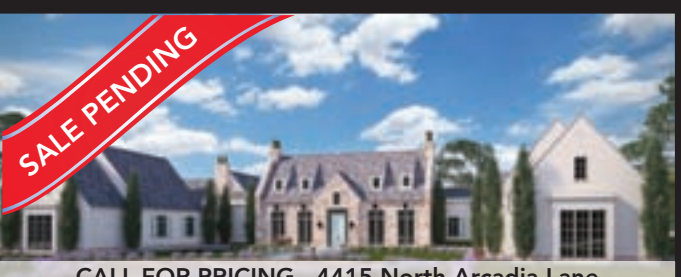
$4,195,000 5051 East Lafayette
7 bedrooms. 8 baths, 6,916 square feet
5051lafayette.com



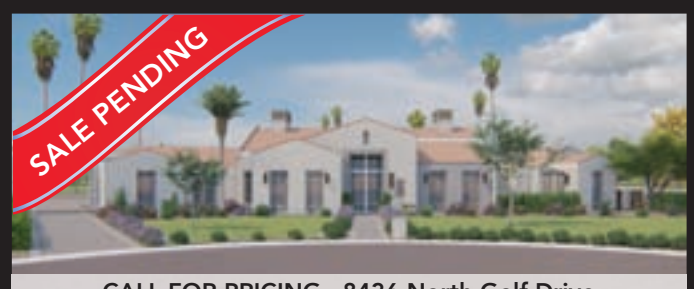
$6,195,000 8306 North Merion Way
6 bedrooms, 9 baths, 8,350 square feet
8306merionway.com



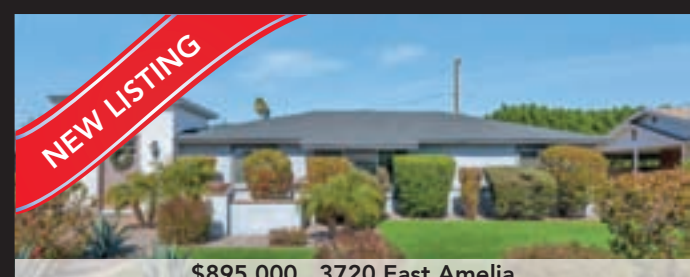
$6,295,000 69 Biltmore Estates
5 bedrooms, 8 baths, 8,421 square feet
69biltmoreestates.com



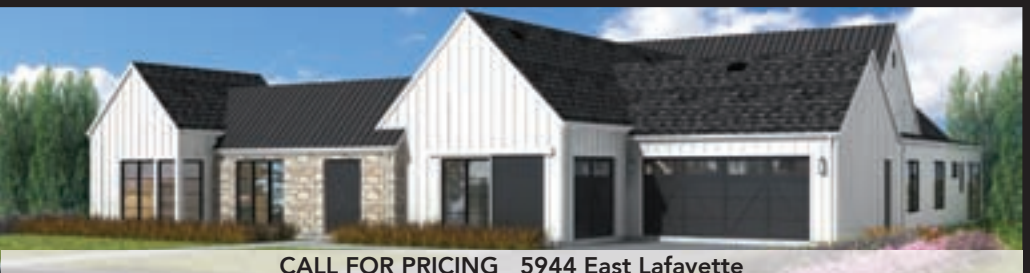
CALL FOR PRICING 4415 North Arcadia Lane
6 bedrooms, 14 baths, 12,748 square feet
4415arcadialane.com



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



$895,000 3720 East Amelia
4 bedrooms, 3 baths, 2,483 square feet
3720amelia.com



CALL FOR PRICING 5944 East Lafayette
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In the Kitchen

with Cary Morrow, owner of Sacks Sandwiches

4247 E. Indian School Road, Phoenix • sackssandwiches.com



In the heart of Arcadia lies a restaurant where sandwiches are the name and customization is the game. Kansas transplants Cary and Jan Morrow have owned Sacks Sandwiches for over 30 years. Along with the multitude of ingredients that guests can choose from, the one that's not on the menu – but goes into every meal – is love.

Let's start off with a brief history.

We started in May 1990. Our original location was at 48th St. and Indian School in the Safeway shopping center. We were looking at locations all over the country but decided on Phoenix since I was a little familiar with it – I came from Kansas to attend ASU and never left! I fell in love with the state and this neighborhood.

We started with the classic situation: kid goes to school, wants to make a little extra money, and gets involved in the restaurant, starting at the bottom with dishwashing. I had a passion for it. After school, I briefly returned to Kansas and had a restaurant there. As a matter of fact, it was a Michelin-star restaurant. It was breakfast, lunch, dinner, piano and wine bar. That got old because in the spring it was insanely busy. I'd be there at 6 a.m. on a Friday and leave Sunday at 10 p.m. I wanted to have a life, so we sold that business and moved out here. The sandwich routine has nicer hours [*laughs*], but we wanted something different than the classic submarine place.

We built off the restaurant in the Midwest and cranked it up a bit. The new Arcadia location opened around 13 years ago.

I see her name on the cookie dough. So, who is Wanda?

Wanda – my mother – is the impetus behind all this, as far as getting it off the ground. She wanted to give her children, my brother and me, the opportunity to do what we had a passion for. She saw our passion and gave us the ability to be our own boss. She helped us dig in and do whatever it was to make this work, to do it right.

Mom was our partner in the business. My brother and I created the menu, and the ideas of what we wanted to do, and she helped us realize that dream.

We opened the Arcadia one, and the second opened 18 months later at University and Mill in Tempe. The popularity took off. We had lines out the door!

Did you always know you wanted to be an entrepreneur?

Oh yeah, from the get-go. As a kid, I raised cattle and grew up with chickens and pigs, and those are some early hours. You want milk? Go milk the cow. You want watermelon? You pick watermelon from the patch. Growing up, I was also involved in little side businesses.

Where does the inspiration come from for Sacks Sandwiches?

Our travels – I've been to 83 different countries.

We have a dipping sauce for our fries from travels to Spain and Portugal. The feta yogurt sauce is a derivative from our travels in Greece. I get pleasure from exposing people to something different. It creates good loyalty in our customers; they'll come in and see combinations you don't get from your typical sandwich place. We rotate over 400 different daily specials throughout the year, and I tell people, 'Get it while you can because otherwise, you might not see it for a while.'

Wow! Do you have a favorite country?

Oh no – you can't pick a favorite. I like many things about each country – the culture, the geography, the people. It's a beautiful place out there.

What about the treats?

We've got our cookie dough that's made with my mom's recipe. You can get that here or at AJ's. Cookies are made in-house. The 57, which is milk chocolate, dark chocolate, white chocolate, walnuts, coconut, pecans, and oatmeal, is to die for. Each customer gets a small cookie with their meal, too. They're so good.

Which sandwich is the most popular?

The Symphony is the most popular, but in due part, it's the first one on the list. The Encore hot sandwich is popular; people love The Rubens. My favorite sandwich is my creation. It's a two-napkin, fork and knife mess [*laughs*]. Sourdough, mayo, Havarti, barbecue beef, mushroom, sautéed onions, jalapenos, marinated bell peppers and bacon. Everyone refers to it as Cary's Special, and it is delicious.



How did you come up with the names for the sandwiches?

We felt that the foods we create have an artistic touch. Our first one was a melody of flavors; it was interesting how it all came together. And when you know those fundamentals, you can create a sandwich off the top of your head, and you don't even have to eat it. You just know it's going to taste good. I know how the flavors will interact, like a symphony or orchestra of flavors. Making the sandwiches, it's like creating art.

People try to recreate meals at home and come to me like, 'What aren't you telling me' and it's like…I can't give away the secret!

To what do you attribute the popularity of Sacks as a whole?

The ability of the customer to get their food quickly and the variety and customization options. People come up with some creative stuff.

Tell us a little about The Attic Alehouse upstairs.

My brother Ivan served in the military with Jerry, the manager at Attic, and they've been friends for a long time. Ivan runs the Sacks at 3rd Avenue, and Jerry runs The Attic. We do pizzas, salads, wings – classic bar food. The Attic started as more of an Italian-themed restaurant, but in the nature of the business, it didn't feed the demographic. The Arcadia neighborhood has a refined palate, but the Italian place was coming off a little too pretentious, so we dialed it back and redid the menu. One of our big things is the Ivan Burger, which has a cool story behind it:

A blogger called The Burger Guy was doing a seven-city tour, came to our restaurant and had the Ivan burger. The next day, I'm in the office, and I get a phone call from The Burger Guy congratulating me for getting "Best Burger." I'm thinking 'okay, what are you trying to sell me?' He goes 'no, you're in the top five – in the WORLD.' And then, of course, I'm like, 'Why am I not better?' Well, some of the burgers were $350 to $500! They were in India, London, New York and L.A. So that was awesome.

Is it easier or harder to work with family?

We have a dynamic. We work well together. My wife [Jan] is my best friend and business partner, all rolled into one. Of course, we have disagreements, but they don't get out of control. We respect all the family members. Actually, it causes me to be a better decision-maker. I sit back, pause, re-evaluate and develop something better. It's good to be challenged.

What's your favorite part of owning a business?

Seeing the customers satisfied and happy. We've been around for so long. We've watched people's kids grow up. Families flying home for the holidays will stop at Sacks. We have a doctor who practices in New York now – we are the first place he comes when he visits Phoenix, and the last place he comes before he goes back east. It's really cool.

What's the toughest part?

Right now, it's employees. It's tough to find employees. And also, the pricing! Things used to be stable, and now we've got dynamic pricing with the big vendors. It's a pain. I just hope the customers understand it's not by choice.

Do you have a favorite memory from your time in the industry?

[*laughs*]

…that's appropriate!

Well, you eliminated about 90 percent of them there!

Here's one: Jan and I were on a ferry from Victoria British Columbia to Vancouver. A Canadian couple sat down next to us and we got to chatting with them; they asked where we were from and he said, 'Oh, I went to college at ASU as an exchange student.' I asked if he had heard of Sacks on campus. He said yes! In fact, he and his wife went to Sacks for their first date and that later he proposed to her at Sacks and had us put the wedding ring in her sack lunch!

"We love seeing the customers satisfied and happy. We've been around for so long. We've watched people's kids grow up."

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

Hunting, fishing and traveling. I'm going on a yacht off the Croatian coast in the near future.

What's your favorite thing to cook?

I am a rib master! Ribs, brisket – barbecue is in my wheelhouse.

What is one item you can't live without in your kitchen?

Love. Everyone's got the ingredients. It's about putting love into it. It's one thing you can't teach. I'm good at reading people, and I can tell whether or not they've got the love to make it work.



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HAPPY TRAILS, HAPPY MAMAS

Four Phoenix moms tackle the Arizona Trail

By Mallory Gleich



PHOTO COURTESY OF HEATHER MCMANUS

Mountain Mamas Mary Trent, Carla Monson, Heather McManus and Alice Cunninghan at Passage 1 at the Mexican border on May 1, 2022.

Dale Shewalter was a Flagstaff teacher in the 1970s who had dreams of a cross-state trail system that would connect communities, historic sites, wilderness areas, forests, public lands and our many biomes. In 1985, he founded the Arizona Trail (AZT) when he made an 800-mile trek from Nogales to the Utah state line, using many preexisting trails. Shewalter knew his vision was possible – he just needed some help. Traveling around the state, he gathered support and coordinated with landowners and agencies. Shewalter became the first paid coordinator for the AZT when he was hired by the Kaibab National Forest to bring the trail to fruition.

The Arizona Trail Association nonprofit formed in 1994, and the AZT started taking on a life of its own with formal partnerships between governmental agencies. This brought forth volunteers, hikers, runners, horseback riders, mountain bicyclists, trail builders, nature enthusiasts, cross-country skiers and countless others. They helped map out and close gaps in the routes while discovering water sources, rest and resupply stops, all while spreading awareness. The rugged AZT received State Scenic Trail designation in 2006 and National Scenic Trail status from the US Congress in 2009. The trail was officially completed in 2011, but it is always being improved.

In 2019, four moms decided it was their turn to tackle the Arizona Trail.

Heather McManus, the Programs Director at the Camelback Village Health Club, was the first to step foot on the trail with members from the club. This was in October 2019. After her hike, she posted photos on social media, which caught the attention of friends Carla Monson, Mary Trent and Alice Cunningham.

These four moms became the Mountain Mamas.

"Carla and I were elementary room moms 15 years ago and have been friends ever since. Alice and I met hiking with our dogs 10 years ago and hike twice a week together," Heather said. "Mary was a teacher at our kids' middle school, and Carla invited her along when we started the AZT two years ago. The nickname 'Mountain Mamas' popped up and stuck."

After reviewing logistics and coming up with a hiking plan, the group got ready to hike the 43 passages of the AZT.

"To thru-hike the AZT would take up to five weeks, and none of us could take this time off. The trail has 43 passages, which are broken into day hikes. We planned our hikes by hiking northern passages in the summer and southern passages in the winter," Heather said.

It took 18 months of serious climbs, dense trails and unpredictable weather to complete the trail. Throughout that time, they learned about themselves and their will to meet the challenge. And that also came with some pretty entertaining nicknames:

Heather said she learned the hard way that you don't get to pick your "trail name" – she was hoping hers would be Mad Dog, but instead, it's Turtle. And that has nothing to do with how fast she walks.

"Within 10 minutes of a backpacking adventure, I was anointed Turtle as I almost toppled over with my backpack trying to pick something up. Thanks to one of my hiking partners, Jeff McKee, that's my nickname," Heather said.

Carla was the logistics commander and coordinated the schedules, so she was henceforth known as Captain. Mary loves music and would dance on the trail, earning the moniker Trail Dancer.

"Alice never ceased to amaze as she fixed things like the water filter in the Mazatal mountain range, and thus she became Alice the Wonder Girl. Trail names are a must for all hikers," Heather said.

During their trek, the mamas hiked through two national parks, four national forests, two national monuments, and one state park.

Before setting off, they trained by hiking long distances and participating in strength training and yoga classes. They also learned how to carry 25+ pounds in their backpacks, which held tents, sleeping pads and bags, Jetboil for heating water, a water filter, personal items and clothes.

"The heaviest item to carry is water, as one gallon weighs eight pounds, and some passages had no water. We also bought the proper footwear because blisters are not your friend," Heather said.

