

ARCADIA NEWS

VOL. 31 NO. 10

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

JANUARY 2024



WHATCHA READING?

The Children's Literacy Foundation aims to share a love of books and reading with kids all over the Valley.

PAGE 35

A TRUCKLOAD OF FUN

The Camelback 60 isn't a typical fire truck – this rig is used for parties, events, photo ops and fun.

PAGE 22

LEARNING FROM THE PAST

Retired Naval nuclear engineer Dr. Greg Jones started a business inspired by his mother's health history.

PAGE 40



Mortgage Experts. At Work For You.

Your new home will be second to none. You deserve a mortgage expert equally as impressive. One who knows the area and its intricacies. Discover how our concierge-level service and industry expertise can accommodate all of your mortgage needs.

- Jumbo mortgages with preferred interest rates
- No private mortgage insurance for residential loans
- Streamlined lending process with flexible and creative solutions



Tanner Detro
Senior Vice President
NMLS ID# 1182443

Office: 602.801.5325
tanner.detro@midfirst.com

Mortgage Solutions

- Jumbo primary mortgage lending with lower down payment and no-PMI options available
- All loans kept in-house
- Home construction loans
- Second home lending
- Practice buy-in loans
- Investment-secured lending
- Unsecured lending

Owned & operated by
Arcadians for Arcadia



Publisher: Greg A. Bruns
greg@arcadianews.com



Editor: Mallory Gleich
mallory@arcadianews.com



Designer: Gabe Turner
gabe@arcadianews.com



Advertising: Roni Mier
roni@arcadianews.com

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

Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Mailed subscriptions \$36 annually for Continental U.S. Contact office for details. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2024) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Audited by:



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



Departments

- 4 Editor's Note
- 6 What's Happening?
- 10 Worth the Drive
- 12 On the Lowe Road
- 16 In the Kitchen
- 20 Meet Mr. [Cohn]
- 24 Things We Tried
- 26 The Dining Scoop
- 36 Plant-based Wellness
- 38 Robin's Adventures
- 42 Sports
- 44 Did You Know

Articles

24 iCRYO keeps it cool

For this month's fitness theme, our editor tried out cryotherapy – a health and wellness treatment that uses extreme cold to promote healing and recovery.

30 Winner, winner!

Echo Canyon School received recognition from the Arizona Department of Education, earning a National Distinguished School Award.

32 The anti-self-help book

Author Ron Milet's latest novel, a parody called *Miserable You*, teaches readers how to be more miserable – or learn how to let go of the misery.

42 Tavan's Turkey Bowl

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



The Camelback 60 fire truck is owned by the Harris family.



SWIM LESSONS - OUR PASSION & YOUR PURPOSE

AGES 8 WEEKS TO 12 YEARS
SMALL GROUP CLASSES INDOOR POOL

Local Family Business for Over 25 Years



Hubbardswim.com 602.971.4044

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

EDITOR'S NOTE



For a good chunk of my formative years, I grew up in a small (pop. 800) town in southeast Minnesota. The winters in Lanesboro were ruthless – negative temperatures, snowstorms, icy roads, etc. So, you'd think I would stay used to any kind of cold temperature, right? After this month's 'Things We Tried' adventure, I can confirm that this is not the case.

Since January is our health-themed edition, the Arcadia News crew decided to forgo the traditional workouts and suggested I try cryotherapy. iCRYO is a health and wellness brand in Arcadia that offers cryotherapy, red light therapy, IV drip therapy, and more.

"Have you ever done a polar plunge?" My iCRYO guide, Boston, asked. I had not and had no plans to. "Well, it's kind of like that." Except in this instance, I was not swimming – I was standing, for three minutes, in a minus 145° F "cooler" – hoping I didn't wuss out.

By definition, cryotherapy is a non-invasive cold therapy that triggers the body's natural fight-or-flight response to accelerate recovery and decrease

inflammation throughout the body. Did it work? I'd need more treatments to experience the full benefits, but let's just say I was happy it was warm out that day.

This month's edition is packed with awesome Arcadians covering all the bases: health, wellness, fun, recognition, philanthropy and more. Resident John Hoban, whose diagnosis prompted him into action, wrote a song to share his gratitude with the world for beating cancer. Proceeds from the song go to St. Vincent de Paul.

Keep an eye out for our *Home and Design* and *Camp Guide* editions coming your way in a few months. Happy New Year to you, dear readers. We wish you all the best in 2024, and thank you for reading Arcadia News!

Mallory

– Mallory Gleich

UPCOMING THEMES:

FEBRUARY

Events and Adventures

MARCH

Spring / Arcadia Home & Design

APRIL

Outdoor / Camp Guide

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

"A New Year's resolution is something that goes in one year and out the other." – Anonymous

YOUR PROBLEMS / OUR SOLUTIONS



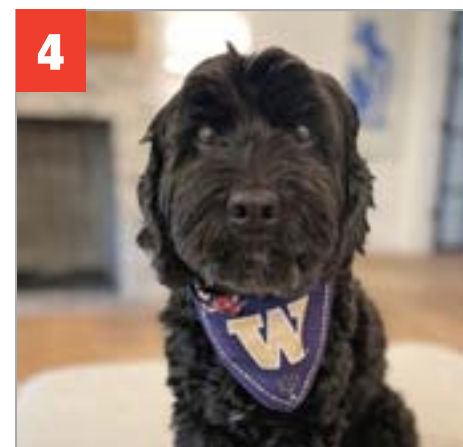
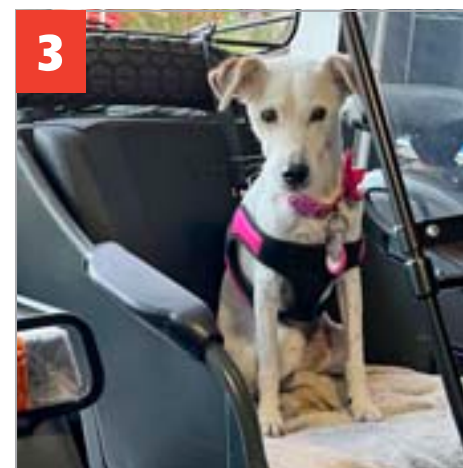
Dwill-Mast Construction is a remodeling company dedicated to quality and integrity. We will bring our construction skills and remodeling experience to your next project!

• Commercial / Residential Remodeling

• 30 years of experience • Licensed, bonded & insured ROC# 335310

CALL DERECK 602-505-2559 • DWILL-MASTCONSTRUCTION.COM

ARCADIA'S PETS



1. Gunner is the sweetest 100 percent bulldog ever! No longer an empty nester thanks to the most lovable and friendly pup I've ever known. He loves to meet other dogs, play fetch, go on walks and give hugs and kisses. Gunner loves walking the canal early mornings or through the Arcadia neighborhood in the early evenings.

– Keri B.

2. Ziki was a stray kitten found in Arcadia when I rescued him. He is a Chocolate Point Burmese Siamese cat, and all he wants to do is give and get love – and eat, as you can tell!

– Sherry C.

4. Maggie is a 16-year-old Jack Russell Terrier. She lives for her morning slice of turkey and naps. If you see her on a walk or riding in her dad's sidecar, be sure to wave and say hi!

– Shawn N.

3. Pepper is a 13-year-old rescue that we inherited from our dear friend Lois. She can be spotted in various seasonal attire walking the streets of Arcadia with her buddies Cash, Tiki, Otto and Satchmo. She loves naps and treats and slobbering on car windows. House windows too!

– Krista & Doug R.

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!



These teachers made a wish – and it came true!

By Rachael Bouley

Two Hopi Elementary educators are celebrating a classroom boost after receiving \$2,500 grants from Fiesta Bowl Charities, thanks to the Wishes for Teachers Draft Day program.

Arcadia educators Molly Pont-Brown and Katie Whitworth were granted wishes in a record-breaking eighth year for the program, with a total of \$1.25 million awarded to 500 teachers across Arizona.

This year’s granted wishes increased, giving 25 percent to K-12 public and charter educators, impacting more than 220,000 students across 73 cities and 368 schools.

“Educating the next generation is a responsibility shared by our entire community and spearheaded by our teachers and educational professionals,” Executive Director and CEO Erik Moses said. “We are excited to provide needed funding through the Palo Verde Fiesta Bowl Charities Wishes for Teachers Draft Day as part of our commitment to honor, celebrate and support teachers.”

Established in 2016, the initiative grants classroom wishes to teachers who often spend their own money on classroom materials and activities. Teachers submit their wishes with requests for reading materials, classroom makeovers, educational events, special programs and more.

Winners received funds for classroom



Hopi Elementary’s Molly Pont-Brown and Katie Whitworth are the Wishes for Teachers Draft Day winners.

support and scored an invite to the Guaranteed Rate Bowl, where they were honored on the field in a halftime presentation. They also marched in the Fiesta Bowl Parade.

Kindergarten-fifth-grade gifted teacher Molly Pont-Brown said that being able to purchase materials for STEAM project-based learning will make a big difference to students.

“It is wonderful that Fiesta Bowl Charities supports teachers and students in this way. I have applied for the grant every year of my nine years teaching in Arizona, and I was totally overjoyed to have my name drawn,” Pont-Brown said. “I was still in my classroom around 5 p.m. when the call came, and I got so excited when I saw it was from the Fiesta Bowl! Afterward, I ran to tell my teaching partner

and principal the great news. We are truly grateful.”

Wishes for Teachers is a reminder of the community support that helps these teachers thrive.

“At Hopi, we are incredibly lucky to receive so much assistance from our families, PTA, and the broader community. It is inspiring and essential to helping our students make the most of their educational experiences,” Pont-Brown added.

First-grade teacher Katie Whitworth is excited to purchase reading supplies for students with the grant.

“It is such an honor and a big surprise. I was ecstatic and even got a call to tell me I’d won from a former Hopi Hawk,” Whitworth said.

After a six-day summer training course focused on the science of reading and dyslexia, Whitworth was inspired to make her wish.

“I learned many strategies for supporting all students with their journey to learn how to read,” Whitworth said. “The money will go to sets of decodable readers for my classroom and my first-grade teammates. I will use the decodable books in guided reading groups and for extra support in class and at home.”

Congratulations to our educators!
fiestabowl.org

LISTINGS NEEDED FOR QUALIFIED BUYERS.

Ask me about my comprehensive online and print marketing program that exposes your home to the largest pool of qualified buyers.



TOMMY ATKINSON
602.625.6020

Arcadia Real Estate Stats

2023 HOPI SCHOOL DISTRICT SALES RESULTS

(1/01/2023-11/30/2023)

Active Homes -	83 Homes
Homes Sold -	191 Homes
Average Sale Price -	\$2,477,000
Average Sold \$ Per SF -	\$668
Average Days On Market -	73 days

There is currently 4 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 15% this year. (based on 2022 sales results)
2023 home prices have decreased 1%. (based on 2022 sales results)
2023 \$ Per Square Foot prices have decreased 1%. (based on 2022 sales results)
2023 homes are taking 41% more time to sell. (based on 2022 sales results)

2023 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/01/2023-11/30/2023)

Active Homes -	66 Homes
Homes Sold -	141 Homes
Average Sale Price -	\$1,311,000
Average Sold \$ Per SF -	\$490
Average Days On Market -	82 days

There is currently 5 months of home inventory. (based on 2022 sales results)
2023 home sales have decreased 7% this year. (based on 2022 sales results)
2023 home prices have decreased 3%. (based on 2022 sales results)
2023 \$ Per Square Foot prices have decreased 3%. (based on 2022 sales results)
2023 Homes are taking 51% more time to sell. (based on 2022 sales results)



Realty One Group

Free MLS Access: visit TommyAtkinson.com



WHAT'S HAPPENING, ARCADIA?

DISTRICT 6 UPDATE

Goodbye 2023, Hello 2024!

The new year is upon us, and my office is excited to build on the successes of 2023. With our primary focus being constituent services, my team and I have handled hundreds of resident concerns at a speed that I think most would find reflects the commitment we have promised.

District 6, which encompasses Ahwatukee, Arcadia, Biltmore and North Central Phoenix is home to great residents, as well as many features worth highlighting. My team and I

have taken the time to visit some exciting places in our District – such as the Desert Botanical Garden and Tovrea Castle – and businesses making a difference, like Hospice of the Valley.

One thing I would love

going forward is recommendations from our residents as to which businesses or other gems in District 6 that need to be highlighted. We are always looking for new places to visit with my show “On Location with Councilman Robinson,” on Phoenix 11. The more we know about the area we live in, the better off we all are. As we continue in our commitment to help District 6 residents, I hope you’ll join us by bringing attention to what we have in our wonderful community.

Finally, as we move in to 2024, I again want to thank all District 6 residents for making us the heart of Phoenix. From friendly neighborhoods to wonderful parks and attractions, and of course our many businesses, I feel so lucky to represent you. I hope this year blesses you all, and please contact my office if we can be of any help to you.

Thank you,

Kevin



KEVIN ROBINSON

Councilman
District 6

602-262-7491
District6@phoenix.gov



Arcadia High School Spirit of Arcadia Marching Band.

BRIEFS

Congratulations are in order for AHS's **Spirit of Arcadia Marching Band**, who was honored with first place and five caption awards for Best Music Performance, Visual Performance, General Effect, Auxiliary, and Percussion at their first competition of the season. They also won first place at the Arizona Marching Band Association competition against 29 schools, and became State Champions at the 2023 Arizona Band and Orchestra Directors Association competition. Well done, all!

A new kid-focused hair salon, **Sit Still**, opened in the plaza at 32nd St. and Lincoln Drive. Sit Still offers various cut options and special services like sparkle strands, feather extensions, temporary hair color and braid classes. Eco-friendly games and toys are available to use before appointments.

sitstillkids.com

The Singletons, a nonprofit that has supported single-parent families battling cancer in the Valley for the past 17 years, has launched two new programs: **Healing Harvest** and **Beyond Books**. Healing Harvest is a community garden that teaches Singletons kids to grow accessible produce while also learning how to meal plan. Beyond Books is a youth life skills program that includes lessons in wellness and self-care, financial literacy, sewing, cooking, cleaning and civic engagement.

thesingletonsaz.org

The **Celebration of Fine Art** exhibit (18400 N. Hayden Road) will open on January 13, 2024. This juried show features 40,000 square feet of studios and works of art by 100 prominent and emerging artists from across the country, including Arcadia resident Bill Pack. Pack's automotive photography has led to various accolades and a collaboration with Roger Penske. Visitors can also attend Art Discovery sessions on Fridays. Tickets are \$10, good for the exhibit's duration, which ends March 24.

celebrateart.com

On January 27, **Uptown Plaza** (100 E. Camelback Road, Phoenix) is joining forces

with Vitalant and hosting a blood drive from 10 a.m.-2 p.m. The bloodmobile trailer will be stationed along Central Avenue near Applebee's. Donors can schedule an appointment online before the event, and receive 15 percent off at Huss Brewing Co. with proof of donation sign up.

uptownplazaphx.com

The City of Phoenix Youth and Education Office is accepting applications for the 2024 **Outstanding Phoenix Youth Leader of the Year** awards, which recognize and honor students' achievements, “enhance the perception of youth, and raise community awareness of their positive contributions.” Students currently enrolled in high school in Phoenix or who live within Phoenix city limits can apply.

phoenix.gov

The **Global Ambassador** hotel (4360 E. Camelback Road) is now open. Hospitality leader Sam Fox crafted each aspect of the 141-room building to reflect his travels. There are five original restaurants on-site: Le Âme, a Parisian steakhouse; Le Market, with pastries, espresso and an in-house cheesemaker; Pink Dolphin, with Mexican and Peruvian-inspired dishes and drinks; the lobby bar and thea Mediterranean Rooftop.

globalambassadorhotel.com

The 32nd annual **ZooLights** event is ongoing until January 14. Families will find four million twinkling lights and a music-in-motion light show. Check out the zoo's Wildlife Lanterns, the Glow Garden, photo booths, hot cocoa and s'mores. Zoolights is open nightly from 5:30-10:30 p.m. at Phoenix Zoo, 455 N. Galvin Pkwy. General admission is \$30.

phoenixzoo.org

Plant-Based Wellness coach and owner of **YouCare-SelfCare** Miriam Hahn is offering a complimentary month of exclusive membership. Readers will receive five printable, health-conscious recipes each month, an opportunity to virtually attend, or watch the recording of, a live cooking class and access to a recorded health video, offering immediate tips to help readers look and feel their best. Use code ARCADIA for your free month.

youcare-selfcare.com

ARIZONA AUTO WEEK



BARRETT-JACKSON

Westworld of Scottsdale,
16601 N. Pima Road

Headquartered in Scottsdale, Barrett-Jackson is the granddaddy of collector car auctions. The event draws visitors from all over the world. In 2023, the auction sold over \$190.6 million. They broke more than 200 world records and, to date, Barrett-Jackson has helped raise more than \$151 million for charity.

When: January 20-28

barrett-jackson.com

BONHAMS

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

Historic British auction house Bonham's offers a more intimate auction environment with unique autos like a 1956 Mercedes-Benz 300SL Gullwing or a 1970 Maserati Ghibli 4.7 Spyder.

When: January 25

bonhams.com



MOTORSPORT AUCTION GROUP

We-Ko-Pa Casino & Resort

10438 WeKoPa Way, Fort McDowell

The MAG will feature more than 500 collector cars, including a 1966 Plymouth Barracuda coupe, a 1956 Ford F100 Pickup and the 1965 Ford Mustang GT Convertible. The auction will focus on classics, muscle cars and hot rods.

When: January 25-27

motorsportauctiongroup.com

RM SOTHEY'S

The Arizona Biltmore
2400 E. Missouri Ave.

RM Sotheby's will return to the iconic resort for the 25th annual Arizona sale kicking off its 2024 auction calendar. RM Sotheby's is set to present a wide variety of makes and eras across many different price points. The preview on Jan. 24 is open to the public, but tickets are required for the auction.

When: January 24-25

rmsothebys.com

WHAT'S HAPPENING, ARCADIA?

EVENTS

TUESDAY 1/2

Drunk Shakespeare

7:30 p.m., attendees meet at The Rose Theatre, 455 N. 3rd St., Phoenix. The stage is set, the actors are ready, and one of them is...drunk? This comedic take on a Shakespeare play is for guests 21 and up. Sit back and watch as one performer attempts to act out Shakespearean scenes while the others decipher which play it is and try to put it back together. Guests can enjoy beverages and light snacks available for purchase. Tickets start at \$49.
drunkshakespeare.com

THURSDAY 1/4

Cooking with the Calamari Sisters

7:30 p.m. at the Herberger Theater, 222 E. Monroe St., Phoenix. Hilarity, disastrous dishes and food fights ensue during this live "broadcast" of a public access cable cooking show hosted by two Italian sisters, Delphine and Carmela Calamari. The sisters sing and dance as they try to make it through their final program in one piece. Tickets start at \$45.
herbergertheater.org

FRIDAY 1/5

Arizona Unzipped

8 p.m. at Orpheum Theatre, 203 W. Adams St., Phoenix. Orpheum is celebrating 95 years with a "history lesson told through burlesque." There will be live jazz music, follies dancers, variety acts and more. This event is sponsored by Friends of the Orpheum Theater, Marshall Shore and Pyrrha Sutra Entertainment. Proceeds will go toward providing historic and educational support for the Orpheum Theatre. Ages 18+ only. Admission is \$60.
orpheumphx.com

Skysill Chalet

4 p.m. at the Skysill Rooftop Lounge, 11 E. Seventh St., Tempe. If you're not quite



Rock 'N' Roll AZ Marathon.

finished with that holiday feeling, the Westin Tempe has a suggestion to keep the warm and fuzzies flowing. Skysill's lounge has been reimagined as a mountainside cottage above Mill Avenue with twinkling lights and festive decorations. Guests can enjoy themed cocktails, shareable small bites, classic board games, holiday movies and music. Tables start at \$20.
skysillrooftop.com

SUNDAY 1/7

Bonsai & Pottery Exhibit

10 a.m.-4 p.m. at the Japanese Friendship Garden, 1125 N. 3rd Ave., Phoenix. Sponsored by the Phoenix Bonsai Society, this annual exhibit will highlight bonsai trees and local pottery artists. There will be lectures, techniques and demonstrations, plus a culinary workshop where guests will learn about Japanese cuisine and umami flavors. General admission is \$15; culinary workshop is an additional \$55.
japanesefriendshipgarden.org

FRIDAY 1/12

Zeppelin USA

8 p.m. at The Van Buren, 401 W. Van Buren St., Phoenix. Zeppelin USA was formed in 2013 and has risen to the top of the tribute scene, selling out venues in California, Las Vegas and beyond. This show uses a synchronized, state-of-the-art video, lighting and laser show to complement songs like Black Dog, Kashmir, Whole Lotta Love and more. Tickets start at \$48.
livenation.com

FRIDAY 1/12 - SUNDAY 1/14

Maricopa County Home Show

10 a.m.-5 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. New year, new you, new look for your home. This event is a one-stop shop for all things improvement, including more than 1,000 vendor booths, live demos, seminars, art and craft projects, wine tastings, a food court, and an all-new kids' corner. Tickets are \$5.
maricopacountyhomeshows.com

SATURDAY 1/13 - SUNDAY 1/14

Rock 'N' Roll Arizona Marathon

7 a.m. starting at S. Mill Ave. and 3rd St., Tempe. Start the new year with a flat and fast race that takes runners through Phoenix, Scottsdale and Tempe with the 20th annual

Rock 'n' Roll Arizona race. Saturday is the 5K, and Sunday will have the marathon, half marathon, 10K, and kids' run. There will be live music and an award ceremony after the race. Registration is \$69-\$125.
runrocknroll.com

SUNDAY 1/14

Arizona Travel Expo

12-5 p.m. at Scottsdale Center for the Performing Arts, 7380 E. 2nd St. Planning a vacation for 2024? This expo is here to help. Various ocean cruises, river cruises, resorts, tours and tourism boards will be on-site to showcase their vacation offers. Guests can also enter to win a cruise by purchasing a ticket online. Proceeds will be donated to Ronald McDonald House Charities of Central and Northern Arizona. Admission is \$6.
scottsdaleperformingarts.org

Pantless Light Rail Ride

Starting at either the Country Club and Main St. light rail or 19th Ave. and Dunlap light rail. This event is a spinoff of the No Pants Ride that was canceled in 2019. Dress in your best attire (sans pants, of course) and remember - it's a regular day and going pantless is the norm! Riders will meet at Roosevelt and Central Ave. and walk to Walter Studios for food, drinks and fun. Pricing varies.
walterwherehouse.com

INTRODUCING THE NEW 2024 GLB

TOP SALES PERSON
24 YEARS
STRAIGHT

Congratulations to Tino Ferrulli for his exceptional achievement as the number one sales person within a dealership. In 2023, Tino Ferrulli reached an industry first by selling over 300 vehicles and he has no plans to slow down! Tino and his team of professionals are dedicated to providing you with the best-in-class customer experience. Thank you again for another record-setting year. Stop in and see why we shine among the best.

