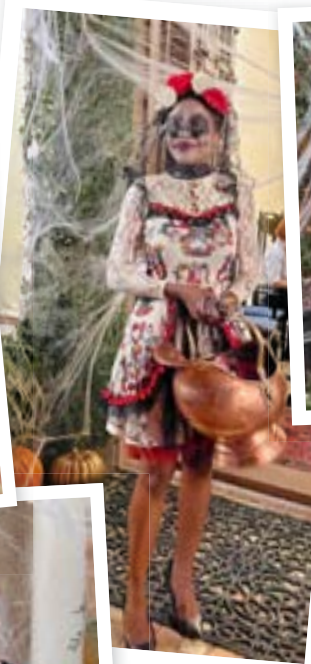
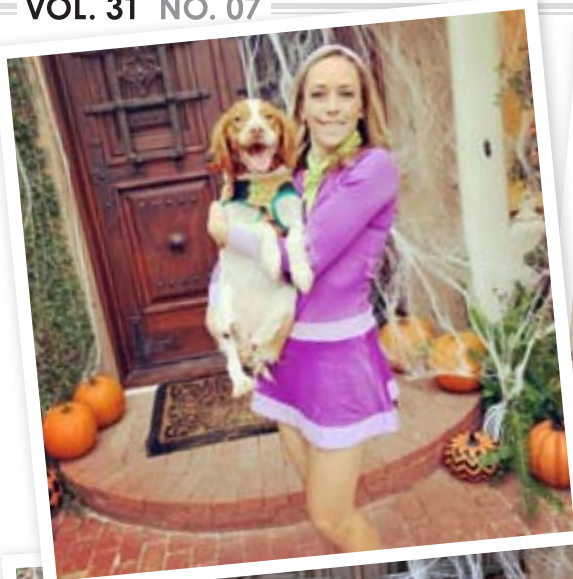


ARCADIA NEWS

VOL. 31 NO. 07

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

OCTOBER 2023



DON'T BE A CHUMP!

The annual Check for a Lump Pink Out 5K for breast cancer awareness happens this month.

PAGE 25

HAPPY HALLOWEEN, NEIGHBORS

Last year's costumes were top notch – we're excited to see what theme rules trick-or-treaters this year!

DISCOVERING HER VOICE

Valley resident Izzy Mahoubi is making waves in the music world after debuting her first EP.

PAGE 22

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OCTOBER

Check out facts about the Grand Canyon on page 48.

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20 Fastest teens on two wheels

The Xavier and Brophy Mountain Biking Team has joined more than 1,500 student-athletes in the Arizona Cycling Association for this year's five-match competitive season.

26 Celebrating Oktoberfest

October isn't only known for Halloween festivities. There are ample Oktoberfest celebrations, complete with beers, brats, costumes and contests also happening this month.

32 Bake-off, Cake-Off

Five chefs used their skills to create wedding cakes for the fifth annual Paula Jacqueline Cake-Off Competition – and our editor got to be a judge!

34 There is help. There is hope.

October is National Depression and Mental Health Screening Awareness Month. We spoke with two experts in the arena to share their knowledge.



Arcadia families sent in some of their favorite Halloween photos from last year's festivities to kick off our October 2023 edition. Photos are courtesy of Suzie Barber, Cynthia Finefrock, Amy MacHale and Marci White.



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EDITOR'S NOTE



Every October, I tell myself that this is the year I will check out a haunted house. I investigate which ones have the best backstory, and as my mouse hovers over the “buy tickets” button, I stop. I’m the person who gets scared when someone comes around a corner – even if I know they are there – so maybe this is a bad idea. I’ll try again next year.

For those who aren’t scaredy-cats like myself, we’ve got a list of haunted houses ready for frightening, and our calendar contains family-friendly Halloween events with costumes and candy aplenty.

This edition is full of Arcadia area student-athletes making names in the mountain biking, golf and tennis arenas. Arcadian Vessa Turley started her junior year with a doubles championship win at the USTA’s Billie Jean King National Championships.

Vessa has competed nationally and internationally and claimed titles from the Eddie Herr Tournament and Winter Clay Nationals in the U.S. and ITF Titles in Mexico, Guatemala and Peru. Over the next few months, she

will head to Chile, Argentina, South Korea and more to pursue her reign as a tennis champ.

We also feature a story on teen singer Izzy Mahoubi, whose indie-pop tunes have made it to music platforms thanks to her debut EP. Izzy started singing in restaurants and coffee shops before performing on multiple Phoenix stages.

“Her love of music, work ethic and dedication is truly something to see,” Izzy’s dad said. “When she hits that stage with a fire and passion, it draws you in from the first note and doesn’t let you go for the entire set.”

We’re excited to unveil our next edition of *Arcadia Home & Design* in November and, of course, keep you updated on all the fun holiday goings-on in the near future. Happy October, and thank you for reading the Arcadia News,

Mallory

– Mallory

UPCOMING THEMES:

NOVEMBER

Veterans/Arcadia Home & Design

DECEMBER

Season of Giving

JANUARY

Fitness

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“Every day is Halloween, isn’t it? For some of us.” – Tim Burton

ARCADIA'S PETS



1. Mel and Shadow are five years old and incredibly close. They are litter mates that we adopted when our friends were fostering. They love to snuggle and play. Mel is big and outgoing. When you sit down, he will immediately come over and demand pets. Shadow is quiet and shy, but so sweet when you get to know him. The brothers have been the perfect addition to our family for four years now, and we love everything about them, even the “presents” they leave at the door.

– Avery and Charlotte L.

2. Hi, I’m Walter and this photo was taken at my third birthday/rescue party in February. I love long walks (to sniff around), stealing human food and tearing up my toys. I have FOMO, so please stop and say hello if you see me – I’m friendly!

– Molly, DJ & Piper C.

3. Teddy is a golden retriever who just turned 18 months. He is the sweetest most loving puppy and enjoys swimming, playing with his tennis ball, and greeting everybody in the neighborhood. Chances are you’ve seen Teddy on a walk and he always has to say hi!

– Ashley B.

4. After Curly had surgery, they sent her home in the “the cone of shame,” but we fixed that right up. We’ve always got her back. Curly is a 3-year-old Cavapoo that made her way from Pennsylvania into our arms! She is full of love and energy. She’s a big part of our family and fills us with so much joy!

– Alison J.

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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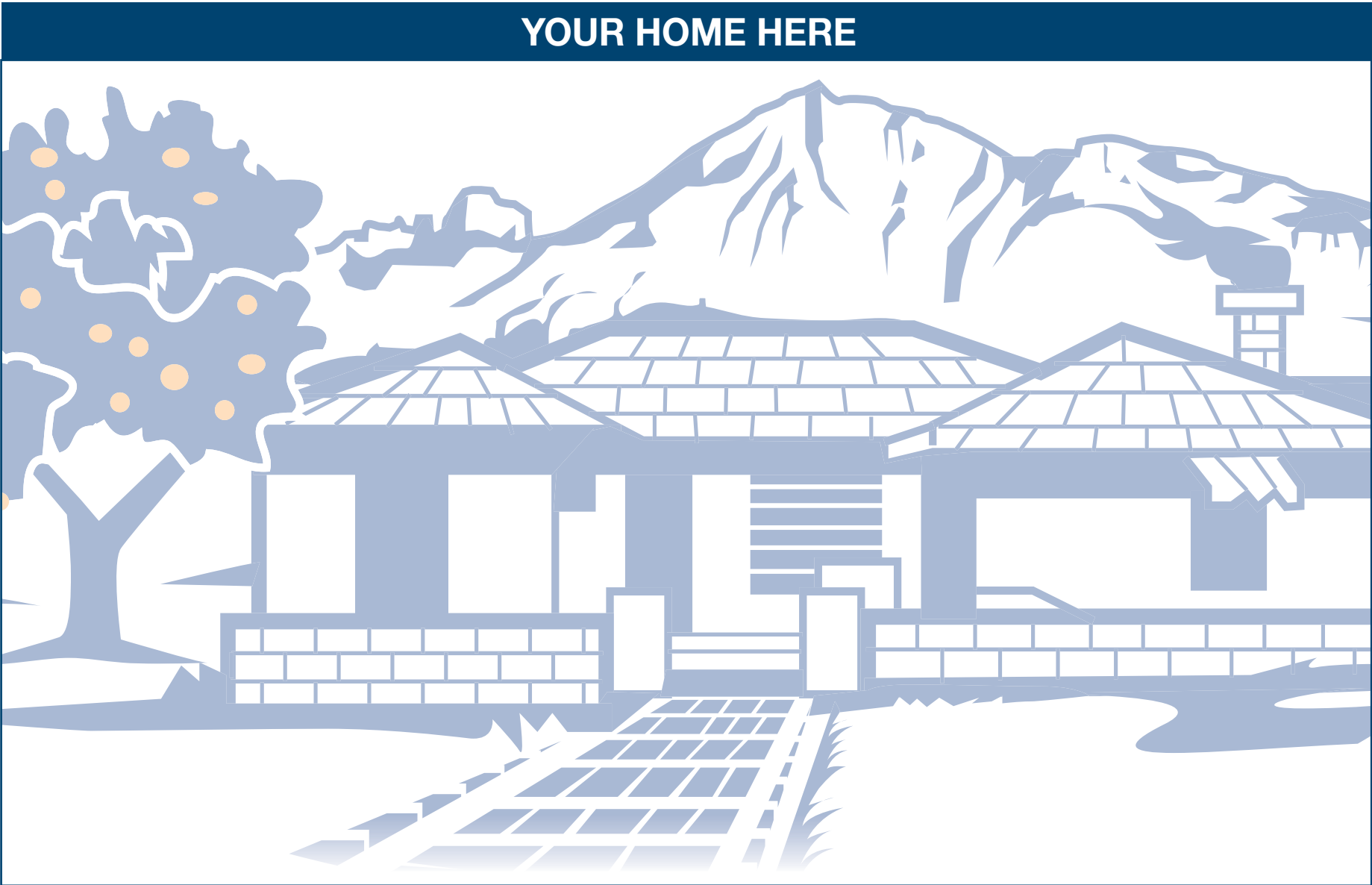
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\$2,000,000	\$120,000	\$80,000	\$40,000
\$3,000,000	\$180,000	\$120,000	\$60,000
\$4,000,000	\$240,000	\$160,000	\$80,000
\$5,000,000	\$300,000	\$200,000	\$100,000



TOMMY ATKINSON
602.625.6020

Arcadia Real Estate Stats

2023 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2023-8/31/2023)

Active Homes -	89 Homes
Homes Sold -	140 Homes
Average Sale Price -	\$2,604,000
Average Sold \$ Per SF -	\$659
Average Days On Market -	82 days

There is currently 4 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 10% this year. (based on 2022 sales results)
2023 home prices have increased 5%. (based on 2022 sales results)
2023 \$ Per Square Foot prices have decreased 2%. (based on 2022 sales results)
2023 homes are taking 44% more time to sell. (based on 2022 sales results)

2023 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2023-8/31/2023)

Active Homes -	58 Homes
Homes Sold -	105 Homes
Average Sale Price -	\$1,269,000
Average Sold \$ Per SF -	\$485
Average Days On Market -	87 days

There is currently 3 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 38% this year. (based on 2022 sales results)
2023 home prices have increased 4%. (based on 2022 sales results)
2023 \$ Per Square Foot prices have decreased 4%. (based on 2022 sales results)
2023 Homes are taking 54% more time to sell. (based on 2022 sales results)



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WHAT'S HAPPENING, ARCADIA?

BRIEFS



The annual **Arcadia Neighborhood Picnic** is happening on Saturday, October 28 from 2-5 p.m. at Hopi Elementary, 5110 E. Lafayette Blvd. Guests can enjoy music from Dusty Tuffett, meet local public service agents and K9, check out a Phoenix fire truck, enjoy lunch and ice cream, games, the Dino Crew – and hang with the neighbors, of course! Admission is free.

acmna.org



Registration is now open for **Arcadia Youth Basketball** leagues. On October 6 and 13, kinder-fifth grade students can join sessions from 3:45-5 p.m. Saturday sessions are also available on October 7 and 14. Kinder-second grade practices at 8:15 a.m. and third-fifth grade at 9:45 a.m. Sessions take place at Arcadia City Church (3313 N. 40th St.) and cost \$150 each.

arcadiayouthbasketballaz.com

The first Net Zero Energy community in Arcadia is now leasing. **Arcadia Views Lofts** (2640 N. 52nd St.) was established by developer Ed Gorman of MODUS

Companies, the leading NZE developer in the nation. Arcadia Views Lofts is a multifamily project in Phoenix that will save over \$3,500 in energy bills. The property features solar panels, advanced home automation, community pool/spa; each unit has a backyard with pet door.

arcadiaviews.com

Art One (4130 N. Marshall Way, Scottsdale) is celebrating its 30th anniversary on October 27, from 6-9 p.m. The celebration will include art auctions and raffles, live music, live painting, food and drinks. All event proceeds will go to Art One Foundation to help support the next generation of student artists. Admission is free, registration is required.

artonefoundation.com

ASU's **Project Humanities** assists unsheltered individuals in Phoenix through a year-round community service effort and is currently looking for volunteers on October 7 and 21. People can volunteer at the Human Services Campus at 1206 W. Madison St. or donate items. Drop off toothpaste, floss, razors, toothbrushes, deodorant, clothes and shoes to 200 E. Curry Road in Tempe on Fridays from 2-4 p.m.

projecthumanities.asu.edu



Phoenix Rescue Mission launched its fourth annual **Hungry for Change** holiday campaign that will run through December

31. The campaign features Mobile Pantries, Frozen Turkey Saturdays and Thanksgiving and Christmas outreach events. Donations will support thousands of families served by PRM's programs, including Hope for Hunger Food Bank, Mobile Pantries and Hope Coach Street Outreach services. Dates for events vary.

phoenixrescuemission.org

Southwest Human Development will debut the third annual **"Birth to Five Helpline Awareness Week"** from October 9-15. This event showcases the organization's free support line for Arizona parents, caregivers and professionals to call, text, or email questions or concerns about parenting and the early development of children from birth to age 5. Childhood specialists are available at 877-705-KIDS, Monday through Friday from 8 a.m.-8 p.m.

birthtofivehelpline.org

Check out **Western Spirit: Scottsdale's Museum of the West's** exhibition on Colorado-based artist William Matthews, whose pieces represent "captivating portrayals of the American West." Spanning over five decades of art, the exhibition will run from October 10, 2023, through April 2024. Matthews' career has included creating album covers, book covers, and extensive global travel – all documented through his watercolor artworks.

scottsdalemuseumwest.org

Registration for **Camp Paz**, hosted by Stepping Stones of Hope, is now open. Camp Paz will take place October 28-29 at Whispering Hope Ranch in Payson. The weekend-long camp hopes to help grieving children (ages 6-17) and adults by providing a neutral, safe environment to promote friendship and healing. Attendees will be divided into small groups to participate in activities like music, animal interactions, humor and art. Admission starts at \$70.

steppingstonesofhope.org

The 21st annual **Heroes Patriotic Luncheon** will be held on November 7 – and tickets are on sale now. At the event, guests will be served lunch while hearing from keynote speaker Colonel Kim Campbell, a retired Air Force A-10 Fighter Pilot. There will also be a raffle and a ceremony for the Community Heroes Award. Individual tickets are \$150.

arizonavmlc.org

Mavric Electric Cycles was founded in Paradise Valley in 2020 and specializes in designing high-end electric motor bikes with best-in-class parts and components. The company unveiled its latest bike, the Freedom, in September. Other bikes include the Matador, the Misfit and the Cruz. Those interested can book a test ride at Phat Rides, 8300 N. Hayden Road.

mavricbikes.com

EVENTS

THURSDAY 10/5

Sunset Yoga

6:30 p.m. at the Sweatshop on Central, 100 E. Camelback Road, Phoenix. This yoga class comes with a perk or two. Not only is the class free, but afterward, attendees can cool down during reverse happy hour at Huss Brewing with various food and drink specials. Donations are welcome and will benefit the Arizona Humane Society.

uptownplazaphx.com

Understanding Dementia

8:30 a.m. at the Dementia Care and Education Campus, 3811 N. 44th St., Phoenix. Dr. Maribeth Gallagher directs HOV's Dementia Program and will lead a presentation on Understanding Dementia. Folks will learn how dementia progresses from early to advanced stages, how to develop strategies to maintain meaningful connections and explore ways to reduce stress. Admission is free.

dementiacampus.org

Wine Girl Open

9 a.m. at the Continental Golf Club, 7920 E. Osborn Road, Scottsdale. Wine Girl, a wine bar in Old Town, is hosting its first Wine Girl Open golf tournament benefiting the Susan G. Komen Foundation. Guests can participate in games such as hit-a-bottle win-a-bottle putt-putt or chipping golf pong. There will be a raffle, drinks, lunch and goodie bags for players. Tickets are \$600 per foursome.

winegirl.com

FRIDAY 10/7 – SUNDAY 10/8

Phoenix Greek Festival

Times vary, at the Holy Trinity Greek Orthodox Community Center, 1973 E. Maryland Ave., Phoenix. It may be all Greek now, but after you attend this festival you'll feel like part of the family. Celebrate culture with the 62nd annual Greek Festival. There will be authentic cuisine, dancing, live performances, music, a village market, cultural tours and a kids zone. Admission is \$5.

phoenixgreekfestival.org

SATURDAY 10/7

Pink Out 5K

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

checkforalump.org

TIMELESS FRONTIER



Scan the QR code to purchase raffle tickets for your chance to win a **2023 Subaru Forester Premium**

Vehicle graciously donated by Peoria Subaru and the Roe Family.



