



THANK YOU, NICU!

A life-threatening illness inspired an Arcadia mom to create a fundraiser after HonorHealth saved her and her twins.

PAGE 18

GET ON YOUR BIKE AND RIDE

This AHS graduate traded in her track sneakers for a pair of cycling shoes and now rides for a national elite team.

PAGE 5

LET'S PLAY...CROQUET!

Croquet for a Cure was created to raise funds for Alzheimer's and other memory disease research.

PAGE 46

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MAY

Did You Know? Kentucky Derby. (page 42).

Departments

- 4 Editor's Note
- 6 What's Happening?
- 10 Worth the Drive
- 12 On the Lowe Road
- 16 In the Kitchen
- 20 Meet Mrs. [Rocker]
- 28 The Dining Scoop
- 36 Robin's Adventures
- 38 Plant-Based Wellness
- 44 Did You Know
- 46 Sports

Articles

32 Project Graduation

Scottsdale Unified Schools will host graduation ceremonies in May and continue those celebrations with a senior-wide after party known as Project Graduation.

44 Pass me the ball

Much like their football-based celebration in the fall, Tavan Elementary took advantage of the festivities in March by hosting their own fifth-grade, full-court basketball game.

46 Charro-mazing

The Scottsdale Charros honored students from each of SUSD's five high schools with scholarships and awards to finish off the year. Meet the Arcadia winners here.

50 Phoenix's E-Bike laws

After new laws came into effect last year, e-bikes remain a hot topic in the City of Phoenix, with safety concerns for both riders and drivers sharing the road.



Brandon and Aubrey Lovell
helped inspire High Tea
for HonorHealth, an event
created by their mom, Stacy.

PHOTO COURTESY OF STACY LOVELL

FUN AWAITS

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EDITOR'S NOTE

Let me start off by saying that currently, I am not a mom – but I know a few people who are, and I think each one of us has thought about how our pregnancies would go. People would mention the glow, gently jab at us for eating crazy combinations like pickles mixed in ice cream, the congratulations would overflow, until boom – there’s a new bundle of joy in the house!

Arcadian Stacy Lovell felt all of those things, and as she approached her sixth month of pregnancy (with twins!), was excited for the next chapter in her family’s lives. And then, one day, she came down with a fever that would end up putting her in a fight – for her and her babies’ lives – at the HonorHealth Shea campus.

Stacy was put in an induced coma and woke up to find out that she wasn’t pregnant anymore. The babies – Brandon and Aubrey – were brought into the world at 29 weeks, weighing just three pounds each, and were

fighting their own battles to survive. More than a month passed before the family was safe, healthy and home.

After her experience, Stacy knew she needed to give back to those who cared for her, so she started the High Tea for HonorHealth event. That was seven years ago, and since then, they have raised over a million dollars for the NICU. This year, the luncheon is in October.

Happy Mother’s Day to all of the mother figures out there – and congratulations to our high school seniors! Have a wonderful May, and thank you for reading the Arcadia News,

Mallory
– Mallory Gleich



UPCOMING THEMES:

JUNE

Celebrating Dads

JULY

Summer

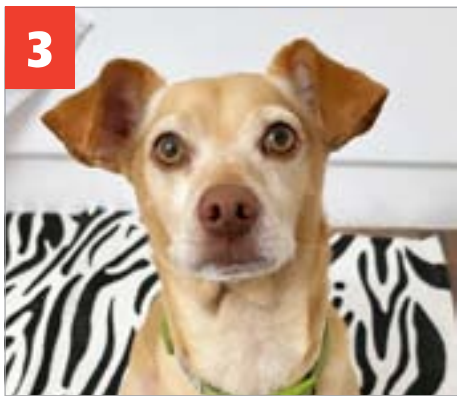
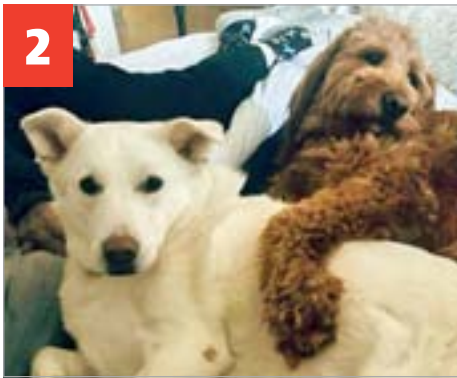
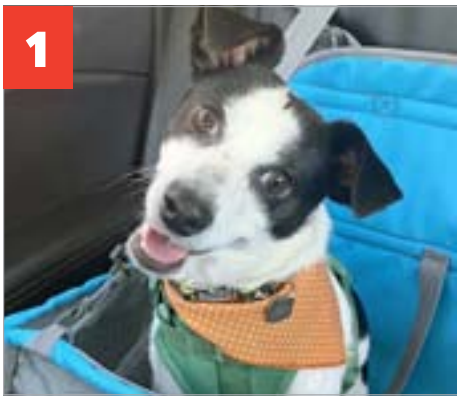
AUGUST