Wishing you a Happy New Year!



Tino Ferrulli



Mercedes-Benz

Team Tino Ferrulli

480-748-4810

tinoferrulli@gmail.com
Mercedes-Benz of Scottsdale

4725 North Scottsdale Road • Scottsdale, AZ

WE HAVE MOVED

Our Family Caring for Yours

EXPERT DOCTORS AND PRACTITIONERS.
CONVENIENT SERVICES. EXTENDED HOURS.



Family Practice
Specialists

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

WHAT'S HAPPENING, ARCADIA?

SATURDAY 1/20

Zoo Move & Groove 5K

5:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy. This year's 5K theme is "The Lion RUNS Tonight." Guests can participate in the one-mile fun run or the 5K, which comes with a commemorative t-shirt, and afterward enjoy kettle corn, cocoa, a raffle ticket, glow necklace/bracelet and free entrance to Zoolights. Registration is \$50 per person.

phoenixzoo.org

Pizza Run 5K

9 a.m. at Arizona Falls, 5802 E. Indian School Road, Phoenix. Run all the miles – eat all the pizza! Families can run or walk the 5K, with awards for fastest time and a custom medal for participants. After the race, each attendee gets a slice of pizza, water, snacks, and popsicles and is entered into a raffle. Registration is \$30, and proceeds go toward Desert Mission Food Bank.

runyourraceaz.com

SUNDAY 1/21

Arizona Concours D'elegance

9 a.m. at the Scottsdale Civic Center, 3939 N. Drinkwater Blvd. This event is a curated and judged exhibition of the world's finest collector cars – a "celebration of automotive excellence in Arizona." The nonprofit

event benefits the arts and local artists. Guests are welcome to tour the vehicles and watch the awards ceremony. General admission is \$100.

arizonaconcours.com

THURSDAY 1/25 – SATURDAY 1/27

Quilt, Craft and Sewing Festival

10 a.m.-4 p.m. at the Arizona Fairgrounds, 1826 W. McDowell Road, Phoenix. Three days of all things sewing, quilting, and crafting. Various exhibitors boast supplies like sewing machines, quilting rulers, yarns and beads. Discover new trends, tips and tricks, and find inspiration with make-and-takes, in-person demos and raffle prizes. Tickets are \$12 for all three days.

quiltcraftsew.com

SATURDAY 1/27

A Taste of Arizona

1-6 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. This event is exactly what the name offers – a taste of all things Arizona. Food vendors like Hush Public House, cocktail vendors like The Vig, and wine/cider and beer merchants will be on-site. Live music, tastings and cooking demos will be available, and VIP includes comped tickets to an upcoming Spring Training game. General admission is \$79, VIP is \$109.

atasteofaz.com

Doggie Street Festival

10 a.m.-3 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The seventh annual Doggie Street Festival is a "dog, cat and small pet adopt-a-thon" where folks can bring the family pup and enjoy live music, treats for humans and pets, guest speakers, contests, an auction, prizes, a VIP area, demos and kid's activities. This event is free.

doggiestreetfestival.org

Hispanic Family Fiesta

4 p.m. at Chase Field, 401 E. Jefferson St., Phoenix. Families are welcome to celebrate and enjoy Hispanic culture through art, food, entertainment and music. This second annual event has activities for all ages, authentic Mexican dishes and musical performances by Grupo Supremo 602, Freddy Vega Jr. and Enigma Norteño. A portion of proceeds will benefit the Arizona Diamondbacks Foundation. Tickets are \$20.

mlb.com

Tempe FanCon

10 a.m.-4 p.m. at the Tempe Library, 3500 S. Rural Road. FanCon is a free event for kids and adults – those who are fans of Marvel, DC, Star Wars, anime and more – that includes costume contests, meet and greets with artists and authors, shopping, and activities for everyone. Ahead of the event, on

January 17 at 6 p.m., a panel discussion on the female action hero will be held at the library. tempepubliclibrary.org

SATURDAY 1/27 – SUNDAY 1/28

Arizona Wedding Show

8:30 a.m.-3 p.m. at the Phoenix Convention Center, 100 N. 3rd St. This event features more than 200 of the Valley's top wedding experts. Find resources for venues, photographers, honeymoons, dresses, flowers, and music – all the things a couple needs to make their wedding memorable. There will also be bridal gown fashion shows, giveaways and workshops. Tickets are \$12 per person.

arizonaweddingshowjanuary.com

Arizona Wine Festival

11 a.m.-7 p.m. on Saturday, 5 p.m. on Sunday, at Heritage Square, 113 N. 6th St., Phoenix. This weekend is dedicated to the vino. There will be over 20 wineries, and guests can sample drinks while enjoying entertainment and food trucks, plus vintage shopping and a vendor village. Tickets are \$30-\$45, and the event benefits Horses Help, a nonprofit that serves the special needs and at-risk community by using horses to improve quality of life.

willcoxwinecountry.org

Send events or briefs to editor@arcadianews.com.



YOUR LANDSCAPE EXPERTS

A to Z Tree & Turf designs, builds and maintains some of the most prestigious landscapes in the Valley. Our licensed and certified Plant Health Care Specialists can assess the current health of your landscape plants. We'll formulate a detailed plan to maintain and address your landscape needs.

PRO TIP: IT'S TIME TO FERTILIZE CITRUS!

To promote healthy trees and delicious fruit, we recommend fertilizing citrus on a schedule! We follow the AZ CoOp Extension Guidelines to fertilize your fruiting trees three times a year. To help combat yellow leaves, lack of growth and underdeveloped fruit set up a citrus fertilization regimen with us!

CALL 480-549-0590 FOR A COMPLIMENTARY CONSULTATION!



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

SERVING ARCADIA AND SURROUNDING AREAS FOR OVER 10 YEARS.



Your Personal Landscape Experts
atoztreeandturf.com

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



HAPPY HOLIDAYS

FROM ALL OF US AT **THE BROKERY**
RELENTLESSLY LOCAL™ REAL ESTATE EXPERTS



THE BROKERY
LOCAL REAL ESTATE BROKERS



OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 1/6

Back to the Future

10:30 a.m. at Harkins Theatre, 7000 E. Mayo Blvd. Catch a classic film and support a cause at the same time. The Shovel Crew is hosting this event – guests can watch *Back to the Future* and stock up on snacks, of course – with proceeds going to the crew to “bury Parkinson’s” and Team Fox for Parkinson’s research. Tickets are \$30 for one ticket and \$50 for two.
shovelcrew.org

THURSDAY 1/11

The Temptations/The Four Tops

7 p.m. at Mesa Arts Center, One E. Main St. Kick off a new year with some old-school tunes at Mesa Arts. Legendary Motown acts The Temptations and The Four Tops will take to the stage, singing classics like *My Girl*, *The Way You Do the Things You Do*, *Baby I Need Your Loving*, and more. Make sure you wear your dancing shoes. Tickets start at \$65.
mesaartscenter.com

FRIDAY 1/12 – SATURDAY 1/13

Mesa Asian Festival

11 a.m.-8 p.m. at Mesa Community College, 1833 W. Southern Ave. The mission of this event is to promote awareness, business, harmony and a celebration for the whole community. There will be cultural “villages,” music performances, arts and crafts, rainforest music and a rainforest workshop, entertainment for the youngsters, plus food and drinks for purchase. This event is free.
asianfestivalaz.com

SATURDAY 1/13

Movies at the Boardwalk

5-8 p.m. at the Arizona Boardwalk, 9500 E. Via de Ventura, Scottsdale. Movies at the Boardwalk is a free family event with music, games and prizes. This evening’s movie is *Frozen*. There will also be character meet and greets, photo ops,



Mesa Asian Festival at Mesa Community College.

an Olaf activity and a scratch art area. Don’t forget folding chairs and blankets! Admission is free.
azboardwalk.com

Copper State Beer Festival

2-5 p.m. at Riverview Park, 2100 W. Rio Salado Pkwy., Mesa. Let the beer bellies have their moment at the Copper State Beer Festival, a celebration of local brews, wines, ciders and seltzers. Guests can enjoy drinks, food trucks, live music, a vendor village and games like axe throwing, corn hole and giant Jenga. Tickets are \$60 for general admission and \$75 for VIP.
copperstatebeerfest.com

FRIDAY 1/19 – SUNDAY 1/21

Carefree Fine Art and Wine Festival

10 a.m.-5 p.m. at 101 Easy St., downtown Carefree. Take the day, relax and stroll through more than 165 juried fine arts displays. Artists from the U.S. and abroad will showcase their paintings, sculptures and photography on-site while guests sip domestic and imported wines.

For \$15, patrons will receive a commemorative wine glass for various tastings. There will also be live music and entertainment. Tickets are \$5.
thunderbirdartists.com

SATURDAY 1/20

Southern Arizona Food and Wine Festival

12-3 p.m. at the Tucson Botanical Gardens, 2150 N. Alvernon Way. In partnership with the Southern Arizona Arts and Cultural Alliance, the Tucson Botanical Gardens will host over 50 local wineries, breweries, chefs and purveyors showcasing their best drinks and dishes. Stroll through the beautiful gardens and enjoy some sips and nibbles. Tickets are \$115. This is a 21-and-over event.
tucsonbotanical.org

SUNDAY 1/21

Phoenix Cancer Support Golf Tournament

12 p.m. at Legacy Golf Club, 6808 S. 32nd St., Phoenix. Enjoy the weather and head to the links for a good cause. This golf fundraiser for the Phoenix Cancer Support Network will host interactive games on three holes, a raffle, and a silent auction, with appetizers and happy hour afterward. Registration starts at \$250 for single golfers.
pcsnetwork.org

FRIDAY 1/26 – SUNDAY 1/28

Arizona Balloon Classic

Friday at 4 p.m., Saturday/Sunday at 7 a.m., at Goodyear Ballpark, 1933 S. Ballpark Way. This weekend, the sky will be filled with hot air balloons. Attendees can watch inflation and lift off, check out the street food festival, desert glows, hot air balloon rides and a vendor marketplace. There will also be live music and



BrewHaHa at the Orpheum Theatre.

a beer garden for the grownups. Tickets start at \$20 for a single day.
abcfest.com

SATURDAY 1/27

Nom Nom Noodle Festival

11 a.m.-7 p.m. at Peoria Centennial Plaza, 9875 N. 85th Ave. The second annual Nom Nom Noodles Festival promises scintillating dishes that everyone in the family will be excited to try. Over 15 local businesses will be on-site showcasing their menus. There will also be a retail marketplace, anime, vendors and local artists. Admission starts at \$15.
[Arizona Noodles Festival Facebook Page](http://ArizonaNoodlesFestivalFacebookPage)

Winterfest/Bookfest

10 a.m.-2 p.m. at Black Canyon Heritage Park, 33955 S. Old Black Canyon Hwy. Travel to where it actually feels like winter for the eighth annual Winterfest. There will be a vendor village, arts and crafts, food booths and activities with exhibitors like the Bureau of Land Management, U.S. Forest Service, Sonoran Reptiles and Heritage Zoo. Take part in the Arizona History Bookfest while you’re there and meet with authors and illustrators of Arizona’s history. This event is free.
blackcanyonheritagepark.org

BrewHaHa

1:30-5:30 p.m. at the Orpheum Theatre, 15 W. Aspen Ave., Flagstaff. This one is a bit of a trek, but it will be worth it for all the brews. Guests can enjoy over 100 local, regional and western craft beers, hard seltzers, spirits, cocktails, wines and more. There will also be entertainment, food and vendors, and a Snowman’s Choice Award ceremony. Better make this an overnight trip! Tickets are \$40 for general admission.
flagstaffbrewhaha.com

HAPPY NEW YEAR ARCADIA!

THE TEEPEE FAMILY



**CHECK OUT OUR SPECIALS
NOW SERVING ON OUR PATIO
WARMED BY A COZY FIRE**

**BOOK YOUR PRIVATE HOLIDAY PARTY
ON ONE OF OUR PATIOS OR FOR FULL
CATERING SERVICE, CALL 602-300-7133.**

OPEN NEW YEARS

Safety guidelines are being followed. Thanks for your support!

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

Devastating diagnosis becomes a call for action

By Ann Stone

For more than two decades, family man John Hoban has called Arcadia home. A healthcare technology solutions employee, John said he always took the proper steps to be proactive about his health. Unfortunately, in 2020, he became part of the annual statistic of 1.9 million Americans when he was diagnosed with cancer.

“It was a huge shock because I had been doing all the right things to support my health,” John said.

He explained that research to find the right medical professionals for his needs, combined with “tremendous love and support” from his wife Catherine and his family and friends, helped him move forward with faith and conviction that he would beat cancer. And he did.

John said he felt better after realizing the diagnosis was not his fault. He suggested that those with similar conditions may find comfort by turning fear into “action in learning.”

To get through those tough years and uncomfortable and extensive treatments, John shared his journey with family and friends, reassured by their support. He found empathetic experts, starting with diagnosis, then treatment, rehabilitation, and future prevention, who have experience in dealing with the specific type of cancer to help him through – and all of that support worked, as John has been cancer free since summer 2023.

After healing, John expressed gratitude for beating cancer by creating a song to share with the world.

“This was the first Christmas in years where cancer was not hanging over us. We are truly relaxed that all is well. My gratitude for complete recovery inspired ‘Merry Christmas with You,’” John said.

With Catherine’s encouragement, the couple funded the song production and donated all proceeds to St. Vincent de Paul “to help others get a second chance,” John said.

John’s passion for creating music “from the heart” has endured since childhood. He received his first guitar at age nine and added drums, percussion, and piano to the mix before college.

He has performed in bands, orchestras, and musical productions, with a history of using music for positive results. John turned his healthcare challenge into a blessing to share with those around him.

“My family has supported St. Vincent de Paul for many years because they truly make a difference and give people a second chance. We wanted to raise as much as possible because there are many unhoused individuals and families in Arizona,” John said.

He is now focused on creating more songs to share with the world, with a portion of the proceeds continuing to support St. Vincent de Paul.

heartsourcemusic.com



John Hoban



STICKLEY



Tommy Bahama HOME

hurry in during our January sale!



NATUZZI EDITIONS



CENTURY®

ask about our complimentary in-home design | Mon-Sat 10-5 Sun 11-5 | woodbridgeinteriors.com


Woodbridge®
I N T E R I O R S

SCOTTSDALE FASHION SQUARE
6828 E. CAMELBACK RD. SCOTTSDALE AZ 85251
602-834-2700

Art... on a much grander scale

Neither the mural near Chloride nor the sculpture in Superior may not be considered fine art. But both are worthy of note because of the stories behind how they came to be.

Around Chloride, a series of painted rocks are referred to as “The Mural.”



The Lowe Road

BY SAM LOWE

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

But Roy Purcell, the artist who painted them, had a fancier name. He calls them “The Journey” and says it was the result of a deep personal introspection. Either way, the painted rocks have lasted more than five decades – withstanding the elements, land ownership uncertainties, and the tourists who drive a crooked mile to see them.

If it had been placed in a more accessible locale, the mural would perhaps draw hundreds, if not thousands, of sightseers yearly. It is not only well done, it is huge. The granite boulders that served as Purcell’s canvas rise 75 feet above the



“The Mural,” by Roy Purcell.

surrounding desert, and most figures are three or four times life-size.

Getting there takes some maneuvering. The paintings are located in a canyon south of this northwestern Arizona town, and the last stretch of road leading there can easily turn the family car into a \$900 repair. Tour buses can’t go there because the road resembles the path left by a giant serpent suffering from the hiccups – and it spits out a boulder with every hic.

Purcell, now an acclaimed Nevada artist, created the work during a period he describes as “a journey within myself.” He left his studies at Utah State University when “an inner voice” talked him into taking a job with a mining firm near



“The Helping Hand,” by Tom Macias.

Chloride. During that time, he spotted the granite boulders and realized he could convert them into an art project he had been considering, but on a larger scale. He moved into the canyon and lived in a cave near the rocks for most of the summer of 1966. His wife brought him meals, and friends helped erect scaffolding when the work rose above the artist’s reach.

One day, representatives from the Bureau of Land Management arrived at the site and ordered Purcell to stop painting.

“I didn’t bother to find out who owned the land,” Purcell told me years later. “So I stopped and ate lunch. They left, and I went back to work. They didn’t tell me

how long I was supposed to stop, and I never heard from them again.”

Because he used automobile paint, the colors are still vibrant, although not as much as when they were first applied. The work was completed that summer, and Purcell left the mural and his mining job to become a serious artist. He returned in 2005 to repaint some of the old depictions and add some new figures. In the ensuing 59 years, the mural has resisted time and the elements, waiting patiently for those who traverse the bumpy road to witness something awesome.

The town square in Superior isn’t very big. It’s more of a triangle than a square, and a small one at that. So small that if it weren’t for the statue, there’s a good chance nobody would realize its importance. But the statue gives it purpose.

It’s called “The Helping Hand” and depicts a man reaching down to help a friend. It was hewn from a 15-ton chunk of dacite by a reluctant sculptor named Tom Macias. It was a spur-of-the-moment happening. In 1982, the Superior Beautification Committee considered something big and permanent to mark the community’s centennial celebration.

“A friend volunteered me,” Macias said in an interview years later. “He said, ‘Tom, why don’t you do a sculpture?’ And before I could refuse, I was involved.”

Macias had taken some college art classes but had no formal training as a sculptor. Besides that, there was the problem of finding something he could sculpt. He decided he could work with rock, but it had to be big enough to be noticed, so it would be difficult to maneuver. A geologist found one out in the wilderness, and a local mining company truck delivered it by dropping it off in Macias’ yard.

“A bunch of guys came over and kind of horsed around,” he said. “We had our picture taken, holding hard hats and hammers. Then they left, and I was alone with a fifteen-ton rock and no tools.”

When the truck unloaded the rock, it fell on its side, so Macias had to get a front-end loader to stand it up. His tool inventory consisted of a small hammer and some chisels. And the dedication ceremony was only 75 days away. Macias, however, was determined.

Little by little, he acquired the necessary equipment and some basic sculpting skills, rudimentary but enough to complete the project. Then, the mining company sent a crane and flatbed truck to load and haul the finished work to the triangle. It was close. At midnight on the eve of the dedication, Macias was still putting on – or taking off – the finishing touches.

His sculpture sits on the town’s main street, just north of U.S. 60. Macias is still a part-time artist but hasn’t tried anything monumental since.