All proceeds benefit the Brophy Financial Aid Fund.

WHAT'S HAPPENING, ARCADIA?



Salt and Lime Fiesta at Salt River Fields in Scottsdale.

A Night of PAWsibilities

6-10 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave., Phoenix. Gabriel's Angel's presents "PAWparazzi – A Red Carpet Affair," a gala that will include a red carpet walk, 360 photo booth, live DJ, cocktail hour, libations pull, raffle, live auction, video program and more. This event supports Gabriel's Angel's, a nonprofit that provides pet therapy to children. Tickets start at \$225.

gabrielsangels.org

SATURDAY 10/7 – SUNDAY 10/8

Taste of Japan

11 a.m.-8 p.m. at Heritage Square, 113 N. Sixth St., Phoenix. Celebrating Japanese food, drink, entertainment and culture is Taste of Japan, a two-day event for the family. Guests will find various vendors, plus entertainment like Japanese drummers, martial arts demonstrations and anime. Grown-ups can also check out the beer and sake garden. Tickets are \$15, with VIP packages available.

tasteofjpn.com

FRIDAY 10/13 – SUNDAY 10/15

Maricopa County Home Show

10 a.m.-5 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Fall is here – it's time for an update for the home and garden before the holidays. This event is a one-stop shop for all things improvement, including a vendor marketplace, demonstrations, seminars, art and craft projects, birthday gifts for October birthdays, and a live appearance by the Property Brothers. Tickets are \$8 for adults; \$10 for parking.

maricopacountyhomeshows.com

SATURDAY 10/14

Salt and Lime Fiesta

1 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. This second annual festival boasts 20+ taco vendors, dueling margarita and tequila spots, an agave experience, Lucha Libre wrestling, mechanical rides, a game zone, live music and performances –

and did we mention tacos? Tickets are \$15 for general admission, \$85 for VIP.

salttimefiesta.com

Toast!

11 a.m. at Events On Jackson, 245 E. Jackson St., Phoenix. Sip, taste and shop to benefit Homeward Bound, a nonprofit dedicated to helping the homeless in Phoenix. Guests can enjoy wine tastings, a souvenir glass, a cocktail competition, gourmet snacks and plenty of shopping with local vendors. General admission tickets are \$150.

homewardboundaz.org

Fashion and Fizz

4-7 p.m. at Ballet Arizona, 2835 E. Washington St., Phoenix. Join Ballet Arizona for the inaugural Fashion & Fizz event. This fundraiser will show guests an up-close-and-personal look at the intricate costumes worn on stage by Ballet Arizona dancers. There will be a presentation from Artistic Director Ib Anderson and a raffle. VIP includes light snacks and a tour of the costume shop. Tickets are \$50 for general, \$80 for VIP admission.

balletaz.org

Bikers for Boobies

10 a.m., starting at J&P Cycles, 8606 E. Shea Blvd, Scottsdale. Arizona-based charity Bikers for Boobies is ready for its 14th annual motorcycle event for breast cancer awareness. Guests will find live music, raffle prizes, a silent auction, vendors and food for purchase. Then, hop on your bike to end the night with an outdoor party at a separate location. Registration is \$30 per person; this is a 21+ event.

bikers4boobiesaz.org

HUG Gala

10 a.m.-1 p.m. or 6-9 p.m. at The Duce, 525 S. Central Ave., Phoenix. One Step Beyond, a programming and service provider for adults with intellectual disabilities, is celebrating 20 years at this event. Guests will find uplifting presentations, a live auction, cocktail hour,



Fashion and Fizz at Ballet Arizona in Phoenix.

plated dinner, live bands and more. There will also be a daytime celebration and an after-hours party. The day event is free, after-hours is \$25, and the gala is \$200 per person.

osbi.org

FRIDAY 10/20

Flamenco Intimo

8 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. Presented by Julia Chacón Flamenco Theater, this event will showcase various national and international flamenco artists on stage. Guests will see multiple acts singing and

dancing with intense footwork, stunning costumes and more. Tickets start at \$34.50.

scottsdaleperformingarts.org

SATURDAY 10/21

Twinkle, Little Star Fundraiser

5-7 p.m. at Dominick's Steakhouse, 15169 N. Scottsdale Road. Hushabye Nursery, a facility that provides outpatient education and residential detoxification for newborns withdrawing from opioids, is hosting its inaugural fundraiser this month. Guests can enjoy a dinner, a dessert station and cocktails. Tickets are \$250 per person.

hushabyenursery.org

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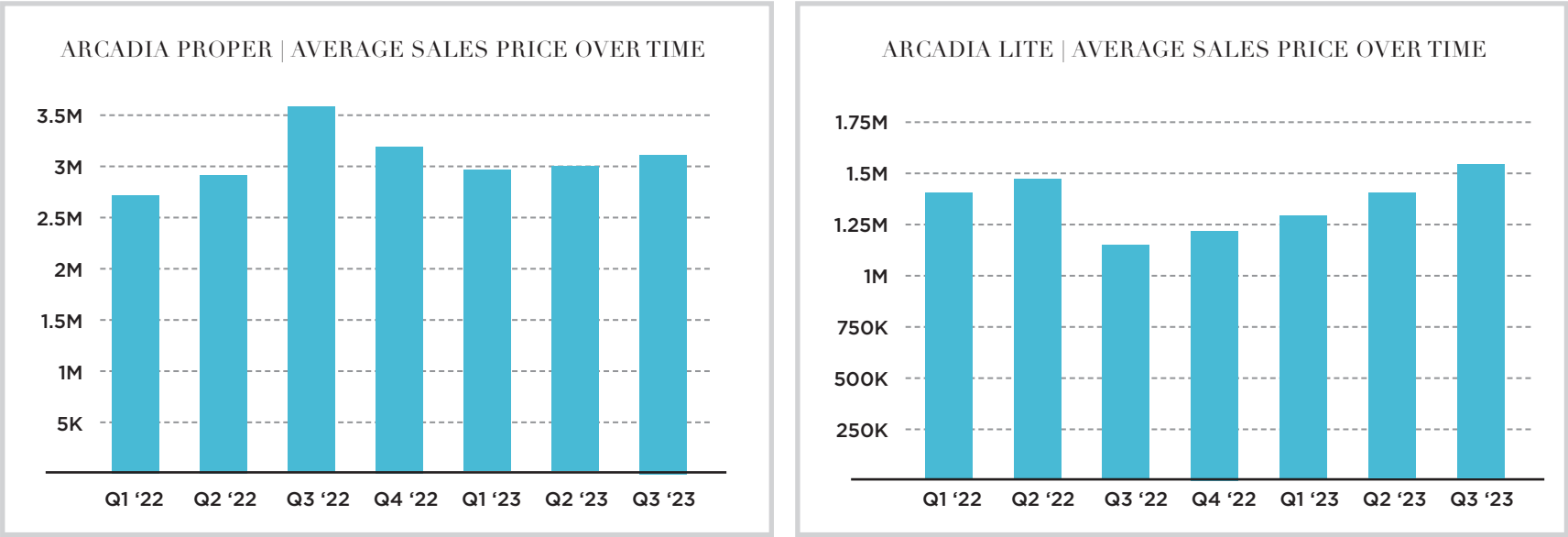
Golden Handcuffs: *The Homeowner's Dilemma*

In August, LendingTree reported that there are 83.6 million mortgages outstanding in the United States. A staggering 80% of these homeowners have interest rates locked below 5%. Along with low rates locked in, most of these current homeowners have substantial equity tied up in their homes.

The dilemma: For current homeowners to get a new home they would have to give up their once in a lifetime interest rate, use most of their equity to buy a new home, and have a new mortgage that is most likely thousands of dollars more per month than their current payment.

Due to the facts above, not as many homeowners are selling. The caveat to all of this is that life still happens. Homeowners will have to make decisions to sell because of work relocation, death, divorce, lifestyle changes, and more. So while there will still be new homes coming to market, we do foresee less options moving forward and prices staying strong.

As you can see in our charts below, average sales prices throughout the Camelback Corridor have remained resilient despite lower demand and higher interest rates. We did experience a slight dip in pricing as the market digested the rate spike in Q3 of last year, but home prices have since leveled out and are even increasing over the past few months.



We have some really good ideas of how to use this record pricing to make your next move, especially if you are looking to downsize over the next year or two. Give me a call/text anytime at 602-561-0445 to chat about your options.

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OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 10/7

Bao and Dumpling Festival
10:30 a.m.-4:30 p.m. at The Martin Auto Museum, 4320 W. Thunderbird Road, Glendale. This event has something for everyone – and if you don’t know what a bao is, now is your chance to learn. There will be various bao and dumpling vendors on-site, along with boba tea and desserts available for purchase. There will also be games, activities, and a curated marketplace featuring local artists. General admission is \$13.
martinautomuseum.com

Mariachi and Folklorico Festival
7 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave. This concert is back for its 24th year and will have guests out of their seats and dancing to the music of Alan Ponce, Deyra Barrera, Herencia Mexicana Arizona, Mariachi Sonido de Mexico, and the all-female group Mariachi Lindas Mexicanas. Tickets start at \$48, with VIP including a reception, tequila tasting and meet-and-greet for \$88.
chandlercenter.org

FRIDAY 10/13

Buckets & Bangles Gala
6-10 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Dr. This is UMOM’s largest annual event – get ready to bust out your western wear. Founded in 1964, UMOM provides shelter and support services for individuals experiencing homelessness in Arizona, and here is just one of the ways folks can help raise funds. Guests will find a live and silent auction, cocktails, snacks and entertainment. Tickets start at \$400.
umom.org



Bao and Dumpling Festival at the Martin Auto Museum in Glendale.



Glass Pumpkin Patch at the Holland Community Center in Scottsdale.

FRIDAY 10/13 – SUNDAY 10/15

Wild West Music Fest
4-11 p.m. Friday, 2-11 p.m. Saturday, 2-9 p.m. Sunday, at Copper Sky Recreation Park, 44345 W. Bowlin Road, Maricopa. The inaugural Wild West Music Fest is here to commemorate the city’s 20th anniversary. This family-friendly event features national and local entertainment, food trucks, vendors, and attractions to pay tribute to the early stagecoach days of the city. Tickets start at \$30 per day, with VIP packages available.
wwmfest.com

SUNDAY 10/15

When You Wish Upon a Star
3 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave. Performed by the newly-created house band for The National Jazz Museum in Harlem, When You Wish Upon a Star: A Jazz Tribute to 100 Years of Disney features Pianist Sean Mason and singer-storytellers Kim Nalley and Sasha Mason, who will bring to life songs like Someday My Prince Will Come, Everybody

Wants to be a Cat and The Bare Necessities. Tickets start at \$26.
chandlercenter.org

MONDAY 10/16

Heart Health Session
9-11 a.m. at HonorHealth Medical Center, 9003 E. Shea Blvd., Scottsdale. HonorHealth Women’s Heart Health Group is hosting an interactive shared medical visit featuring cardiology nurse practitioner Mia Chorney and exercise physiologist Creig Federico. Participants are encouraged to ask questions, share stories, and learn more about symptoms and risk factors of heart disease, benefits of exercise, nutrition, stress management and more.
Register by calling 480-323-4973

THURSDAY 10/19

Taste of Cave Creek
5-9 p.m. at Stagecoach Village, 7100 E. Cave Creek Road. The Taste of Cave Creek Festival is back again with new restaurants and entertainment. More than 25 local eateries will be on-site serving up food and drinks. There will also be a craft beer garden with wine, beer and tequila tastings, a “head to tail” cooking contest, live music, performances, and games and activities for the kids. Tickets are \$10.
tasteofcavecreek.com

FRIDAY 10/20 – SUNDAY 10/22

Glass Pumpkin Patch
10 a.m.-5 p.m. at the at the Holland Community Center, 34250 N. 60th St., Scottsdale. The fourth annual Glass Pumpkin Patch celebrates Halloween with artist Gregory Tomb’s unique pieces, which are – you guessed it – glass pumpkins. At this event, attendees will see 1,000 different pieces, all crafted by Tomb’s hand, and also be able to meet the artist. The pumpkins are available for purchase. This event is free.
hollandcenter.org

SATURDAY 10/21

Desert Foothills Book Festival
9 a.m.-2 p.m. at The Holland Center,

34250 N. 60th St., Scottsdale. At this event, guests will have the opportunity to meet over 70 published authors – fiction, non-fiction, children’s books, romance – you name it, it’ll be here. There will also be door prizes and a raffle. Proceeds support the “Creative Kids: Tell Me a Story” program, which engages children in the literary arts. Event is free but donations are welcome.
desertfoothillsbookfestival.com

SUNDAY 10/22

Musical Dreams
3:30 p.m. at American Lutheran Church, 17200 Del Webb Blvd., Sun City. ProMusica Arizona kicks off its 21st season with favorites like Over the Rainbow, Dream a Little Dream of Me, and Carly Simon’s Let the River Run. The finale features the choir and orchestra joining in to sing Mary McDonald’s “This is the Dream,” inspired by Martin Luther King’s famous speech. Tickets are \$29 for adults, \$12 for kids.
pmaz.org

SATURDAY 10/28

Kierland Fine Art and Wine Festival
10 a.m.-5 p.m. at the Kierland Commons, 15205 N. Kierland Blvd., Scottsdale. Main Street will have the vino flowing at this second annual event. Guests will find over 100 world-class artists showcasing their wares in an outdoor gallery, plus 16 of the region’s best wineries pouring more than 150 wines, and live entertainment. This event is \$30-\$45.
kierlandcommons.com

Friends of Erma Bombeck Luncheon
12 p.m. at the JW Marriott Desert Ridge, 5350 E. Marriott Dr., Phoenix. Presented by the Arizona Women’s Board, the 44th annual Erma Bombeck Author’s Luncheon brings together writers from all over the country to discuss their latest releases. There will be panel talks with authors David Baldacci, Susan Casey, Bonnie Garmus and more, plus opportunities for purchases and book signings. Registration is \$250 per person.
authorsluncheonaz.org



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

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



www.acmna.org



Capstone Cathedral



Hunt's Tomb

Is Arizona a land for fake Pharaohs?