She explained that busy schedules with work, family and social obligations were the biggest obstacle. Logistics to and from the trailheads were also a challenge as some of them required four-wheel drive to reach, and at times access roads were closed due to weather. They hiked deserts and forests, through snow, rain, mud and overgrowth.

"We planned our hikes around the weather. The last passage of our AZT adventure was Passage 1, and it was opened only a few weeks before our hike," Heather said.

One of the scariest moments during their trip was when Heather's tent flooded during a torrential downpour in Passage 9. The group also encountered a few critters, like cows, bees and a giant rattlesnake. Mary caught the brunt of it, as she was stung, almost stepped on a coiled rattlesnake and even had a standoff with a bull.

"We carried a knife and a Garmin inReach messenger/satellite for emergencies," Heather said.

Her least favorite passages were the Rincon Mountains because of the climbs, overgrown trails, and heavy downpours, and Passage 25 because she realized this was her second time hiking the passage.

"At one point, I also had horrible blisters and shin splints," she said.

The Mountain Mamas packed plenty of food and water for the trip – one of their favorite snacks was peanut butter and jelly on a tortilla with dill pickle flavored potato chips.

Some of Heather's best memories include having dinner on top of the Four Peaks, when the steward of the trail left her a Blue Moon in a bear box (a space designed to securely store food outdoors) for her birthday, and trying to get Alice to read to her when they were stuck in their tents due to bad weather.

"We met an old timer at Passage 25, and he told us he was hiking AZT to 'see beautiful natural wonders like Carla and me.' He called us Clara and Sarah," Heather said.

The group agreed on the benefits of the trip – not only did they complete the hike, but they also gained a new camaraderie within their group and developed appreciation for the diversity and beauty of Arizona.

"We were elated and so proud to finish the trip. We celebrated with a barbeque at Passage 1 on May 1, 2022," Heather said. "We also received a souvenir, as the AZT organization sent us a belt buckle for completing the trail."

After their trip, Carla and Heather went on to hike the John Muir trail in California; Heather and Alice walked the Camino de Santiago in Spain, and Carla and Mary are currently hiking the Maricopa Trail.

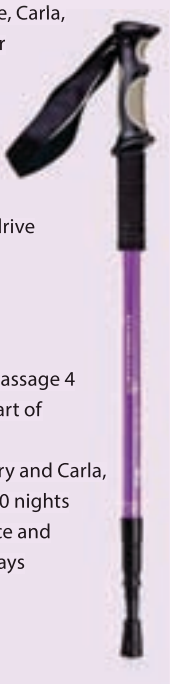
Heather also leads monthly hikes through The Village. On May 6, she'll be taking a group to the Spur Cross Trail in Cave Creek.

"You'll find the Mountain Mamas on the Phoenix trails, whether together or separate, any day of the week," Heather said.

aztrail.org

HERE ARE A FEW STATS FROM THE MOUNTAIN MAMAS JOURNEY:

- 20 people joined the group, hiking over 29 hikes
- 32 hikes were done by Alice, Carla, Heather and Mary together
- 10 people shuttled the group to or from 22 different trailheads
- 4 primary cars were used: two 4x4s, one all-wheel drive and one two-wheel drive
- 1 flat tire
- 1 broken exhaust pipe
- 4 hikes over 20 miles
- 15 hikes over 15 miles
- 22.2 miles: longest hike – Passage 4
- 6.1 miles: shortest hike – part of Passage 20
- 5 backpacking trips for Mary and Carla, consisting of 15 days and 10 nights
- 6 backpacking trips for Alice and Heather, consisting of 17 days and 11 nights
- 2 nights of car camping
- 10 nights in hotel rooms



Making a move to give back to moms

By Cassie Hepler

With their ability to reach customers around the country, Two Men and a Truck created a donation program called Movers for Moms. It began in Michigan in 2007 and became a national program in 2014.

The community-based campaign seeks to make life easier for less fortunate women around Mother's Day. Since its start over 15 years ago, nearly two million items have been donated to moms in need.

"Two Men and a Truck has women in key leadership across the company. Some of our most successful franchisees are women, so the idea for Movers for Moms came naturally to the founder, Mary Ellen Sheets," Marketing Manager Ashley Frederickson said.

The Scottsdale branch opened its campaign in 2014 and has worked with multiple collection partners and donation recipients, including UMOM and the Sojourner Center.

The 2023 recipient is Hope Women's Center, located at 1640 E. McDowell Road in Phoenix. For over 38 years, this organization has provided a haven for women in Arizona to get back on their feet. Hope aims to equip women to build healthy relationships, bring healing and wholeness to traumatized lives and help them discover their value and worth.



Ashley Frederickson

The campaign needs essential items like diapers, toiletries, soap, shampoo and conditioner, along with used clothing for moms and kids, blankets, disinfectant wipes, hygiene products, books and games.

"Being a mother is one of the hardest jobs in the world. I cannot imagine raising young ones without the support it takes, which shows the strength and perseverance these moms have," Two Men employee Jessica said. "I am so happy to work for a company that supports a cause where we can help these mothers and families in need."

In 2022, over 266,000 items were collected and distributed throughout the Two Men and A Truck system to shelters for Mother's Day – and they plan to exceed that number this year.

"I love the Movers for Moms program because it helps raise awareness in our community as we come together to help with the larger picture of protecting and supporting women in need," Fredrickson said. "We provide a meaningful Mother's Day to the participants that they would not be able to enjoy as much if it wasn't for this program."

Those looking to donate items can drop them off at Two Men's office in Scottsdale or at The Elks Lodge at 6398 E. Oak St. until May 7.

Two Men and a Truck is Northern America's largest franchised moving company, with more than 400 locations in 47 states, Canada, Ireland, and the UK.

In the fall, Two Men and A Truck will run their Movers for Military program, which helps families of those serving overseas by collecting toys for the holiday season.

twomenandatruck.com
hopewomenscenter.org




Over Easy


Carcara



Chateau Luxe

The Dining Scoop

Mother's Day is this month, and sometimes, it can seem daunting to come up with a way to properly thank the mother figure in your life for everything she's done. Luckily, there's still time to claim the coveted favorite child title by treating mom to a beautiful brunch or a day of fun in the Valley – here are a few spots that are celebrating moms this year:

DINE

On May 12-14 from 11 a.m.-9 p.m., **Tomaso's** (3225 E. Camelback Road, Phoenix) will offer a special Mother's Day menu, including dishes like Pasta Sorrentino crafted with lobster, scallops, jumbo prawns, saffron, tomato herb sauce, and linguini, or Veal Chop Caprese made with veal chop, herb breadcrumbs, tomato sauce, mozzarella, and vodka sauce.

tomasos.com

J&G Steakhouse at The Phoenician (6000 E. Camelback Road, Scottsdale) will have two brunch settings, from 10-11:30 a.m. and 12-1:30 p.m. Dishes include hand-carved smoked pork belly, lobster eggs benedict, toasted sourdough English muffins, truffle-tarragon hollandaise and garlic ginger grilled prawns with baby bok choy. Prices are $160 for adults, $95 for children. Reservations are required.

thephoenician.com

Brunch is all the rage at **Lon's at the Hermosa Inn** (5532 N. Palo Cristi Road) on Saturday, May 13 and Sunday, May 14. From 9 a.m.-2:45 p.m., guests can enjoy items like Lon's cinnamon roll, Noble French toast, crispy pork belly, egg white quiche, Alaskan halibut, crab cake benedict and peaches and cream or a rhubarb custard tart. Prices are $90 for adults and $25 for kids.

hermosainn.com

Rita's Cantina & Bar at the **Camelback Inn Resort** (5402 E. Lincoln Dr., Scottsdale) has a gorgeous view to celebrate that gorgeous mother figure! Guests will find bottomless bubbles and mimosas and dishes like pancakes, French toast, cheese and charcuterie, a ceviche bar, crab claws, dim sum, octopus tacos, desserts, a liquid nitrogen ice cream station and more. Brunch is available from 10 a.m.-2:30 p.m. Prices are $145 per adult, $45 for kids.

marriott.com

Hotel Valley Ho (6850 E. Main St., Scottsdale) will host a buffet in the Sands venue with items like a seafood bar, omelet and carving stations, and entrées like waffles, blackened salmon and baked pork belly mac + cheese. House-made desserts are also available. Prices are $79 for adults, $29 for kids. **ZuZu** will offer specials from 6 a.m.-2:30 p.m. for brunch. From 5:30-9 p.m., dinner specials like spicy chicken fried rock shrimp and New York strip with bacon and white cheddar casserole are available. Reservations are required.

hotelvalleyho.com

Hearth '61 at Mountain Shadows (5445 E. Lincoln Dr., Scottsdale) is offering a multitude of brunch options, like pistachio honey scones, iced gulf shrimp, avocado toast, and more. Individual entrée options include smoked salmon benedict, braised beef short rib hash, pan-seared sea bass, roasted New York strip and ratatouille. Prices are $95 for adults, $35 for kids. Reservations are required.

mountainshadows.com

Over Easy (4730 E. Indian School Road) has a couple of new breakfast specials for families looking to celebrate Mom, which are available all May. The specials include rolled pork carnitas tacos for $16, the JohnJay peaches and cream waffle for $13, and the springtime strawberry peach mule for $9. One dollar from every waffle sold will be donated to the #LOVEPUP Foundation.

eatatovereasy.com

Celebrate Mother's Day in downtown Phoenix at **Carcara** (320 N. 3rd St., Phoenix). This Sonoran-inspired eatery will feature a raw bar, carving station, eggs Benedict bar, brioche French toast, pecan-smoked chicken breast with elote succotash, short ribs with mushroom risotto, chef's selection of desserts and crepes, and more. Professional photographers and a live mural canvas artist will also be on-site. Prices are $95 for adults, $40 for kids.

carcararestaurant.com

Royal Palms (5200 E. Camelback Road, Phoenix) will host two dining specials: a three-course prix-fixe brunch at T. Cook's and a banquet buffet in one of the resort's ballrooms. Brunches will be held from 10 a.m.-2 p.m. and include a glass of sparkling wine or a mimosa. T. Cook's brunch highlights include a shrimp and oyster station, braised short rib and pan-roasted salmon and various desserts. The Ballroom Banquet buffet will serve traditional breakfast, including omelets, a waffle station, chilled seafood, a carved meats station and desserts. Prices are $175 for adults, $75 for children 6-12.

royalpalmshotel.com

Dine with a Sonoran Desert view at **Chateau Luxe** (1175 E. Lone Cactus Dr., Phoenix). The eatery is hosting a brunch buffet on May 14 from 9 a.m.-3 p.m. Guests will find items like a seafood tower, omelets and waffles, mimosas, a prime rib station and chef-prepared entrees. There will also be entertainment, giveaways, a kids' corner and a photographer available to take family photos. Reservations required. Prices are $99 for adults, $45 for kids.

chateauluxeaz.com

Anhelo (114 W. Adams St., Phoenix) will offer brunch items from 10 a.m.-3 p.m. on Mother's Day. Featured items include caviar deviled eggs, ricotta pancakes, brie and truffle omelet, lobster roll and more.

anhelorestaurant.com

Streets of New York is offering moms a free dessert; choose from New York cheesecake, cannoli, double chocolate cake, vanilla ice cream and passion cookie – valid with the purchase of an entrée.

streetsofnewyork.com

Tracey Dempsey Originals (1325 W. University, Tempe) has some suggestions for a themed gift basket, including locally made honey, jams, chocolates, teas, shower steamers and wine from women-owned companies, and goodies like Bacon Pecan Brittle. Guests can also reserve a Mother's Day Tea Basket that will feature tea sandwiches, crudités + dip, salad, donut muffins, mini desserts and strawberry lemonade for $125 a basket. Reserve by May 5; pick up May 13.

tracydempseyoriginals.com

FUN

Postino Wine Cult (3939 E. Campbell Ave., Phoenix) features four hand-picked wines curated by Postino's Advanced Sommelier, Brent Karlicek. For Mother's Day, Mom can receive a themed box four times a year. Postino Wine "Culties" also receive exclusive perks, including a sign-up bonus of $50 to spend at any Postino location. Wine Cult is offering 20 percent off the annual membership with discount code **"MOM20"** until May 14.

postinowinecult.com

Enjoy a special night out with mom by treating her to **Ballet Arizona's** All Balanchine performance with The Phoenix Symphony at Symphony Hall (75 N. 2nd St., Phoenix) from May 4 through 7. All Balanchine "presents three ballets by the Father of American Ballet, including Raymonda Variations, Emeralds and The Four Temperaments." Tickets start at $35.

balletaz.org

Families who book a stay at **Rise Uptown** (400 W. Camelback Road, Phoenix) before May 14 will get some special treats for mom thrown in: A homemade popsicle from Pop Stand, two cans of rosé to enjoy in the room or at Lylo, and a Radiant Recovery Sheet Mask from LATHER to refresh after a day spent poolside. Booking must be between May 1-31.

riseuptownhotel.com

The Village Health Club (4444 E. Camelback Road) has a Mother's Day Package available that includes a one-hour signature massage and the monthly Facial Special (In May: Mangosteen lactic 10% pro peel, including Dermaplane). This special can be purchased as a gift certificate for use anytime throughout the year for $220.

villageclubs.com

Arizona Facial Plastics (3102 E. Indian School Road, Phoenix) is offering the Frozen C Ice Facial throughout the summer – and it might just be what mom is looking for! The facial uses a jet of carbon-dioxide gas to cool the skin. Benefits include reduced redness, less inflammation, and increased oxygen to the skin while also killing bacteria. The one-hour is $199 per treatment, or three for $499.

arizonafacialplastics.com

BEYOND ARCADIA

Andaz Scottsdale's **Weft & Warp Art Bar + Kitchen** will host a Mother's Day brunch on Sunday, May 14, from 10 a.m.-3 p.m. There will be a raw bar, a carving station, a land and sea spread, and dishes like carbonara mac and cheese and Alaskan halibut. Dessert stations include pie pops and honey cakes. Prices are $140 for adults, $65 for children 7 to 12.

andazscottsdale.com

32 Shea (10626 N. 32nd St., Phoenix) is celebrating with $5 MOM-osas on Sunday, May 14. Guests can choose from orange, grapefruit, cranberry and pineapple juice. The restaurant is also choosing two moms from their Instagram giveaway to win two entrees and two coffees or MOM-osas on Mother's Day.