SAINT THERESA CATHOLIC SCHOOL

2024-2025 APPLICATIONS OPEN



- Catholic Liberal Arts Education
- Preschool through 8th Grade
- Visual Arts
- Music
- Physical Education
- Spanish
- Library
- Catechesis of the Good Shepherd
- Sacramental Preparation
- Weekly Mass and Adoration
- CYAA School Sports
- Student Council and NJHS
- Schoolwide Service Projects
- Afterschool Enrichment Classes
- Student Support Services
- Mentor Families
- Community Events



Scan here to start your application!



STCS.US



New company making a 'buzz' around town

By Mallory Gleich

After installing a Level 2 EV car charger at his house, Aaron Lieberman realized he only needed to use the charger one night a week. Other than that, the station was completely unused. This was Lieberman's moment of inspiration – and the impetus behind his new business.

Buzze is a neighborhood EV (electric vehicle) charging app with over 150 "fast Level 2 EV chargers" located at people's homes across the Valley. Like Airbnb for EV charging, Buzze lets anyone with a home charger list it on the app – and get paid.

"These Buzze hosts can generate extra income, up to \$400 a month, by offering charging at home," Marketing Exec Candace Youde said. "At the same time, any driver who needs a charge has access to hundreds of chargers, many of which are located in the neighborhood."

All level 2 EV chargers are unused 95 percent of the time, according to Youde. Buzze's mission is to create a network to help those who are 'charging challenged' get one million new EVs to the road, which would remove 4.6 million metric tons of carbon dioxide from the air annually.

Those interested can download the app, which shows drivers a map of nearby Level 2 charging hosts to select from. Then, they can schedule a charging appointment. The driver arrives at the host's home to charge their vehicle.

The app then meters the charge through the car's telematics to determine the payment. Buzze charges the driver and compensates the host for the energy used, allowing them to earn additional income – even if they're not home.

Buzze is an Arizona startup with national ambitions to encourage individuals to switch to electric vehicles and promote sustainable transportation options.

Lieberman's name may sound familiar to some. He is a former Arizona State Representative who served for three years before running for governor in 2022. He's also an Arcadia resident who hopes to expand Buzze to new markets in the near future.

"The company's initial geographic focus is the greater Phoenix area," she said. "Just through word of mouth, Buzze currently has almost 100 hosts in 30 states outside of Arizona, and 160+ hosts in our state."

The ultimate goal of this company is to build a community of "drivers helping drivers."

"Buzze hopes to encourage the adoption of electric vehicles and contribute to a cleaner and more sustainable future. For the 40 percent of Americans who rent their home, the high install costs of level 2 home chargers mean they will not be able to access fast home charging," Youde said.

Earn extra money, help out a neighbor, and lower the carbon footprint simultaneously – this is Buzze's ultimate goal.

buzze.biz



Aaron Lieberman

GET READY

for fashion envy

ANTHROPOLOGIE

ARHAUS

CORNELIA PARK

EVEREVE

GORJANA

J.CREW

LULULEMON

POTTERY BARN

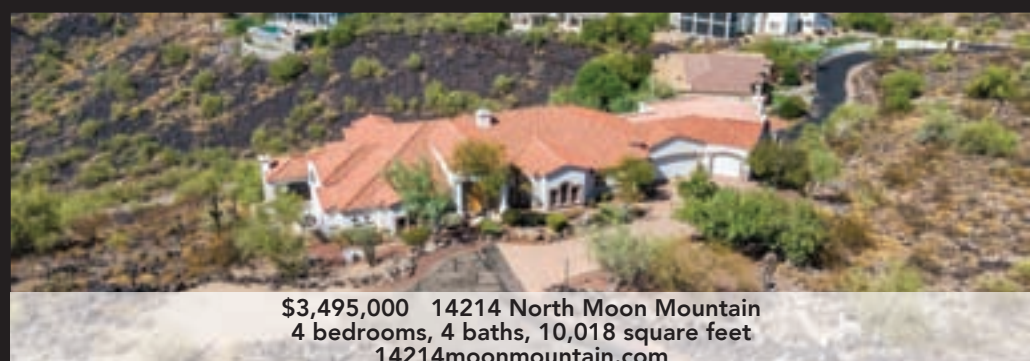
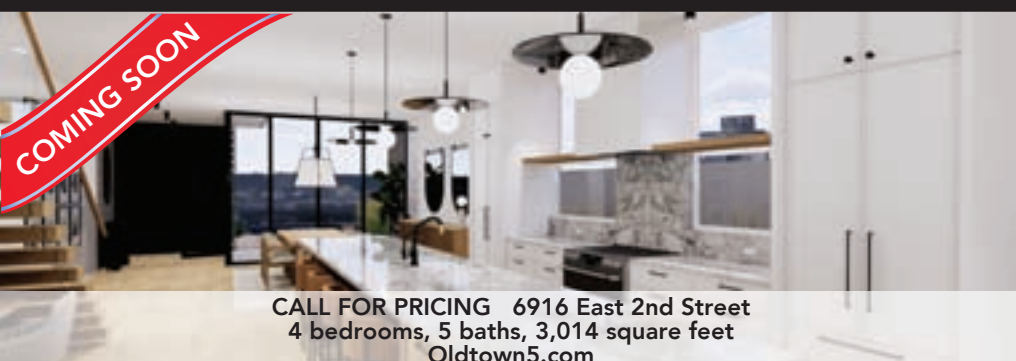
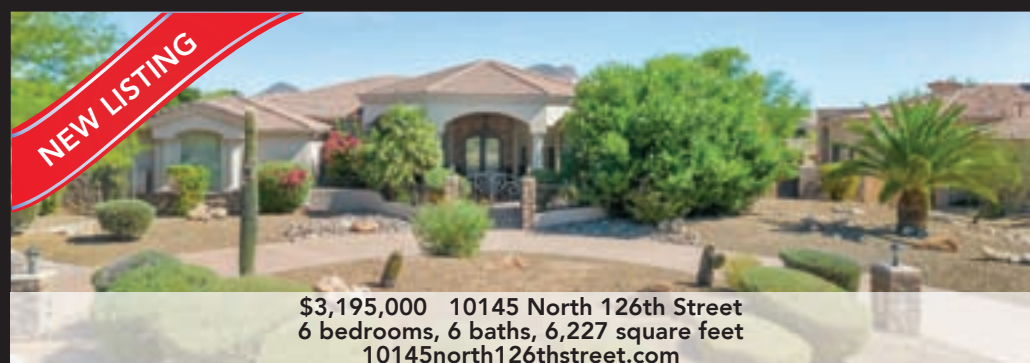
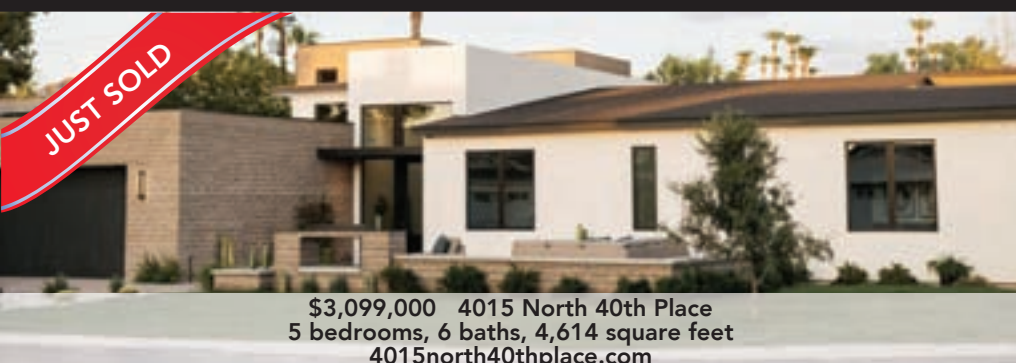
RYE 51

WILLIAMS-SONOMA

+MORE

SCAN TO UNLOCK FASHION

NOBODY SELLS MORE HOMES IN ARCADIA THAN THE JOFFE GROUP



602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com

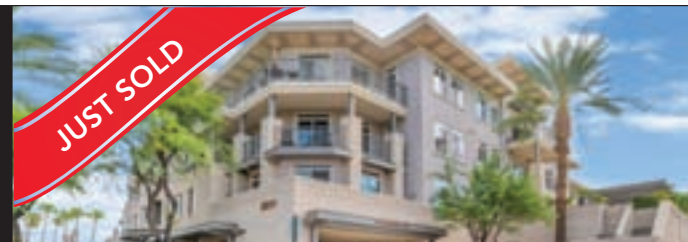




\$2,119,000 5808 North Sundown Drive
4 bedrooms, 4 baths, 5,235 square feet
5808sundown.com



NEW LISTING
\$899,900 8113 North 8th Avenue
3 bedrooms, 3 baths, 2,840 square feet



JUST SOLD
\$995,000 3801 North Goldwater Blvd #403
2 bedrooms, 2 baths, 2,043 square feet
3801northgoldwater.com



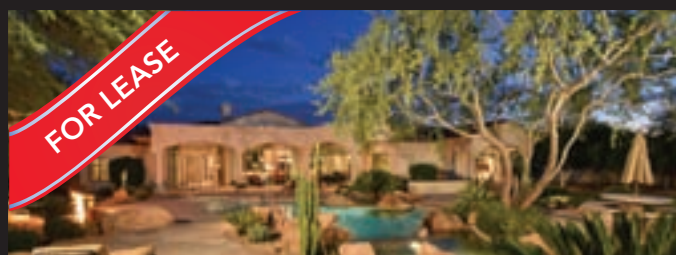
NEW LISTING
CALL FOR PRICING 5812 North 44th Place
5 bedrooms, 4 baths, 4,205 square feet



NEW LISTING
\$3,495,000 6733 East Exeter
1 Acre Lot Opportunity



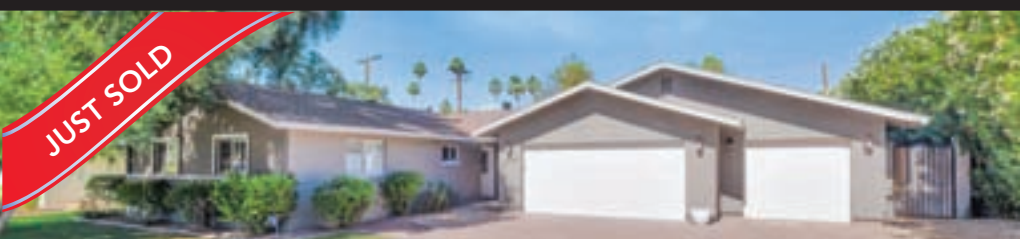
NEW LISTING
\$895,000 7311 East Manzanita Drive
2 bedrooms, 2 baths, 2,080 square feet



FOR LEASE
\$18,000 per month 8350 East Via del Sol
4 bedrooms, 5 baths, 4,783 square feet



SALE PENDING
5115 East Exeter
CALL FOR PRICING AND INFORMATION



JUST SOLD
\$894,000 3526 North Rose Circle
4 bedrooms, 2 baths, 2,008 square feet
3526rosecircle.com



NEW PRICE
\$6,745,000 5636 East Via Buena Vista
5 bedrooms, 7 baths, 6,872 square feet
5636viabuenavista.com



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



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



COMING SOON
\$2,695,000 10746 East Whitethorn Drive
4 bedrooms, 5 baths, 4,871 square feet



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



NEW LISTING
CALL FOR PRICING 8815 North 63rd Place
3 bedrooms, 4 baths, 3,915 square feet



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

THE
JOFFE GROUP
602.989.8300
TheJoffeGroup.com

LAUNCH
POWERED BY
COMPASS

Call To Learn Why So Many People Trust The Joffe Group



In the Kitchen

with **Maggie Norris**, owner of **Whisked Away Cooking School**

whiskedaway.net • [@whiskedawayaz](https://www.instagram.com/whiskedawayaz)

It wasn't until Arcadian Maggie Norris attended cooking classes that she realized her dream to teach wouldn't be in a classroom, but in a kitchen. Maggie owns and runs Whisked Away, a boutique cooking school, where she teaches students young and old to love cooking – and how to do it right.

Where are you from?

Washington D.C. I grew up there and then went to Vanderbilt University in Nashville. My then-boyfriend and I were supposed to move to California, so I went there, and the boyfriend ended up in Arizona, so I joined him here six months later.

Did you always know you wanted to be in the food industry?

No, and if somebody told me I'd be in the industry growing up, I would have said no way. My mom was a caterer, and I hated helping her because everything was last-minute and stressful. I loved to bake but hated cooking until my senior year of college.

When I moved out here, my then-boyfriend's mom gifted me cooking classes, which changed my life. Within six months, I was enrolled in culinary school. I had this gut feeling – I was applying for a combined Masters/PhD in art therapy – and I ditched it all to do this.

Were you studying therapy at Vanderbilt?

I was a neuropsychology major. To do anything in psychology, you have to have at least a master's degree, so I was going for the combined program to knock it all out.

At the time, I was volunteering at a domestic violence shelter, teaching art to kids, so that's why I chose that field. I don't think I could have left all of that at the office, you know? Life worked out how it was supposed to.

What was Scottsdale Culinary like?

It was great for me because it's what I knew I wanted to do. There were a lot of kids right out of high school, a lot of career changers. I was very focused and graduated at the top of my class. I was there to accomplish something!

What was your favorite class?

I was looking for a baking-only program, but Scottsdale Culinary didn't have one when I was there in 2000-2001. I did the full program, and I'm so glad I did. So many doors were opened while I was there. Meat Fab and International Cuisine were great, but I liked everything.

Where did you do your externship?

At Food Network in New York. As soon as I got to culinary school, I learned that Food Network was an option, but I also learned that you had to be at the top of your game to even be considered, so that's part of why I worked hard. I applied for it, and a former extern interviewed me – and by interviewed, I mean I went to his apartment at 10 o'clock at night, and he was in his pajamas drinking a beer – but he was tight with the head chef at Food Network. I was offered the externship for four months.

What was your title there?

I was a food stylist. I would set up everything for the shows. There was a team of us, and we would set up the cart, do all the baking, take things away on set, food props, that kind of thing.

I worked with Emeril Lagasse, Mario Batali, Rocco Dispirito, Gale Gand, and Sara Moulton. The chefs come in and film the whole season all at once.

You did all the baking for them?

Yes! They do all the dumping and stirring – everything is already measured out. In the end, when they pull out this gorgeous turkey, it may not even be cooked on the inside, but it looks amazing. Everything is done ahead of time. It's their recipes, but we did the cooking.

I have nothing bad to say about them – they were so appreciative of our work. Sara Moulton was the most interactive, but they were there to get a job done, you know?

You didn't want to stay in New York after that?

Growing up in D.C., we often went to New York for shopping and shows. I always wanted to live there. But after living in Phoenix, where everything is



so spread out, people aren't on top of each other... I felt like unless I could afford a lot of space, it didn't have the same attraction to me as it did when I was younger.

What did you do after culinary school?

I ended up teaching at another school called Cooking with Class – not like a culinary school, but a school for the hobbyist cook. I was the regional chef at Dacor, a high-end appliance brand. I also did private cooking classes in people's homes *and* was in home-building industry sales for eight years.

How did the idea of Whisked Away come about?

I went to culinary school to teach. I never wanted to own or work in a restaurant. I knew I wanted to teach and have my own cooking school. I came up with the name years before I knew what I was doing. I also wanted to travel and take people to other places to cook, so Whisked Away became the name.

When I was in sales, my neighbors asked me to do a cooking class for them out of my house, which really started the idea. I thought, 'Maybe other people want to do this,' so I created a website. It gained traction, and then Groupon contacted me in 2010. I sold 1,200 Groupons in 24 hours. It was scary but awesome!

Tell us about the classes.

Whisked Away is a school for the hobbyist cook. I gear my classes to all skill levels. I started with public classes, but it has organically shifted to mostly private classes over the years. I have menus on my website, or groups can create a custom menu.

They are 100 percent participation-style. I go over techniques, tips, and tricks; 45 minutes are dedicated to going through the recipes and learning knife techniques. My goal is for people to *want* to cook at home. The last portion

of class is when we sit down and eat. Out of all the menus, the steak dinner is the most popular.

What was the toughest aspect when you were just starting out?

Time management, for sure. My daughter was a toddler at that point, and I had a full-time sales job – and sales doesn't stop at 5 o'clock. It was trial by fire because I went from having no clients to more than I could handle. I learned a lot and am still learning – especially since things are constantly changing.

What is it like owning a business?

I'm more of a creative person, so on the business side – I'm always thinking, 'Oh, I should be doing this and this,' as far as marketing – but I don't. I like the creative and customer service side of it. It's got ups and downs, but the ups far outweigh the downs. There's a sense of pride to it, especially now that Whisked Away is established in the cooking school world.

How did the kids summer camp come about?

One of my friends – our daughters were in the same class – suggested I do a kid's camp. I started with 2.5-year-olds and learned a lot [*laughs*]. At the time, my staff were volunteers, and some sessions only had two campers. Now, it's grown to 'you better be at your computer at 7 a.m. on March 1, or you're not getting a spot.' It's great.

Ages 8 and up do adult recipes – younger kids do those, too, but we measure everything out for them. The 4-7-year-olds are here for 1.5 hours, and we focus on their innate desire to help, so everybody gets a turn. We also have activities until the food is ready. I don't dumb the food down because I feel that's how you get to 'my kid will only eat this.' I want to expose them to different things. The kids want to be challenged.

They also learn table setting, manners,

This holiday fundraiser deserves a round of a-paws!

By Mallory Gleich

Cassel and Scarlett Layton and Avery and Warner Morrison started off their holiday season by helping others – in more ways than one. The four Arcadia tweens hosted a garage sale and invited neighbors and friends to donate their unused items, with the proceeds going to Arizona Humane Society and Goodwill.

Inspiration for the fundraiser started with Cassel. To earn his black belt in Tae Kwon Do, he was required to do a community service project. While brainstorming ideas, the idea of holding a charity garage sale came up.

“We had too much going on and not enough time to complete it before the deadline for his black belt advancement, so we decided on a family volunteer day at Feed My Starving Children instead,” Mom, Stefanie, said. “We really enjoy volunteering there and it is such a great cause. The garage sale was still at the top of our minds, though.”

After spending time at Feed My Starving Children, the kids decided to go forward with the garage sale idea, picking a day in December where the Layton and Morrison families could both get together and combine their sale items.

“Scarlett has always loved animals. When I asked what kind of charity she wanted to donate to and started throwing out ideas, like organizations that support kids, or education etc., she immediately gravitated toward an animal shelter,” Stefanie said. “Her Girl Scout

Troop is also doing a community service project supporting homeless animals, so I suggested the Humane Society and Scarlett was all in.”

The garage sale had lots of golf equipment, bags, clubs, shoes, buckets of balls, travel bags, roller blades, a kids picnic table, camping chairs, lots of toys and home decor. There were a number of different neighbors who donated items.

“We really loved the participation from so many people. One young boy brought his toy workbench over in his wagon to donate,” Stefanie said. “He really wanted to contribute. It was so kind. The kindness and sharing is the best part!”

After the garage sale was complete, the kids sat down and counted out their sales, with \$100 donated to the Arizona Humane Society.

“We didn’t raise as much as they had hoped – they have high expectations, but they were proud of the work and I explained that every little bit counts. If we contribute some and others do the same it will all add up,” Stefanie said.

She added that the kids are planning more community service acts for the future, but are considering a different strategy to attract more customers next time around.

“Even so, it was also an absolutely beautiful day to spend the morning outside with friends doing something good for the community,” she said.



Cassel Layton, Warner Morrison, Scarlett Layton and Avery Morrison.

PHOTO COURTESY OF STEFANIE LAYTON

Happy New Year!

If you or a friend are looking to buy or sell a home, please give me a call!

For any listing or accepted contract in January, a donation will be made in your name to Phoenix Children’s Hospital, a philanthropy near and dear to my heart.

Wishing you all the best in the new year!



Debbie Frazelle | CLHMS | ABR
602.399.8540
debbiefrazelle.com
dfrazelle@cox.net

PAST ARCADIA PTO VP
 PAST HOPI PTA PRESIDENT
 ARCADIA RESIDENT FOR OVER 30 YEARS



Debbie Frazelle
 REAL ESTATE
 Top 1% of Coldwell Banker Agents








CHRIST LUTHERAN SCHOOL

Christian Values. Quality Education.
Preschool through Grade 8

LEARN TO BE A SERVANT LEADER AT CLS!

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

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

YOU'VE HEARD ABOUT THE OLD WEST. COME SEE IT.

★ JANUARY 27 - FEBRUARY 4, 2024 ★



During Scottsdale Western Week, Old Town transforms into an authentic old west experience and a fun ride for the entire family. All are welcome to experience what can only be described as one "heck of a good time" – parades, the Hashknife Pony Express, Native American festivals, gold mining, live music, and museum exhibits all week long. Come say howdy!