Now, here's an unusual, even rather peculiar situation:

Egypt has lots of deserts. So does Arizona. Egypt is hot and dry. So is Arizona. Egypt has pyramids. So does Arizona. Egypt's pyramids are bigger than Arizona's. But Arizona? Arizona has upside-down pyramids.

Like those in Egypt, some Arizona pyramids were erected as monuments to men of distinction, although the Egyptian subjects were far more distinguished than their Arizona pyramid-honored counterparts. King Tut, for example, has

a historically larger reputation than a politician named Hunt.

But Hunt's Tomb does honor the memory of an important Arizona figure. Located on a small hilltop in Papago Park near the Phoenix Zoo, a white concrete pyramid marks the burial site of George West Hunt, Arizona's first governor. The remains of Hunt's wife, his mother-in-law, his father-in-law, daughter and son-in-law are also interred on the site.

Another Arizona old-timer gets some present-day respect with a mortared cobblestone pyramid that carves out

a lonely existence on a windswept rise north of Florence. It was placed there to honor the memory of Charles Poston, a freethinker often referred to as "the father of Arizona."

Poston was one of the state's first elected territorial delegates to Congress, but his popularity dwindled when he proposed building a temple to worship the sun. He died in 1902 and was buried in a paupers' field. He was reburied under the pyramid in 1925.

And yet another member on the list of Arizona's historical men of note is honored by a rock pyramid topped by a copper silhouette of a camel. This one guards the remains of Hi Jolly in a cemetery just off the main street of Quartzsite. Hi Jolly came to Arizona from somewhere in the Middle East – probably Syria – as a camel driver for the U.S. Army.

The Army planned to use the camels for military purposes in the Southwest due to their ability to survive in desert conditions, but the experiment failed. Hi Jolly (whose real name was probably Haji Ali, but soldiers changed it to Hi Jolly because it was easier to pronounce) stayed in the area as a gold miner and dray operator until his death in 1902. But his memory lives on. Quartzsite holds the annual Hi Jolly Days; his grave is one of the town's major tourist attractions.

The building that started as the Capstone Cathedral in north Phoenix is a double pyramid. The structure's base is a flat pyramid that rises from the desert floor; a smaller pyramid, allegedly modeled after the one that appears on the back of a one-



Hi Jolly Memorial

dollar bill, was placed directly in the center of the base. Neil Frisby, a controversial faith healer, erected the building in the mid-1970s and told his followers that the plans came to him directly from God.

When he died in 2005, Frisby's will left the cathedral to a former professional football player. It sat vacant for several years, then was taken over and remodeled by APEX Sports Camps. It's located at 4633 E. Shea Boulevard, just west of Tatum.

And now, the upside-down pyramids:

Both Tempe City Hall and the Clancy Real Estate Group offices might give the uninformed the impression that the contractors were standing on the wrong side of the table when they read the blueprints before beginning construction. As a result, the pointy parts are at the bottom of each building, and the bases are the roofs. But, as any good architect would point out, that's

not the case. Both were designed in a style known as "inverted pyramid."

Those who don't mind standing on their head to get the proper perspective will find the Tempe City Hall at 31 E. 5th Street and the Clancy building at 3507 N. Central in Phoenix.

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The Lowe Road

BY SAM LOWE

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

District 6 update from Councilman Robinson

I am excited to inform Arcadia residents that on September 6, at the Phoenix City Council meeting, the city council voted yes on a text amendment to allow single-family homes to build accessory dwelling units (ADU) on their properties.

This vote was made in an effort to increase housing supply on existing lots. ADUs will give homeowners many options when it comes to the use of their property, including providing onsite care to older relatives and creating a housing market for young adults who are early in their careers.



KEVIN ROBINSON
Councilman
District 6
602-262-7491
District6@phoenix.gov

Phoenix is growing, and we want to ensure that all residents have an opportunity to benefit from the developments in our city. ADUs will help people live closer to the amenities

that make Phoenix so great.

Achieving success with this text amendment was a group effort, including input from the Neighborhood Coalition of Greater Phoenix (NCGP). The City of Phoenix Planning and Development Department worked incredibly hard to find language that made neighbors comfortable.

Residents have had worries about short term rentals in their neighborhoods and it became a priority to address these concerns. We were able to define ADUs in a clear fashion that dictated a minimum of 30 days for rentals. The goal of this text amendment was always to enrich our neighborhoods and communities and I feel good about what we were able to accomplish here.

I am excited about Phoenix’s approach toward increasing the housing supply while bringing cost down for residents and protecting neighborhoods from short-term rentals.

Thank you,
Councilman Kevin Robinson

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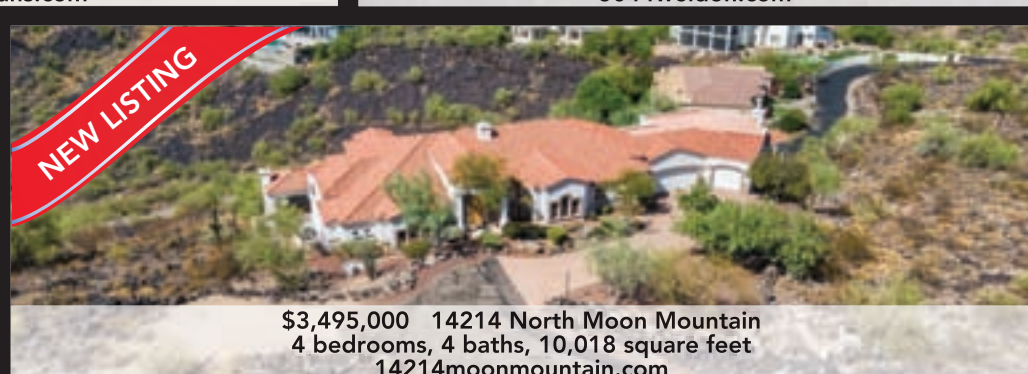
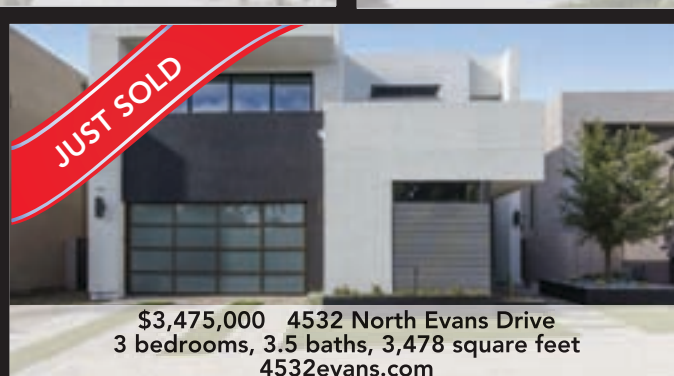
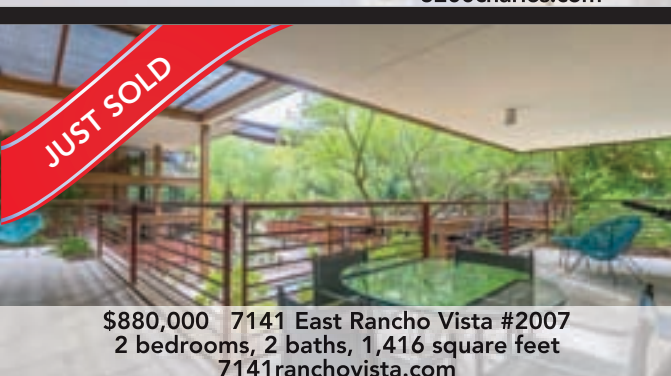
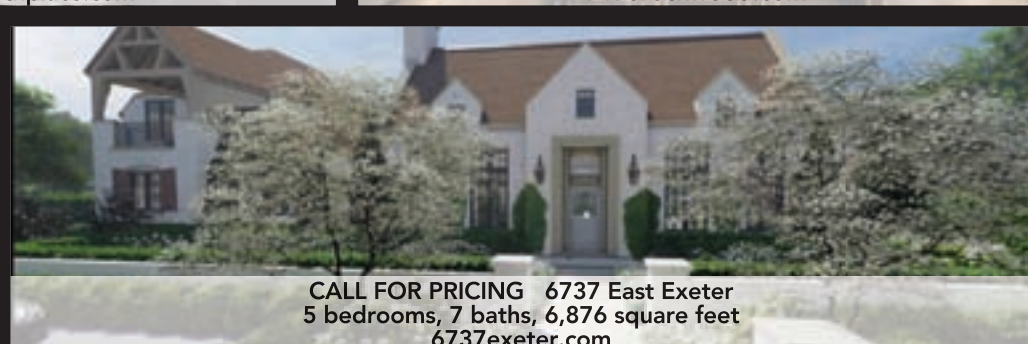
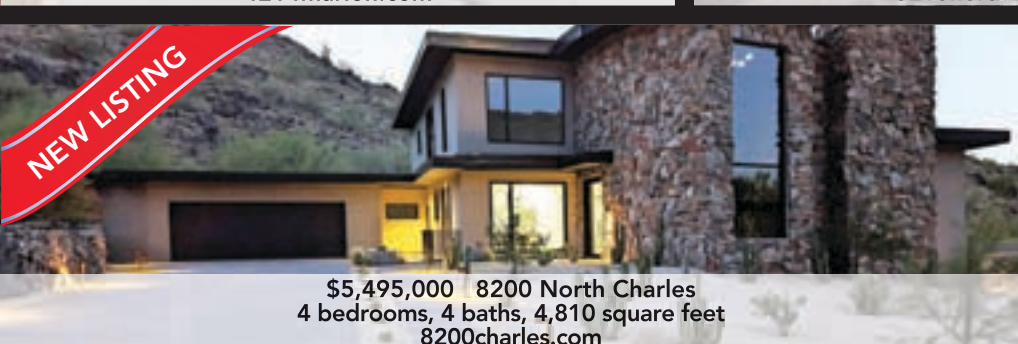
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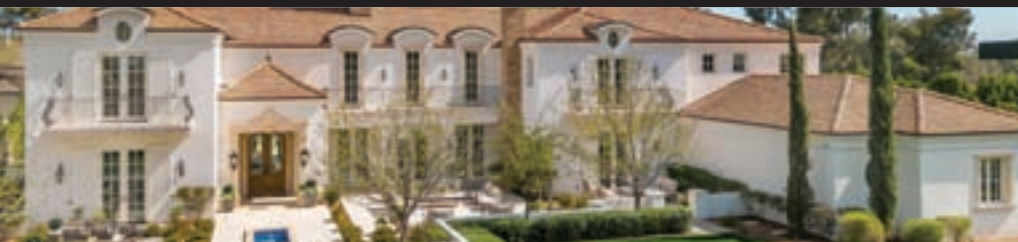


\$2,442,547 6152 East Helen
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\$995,000 3801 North Goldwater Blvd #403
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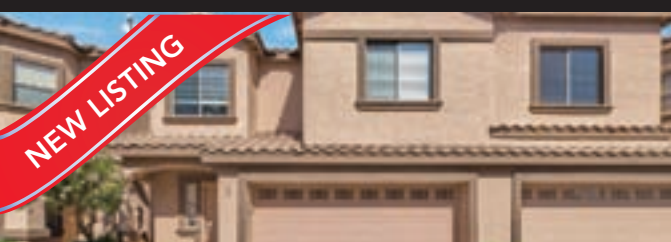
\$9,695,000 4615 North Launfal
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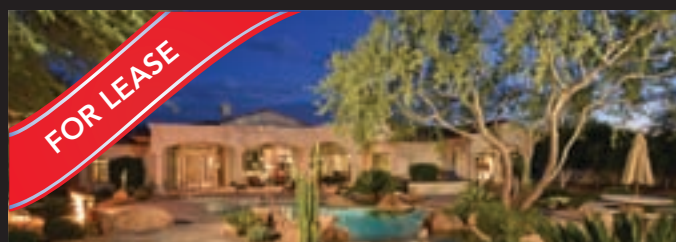
\$2,925,000 8102 East Del Cristal
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8102delcristal.com

NEW LISTING



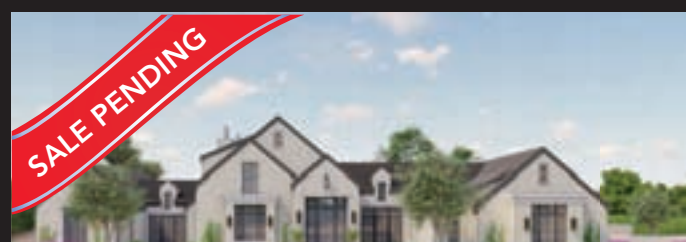
\$475,000 3006 North 37th Street #2
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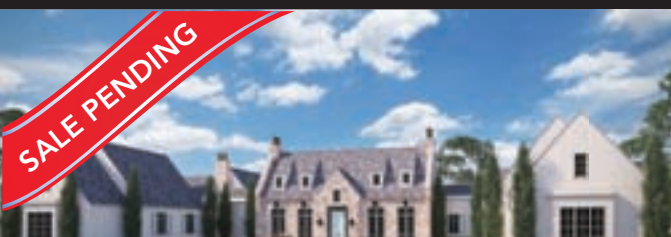
\$894,000 3526 North Rose Circle
4 bedrooms, 2 baths, 2,008 square feet
3526rosecircle.com

NEW LISTING



\$7,995,000 5636 East Via Buena Vista
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5636viabuenavista.com

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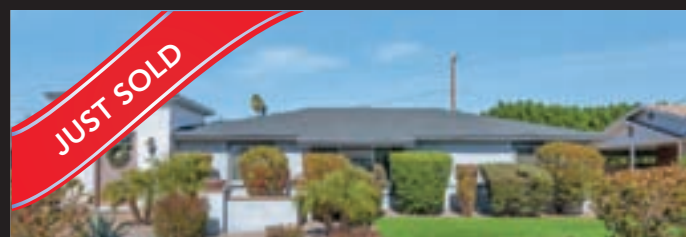
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In the Kitchen

with **Chris Laukenmann**,
owner of Old Heidelberg Bakery

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Old Heidelberg Bakery does not have a website or an updated social media presence. No, to learn more about the freshly baked German bread, rolls, pretzels and pastries, you have to go *in* the bakery, which the Laukenmann family – and currently, daughter Chris – has run for over 50 years. Her goal? To continue sharing the family’s love of German goods with the community.

Give us a brief history of the bakery.

My parents, Heinz and Eleonore, immigrated to America from Stuttgart, Germany, in 1968, after World War II. There wasn’t a particular reason. They just...they wanted to be Americans. My dad was a cowboy at heart. They moved here directly from Germany, right to AZ. My dad was a baker by trade, but when they moved here, he had to adjust his recipes because ingredients in Europe are

different than here. It took him about six months to perfect everything. Word got out in our German community, and the little old ladies started coming to our house on Saturdays for fresh bread. A year later, in 1969, we opened the storefront. In the beginning, it was just bread and rolls. My dad used to make tortes [little cakes] and sweets, but Americans aren’t geared to those, so that all went to the side, and we went with what works.

Where does the name Heidelberg come from?

Back in the 60s, when we came here, Heidelberg was the only German name and town people were familiar with. It was known to be German, you know? Also, that was the one town that all sides agreed not to bomb during World War II. No one would know the town we’re from in Germany, but everyone knew Heidelberg, so that’s what we named it.



Chris (right) and her niece Emily run Old Heidelberg Bakery.

How did you come to own the business?

My brother and sister ran it from 1992 until I took over in 2015. My parents decided to retire, and then my siblings – Andrea and Tom – followed suit, so I’ve been here since. I worked at Heidelberg in high school and went to college for computer programming but ended up here anyway [laughs].