Back to School

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“A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.” – Tenneva Jordan

ARCADIA'S PETS



1. Čevapi (Chichi for short) is a two-year-old mixed breed Jack Russell Terrier, Chihuahua and Dachshund who was rescued from a kill shelter in Texas. I’m Croatian and in my culture Čevapi is a small sausage dish, so I thought it was fitting for my little sausage. Chichi found his forever home in Queens, NY, until we moved to Arcadia. It’s only been a month but Chichi already adores his new home! He loves to play fetch, snuggle on the couch and take puppy naps.

–Tori K.

2. Gigi is a white shepherd and husky mix and she is our adopted baby. She was at four different homes before she came to live with us. Enzo, our golden doodle, wears his heart on his sleeve, and wants to be best friends with everyone and every dog!

–Joni S.

3. This is my son Max. He is a Jack Russel Chihuahua rescue. Max has been a part of our family for five years and has been a dream. He loves his morning walks to grab a coffee with mom and is always looking for snuggles!

–Alma L.

4. Hi! My name is Lucy and I turned 14 on Tax Day. I was born and raised in Arcadia just like my mama. My favorite things are LGO bacon, steaks from Steak44 (for birthdays only) and walks through the neighborhood. We take wagon rides now since my hips are worn but man, do I love it. Apparently I am blind but when my mama is “Driving Miss Lucy,” I can still find bacon!

–Brooklyn B.

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!

CULTURE

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Former AHS track star makes her mark on the cycling world

By Mark Hays

The name Izzie Rich may sound familiar to some in the Arcadia community. She’s an AHS graduate who participated in cross country and track at the school. Now, her name might be known to a larger crowd, as she recently became a member of the Women’s Competitive Edge Racing Team as a professional cyclist. One may wonder how she went from competing on two feet to competing on two wheels. The answer? Triathlons.

“My dad got me into triathlons, but I initially disliked cycling and favored running and swimming,” she said. “As time passed, I eagerly wanted to get better at cycling and as I got fitter on the bike, I finally found the joy in riding.”

Izzie said that part of the allure includes all the different places and views you get to see, the social aspect and being able to push yourself differently than running.

She continued to fall in love with cycling, working her way up in categories until she could qualify for an elite cycling team. According to the United States Cycling Federation, riders start at category 5. After 10 races, competitors can “upgrade” to the next level, or category 4. Category 3 racers



Izzie Rich

make it there based on their results from previous races. Category 2 are experienced “local to regional” riders, and Category 1 is at the national level.

Izzie looked up different domestic elite cycling teams to apply to on the USA Cycling web page. After reaching out, sending emails back and forth, chatting on the phone and getting a few “no” answers, she was able to virtually meet with the people behind Competitive Edge Racing.

“After some video calls, I got a text message saying they wanted me to join the team. Ever since I started cycling, my number one goal was to get on a domestic elite team, so for that to happen, I felt a great sense of accomplishment,” she said. “I knew years of hard work had paid off and I was elated to surround myself with such amazing teammates and strong women and get the chance to travel and race at bigger cycling events.”

Competitive Edge Racing is based in East Longmeadow, Massachusetts. The group features both elite and local elite teams in cyclotrons and off-roading.

“As a member of the elite road team, we will mainly compete at multi-day stage races, typically consisting of a road race, time trial, crit, and/or circuit race. The team



PHOTOS COURTESY OF COMPETITIVE EDGE

Izzie took her talents to two wheels and now races with the Women’s Competitive Edge Racing Team.

will compete all over the US for our season,” Izzie said.

She has competed throughout Arizona, but her first official races with Competitive Edge took place at the Redlands Bicycle Classic in California and the Tour of Gila in New Mexico. This was followed by the Collegiate Nationals in Albuquerque, where Izzie rode for ASU.

“I learned a lot at the Redlands Classic. It was a great experience and a good introduction to racing at this level,” she said.

She made it through four of the five-day race before being eliminated in the criterium.

“The best part of the experience is how much the Redlands community supports the event. The streets were full of people cheering us on, and we were able to speak at a local elementary school about cycling, teamwork, and women in sports,” Izzie said.

Next up for the cyclist is the Pro Road National Championships, which will take place May 14-19 in Charleston, West Virginia.