OLDTOWNSCOTTSDALEAZ.COM  



“Meet Mr.” | Ray Artigue

Chris Cohn

Chris Cohn is passionate about health and wellness, though by his own admission, he has traveled a less-than-conventional road to get to where he is today. The Phoenix native founded Scottsdale Recovery Center and Arizona Addiction Center in 2009 after having a bout with substance abuse. And just last year, he opened Daytryp Health Center in Arcadia.

“I had my own kind of struggle with substances after getting addicted to pain pills for a serious back injury,” the 45-year-old entrepreneur said. “Once I got past that, I dedicated myself to helping others.”

Cohn became clean in 2007 and opened a drug rehabilitation facility. Seven more followed throughout the Valley. He created the educational curriculum from scratch, and today, it is lauded by industry professionals as one of the more effective recovery programs.

“We had a great 14-year run and helped thousands of people along the way,” Cohn said. “I’m very proud of that.”

Cohn attended Brophy Prep and went on to the University of Arizona, earning a degree in sociology and psychology. Fifteen years later, he obtained a master’s

degree in counseling from Grand Canyon University, graduating Magna Cum Laude. “It’s kind of crazy that I did so well in college because I was never a good student growing up,” Cohn admitted. “Sports was all I was really interested in, and I played just about everything. As an adult, I’ve kept my passion alive by coaching.” Before getting into rehabilitative medicine, Cohn worked as a stockbroker in L.A., then moved home and became a wealth manager. “Honestly, I had little or no passion for either job,” he said. After selling the Scottsdale Recovery Center in 2020, he began investigating the efficacy of psychedelic and plant-based medicines for his own healing.

“The future of mental health healing is in these medicines,” he said, “and we have some of the best doctors, nurses and psychologists working at Daytryp.”

Ketamine therapy is legal, and Cohn said it has been effective in treating people with trauma, grief, anxiety and depression. The great majority of their clientele are military veterans and first responders who are dealing with post-traumatic syndrome.

“The results have been profound, and we’ve seen everyone from suicidal children to former Navy Seals to people in hospice care,” Cohn said.

He inherited an entrepreneurial spirit from his father, Lee, who founded Big Four Restaurants, a popular company in the valley throughout the 70s and 80s. Cohn’s first job was washing dishes at Oscar Taylor’s.



“I’m super non-interpersonal, so that was probably the best spot for me,” he laughed. His father is his mentor and best friend, and Cohn said he has learned more from him than in any classroom. “Everyone respects my dad, and he, in turn, treats them with respect. I don’t know anyone who does a better job of living in the moment, something I’m still learning to do,” Cohn said.

He enjoys yoga, meditation, and going to the gym when he isn’t working. His favorite past-time is fishing with his father at their ranch in Wisconsin, and he references a Henry David Thoreau quote to share some of his philosophy about life:

“Many men go fishing all of their lives without knowing that it is not fish they are after.”

“Many men go fishing all of their lives without knowing that it is not fish they are after.”



THE REBUILD THE BLOCK DIFFERENCE

When you build a home with Rebuild The Block, our goal is to make your life easy.

- Guided design-build process by our team - from acquisition to move-in
- Our team handles heavy lifting, allowing you to relax and anticipate your ideal home
- Early collaboration with contractor and design team for project success
- Our team acts as your advocate, offering high-value budget recommendations and builder’s insights

You already have a full-time job and don’t need another one. Building is what we do - let us provide our decades of experience to your home.



SCAN TO CHECK OUT OUR NEW WEBSITE!
Or give us a call at 602.730.0668 Today

ROC #314154



3530 E Glenrosa Ave



5419 E Calle Redonda



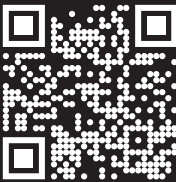
4501 E Turney Avenue



3832 Monterosa Street

FOUR Properties Coming Soon.

CALL TODAY!



SCAN HERE for our featured listing

NATHAN ANDERSON + PAUL NICOLETTI
480.888.5800 | NATEANDPAUL.COM

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



Imagine your home, totally organized!

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



40% off Plus
Free Installation

PLUS TAKE
AN EXTRA

15% off

Terms and Conditions: 40% off any order of \$1000 or more or 30% off any order of \$700-\$1000 on any complete custom closet, garage, or home office unit. Take an additional 15% off on any complete system order. Not valid with any other offer. Free installation with any complete unit order of \$850 or more. With incoming order, at time of purchase only. Expires 1/31/24. Offer not valid in all regions.

**SPECIAL FINANCING
FOR 12 MONTHS!**

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



Call for a free in home design consultation and estimate

480-864-4254

AN

www.closetsbydesign.com

Follow us



Locally Owned and Operated!
Licensed and Insured: ROC312904



**Closets
byDesign®**



PHOTO COURTESY OF RON HARRIS

Camelback Fire Engine 60 is equipped with lots of fun props – like dinosaurs – for parties and events.

A TRUCKLOAD OF FUN!

By Rachael Bouley

Camelback Fire Department's Engine 60 doesn't fight fires anymore. Now, it serves a different purpose: bringing joy to the neighborhood. Most recently, Arcadians may have seen the truck at the AONA Fall Festival, or driving around with dressed-up skeletons or Santa and his reindeer hanging out on the back end. Engine 60 is all about fun.

What started as a personal purchase blossomed into a successful business as people experience Engine 60's appearances, thanks to Arcadia couple Ron and Beth Harris.

Ron and his brother Randy have shared an appreciation of old, unique vehicles for as long as they can remember. While looking for a vintage purchase to commemorate Randy's 60th birthday in 2020, the two stumbled upon a firetruck for sale in Wisconsin, and it was "fun" at first sight.

"The previous owner convinced us to drive it from Appleton to Phoenix," Ron said. "It was a very long trip – like driving a tractor 37 hours straight at a top speed of 55. Let's just say it was a bonding experience we hope never to repeat."

A year later, Ron bought the truck from Randy.

"I fell in love with the lines and era of this 1979 Seagrave pumper, with the idea of owning a symbol of giving, a piece of history," Ron said. "It was also my reverence for first responders and their sacrifices on my behalf."

The firetruck, of course, would need a new name. Ron decided to go with something representing his neighborhood and home state.

"We went to the Hall of Flame Fire Museum in Phoenix for ideas and eventually came up with Camelback Fire Department, Engine 60, to honor Randy's 60th birthday," Ron said.

Before long, Ron noticed the truck was capturing attention whenever he took it for



Decked out for Halloween.

a spin. People wanted pictures and wanted to know about the history. When he drove Engine 60 to his father's assisted living home in Paradise Valley, he was surprised to see six residents in wheelchairs waiting to get a glimpse of the restored red engine in all its glory.

"Watching how much fun the residents were having made my heart smile. They all wanted their picture taken while donning a fire helmet and jacket," Ron said. "They began singing a camp song about a firetruck from their youth I had never heard. It was magical and left me inspired to do more."

Requests began rolling in for party appearances. Ron has lost count of all the events he and Beth have done: heartwarming requests for picnics, birthday parties, Independence Day parades, store

grand openings, Mother's and Father's Day drive-bys, and more.

"Foam parties with our commercial foam cannon are a real hoot. We also try to decorate Engine 60 for the holidays. Our favorites are July 4 with flags, bunting, and Statue of Liberty on the back, and skeletons in fire outfits hanging all over for Halloween," Ron said, "but Santa and reindeer for Christmas bring the most smiles, waves, and honking of horns by far."

He had no shortage of events this holiday season, with Engine 60 decked out for Christmas party photo sessions with Santa and his reindeer. Christmas props, music, fire jackets, and helmets made it a merry time for everyone.

"My daughter expressed to me once that I was 'serious about having fun,' and I guess



Holiday decorations bring the most smiles and waves from fans.

that's appropriate," Ron said. "Camelback Fire Department is all about joy, smiles and friendship, tidings and good cheer. We think you can never have too much of that."

The family also sees the public appreciation for firefighters firsthand whenever Engine 60 hits the road.

"I am constantly thanked for my service, but I have to inform others that I was never a firefighter – I just own the truck," Ron said. "First responders, you are loved and appreciated, and you should know it."

The Harris family says they've only just begun, with some special surprises in the works for the new year – but they are grateful and honored to be trusted each time they show up to bring good cheer and hope that Camelback 60 makes each event more fun.

camelbackfire.com

You have expectations. *We have experience.*



Taylor Hubbs
Licensed Assistant

Debbie Pontikas
Associate Broker, MBA

Tyler Crandall
Realtor®

Tatiana Maus
Realtor®

Happy New Year from The Pontikas Team!

If the new year ushers in a move for you and your family, we would be honored to serve as your trusted Real Estate Advisors.



480.335.8604
pontikasteam.com

RETSY

Forbes
GLOBAL PROPERTIES





The inside of the cryo chamber is bathed in a blue light. The mask is worn to protect your face and ears from the extreme temperatures. After the cryo session, I did the red light therapy. I drew a smiley face on the glass to let them know I was okay. After three minutes of standing in a -145° cooler, I emerged – with Boston there to congratulate me on my very first successful cryotherapy session.

BRRR, IT’S COLD IN HERE!

Trying out one of the “hottest” trends in therapy

The first time I heard about cryotherapy, my mind went to that old fable of the frog in hot water. Have you heard this one?

If you put a frog into boiling water, it’ll immediately jump out. But if you place it into water at room temperature and slowly heat it, it won’t notice, and, well, you know the rest. Morbid, I know – but I thought, ‘If I go into this cold room, is it going to be room temperature first and then get colder, or is it cold right away and I’m just going to freeze for a few minutes?’



Things we tried
BY MALLORY GLEICH

The second thought is the answer. Whole-body cryotherapy means exposing your body to extreme cold temperatures for a short period, which puts your body into a fight or flight mode. It reduces inflammation, increases recovery, improves blood flow and more.

When I arrived at iCRYO (in the Safeway Plaza at 48th and Indian School), the first order of business was filling out the obligatory paperwork. I was then led to a dressing room, where I stripped down to my skivvies and put on the provided protective wear: long socks, shorts, slippers, mittens and a cloth face mask.

They also provide robes – which I am eternally grateful for – but most people

stay in just shorts. The cryo chamber reminded me of a walk-in cooler. It’s about nine feet tall and five feet wide.

Boston Stuhan, my guide for the day, said three people could fit in it, but while in there, it felt small – and got smaller by the second. The chamber is bathed in blue light, and there is a little strip of rainbow lights near the door, used as a countdown for the person inside.

People choose their preferred temperature and time limit: -145° is the “warmest,” and -175° is the coldest. The minimum time is two minutes, but most go for 3.5. I went in between: three minutes. Oddly enough, time went by quickly once I was *inside* the freeze box.

“As your body adapts to the cold, the magic happens. Blood rushes from your extremities to your core, which hyperoxygenates your blood and sends signals to help reduce inflammation,” Boston said. “When you come out, you will feel your body start to warm up, and your blood rush back into your extremities. Your body starts to produce dopamine, and you feel ready to tackle any obstacles that come your way!”

The most helpful thing, in my opinion, is that they give you a playlist of songs to choose from – I’m assuming to keep your mind off the fact that it’s colder in

there than it is on the moon at night – so I went with “Killing in the Name” by Rage Against the Machine. Air guitar-ing saved me from busting out of there like a madwoman.

After my session, I was also able to experience red light therapy, which Boston said is one of the most popular iCRYO offerings. The machine looks like a giant tanning bed, and you lay in it like a tanning bed, but they use clinically selected red and near-infrared lighting instead of regular bulbs. Benefits include increased blood circulation, pain relief and cell regeneration – but since I was only in there for eight minutes, the only thing I felt was ready for a nap!

I also tried compression therapy, which was my *favorite*. Boston fitted me with these giant leggings that have balloons in them. The balloons blow up and apply pressure to the legs, helping with circulation. And you’re in a recliner. I was really ready for a nap after that – but that could have had something to do with the lunch I’d eaten right before heading to iCRYO.

Boston explained some of the benefits of cryotherapy: an exponential boost in metabolism, reduced inflammation, enhanced athletic recovery, skin and beauty elevation, uplifting mood and

alleviating anxiety, enhancing sleep quality, boosts in the immune system, and alleviating symptoms of eczema and psoriasis.

While putting something cold on an injury has existed forever, cryotherapy takes it a step further. In 1978, Dr. Ken Yamaguchi started using extremely cold temperatures on the entire body to treat patients suffering from rheumatic diseases. He noticed the treatment was successful for those and several other conditions.

iCRYO was founded in October 2015 by Kyle and Bill Jones in League City, Texas. Kyle managed the cryotherapy division of a physical therapy clinic in Texas for three years before deciding to branch out. At 24 years old, Kyle – with help from his dad, Bill – opened iCRYO. Now, there are over 300 locations in the United States.

The wellness brand also offers infrared saunas, hyperbaric oxygen therapy, IV infusions, NAD+ therapy, vitamin shots, and ozone therapy. They create patient-specific plans for members and provide free consultations and tours for interested parties. Pricing ranges from \$100-\$400, depending on membership.

“We want people to know that what we do isn’t what you would get at an ordinary recovery center,” Boston said. “We are a relationship-based business that focuses on learning about you, and we take the time to understand pain points in your life – that way, we can truly implement a plan to help elevate your lifestyle!”

icryo.com

“As your body adapts to the cold, the magic happens, and you feel ready to tackle any obstacles that come your way!”



JOSH PETERS
Josh@StatelyLiving.com
480.788.7556

STATELY
— LIVING —
.com

MONROE ZUBER
Monroe@StatelyLiving.com



FOR SALE

5215 E LAFAYETTE BLVD | PHOENIX, AZ 85018 | \$3,950,000

5,209 SQ FT • 5 BEDS • 5.5 BATHS • 37,000 SQ FT LOT



FOR SALE

5250 N 21ST STREET | PHOENIX, AZ 85016 | \$8,250,000

7,610 SQ FT • 5 BEDS • 6 BATHS • 4 CAR GARAGE • 1.9 ACRE LOT



JUST SOLD

4650 E PALOMINO ROAD | PHOENIX, AZ 85018 | \$5,750,000

5,477 SQ FT • 4 BEDS • 6 BATHS • 4 CAR GARAGE • 35,000 SQ FT LOT



The Dining Scoop



Pure Green

The new year is here, and many folks may have “go on a diet” on their resolution list. We all know how hard that can be. One idea: drink up!

Juice cleansing is a detox that eliminates harmful pollutants in the body. With cleansing, bodies can redirect blood and energy to the organs and parts that need it, freeing up blood flow and increasing energy – perfect for a recharge at the start of 2024.

Here are five area eateries that offer juices on their menus:



D'Lite

PURE GREEN

4730 E. Indian School Road, Phoenix
puregreenarcadia.com

The first Arizona Pure Green location (there are 57 country-wide) opened in June 2023, but the brand has been around since 2014.

Wellness guru Ross Franklin opened Pure Green with a mission of “building healthier communities by connecting people with nutrient-rich and great tasting products,” according to owner Charles McClendon.



Original Chopshop

“We offer 13 cold-pressed juices and six juice shots. They are all organic, with no added sugars, kosher and non-GMO,” he said. Pure Green incorporates recipes from dietitians, sports nutritionists and science-backed superfoods. Jonathan Cheban (known as FoodGod) created the Blue Banana Smoothie, one of the most popular items.

“All of our cold-pressed juices offer different health benefits and performance functions of anti-inflammation, detox, rehydration, immunity and recovery. Guests really enjoy Soul Kick, Melon Hydrate and our Apple Lemon Ginger,” Charles said.

Pure Green offers three types of cleanses, starting at \$35 for one day of juice.

“Beginner Juice ‘Til Dinner” is an introductory cleanse – four cold-pressed juices throughout the day and a healthy meal for dinner. “Pure Basic” is an all-day cleanse with no solid food and lots of water. “Pure Hardcore,” for veteran cleansers, includes drinking six juices and no solids. Each lasts one to three days, and McClendon recommends including green-based fluids.

In addition, Pure Green offers superfood smoothies, acai and pitaya bowls, oatmeal, superfood toasts, chlorophyll water, sea moss and protein bars.

“Our future plans include diving deeper into this wonderful community, getting to know each and every resident – and as our mission states: build healthier communities around the globe by connecting people with superfoods,” McClendon said.

D'LITE

3214 E. Indian School Road, Phoenix
dlitehealthyonthego.com

The first d'Lite location – there are currently six in Arizona – opened in 2007.

“We found it difficult to cook at home since we were busy working and always on the go,” Co-owner Brooke Knudson said. “We didn’t want to sacrifice our health and wellness when eating out, so we decided to fill the void and meet the demand for a healthy quick option by starting d'Lite.”

d'Lite offers two juices year-round, with seasonal options and a green lemonade smoothie also on the menu. January’s seasonal bevvie is Liquid Defense, with pineapple, orange, carrot, ginger, turmeric and black pepper.

Brooke and her husband, co-owner Chad, come up with the recipes. Detox juice – pineapple, apple, spinach and kale – is the most popular.

“We don’t offer cleanses, but with the convenience of the drive-thru, guests can pick up juice easy and quick and buy for a few days,” Brooke said.

d'Lite offers sandwiches and wraps, salads, breakfast and coffee. The most popular beverage is the d'Breakfast Buzz, with vitamins, chocolate whey protein, espresso, nonfat milk, banana and peanut butter.

“We do have some lighter, gut-friendly fare

Arcadia Pediatric Dental

Scottsdale

BEST OF 2022

SCOTTSDALE PROGRESS

ArcadiaPediatricDental.com

480.207.5070

ACCEPTING NEW PATIENTS

Christ CHURCH LUTHERAN LC-MS

LOVE GROW SERVE

IN-PERSON WORSHIP

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

ONLINE WORSHIP

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

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

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



Nékter



Festivin at The Wrigley Mansion.

that could go with a juice cleanse, like Oatmeal Our Way and Kombucha on draft,” Brooke said.

Future plans include franchising options – as Brooke said, “We need an option for health and wellness on every corner!”

ONE STOP NUTRITION

4115 N. 44th St., Phoenix
onestopnutrition.com

Fun fact: One Stop Nutrition was founded in 1996 at an indoor swap mart in a 100-square-foot booth. Now, the health-conscious store has over 45 locations, including a few in Nevada and Texas. The business also boasts a full smoothie/shake and juice bar along with vitamins and supplements.

There are meal replacement shakes, post-workout shakes and nutritional shakes – guests can choose a base and flavor and add in things like creatine, glutamine, protein, multi-vitamin flax seed oil, ginseng and energy boosts.

ORIGINAL CHOPSHOP

4503 N. 32nd St., Phoenix
originalchopshop.com

The first Original ChopShop opened in 2013 in Old Town Scottsdale. Since then, they’ve grown to 22 shops in Arizona, Dallas, Houston and Atlanta – with more slated to open in the next few years.

“We are all about functional, feel-good food made with whole, raw ingredients that are always ‘Chopped-in-Shop,’” Marketing Director Karissa Threadgill said. “We believe that food should not only taste good but make you feel good, too.”

ChopShop offers ten juices that have unique, balanced combinations of fruits and vegetables.

To celebrate ChopShop’s annual Juice Week in February,

they host a contest among team members to create a juice. The winner’s beverage is available to order for a limited time at all locations.

“Our most popular juice is the Power Green, with kale, cucumber, celery, apple, ginger, parsley and lemon,” Threadgill said. “This juice is packed with immune and metabolism-boosting vitamins.”

ChopShop also serves breakfast, lunch, snacks and dinner – protein bowls, salads, sandwiches, etc.

“We plan to open 12-15 shops in the next 24 months,” Threadgill said. “The sites will include several locations as stand-alone shops with a pick-up window.”

NÉKTER

4340 E. Indian School Road
nekt juicebar.com

Nékter Juice Bar was founded in 2010 and has 330 locations open or in development across the country, ready to “nourish America’s increasing appetite for plant-based, healthy food options that promote and support various lifestyles and diet preferences,” according to Marketing Exec Erin Peacock.

Nékter’s menu consists of fresh-made juices, superfood smoothies, acai bowls, wellness shots, cold-pressed “Grab N’ Go” juices and snacks.

The eatery also offers seasonal options. Co-founder and Chief Visionary Officer Alexis Parra leads the recipe division at Nékter Juice Bar.

The Toxin Flush, made with spinach, parsley, red apple, lemon, and ginger is the most popular juice.

The signature drink, The Greenie, has kale, spinach, parsley, celery, cucumber, lemon, and red apple and is another popular option.

The juices are made to order and packed with fresh fruit and veggies.