What can guests find at Old Heidelberg?

German-style rye bread, hard rolls, pretzels, apple and cherry strudels (large and mini), almond horns, coconut macarons, assorted danishes, and meringue.

Is it easier or harder to work with family?

Working with family is challenging. You just have to know how to set family things aside. You can’t let personal stuff interfere with business. But I’ve been working with them for so long that we’re really good at it.

Where did you grow up?

Everyone in my family was born in Germany except for me. I’m the first American citizen who was born here. My family and I have gone back to visit, but it just doesn’t pull us like it does other people. We’ve got German daily in here, we speak the language, we’re around the products. We don’t get as homesick.

Did you grow up speaking German?

Oh yeah. When I started kindergarten, I remember my mom dropped me

off and told the teacher, ‘She doesn’t speak English,’ and left! [laughs] I was thrown into it. Mrs. Watson would show me flashcards, I would say the word in German, and she would repeat it in English, so I learned quickly.

Is this the original Heidelberg location?

No, our first location was next door to Schreiner’s. We were there until 1973. Then we moved to 7th Street and Camelback. In 1978, we moved to 49th Street and Indian School and in 1996, we moved here. And here is where we are going to stay!

Do you have a favorite part of running the business?

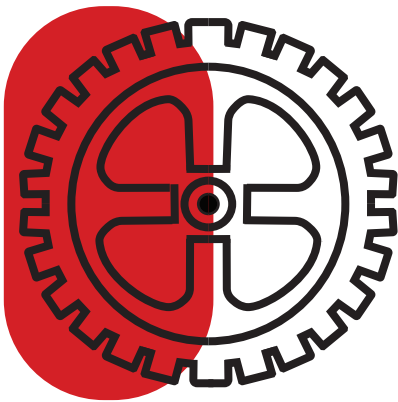
My favorite part is the relationship with my customers. They know my mother and father, my siblings. Now they know me and my niece [Emily, who works at the bakery with Chris]. Many of our customers remember my mother when she was pregnant with me. We have a lot of generational customers – sometimes, I’ll see four generations in here at the same time.

Tell us about the grocery side of the business.

We were making breads, rolls and pretzels, like we do every day. As the years passed, people started asking if we could get products, and that’s how the grocery store happened.

The business is a small German family, like us – they’ve been around since 1960,

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Old Heidelberg procures items from around the world, including meats and sausages from Illinois.

I think. They have eight Bavarians in their kitchen making all the sausages.

The jams, condiments, spices, cookies and other stuff in the store come mostly from Germany, but I’ve got products from Austria, Switzerland, Croatia and Hungary.

What are your responsibilities?

I first figure out what to make for the next day – what types of bread, how many, how many rolls, pretzels and strudels. I order all the groceries and meats; I stock the shelves. Then, I take care of the administrative part of the business.

What, in your opinion, makes Heidelberg so popular?

From what my customers have told me, many of them have remained in the area because of our product. Europeans are bread eaters, and it’s hard for them if they don’t have really good bread. But I’ve been told in the past that our bread is like home, so people don’t have to travel to buy what they need.

Any celebrity sightings at Old Heidelberg?

Phoenix Suns and Mercury players have shopped here, some German movie stars, and city officials!

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

Taking care of my household and running errands, Restaurant Depot and Costco, places like that. I don’t have kids – I leave that to my siblings!

What’s your favorite thing to bake?

Probably the pretzels – they’re fun to

make. Everything is free-hand. In my kitchen, I can’t live without whole-grain rye. I love grilled cheese, and that bread kicks it up to another level. And I use muenster instead of cheddar!

Do you bake anything special for the holidays?

Our most popular item during Christmas is the *stollen*. It’s the German version of a fruitcake, but we actually eat it [laughs]. There’s more cake than fruit, and it’s good with coffee and tea.

Are you the first one in the door each day?

No – that would be our baker, Dustin. He gets here at 2:30 in the morning and makes sure everything is ready by the time we open at 9:30 a.m.

If I don’t get adequate orders ahead of time, we’ll sell out very quickly and early. I encourage people to order what they need a day ahead. We can accommodate everything, but don’t call for 500 pretzels the day of, please!

What’s next for Old Heidelberg?

We’re just going to keep on keepin’ on! We’re celebrating our 54th year here in Phoenix. In the middle of September, we introduced our beer bread for Oktoberfest. It’s made with beer instead of water, and you can taste the notes of beer in it – so good. For Christmas, we’ll make the *stollen*. But our main focus is our day-to-day and keeping our customers happy!

“My favorite part of running the business is the relationships with my customers.”

Let's toast to new beginnings.

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From Arcadia to D.C.

Area seniors participate in Student Leaders Program

By Ann Stone

Two high school seniors – Sonya Colattur (Xavier) and Nathaniel George (Brophy) – had the honor of participating in Bank of America’s 19th annual Student Leaders Program. Only 300 students are selected annually (from more than 5,000 applicants nationwide) to work with a community partner in an eight-week paid internship.

Sonya and Nathaniel worked with Bank of America’s community partner, The Boys & Girls Club of Arizona, and interacted with more than 180 children during their internship. The children, from various backgrounds, enabled the pair to learn something new daily.

According to Sonya, “Some were first-generation children of immigrant parents, while others were dealing with difficult family situations. It made me very intentional and conscious of my interactions with them and the sensitivity of their situations, and I learned how to adjust my interactions and respond to them according to their needs.”

Nathaniel said he enjoyed getting to know the kids and helping the BGC staff. In addition, he said the “countless smiles,” as well as the children’s excitement and stories, positively affected his experience and perspective as he helped with activities and projects throughout the day.

Along with that work, small group sessions



Blanca Arizmendi, Mariama Camara, Adrija Rukmini, Nathaniel George and Sonya Colattur.

were held with Bank of America leaders who taught financial literacy skills. Sonya and Nathaniel agreed that the information acquired in these meetings would benefit them in college.

Near the end of summer, Sonya, Nathaniel, and the other 298 participants attended a week-long national leadership summit in Washington, D.C. They said it was one highlight of the experience.

“During our week together, we learned important leadership skills and engaged with lawmakers and Bank of America representatives. We also had the opportunity to tour some of the most historic places in Washington, D.C. It was a great way to conclude the program,” Sonya said.

Nathaniel said the trip broadened his interest in the intersection of business and public policy and explained that walking through the tunnels and chambers of the U.S. Capitol was “surreal.”

He enjoyed having the opportunity to meet Senator Kyrsten Sinema and Senator Mark Kelly’s staff.

As someone passionate about business and entrepreneurship, Nathaniel said, “The conversations we had over the course of the summit with corporate and political leaders were truly enlightening and have motivated me to potentially explore the relationship between business and public policy.” He wants to double major in business and creative writing in college.

Sonya is interested in studying government or public policy before attending law

school, hoping to become a prosecutor or public defender.

“My experience reinforced my interest in government and public policy and affirmed that I want to dedicate myself to improving the lives of others,” Sonya said. “This experience has made me think even more about the intersection between government, private industry, and nonprofit organizations.”

Sonya credits her English and history teachers at Xavier for helping prepare her with effective verbal and written communication skills, which assisted during the program.

Nathaniel credits AP US Government and Politics at Brophy with educating him on government history and how it intersects with business and the economy.

He explained that the coursework tied directly into his experience at the summit, with discussions including the four roles of government, nonprofits, businesses, and individuals working together to create change.

“Seeing the historical monuments and museums in D.C. was like seeing the content I had learned come to life before my eyes,” Nathaniel said.

These young leaders shared some wisdom related to what they learned and how they define leadership:

According to Sonya, “Good leadership is centered first in self-awareness and authenticity.” She believes understanding herself helps her better understand others. In addition, she recognizes the importance of truly listening as part of relationship-building and effective communication.

Nathaniel defines good leadership as “the ability to create sustainable and impactful change while putting the people you serve before yourself. I think humility is an important attribute of an effective leader, which is why I try my best to employ tenets of servant leadership in my service to others.”

Interested high school juniors and seniors can apply for the upcoming Student Leaders Program in Fall 2023.

bankofamerica.com/student-leaders



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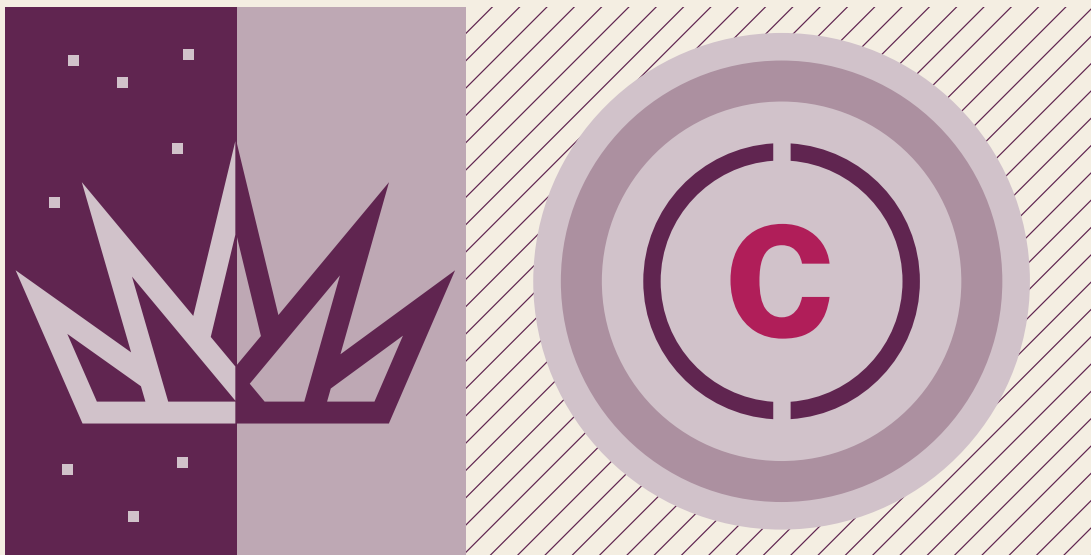
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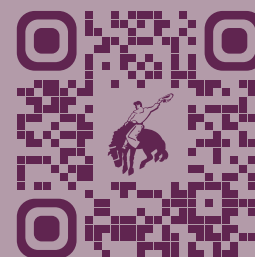
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Old Town Scottsdale proudly introduces the newly renovated Civic Center. This popular 24-acre outdoor space has been enhanced with more accessible and beautified walkways, and quiet spaces to relax. Enjoy new public art, landscaping, and directional graphics, including two fan-friendlier concert and entertainment spaces (the East and West Bowls). Civic Center remains a hotbed for Old Town festivals and cultural experiences, and is kicking it up a notch this fall with an impressive lineup of concerts and events. If you haven't seen the renovated Civic Center yet, you now have a growing list of reasons to visit. We continually update our fall calendar. Check back often. Find something new to love.



OLDTOWNSCOTTSDALEAZ.COM

THE DINING SCOOP

Eat Up Drive-In partnered with MLB All-Star Rookie Outfielder Corbin Carroll to introduce the 'Corbin Carroll' meal, available through October 31. The meal includes a double cheeseburger, fries, a chocolate chip cookie and a choice of regular, flavored or frozen lemonade for \$7.77. Each meal comes with a baseball card; Carroll will sign a limited quantity.

eatupdrivein.com

Salt and Lime Modern Mexican Grill is planning an early 2024 opening of a second location in the space previously occupied by Streets of New York at Camelback Village Center (5031 N. 44th St.). The location will undergo a complete remodel and continue to offer its daily specials: Margarita Mondays, Taco Tuesdays, Senorita Saturdays, and its yearly transformation into the holiday pop-up, Feliz Navidad Cantina.

saltandlimeaz.com

JOJO Coffeehouse (3712 N. Scottsdale Road) is introducing new menu items for the fall season, available until November 30. Blueberry lemon ricotta pancakes and pumpkin cheesecake pancakes are two new food dishes; for coffee lovers, new espresso drinks: a s'mores mocha and a classic pumpkin spice latte.

jojocoffeehouse.com

Scottsdale Fashion Square (7014 E. Camelback Road) is home to a new restaurant called **Moxies**, a casual dining space with dishes like the tuna sushi stack, steak bites and chipotle mango chicken. Handcrafted cocktails and a curated wine list are also available. Coming soon to the luxury shopping mall is **Catch**, a seafood restaurant boasting crunchy rice cakes, lobster macaroni, mushroom spaghetti and more.

moxies.com, catchrestaurants.com



PHOTO COURTESY OF RICH PERROTT

Brophy and Xavier's first win as a team happened in Prescott in 2022. The mountain bikers went on to win the conference later that year.

Brophy and Xavier mountain bikers are wheels up for the fall season

By Rachael Bouley

A group of area students are taking to the trails as part of a joint mountain bike team, offering a unique high school sporting experience with ample adrenaline and exciting challenges.

This year's team has 45 mountain bikers, guided by Head Coach Rich Perrott and 20 volunteer coaches, that participate with the Arizona Cycling Association. The Bronco and Gator kids will attend five races in Flagstaff, Prescott, Taylor, Fountain Hills, and Sierra Vista throughout the fall.

After a decade of racing, the teams aim to bring home top honors in the south division.

"Our goal is to win the state championship this year," Coach Perrott said. "Last season, we won the South Conference Championship but came up short in state finals."

The competition is tough, with more than 1,500 student-athletes on over 80 teams representing over 150 high schools in the Arizona Cycling Association.

The sport began in 2012 during a coaching seminar at the Pivot Cycles factory in Tempe. When asked what high school he would like to coach at, Perrott didn't hesitate.

"My oldest son was graduating from Brophy, and I loved the school. I wrote Brophy on the board without ever considering coaching and without speaking to the school about it," he said.

Within a few months, Perrott had met with the Dean and athletic director, gaining approval to create an unfunded school club at Brophy. That fall, the club was underway with four students, two pickup trucks and two coaches: Perrott and his friend Mark Manson. It was a small but mighty campaign as they looked to offer something different to athletes.

"We approached Xavier the next year and gained acceptance with them as a club," Perrott said. "One year later, we convinced an intern at Brophy to join us. Cooper Davis became our on-campus presence and brought talented coaching abilities to our program. This led to substantial growth in our team."

Since then, mountain biking has become a varsity letter sport at both schools, and the team now has three buses, a bike trailer, and a gear trailer.

The team practices in Xavier's spin room, on Trail 100 (7th St. and Peoria), and in Brophy's weight room. On the weekends, they head to Papago Park, Brown's Ranch and McDowell Mountain Park to sharpen their skills.

"We believe mountain biking brings out the best in high school students," Perrott said. "They are required to get up early, be on time, assemble all their gear, maintain their bikes, be at peak nutritional and athletic

shape, and give full effort at practices and races."

Senior Mary Hill is one of the team leaders and will graduate with over 25 top-five podium finishes as the most highly decorated athlete in the program's history. With seven years of competitive racing, she's learned about herself and made unforgettable memories with teammates and competitors.

"My favorite part of being on the team is being a part of the community," Mary said. "It's unlike any other sport. I feel much closer to my teammates in mountain biking than in any other sport I've been in."

Her patience has paid off as she's improved her skills and confidence with every ride.

"I love riding because it gives me an opportunity to exercise and learn something new every time I ride," Mary added. "Whether it be how to do a section of trail I thought was impossible or learn how to fix a flat tire, there is always something new to absorb."

Senior Jackson Pohlad is another leading varsity rider with four years under his belt. He was surprised to learn of the mountain biking team at Brophy but jumped at the chance to ride competitively.

"My favorite part is that I can share my passion with new people and also spend time with others who enjoy riding," Jackson said. "Waking up at 4 a.m. isn't for everyone, but the sunrise makes it all worth it. On the bike, I feel free and can take in everything around me. You see the beauty in the world, and it becomes addictive."