32shea.com

All the dining options at **Casino Arizona** (524 N. 92nd St., Scottsdale) will offer Mother's Day specials, but if you're looking for brunch, The Eagles Buffet has what you need. Guests can enjoy various dishes like biscuits and gravy, waffles, pancakes, French toast and cheese blintzes with strawberry sauce. The Chef's omelet station will offer a southwest scramble. Brunch is served from 10 a.m.-2:30 p.m. Price is $40 for adults, $15 for kids.

casinoarizona.com



Tracey Dempsey Originals



32 Shea

Ling & Louie's Asian Bar and Grill (9397 E. Shea Blvd., Scottsdale) has two ways to celebrate moms: Brunch + Bubbles runs from 11 a.m.-3 p.m. on Sunday, May 14. Moms can enjoy a mimosa spread, including a bottle of sparkling wine, juices and purees, with a fruit platter and a selection of dishes like crab cake benedict, Mu Shu chicken tacos and blackened chicken and pork hash. In addition, there is a two-course specialty meal with various options that starts at 3 p.m.

lingandlouies.com

Orange Sky at Talking Stick Resort (9800 Talking Stick Way, Scottsdale) is just one of the casino's eateries offering special treats for moms. Dinner will be available from 3-8 p.m. Guests can choose between two appetizers, two entrees: sweet corn agnolotti or petite filet and lobster – and a strawberry rhubarb dish with hazelnut-oat tart and vanilla-honey mascarpone for dessert. Prices vary.

talkingstickresort.com

Ko'sin at the **Sheraton Grand at Wild Horse Pass** (5594 W. Wild Horse Pass Blvd., Phoenix) will host a Mother's Day buffet of grand proportions! Families can enjoy an omelet and egg station, bruschetta station, savory lunch dishes, a dessert station (with strawberries dipped to order) and a mimosa bar. Prices start at $65 per person. Reservations are encouraged.

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Chrisie Funari

Growing up around entrepreneurial parents, Chrisie Funari always knew she wanted to own her own business. What she didn't know then was that it would be a nonprofit organization providing support to families coping with a child who has cancer.

Unfortunately, she has first-hand experience in such a circumstance. She lost her 5-year-old daughter, Ava, after a long battle fighting stage four neuroblastoma.

"The most shocking words a parent can hear are 'your child has cancer,'" Funari said. "It immediately turns your world upside down, and all of a sudden, nothing else is important."

> ***Our community has been extremely generous in supporting the foundation. We couldn't do it without all the kind individuals and companies that donate to us.***

Funari struggled mightily through the ordeal as she was eight months pregnant when Ava died and went through a divorce while the baby was sick.

She lost her job because she couldn't work while Ava went through treatments, and she wound up living with her parents.

"They almost went broke helping me pay for all the medical expenses," Funari recounts. "It's strange, but no one ever asked me, 'How are you doing?' From that lonely experience, I wanted to help other families avoid having to go through the same thing."

In 2014, Funari launched the Arizona Cancer Foundation for Children at the kitchen table in her home.

Today, the organization offers information on navigating hospitals, financial assistance, and social, emotional and moral support. The 12,000-square-foot facility is meant to be a home away from home for families who would otherwise be isolated and left to deal with everything by themselves.

"Our program is meant to help the entire family, and we want them to feel that some of the weight of what they are going through is being lifted off of their shoulders," Funari said.

Most parents accessing the foundation's family center are low-income families. They benefit from a well-stocked food pantry, ongoing educational tutoring and job training, a play area and toy store, a boutique center and art studio, and even a movie theater.

A chocolate lab named Leo is the mascot. He provides an extra dose of affection to everyone he greets.

Funari and her sister grew up in Minnesota. She found her way to Arizona when deciding to attend ASU, where she majored in marketing. Her parents soon followed her to the Valley and have volunteered at the center since it opened.

"We are an extremely close family, even before our loss, and I love my parents and children very much," Funari said.

She as two children: a 17-year-old son, Eli, and a 10-year-old daughter, Eve.

When she isn't working – which is much of her waking hours – she likes to hike Pinnacle Peak, attend her kids' sporting events, or escape with a good book.



Chrisie and Ava.

"Our community has been extremely generous in supporting the foundation, and because we receive no state or federal money, we couldn't do it without all the kind individuals and companies that donate to us," she said.

Funari is proud that she can meet with any family going through what she did and have an immediate connection, providing understanding and empathy.

Little wonder her self-titled autobiography would be called "*Nothing She Wouldn't do for Others.*"



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*Phoenix Magazine, 2021 & 2022

My three daughters – and their favorite plant-based meals

Summer is the season of abundance when it comes to fresh produce, making it the perfect time to start eating a more plant-focused diet, which centers around whole plant foods, such as fruits, vegetables, legumes, nuts and seeds. It excludes all meat, dairy and eggs. Here are some reasons why eating more plant-based in the summer is easy:

• Fresh produce is abundant. During the summer months, various fruits and vegetables are in season.

• Lighter meals are more appealing during the hot Arizona summer. Plant-based meals tend to be lighter and easier to digest, making them a great choice for summertime dining. Salads, smoothie bowls, and grilled veggies are a few examples.

• Plant-based meals have endless options for creating delicious, satisfying meals.

• Plant-based meals are budget-friendly. You immediately reduce costs when reducing your intake of meats, dairy and eggs.

Join my monthly membership for recipes, health videos and live Zoom cooking classes for only $10 per month.

In honor of Mother's Day, I'm sharing my three daughters' favorite plant-based meals!

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

Kristen's favorite: Sundried tomato pasta SERVES: 6

Pasta ingredients

- 12-16 oz. bow tie pasta
- 1 container grape tomatoes, halved (2 cups)
- 1 cup fresh basil, slivered
- 10 Kalamata olives (optional)

Sauce

- ½ cup sun-dried tomatoes (jar type)
- 3 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 1 garlic clove, crushed
- 1 tsp. pink salt
- ½ tsp. pepper
- 3 tbsp. water (or more if you want it thinner)

Directions

1. *Cook pasta and save ½ cup of the pasta water.* ***2.*** *Add sauce ingredients to a blender and blend until smooth.* ***3.*** *Drain pasta, add reserved pasta water, sauce and other ingredients. Toss to combine.*



Maddie's favorite: Asian sheet pan dinner SERVES: 3

Ingredients

- 1 bunch asparagus
- 1 carton mushrooms, rough sliced
- 1 red pepper, sliced
- ½ red onion, sliced
- 3 cups broccoli, chopped
- 1 yellow pepper, chopped
- 1 zucchini chopped
- 1 block super firm tofu
- 1 tbsp. soy sauce
- 2 tbsp. sesame seeds

Sauce

- ⅓ cup soy sauce
- ¼ cup broth
- 1 tbsb. each: sesame oil, maple syrup, rice vinegar
- 2 tsp. arrowroot powder

Directions

1. *Preheat oven to 400 F.* ***2.*** *Lay out the veggies on a sheet pan. Spray with avocado oil and shake on some garlic granules or garlic powder.* ***3.*** *Chop the tofu and put it in a container or Ziploc. Add the soy sauce and sesame seeds and shake. Put this on a separate sheet pan.* ***4.*** *Put both sheet pans in the oven for 30 minutes.* ***5.*** *Add all sauce ingredients except arrowroot to a small pot. Heat to medium, and when warm, add in arrowroot. Lower to low heat and stir until it thickens.* ***6.*** *Toss veggies and tofu with sauce and serve.*



Kenzie's favorite: Taco salad SERVES: 6

Taco "meat"

- 4 cloves garlic, minced
- 1 jalapeno, diced
- 1 can kidney beans, rinsed and drained
- 2 cups cooked lentils
- 1 15-ounce can fire roasted tomatoes
- 1-2 chipotle peppers, diced (from a can)
- 2 tsp. sauce from chipotle pepper can
- 1 tsp. each: oregano, cumin, pink salt

Russian dressing

- ½ cup vegan mayonnaise
- 2 tbsp. ketchup
- 1 ½ tsp. prepared horseradish
- 1 tsp. Worcestershire sauce
- ¼ tsp. each: paprika, onion granules
- ½ tsp. salt

Other ingredients

- 6 cups romaine, chopped
- 2 cups fire-roasted corn
- 1 large tomato, diced
- ½ cup black olives, sliced
- 2 cups cooked rice
- Guacamole

Directions

1. *Saute the garlic and jalapeno for a few minutes. Add kidney beans, fire-roasted tomatoes, chipotle peppers and sauce, oregano, cumin, pink salt, and lentils. Cook for about 10 minutes on low. If the pan gets dry, add some broth or water.* ***2.*** *Mix up the Russian dressing.* ***3.*** *In a large bowl add the romaine, taco meat, rice, tomatoes, olives, corn, and guacamole. Toss with Russian dressing.*



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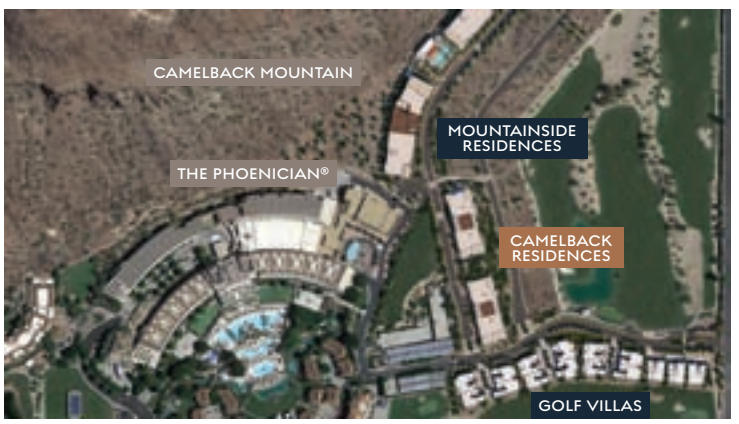
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Students raise money for Leukemia and Lymphoma Society

By Rachael Bouley

For seven weeks, Xavier students Ava Calihan, Sadie Sebald, and Abby Gliss, and Arcadia students Lily Ord, Olivia Hizme and Annie Spiekerman worked tirelessly in their campaign to raise money for the Leukemia and Lymphoma Society of Arizona. Their hard work paid off, as the groups combined efforts raised over $300,000 for the organization.

Society chapters nationwide encourage participation in Student Visionaries of the Year, a philanthropic leadership development opportunity where teams compete to raise the most money and awareness over seven weeks. Funds benefit the nonprofit's cutting-edge research in the fight to cure blood cancer.

Ava, Sadie, and Abby were named Student Visionaries of the Year by the society's Phoenix chapter for raising the most funds throughout their community. Lily, Olivia and Annie were runners-up after the campaign finished in March.

The Xavier team created their Coast 2 Coast Cures campaign to honor everyone with a family member or friend affected by cancer. It was a huge success, with the Gators raising $180,000 overall.

"We had a group of about ten other Xavier students working under us to help raise as much money as we could," Ava said. "We were shocked with how many people were willing to help us, whether it was friends and family, business leaders, or those we met through the organization."



Ava Calihan, Abby Gliss, and Sadie Sebald.



Annie Spiekerman, Lily Ord and Olivia Hizme.

Ava and her teammates learned a lot as they reached out to local businesses and personal connections to try and raise funds.

"We met with over ten leaders of different companies to discuss sponsorship opportunities. After leaving meetings, we would talk about how cool it was to share a campaign that we were incredibly passionate about and hear how the leaders in our community worked to achieve their successes," Ava explained. "Communicating with influential adults in our community could be intimidating, but we became more confident after each meeting."

Coast 2 Coast Cures said they are grateful for all sponsors and donors who helped them progress toward creating a world free of blood cancers. Money raised goes toward research, treatment, and care in hopes of curing leukemia, lymphoma, Hodgkin's disease, and myeloma while improving the quality of life for patients and their loved ones.

"So many people were willing to donate and help us make a change," Ava said. "In the future, I hope to continue to do charity work that can make a difference in the lives of many."

Lily, Olivia and Annie came in a close second, raising $129,515 for RKDA Cancer Crushers and winning the LLS Mission Award for Patient Support by going above and beyond to reach out directly to patients fighting cancer.

The girls led a team of 26 students, who made handwritten cards for those battling cancer at Phoenix Children's Hospital.

"We loved working together as a team to create heartfelt and beautifully worded messages, which we hope will provide inspiration to patients as they endure difficult treatments and circumstances," Lily said.

"We also decided to take our honored hero, 10-year-old Bryce, and her family shopping for clothes to wear at the Grand Finale. Bryce was diagnosed with leukemia when she was 10 and is currently in remission."

RKDA Cancer Crushers said they were motivated by the strength of a classmate and teammate who successfully battled leukemia. Every participant had a personal connection to the cause.

Annie was inspired by a family friend diagnosed as a freshman in high school. Olivia recognized the challenges her grandma and other relatives faced with a cancer diagnosis. For Lily, it was her grandfather Art Gilbert, who died of leukemia before she could meet him.

"By participating in the campaign, I felt I was honoring his legacy and especially connecting with him," Lily said. "Another important connection to me was my grandma, who survived two cancer battles because of state-of-the-art treatments and research funded by LLS."

Both groups said they are proud of what they accomplished and they look forward to more fundraising and awareness initiatives in the future.

llsstudentvisionaries.org

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One mom's drive to help adult children with autism

By Jennifer Marshall

Phoenix resident Lisa Masters became a mom in 1997. Two years later, her son was diagnosed with autism. A few years after that, she had a second son – who is also on the autism spectrum.

As her sons approached adulthood, Masters found support services lacking for adults with developmental disabilities. So, she took the situation into her own hands and founded Autism Life and Living (ALL) in 2021. ALL helps fill the gap on services and support for young adults on the spectrum.

"I started to plan for what would become of them when I was no longer able to care for them," Masters said. "I was extremely concerned to find a significant gap in support services and independent living options that were safe, supported and affordable in Arizona. That is when I decided I had to do something, not only for my boys but for the many who are voiceless and choiceless."

Masters found that her sons were constantly on waiting lists to receive speech therapy, occupational therapy and rehabilitation services, sometimes for months.

"Early intervention is critical with an autism diagnosis, so precious time and progress was lost sitting on these lists. As the prevalence increased, the support services started to catch up to the need. I found myself back in the same place I was in 1999, facing a gap in support services for individuals 18 and older," Masters said.