Nékter offers three juice cleanses:

The Classic: These juices are beginner-friendly with purifying formulas, featuring turmeric, celery juice, camu camu, prebiotics and probiotics.

The Celery Detox is Nékter’s latest, easiest way to detox and restore the body’s natural balance and glow.

Power 40 is a collection of scientifically backed vitamins, nutrients, and superfoods packed into six shot-sized bottles that are used as a daily or weekly supplement.

DINING SCOOP

Chef Joey Maggiore (Hash Kitchen, Sicilian Butcher) opened his latest concept, **The Rosticceria**, in December on Tatum and Cactus Roads in Scottsdale. The menu boasts “wood-fired meats with an Italian accent.” Popular items include Neapolitan fried pizza, rotisserie chicken and porchetta, a savory pork dish.

therosticceria.com

The Wrigley Mansion announced the return of its **Festivin** event. From January 11-14, guests can check out wine, food, and education, featuring over 15 events like exclusive dinners, classes, demonstrations, and a Grand Tasting. A portion of proceeds will benefit Almost There: A Mom and Pups Rescue. Festivities kick off with two dinners on opening night. Prices vary.

wrigleymansion.com

NEW YEAR

SAME TRUSTED SERVICE...MEET YOUR
RELENTLESSLY LOCAL™ REAL ESTATE EXPERTS

- Combined Real Estate Experience of 36+ Years
- Concierge Style Service
- Arizona Natives
- Arcadia Residents



THE
BROKERY

DALLAS PEAGLER, REALTOR®
602.821.9494 | Dallas@TheBrokery.com

BREENA WESTFALL, REALTOR®
480.266.8313 | Breena@BreenaWestfall.com



the
TEAM

RETSY

Forbes
GLOBAL PROPERTIES



Rebecca Clayton Hoyt / Lara Broadrick / Shawna Warner

602.598.1779 // www.THETEAM4RESULTS.com



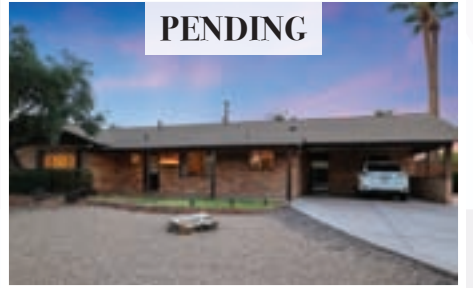
\$5,700,000 - 3137 N Valencia Lane
GOLF COURSE LOT | 4 Beds | 6 Baths | 5,700 SF



\$3,150,000 - 4575 N Phoenician Blvd 1
3 Beds | 3.5 Baths | 3,062 SF



\$2,000,000 - 4627 N 64th Street
GOLF COURSE LOT | 5 Beds | 4 Baths | 4,395 SF



PENDING

\$1,575,000 - 4031 E Solano Drive
4 Beds | 3 Baths | 2,164 SF



SOLD

\$2,870,000 - 5635 E Lincoln Drive #62
3 Beds | 3.5 Baths | 3,157 FT



SOLD

\$2,300,000 - 8108 E Appaloosa Trail
4 BEDS | 3 BATHS | 3,430 SQ FT



SOLD

\$1,055,000 - 5409 N 25th Street
3 BEDS | 3 BATHS | 1,910 SQ FT



SOLD

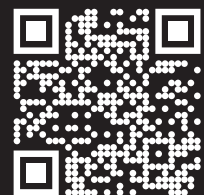
\$690,000 - 3021 N 47th Street
3 BEDS | 2 BATHS | 1,745 SQ FT

HAPPY NEW YEAR!

Ask us why it's
a perfect time to sell.

Exceeding Your Expectations.

SCAN HERE for a free
home evaluation!





PHOTOS COURTESY OF KAT HUGHES

Echo Canyon serves over 350 students.



The Arizona Department of Education visited to present the National ESEA Distinguished School Award. Echo Canyon is one of two Arizona schools named for 2023.



Students participate in a multitude of extracurricular activities, including the Chef in the Garden program.

Echo Canyon earns national honor

By Jennifer Marshall

In the fall of 2023, Echo Canyon School was invited by the Arizona Department of Education to apply for the National ESEA (Elementary and Secondary Education Act) Distinguished School Award. The honor is bestowed upon schools that have succeeded in the Arizona Academic Standards Assessment (AASA) for the past two years.

This year, 150 nationwide Title I schools applied – and Arcadia's Echo Canyon School was won of two selected for 2023.

"We are very proud of the hard work and dedication of our students, staff and families to make gains in student achievement and were excited to file the initial application," Principal Kat Hughes said.

Hughes describes Echo Canyon as a community of lifelong learners. The school is open for preschool through eighth-grade students and prides itself on the social, emotional and academic aspects of each of them.

However, learning and enrichment go way

beyond the traditional classroom, as students participate in extracurricular activities and sports. Echo Canyon is known for its unique, hands-on learning programs like Chef in the Garden.

To even enter, much less qualify, schools had to be invited by the Arizona Department of Education, and these invitations were based on a school's AASA for the two prior years.

"Our students have demonstrated exceptional performance and academic

growth on the assessments," Hughes said. "We completed the initial application by answering seven questions discussing what has contributed to our success, how we have engaged families and our community."

The department reviewed the applications and conducted site visits to 14 Arizona schools. During the visit to Echo Canyon, students, teachers, staff and parents were eager to show off their school – especially the gardens.

The Department of Education oversees all of Arizona's Title I schools. Title I is a federally funded program of the Elementary and Secondary Education Act that "provides resources to ensure that all students, especially those considered most academically at-risk, can close achievement gaps and succeed in school."

"As one of Scottsdale Unified School District's schools of choice with no geographic boundary, Echo Canyon draws students from a wide swath of economically diverse families," SUSD Director of Communications Kristine Harrington said.

The winner was announced after all school site visits had been completed. Echo Canyon is one of two Arizona schools named National ESEA Distinguished School for 2023 and the only one in the state to be recognized for academic growth and achievement.

"It truly is an honor to win this award and represent Arizona," said Hughes. "We know we have an amazing school in Arcadia where our students have unique learning opportunities not offered anywhere else. We are thrilled to be recognized for our efforts on a national stage."

In February, Echo Canyon will be recognized at the National ESEA Convention in Portland, Oregon, and in March, Echo Canyon will hold a school-wide celebration.

eseanetwork.org

THE XAVIER EFFECT

Where Young Women
Finish Strong



At Xavier College Preparatory

Young Women **Finish Strong**. They learn there are no limits to their possibilities in life. In a girls' school, their voices are always heard.

Xavier College Preparatory

is a Catholic community that strives to prepare young women of faith with knowledge, skills, and integrity to meet the challenges of a changing global society in a positive and productive manner celebrating unity.



Go to **XCP.org**
for more information
All are welcome!



BRUNCH

All Day, Every Day

Now serving our brunch
from 7am-3pm every day.

Brunch entrees include a
MONSTER Mimosa or **12oz AZ Beer**.

EVENTS

All Night, All Yours

Reserve our entire venue for
your exclusive patio event –
available for bookings every
night of the week!



Little O's

49th & Indian School Rd.

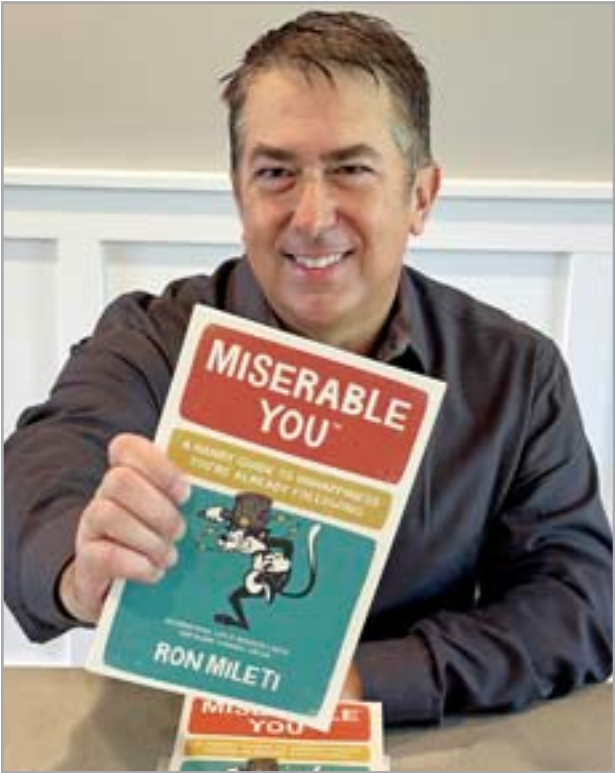
How to be more miserable

A unique take on self-improvement

By Mark Hays

Twenty years ago, Arcadian Ron Mileti became an entrepreneur, launching a digital marketing agency called Vilocity. The company grew in success, working with companies like the Academy of Television Arts & Sciences (the Emmy Awards people), Emergen-C Vitamin Drink Mix, American Greetings, Disney, and more. While his company was growing, however, Mileti realized he was destined for something more. More came in the form of writing self-help books... and his latest work flips the genre on its head. Mileti read his first self-help book – *Think and Grow Rich* by Napoleon Hill – when he was 12. Since then,

he’s continued reading and listening to the works of motivational speakers like Wayne Dyer and Norman Vincent Peale and participated in seminars by Landmark Worldwide, a personal and professional growth, training and development company. “This led to my work with Bob Proctor, a speaker, author, and most famously involved in the book and movie *The Secret*,” Mileti said. “It also led to my work with Kyle Cease, a comedian on Comedy Central who left entertainment to become a motivational speaker.” Mileti trained as a results coach, graduating from Robbins-Madanes Training and studying the discipline for “hundreds of hours.” He sold Vilocity a few years ago but continues to lead the company, writing and coaching individuals and teams. His latest book, *Miserable You*, is a satire novel that debuted in November 2023, reaching #1 New Release in Parody Books on Amazon in just two days. “The idea of coaching people on how to be unhappier seemed as opposite as it could be. But *Miserable You* has a stealthy goal of actually helping people be happier and live a life they love,” Mileti said. *Miserable You* is a parody of a self-help book. Within are 17 chapters, inspirational quotes and quirky illustrations that teach readers how to make themselves even more miserable – or, Mileti hopes – the book could have the opposite effect. “If they prefer, readers can use the book to realize how they’ve already been making themselves unhappy and learn how to stop doing that,” Mileti said. He explained that the book may be geared toward people who don’t like motivational and self-help books. Wherever



Self-help aficionado Ron Mileti’s latest book gives readers a comedic take on the genre. (left) An excerpt from chapter one.

IT TAKES MORE MUSCLES
TO FROWN THAN SMILE.
IT TAKES EVEN MORE
MUSCLES TO WALK AWAY
FROM YOUR SMARMY A#&.

SMILE
12 MUSCLES USED

FROWN
17 MUSCLES USED

readers are in life, whatever they’re feeling, the book suggests they consider they’re not miserable enough! “By the end of *Miserable You*, readers will see how they’ve been bonking themselves on the head with a proverbial sledgehammer and understand how to let go,” Mileti said. His ultimate goal is simple: helping people live lives they love – something he plans on doing for years to come. *Miserable You* is available on Amazon. miserableyou.com

HIGH PLACE

MORTGAGE

From first time homebuyers to seasoned real estate investors,
High Place Mortgage has to the tools and expertise to assist with your financing goals in 2024

● Conventional Loans	● FHA Loans	● VA Loans
● Bridge Loans	● Construction Loans	● Investor Loans
● Portfolio Loans	● Private Money Loans	● HELOC's
● Bank Statement Loans	● Commercial Loans	● Jumbo Loans

highplacemortgage.com | 602.463.3780 | 2930 E Camelback Rd, Suite 175 Phoenix, AZ 85016

Always Here for YOU in 2024 and Beyond

NMLS #2408347 | BK #1041294

REALTORS

Your neighbors. Your friends. Your experts.



NEW CONSTRUCTION

5109 E. Rovey Ave.
\$12,250,000



New Construction
4220 N. 57th Pl.
\$6,975,000



Sold
5134 E. Palomino Dr.
\$4,500,000



Price Improvement
3830 E. Devonshire Ave.
\$1,550,000



New Construction
3815 E. Elm St.
\$3,995,000



New to Market
4010 E. Campus Dr.
\$995,000



New Construction
4218 N. 45th Pl.
\$2,500,000



New Construction
4528 E. Montecito Ave.
\$2,395,000



New Construction
4323 E. Whitton Ave.
\$1,995,000



New to Market
4145 E. Campbell Ave.
\$1,495,000



4006 E. Campus Dr.
\$1,065,000

Contact us for more information regarding our exclusive off-market inventory!

602-456-0065



Scan for
Morrison Team
Listings

Morrison
TEAM.COM

RETSY

Forbes
GLOBAL PROPERTY



Chris Morrison



Chrissy Heller



Brian Frey



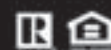
Stephanie Tarr



Shawna Bonnett



Kathy Miller



WHY ADVERTISE IN *ARCADIA NEWS*



DIRECT MAIL

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



AFFLUENT READERSHIP

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



READERS READY TO BUY

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

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

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



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

*Source: 2021-2023 CVC
Publication Report Audit

The Circulation Verification Council (CVC) surveyed Arcadia News readers in the primary market areas indicated in the publication's audit report. The CVC reviewed the printing, distribution, circulation, technology and general business records of this publication. Contact the Arcadia News for a copy of this report.

Foundation encourages a love of reading

By Mark Hays

As a lead math instructor at Mathnasium – a global tutoring center – senior student Bryson Carlson saw firsthand how educational resources help build confidence and academic proficiency. When he learned that Arizona lacked educational resources, especially for low-income and underrepresented groups, he decided to do something about it.

Carlson launched the Children’s Literacy Foundation, a nonprofit that distributes book-sharing boxes to local schools and foster care centers in low-income areas.

“It started as just putting up a book-sharing box in our community, but eventually, it turned into a series of programs and drives as we continued to grow,” Carlson said.

The group purchases bread boxes from Amazon, then designs and hand-paints them.

“From there, we donate them to a learning center or foster care center we have already been in contact with,” Carlson explained. “The kids can pick any books they please and read them at their own pace. Additionally, if the kids have books they want to donate, they are welcome to add them to the boxes. It is an honor code

system: you take what you want and give back when you can.”



Children’s Literacy Foundation installed its first box at the Scottsdale Early

Learning Center. Boxes at Explorers in Learning LLC, Aldea Montessori, and Arizonans for Children in Mesa soon followed. Next, the group began donating books and bookmarks to an existing box at Arizonans for Children in Phoenix. The sixth box was installed at Arcadia Montessori.

“The Literacy Foundation has been so kind in providing us a library. Our students adore books and part of the highlight of their day comes when they can trade a book for another or take one for the road,” Montessori owner Ivan Pemberton said. “Our families donate loads of books their children are done looking through. Our school truly loves this library and the access to additional books.”

Children’s Literacy Foundation has collected over 500 books through donation campaigns and recently ran a drive for Spanish-language materials. They also have a program called “Make Your Mark,” for volunteers to donate bookmarks. So far, they’ve collected more than 400.

“We plan on continuing to put up boxes and expand into more locations, such as churches, in the future,” Carlson said. “We also want to get into fundraising soon.”

Carlson will graduate high school next year, so he and his team plan to hold interviews for new members in the spring, allowing the effort to continue throughout the Valley.

“I would like to expand the nonprofit to wherever I am located for college to continue advocating the impact of books for kids,” Carlson said.

Learn more on Instagram
@childrensliteracyfoundation

From the Archives



Vol. 18 No. 10

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

January 2011

ARCADIANEWS.COM

LET’S TRY NEW THINGS IN 2011!



Jacob Staudenmaier, Jack Beckin, Max McCauley, Dallas Greene, Mitchell Arndt, Ethan Flatley and Jon Make had a tasty time at the fishing hole. Didn’t eat ’em, just donated them to science. Read McCauley’s story on page 41.

These seven Hopi Elementary alums are now grownups. Here’s what they’re up to these days:

JACOB graduated from Loyola Marymount and is currently living in Hollywood, working in the film industry on movie sets, commercials, music videos and more.

JON attended Point Loma Nazarene University in San Diego. He graduated in May 2022 with a Data Science degree and is currently working at Jewish Family Services in San Diego.

JACK graduated from Baylor in 2022 and currently lives in Phoenix, working as a project manager for a custom home builder.

DALLAS is currently working at Comcast as a Software Engineer in Philadelphia.

MAX graduated from the U.S. Military Academy and was promoted to 1st Lieutenant – he is now stationed at Fort Cavazos, Texas.

MITCH graduated from Purdue in December 2022 with a master’s degree in Electrical Engineering and Computer Science. He works for Apple in California.

ETHAN graduated from Loyola Marymount with a bachelor’s degree in Economics and Biology. He lives in Phoenix and works as a financial analyst for Direct2Care.

Start your new year in the Blue Zone

Happy New Year, Arcadia! In this month’s article, I want to mention the Blue Zones, inspired by the current popularity of the Netflix series “Live to 100.” These five regions around the world are known for the longevity and vitality of their inhabitants, and the recipes below are right out of the Blue Zone cookbook. Those living in the zones eat primarily a plant-based diet, using meat as more of a condiment or celebratory addition.

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

Let’s eat more like they do in the Blue Zones and live to 100!

Introducing a special treat for our readers in the January 2024 issue:
As a plant-based wellness coach, I’m delighted to offer a complimentary month of exclusive membership. By joining, you’ll receive:

- Five printable, health-conscious recipes, perfect for building a collection.
- The opportunity to attend or watch the recording of a live cooking class virtually.
- Enjoy exclusive access to a recorded health video, offering immediate tips to help you look and feel your best.

Visit youcare.selfcare.com, click on the membership tab for more details, and use code **ARCADIA** for a free month.

Blue Zone minestrone soup SERVES: 8



Ingredients

- | | | |
|---------------------------|------------------------------------|---|
| • 2 tbsp. olive oil | cannellini, kidney beans (drained) | • 1 tbsp. oregano |
| • 1 onion, chopped | • 1 (15-ounce) can diced tomatoes | • 1 tsp. salt |
| • 8 cloves garlic, minced | • 3 small red potatoes, chopped | • 2 bay leaves |
| • 5 carrots, diced | • 5 cups vegetable broth | • ½ cup pearl barley (not the quick cooking type) |
| • 5 stalks celery, diced | | |
| • ½ can each: garbanzo, | | |

Directions

1. Add oil to a large pot and bring the heat to medium-high.
2. Add the onion, garlic, carrots, and celery. Cook for about 10 minutes, stirring frequently.
3. Add everything else. Bring to a boil, then lower to low for about 45 minutes or until the barley is done.
4. Top with fresh basil if desired.

Blue Zone succotash SERVES 6



Ingredients

- | | | |
|-----------------------------------|-----------------------------|--|
| • 2 cups chopped butternut squash | • 1 tbsp. olive oil | • 1 cup lima beans or edamame (frozen) |
| • Avocado oil spray | • ½ diced red onion | • 2 tbsp. chopped flat-leaf parsley |
| • 1 tsp. paprika | • 2 minced garlic cloves | • ½ cup chopped scallions or spring onions |
| • ½ tsp. salt | • 1 diced red pepper | |
| • ½ tsp. pepper | • ½ cup chopped green beans | |
| | • 1 cup corn (frozen) | |

Directions

1. Preheat oven to 375 F.
2. Lay the squash on a baking sheet, spray with cooking spray, and sprinkle with paprika, salt, and pepper. Bake for 30 minutes or until caramelized.
3. Add the oil to a pan and bring the heat to medium-high. Add the onion and garlic and cook for five minutes.
4. Add the red pepper and green beans and cook for five more minutes.
5. Add the corn and edamame (or lima beans), lower to low heat, and cover until squash is done.

Blue Zone ceviche SERVES 6



Ingredients

- | | | |
|---|--------------------------|------------------------------|
| • 1 can hearts of palm, drained and diced | • ¼ red onion, diced | • ½ tsp. pepper |
| • 1 cup grape tomatoes, quartered | • ½ cup chopped cilantro | • ¼ tsp. garlic granules |
| • ½ English cucumber, diced | • 1 large avocado, diced | • Optional: 1 diced jalapeno |
| | • Juice of 2 limes | |
| | • ½-1 tsp. pink salt | |

Directions

Combine everything in a large bowl and serve with tortilla chips, or layer it on tostada shells.



NEW PRICE

TROON DESERT MODERN-CHARLIE LAZOR ARCHITECTURAL DESIGNER

Architecture Lovers Rejoice! This Desert Modern home nestles in the boulders & saguaros of Troon Ridge. Gated 2-acre desert property boasts sweeping views & glorious sunsets. This unique home is a work of art; details are astounding! Private patios, roof walk deck to 3 casitas. Wow!