The team won the first South Division race in Flagstaff in early September and will head to Taylor on October 8 and McDowell Mountain Park on October 21. The public is welcome to attend the races.

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Valley songstress is taking her art...and running with it

By Mallory Gleich

Ask any 8-year-old what they want to be when they grow up, and the answers will probably vary from doctor to astronaut, from ballerina to singer. Phoenix resident Izzy Mahoubi wanted to be the latter, and her dream came true: her debut EP, *How to Run*, is now available on various platforms.

Izzy’s earliest foray into the music industry came in second grade, when she discovered her father was part of an alternative rock band. “I thought to myself, ‘Oh, I want to do that, too!’” Izzy said. “It wasn’t until middle school that I started thinking that I could actually make music.”

She started writing songs when she was 11 and even participated in an open mic night. She also decided to learn an instrument and now plays guitar, piano, drums, mandolin and ukulele.

Izzy said that even though she started writing at a young age, she didn’t “find her voice and fine-tune her craft” until 2022 at age 18. In September of that year, she was signed to Rude Records, an international independent music label.

“I’m proud of the work that I put in. I have to keep reminding myself that it happened, that it’s real,” Izzy said.

She’s played in restaurants and coffee shops, sharing her craft with Arizonans and folks in Nashville, where she spent time honing her songwriting.

Those initial tunes weren’t about broken

hearts – unless she was trying to be dramatic, she said – but more focused on middle school and life in general. Growing up, she felt out of place in that environment, so she’d write about her experiences. When Izzy was 16, she was composing songs about personal topics and things she witnessed.

How to Run is an indie-pop tune that Izzy wrote at the end of her senior year in high school, when she contemplated sharing her art with the world. She was ready but recalled a fear – that she feels lots of people experience – that stopped her. The song emphasizes learning to grow and becoming who you want to be.

Another song, *Cool Guy*, focuses on musicians who feel they are “too cool for everyone.” When Izzy got wholly involved in the music industry last year, she said it was strange to experience how people acted and worked within the industry. This was her inspiration.

“I was like, ‘What is with this population of musicians who think they’re too cool for people? We’re literally all the same.’ That song is about my first experience in the industry,” Izzy said.

Her writing process starts with a session in the morning – she jots down her thoughts and sees if inspiration strikes. She said that she writes a ton and tends to leave songs unfinished, so part of the process includes going back and completing those incomplete thoughts.



Izzy Mahoubi’s debut EP, *How to Run*, is now available on music platforms.

“I try to write from different points of view, things that are common topics, but making them as specific as possible. *Cool Guy* is a good example of that. Okay, a guy broke your heart – but what kind of guy? What did he do to you? That’s kind of how I do it,” Izzy said.

Growing up, she listened to various music genres and artists like Tom Petty, The Rolling Stones, Joni Mitchell and The Beatles. She also listened to many jazz and soul singers – Adele is one artist at the top of the list.

“I’m inspired by women songwriters who have been different, iconic and are not afraid to be weird,” Izzy said.

The Rebel Lounge was the first stage Izzy performed on, but she’s played the Nile Theater, Valley Bar, Marquee Theater, Last Exit Live and Crescent Ballroom, mentioning that she loves the Phoenix music scene.

She’s opened for artists like California-based singer Adam Melchor and sang with Sophia Rankin & The Sound, Sidney Bird and more. Regarding stage fright, Izzy said she had zero fear the first time she stepped up to the mic.

“I didn’t care about messing up. I wasn’t worried about all the outside factors,” she said.

These days, she takes a few moments before the show starts to set her intentions:

“What do I want to get out of this show? What do I want to give? Why am I doing this? I want to remember why I like this, and not ‘okay, I need to win these people over,’” she said.

“It’s been an amazing journey watching Izzy grow as an artist from that first coffeehouse open mic at 11 to developing into the artist she is today. Her love of music, work ethic and dedication to her craft is truly something to see,” Izzy’s dad said. “The ‘proud papa’ moment is when she hits the stage with a fire and passion that draws you in from the first note and doesn’t let you go for the entire set.”

In between performing and writing, Izzy enjoys reading, writing poetry and rock climbing. She said that her main life goal is to keep developing as a musician and songwriter and to watch herself improve.

She’s excited to go on tour someday, but for now, folks can catch her next performance at Rebel Lounge on November 8.

Find out more @izzymahoubi



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"Meet Mr." | Ray Artigue

Lucas Johnson

The story of Lucas Johnson is one of redemption. Though knocked down many times in his life, he has fought through every challenge and gotten right back up. The 35-year-old fitness instructor is what you might call a health fanatic, and his devotion to health and wellness would become a formula for survival.

"I had a great upbringing and a great father and mother until it all fell apart. My dad had a bad car accident, lost his business, went bankrupt and then went to prison," Johnson said. "It was a very difficult time for my family."

Johnson turned to baseball to channel his pent-up energy and frustration. He played center field at Deer Valley High School and excelled, becoming a top-50 prospect in the nation. Johnson played two years at Scottsdale Community College until persistent bouts with depression forced him to stop. He ultimately turned to alcohol to cope with his anxiety.

After multiple DUI convictions, Johnson was sentenced to two years in prison. After suffering a bad injury, he discovered his passion for weight training.

"I'm reminded of that saying, 'You commit the crime, you pay the time,'" said a resolute Johnson, as though he was presiding over someone else's trial.

While incarcerated, Johnson also found his faith in God, reading the Bible cover to cover. That and his daily workout regimen would turn his life around.

Today, Johnson is a Certified Personal Trainer, having earned his accreditation from the National Academy of Sports Medicine, and he serves the Arcadia neighborhood with Get Some Gainz Training at a specialized gym. You won't find a treadmill there because he preaches the three tenets of fitness: strength, mobility and endurance.

Johnson pushes clients to the point of failure, speeding up their body's ability to endure and recover. Like a mad scientist, he tinkers with the mix of weight and repetitions and then creates a personalized, accelerated program for every client. To him, it's all about getting the maximum results. Some may assume Johnson trains just men, but most of his clients are women.

"We have created a really comfortable place for women to train," Johnson said. "All the research points

to strength training as vital for women to quickly and efficiently achieve their fitness goals."

When he isn't working out or training others, Johnson is cheering on his 7-year-old daughter, Adrianna, at her gymnastics matches. He and his fiancé have another daughter due this month.

"Now everything is golden, and I never miss a prayer or daily petition," Johnson said. "Everything I do is for the man upstairs."

Johnson has two ambitious goals that he is determined to achieve: compete and win a national body-building competition and become a certified life coach.

"I love people and am all about helping them achieve their goals," he said.

Johnson and his father have reconnected in what is now a healthy relationship, and that, too, is something he attributes to the power of prayer. He says that the best advice he's ever received is something he shares with anyone who will listen:

"If you find yourself digging a hole, stop digging. I learned that lesson the hard way," Johnson said – a difficult but victorious pathway to redemption.

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Don't be a chump – check for a lump!

By Mallory Gleich

Since 2009, the Arizona-based organization Check for a Lump (CFAL) has educated over 700,000 people, provided over 1,300 lifesaving mammograms, donated nearly 2,200 free wigs to women going through chemotherapy, and supported more than 900 survivors and their families.

October is Breast Cancer Awareness Month, and CFAL is gearing up for its annual fundraising events, including its most popular: The Pink Out 5K. The organization began after founder Holly Rose was diagnosed with breast cancer. She received so many acts of kindness and support from her neighborhood that she decided it was time to give back to the community.

"Holly had heard from many women that they didn't know the basics about breast cancer or how to do self-exams, so she started 'Don't be a Chump! Check for a Lump!' as an educational program and call to action," Executive Director Ashley Plum said.

CFAL's mission is to provide free breast health education, mammograms, testing, and assistance to breast cancer patients in Arizona with wigs, support groups and resources.

They also host several different events throughout the year. Each event has a theme, and guests attend in costumes and wigs.

"Our Pink Out 5K is the biggest event and is held on the first Saturday in October. Participants can walk, run, or dance their way through Steele Indian School Park to help raise funds to support our programs," Ashley said.

Last year, CFAL had almost 1,000 people come out to support; they're hoping even more join in the fun this year. Their goal for 2023 is to raise \$500,000.

"The Pink Out is for everyone. We have local vendors, sponsors, food trucks, kids



PHOTOS COURTESY OF ASHLEY PLUM

These survivors got to take part in the 2022 Fashionably Pink event at PHX Fashion Week.

zone, music, mobile mammograms, and more," Ashley said.

The organization offers "survivor-specific" events through its Super Survivors Unite group. They meet on the third Thursday of each month and enjoy a fun activity with breast cancer survivors and co-survivors.

A 2nd Act "Girls' Night Out" is an event for ladies only, but offers support for women with all types of cancer. Attendees enjoy cupcakes, wine, and time with other survivors living their 2nd Acts after cancer.

Since its inception, CFAL has impacted the local community, the Phoenix area, and

Arizona. Sixty-nine percent of its funding goes directly to the community.

"The mammogram program at Check for a Lump has grown exponentially over the past year," Ashley said. "The need for mammograms increased so much that we have a huge waitlist for screenings. When we started in 2019, we provided 300 women with a lifesaving mammogram."

In 2022, the number grew to 750 and

"The Pink Out is for everyone. We have local vendors, sponsors, food trucks, kids zone, music, mobile mammograms, and more."



Check for a Lump is gearing up for its annual fundraising event, The Pink Out 5K.

PINK OUT 5K

When: Saturday, October 7 at 8 a.m.

Where: Steele Indian School Park, 300 E. Indian School Road.

What: The seventh annual Pink Out 5K raises funds for CFAL. Before the race, check out the vendor village, food trucks, kids' zone and music.

Registration \$40 for adults, \$20 for kids.

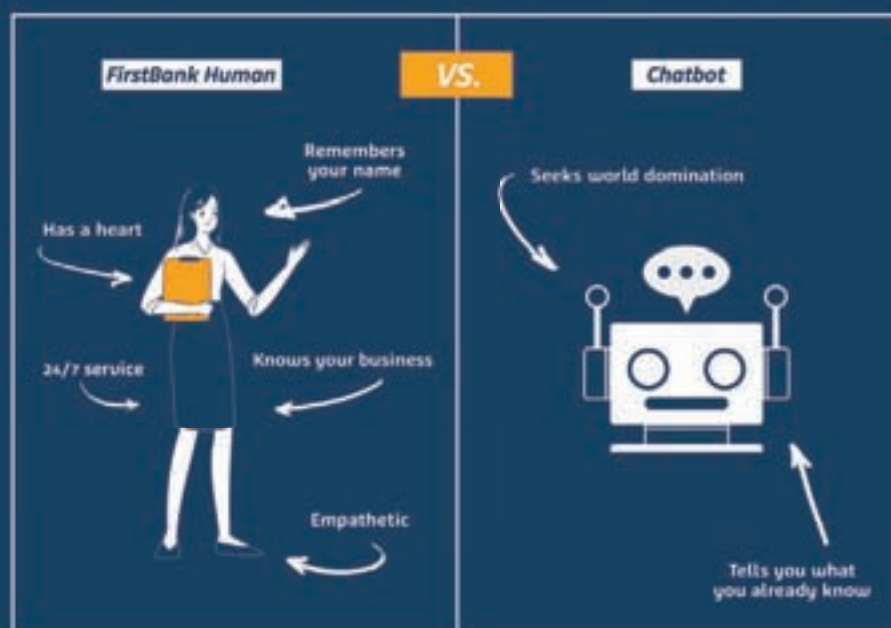
checkforalump.org

in 2023, CFAL estimates that over 1,000 screening mammograms will happen.

CFAL offers monthly volunteer activities, ranging from packing, making and distributing Super Survivor Kits to helping out in the office.

Super Survivor Kits are bags filled with comfort items like blankets, fuzzy socks, chemo caps, activity books, colored pencils, the CFAL magazine and product line. They are free for women currently going through breast cancer treatment of any kind.

"We would love readers to consider donating, participating in the Pink Out, hosting a fundraiser, or becoming a sponsor. Together, we can make a difference in the fight against breast cancer!" Ashley said.



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Break out your lederhosen – Oktoberfest is here!

By Rachael Bouley

Many local cities and businesses are gearing up to get in on Oktoberfest fun. The tradition is alive and well across the Valley, with various beer and bratwurst festivals to enjoy. Check out our list of celebrations near and far.

DOWNTOWN CHANDLER OKTOBERFEST

When: October 1 from 1-8 p.m.
Where: 3 S. Arizona Ave., Chandler
Admission: \$12-\$20, kids under 6 are free
santanbrewing.com

SanTan Brewing and Pedal Haus Brewery are hosting the second annual Downtown Chandler Oktoberfest at Dr. AJ Chandler Park. There will be lots of local beer, German fare, canned cocktails, and live music for a memorable weekend in the town square. Parents with young kids are welcome to check out all the games in the family fun zone.

OKTOBERFEST AT GREENWOOD BREWING

When: October 1 from 9:30 a.m.-10 p.m.
Where: 922 N. 5th St., Phoenix
Admission: \$10-\$15
greenwoodbrews.com

Greenwood Brewing in downtown Phoenix will host various Oktoberfest activities, complete with a new Schnitzel Pop Bier, brew mugs, food trucks and live music. Morning yoga with complimentary beer tasters on Sunday will round out the Oktoberfest fun. Stick around for brewery tours in the afternoon with founder Megan Greenwood.

GILBERT OKTOBERFEST

When: October 7 from 2-9 p.m.
Where: 50 E. Civic Center Dr., Gilbert

Admission: \$15; kids 12 and under are free
forty8live.com

This celebration will feature live entertainment by The Klüberheads, known for their brass big band and German polka music. Phoenix-based Taide Band will also perform while adults indulge in tasty craft beers from local breweries like O.H.S.O., Desert Monks, Oro, Old Ellsworth and 12 West. You won't want to miss the bratwurst eating and stein-holding contests, and if you have little ones, stop by the free kids' inflatable zone and yard games.

FLAGSTAFF OKTOBERFEST

When: October 7 from 11 a.m.-8 p.m.
Where: 212 W. Aspen Ave., Flagstaff
Admission: \$7; kids 12 and under are free
flagstaffoktoberfest.com

The 14th annual Flagstaff Oktoberfest will take over Wheeler Park with the return of crowd favorites like live music and Munich-inspired menus. A wiener man race will kick things off at lunchtime before the brat-eating contest and women's/men's beer stein contests. The Summit Dub Squad and High 90s tribute band will perform throughout the day with special Oktoberfest brews to complete the experience.

FOUR PEAKS OKTOBERFEST

When: October 13-15; 5 p.m.-12 a.m., Saturday 10 a.m.-12 a.m., Sunday 10 a.m.-8 p.m.
Where: 80 W. Rio Salado Pkwy., Tempe
Admission: \$16, free on Sunday
fourpeaksoktoberfest.com

Regarded as one of the biggest and best fall celebrations,



Four Peaks Oktoberfest returns to Tempe Beach Park for the 50th anniversary of this Tempe Sister Cities fundraiser. The three-day festival will kick off with a keg tapping and opening ceremony before stein-holding contests and dachshund races over the weekend. Oktoberfest is open to all ages, with carnival rides, live music, authentic German fare and a Cardinals watch party for football fans.

WICKENBURG OKTOBERFEST

When: October 14 from 3-7:30 p.m.
Where: 164 E. Apache St., Wickenburg
Admission: \$20
chooseazbrews.com

The 3rd annual Wickenburg Oktoberfest supports the Arizona Craft Brewers Guild with drinks from breweries across the state, German fare, and savory food trucks. Confirmed breweries include O.H.S.O., LazyG, Corbett, and Grand Canyon Brewing. The festival will feature live music, lawn games, and a classic car show in historic Stone Park. This is a 21+ event.