PHOTO: DENNIS MURPHY

Autism Life and Living's founder, Lisa Masters, with her sons Andrew (left) and Brandon.

ALL's goal is to provide services and housing options for young adults and make provisions for who will care for them when their caregivers can no longer do so.

"I'm responsible for my boys' well-being even when I am no longer here," Masters said, "and that is a heavy load for a parent to carry, as it is not a question of *if* they will need support and housing, but *when*. It is especially heavy when you are tasked with creating a solution to the support service and housing crisis these individuals face."

ALL offers several programs, including its signature Social Circle. Members plan and host monthly events where autistic young adults can socialize and learn new activities.

They also offer Support Services, where the program director sets families up with organizations that provide speech, occupational and physical therapy, day programs, employment training, habilitation and more.

Another popular event is their Health & Wellness Program, featuring classes that teach physical fitness, nutrition, hygiene and social/emotional skills.

"Just because an individual turns 18 does not mean they are no longer capable of learning skills taught when they're younger," Masters said. "It's the opposite, actually. They can learn skills promoting independence and well-being, affording them a purposeful life and self-directed choices."

In the future, ALL's goal is to build an independent living community that will be a safe and affordable home base for all of their activities and programs.

autismlifeandliving.org

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This mentorship program's main focus? Girl power.

By Jennifer Marshall

Did you know that seven out of 10 girls aged 10 to 13 believe that they are not good enough or don't measure up regarding their looks, performance in school and relationships with friends and family members?

A Phoenix organization called Girls Mentorship aims to change that statistic by empowering tween and teen girls to live their best life by tapping into their potential in everything they undertake.

Established by two Arizona State graduates, Mary Frances and Jill Petersen, the organization was created during the pandemic in response to the isolation and seclusion they faced.

"We found it an opportune time to help girls deal with the struggles they might be facing due to the sudden stopping of their lives as they knew them," Frances said.

The duo explained that they had endured trials and personal growth when they were growing up, and, as such, understood what elementary and middle school girls were going through.

"We struggled with knowing and understanding our worth, finding our voice, learning how to be confident, making friends, conflict resolution, and so many other things," Frances said.

When you add on the internet, where four million of your closest friends are accessible at any moment, the issues not only prevail, but intensify, Frances added.



PHOTO COURTESY OF GIRLS MENTORSHIP

Girls Mentorship hosts monthly workshops with themes like self-love and ways to cultivate and practice it.

"Because of those factors, we knew that by teaching girls basic social and emotional skills, street smarts versus book smarts, we could help make an impact for girls everywhere," she said.

Girl Mentorship reaches out through monthly workshops and webinars focusing on being socially and emotionally equipped to succeed in today's culture. Workshop themes include self-love, ways to deal with stress and anxiety, how to make friends and how to deal with and manage conflict.

"Girls Mentorship has taught me a lot. One thing that we focus on is our 'tool belt' and adding new skills to the belt, like having confidence in yourself, knowing the difference between negative and positive self-talk and to be yourself," 12-year-old attendee Audra Holt said. "I still have some negative self-talk but I'm learning to put my mind into a more positive mindset."

They also offer private workshops, training and summer camp sessions, currently accepting registration.

"We also attend schools to host team-specific workshops," Frances said, "where we come in and educate parents, teachers, trainers and coaches based on social-emotional learning, which is what our curriculum is based upon and why it matters."

Girls Mentorship is only offered in Arizona now, but Frances and Petersen hope to expand their program to reach other girls nationwide someday.

"We'll be building out some online programming as well as looking to bring our workshops to other cities in the United States," Frances said.

girlsmentorship.com



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Students take the stage at Veritas Music Festival

By Mark Hays

Veritas Prep Academy recently held its fifth annual Music Festival, an impressive collection of student-run bands and performers that play alongside local musicians at a neighborhood concert.

In 2016, members of the Veritas community created a school-wide performance that would bring together students, parents, and local musical acts.

"It was founded by Joey Spadafore, Peter Cosovich, Mark and Katherine Reckling (of the popular Arcadia band Sugahbeat), and Kim Seeley," Festival co-chair Stephanie Beebe said. Spadafore is another current co-chair.

This year, the event had local performers Jesse Valenzuela, Trio Rio, Blackstone III, and Calle Rosa at the school venue on 56th and Osborn. There was an extensive range of genres; rock, pop, classical, opera, and even barbershop. Audience members and students alike appreciated the participation of local bands.

"They taught the kids how to perform, have stage presence and gave pointers on how to use their skills to reach a higher level. The kids value their insight greatly and take it to heart," Beebe said.

Encouraging students to embrace music is at the core of the concert's mission. Beebe explained that the festival aims to help the kids explore their musical talents, build confidence, and foster the next generation of musical artists. She said that quite a few students continue their passion after graduation, and many have attributed the music festival to their desire to continue.



PHOTO COURTESY OF STEPHANIE BEEBE

The Shave Shack band: Brennan Fisher, Luke Hurst, Jude Tawney, Benedict Tawney, Cade Huseth, Henry Burch and James Marvin.

Over 400 people turned up at this year's event, which raised around $2,000 to help fund the Washington, DC, senior school trip. Leftover funds went back to the music department.

"I love the music fest, and my experience is really positive. I love seeing others perform, and I love to perform also, so it's a great event to do both," Veritas singer Audrey Bitikofer said. "I think that's part of why it's such a good and fun experience. Another part is the fact that everyone there is super awesome, and the vibes are super good every year!"

Local sponsors included The School of Rock, opening a location near Arcadia soon. They handed out free lesson tickets at the event. The school also planned on playing at the festival, but the bill was full.

"The opportunity for the kids was wonderful, and the concert experience gets better year after year," Beebe said.

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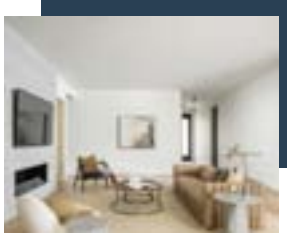
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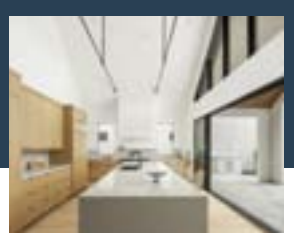
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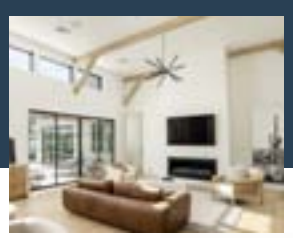


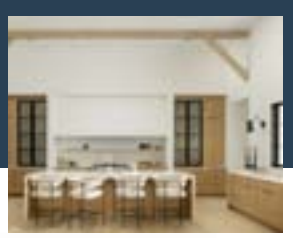
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Charity Olson

Outstanding Scottsdale Unified educators receive top honors

By Mallory Gleich and Cassie Hepler

For the past 60 years, the Scottsdale Charros organization has presented SUSD educators with the Outstanding Teacher of the Year award. The Charros are a philanthropic organization of volunteers who partner with business and civic leaders to raise funds to support Scottsdale's youth, education and economy while preserving the city's heritage.

"We are proud to support SUSD. Teachers are the important difference-makers that inspire our students to achieve greater heights than they ever imagined," Education Committee Chairman John Arnold said. "It is now more important than ever that we do what we can to support this valuable asset to the community."

Every year, school staff and principals from each school select one educator to receive the honor, a monetary award and a personalized plaque. This year's 33 SUSD educators – and two students – were recognized at the annual Education Awards in April. Meet the Arcadia area winners:

Jean Leiphart

Arcadia High

Leiphart teaches junior and senior English at AHS. She started as a student teacher in 2005.

"I love teaching. It is truly my calling. I appreciate the diversity of Arcadia's student body and embrace the variety," Leiphart said. "My husband always tells new acquaintances that 'my bride has never had a bad day at work,' and that is so true. I am grateful for this opportunity every day."

"Mrs. Leiphart cares a lot about teaching but even more about her students. She holds them to high standards and encourages them to reach their goals. When things get hard, she notices and is willing to work with students individually," Principal Janelle Danskey said. "Jean is also one of the friendliest teachers on campus. Her positivity makes Arcadia a great place to work and learn."

AHS also had two students win the Charros Student of the Year award.

Anya Kleinlein

Arcadia High senior

Anya works in a neurology lab at Barrow Neurological Institute as the only high school intern. She was one of 68 students to receive a full scholarship to study in Rome, is president of the Bring Change to Mind Club and was also on the board of Childhelp.

"I am honored to be chosen by the Arcadia faculty, who are truly interested in the success of each student. I'm so thankful for having the opportunity to take advanced classes. More importantly, I've had the chance to learn about myself and the world through interaction with the student body," Anya said.

Henry Ord

Arcadia High senior

Henry Ord stands out as a top student and leader, according to Principal Danskey.

"His academic achievements are excellent, and even when he was a first-year student, it was clear that he is motivated by an innate desire to learn and better himself. Henry is reliable and extremely hardworking. He also treats his classmates with respect," she said.

Henry plans on attending a summer term at Brigham Young University before leaving on a two-year church mission in the fall.

Shaleta Chatman
Angelyn Chasse

Echo Canyon

Fifth-grade teacher Shaleta Chatman and sixth-grade teacher Angelyn Chasse were honored this year.

"I always wanted to be a teacher. I remember being in elementary school and gathering the neighborhood kids to teach them letter sounds and basic addition. I guess it was just in me from the beginning," Chatman said.

Her nomination form mentioned creative lesson plans, knowledge of the curriculum and respect from everyone that enters the classroom:

"Shaleta has brought a fresh perspective to a large class of fifth graders. Ms. Chatman commands respect and control of her classroom and has expectations that all students will work hard and excel. Her students work to match her expectations and are more attentive to achieving."

Sixth-grade teacher Angelyn Chasse has been teaching for 17 years. Her fifth-grade and high school English teachers inspired her to become an educator.

Laura Mitchell

Hopi Elementary

Currently teaching fifth-grade for her ninth year at Hopi, Laura Mitchell has been in the profession for 21 years.

"Laura is a teacher who goes above and beyond for our students to ensure a child's education," Principal Anne Plenkovich said. "She oversees our Hopi Spelling Bee, Student Council, Math Olympiad, Rocket Science, the fifth-grade STEM grant, and more."

Mitchell is also a girl scout troop leader for her daughters and volunteers at Ingleside and Arcadia.

"I love getting to be with kids all day. They are entertaining and so full of promise and potential," Mitchell said. "It is such an honor that my fellow teachers chose me. They are all such dedicated, hardworking people, and I feel so lucky to teach with them."

Christina Clasby

Ingleside Middle School

Seventh-grade math teacher Christina Clasby was nominated for her continued excellence in and out of the classroom.

"Christina's class is welcoming and focused. She believes in the success of every student and works with both them and parents to ensure they all meet their potential," Principal Junior Michael said.

"I am immensely humbled to have received the Teacher of the Year Award. This honor comes from being a teacher in a classroom where I can help students apply an understanding of math to their everyday lives," Clasby said. "It is a privilege to be a part of the Ingleside faculty, where building rapport with students and providing an atmosphere with mutual respect is important. The high morale environment and the meaningful relationships I've established put the joy in teaching."

Charity Olson

Tavan Elementary School

According to her nominations, Speech Pathologist Charity Olson "immediately stepped into her role of meeting the needs of many varied learners from multiple grade levels. She did so with grace and leadership. She partnered with the kindergarten team to help provide training, resources, and tools to support the students' communication, articulation, and phonemic awareness. Charity is an amazing teacher who can reach even the most diverse students on our campus. We are fortunate to have her, as are our students and their families."

"When I discovered I was selected Charros Teacher of the Year, I was shocked. This is only my second year working at Tavan. I am technically not even a teacher!" Olson said. "So many fabulous teachers were nominated, and the fact that my peers and colleagues selected me as Teacher of the Year was both an honor and a privilege. I will continue to work hard and do my best to be a valued member of the team."

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Healing pastime turns into new business

By Emma Wadley

Area resident Donna Whittington received some devastating news – among the other craziness in 2020 – when she was diagnosed with breast cancer. She started treatment and went through the motions that others with the same diagnosis were doing, with an added therapy: juicing.

She began creating and sharing different juice concoctions with people in her support group. Three years later, with her cancer in remission, Whittington decided to share her creations beyond friends and family and opened an online juice service in Phoenix.

Heal with Juice is a first-of-its-kind concept, where each juice combines organic ingredients with spiritual affirmations. Whittington and her daughter, Cassandra, deliver the products to customers' doors.

Heal with Juice offers 10 unique combinations using ingredients like celery, apples, carrots, beets, lemon, kale and ginger.

While undergoing treatment, Whittington asked doctors what nutrients were most important for her healing, and that's how she decided on ingredients. She explained that choosing them wasn't just based on taste – she also needed to replace lost nutrients.

In addition to health benefits, Cassandra explained that the names of the juice promote spiritual well-being. Examples include "I am VITAL," "I am BLISS," and "I am LOVE."



PHOTO COURTESY OF DONNA WHITTINGTON

Cassandra and Donna Whittington with Dr. Dan Rubin of Naturopathic Specialists.

"One thing that makes our company unique is naming them with affirmations, something that will align someone spiritually and mentally," Cassandra said.

The "I am MINDFUL" juice, made entirely with organic celery, is a bestseller. From the website:

"Our I am MINDFUL juice is the staple. Each sip commands acknowledgment. The body demands acknowledgment. We would rather have our bodies singing in bliss than in grief. With this staple vegetable, we can ensure our ease each day by being MINDFUL of what is introduced into our system."

Customer and friend Stephanie Tarr sings praise of Whittington's accomplishments:

"She didn't want to just start a juice company but also wanted to deliver it to people," Tarr said. "When Donna was not feeling well, there were times when it was hard to get out and get the ingredients and make the juice. But she did it. I know people who do food delivery, but I don't know anyone else doing juice delivery."

Heal with Juice strives to have as little waste as possible. They use leftover ingredients to create edible dog treats. So not only are humans benefitting, but pups are as well.

They also store their products in compostable material that calls to mind an elementary school drink pouch.

"They are incredible. What I love about them is that they are handy and cool to use," Whittington said. "I love that they're biodegradable and BPA-free. Folks who like to recycle can remove the label and do so. They are reusable too!"