Offered at \$2,295,000



PARADISE VALLEY LARGE LOT - CAMELBACK VIEWS!

Classic Tradition meets Charm in this 1950 Ranch tucked in almost 2 acres of Paradise Valley's prime location boasting views of Camelback Mountain and Praying Monk. Desirable cul-de-sac lot offers privacy, possibilities to add a guest casita. Updated interior make for comfort elegance.

Offered at \$4,495,000



CAREFREE MID-CENTURY - BLAINE DRAKE ARCHITECT

For the MCM lover: A once in a lifetime opportunity! This rare one-owner property was designed by acclaimed Mid-century Architect and Frank Lloyd Wright fellow, Blaine Drake in 1965. You'll find all the original millwork and details which include Terrazzo Floors and updated appliances. Incredible 1.6 acre view lot. Sale subject to court approval. **Offered at \$1,695,000**



SALE PENDING

1959 ARCADIA MID-CENTURY MODERN

This fully Restored Mid Century Modern home was magically transformed. Purchased from original Architect/owner, it incorporates the convenience of today while retaining the 50's details that makes this one special. A jewel-box; enjoy natural light, large yard and pool. Stunningly Updated!

Offered at \$2,395,000



NEW PRICE

SWEDISH MODERN - BILTMORE TERRACE

This is a once in a lifetime opportunity! Rare one-owner property meticulously maintained and wonderfully upgraded. PENTHOUSE location offers privacy and views of lake and golf course. Fabulous floorplan offers a split primary suite; great-room, dining and cook's kitchen make it ideal!

Offered at \$499,000



BON VIE MODERN - YOUR PLACE IN THE SUN!

This stunning 2BR Bon Vie condo is a rare find in the heart of Scottsdale. Professionally remodeled by Kaitlin Wolfe/Iconic Design, it's available for sale or as a MTM rental. You will be awed by its calm atmosphere and mid-century vibe. Enjoy Walking distance to all Downtown Scottsdale offers! Call for Lease availability at \$6,750/mo. **Offered at \$449,000**



TRACEY ZEMER
602.478.0607



SCOTT JARSON
480.254.7510

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

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



An Arizona town full of adventure – and even a few ghosts

Authentic, colorful – and possibly haunted – Jerome is a hillside destination known for its wines, fine arts and spectral spirits. Founded in 1876, Jerome was once the fourth-largest city in the Arizona territory. It started as

a mining camp and grew from a settlement of tents to a thriving community of commerce.

In its heyday, the town earned the nickname “The Wickedest Town in the West,” attracting miners, merchants, and madams to its hillside haven. Jerome sits near the top of Cleopatra Hill, overlooking the Verde Valley. The town itself is a National Historic Landmark. Below



Robin's Adventures

BY ROBIN SEWELL

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

the town is what was once the largest copper mine in Arizona, producing a staggering three million pounds of copper a month. That wealth belonged to James S. Douglas, owner of the Little Daisy Mine.



The Clinkscale Hotel and Bar was built in 1899. It was revamped and modernized but still has nods to its history throughout the building.

The first prominent building visitors see as they drive up the steep, windy road to Jerome is the Douglas mansion, a testament to the copper empire. At one point, 10 to 15,000 people were living on the side of this mountain. Then the mine shut down, and Jerome was on the brink of becoming a ghost town. However, a new generation saved the town, and it reemerged as an artist's community. One of Jerome's most notable shops is Nellie Bly, where visitors can find the world's largest collection of kaleidoscopes.

The owner discovered her first kaleidoscope at the Museum of Modern Art in New York. The shop features unique designs by hundreds of wood, metal and glass artisans. Shoppers can come in and handle everything, whether it's a \$20 scope or a \$20,000 scope. Guests can even have their photo taken through a kaleidoscope and go home with a souvenir. Another stop is the Clinkscale, a historic building reimagined as a boutique hotel, bar and grill. It was built in 1899, and although it has been revamped and

modernized, owner Eric Jurisin ensured it kept yesteryear's charm by embracing the building's original character. The Clinkscale's cocktail menu reflects the theme of updating an old building. They serve the classics like Harvey Wallbangers and Manhattans. There are even a few interesting twists, like the Arizona Mojito with prickly pear syrup and the Mingus Fog – Irish coffee made with house-infused cinnamon whiskey and Baileys. Jerome has plenty of quaint places for breakfast, lunch and dinner and unique places to stay. Given Jerome has a reputation for being haunted, guests might want to take a one- or two-hour ghost town tour. The guide offers several options, including a history excursion and a mining shuttle tour. With a ghost detector in hand, visitors will see some of the town's most haunted locations and historic landmarks. Another fun way to spend the afternoon is to meander along the winding streets lined with art galleries and boutiques packed with artisanal treasures and handmade goods. Whether through history or music, optics or artistry – or a few glasses of wine in the tasting room – Jerome gives folks a magical view.

LOCAL, MEET LUXURY.

6302 E QUARTZ MOUNTAIN RD | PARADISE VALLEY
\$2,900,000 | 3 BEDS | 3.5 BATHS | 2,836 SQ. FT.
MARINA CAPPETTA | 201-554-6019

6015 E QUARTZ MOUNTAIN RD | PARADISE VALLEY
\$3,550,000 | 4 BEDS | 3.5 BATHS | 4,708 SQ. FT.
KATRINA BARRETT | 520-403-5270

7181 E CAMELBACK RD, 703 | SCOTTSDALE
\$3,750,000 | 2 BEDS | 2.5 BATHS | 2,922 SQ. FT.
KATRINA BARRETT | 520-403-5270

5112 N 35TH ST | PHOENIX
\$2,400,000 | 5 BEDS | 3.5 BATHS | 4,093 SQ. FT.
KATRINA BARRETT | 520-403-5270

5136 N 10TH WAY | PHOENIX
\$1,795,000 | 4 BEDS | 3.5 BATHS | 3,525 SQ. FT.
KATRINA BARRETT | 520-403-5270

WALT DANLEY

LOCAL LUXURY

CHRISTIE'S INTERNATIONAL REAL ESTATE

Scan for all our exclusive properties.

One Nutrition

THE ULTIMATE FUEL TO CRUSH THE NEW YEAR!



**BUY ONE
GET ONE!**

MEAL REPLACEMENT SMOOTHIE

**COME CHECK OUT SOME OF OUR
INSANE NEW YEARS SPECIALS
ON VITAMINS AND SUPPLEMENTS!**

COUPONS ONLY VALID AT THIS LOCATION

ARCADIA

4115 N. 44th St. Phoenix, AZ 85018

602-956-0009

From nuclear engineer to naturopathic physician

By Rachael Bouley

It's been a big year for Enovative Wellness Center, with founder Dr. Greg Jones and his team celebrating the first anniversary of their new offices in Arizona Biltmore.

Jones, a retired Naval nuclear engineer officer with 20 years under his belt, reflected on his journey into naturopathic and functional medicine, which was inspired by his mother's health history and a desire to help others.

As a young boy from Chicago who moved around a lot, who was often without a solid home space, Jones learned to adapt quickly and embrace diverse cultures and communities.

"My childhood was challenging due to my mother's mental health issues, but it was not without nurturing or love," Jones said. "I have nothing but positive things to say about the specialists that took care of her, but she was never educated nor offered any supporting treatments to improve her quality of life, energy and vitality."

While dealing with his mother's health challenges, Jones gravitated toward science and enjoyed tinkering with electronics, an interest he put to use when he joined the Navy after high school.

"My path to the Navy was of necessity. Not my proudest time in life, but I became a rather listless student toward the end of high school, did not apply myself academically and



Dr. Greg Jones with his mother, who encouraged her son to take the more challenging path in life. This led him to a 20-year career in the Navy as a nuclear engineer, to graduating with honors as a Doctor of Naturopathic Medicine.

did not put myself in a position for college," Jones recalled.

He was required to take the military entrance exam and, after receiving an extremely high score, started receiving calls from recruiters. At his mom's urging, he chose to take the Nuclear Field Qualification exam and soon joined the Navy's Nuclear Power program.

"When I say this was the light switch that changed my life, I do not exaggerate," Jones said. "The challenge of joining one of – if not the most – academically challenging military professions lit my fire and gave me the confidence, discipline, and work ethic



that still impacts how I work and approach difficulty to this day."

After retiring from the Navy, Jones worked in quality engineering at Honeywell Aerospace as well as in comedy productions, two things he enjoyed but knew weren't his true calling. Still, they taught him perseverance and patience as he transitioned from active duty and set his sights on his next goal.

Remembering how his mom was never offered alternatives or complementary therapies, Jones was inspired to open his own business: a holistic wellness center where custom treatment plans are celebrated, and healthy living is supported at every step.

"I do not have negative feelings toward traditional medicine, but I wholeheartedly believe the future of medicine is integrative and preventative," Jones said.

He and his team set their foundation on finding the root cause of symptoms and using the most effective therapies that combine naturopathic, traditional, and innovative therapies as needed to help get patients as healthy as they can be.

Jones studied at the Sonoran University of Health Sciences and said that launching Enovative Wellness has been an amazing and rewarding journey.

"Our approach is simultaneously educational, patient-centered, forward-thinking, and based on science old and new," Jones said. "I am extremely proud of my staff as they have been integral in growing the practice by over 450 patients since we opened 13 months ago. We are learning every day, and the journey is just beginning."

With year one in the books, Jones says they want to continue growing their patient base and offerings to optimize patient health while supporting future health professionals.

"I want to mentor and train more new doctors and get more involved in inspiring young men and women of color and underserved communities to pursue careers in the medical field," Jones said.

enovativewellness.com

Preschool celebrates anniversary, plans move into the heart of Arcadia

By Shi Bradley

Early Educational Cooperative Preschool (EECP) celebrated their 62nd anniversary this year with a big gift: a new location. The operation expects to relocate to 56th Street and Lafayette Blvd., where they will rent space from Shepherd of the Hills, UCC.

The preschool was founded in 1961 by members of the Unitarian Universalist Congregation. The church operated the institution until 2015 when it became an independent nonprofit.

EECP values a play-based education while incorporating principles like Creative Curriculum and Reggio Emilia to its two-to-five-year-old students.

Each program is named after a bird: The Desert Dove Toddler Program is for two-year-olds, the Hummingbird Preschool Program is for three-year-olds, and the Owl Pre-Kindergarten Program is for four- and five-year-olds.

"EECP is an intimate, family-oriented, nurturing environment," Director of Administration Nancy Wilson said. "Our teachers are focused on guiding children through negotiating conflict, making friends and learning how to solve problems."

A typical school day consists of indoor and outdoor time. Students are given choices



about what activities they want to do and when. EECP educators – there are eight, with 50 years of collective experience between them – are uniquely qualified in that they have degrees and extensive experience in teaching young children.

"Our educators undergo training and professional development each year in the types of curriculum and programming we utilize," Wilson said. "Teachers also host a monthly parent meeting on topics specifically targeted to the age and stage of the children in their class."

Parent involvement is strongly

encouraged, with moms and dads agreeing to volunteer, participate in community work days and building events (like Fall Fest and the annual auction), and serve on the parent committee.

In May 2024, EECP will relocate to 56th Street and Lafayette from its original location in Paradise Valley. Wilson and Education Director Sarah Root said the decision was made as a way to expand the school's offerings.

"Our programming has always been limited due to our physical location," Root said. "Our new setting will have five classrooms and a larger outdoor space. We're looking forward to all the opportunities this change will bring."

Wilson and Root hope to keep getting families involved with EECP and to grow the student community. The school offers scholarships and collaborates with local charities.

"We want to grow our space to meet the needs of more children and families while also keeping the close-knit and warm, welcoming feeling that has defined our school for so many years," Wilson said.

cooppreschool.org

**INSURANCE DESIGNED
WITH YOU AND YOUR
DREAMS IN MIND.**

**CALL (480) 990-8855
FOR A NO-OBLIGATION
FREE QUOTE.**

J M Chapman Agency Inc
Jay Chapman, Agent
Bus: (480) 945-7122
7055 E Thomas Rd
Scottsdale, AZ 85251
jchapman@amfam.com



**AMERICAN FAMILY
INSURANCE**

American Family Mutual Insurance Company,
S.I. & its Operating Companies,
6000 American Parkway, Madison, WI 53783
©2015 006441 - Rev. 2/20 - 12923221

ENGEL & VÖLKERS®



You have what others dream of,
we know how to sell it best.



6521 E Via Los Caballos
Paradise Valley, AZ



\$5,950,000 • 4 BD • 6 BA • 7,326 SF
Jim Bruske / Gretchen Baumgardner / Kris Schatzberg
+1602-768-3772 / +1602-909-7056 / +1602-284-8485



5460 E Desert Jewel Dr
Paradise Valley, AZ



\$4,299,000 • 4 BD • 5 BA • 4,845 SF
Jim Bruske / Gretchen Baumgardner / Kris Schatzberg
+1602-768-3772 / +1602-909-7056 / +1602-284-8485



30 Spur Circle
Scottsdale, AZ



\$1,449,900 • 4 BD • 3 BA • 2,219 SF
John Selman
+1 480-220-0875

SCOTTSDALE WATERFRONT

7025 E Via Soleri Dr. #125
Scottsdale | AZ 85251
+1602 610-3713

SCOTTSDALE

20707 N Pima Rd. #135
Scottsdale | AZ 85255
+1480 515-5900

Visit us online at scottsdale.evrealestate.com



/evscottsdale





PHOTOS COURTESY OF ELLEN YOUNG

Arcadia High and Tavan cheerleaders energized the crowd and the fifth-grade teams.



Ballard's Brood and the Figueroa Fighters at the 31st annual Tavan Turkey Bowl.

Hut, hut, hike: Tavan kicks off 31st annual Turkey Bowl

By Tiffany Gonzalez

The Tuesday before Thanksgiving is a special day for the fifth-graders of Tavan Elementary, as the school holds its annual Turkey Bowl, a day of flag football and fun. The event began as a suggestion from a former P.E. teacher three decades ago. Now, that tradition lives on, thanks to current P.E. teacher Ellen Young.

"The Turkey Bowl is a great way to get our students outside and doing something different," Young said. "It's also enjoyable because we get community partners to help coach and assist with the event."

The Turkey Bowl is a friendly game of flag football held between two teams of fifth graders. The game lasts for four quarters –

eight minutes per quarter – and there's even a halftime performance.

This year's football game included a couple of surprises. Katrina and David Alfaro of Arcadia Sports Central crafted a tunnel for the teams to run through, making the game even more professional and exhilarating.

"Playing on the Arcadia High School field was really fun. The announcer saying our names was cool. Having our school watch us was also fun," fifth-grader Abby Fays said.

Former Tavan students Caleb Young and Ryan Jimenez – who are now football players at AHS – refereed the game while John Thomas and John Albright announced the plays. The appearance of Mr. Thomas

was especially heartwarming, as he is a former Tavan student.

The halftime show included Arcadia High cheerleaders joining the Tavan cheer team. After the performance, Thomas put on music for the students, and a dance party by all capped off the event.

"The Turkey Bowl was such a fun experience. All the cheer stunts we learned were fun. The halftime performance was the best part of it! The Arcadia cheerleaders and Lahela (AHS senior) were really nice," fifth-grader Leranse Enaro said.

Perhaps the biggest surprise was an appearance by former Buffalo Bills NFL linebacker Lorenzo Alexander, who helped coach alongside David Alfaro.

"The coaches were really nice. Playing

on the Arcadia field was amazing. I loved how the crowd was going crazy!" fifth-grader Julian Trevizo said.

This year, to supercharge school spirit, the green team became Ballard's Brood, and the blue team became the Figueroa Fighters – named after Tavan's principal and assistant principal.

The 31st annual event was a success for students and even brought about a new interest within.

"It is co-ed, so we get boys and girls out there. I've had several girls tell me that they now want to play flag football. I am so excited because girls' sports across the country are dwindling, so getting them out there is exciting," Young said. "This year's Turkey Bowl was one for the books!"



PLAY LOCAL. PLAY BALL.

REGISTRATION NOW OPEN • BASEBALL SOFTBALL TEE-BALL • Boys & Girls Ages 4-12

VISIT OUR WEBSITE AND REGISTER TODAY

www.arcadialittleleague.com

Registration closes on Feb 3.

SCHOOLS WITHIN OUR BOUNDARY INCLUDE

Archway Veritas, Biltmore Preparatory Academy, Desert View Learning Center, Echo Canyon, Hopi, Ingleside, Phoenix Country Day, Tavan

Placement evaluations are mandatory for upper Baseball and Softball divisions.

Practice will begin in February. Season runs from early March until May.

Register at www.ArcadiaLittleLeague.com

*Wishing you a
Happy Holiday Season!*



**Buy local and
SAVE up to
\$1,500!**
Call us for details.

MILGARD.
WINDOWS and DOORS

Design that *Moves*

Open up to an entirely new way to look at luxury. Milgard Moving Glass Wall Systems are an innovative solution that blurs the line between inside and out of the question. Aspirational yet realistic, this sliding wall seamlessly transitions between dreams and reality.

Create a vibrant mural of the outdoors on your wall.

Large sliding glass panels offer sweeping outdoor views, flooding the room with natural light and fresh air.

We offer many finance options. Please ask your sales rep for details.



602.508.0800 • liwindow.com

Available from **Lasting Impressions**. Stop by our design showroom.

4454 E. Thomas Road, Phoenix, AZ 85018

Showroom Hours: Mon - Thu 8:30-5:00 | Fri 8:30-4:00

Saturday 9:00-2:00 | Evenings by appointment: 602.508.0800 | liwindow.com



DID YOU KNOW? STEVEN SPIELBERG

TRADEMARK THAT!



Spielberg has many trademark moves in his films – one of which is the frequent use of a piano as an element in key scenes, such as Schindler’s List, Saving Private Ryan and Minority Report.

Another trademark: The protagonists in his films often come from families with divorced parents, with fathers portrayed as reluctant, absent or irresponsible, most notably in E.T.: The Extra-Terrestrial and Catch Me If You Can. This reflects Spielberg’s own experience as a youth with divorced parents.

HOW MUCH?
27.4 B

As a director and executive producer, Spielberg’s films have amassed more than \$27.4 billion at the worldwide box office.



HOW MANY?
211

He may have three Academy Awards, but Spielberg’s list of accolades is far bigger.

Globally, the writer/producer/director has 211 awards under his belt and more than 325 nominations for his work – so far!



NAME DROP
Joan Crawford

The first major star Spielberg worked with was Joan Crawford, who appeared in the segment of the pilot episode for Rod Serling’s Night Gallery. Crawford was skeptical about working with the then-inexperienced director, but her fears were soon allayed when she met with him and watched him at work. The pair developed a strong working relationship and became close friends until her death in 1977.



Happy New Year!!!
from your friends at Pete's

Burgers, Dogs, Burritos!
Scrumptious Fish & Chips!

Best Chicken Nuggets & Tenders!
Fresh Breaded Onion Rings!

Drive Thru/Take-Out is Our Specialty!
Best Shrimp & Chips in the Valley!

20% off any order over \$14.00!
Offer expires 1/31/24.

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

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

Need a menu? Visit our web site:
WWW.PETESFISHANDCHIPS.COM

Pete's
FISH & CHIPS
INC.

Family Owned & Operated Since 1947

VOTED BEST SEAFOOD IN THE EAST VALLEY TRIBUNE 2021, 2022, 2023
VOTED BEST LOCAL BURGER IN THE EAST VALLEY TRIBUNE 2020, 2022
VOTED BEST SEAFOOD IN THE WEST VALLEY VIEW 2021
VOTED BEST SEAFOOD IN THE GLENDALE STAR 2020, 2023

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

Serving the Arcadia area since 1958

INGLESIDE ANIMAL HOSPITAL

DOGS | CATS | BIRDS | EXOTICS |

ACCEPTING NEW CLIENTS
OPEN 7 DAYS A WEEK

BRIAN A. SERBIN, DVM • FELICITY GESINA, DVM • MOLLY R. KLEIN, DVM
HEBAH MOHAMED, DVM • EMMA SMITH, DVM

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

4855 E Thomas Rd, Phoenix AZ 85018 | ingleside.com

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

DID YOU KNOW? STEVEN SPIELBERG

STEVEN SPIELBERG FACTS

Steven Spielberg was born in Cincinnati, Ohio, on December 18, 1946.

He attended Arcadia High School from 1961 to 1964 before moving to Los Angeles.

He directed his first film, "Firelight," at the age of 16.

Spielberg dropped out of California State University to pursue a filmmaking career.

He has won two Academy Awards for Best Director.

In 2015, He was awarded the Presidential Medal of Freedom.