OKTOBERFEST! ZIGGIE'S MUSIC BENEFIT

When: October 15 from 12-2 p.m.
Where: 3309 N. 3rd St., Phoenix
Admission: \$20 suggested donation
[Instagram @thezigmart](https://www.instagram.com/thezigmart)

Arizona's oldest music store is also getting in on the Oktoberfest fun. Ziggie's Music Benefit will feature an Accordion Club performance with live music, dancing, trivia, and raffle prizes on Sunday afternoon. No tickets are required, but a \$20 donation is suggested to support this iconic small business.





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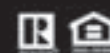
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Arcadia author hits home run with latest book

By Melissa Hirschl

Teresa Strasser’s new book, *Making it Home – Life Lessons from a Season of Little League*, is a bittersweet memoir that reads like narrative fiction. Using baseball as a backdrop, Strasser weaves a tale of dysfunctional parenting, family dynamics, grief, acceptance and redemption.

Peppered with humor and searing insights, the book centers on the untimely death of Strasser’s brother, Morgan, who died from spinal cancer in 2016. His death caused an aftershock that threatened the tenuous relationship between Strasser and her dad, who she describes as a “cantankerous auto mechanic.”

“I love my father, but he was complex and flawed,” she said. “During the seven years my brother suffered, we would have blowout fights. I think it was because we knew there was nothing we could do for him.”

Four months after Morgan’s death, Strasser lost her mother. The double punch left her yearning for healing, which she sought in grief groups, books, and the Franciscan Renewal Center.

“My father kept his grief close, but not too close,” she said. “We processed our grief differently. He had no framed pictures of Morgan in the house; he kept them in his shed. He wouldn’t let the glare of grief destroy him.”

Little did Strasser or her dad know a



(left) Teresa and Morgan with their parents in 1973. (right) Teresa and her dad found a way to heal their relationship, starting at her son Nate’s little league games.



profound and lasting healing would unfold when Strasser’s son began playing little league at Ingleside four years ago.

While she and her dad sat behind the first line, they found themselves in what Strasser describes as “a foxhole of two.” They bonded over the game as they talked, laughed, and rooted for the same team.

“We processed our grief and our grudges. The experience was a way home for us,” she said.

Making it Home also dives into the author’s turbulent childhood. Her parents divorced when she was young, and it was decided she would live with her mother while her brother would live with her father.

Despite her struggles, Strasser became a professional writer and mother of two. The author used her journal observations and feelings to bring the book to life.

Making it Home comes on the heels of Strasser’s 20-year career as a media

professional. She’s been an Emmy-winning comedy writer, television host, journalist, performer, and author.

“My plans are to keep promoting my book through bookstores or social groups,” Strasser said.

Making it Home – Life Lessons from a Season of Little League can be found on Amazon and Barnes and Noble.

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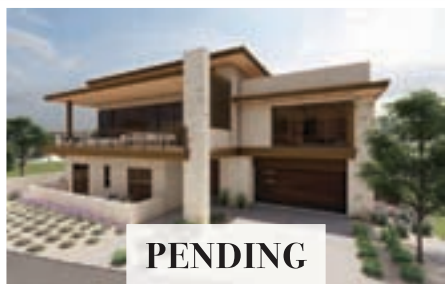


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Rebekah's vanilla cake with lemon buttercream and fresh blueberries.



Quinn's lemon cake with lemon poppy seed buttercream.



"Design" winner Thalia's vanilla cake with vanilla buttercream and fondant flowers.



Adeline's gluten free vanilla raspberry cake.



"Flavor" winner Cailin's champagne cake with strawberry champagne butter cream.

LET THEM EAT CAKE!

Arcadia News editor-turned-judge heads to the cake competition

If you're a fan of shows like *Chopped*, *Iron Chef* or *The Great British Bake Off*, you know how cooking competitions work – and you also get that feeling of trepidation, much like the competitors do, when it's time for the judges to decide on a winner.

Five little ladies from the Valley, all part of the annual Cake-Off Competition at Scottsdale's Paula Jacqueline Cakes and Pastries, appeared to wrestle with the same anxious energy as the chefs on those popular television shows.

This year, I got to be part of the action as one of six judges who helped choose the winner of the fifth annual competition, which happens at the culmination of the Summer Baking Camp.



Things we tried
BY MALLORY GLEICH

Paula Jacqueline's owner, Paula Coleman, was born and raised in Scottsdale. She's been baking since she was a kid and graduated from Scottsdale Community College's Culinary Arts program before working in resorts and catering. Paula trained in Switzerland and Italy for three years before returning home and opening her shop in Old Town.

Arcadia News featured Paula Jacqueline's baking camps in the April 2023 Summer Camp Guide, so I was surprised – and delighted – when the bakery reached out to me to ask if I'd like to be a judge. Me, trying different kinds of cakes? Me, helping to decide the winner? I'm there!

I arrived early at the small shop



Adeline, Rebekah, Thalia (winner of the fifth annual Cake-off competition), Paula, Cailin and Quinn.

on Marshall Ave. in Old Town as the ladies were still getting prepped. I sneaked a peek at one of the cakes, and my excitement grew, as these weren't just any cakes. These were WEDDING cakes.

Myself, restaurateur Rico Rossi, Drew Lindsey, chef de cuisine at the Scottsdale Plaza Resort, pastry chef Lucianna Tartaglia and Erin Press, assistant general manager of Scottsdale Camelback Resort, headed into the venue to check out the final pieces. Five cakes were on display, each with its own design and personal touches.

Paula handed us blank sheets of paper with categories and rankings from one to 10. We judged the cakes on texture, creativity, design, buttercream

consistency, moistness and – most important, in my opinion – taste. The cake-makers were switched around, so they weren't standing by their creations. Each gave a little background on the flavor and shared a sample for each judge to try.

Cailin Heeren, the youngest competitor at age 10, baked a pink champagne cake layered with strawberry champagne buttercream.

Adeline Lee made a gluten-free vanilla raspberry cake; Quinn Bessinger created a lemon cake layered with lemon poppy seed buttercream; Rebekah Hodes created a vanilla cake with lemon buttercream and fresh blueberries and Thalia Horn made a vanilla cake with vanilla buttercream.

While the judges finished ranking and note-taking, family members filed in to watch and congratulate the chefs. Paula and her team added up the scores from our findings, and it was time to announce the winners. Cailin won the competition for flavor, and Thalia won for design.

Each chef received flowers, and Thalia received the coveted Cake-Off trophy. Lots of applause, and a few tears, filled the room. Afterwards, the cakes were packed up and we all headed our separate ways. Not a bad way to spend a Thursday afternoon!

Paula Jacqueline will offer Spring Break and Summer Camps in 2024, with registration starting in January.

paulajacqueline.com

Phoenix Autism Center opens

By Mark Hays

Breanne Hartman’s son, Huxton, was diagnosed with autism before his second birthday. After the diagnosis, Breanne and her husband, Justin, were searching for a therapy center for Huxton to attend and realized their home base – the Arcadia community – did not have one.

“Justin has been in the behavior health industry for four years, and he sparked the idea that we should open a center in Arcadia and accept every major insurance provider so that we can provide service to any child in need,” Breanne said. “So that is what we did! We opened within five months and are scheduled at 100 percent occupancy.”

Phoenix Autism Center (PAC) is located at 4801 E. McDowell Road in Phoenix. The clinic offers therapy for children with autism and their families. PAC provides early intervention ABA therapy to children 18 months to six years old.

Applied Behavior Analysis, or ABA for short, is a therapy founded on the science of learning and behavior. ABA therapy involves an understanding of how behavior works in real-life situations. The goal is to increase helpful behaviors and decrease harmful behaviors that affect learning. A strong support system helped the family make this dream a reality.



“Opening a business from scratch takes a lot of dedication, hard work and time,” Breanne said. “To be honest, we didn’t face many challenges upfront because we set ourselves up for success with the help of individuals who have worked in the autism space for years.”

Restrictive insurance policies complicated the family’s search for a suitable therapy center.

“It became apparent that most centers are very selective about which insurance companies they work with based on reimbursement rates,” Breanne said. “If your family has a plan with lower reimbursement rates, your child could go without services.”

Challenges once again arose when dealing with the actual insurance companies.

“The biggest challenge we have faced is receiving timely reimbursements from insurance providers,” Breanne said. “To overcome, we follow up daily on claims until they are paid.”

With PAC already at 100 percent capacity, Hartman is looking toward expanding to offer services to more people. They are working with Arcadia-based medical office broker Aaron Kuhl on adding additional locations around the Valley.

“We are always thinking of new ideas and ways to help children and their families within the community. PAC will also start a nonprofit foundation to provide financial support for low-income families that will assist them in getting ASD diagnoses and additional support beyond what ACCCHS covers,” Breanne said.

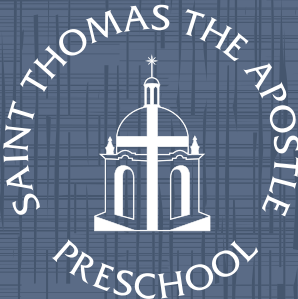
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Don't wait to reach out – it's okay to ask for help.

October is National Depression and Mental Health Screening Month

By Mallory Gleich

No one experiences depression the same way, but it can affect *anyone* at any time. As the holidays approach and autumn sets in, October is a good time to check in with yourself and those close to you. It's a time to talk about depression and mental health.

According to the National Institute of Mental Health, symptoms of depression can include a persistent sad, anxious, or empty mood, feelings of hopelessness, pessimism, irritability, frustration, or guilt, loss of interest in hobbies and activities and decreased energy, fatigue, or feeling slowed down.

The Centers for Disease Control and Prevention state that almost 50,000 people took their own lives in 2022. Suicide rates were up in 2018, fell in 2019 and again in 2020; in 2021, they rose, and in 2022, the rates increased another three percent.

If you think you might be depressed, or just want to talk about it, the first step is to speak out. It can even be anonymous with a new crisis line established last year. Anyone in the U.S. can dial 988 to reach a mental health specialist.

The next step? Get screened.

"Screeners serve as a tool to allow doctors and behavioral or mental health professionals to get an overall view of what the patient is feeling, the frequency of those feelings, and other outside factors to consider when a treatment plan is created," youth advocate Katey McPherson said.

Katey was an education professional for 25 years before leaving the industry to pursue mental health and wellness advocacy. She holds assemblies with students and school faculty members to provide a sense of

connection so that attendees know they are never alone and to speak out if they have concerns.

"A mental health screening is a set of questions the health practitioner asks to look for signs of need. Screenings can check for anxiety, depression, mood, thinking, and even behavior," psychiatric mental health nurse practitioner Betsy Serrano said. "Screenings don't diagnose a problem, but they help catch a mental health condition before it becomes harder to solve."

There may not be a specific reason that October was chosen as the designated month for depression and mental health screening, but Katey said it marks the second quarter within school districts – now that kids have settled into their schedules, they're starting to experience added stresses.

"By designating October as an awareness month, we can actively reach out with articles, classes, prayer days and national screening days in hopes that everyone will participate," Betsy added. "October is a collective time to bring awareness and get involved in helping our fellow citizens."

Betsy has been in the mental health and wellness industry for over a decade and recently opened Cora Health Solutions at 32nd St. and Highland Ave.

The most significant surges of suicides in 2022 were seen in older adults. Deaths rose nearly seven percent in people ages 45 to 64



Katey McPherson



Betsy Serrano

and more than eight percent in people 65 and older.

"Unfortunately, we have also experienced several youth suicides in August 2023 in several school districts in Maricopa County, within the first few weeks of school," Katey said.

These are sad statistics, but there is reason for hope. The national crisis line launched in 2022. Furthermore, school districts have more resources available for families and work with nonprofits like Teen Lifeline, Not My Kid and Community Bridges to spread awareness and offer help.

Mental health screenings are available within schools, online and with a physician or mental health professional.

"Symptoms differ for each individual and often looks different amongst genders," Katey said. "Talk to your kids and listen intently. Going for ice cream and having short talks while riding in the car or walking or running is an idea. Bodies in motion can open the verbal emotive centers, and often you will get a whole story much faster this way."

Concerns that kids and teens may be having, especially in school, include bullying, harassment and sexually explicit or violent language directed toward them. For older teens, the cost of college and anxiety about transitions like leaving for college or the leap from junior high to high school can be factors of depression and suicide.

"Other factors include parental pressure

or peers talking about their plans and having more of a plan than others," Katey said. "Plus, the cost of everything has skyrocketed, social media exposure is on the rise, and trusted adults who are not relevant or current in understanding children of this generation could be a driving force."

Despite this, Katey offered "happy stats," too – the most important being that we are always making progress. Laws have been passed, more funding was put into the Access to Care fund, and Jake's Law, which increases access to treatment by ensuring compliance with mental health and addiction insurance parity laws, remains in force.

Katey and Betsy said that one of the reasons behind kids and teens coming forward about their feelings and mental health concerns is that youth have de-stigmatized help-seeking.

"Adults are finally getting that these students need 'help finders,'" Katey said. "Social media – for all the bad news it gets – has helped students come forward and know it's okay not to be okay and where to go. Kids that feel like they have a sense of control of things, even when things aren't great, do better and feel better."

"I think we are talking about mental health more in our communities. Parents, teachers, and friends are talking with each other and are reducing the stigma attached to mental health. We all have something that has affected us, and usually someone has helped in recovery," Betsy said. "We need to continue to reach out and talk about feelings and what's happening in kids' lives. There is a lot of support in communities for mental health. Don't wait to reach out. Just ask."

Xavier golfers take on the Underrated Tour

By Shi Bradley

Over the past five decades, Xavier Prep has won 37 golf state championships, making them one of the best high school teams in Arizona. The program has supported players like senior Lena Durette, who currently ranks in the top 15 percent in the state and top 20 percent in the country in the junior golf category.

Xavier sisters Natalia and Alexis Lamadrid have also made their mark. The duo has played in tournaments since childhood and won numerous awards.

Their father enjoyed the game and started taking Alexis on the golf course when she was four. Natalia became interested and began taking lessons at age five. Both girls were in tournaments by ages six and seven.

"My dad is the driving force in our golf journey," Alexis said. "At first, he would put us in as many tournaments as possible, but then realized it wasn't necessary and started to be more selective. I didn't mind since I loved making friends, and each tournament might bring me a new acquaintance. Soon, I started to get serious about the game."



Steph Curry (middle, in purple shirt) developed the Underrated Golf Tournament so that "youth from underserved communities can gain access to all of the opportunities the sport of golf offers."

Natalia and Alexis have both traveled to Pinehurst and San Diego for Junior Worlds Tournaments, with Alexis receiving her first award at age seven when she won second place. This year, Alexis finished 10th and even par for the Junior World Golf Tournament.

One of their most notable accomplishments was playing in the final stop of Stephen Curry's Underrated Golf Tournament, a junior event created by Golden State Warriors Point Guard Stephen Curry.

On the Underrated Tour, 48 top female golf

players, ages 12 to 18, play a 36-hole stroke event across several states, starting in Florida and ending in California.

Alongside their classmate Lena and 10 other finalists, Natalia and Alexis played the final event, The Curry Cup Championship, at the Lake Merced Golf Club in San Francisco. Alexis placed eighth in the second round of the championship.

"The Underrated Tour was the most amazing experience because of all the people involved," Alexis said. "We all know how

hard this game is, and sharing the struggles and victories with everyone on the tour was incredible."

Golf has allowed the sisters to grow and bond even more profoundly.

"Playing with my sister makes it more fun. We push each other at practices," Natalia said. "We are very competitive with each other, and that, I believe, makes me a better golfer."

Outside of golf, Natalia enjoys traveling, while Alexis enjoys baking and writing. Alexis plans to pursue golf professionally after college.

"I will continue to work on my golf game and hopefully be recruited to a D1 university. Once I graduate, I will pursue a career as an LPGA player," she said.