Customers can place orders between Thursdays and Sundays and have their drinks delivered on Wednesdays. Individual 12-ounce pouches are $9.50, and bulk-buying options are available.

healwithjuice.com

Two birthdays and 1,000 boxes of fun

By Mallory Gleich

Have you ever come across a social media post, usually drafted by a parent, where they were trying to celebrate their child's birthday but didn't have the means to do so? Those posts can pull at the heartstrings.

A Valley woman named Amy Cohen wanted to help stop those kinds of situations from happening, so she started the Phoenix chapter of Box of Balloons, an organization that ensures every child gets to enjoy their birthday the right way – with lots of love, fun and balloons!

The Phoenix chapter recently celebrated its own second birthday, and met the milestone of their 1,000th "birthday party in a box."

The service is for kids up to 12 and provides families with everything they need to throw a birthday party – decorations, cake mix (with frosting and candles), tableware, party favors, party games and a gift and card curated for the birthday boy or girl.

"We started the Phoenix chapter to help spread smiles in our community and meet a need that wasn't yet being served," Founder Nicole Moll said.

Birthdays were a big deal in the Moll household. As a child, Nicole's mother would dream up big celebrations with Nicole at the helm. She had a horse-themed party, a luau, a geology theme (complete with gems and hammers), and a spa party. Her imagination and creativity came to life.

Once Nicole became a mom, she had the same dedication to celebrating with her three boys. The parties got Nicole thinking about other kids who may not have a chance to celebrate in a big way – which is how Box of Balloons got its start.

"Our goal is to help build the self-esteem and self-worth of these kids and alleviate the financial burden on families so they can celebrate without stress," Cohen said. "We customize each box to the child's interests and age to make them feel extra special and celebrated."



PHOTOS COURTESY OF AMY COHEN

The Girl's Rite of Passage group from Community of Grace Church volunteered for the "Build-A-Box" program.

Cohen is originally from northern California. She came to Arizona intending to stay for a year, but after meeting her husband and starting the Phoenix chapter of Box of Balloons, she decided to stay and make the Valley her home.



Amy Cohen

The organization works with Valley nonprofits (like Party City and Treasures for Teachers), schools and social workers that identify and refer children to the program. They find out the child's interests to help "gather the birthday goods."

Volunteers take time decorating and packing each box. Then, it's returned to the person who referred the child, and they deliver it to the family.

"My favorite part of creating a birthday box is thinking about how celebrated each child will feel when they open it. As a kid, I always looked forward to my birthday, knowing I would feel special because of the thought my loved ones put into the day," Cohen said. "I love the idea of helping each child build self-esteem through their celebration."

She explained that the feedback is always full of happiness and gratitude.

"The reactions from kids are the best; they're always so excited," Cohen said. "We are overjoyed to achieve a milestone of 1,000 boxes and are so grateful for our volunteers, community partners and donors for helping us accomplish this goal."

Cohen said she looks forward to serving many more deserving children in the years to come. The nonprofit is also currently looking for volunteers.

boxofballoons.org

A love for theater helped this student win big

By Cassie Hepler

The Arizona Young Artists' Competition, hosted by Phoenix's Herberger Theater Center, is a youth education program designed to showcase diverse and emerging talent in acting, musical theater voice, classical voice, and dance. The competition provides audition experience, constructive feedback, performance opportunities, and scholarship funds to help further arts education.

Phoenix Country Day School junior Nora Palermo won a scholarship for her submissions in the musical theater voice category at the 23rd annual competition.

Each year, an audition is advertised through schools, online, and via word of mouth for those who act, dance, and sing (musical theater and classical voice). Anyone who wants to audition can do so, according to Community Engagement Associate Amber J. Robins.

After scheduling an audition, everyone attends a preliminary interview. Four finalists are chosen from each discipline, and they compete with each other in an evening event. A panel of judges selects one winner in each category to win a $1,500 scholarship. Nora submitted two songs.

"My favorite type of art is live theatre. There is something so spontaneous and special that happens during a live performance," Nora said. "As much as I love performing, I also love to watch live theatre and read plays.



PHOTO: RICK MEINECKE

PCDS junior Nora Palermo won a scholarship for her submissions in the musical theater voice category.

Nothing compares to a sincere performance on stage. It is refreshing and thrilling."

One of the requirements for Nora's category was that one song had to be written before 1968 and the other after 1968. For the pre-1968 choice, she picked 'There Won't Be Trumpets' from Stephen Sondheim's *Anyone Can Whistle*.

"Out of all the songs in my repertoire, this one is probably the most fun to sing. Sondheim's music means so much to me. I listen to it constantly. I'm drawn to his lyrics and complex musicality," Nora said.

Her second choice was a song from Jason Robert Brown's *Parade* called 'Do It Alone.' Nora cites Brown as her favorite musical theater composer. She had her audition on a Tuesday and was asked to compete in the finals the following Saturday.

Nora said she pulled inspiration from her mentor – as all great students have one.

"My motivation behind this project came from the fantastic, informative, and intellectual Kelli James. She understands musical theatre. I have been working with Kelli for years, and she helped me uncover the characters in my songs," Nora said. "Her direction brought life into my performance and created a framework to which I add my ideas."

Outside of preparing for the competition, Kelli and Nora spend hours in the studio crafting jazz arrangements of musical theatre songs.

"We think alike, which is why we work so well together. Kelli is my mentor, supporter, and inspiration. I wouldn't have it any other way," Nora said.

According to Robins, Nora was chosen by four judges who factored in stage presence, vocal quality, song choice, musicality, and other qualities.

"I was so nervous. I stood with other competitors and waited for the winner to be called. When they said my name, it was amazing. I saw my friends cheering for me, and my grandma screamed my name from the middle of the audience," Nora said.

On top of winning, Nora said the day of the competition was so much fun, as she was reunited with some old friends she hadn't seen for years.

"It was so amazing to talk with them. Winning this award was very special to me because being recognized for something you excel at and love to do feels so rewarding and exciting," she said.

After graduation, Nora plans to attend drama school in the United Kingdom, but before that, she will be acting as Mrs. Lovett in Sondheim's *Sweeney Todd* at the Greasepaint Theatre in May.



Hospice of the Valley raised $650,000 to support dementia care programs for families across the Valley.



PHOTOS COURTESY OF LIN SUE FLOOD

Andrea Tyler Evans, "Auctiontainer" Letitia Frye and Lin Sue Flood.

Art auction raises record amount for Hospice of the Valley

By Lin Sue Flood, Hospice of the Valley Director of Community Engagement

Incredible generosity was displayed grandly at Hospice of the Valley's annual Art Auction. A record $650,000 was raised to support community programs, including innovative care at the agency's new Dementia Care and Education Campus, located in the heart of Arcadia.

More than 420 people filled the JW Marriott Camelback Inn ballroom on March 11 to support the nonprofit's annual *friendraising* event: Aaha! Art. Food. Wine.

The lively crowd was eager to bid on paintings and sculptures, fine jewelry, high-end dining, rare wines, exclusive trips, and a fabulous wine pairing experience for 12 featuring the culinary talents of Chef Mark Tarbell.

Several auction items drew spirited bidding, including a stay at Arizona luxury retreat Castle Hot Springs, a stunning Scott Christensen landscape of fall colors in Jackson and three nights at Montana's exclusive Triple Creek Ranch – private jet included.

"We are beyond grateful for everyone's generosity," Hospice of the Valley Executive Director Debbie Shumway said. "Together, we are enhancing the quality of life for countless families in our community."

Sharing the stage were Dementia Program Director Maribeth Gallagher and dynamic "auction-tainer" Letitia Frye, a former volunteer with the agency. Both spoke passionately about helping family caregivers provide compassionate care while coping with challenges and nurturing their health.

"Our goal is to provide the knowledge, insight and practical tools they need to live well with dementia," Gallagher said.

Monies raised at the gala allow Hospice of the Valley to serve more families at the new campus and with a Supportive Care for Dementia program that provides in-home education and resources at no charge.

Founded in 1977, Hospice of the Valley is the leading provider of hospice care in Arizona and offers a full spectrum of services for those with chronic illnesses, including all stages of dementia. Last year, the agency cared for 23,000 patients and their families and provided $12 million in charity care – serving everyone in need, regardless of insurance or financial status.

dementiacampus.org



The original Las Madrinas: (front) Ruth Talbott, Gwen Nemmers, Shirley Mulligan. (back): Jane Stoss, Darlene Carlson, Kathy Stamadianos, Mary King and Linda Kearney.

PHOTOS COURTESY OF MICHAEL BARRY



In its early days, STARS members would participate in a multitude of activities, including camping trips and co-ed dances.

STARS celebrates 50 years in the Valley

By Mark Hays

It was 1973 in the town of Scottsdale when a woman named Mary King founded a special organization that sought to improve the quality of life for adult children with special needs. Mary and her dedicated group of parents called themselves *Las Madrinas* (The Godmothers). Their efforts led to the creation of the Scottsdale Foundation for the Handicapped, and their mission was just getting started.

Many programs have been added from the small beginnings, and now, the organization called STARS (Scottsdale Training and Rehabilitation Services) is celebrating 50 years. The mission has remained the same: fostering community and giving opportunities to neurodivergent people.

"Las Madrinas has now become a special designation for the individuals that were there at the beginning and have continued to be involved with the organization," Director of Development Michael Barry said.

He explained that many people with intellectual and developmental disabilities are excluded from social assistance.

"We started with an opportunity for these individuals to have someplace to go and enjoy a sense of community," Barry said. "Many of these individuals never get to engage in the satisfaction and dignity associated with work, but STARS has been working for several decades to change that."

They have four main programs. The Home and Community-based services program is where volunteers provide attending care services to individuals with great need in their homes. They also have a Day Training program, one of its largest offerings. Participants there work hands-on toward gainful employment.

"This program sees individuals aged 18 and up through the spectrum," Barry said. "We're effectively trying to equip them with the skills and training they need should they try and be capable of moving into an employment situation."

STARS offers the Community Work Program, where individuals work with light assembly tasks, like packaging, cleaning and shipping for organizations like COX Enterprises and Hospice of the Valley. The organization works with people referred to them by other agencies who are trained for specialized tasks.

"We discover what they are passionate about and would like to spend their time doing and what they're good at doing," Barry said. The goal is to allow participants to work somewhat independently.

On May 13, celebrating 50 years since its founding, STARS will hold its annual Fiesta celebration. Growth has always been a critical aspect of STARS, and this will continue in the future.

"Going forward we plan to substantially expand our community of individuals, corporations, and foundations," Barry said. "We've got a multi-step campaign underway. We will expand our reach and approach beyond what we've done in the past."

starsaz.org



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Desert and forest surround this small Arizona town



The Boyce Thompson Arboretum boasts over 6,000 plant species.



At the Farm-to-Fantastic farmer's market, guests can find local products.



Robin's Adventures

BY ROBIN SEWELL

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

The small town of Superior is tucked between Picket Post Mountain and Apache Leap. It's surrounded by the beautiful Sonoran Desert and Tonto National Forest. Superior is full of commentary and color, reflecting the town's rich history and vibrant personality. Some people even call it the Mayberry of the Southwest.

It's a town that has seen a significant resurgence over the last few years. One way to get to know the town is to pick up a map at the Chamber of Commerce and take a self-guided tour of the murals that depict the town's charm, character and characters.

A must-stop on the way into Superior is Boyce Thompson Arboretum. Here, visitors will immerse themselves in the beauty of the Sonoran Desert, the South American desert, Australia, Africa, and Asia. The Arboretum is home to gardens and deserts of the world. Every season has something in bloom, creating an ever-changing color palette among the garden's 6,000-plus plant species.

One of the most enthralling areas of the Arboretum is the eucalyptus trees. They have 103 species, all collected from different sources. The oldest is 100 years old! Visitors say walking through the forest, smelling the wonderful scent and looking at the birds is something everyone should experience. Visitors can even take home a living souvenir.

Boyce Thompson Arboretum is getting ready to celebrate its 100th anniversary. This fall, they will kick off months-long celebrations starting with a sustainable "green" gala.

They will also host several art exhibits that show how the gardens have changed and thrived over the past century, as well as a special hedgehog cactus exhibit. Mr. Thompson discovered the hedgehog cactus, so it's their very own species.

Visiting Superior on a Saturday from September through May, guests should stop by the Farm-to-Fantastic farmer's market. It is abuzz with energy, alive with excitement and where guests will find homemade and locally produced products from Superior and the surrounding communities.

The market includes cookies, bread, soaps, and custom-made artwork. Part of the beauty of this small town is the outdoors, both the mountains and the desert. Superior tries to hone in on that and get people outside through many events throughout the year, like organized hikes, parades, carnivals, and even an annual burro run.

The festivals celebrate Superior's heritage and the Sonoran Desert. One of the most popular events is the Prickly Pear Festival, where visitors can try everything from prickly pear margaritas to salsa and prickly pear ice cream.

The town of Superior is never static. Its vibe and energy are always evolving. There is always something new, exciting, and inviting just off an Arizona highway.



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40 years of high flying fun in the Valley – and beyond

By Rachael Bouley

Bucket lists are things people would love to do before they…well, kick the bucket. And for most, "being in the air" in some capacity is one of those items. One of Arizona's leading air balloon companies has been bringing that dream to life for 40 years.

Rainbow Ryders is celebrating not only its 40th birthday but also 25 years as the exclusive ride operator of The Albuquerque International Balloon Fiesta, the world's largest hot-air balloon festival.

"It feels inspiring, starting from a humble beginning of one balloon in a garage to now having 40 balloons spread across three states," founder Scott Appelman said.

Growing up in Albuquerque, Appelman was surrounded by hot air balloons. He started as a recreational balloonist before venturing into competitions and launching his company in 1983, with a small team handling rigorous safety protocols, customer service and staff recruitment.

"With only two pilots on board and limited technology, the operations were quite challenging," Appelman recalled. "Despite the hurdles, the greatest obstacle was securing financing for the business due to the niche nature of the industry."

Even with those ups and downs, Appelman and his team remained focused on building a bucket-list experience that people from all walks of life would love, and soon their hard work proved worthwhile.



PHOTO COURTESY OF RAINBOW RIDERS

"As the business began to grow, Rainbow Ryders took off and became one of the largest hot air balloon ride companies in the United States, with locations in Albuquerque, Phoenix and Colorado Springs," Appelman said.