Spielberg has directed 24 movies adapted from novels, including *Jurassic Park*, *Schindler's List*, *Hook* and *West Side Story* (the 2021 version).

Spielberg has directed over 50 feature films.

He's also done a bit of acting, with cameos in over 16 films.

He also appeared in Michael Jackson's music video for *Liberian Girl*.

Spielberg is the godfather of Drew Barrymore and Gwyneth Paltrow.

He attended California State University-Long Beach after being turned down by USC School of Cinematic Arts *twice*.

He almost directed *Big* with Tom Hanks but didn't want to steal the thunder from his sister, Anne, who co-wrote the script.

The pirate ship in *The Goonies* (which Spielberg co-wrote) was entirely real. The film was based on Spielberg's childhood friends, whom he called the "goon squad."

He turned down the opportunity to direct *Deep Impact* and *The Mask of Zorro* to work on *Saving Private Ryan*.

WORD SEARCH

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

SPIELBERG
JAWS
FIRELIGHT
SHARK
HOOK

GOONIES
CALIFORNIA
ACADEMY
CRAWFORD
JURASSIC

SCHINDLER
FILM
DIRECTOR
PRODUCER
TRADEMARK

SAY WHAT?

THAT SHARK HAS PROBLEMS



Spielberg was hired by Universal to helm *Jaws*, the project that drove the then 27-year-old into the spotlight. The movie had plenty of issues during filming. Here are a few:

- The film was shot at sea, which caused massive problems due to the unpredictability of the weather and other elements. If a ship appeared on the horizon, it ruined the shot, and they had to wait hours until it was out of frame.
- Spielberg and writer Carl Gottlieb constantly rewrote the script throughout filming.
- The Orca – Quint's boat – sank at one point during production and had to be replaced.
- The shark was a mechanical puppet created for the movie. It hadn't been tested properly in salt water, and when they tried to use it out at sea, it sank multiple times.

Happy New Year

from the
Manuel's family
and all the
employees

www.manuelsaz.com

2820 E. Indian School Rd. Phoenix • 602.957.7540
3131 E. Shea Blvd. Phoenix • 480.741.0947

NATIONAL CLASSIFIEDS • JANUARY 2024

HEALTH/FITNESS

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

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

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

HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091.

Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809.

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move.

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

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

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

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

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

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516.

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

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

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

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971.

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405.

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit insurebarkmeow.com/ads.

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707.

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

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234.

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. Limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/31/23 Call 1-844-501-3208.

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-888-2038. Be ready with your zip code to connect with the closest provider.

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



IT'S GLEANING TIME

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

By Mallory Gleich

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

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

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

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

CITRUS DROP-OFFS

SHEPHERD OF THE HILLS

5524 E. Lafayette Blvd., Phoenix

Partnering with St. Mary's, Shepherd of the Hills will host Citrus Saturday drop-offs each Saturday in February. Folks can bring their citrus on February 3, 10, 17 and 24

from 9 a.m. to 3 p.m.

firstfoodbank.org/citrus-gleaning-seasonal
sohucc.org

ST. MARY'S FOOD BANK ALLIANCE

2831 N. 31st Ave., Phoenix

People can drop off their citrus at St. Mary's Food Bank Alliance from 8 a.m.-3 p.m. from January 10 through April 30.

firstfoodbank.org

VIA LINDA SENIOR CENTER

10440 E. Via Linda, Scottsdale

Via Linda Senior Center will accept citrus donations throughout January and February. Folks can bring their donations to the office from 8 a.m. to 8 p.m. Monday to Thursday or from 8 a.m. to 5 p.m. on Friday.

scottsdaleranch.org

** This newspaper has tree and landscape advertisers to consider, starting on page 50. Arcadia News does not endorse or recommend one advertiser over another. Readers should do their research and due diligence when hiring anyone for work.*

BECOME AN INSIDER and get the latest news!

AN INSIDER

Free e-newsletter

SNAP HERE



or visit

arcadianews.com/newsletters

ARCADIA NEWS

ROOF RAT INFO

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



HEALTH & WELLNESS

A DIRECTORY OF LOCAL PROVIDERS



ACCEPTING NEW PATIENTS

Our practice offers outpatient mental health services and extended support in addictions and treatment resistant depression. At Cora Health Solutions, we believe psychiatry is the result of biological, social, and psychological factors and we offer treatment by integrating these factors. Services are provided to a vast population respecting cultural, spiritual, identity, and privacy. We recognize the importance of patient involvement in their treatment, and we respect the family along with other support systems as an important aspect of care. We accept insurance. corahealthsolutions.com.

4647 N 32ND ST #B-200 • 602.907.5300



SHANTI MASSAGE THERAPY

Holly Miller Clement, a Licensed Massage Therapist, is dedicated to providing treatments customized to you and your needs. Shanti offers a variety of massage modalities including Signature Massage, Hot Stone, Lymphatic, Aromatherapy and Sports. Cupping and Red Light Therapy services are also available to enhance your experience at Shanti. Get 15% off your first appointment with our New Client Special. Call, text or email today to book your appointment. 602.284.9262 or holly@shantimassagetherapy.com.

4131 N 24TH ST STE C221 • SHANTIMASSAGETHERAPY.COM



NOW ACCEPTING NEW PATIENTS

Arcadia Pediatric Dental is home to a fun & friendly environment designed for your child's comfort and personalized care. We made a substantial investment in our new practice which is designed to not only help kids relax but thoroughly enjoy going to the dentist. All care provided by board certified pediatric dentists using state-of-the-art equipment. Parents always welcome in treatment rooms! Call to schedule an appointment: 480.207.5070.

5717 E THOMAS RD STE 110 • ARCADIAPEDIATRICDENTAL.COM



TREAT YOUR WHOLE SELF

Transform your health with a comprehensive range of services. Our expert team (naturopathic physician, registered nurses, licensed aesthetician) offers affordable specialty lab testing for thyroid, female & male hormone optimization, along with consultations to address gut issues. Our highest-quality anti-aging treatments use cutting-edge technology and clinical-grade products. Experience a "one-stop shop" - all conveniently located next to Metier Pharmacy. Book a free 15-minute consult at 602.835.2675 or visit metierclinicalservices.com.

3511 E INDIAN SCHOOL RD • 602.835.2675



FAMILY PRACTICE SPECIALISTS

Timothy Gloyd, M.D., FP/OB, received his Masters in Public Health and Medical Doctorate from St. George's University. Dr. Gloyd comes to FPS after working for several years in a rural Texas community. At FPS, he sees patients for a variety of conditions and concerns, including diabetes, hypertension, and ongoing health maintenance. His top piece of medical advice involves staying active. For more information, visit fpsaz.com.

4600 E SHEA BLVD STE 100 • 602.955.8700



NOW OPEN IN ARCADIA

Husband and wife duo, Dr. Brent Herring and Kirsta Herring, have put together a real "mom and pop" practice where all families are welcome. The Herrings' mission statement is simple: provide the best dental care available. They take pride in being a family owned and operated business, and putting patients first. If you're needing a local dentist, Herring Family Dental is worth the look. Schedule your appointment online at herringfamilydental.com or call 602.955.1780 to speak with us directly. Our family is looking forward to caring for yours!

4203 E INDIAN SCHOOL RD #220 • HERRINGFAMILYDENTAL.COM



ALIGNED + ALIVE PODCAST

Chrissy May, a fitness and wellness professional is the host of Aligned + Alive Podcast, a place where you can find guidance to explore your life's meaning and purpose. Episodes feature various aspects of spirituality, health and wellness with special guests who are experts and leaders in their respective fields. Follow and listen to the Aligned + Alive Podcast, now available on all podcast platforms. For more information, visit ChrissyMay.com.

CHRISSYMAY.COM • @THECHRISSYMAY



ONE STOP NUTRITION ARCADIA

Discover our wide selection of vitamins, supplements, healthy snacks and made-to-order protein shakes and smoothies. We offer many options to support your health and wellness needs including: plant-based, vegan, gluten-free, soy-free and dairy-free products. For the fitness enthusiast who wants to take their fitness goals to the next level, check out our sports nutrition section or speak with our knowledgeable staff. Serving Arcadia and the surrounding area since 2014, we look forward to seeing you soon!

4115 N 44 ST • 602.956.0009

CLEANING SERVICES

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

HOUSECLEANING SERVICES

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

VALLEY HOUSE CLEANING

Houses, Airbnb and commercial.
More than 20 years of experience.
Very reasonable prices. References
available. Call Lorena 623-330-8589.

ELECTRICAL

WARNER ELECTRIC SERVICE

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

FOR SALE

TURN YOUR CLUTTER

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

GIVE A GREAT GIFT

this Season. Send 100%
guaranteed, delivered-to-the-door
Omaha Steaks! This package
comes with 8 FREE Pure Ground
Filet Mignon Burgers! Order The
Butcher's Deluxe Package! ONLY
\$99.99. Call 1-833-253-1910 and
mention code 74222SZB or visit
omahasteaks.com/Deluxe8539.

FURNITURE CLEAN/REPAIR

LEATHER FURNITURE CARE

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

FURNITURE CLEAN/REPAIR

DENTAL INSURANCE

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

PORTABLE OXYGEN

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

STROKE & CARDIOVASCULAR

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

HOME IMPROVEMENT

BCI - THE BATHROOM

of your dreams in as little as one
day. Limited Time Offer - \$1000
off or no payments and no interest
for 18 months for customers who
qualify. BCI Bath & Shower. Many
options available. Quality materials
& professional installation. Senior
& Military Discounts Available.
Call Today! 1-855-970-2349.

**YOUR AD
COULD BE HERE
CALL 602.840.6379**

DZ PAINT, INC.

Quality painters and affordable
prices. Int./Ext. painting, epoxy
floors and more. Angie's list "A"
rated. Licensed/Bonded/Insured.
ROC#240852. Free quote.
623-975-1871 and 480-326-0851.

HOME IMPROVEMENT

PLUMBSMART HEATING & A/C

FREE Service Calls plus FREE AC
Diagnostic w/Repair. Quality,
affordable HVAC service repairs and
installations. 3-Ton Trane XR14
SEER2 AC units fully installed only
\$7,499. Up to \$3,000 in rebates
and incentives on high-efficiency
AC Systems! Senior & Vet
Discounts. Over 2,000 five-star
reviews. Licensed, bonded &
insured. ROC289252.
Call 480-808-3470.

WE LOVE ARCADIA!

Extra Mile Painting Company
is offering 20% off all exterior
painting for the winter. We also
provide exquisite interior painting.
Our painting services company
is licensed, ROC# 299666, and
insured. We pride ourselves on
complete professionalism and
have received excellent reviews
including an A+ Angie's List
rating. Contact us to schedule a
free estimate. Call us today and
paint tomorrow! 602-521-2662.

YOU DREAM, WE BUILD!

Dwill-Mast Construction is a full
service company with 30 years of
experience. Commercial, residential
and remodeling. ROC# 335310,
bonded and insured. For a quote,
call us at 602-505-2559 or visit
dwill-mastconstruction.com.

LANDSCAPING/TREE CARE

AN ARCADIA AREA

specialist since 1984. Experts
in landscape maintenance
(residential and commercial).
Excellent customer service.
Free estimates. Call now!
Ersland Touch Landscape, LLC.
602-273-1633. erslandtouch.com.

GRANADOS LANDSCAPING

Lawns, sprinkler repair and install,
rocks, all types of trees, trimming
palms, removals, new sod, planting.
Bi-weekly, monthly, one time
service. Commercial – Residential.
Leo Granados. Se habla Español.
602-757-6915.

MISCELLANEOUS

WESLEY FINANCIAL GROUP, LLC

Timeshare Cancellation Experts
Over \$50,000,000 in timeshare
debt and fees cancelled in 2019.
Get a free informational package
and learn how to get rid of your
timeshare! Free consultations.
Over 450 positive reviews.
Call 877-729-7031.

PET SITTING

ARCADIA PET SITTING

Loving and responsible care for your
pets and home. Insured and Bonded.
References available. Call/Text
Wendi 602-574-4528 or Debbie
480-514-0951.
arcadiapetsitting.com.

REAL ESTATE

LOOKING TO BUY OR SELL

real estate in the White Mountains
of Arizona? Call me. I specialize in
properties in Pinetop, Lakeside and
Show Low. Elizabeth Keller.
928-242-6463 or 480-343-3000.
kellerrealestate@outlook.com.

VACATION RENTALS

PARK CITY MT RETREAT

Cool getaway in PC condo,
adjacent to ski area. 3BR/3BA,
sleeps 6 in beds plus pull out
couch. In the Aspens. Great hiking.
Full kitchen, washer/dryer, wifi.
Walking distance to restaurants,
down town scene. Very cozy. If
interested, text 602-384-5594 or
email katieraife@gmail.com.

WANTED

CAR COLLECTOR WANTS:

All American/European
Classic Cars:
Corvette 1952-1972
Chevy Impala 1959-1964
Mustang 1964-1973
Camaro 1967-1969
Chevelle 1964 -1972
Broncos/Blazers
I will gladly accept cars in
"AS IS" condition, Restored,
Barn Finds, Project.
Top \$\$\$ PAID!
Call John: 480-254-4507.

WANTED

CHURCH OFFICE**ADMINISTRATOR:**

First Christian Church in
Scottsdale is seeking an
experienced office administrator.
Candidate must be organized,
detail-oriented, flexible, able to
meet deadlines and adapt easily to
last minute changes. Experience
required using multiple software
applications. Excellent verbal and
written communication skills are
required. Part-time, 24-30 hours/
week. \$16.50/hr. Questions? Call
the church office: 480-948-5636.
Send resume and cover letter to:
office@fccscottsdale.org.

TWO MEN AND A TRUCK

Scottsdale is hiring! Fun work
environment, weekly paycheck,
paid time off and bonus potential.
Move your career forward by joining
our talented team today! Apply
now at twomenscottsdale.com or
480-991-1805!

ARCADIA'S PETS

– we'd love to meet yours! To
share your family friend with our
readers, send us a photo of your
pet and tell us: Your pet's name,
breed and age, along with a short
description (50 words or less) and
your first name and last initial.
Send photo and description to
editor@arcadianews.com!

FREELANCE WRITERS

If you love to write, we'd love to
see it – and share it with our
readers. Meet unique and gracious
people while writing for the good
news newspaper. Send three
writing samples and your resume
to: editor@arcadianews.com.

FIND US ON THE GO!

Our site is mobile-friendly and
our archives are searchable.
Visit us via the browser
from almost any device:
www.arcadianews.com.

**PLACING A CLASSIFIED AD IS EASY!**

\$25 for 25 words, 25¢ per word thereafter (limit 100 words) Deadline is on 15th of each month.

TO SUBMIT YOUR CLASSIFIED AD: • Email roni@arcadianews.com • Post Online • Mail • Visit Us | Classified ads are also posted at arcadianews.com

Arcadia News, 3850 E. Indian School Rd., Suite 1, Phoenix 85018 | 602.840.6379 (ph) • www.arcadianews.com

AUTO



montz
AUTO RENDITIONS

"The Ultimate In VW Service"



VOLKSWAGEN SPECIALISTS
SERVICE • PARTS • HIGH PERFORMANCE

2926 N. 34th Place • Phoenix, Arizona 85018
www.montzauto.com

CALL US AT 602.955.5725

BEAUTY

JACLYN KYLIE SKINCARE



Hi Arcadia! My name Jaclyn Siegel and I am a Licensed Aesthetician + Acne Specialist in Phx, AZ. I created JKS with the purpose to treat problematic skin, restore confidence, educate, and help people reach their skin goals. Whether you suffer from acne, want to enhance your skin, or just want to indulge in more self-care, this is the place to bee!

3115 E Indian School Rd. Suite #26
Phoenix, Arizona
480.440.2505
jaclynkyleskincare.com
Instagram: @jaclynkyleskincare

HOME IMPROVEMENT



ARCADIA
BLIND & SHUTTER

ARCADIA BLIND & SHUTTER
2921 NORTH 68TH STREET SUITE 1
SCOTTSDALE, AZ 85251
MAIN 480 248 8047 FAX 480 429 9177

"YOUR NEIGHBORHOOD WINDOW COVERING STORE"

The Bath or Shower You've Always Wanted
IN AS LITTLE AS A DAY



\$1000 OFF*
AND
**No Payments & No Interest
For 18 Months***
OFFER EXPIRES 3/31/24

BCI BATH & SHOWER
CALL NOW (855) 970-2349

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 3/31/24. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2024 BCI Acrylic, Inc.



BILTMORE MECHANICAL
Heating & Cooling

602.885.7328
R.O.C #: 319269

Bonilla's MASONRY
Landscape and Hardscape Installation **LLC**
LICENSED • BONDED • INSURED
ROC 341163 • ROC 341849
Arturo Bonilla **(602) 475-7486**
bonillasmasonry@hotmail.com
bonillasmasonryllc.com

Lic. Bonded # ROC195099



Desert Heat Masonry, Inc.

Custom Wood Burning & Gas Fireplaces
Custom Barbecues
Custom Fire Pits
Brick Work & Repairs
Retaining Walls
6-8 in. Block Fence Walls & Repairs
Small Concrete Slabs

480-239-9551

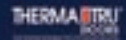
MISSING

YOUR AD IN THIS SPACE!

Reach over 45,000 loyal readers
per month for only \$75/mo.

Email: roni@arcadianews.com

LASTING IMPRESSIONS
ARIZONA'S WINDOW AND DOOR SPECIALISTS



Connor Sussman
Sales Representative
connor@liwindow.com

(602) 508-0800 Office
(480) 390-3888 Cell
(602) 508-9482 Fax

www.liwindow.com

4454 E. Thomas Road
Phoenix, AZ 85018

Licensed, Bonded & Insured ROC#179513

NEIGHBORHOOD HANDYMAN
Over 30 years of experience

HOME REPAIR SERVICE:

- ✓ Painting
- ✓ Drywall Repairs
- ✓ Light Electrical
- ✓ Vertical Tile
- ✓ Plumbing
- ✓ Trim Carpentry
- ✓ Ceiling Fans
- ✓ Hang Doors

Call **Ralph 480-797-5192**
Not a licensed contractor.



Affordable AC Repair & Replacement



No Trip Fee! Free Diagnostic w/Repair
Trane 3-Ton 14 SEER2 HVAC Systems
\$7,499 INCLUDES INSTALL!
Up to \$3,000 in Rebates & Incentives!!
Bonded/Insured • ROC #289252
Over 2,000 Five-Star Google Reviews
480-701-1298
PlumbSmart itsjustplumbsmart.com

PTown Concrete & Masonry
"Professional, Reliable, Affordable."

Concrete Services • Block Walls • Stucco
Artificial Turf • Pavers • Landscaping
Lua Na'a 602-692-5599
ptownconcrete@outlook.com • concretecompanyphoenix.com
Not a licensed contractor

RED RAM REMODELING
30+ years experience 40+ year Arcadia Resident
ROC Lic #128969

- Room Additions
- Carport Enclosures
- Patios-Kitchens-Baths
- All Brands of Windows & Doors
- Maintenance Free Sidings & Trim

CALL FOR FREE ESTIMATE
602-867-1253
redramremodeling.com

Side Job
GARAGE DOORS & OPENERS

custom gates • security doors
sales • service • repair • installation

Chris Honack
602.399.4156 East Valley
623.262.7615 West Valley
602.271.9882 Fax

ROC # 271218
chris@sidejobgaragedoors.com
www.sidejobgaragedoors.com

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP
WALK-IN TUB

1-855-417-1306

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

SPECIAL OFFER

AMERICAN FAMILY INSURANCE
JAY CHAPMAN, AGENT
J M CHAPMAN AGENCY INC

7055 E Thomas Rd, Scottsdale AZ 85251
Bus: (480) 990-8855
FAX: 1(866) 850-5126
jchapman@amfam.com
JM CHAPMAN AGENCY
fb.com/JayChapmanInsurance/
Access Anytime: 1-800-MYAMFAM (800-692-6326)

DENTAL Insurance

Get your **FREE** Information Kit
from Physicians Mutual Insurance Company.

1-602-680-2034
Dental50Plus.com/Arcadia

Product not available in all states. Contact us to see the coverage and offer available in your state. Contact us for complete details about this insurance solicitation including costs and limitations. This specific offer is not available in CO. Call 1-800-969-4781 or respond for a similar offer. In WV: To find a provider in the network visit us at <https://www.physiciansmutual.com/web/dental/find-dentist>. Certificate C250A (ID: C250E); Insurance Policy P150; Rider Kinds B438/B439. In CA, CO, ID, KY, ME, MD, MA, MI, MO, NV, NJ, NC, ND, VA: Includes Participating Providers and Preventive Benefits Rider. Certificate C254/B465 (PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6323

Medicare/Health Insurance Questions?