Natalia looks forward to playing more golf while also gaining life experiences.

"I look forward to new challenges in tournaments and growing as a person. I know that time flies, and I want to look back and know that I took advantage of every opportunity to travel and learn more about myself before going to college," she said.

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Comfy, cozy recipes for the fall season

Fall is in the air, which means peak season for some delicious produce. Even though many of these items can be found year-round, buying fruits and vegetables in season means they were picked at their peak of ripeness and have more natural sweetness and depth of flavor. It also means they're more nutrient-dense because the longer produce is transported or stored, the more nutrients it will lose. Here is a closer look at five fall produce items and their health benefits:

- **Pumpkin and squash:** Rich in beta-carotene to promote healthy vision and glowing skin.
- **Sweet potatoes:** Loaded with vitamins A, C, and potassium to boost your immune system and regulate blood pressure.
- **Apples:** Full of fiber and pre-biotics to feed our good gut bacteria.

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

- **Pears:** Rich in vitamin C, which helps the immune system and is great for producing collagen.
 - **Brussels sprouts:** In the cruciferous family with cancer-fighting compounds.
- Check out these recipes that highlight the use of fall produce – and celebrate National Apple Month and National Chili Month in the process!
- Join my monthly membership for recipes, health videos and live Zoom cooking classes for only \$10 per month.*

Slow cooker applesauce SERVES: 8



Ingredients

- 3 granny smith apples
- 3 gala or fuji apples
- 1/2 cup coconut sugar
- Juice of 1/2 lemon
- 1 tsp. cinnamon
- 1/4 cup water

Directions

1. Peel and core the apples and cut into 1/2" cubes.
2. Add the apples, coconut sugar, lemon juice, and water to the slow cooker. Stir well.
3. Cook on high for 3-3 1/2 hours.
4. Ready to serve!

Fall crisp salad SERVES: 6



Ingredients

- 1/2 cup wild rice, cooked
- 2 lbs. butternut squash
- 1 bunch kale + juice of one lemon and salt
- 1 large apple, cubed
- 1/2 cup dried cherries
- 1/2 cup toasted pepitas
- 1/4 cup pomegranate seeds

Dressing

- 2 tbsp. olive oil
- 3 tbsp. apple cider vinegar
- 1/2 tsp. Dijon mustard
- 1/2 tsp. each: pink salt, pepper, garlic powder

Directions

1. Preheat oven to 375F.
2. Cut the squash into 1/2 inch cubes, spray on a little avocado oil, salt, and pepper and cook for 15 minutes.
3. Remove stems from kale, cut into thin strips, add lemon juice and a few shakes of pink salt and massage it for a few minutes.
4. If the pepitas are raw, put them in a dry saute pan and cook on medium until they start to snap and toast.
5. Mix everything together and toss with dressing!

Pumpkin chili SERVES: 5-6



Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 14-ounce can each: fire-roasted tomatoes, black beans (drained), pinto beans (drained), pumpkin puree
- 2 cups vegetable broth
- 1 tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. each: salt, onion powder, smoked paprika
- 1/2 tsp. cinnamon
- Dash of red pepper flakes
- Squeeze of lime
- Toppings: avocado, red onion, cilantro, sriracha

Directions

1. Sauté the onion and garlic for five minutes, add peppers, and cook for five more minutes.
2. Add in everything else (except lime and toppings), bring to a boil, then simmer for 20 minutes.
3. Squeeze some lime on each bowl and add toppings!

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What's old is new again in this small Arizona town

Charming, quirky, funky, artistic, eccentric and unconventional are just a few words that describe Bisbee, Arizona. This old mining town may have been founded on copper, but it has since evolved into one of the most unique places in Arizona.



Robin's Adventures

BY ROBIN SEWELL

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

Arizona Highways has been to Bisbee many times. We've done everything from a haunted pub crawl, a ghost tour in a hearse, a mountain tour in a Lavender Jeep, spent the day with a beekeeper who makes award-winning mustards and gone underground to explore the Old Queen Mine. Every trip is a new adventure and

experience. One of Bisbee's longtime residents told us that the town has been called "the world's largest open-air asylum and that it's the last great refuse for bi-polar bears."

Nestled in the mile-high Mule



The Bisbee 1000: Great Stair Climb features nine staircases and over 1,000 total steps.



Bisbee is an old mining town that was founded in 1902.

Mountains of southern Arizona, Bisbee has well-preserved turn-of-the-century Victorian structures that are full of old west history and mining lore. There's also a hip city feel, given that those buildings are now reimagined as an eclectic mix of galleries, shops and restaurants. Bisbee offers visitors art, music, history, architecture, outdoor activities and dining.

October is filled with adventure, art, and Halloween mischief. The Bisbee 1000: The Great Stair Climb is one its most unusual and challenging events. On October 21, the town will be packed with thrill-seekers pushing their limits on the 4.5-mile course, which features nine staircases and over 1,000 total steps connected by winding roads. Runners

and walkers alike can see some of the most scenic parts of old Bisbee. For a more low-key experience, folks can check out the Church of Bisbee, a stained glass tour, or the Bisbee Plein Air Festival, where artists come from all over the country with easels and paint brushes to paint old Bisbee's historic architecture, sprawling staircases, industrial mining remnants and colorful homes. It's a competition with prize money and a wonderful opportunity for art lovers to buy one-of-a-kind pieces. A trip to Bisbee is great any time of year. One of the most popular activities is the town's self-guided, fully illustrated walking tour. Tourists can stop at the world-famous Brewery Gulch, which – in its heyday – boasted upwards of 47

saloons and was considered the liveliest spot between El Paso and San Francisco. Celebrating ghosts and goblins is easy in Bisbee, where Halloween has become a favored holiday. Secluded among the pines and cottonwoods and evoking the timeless beauty of the American West is Bisbee's Mile High Ranch. This iconic getaway is hosting a Halloween show on their spider lawn and a haunted house that is not for the faint of heart. Bisbee is a town of contradictions: old, modern, classic, and non-traditional, with small spaces and enormous views. When travelers come through the tunnel and into Bisbee, there's a sense that something is different. Expand your horizons and find a fun, new perspective on life – right off an Arizona highway.



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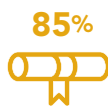
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COURTESY OF STEVE SHAFF

Greens, goals and having a good time

By Mallory Gleich

August means a few things for students in Arcadia: school is back in session, schedules are back in place, and high school sports are kicking off with gusto. We spoke to Arcadia High, Veritas, Xavier and Brophy Prep to find out what our area golf teams are excited about in a season that runs until November 1.

ARCADIA

The Titans first golf match happened in mid-August against Coronado High. Coach Stephen Danford said he was proud of the boys' team's 'kick-off' invitational.

"This year, we play 14 matches, including tournaments," Danford said. "Our first match went well – everyone on the team played great."

This season, the main focus for making it to a championship is consistency and competing at the top every week. Danford said this season's team is thriving in its leadership skills.

"Our returning players are great examples of being a student-athlete on and off campus and within our community," he said. "We need to work on being consistent, though. We have a young team, and getting them course time and experience will be a key to our success."

The Titans practice at Arizona Country Club and are working on basic golf skills, course management and club selection to prepare for upcoming matches and tournaments.

The boys' team currently has 11 state championships and is working toward another while competing and growing.

"I'm really looking forward to my senior year, playing well and helping the younger guys develop into great players to continue the Titan tradition of successful boys' golf," junior Ian Christoffersen said.

BROPHY PREP

The Broncos had 34 players try out for this year's team, with nine matches and five tournaments on the schedule. With nine state championships under their belts, the team



(back) Kyla Layman, Asst. Coach Jane Ladensack, Asst. Coach Sister Lynn Winsor, Head Coach Tui Selvaratnam and Karter Nannen. (middle) Natalia Lamadrid, Sophie Pebanito-Brooks, Grace Rubelsky, Ellie Von Kolan, Alexis Lamadrid and Isabella Piazza. (front) Kalya Doss, Carrie Doss, Lena Durette, Aanvi Goel and Reimi Bleyl.

COURTESY OF TUI SELVARATNAM

looks to build on the strengths of its players and bring home another win.

"This year's goals include playing good team golf and doing so with character and integrity," Coach Jon Shores said. "We have strong junior and senior leaders, both on and off the course."

In August, Brophy overcame a six-shot deficit late in the second round to win the Brophy Rodeo National High School Golf Invitational for the second consecutive season. Senior Tyler Spielman delivered the highlight moment on the final shot of the tournament, landing a 15-foot birdie putt on the 18th to take medalist honors.

Spielman, the number one-ranked player in the PGA National High School rankings as a junior and the reigning Arizona State champion, was the first-round leader after a six-under-par 66. Brophy won the team title by two strokes over Hamilton in the first match of the season.

"That was a great start, and I am excited for the team," Tyler said. "We have a new team and came out and proved we will be

contenders again this year. We have a solid five players, and it was cool to win the Brophy Rodeo title."

VERITAS PREP

The Falcons boast two golf teams (middle school and high school), which Athletic Director Chase Beebe says helps with athletics' success and continued growth at Veritas Prep.

The high school program will begin in early February, as Veritas golf is considered a spring sport, with around 10 matches played in the regular season.

"Our main focus for this season is to continue developing our players' skillsets and characters. We want to help our athletes build both the mental and physical strength to compete at a championship level," Beebe said. "The goal every season is to develop our athletes into better young adults while aiming for a championship."

Beebe also said the middle school program is solid and competitive, with a few golfers who could compete at the high school level.

"We're excited for the continued growth of our program. At the high school level, many athletes come out for golf. The athletes compete against one another, which builds stronger golfers," he said.

Team camaraderie is one of the group's strongest suits, as the athletes positively encourage each other while continuously pushing one another to strive for excellence. This year, the team's goals are strengthening their virtue, reserve, and skillsets.

The Falcons haven't won a championship yet, but Beebe – who is in his first year as athletic director – said that all student golfers hope to change that statistic in the coming season. For now, though, they're excited to compete.

XAVIER PREP

Xavier's award-winning coach, Sister Lynn Winsor, stepped down as head of the golf team and handed the reigns to Tui Selvaratnam this season. The Gators will play 10 matches and four invitationals against schools like Perry, Hamilton and Basha High.

"Our main focus this season regarding the championships is to work on each player's game and improve as the season progresses. We want to be ready for State," Coach Selvaratnam said.

Practices focus on different drills that help with putting, chipping and long game. According to the coach, this year's Gators have depth and a great group of seniors to lead the team.

"We have 37 State Championships, but in golf, you have to work on all aspects of the game all the time," Coach Selvaratnam said.

In the first match of 2023, Xavier won against Chandler and Sunnyslope High Schools.

"Our ultimate goals are to bond as a team, win all the matches and make it to the State Championship," Coach Selvaratnam said.

Xavier's final season matches are October 2 against Horizon High and October 3 against Mountain Ridge.

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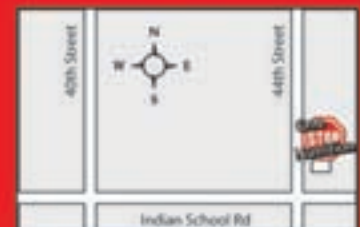
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Here are a few Valley spots for scares

By Tiffany Gonzalez

Spooky season has finally crept up, and Halloween-themed business owners are ready to unleash their haunted houses on Valley residents. This year's attractions have plenty of terrifying, gore-filled scares, and we're sharing a few with our readers.

SCARIZONA

1901 N. Alma School Road, Mesa
scarizona.com

One of the most well-known Halloween attractions, Scarizona Scaregrounds, features two haunted attractions, plus a Halloween-themed drive-thru light show, Frights in the Lights, a mile-long event for families with youngsters.

Mayhem in the Madness and Startled Darkness are the haunted houses. One is filled with chaotic clowns who are more than eager to torture within the bloody halls of horror; the other features a house consumed by darkness where surprise scares, sounds, and gore are always close behind.

Prices for the haunted house events start at \$24.95.

THE HAUNTED GRAVEYARD

8414 E. Valley Vista Dr., Scottsdale
hauntedgraveyardaz.com

The Haunted Graveyard, a 30-year, family-owned production, is back with kid-friendly haunting on October 25-26. Ages



Fear Farm in Glendale.

13 and up can check out the real scares on October 27-31 from 6:30-10 p.m.

Owner Chris Birkett said: "For this year's attraction, I'm shooting for heavy 1980s, nostalgic scare and gore, filled with witches, pumpkins, ghosts, and even a Frankenstein feel as it gets less and less friendly deeper into the walk-thru of the house."

SANCTUM OF HORROR

6555 E. Southern Ave., Mesa
sanctumofhorror.com



Scarizona Scare Grounds in Mesa.

Sanctum of Horror is a place of fear, a breeding ground of evil. Those who enter succumb to madness, and now the sanctum has found its way into the mind of a little girl named Lenore. Guests will navigate her childhood home and end up at St. Charlotte Asylum. The only way out is through Lenore's cell – can you make it to the end?

Sanctum of Horror also features The Breach, a failed government mutation experiment in Bunker 16 that has unleashed blood-thirsty leeches ready to

infect those who enter. Tickets for Sanctum and Breach are available until October 31 and start at \$30.

There's also a family-friendly event called Lights On, which is a scare- and actor-free option for those with younger kids. Lights On is open on Sundays from 4:30-6:30 p.m.

HOUSE OF HAUNTS

8325 E. Lincoln Dr., Scottsdale
thescarefactor.com

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KATRINA BARRETT | 520-403-5270



10225 E JOURNEY LN | SCOTTSDALE
\$8,900,000 | 6 BEDS | 7.5 BATHS | 8,062 SQ. FT.
KATRINA BARRETT | 520-403-5270



4450 N 54TH ST. | PHOENIX
\$10,000,000 | 9 BEDS | 9.5 BATHS | 8,504 SQ. FT.
KATRINA BARRETT | 520-403-5270



4331 N JOKAKE DR. | SCOTTSDALE
\$6,500,000 | 6 BEDS | 6.5 BATHS | 5,684 SQ. FT.
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fun with free admission or an appreciated \$5 donation. House of Haunts is run by the Birkett family and is open from October 27-31. Although they haven't released the theme for this season, it is safe to say it will be spookier than the last, according to daughter Caitlyn:

"Every year, we take a section of the haunt and revamp it. I can't give away this year's new addition, but I can say we're super excited with how it's turned out and can't wait for the public to see it," Caitlyn said.

FEAR FARM

6801 N. 99th Ave., Glendale
fearfarm.com

Fear Farm Haunted Fairgrounds & Corn Maze has created three attractions this year: The Infestation, The Hollow House and The Rot Shop. The Infestation takes participants back into a region under quarantine where mutated team members of Hades Corp are on the loose.

The Rot Shop boasts murderous prisoners who have gotten loose. Watch out for sharp corners and chainsaw-carrying maniacs on the loose. The Hollow House corn maze features Mr. Howdy, a psychotic clown, who sets up torturous traps throughout the maze. Tickets are \$30 per person.

13TH FLOOR HAUNTED HOUSE

2814 W. Bell Road, Phoenix
13thflooraz.com

The 13th Floor has three terrifying houses open for the season: The Deadlands, The Repossessed, and The Depths of Darkness. After being rated the top five most terrifying haunted houses in the country, this year's attractions are back to scare, starting with a post-apocalyptic themed house where mutations of a devastating virus roam.

The Repossessed features Mara, a nun who has entered this realm to wreak havoc over the house, unleashing demonic domination. The Depths of Darkness is an ancient deep-sea nightmare-theme where possessed villagers answer a demonic calling and seek to torture all who enter. The 13th Floor is open until November 4. Tickets range from \$25-\$32.