Today, Rainbow Ryders' FAA-certified pilots have flown over 100,000 hours, carried more than 750,000 passengers, and have over 500 years of combined experience. The business is expanding operations and breaking ground on a new building in Glendale.

Rainbow Ryders offers daily hot air balloon flights year-round in Phoenix and Albuquerque, plus seasonal trips in Colorado Springs. They also provide ballooning experiences for large groups, corporate events, proposals and weddings.

With every flight, passengers are treated to a post-flight celebration with a champagne toast and commemorative certificate, part of Rainbow Ryders' efforts to create unforgettable experiences. Going forward, the team is focused on increasing efficiency, exploring new opportunities, and maintaining high safety standards.

Appelman hopes they will see more Arizonans take to the sky for a different perspective of Phoenix.

"Hot air ballooning offers a unique experience that provides an unparalleled view of the Sonoran Desert landscape," he added. "While weather conditions play a crucial role in ensuring the safety and enjoyment of the flight, passengers can rest assured that safety is a top priority."

Appelman says air ballooning is the oldest and safest form of aviation, as winds and radars are closely monitored to keep everyone safe and comfortable. Flight time also makes a difference.

"Hot air balloon rides are scheduled to coincide with sunrise or sunset, when the light is particularly beautiful," Appelman explained. "If you take an early morning or late afternoon flight, you can expect to see a spectacular sunrise or sunset over the desert."

rainbowryders.com

What's new at St. Thomas the Apostle

By Rachael Bouley

St. Thomas the Apostle Catholic School has had some busy students this spring – and not just with schoolwork, sports and after-school activities. One of their most important projects was dedicating a new statue of St. Mary to honor former Spanish teacher Mrs. Bobbie Kase.

The Women's Sodality group and friends of Mrs. Kase donated the statue to the school, which hosted an unveiling on February 13, the tenth anniversary of her passing. This included a ceremony with Fr. Joseph Rajan officiating and blessing the statue, followed by a presentation of flowers and a performance of "Jesus Loves Me" by the kindergarten class.

Students, teachers, and the Women's Sodality attended the unveiling of the new statue, which replaced the one originally installed in 2013.

It was a fitting tribute to Mrs. Kase, or Señora Kase, as she was affectionally known. The cherished teacher developed the Spanish language program at St. Thomas, working for the school from 1992 through 2011, when she retired following complications from a stroke.

During her 20 years there, she taught over 1,000 students, introducing them to Spanish as she shared her love for the language and culture.

Señora Kase began her teaching career in 1970 but stepped back when her children were born. Her passion for education remained, and when her daughter started kindergarten at St. Thomas in 1992, she followed her calling to return to the classroom and lead language lessons. Her son, David, acknowledged his mother's dedication to teaching at the school she loved.


PHOTO COURTESY OF ST. THOMAS

The fifth-grade class made blankets for hospitalized Veterans.

"Her favorite place was St. Thomas the Apostle, and she embraced the opportunity each day to work with wonderful people, educate students and serve God through her work with the Women's Sodality group," Kase said. "She would be honored to be remembered and have a permanent place there."

The sense of community that Señora Kase enjoyed so much is alive at St. Thomas. The school continues its service project tradition for each grade to help make a difference while encouraging respect and kindness.

The preschool classes collected new and gently-used stuffed animals for the Bears for the Brave nonprofit. Kindergarten classes crafted blankets for Project Linus, a nonprofit that delivers blankets to children in need.

First graders enjoyed designing bracelets to give to children undergoing cancer and blood disorder treatment at Phoenix Children's Hospital. The bracelets featured positive words to share the joy and bring light to kids going through a challenging time.

"They were so excited to make them and even more excited to see them displayed in the hospital and on the arms of nurses," Principal Mary Coffman said.

The second-graders helped out at Ronald McDonald House, while third-graders headed to local nursing homes to visit with residents.

Fourth-graders helped gather clothing for the Community Closet; fifth-graders made blankets for hospitalized veterans; sixth-graders volunteered at St. Vincent de Paul; seventh-graders volunteered at the Sisters of Life organization, and finally, the eighth grade class volunteered with Literacy and Sleep in Heavenly Peace by making beds for families in need.

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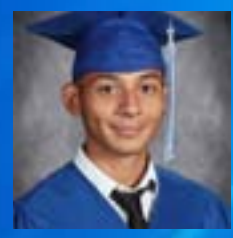

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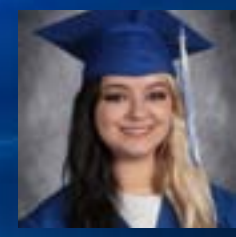

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Rossie Maldonado Leal


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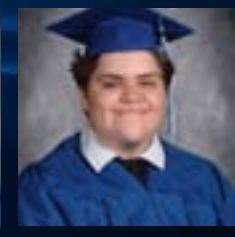

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Katya Nava Lemus


Kenya Nava Lemus


Lake Nelson

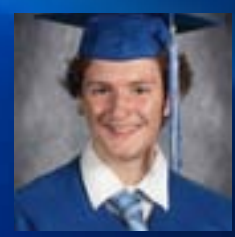

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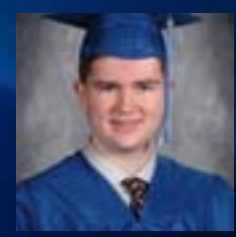

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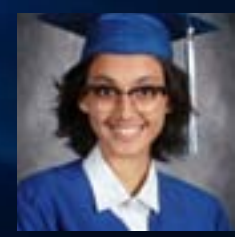

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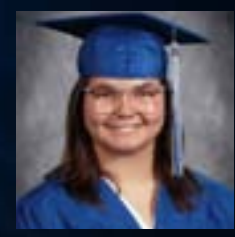

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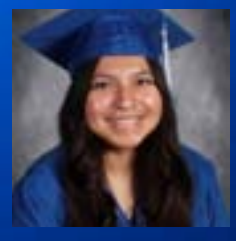

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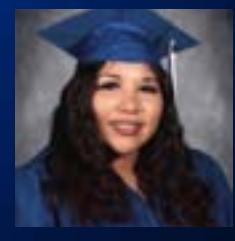

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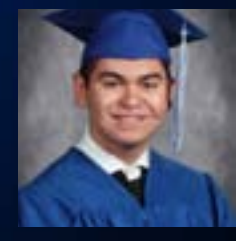

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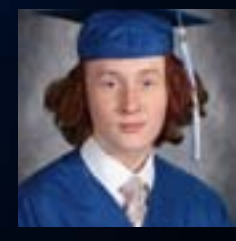

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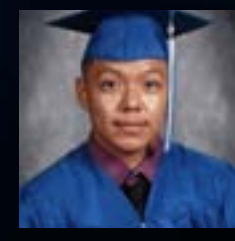

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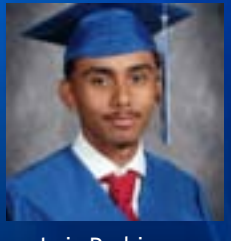

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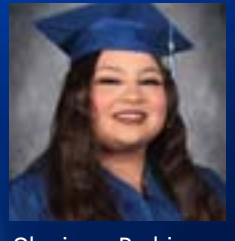

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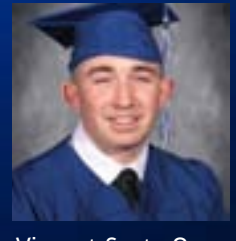

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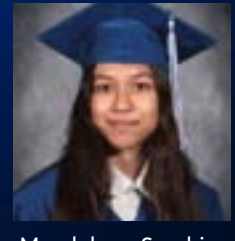

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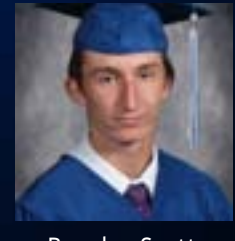

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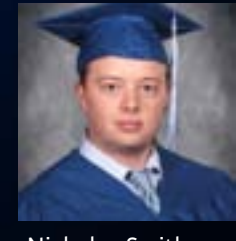

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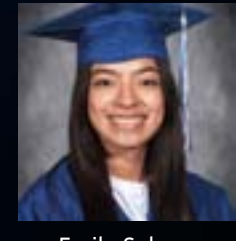

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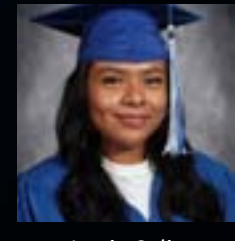

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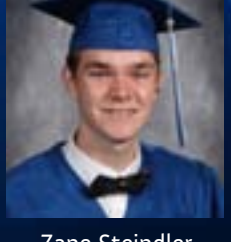

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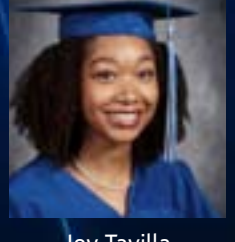

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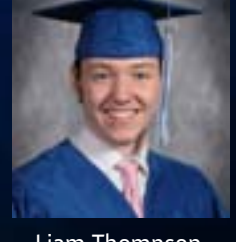

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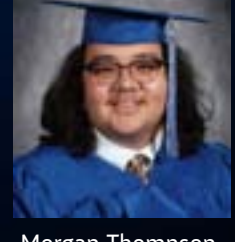

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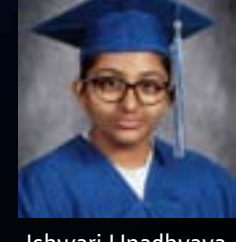

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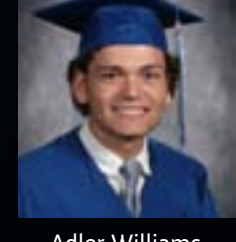

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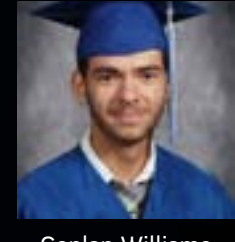

Liam Thompson

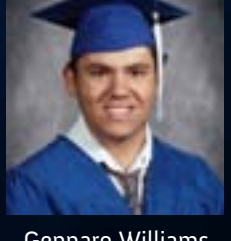

Morgan Thompson


Jareth Ulmer


Ishwari Upadhyaya


Adler Williams


Conlan Williams


Gennaro Williams


Manuel Wilson


Julia Win

Ways to keep teens busy this summer

For most teens, the school year is remarkably busy. Balancing school, homework, sports, extracurricular clubs, work, etc., can leave little downtime to recharge their batteries. Summer is the perfect opportunity to slow down and relax, but many teens (and their parents) feel the pressure to make the summer months productive, too.

Mental Health

BY MICHAEL KLINKNER

Michael Klinkner is a Licensed Clinical Social Worker who focuses on treating a variety of mental health issues, including anxiety, depression, trauma and ADHD. Klinkner provides individual, group and family therapy to children, adolescents and adults.

While a more flexible schedule is great, it is also important to ensure teens don't spend all their downtime scrolling Tik Tok, binging Netflix or getting sucked into video game oblivion.

Here are some ideas to help keep teens productive this summer.



Learn a new skill. Summer is an exciting time for teens to work on themselves. Maybe they are interested in learning to play an instrument, taking up cooking or mastering a new language. For many, these interests can get pushed to the wayside to make room for school and work obligations during the majority of the year.

Take a class. Many teens want to get ahead of school obligations during the summer. If this is your kid, have them explore the many classes now being offered online. Teens can take classes in a variety of subjects, from required courses like math and language studies to electives like art or music. Using the off-season to get ahead in school can lessen pressure during the fall semester.

Volunteer. Research shows volunteering can reduce signs of anxiety and depression in teens. Encourage your teen to seek out volunteer activities interesting to them. Consider volunteering at an animal shelter, helping pack emergency food boxes or tutoring younger students.

Arts and crafts. Looking for a way to tap into your teen's creative side? Painting, drawing or sculpting is a great place to start. Many YouTube channels provide educational sessions focused on art. The Shemer Art Center, located in Arcadia, also offers workshops and classes in a variety of mediums. Teens can also explore other creative outlets like making jewelry, creating scrapbooks or designing their own clothes. They might even consider opening an Etsy shop to make money from their creations.

Get a job. Summer jobs are a fantastic way for teens to make money, gain work experience and develop soft skills like time management and customer service.

Join a book club. When was the last time your teen read for fun? Reading is a great way for teens to stay entertained and grow their vocabulary.

Get physical. Outdoor activities can be a terrific way to keep teens busy. Swimming, hiking or playing sports are all great ways to get teens outside and active. If they are looking for something more adventurous, they can try camping, kayaking or indoor rock climbing.

Keeping teens busy when they aren't in school can be challenging, but with these ideas, teens can stay entertained and engaged. From outdoor activities and online classes to work and volunteer opportunities, there are plenty of ways for teens to have fun and stay busy.

Youth athletic coach takes his skills to the pros

By Cassie Hepler

The success of the Chicago Bulls really took off during the 1990 season when Michael Jordan, Scottie Pippen and Horace Grant formed one of the most intimidating trios in the history of the NBA. In 1991, led by Jordan's talent and leadership, the Bulls became the first NBA champions in franchise history. It was around this time that Elijah Knox was growing up in that same city and felt destined to follow in Jordan's footsteps – albeit in another capacity.

Knox cites Jordan as one of his all-time favorite basketball players. It's because of him that Knox played basketball while at Simpson College in Indianola.

These days, Knox works as the player development coach for the Phoenix Mercury while also running the Arizona Athletics (AA) program, which opened in 2017. He keeps a busy schedule – between coaching for the Mercury and AA, he also hosts athletic programs at The Village, Prince of Peace, Veritas and Biltmore Prep. So, how does he keep all these balls spinning in the air?

"I have a great supporting staff of coaches, which allows us to be at multiple places at once, delivering high-quality basketball and volleyball development," Knox said. "It takes countless emails, texts, and meetings, but I'm thankful for my crew. They're amazing in their craft, care of the children, and communication with parents," he said.



PHOTO: RANDYLL ROBERTS PHOTOGRAPHY

Knox runs basketball clinics for kids and adults.

Knox acknowledges the honor of becoming Mercury's player development coach. He said they are an elite roster of talent, youth and experience that includes three Olympians: Skylar Diggins, Brittney Griner and Diana Taurasi.