Compare plans with a local broker



Franki Sbrocca Leonard
Licensed Broker

Medicare Supplements
Medicare Advantage Plans
ACA Plans • Part D Plans • Dental Plans
Long Term Care • Life • Short Term Plans
Hospital and Cancer Plans and more

Free Consultation

602-578-8343
frankleonard@gmail.com
www.seniorhealthplansaz.com

A to Z TREE & TURF
Your Personal Landscape Experts

Design □ Build □ Maintain
Artificial Turf & Hardscapes □ Plant Health Care

Call for a complimentary consultation!
480.549.0590
atoztreetandturf.com
ROC #313230

Citrus Care
602-840-0601

Deep Root Fertilization
\$18 - \$27 per tree (Small Trees Half Price)
Disease Treatment
Trimming
Tree Painting
Maintenance Plans
Free Estimates

*Serving Arcadia
FOR
Over 30 Years*

Francisco Recendez
Cell: (602) 748-6738

MF & J Landscaping

Tree and Bush Trimming
Cleaning and Lawn Mowing
Clean-ups
Weed Control • Pavers

Quandt Landscaping
Landscaping Installations & Makeovers

Call for a free estimate!
602-481-8571

- Outdoor Lighting
- Brickwork
- Salttillo Tile
- Sprinklers
- Gravel • Sod
- Shrubs • Trees

Serving AZ Since 1996
Not a Licensed Contractor

Ryan's Removal
Oleander Removal

Oleander, Tree and Stump Removal
Dirt • Concrete • Hauling • Trenching • Delivery
Laser Leveling • Lot Clearing
Licensed • Insured • Bonded

Call for free estimate
602-451-6120
ryansremoval@gmail.com • oleanderremoval.com
ROC # 318482

FLEMING
SPRINKLER/LANDSCAPE
INSTALLATION-REPAIRS
DESIGN/BUILD • LIGHTING
LICENSED • BONDED • INSURED
602-292-5657
Doug Fleming, Owner
ROC # 098462

inogen
**FREEDOM.
TO BE YOU.**

Call **1-602-857-9376**
for a free consultation.
MKT-P0240

Digitize
VHS tapes PHOTOS, SLIDES & more!
602-799-9621
COMPLIMENTARY CONSULTATION
Celeste Soong-Tang

Gifting AVAILABLE!

IRON MARVELS
ARTIST / DESIGNER

INTERIOR DESIGN Custom Furniture Pieces & Decor
EXTERIOR DESIGN Custom & Artistic Gates
SCULPTED ART Sculpted & Unique Art

Saul Salinas
480.901.7410
ironmarvels.com @ironmarvels
imarvelsartstudio@gmail.com
ROC #348676

PILATES WITH KARA
Certified Pilates Instructor
Located in Arcadia, AZ

Specializing in one-on-one sessions
in a private studio with
professional grade equipment.
mat - reformer - tower - virtual

www.strongcorecollective.com
strongcorecollective@gmail.com
@strongcorecollective
602-349-5234

WANTED Your Business Card Ad

**Reach 45,000 loyal readers
each month for only \$75!**

Email roni@arcadianews.com for details.

Butcher's Deluxe Package

- 4 Butchers Cut Top Sirloins (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (4 oz.)
- 4 Boneless Pork Chops (5 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

8 FREE PureGround® Filet Mignon Burgers (6 oz.)

74222SZB separately \$224.94
SPECIAL INTRODUCTORY PRICE \$99.99

Get 8 FREE Burgers

OMAHA STEAKS
SINCE 1917

1.833.253.1910 ask for 74222SZB
OmahaSteaks.com/Deluxe8539

Savings shown over aggregated single item base price. Standard S&H applies. Exp. 12/31/23. | Omaha Steaks, Inc.

DUI CLASSES ONLINE!

HOME • OFFICE
TRAVEL ANYWHERE YOU CAN "LOG ON!"

ONLINE SERVICES: COURT &
MVD MANDATED DUI SCREENINGS
SR-22 INSURANCE • DUI COURSES 24/7/365
ALCOHOL SCREENINGS, EDUCATION & TREATMENT

AZ'S FIRST
ONLINE DUI
SERVICES

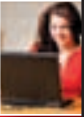
480.429.9044

STI
Scottsdale Treatment

SCOTTSDALETREATMENT.COM

3200 N Hayden Rd ~ Suite 170 - Just South of Osborn Rd

Classes available 24/7/365!



MISSING

YOUR AD IN THIS SPACE!

Reach over 45,000 loyal readers
per month for only \$75/mo.

Email: roni@arcadianews.com

WESLEY
FINANCIAL GROUP

You CAN Cancel Your Timeshare

We have helped over 30,000 American families
save over \$450,000,000 in timeshare debt and
maintenance fees. We can help you too.

Get your free information kit
and see if you qualify:

Call 1.877.729.7031

This is an Advertisement. Wesley Financial Group, LLC ("WFG") and/or its affiliates, successors, or assigns are
not lawyers and/or a law firm and does not engage in the practice of law or provide legal advice or legal
representation. Actual results depend on each client's distinct case and no specific outcome is guaranteed.

PAINTING

Arizona's Precision Painting

Serving the Valley since 2009

• Interior & Exterior Painting

• Drywall & Stucco Repair

• Custom Cabinet Painting

• Free estimates

602-672-6383

APPprecisionpaint@yahoo.com
Jason Mausbach, Owner
Licensed • Bonded • Insured ROC#249178



AZcabinetpaintingllc.com

AZ

CABINET
PAINTING



40 years of painting experience in the valley
Expert craftsman in fine finishes
Unique painting process for your convenience
Sherwin-Williams® highest quality paints
Call or text Al McClain (602)550-0911 ROC#333191

PAINTING

Arizona Residential

Small Job Specialist :

Kitchen Cabinets - Vanities - Doors

(No Spraying) (No Hired help) Owner, Gary Does All Work!

Small Murals & Furniture

Over 48 Yrs. In The Area !

480-945-4617 Mr. Gary See Web Samples

www.azrespainting.com



Picture Perfect Painting LLC

Repaint Specialist

•Interior

•Exterior

•Commercial

•Residential

•Drywall Repairs

•Stucco Repairs

•20 Years Experience

JON SEARCY

602-410-5050

jonsearcypainting@gmail.com

www.pictureperfectpaintaz.com

Licensed, Bonded, Insured

ROC# 285136



PLUMBING



COBRA

ROOTER & PLUMBING SERVICE

Serving the Valley Since 1983

602-955-1352

ROC# C-37 320968

LOW RATES ON EMERGENCY SERVICE 24/7

QUICK, HONEST, DEPENDABLE SERVICE...ALWAYS!

Custom

Plumbing of Arizona, LLC



Arizona's Favorite Plumbing Company
and Home of the \$69 Drain.

602-866-2665

dispatch@customplumbingaz.com

Mention this ad for a discount!

RESIDENTIAL
COMMERCIAL
ROC-CR37-297514

POOL SERVICE



LIZARDPOOLS.COM

Weekly Services

Netting • Brushing • Emptying Baskets • Equipment Check • Water Testing

Other Services

Pump/Motor Repair & Replacement • Sand/Water Change • Tile Cleaning

Handrails • Filter Cleaning & Repair • Acid Wash • Green Pool Clean Up

Quality Pool Service, That is Priceless!

Owners: Angela Clark, Chelsea Clark, & Homer Clark

ROC 303766 | 480-489-0713 | lizardpools.com

REAL ESTATE

Pam Peacock - Realtor

602-505-0257

Email: Pam@PamPeacock.com

www.PamPeacock.com

4 Decades – ★★★★★ Service

Home Smart Associate Broker.



SRES

Senior Real Estate Specialists

☐THERE IS NO SUBSTITUTE
FOR EXPERIENCE!☐

www.thearaizas.com

MLS

SOLD

www.thearaizas.com

MLS

SOLD

www.thearaizas.com

MLS

SOLD

www.thearaizas.com

MLS

SOLD





AT YOUR SERVICE

a directory of local businesses

AUTO REPAIR

SINCE 1980, SERVICE YOU CAN TRUST!

The Car Repair Company is your source for quality auto repair and service.

AAA APPROVED TOP SHOP AWARD WINNER

- Honest, family-owned
- Certified technicians
- Shuttle service to work or home
- Save 10% off labor!

Try us, you will love us!
CALL TODAY!



2918 N. Scottsdale Rd.
NW Corner Scottsdale & Thomas behind Chase Bank



480.949.7777
www.carrepairco.com



HANDYMAN

Quality Home Repair & Maintenance

Here are some of the many services we offer:

Interior & exterior painting • Drywall repair
Replace outlets/GFCI • Light fixtures • Ceiling fans
Door handles/door adjustment • Garbage disposal
Clean gutters • Replace A/C filters • Smoke
detector batteries • Leaky toilet and MUCH MORE!!

Repair it before it causes more damage
and costs way more MONEY!!



Tim the Tool Man

Quality Home Repair &
Preventative Maintenance

COMMERCIAL ROC #271739 • RESIDENTIAL ROC #271740



602.694.0999
timthetoolman.biz

CABINETRY

HANDCRAFTED CABINETS IN 2-4 WEEKS

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

Kitchen • Bath • Laundry • Countertops

Tier One, Feature-Rich Cabinetry

Stop by our showroom:

3301 E Indian School Rd #4

Arcadia family owned & operated!



602.314.6238
azcabinetcompany.com

HOME RENOVATION

Pre-Sale Renovations In Just 3 Weeks

Renovation Sells Scottsdale is dedicated to beautiful designs and delivering the look buyers want. We offer a wide range of upgrades including lighting, painting, hardwood flooring, carpet, fireplaces, kitchens and bathrooms. Call for a free consultation!

Financing available.



keith@renovationsells.com
ROC# 337771



Keith Stanton

602.812.2068
renovationsells.com/scottsdale

CUSTOM CLOSETS

Imagine your home, totally organized!

At Closets by Design, we design, build and install custom closets, garage cabinets, home offices, laundries, pantries and much more.

Call today for a free in home design consultation and estimate.



Locally Owned and Operated
Licensed and Insured: ROC312904



480.864.4254
closetsbydesign.com

MOVING/STORAGE

TWO MEN AND A TRUCK®/SCOTTSDALE

- Family-Owned and Operated
- Over 21 Years of Service
- Customizable Options
- Storage
- Used Furniture Disposal
- Local and Long-Distance Moving
- Boxes and Supplies
- Serving our neighbors in Arcadia/Biltmore Corridor
- Movers Who Care®



480.991.1805
twomenscottsdale.com

CUSTOM PAINTING/WALLCOVERINGS & SPECIALTY

Expressive Painting & Specialty Finishes for Your Home or Business

- Family owned & operated
- Serving the area for over 15 years
- Interior & exterior painting services
- Wallcovering & wallpaper installation
- Plaster & specialty finishes
- Designer walls & Designer friendly
- Color consultation
- Free estimates



ROC #337986



602.317.3091
valleypaintaz.com

PLUMBING/AIR CONDITIONING

AFFORDABLE PLUMBING & HVAC SERVICES

- No trip fee - free diagnostic w/repair
 - Lowest price guarantee
 - Water heaters, softeners & filtration
 - \$49 drain cleaning - slab leaks & repipes
 - \$69 AC tune-up - Trane dealer
 - NATE certified HVAC technicians
 - Lifetime warranty on workmanship
- Over 2,000 five-star reviews



ROC #223709 ROC #289252



480.581.5874
itsjustplumbsmart.com



PLUMBING/AIR/HEATING

West Coast Plumbing & Air

- 15 years in business
- Quality brand, air & heating systems
- Plumbing repairs & maintenance
- Factory-trained technicians
- Weekends & afterhours - no extra charges
- 24/7 emergency service
- Call us today!



ROC #221431
ROC#274551



623.582.1117
westcoastplumbingandair.com



PLUMBING – RESIDENTIAL & COMMERCIAL

OUR PRECAUTIONS DURING COVID-19

- Maintaining a safe distance at all times
- Washing and sanitizing hands before and after every job
- Wearing a protective mask, gloves and boot covers if entering a home

24/7 on-call service



ROC #315991



Kitty Maloney Langmade
Owner

WE ARE OPEN AND HERE TO SERVE YOU

The safety and health
of our customers is
extremely important to
us. Our technicians are
taking extra precautions
when working in your home.

602.944.5516
maloneyplumbing.com

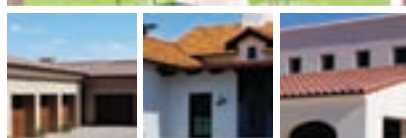
ROOFING

Arcadia Roofing

Focus on Quality
Honest and Trustworthy
Professional service
Family operated company
25 years of roofing
experience



ROC #K42-234021



602.840.ROOF (7663)
www.arcadiaroofingaz.com

WINDOWS/DOORS

Is your house ready for a makeover?
Building your dream house?
We can help!

- Replacement windows
- New Construction windows
- Multi-Slide – Bi-folding doors
- Entry, French and Patio doors
- Barn doors & Hardware
- Interior Doors and Trim
- Window coverings and shutters

Stop by our new showroom: 4454 E. Thomas Road
ROC #179513



602.508.0800
www.liwindow.com



45,000
AFFLUENT
READERS
ARE WAITING TO
DISCOVER YOU.



ADVERTISE IN THIS AWARD-WINNING ISSUE!

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

2024 Home & Design Guide SPRING ISSUE

Release date: March 1

Deadline: February 13 @ Noon

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



Teacher Spotlight: Arcadia's own Jennifer Dukelow

By Ahva Ghazanfari

Arcadia High is an institution filled to the brim with wonderful educators, and Jennifer Dukelow is one of them. The advanced math instructor has been teaching for 19 years, all at Arcadia, and for a special reason: "I went to Arcadia, and I loved it!"

Dukelow said she knew she wanted to pursue teaching her whole life; it was just a matter of what and where.

"I kind of always wanted to teach whatever grade I was in, but it was once I got to Arcadia I decided high school was right for me," she said.

At first, she envisioned herself teaching Spanish, but Mrs. Thomas, her Trigonometry/Precalculus and AP Calculus teacher, fostered Dukelow's love for higher-level mathematics. The teacher said it was almost a given that



Jennifer Dukelow

she'd return to her alma mater after her secondary-level education came to an end: "Once I chose the path of high school math, I always knew it would be here."

If you find yourself in Dukelow's

classroom, bring stickers (she's always running low!) and expect the unexpected. She has found exciting, engaging ways to teach what some consider a dull subject.

Her favorite lesson to teach is called "Cake-ulus," in which she brings various-shaped cakes to surprise her students and help them grasp a certain concept. If it wasn't apparent already, Dukelow's favorite parts of being a teacher are her students and forming positive relationships. Arcadia is proud to be home to such a special, integral part of the greater community.

NEW YEAR, NEW ME

The new year is seen as a time of reflection and reinvention. Many people, including Arcadia students, take this time to get everything in order and set goals for themselves, no matter how big or small they may be. Junior Mallory Yates wants to concentrate on school while avoiding burnout in 2024. Furthermore,



Amelia Guzman

she wants to be more self-disciplined. "I want to make healthier decisions, like going to the gym more often and going to bed earlier," she said.

Frida Tripk Hughes shares similar plans. She wants to get better grades and more sleep while maintaining her reading habit. Students at Arcadia are working toward finding a balance between school and everyday life, which many people – not just students – may struggle with.

Meanwhile, junior Kate Bailey wants to try new things this new year; a desire to step out of one's comfort zone is one way of tackling resolutions. Additionally, some students take material approaches when setting goals. Junior Karlee Larche-Albee said she makes a vision board at the end of every year.

"I hang it above my mirror to see it every day and keep my goals in mind," she said.

Visualizing her aspirations through a creative process is something Karlee thoroughly enjoys and something that's become popular among many in recent

years. Though it can be tough to manage school and extracurriculars and accomplish one's goals, it seems like Arcadia's students are ready to take on the challenge in 2024.

– Amelia Guzman

HYDRATION NATION

Hydration is one important cornerstone of health – something many add to their New Year's resolution list. If you are not properly hydrated, you are not properly healthy, a fact that is often overlooked, especially by students.

Staying hydrated helps brain function and physical performance, keeps the



Maya Campbell

heart healthy, promotes more energy and can help clear up skin. Eight glasses of water a day are recommended for most adults and teens, but if you want to get into

the specifics, a good way to tell how much water you should drink daily is by taking a third of your body weight and drinking that in ounces.

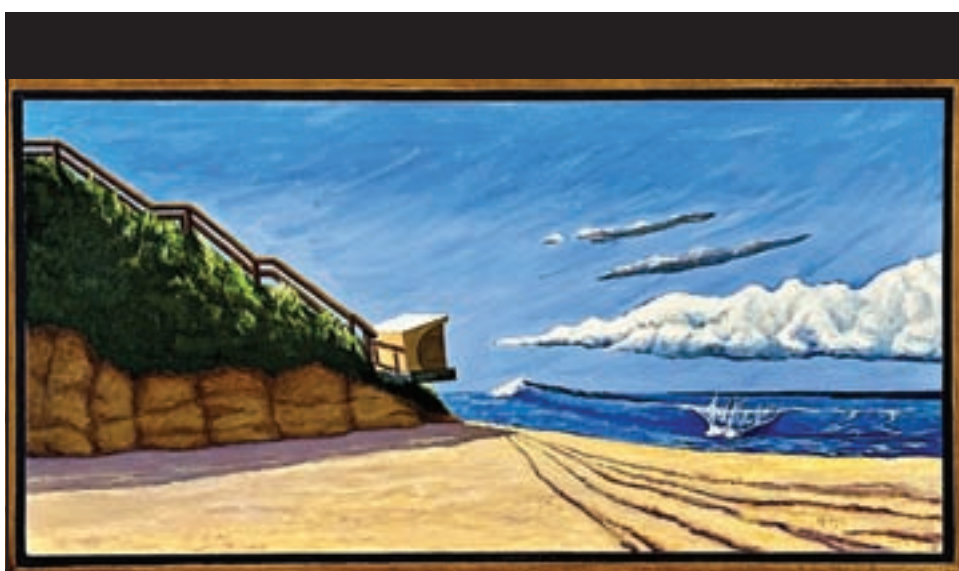
For example, if you weigh 150 pounds, you should drink 50 ounces of water daily.

Drinking water can be hard, especially in the colder months. You drink one glass when you wake up, but you forget to drink another, and you end up eating dinner absolutely parched. So, you tell yourself that tomorrow, you'll be good about water intake, but the cycle continues.

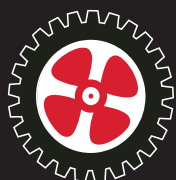
Investing in a good water bottle you love may help with this issue. Having that nice water bottle (preferably insulated in Arizona) will make you want to carry it around with you wherever you go. Carrying it around will make you drink water more often because it's right in front of you!

This way, you'll avoid dehydration while achieving your health goals in 2024.

– Maya Campbell



Solana by Scott Harding • oil on panel • 26.50" x 49.75" x 1.50" • \$750



art one
gallery | foundation

Representing students and local artists of Arizona since 1993



Walking into 2024, excited to be your trusted partner in navigating the real estate market.

Heather, a resident of Arcadia who takes immense pride in her hometown, brings a wealth of local expertise that is incredibly valuable to her clients. Specializing in the neighborhoods of Arcadia, the Biltmore/Camelback Corridor, and Paradise Valley. Heather's affiliation with CMN & Associates along with Launch Powered by Compass, provides her clients with access to an exceptional range of services and global networks. Let Heather's extensive experience and unwavering professionalism, once again empower your real estate journey.

Led by three co-founders of Launch Real Estate, Cahal, MacLean, and Newcombe exclusively bring the power of Compass' Private Client Network to Arizona resulting in **\$8.4+ billion in sales so far in 2023.**



(602) 214-5169 • AreaSuccess.com • Heather@AreaSuccess.com

Cahal
MacLean
Newcombe
& Associates

LAUNCH
POWERED BY
COMPASS

THE
PRIVATE CLIENT
NETWORK



JUST SOLD FOR RECORD PRICE



5226 East Exeter • One Acre Lot • \$5,200,000

YES, YOU READ THAT RIGHT!

If you want top dollar for your property
call Robert today at 602-989-8300

- OUR MARKETING WORKS •
- OUR CONNECTIONS ARE ENDLESS •
- OUR SUCCESS IS UNPARALLELED •

THE
JOFFE GROUP

LAUNCH
POWERED BY
COMPASS



Robert Joffe
robert@thejoffegroup.com

602.989.8300
thejoffegroup.com



NOBODY SELLS MORE HOMES IN ARCADIA THAN THE JOFFE GROUP