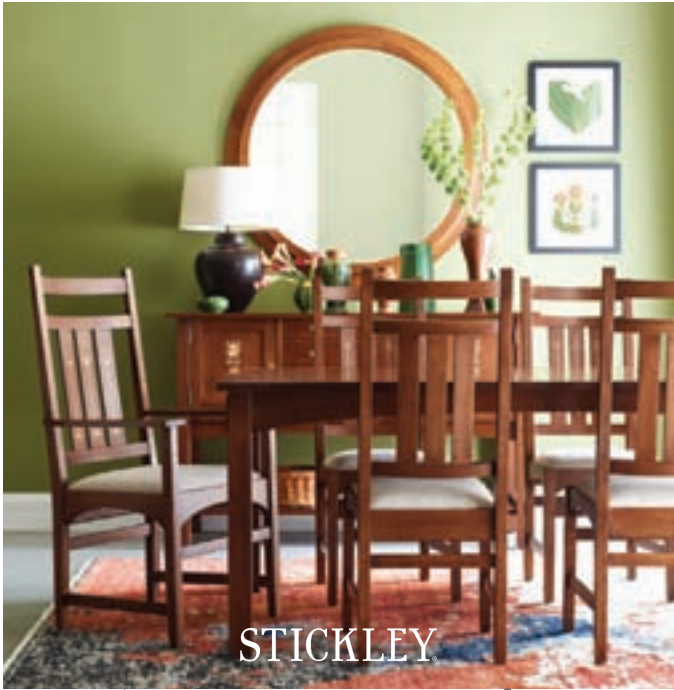
MOUNT MAYHEM HAUNT

1740 E. Purdue Ave., Phoenix
mountmayhemhaunt.com

This haunted house is held at a private residence in Phoenix and put together by the kids and family members that live there – it takes 150 hours for the whole haunt to come to life! This year's theme is Psykosis, where participants must escape the psychopaths carrying chains, knives, and more. The haunted house is complimentary, but donations are welcome. Registration is open from October 27-31.

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(back) Coach Chang, Josie Fox, Taylor Soule, Zoe Leonard, Lane Sheedy, Katie Musselmann, Avery Nadolski. (front) Alexa Helms, Brooke Mitchell, Elle Marshall-Inman, Bella Scaramella, Indie Ewell, Tessa Dwyer-Kim.



(back) Taylor Nicks, Jill Maschue, Mary Hamann, Regan Brotherton. (middle) Coach Sarah Kersey, McKenzie Perrault, Sara Escobar, Alyssa Jenkins, Vivian Keery, Bella Espinosa, Sydney Mishkin. (front) Jaz Cobb, Joanna Llusco.



(back) Tessa Larkin, Courtney Snopko, Annemarie O'Gara, Elle McCreery, Finley Workman. (middle) Kaeyln Putz, Vivian Hickman, Reese Bozak, Jane Burkhardt, Selah O'Connor, Camila Cornejo-Farmer, Holly Matchinsky. (front) Chineze Gray, Mia Accomazzo, Mattea Saunders, Olivia Lenz.

These volleyballers are set for success

By Jennifer Marshall

Volleyball is in full swing at area high schools. Read on to see what Arcadia, Veritas and Xavier have been working on so far this season.

ARCADIA

Seven players returned at Arcadia High, giving last year's 4A runner-ups a boost of experience and leadership, with five new team members providing a jolt of fresh energy and enthusiasm. The Lady Titans will play 17 games and two tournaments in 2023-24. The 4A Desert Sky Division team is in first place with 13 wins and three losses.

"Our biggest weakness is probably expecting perfection from ourselves from the beginning of the season, but the players are doing a great job coming together and helping each other continue to grow," Coach Adrian Chang said. "I always look for opportunities for the athletes to learn and grow through the game and in life as the season goes on. I try and find a balance of teacher skill and allowing for problem-solving and growth opportunities."

Senior captain Zoe Leonard said she's most excited about "getting to play with an amazing team, hopefully winning conference and making it to state!"

"This season, I'm most excited to play

every game with everything I have and not be scared of anything," senior captain Taylor Soule said. "I'm excited to continuously put in extra time in the gym and get back to the state championship court while bonding and learning more about my new teammates."

Upcoming games will be played against Mesquite, Saguaro and Seton Catholic to round out the regular season.

VERITAS PREP

As of our print deadline, the Falcons have seven wins and seven losses and are in fourth place in the 2A Metro Division.

"We have a lot of hitters who can score

points for us," Veritas Coach Brooks Dockter said. "We have struggled at times when the game gets a little chaotic, and we have to take back control of the court. That's been a focus for us the last couple of weeks."

Dockter said that the team's goal, every year, is to make a deep postseason run.

"Our coaches, at every level, are intense but also know how to bring humor to the situation. At the end of the day, we hope our athletes know how much we care about them and their role on the team," Dockter said.

Upcoming games against Cicero Prep, Scottsdale Prep and Rancho Solano Prep will hopefully give the team a boost.

XAVIER PREP

Xavier opened their volleyball season on August 29 and will conclude in November, when, hopefully, the Gators head to the state championship. So far, they have eight wins, zero losses and are in first place in the 6A Premier Division.

Coach Lamar-Renee Bryant said the team "needs to continue to work hard to be in system with our first contact and stay confident in the good times and bad."

While the whole team plays a part in succeeding, Bryant said Camila Cornejo Farmer, Elle McCreery, Finley Workman, Tessa Larkin, Olivia Lenz, Mia Accomazzo and Viv Hickman help the team reach their goals on the court.

Bryant works to balance the mental, physical and emotional states – her key life skills for success. And for this season, their main goal, in addition to remaining healthy, is to add to their rich traditions and win.

"It would be much easier to demand specific actions from players at specific times or situations, but I believe that a player should be provided an opportunity to make decisions, both good and bad," Bryant said.

She said she tries to provide players with situational recommendations but insists they decide what to do in the end.

"It is my job to analyze their results and provide feedback, positive and negative, and try to assist them in learning from past experiences so that in the future they might make the best decisions available to them," Bryant said.

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9th Grade applications are due
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Feeling like yourself

At work, employees often wear many hats. You might play a role you don't typically play in your personal life. You may go through periods when you put up with things at work that you wouldn't normally be okay with.

For example, if an office environment becomes unhealthy, you might just deal with it. After all, you have bills and a family to provide for. You can't fight every battle. You go to work with the understanding that things are not perfect.

Recently, a friend shared that they finally feel like themselves at work. They feel good, comfortable and appreciated. They feel like they're in the right place. That sounds amazing, right?

The simple phrase "I feel like myself" is enlightening. So often, we don't look for roles that allow us to feel like ourselves. We're simply looking for a job, a title and a paycheck. That's understandable. If you are looking for a new role, keep this concept in mind. There will be certain roles or companies that align with who you are. Others will not.

There are a few things to consider when it comes to finding a role

that will be a good fit. Is the team inclusive? Will you be different than everyone else you'll be working with, or does the company value people with diverse backgrounds?

You should also consider whether the company's values align with yours. For example, if you have negative feelings about certain industries, perhaps those are industries to avoid. If the company takes positions on social or political issues that you disagree with, you should take note.

Is the management team supportive of their employees? A manager can make or break your experience. This can be hard to judge from the outside, but websites like glassdoor.com have employee reviews that are often fairly accurate.

Don't forget the role itself. What are your favorite parts of the job? Do you love managing people, or are you an individual contributor? Are you an expert in a particular topic that you find especially enjoyable? If there is something about your job that you truly love, look for that in a future role. If there's something you strongly dislike, find a role that doesn't have a strong emphasis on that.

It's not always possible to find the perfect job. Work isn't always about fulfillment and happiness. Sometimes, it's just important to bring home a paycheck and to make rent. If you do have the luxury of finding a job that's a good fit for you, take the opportunity to look around. Keep your eyes open for a job that will make you feel like you.



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

From the Archives

ARCADIA NEWS

Vol. 24 No. 7

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

October 2016

ARCADIANEWS.COM / ARCADIAHQ.ME



October is National Breast Cancer Awareness month. In this issue you will find related stories and news about supporting events like those put on by our friends at Don't Be a Chump! Check for a Lump! (above).

PAGE 16

Three local women with different cancer stories join together to host the AZ Cancer Village Fun Run to serve local residents battling cancer.

PAGE 22

Looking for a new way to toast the weekend? Here are several new brunch destinations in the Phoenix area.

PAGE 28

In 1988, a random act of kindness turned into an organization which strives to help the homeless get back on their feet.

In October 2016, we showcased our friends from the local breast cancer support group 'Check for a Lump' as they participated in a collaborative 5K run. Since then, the group and its mission have grown mightily. This month, they are running the sevent annual Pink Out 5K, one of the many annual events and promotions to support their cause. (See page 25).

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DID YOU KNOW? GRAND CANYON

HOW BIG?

1,218,375 ACRES

Grand Canyon National Park includes over a million acres of land – 1,218,375.54 acres, or 1,904 square miles, to be exact. Most people measure along the course of the Colorado River at the bottom of the canyon, making the Grand Canyon 277 miles long. A trip to the bottom of the Canyon and back is a two-day journey.



THE ODDS?

1 in 1.8M

The odds of dying from falling off the rim of the Grand Canyon are 1 in 1.8 million. Since the 1800s, about 900 people have died in the Grand Canyon, mostly from airplane or helicopter crashes. But the number two cause of death comes between falling, heat-related or dehydration – about 200-250 deaths each.



HOW DEEP?

5,000 FEET

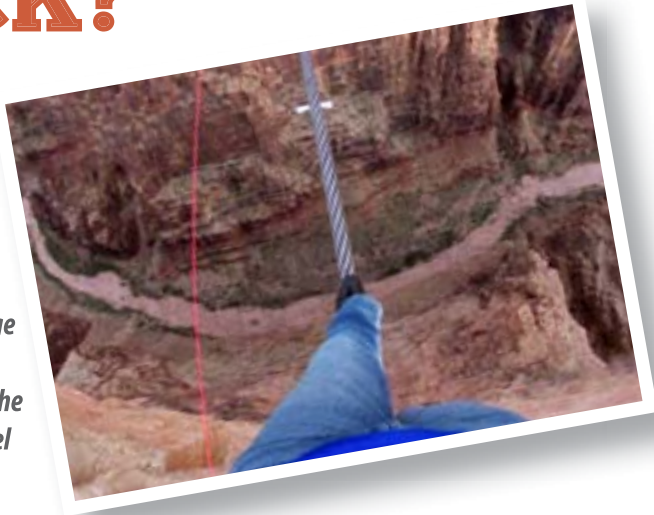
From the rim to the floor of the canyon is 5,000 feet. For perspective, four Empire State Buildings stacked on top of each other could fit inside, or 22 Statues of Liberties stacked on top of each other could fit inside, or almost 1.5 million Pyramids of Giza could fit inside!



HOW THICK?

2"

On June 23, 2013, 34-year-old aerialist Nik Wallenda became the first person to walk a high wire across the Little Colorado River Gorge near Grand Canyon National Park. Wallenda wasn't wearing a safety harness as he made the quarter-mile traverse on a two-inch-thick steel cable 1,500 feet above the gorge.



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DID YOU KNOW? GRAND CANYON

GRAND CANYON FACTS

Grand Canyon National Park is bigger than the entire state of Rhode Island.

From the canyon's rim to its lowest point, the temperature can change by more than 25 degrees. The depths of the gorge are hot during the summer, and the North Rim is often below-freezing in winter.

An estimated 1,000 caves are within the canyon, but only 335 have been recorded. Only one cave is open to the public.

The Grand Canyon is home to fossils of ancient marine animals that date back 1.2 billion years.

Each year, around five million visitors worldwide visit Grand Canyon National Park.

The Hopi Indian Tribe believes that a person passes upstream on the Colorado River to be on their way to a life after death.

The Havasupai is a Southwest Indian Tribe located within and around the Grand Canyon. They are known as the "People of the Blue-Green Waters" due to the water that surrounds them.

Supai is the name of the city at the bottom of the Grand Canyon. The town is the capital of the Havasupai Indian Reservation and is home to around 400 tribe members.

The Skywalk is the most popular Grand Canyon attraction, a horseshoe-shaped glass bridge extending 70 feet from the Grand Canyon wall.

On January 11, 1908, President Theodore Roosevelt designated the Grand Canyon a National Monument.

In November 2019, Colorado resident John Jepkema became the oldest person to cross the Grand Canyon from rim to rim on foot. He was 91 years and 152 days old.

WORD SEARCH

I W B T F L K U W Q M W R T R X G Z X A P T S C M
C D Q M D W T I K E H D I A E T O Q N O A L M Z T
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Tennis star aims for the gold

By Jennifer Marshall

Arcadian Vessa Turley began her tennis journey at age eight, with her mother by her side as her first teacher. Those initial lessons happened on the Herberger Park tennis courts, followed by years of private lessons with Coach Ali Borhani. Since that humble beginning, she's moved on to competing nationally and internationally and recently won the United States Tennis Association (USTA) Billie Jean King National Title.

"I started coaching Vessa in 2021 after leaving my position at Boise State to coach her," Borhani said. "Since then, Vessa has won two gold balls, one silver ball and another 12 titles internationally while finishing two years as the number one doubles player in the country."

The tournament, the largest USTA event of the year, was held at Barnes Tennis Center in San Diego in August. Vessa said the match served as a platform for around 150 college coaches recruiting for their respective teams.

"I competed against about 200 girls who are top in the nation in 16 and under," Vessa said. "My partner Leena Friedman and I played six rounds to win the tournament without dropping a set and finishing number one in the country."

This was the first time that Vessa and Leena - who hails from New York - played together.

"Leena and I had the best chemistry and so much fun lifting each other's play," Vessa said. "What we accomplished was truly remarkable."

"Words can't describe the joy and excitement I had watching Vessa win the last point of the tournament and knowing she has another gold ball under her belt," Borhani said. "Winning this prestigious event with a partner she has never played with before is incredible. Doing so while never dropping a set or being behind in any of the six matches is unheard of."

Before the match, Vessa and Leena were given the opportunity to meet tennis legend Billie Jean King.

"She has such a presence about her, and



Leena Friedman and Vessa Turley meeting Billie Jean King.

made a few jokes that made the mood light and fun. She's a treasure," Vessa said.

Along with this last tournament, Vessa placed in numerous other competitions this year: The J100 International Tennis Federation Lima Peru Doubles Champion, where she came in second; Doubles Champion at the J60 International Tennis Federation, Lima Peru; Doubles Champion at the J60 International Tennis Federation in Guatemala City; Winter Nationals Clay 16s Doubles National Gold Ball and Double Champion at the Eddie Herr International IMG Academy 16s.

"Vessa has been a sheer joy to be around in her tennis journey," Dad, Andrew, said. "She's a special player because of her accomplishments and her approach off and on the court. She loves the big moment and relishes a large crowd. I believe she's something like 16-2 all-time in championship matches."

Winning trophies and traveling are her favorite aspects of the game - but Vessa says the most challenging part is missing family when she's away competing. The next few months will find her playing in Chile, Argentina, South Korea, Japan, China and Bolivia, where Vessa will compete in the junior pro circuit.

"My biggest goal is being number one in the world, and on that path, that means most likely playing in college," Turley said. "I'm so grateful tennis has given me this opportunity, and I'm thankful for my tennis coach, who works tirelessly to help me reach my goals."

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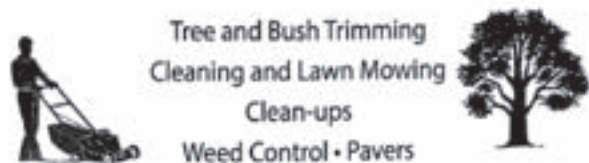
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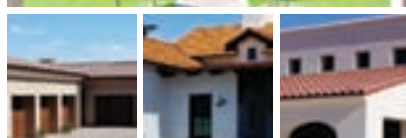
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