"I've been lucky to build rapport with them over the years. We share the same facility and are the same organization as the Suns, who also have three Olympians on their roster, so it's great to be part of their daily training and see the players display their greatness to the world," he said.

According to Knox, the key to a successful team is developing a relationship with the players. He creates individualized development plans that help each player "produce on court," which helps them land contracts when it's time to renegotiate. His technique is tailored to each player's personality.

"Player Development is a new science – no disrespect to the real doctors and scientists solving the world's problems – this science is more about the many variables that make up a player," Knox said. "I do my best to get their history and find the optimal route to make meaningful shots, develop reads, decision making, grow confidence, and create enthusiasm for the game."

While he loves working with professionals, he loves being an entrepreneur even more. He said that starting Arizona Athletics was a dream job that continues to be his most successful endeavor.

"Watching the kids I've taught since fourth or fifth grade grow is so fulfilling. Volleyball is growing too, so I get to see behind the curtain of a sport I didn't grow up playing," Knox said.

He plans to add youth soccer and flag football to AA soon.

"Basketball and volleyball require so many skills to be done properly, so they're not the best fundamental sports for young people to learn," he said. "Soccer and flag football allows kids to just move without thinking about rules and skills as much."

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PHOTOS: JAKE KELLY



Michael Bennan



Holden Wilson



Hank Brown and Jordan Knight



Mathew Maledon and James Craig



Conner Ivy

Brophy seniors hit the runway for annual fashion show

More than 220 Brophy seniors walked the runway at the JW Marriott Scottsdale Camelback Inn in front of a crowd of 1,100 at the 39th annual Brophy Fashion Show in March. A highlight of the year for many seniors and their families, the fashion show raises money for the Brophy Generations Endowment Fund, which supports the Financial Aid Program.

The runway show was full of excitement, and the boys truly showed off their personalities, with many choreographing individual dance moves, carrying state championship trophies and representing their clubs. The money raised by the fashion show significantly contributes to the yearly goal. This year the Financial Aid Budget is $6 million.

While incoming students are accepted into Brophy on individual merit, financial aid is awarded to students who demonstrate need. Brophy's student population is diverse, with approximately 100 elementary and middle schools represented and graduates attending some of the country's most selective colleges and universities. Over one-third of all Brophy students receive some amount of financial aid.

Parent volunteers staff the fashion show, and it is the culmination of many months of planning and hard work. Valley retailers like Tommy Bahama, Untuckit, Carter's Men's Store, The Clotherie, Faherty, Travis Mathew and others work with teams of senior boys to craft individual outfits for the runway. The boys truly enjoyed strutting their stuff!

This year's theme was "God in All Things," and attendees were treated to a pre-show reception on the patio, including "The Art of Fashion" presentation by long-time Brophy Fashion Show partner Neiman Marcus. The senior boys took to the stage to show off their hand-picked outfits after the 'professional' show, featuring working models from the Agency Arizona.

The annual event is a favorite of many Brophy parents and comes near the end of the boys' four-year high school careers. Brophy President Adria Renke thanked the crowd of supporters and congratulated the parents for supporting and loving their boys during their Brophy journeys.

Brophy is Arizona's only Jesuit high school and receives no Diocesan funding. The institution develops intellectually competent leaders, open to growth, religious, loving and committed to doing justice. Brophy seeks to form Men for Others.

PHOTOS COURTESY OF BILTMORE PREP



Third and fourth grade players Cole Casper, Lucas Earl, Royal Yates, Luca Rosales, Atticus Pereya, Nora Uhles, Daphne Valentin, Ginny Hendry, Isaac Gracia, Caleb Foster, Sadie Velastiqui and Addison Stasiak.



Biltmore Prep's teacher team: Ms. Heusch; Ms. Echevarria; Ms. Garcia, Principal De Mar, Ms. Bradbury, Ms. Hutchison, Ms. Reiter, Ms. Turner, Ms. Nolan, Mr. Espino, Mr. Silva and Cassie Leon.

Students v. teachers at Biltmore Prep dodgeball tourney

By Jennifer Marshall

This March, Biltmore Prep Academy held its third annual school-wide dodgeball tournament. The PTO initially created the event to serve as a companion to the Sweetheart Dance, and after being on hiatus, this year's event was particularly exciting for everyone.

Three different teams competed in the tournament. Kindergarteners through second graders were pitted against parents and teachers. Students in third through fifth grade were also matched against parents and teachers, and the middle school team went up against parents, teachers and fellow middle-school students.

"I enjoyed the dodgeball event," Spanish teacher Mr. Espino said. "Seeing the good vibes between students, parents, teachers and the entire community was a great way to spend a Friday evening."

The PTO created two separate dodgeball courts using painted lines on the field, and they had about 15-20 dodgeballs in play for each court. Every game was timed for 10-15 minutes. The students, teachers and parents wore orange Biltmore Prep sweatbands for the event.

The event also featured raffle prizes, yard games like bowling and corn hole and food trucks.

"I liked how we played against the teachers and how we were able to have fun with everyone," fifth-grader Vianey said.

"The best part of the dodgeball event was seeing how everyone was getting into the games. We forgot we were even at school," fifth-grader Rian said.

"I liked the dodgeball tournament," third grader Ginny said, "first because there were tacos, second because it was really fun playing against the teachers and parents and third because we got to play outside. I thought we were going to be in the gym!"

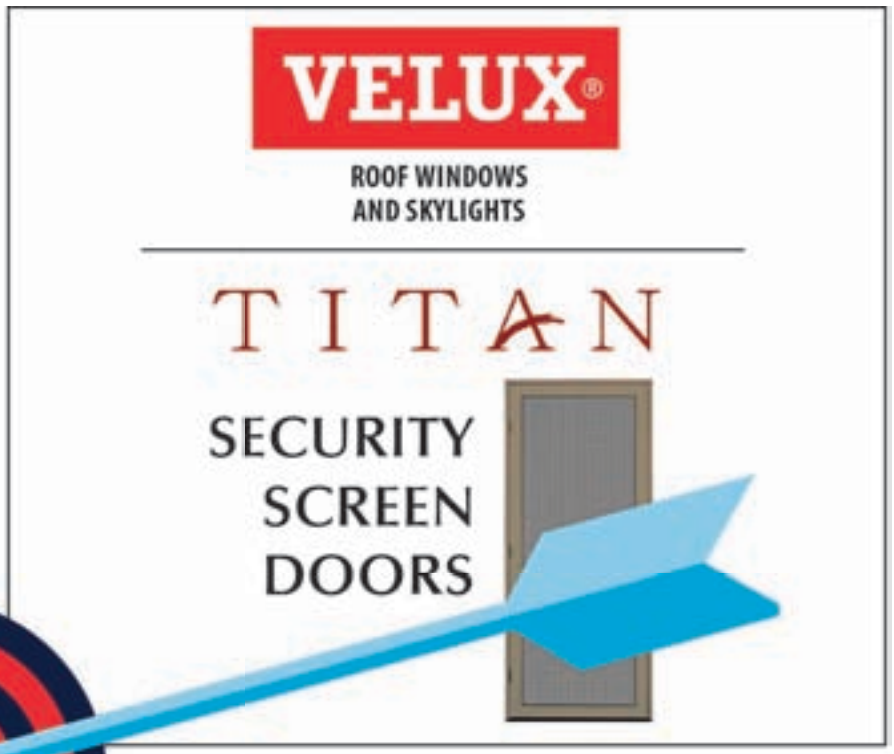
In addition to dodgeball, one of the participating parents got Home Depot to donate hundreds of wood-building kits for students to build and paint picture frames, clocks and mini whiteboards, all while wearing orange Home Depot aprons.

"I didn't expect it to be such a big event. It was so great watching the kids build the Home Depot kits, and I was able to build different connections with students as I helped them. Plus, the tacos were awesome. I appreciated the family environment," Biltmore Educator Mr. Silva said.

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Keep your questions to yourself



Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

Asking illegal questions to candidates during job interviews is so normal that we almost forget where the boundaries exist. In the U.S., employers are not allowed to ask questions around marital status, pregnancy, age, nationality and much more – and yet, they do. Sometimes, companies ask these questions overtly, other times, the questions come indirectly.

Over the years, I have been asked many of these questions in interviews. Each time, I feel disappointment. It is disappointing that my accomplishments and skills don't seem to be enough, and that employers feel so comfortable crossing legal and ethical boundaries.

Once, in a single interview, a C-level executive of a well-known restaurant chain asked me, "Are you married? Do you have children? Do you have plans to have any children soon?" In other interviews, I've been asked if I have a significant other. I've been asked how I feel about being older than the people I'll be working with. I was asked if I had taken maternity leave while at a previous job.

Multiple interviewers wanted to know if I'm able to fly. They wanted to know if I can be away from home, and if it's okay to be away for long periods of time. At first, I felt confused. Typically, I'm asked if I'm open to travel and we move on. It dawned on me that in this case, the employer may have been trying to discern if I have children that would need to be taken care of.

All of these questions came during job interviews. They were asked by professional, highly educated individuals. I'm certain these folks were aware of what they should and should not ask. When I share these stories with friends, their reaction is always the same. "These questions are illegal. How can anyone ask these questions?"

The problem is that companies risk very little by asking candidates such questions. As a job seeker, you would first need to prove that these questions were asked. I don't know about you, but I have never been one to record my job interviews. Second, you would need to prove that your response to the questions were the reason you weren't hired.

As a job seeker, your primary goal is to land a job. This is why few candidates pursue these issues, and it's the reason that companies are able to continue on with these unfortunate questions.

If this happens to you, what can you do? The most important thing is to think about how you feel. Is this the kind of company that you'd like to work for? Use the information you learn to help you to decide if this company aligns to your values.

From the Archives

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ARCADIA NEWS

FREE

Vol. 13 No. 2 www.arcadianews.com May 2005

Arizona has the highest per-capita ID theft rate in the nation, and Maricopa County has the highest rate of any metropolitan area. Maricopa County Attorney Andrew Thomas has launched a major public information campaign to fight ID theft.

Page 29

Shade is a premium here in the desert and trees can provide an appreciated retreat on a blazing hot afternoon. Trees moderate our climate, improve air quality, and provide wildlife habitat. There are many trees that thrive in our alkaline soils and challenging climate and actually prefer deep and infrequent irrigation.

Page 9

On May 17, 2005 Scottsdale school district voters will be asked to approve an override which will raise funds to fund free, voluntary, full-day kindergarten at all 20 SUSD elementary schools and to reduce kindergarten class sizes to a district-wide average of 21-to-1. Read more about this important election.

Page 21

A suburban mother's role is to deliver children obstetrically once, and by car forever after.

—Peter de Vries

HAPPY MOTHER'S DAY



Photo by: Christine Johnson Photography

Arcadia News employee and mom-to-be, Jennifer, energizes herself with pregnancy yoga exercises. The baby is due to make his debut in August.

YOUR SOURCE FOR NEIGHBORHOOD NEWS SINCE 1993



Jennifer Bruns, wife of Arcadia News publisher Greg Bruns, was pregnant with their first son in 2005. Carter was joined a few years later by brother Noah. Seventeen year old Carter recently received his Eagle Scout and is going into his senior year at Brophy College Prep. Noah will be heading to his freshman year at Arcadia High when school starts in September.

ARCADIANEWSARCHIVES.COM

Flag football added to Gators' sport roster

By Justin McCoy

A new sport has been welcomed to the field at Xavier Prep this spring: flag football. This season is being played as a club sport, but this fall, it will be an official Arizona Interscholastic Association (AIA)-sanctioned high school sport. The AIA greenlit girls flag football in December, expecting 30 to 40 schools to participate in the first season, which will play its state championship game the same weekend as the 2A & 3A boys.

Xavier played 12 games in their first season, beginning with the inaugural match in early March. The season will culminate with the playoffs in May.

Michael Patterson, a USA Football Master Trainer who's been coaching for over 17 years, was brought in by the school to coach the team after working for Brophy Prep. He said that none of the girls had any prior experience playing the sport and that he was very impressed with their progress in such a short amount of time.

He also stated that the interest in the sport had been immense, with 90 students trying out for the team. After cuts, the final squad landed with 25 girls on its roster.

"All grades are represented, from freshman to senior, on the varsity team," Patterson said.

He also hopes the school will have a junior varsity team in the coming years.



PHOTO COURTESY OF LISA ZUBA

Xavier's inaugural flag football squad will finish their season this month.

"It's a very robust schedule for them, but they are fully committed," the coach added.

Xavier began an intense practice schedule last fall, happening twice a week with two games played per week.

Patterson anticipated the AIA sanctioning that came in December. The team played their first practice game against Arizona College Prep at the Cardinal's Stadium in Glendale.

Team Captain and senior Jenna Burch enthusiastically waxed poetic about the experience, saying, "I can honestly say this football season has been my favorite and most unexpected experience in all of high school!"

In March, Xavier's first season win came on their home field, playing against the Agua Fria Owls. The final score was 31-20.

Burch said that everyone was excited at their first game, being the first girls in history to play flag football for Xavier. She recalled one of the memorable moments from the game was when they scored their very first touchdown.

"It was such an indescribable and rewarding feeling to be making history and hitting that first milestone with such an amazing group of girls and coaches," she said.

In addition to Agua Fria, Xavier has played AZ College Prep, Queen Creek, Millennium, Casteel, Perry, and Mountain Pointe.

Patterson and his team are excited about the May playoffs, and he believes the girls will shine in those games.

"The improvement we've had with the team has been outstanding. We're going to be a hard team to beat in the playoffs," Patterson said.

All-American honors cap off this school's swim season

By Rachael Bouley

Xavier's swim and dive team worked hard in and out of the pool this year, with seven student-athletes recently announced as Academic All-Americans, thanks to The National Interscholastic Swimming Coaches Association (NISCA).

Swimmers Perla Akiki, Waverly Bagley, Maryn Day, Lainey Weiland, and Cassie Worth earned this honor, along with divers Claira Chong and Michelle Mierzwa.

NISCA recognizes senior student-athletes with a minimum 3.75 GPA each year. To qualify, they must have their coach's recommendation and be in high standing on the team.

According to NISCA, only 10-15 percent of senior swimmers, divers, and water polo players receive this honor each year, putting the girls in good company.

"It's a great honor to be selected as an Academic-All American," Assistant Swimming Coach David Smithers said. "The overall team was awarded a very high academic honor as well, based on cumulative GPA of all varsity swimmers and divers."

Last year the team had a GPA of 3.713 at the Team Scholar Silver level, and this year, their 3.751 GPA gave them gold, a testament to Xavier's commitment both in the classroom and the pool.

After their impressive efforts, the Gators are looking to the future. All-American diver Claira Chong was pleased with the recognition, a fitting send-off as she heads to Dartmouth College to study sociology.

"It felt great to receive All-American honors, especially after being on the team for four years," Claira said.

Swimmer Lainey Weiland shares the sentiment and feels very proud after hearing news of the award.

"It was like all the hard work I had put in for the past four years, and even before that, in school and swim paid off,"



PHOTO COURTESY OF LISA ZUBA

Xavier received Team Scholar Gold honors from the National Interscholastic Swimming Coaches Association.

Lainey said. "I don't need recognition for what I've done, but it's nice to be reminded of how hard I have worked."

The 50 and 100 freestyle swimmer will take fond memories of high school swim meets into her next chapter at ASU Barrett in the fall.

"I'm grateful for all the opportunities I had to work on myself through swimming and my academic pursuits," Lainey added.

Fellow freestyle and breaststroke swimmer Perla Akiki was excited about her award after five years of competitive swimming.

"I felt joy and dedication, not only to me but also to my coaches, family, and teammates who supported me along the way," Perla said. "I hope to continue club swim after graduation while attending the University of San Diego."

Maryn Day says out of her seven years in the pool, her time with Xavier has been her favorite.

"I've loved being on relay teams and swimming at our invitational meets in the 100 butterfly, 100 backstrokes, and 200 individual medleys," Maryn said.

She was excited to receive All-American honors and looks forward to attending Johns Hopkins University, where she plans to major in psychology and public health.

"It is a prestigious award, and I'm so honored to be selected," Maryn added. "I also think it's amazing how many of my fellow XCP seniors received this award, and it truly speaks to the caliber of our team."

DID YOU KNOW? THE SUN

HOW FAR?

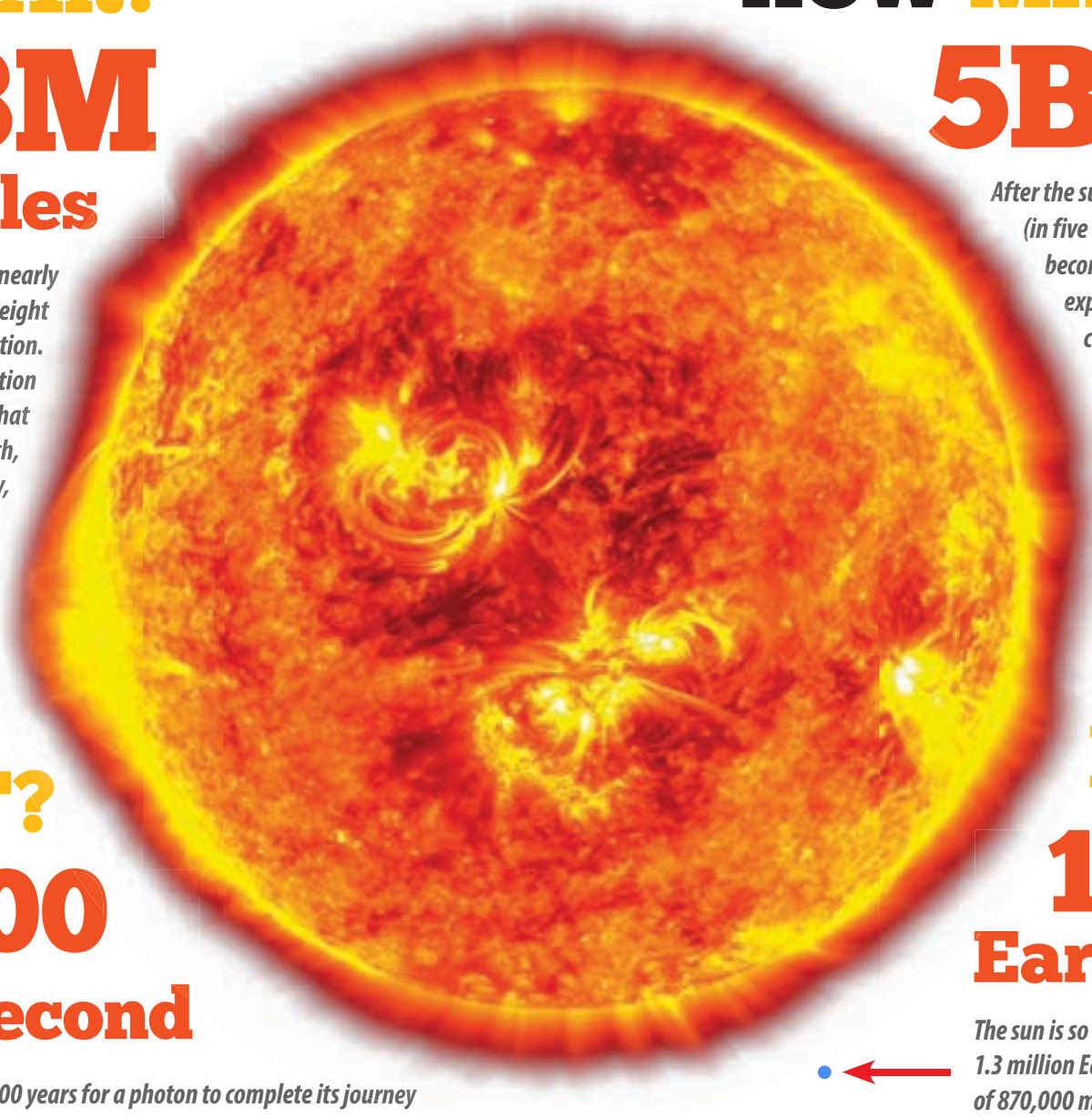
93M Miles

The sun emits light that travels nearly 93 million miles in about eight minutes to Earth as solar radiation. Known as photons, the radiation becomes the sunlight that provides warmth, helps plants grow, and offers us a renewable source of clean energy.
– elumisfoundation.org

HOW MANY?

5B Years (or so)

After the sun burns through its hydrogen (in five billion years or so), helium will become its primary fuel. It will then expand about a hundred times its current size, swallowing Mercury, Venus and Earth. It will burn as a red giant star for another billion years and then collapse into a white dwarf star.
– sciencealert.com



HOW FAST?

186,000 Miles a second

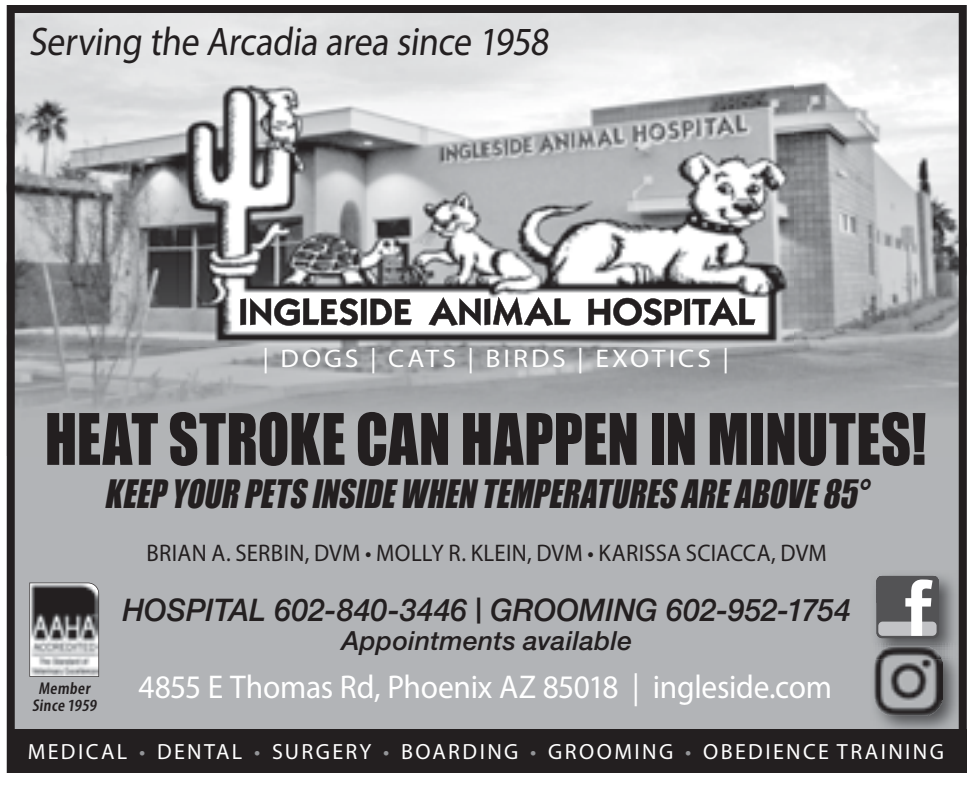
It can take up to 170,000 years for a photon to complete its journey out of the sun, but once it exits, it shoots through space at the speed of light: 186,000 miles a second. – physics.weber.edu

HOW LARGE?

1.3M Earths

The sun is so big that it could fit about 1.3 million Earths inside. It has a diameter of 870,000 miles, accounting for 99% of the mass in our entire solar system.
– theplanets.org/the-sun





DID YOU KNOW? THE SUN

THE SUN FACTS

Classified as a yellow dwarf, the sun is the closest star to Earth.

Astronomers estimate the Milky Way galaxy contains 100-300 billion stars.

On average, each star has at least one planet orbiting it.

The heat and light provided by the sun are vital to all life on Earth.

It takes about eight minutes and 20 seconds for sunlight to reach the Earth from the sun.

Solar winds can escape the sun and extend through space at 250-500 miles per second.

The sun's surface temperature is about 10,000 degrees Fahrenheit, and it's 27 million degrees Fahrenheit at the core.

In just one hour, the sun provides enough solar radiation to Earth to power our entire planet for a year.

The sun travels in its orbit around the center of the Milky Way at 137 miles per second.

There is only a 10 km difference in the sun's polar and equatorial diameters – making it the most perfect natural sphere in our solar system.

At 4.5 billion years old, the sun has burned off about half of its hydrogen stores.

Deep in the sun's core, nuclear fusion converts hydrogen to helium, generating energy. Particles of light called photons carry this energy through a spherical shell called the radiative zone to the top layer of the solar interior, the convection zone.

The Aurora Borealis and Aurora Australis are caused by the interaction of solar winds with Earth's atmosphere.

Solar flares are eruptions of electromagnetic radiation on the sun that occur when magnetic fields get twisted. These can interrupt communications, satellites and radio signals on Earth.

In 1859, massive solar flares caused catastrophic losses to telegraph communications worldwide. Operators received shocks, and some telegraph offices caught fire. This solar superstorm was called the Carrington Event.

Another solar flare of that magnitude could have massive implications today since modern technology could be rendered useless.

WORD SEARCH

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O S D Z O J O K O G B Y S H L N A X P N Z J J B N
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SAY WHAT?

JOURNEY TO THE SUN



Launched in 2018, the Parker Solar Probe made its 15th close approach to the sun on March 17, 2023. During the perihelion, the probe became the fastest spacecraft ever built when it hit 364,919 mph, fast enough to travel from New York to Los Angeles in 24 seconds. The probe will continue to beat its own speed record with each pass. – *nasa.gov/parkersolarprobe*



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PHOTO COURTESY OF PHOEBE FOX

(back) Karlie Burnham, Eileen Pieczonka, Caren Cantrell, Phoebe Fox, Rita Goldner and Barbara Renner. (front) Debi Novotny and Debbie Chamberlain.

Arizona authors on a mission to their share love of reading

By Melissa Hirschl

Hearing an author breathe life into the story they wrote can be gratifying, especially for a child. Fortunately, young children in Valley schools can have this interactive experience courtesy of the Loving Literacy Authors (LLA) program.

This team comprises seven dedicated full-time authors who share a common passion for literacy and reading. They visit classrooms and participate in traveling book fairs to enrich children's lives through books.

"Our mission is to connect with teachers, librarians and principals to inspire students to read and write," coordinator and co-founder Debbie Chamberlain said.

> ***"Our mission is to connect with teachers, librarians and principals to inspire students to read and write."***

Each author has a distinct niche, which makes for a well-rounded program. In addition to reading their published books, each author provides lesson plans and curriculum guides that meet one or more of the Arizona State Standards, including STEM topics. School visits range from 45 minutes to an all-day presentation.

Rita Goldner covers STEM, water cycle, story writing and book illustrations. Phoebe Fox specializes in friendship and feelings. STEM Life Science, Earth Science and elements of writing are Barbara Renner's specialties. Debbie Chamberlain covers social-emotional learning and friendship. Eileen Pieczonka covers therapy dogs and cause and effect. Bullying, nutrition and family are Karlie Burnham's topics, and Caren Cantrell covers story ideas and construction.

LLA provides a comprehensive program infused with creativity and flexibility. Discussions of each book spark the children's imagination, while extension activities reinforce key concepts and deepen comprehension of the lesson. Examples of these activities include motor-skill projects, puppets, singing and crafts.

Teachers can customize the experience by choosing the number of authors they would like to visit and the hours. In addition, lessons are tailored to complement classroom themes or library studies.

Fox, a former teacher and librarian, is the author of seven children's books. She has been participating in school visits for the past six years.

"When I heard about this program, I was intrigued with the idea of collaborating with other authors and introducing the program to kids," she said. "I love reading to kids, plus I enjoy reaching out to schools I've never visited. Since I was a librarian, it feels natural to be in front of children."

Debbie Chamberlain, Barbara Renner and Rita Goldner recently visited Chandler's Hull Elementary School.

"They presented material that was a perfect fit for each grade level," Hull's Media Specialist Stefani Harman said. "Fourth to sixth grade learned illustrations, third learned about quails in the Sonoran Desert, and kindergarten to second learned about mindfulness. They all thoroughly enjoyed their presentations."

Most recently, the group visited Galveston Elementary in Chandler for their Dia de Los Ninos Literacy Event, where they shared their books and presented a lesson to the school. They attended the Northern Arizona Book Festival and St. Thomas's Read Across America event. In July, the authors will be attending the Payson Book Festival.

Find out more on Instagram @lovingliteracyauthors

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*see more on page 4.

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