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Arcadia Real Estate Stats

2024 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2024-3/31/2024)

Active Homes -	117 Homes
Homes Sold -	56 Homes
Average Sale Price -	\$2,763,000
Average Sold \$ Per SF -	\$748
Average Days On Market -	50 days

There is currently 7 months of home inventory. (based on 2023 sales results)
2024 home sales have increased 11% this year. (based on 2023 sales results)
2024 home prices have increased 11%. (based on 2023 sales results)
2024 \$ Per Square Foot prices have increased 11%. (based on 2023 sales results)
2024 homes are taking 38% less time to sell. (based on 2023 sales results)

2024 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/1/2024-3/31/2024)

Active Homes -	56 Homes
Homes Sold -	46 Homes
Average Sale Price -	\$1,329,000
Average Sold \$ Per SF -	\$511
Average Days On Market -	75 days

There is currently 4 months of home inventory. (based on 2023 sales results)
2024 home sales have increased 13% this year. (based on 2023 sales results)
2024 home prices have increased 1%. (based on 2023 sales results)
2024 \$ Per Square Foot prices have increased 4%. (based on 2023 sales results)
2024 Homes are taking 9% less time to sell. (based on 2023 sales results)



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WHAT'S HAPPENING, ARCADIA?

BRIEFS



Arizona Restaurant Week is back for the spring season. This Valley-wide event offers various dining options for every palate – and from May 17-26, diners can get outside the neighborhood and try something new. Restaurants range from Southwestern favorites, comfort food and snacks, five-star dining, and everything in between; participants include Buck & Rider, Lylo Swim Club, Ocean Prime, Wally's American gastropub and more. Prices are \$30-\$50 per person.

arizonarestaurantweek.com

On May 11, from 9 a.m.-5 p.m., the **Phoenix Zoo** (455 N. Galvin Pkwy., Phoenix) will host its first-ever **Teacher Appreciation Day**. The first 300 teachers will get free entry, and additional teachers will receive 50 percent off general admission. Teachers must present their IDs. The zoo invites educators to join a tour and learn about class field trips while visiting animals and entering to win a backstage adventure.

phoenixzoo.org

AFS (American Field Service) Arizona, an international foreign exchange program, is looking for host families for the upcoming school year. Families provide food and lodging for 10 months (August to June) while students attend high school and immerse themselves in the culture. Students range from 15-17 years old. Contact Karen Powers for more: kpowers355@gmail.com.

afsarizona.org

Osteostrong Arcadia (3301 E. Indian School Road) is hosting a bone quality assessment event from May 3-9. Learn about EchoLight, an alternative technology that provides an inside look at bones and fracture risks. The business will also hold an open house on May 19 from 2-4 p.m. Folks can learn about bone health and preventing osteoporosis, experience Osteostrong's programs, and enjoy refreshments.

osteoststrong.me or
bonehealthscreening.com

Girls Mentorship is a nonprofit that teaches empowerment, life and personal development skills to girls ages 10-13. This year, they have introduced **Boys Mentorship**, a summer program from June 3-7 and 10-14, where campers learn tools to support self-talk, boost confidence and balance school and home life. The camp is geared toward students in 5-8th grade and takes place at Rancho Solano Prep.

girlsmentorship.com



Western Spirit: Scottsdale's Museum of the West (3830 N. Marshall Way) unveiled its latest exhibit, **Kids in Focus: A News Lens on Life**. The photographs showcase perspectives of the West as seen through the eyes of middle school students. Kids in Focus works with students ages 10-14. The kids spend nine weeks with mentor photographers to explore the world with their cameras. The exhibit will run through August 25.

scottsdalemuseumwest.org

Those looking for a new way to experience Sedona can check out **AZ Wine Wagon**, which offers guests a day of exploring Sedona's wineries without having to drive. The Sip n' See Tour stops in uptown Sedona, Tlaquepaque Arts & Shopping Village, and ends at Alcantara Vineyards (home to over 20,000 vines and 17 varietals). Guests depart in Scottsdale at 9 a.m. and return at 6 p.m. Single seats cost \$99.

azwinewagon.com

EVENTS

WEDNESDAY 5/1

Meriwether Lewis Presentation

3 p.m. at Scottsdale's Museum of the West, 3830 N. Marshall Way. Luke Haag, former Criminalist and Technical Director of the Phoenix Crime Laboratory, will host a presentation called "Meriwether Lewis and the Austrian Air Rifle," detailing the 1804-1806 Journey of Discovery. Members get in free; nonmembers are \$8 for admission.

scottsdalemuseumwest.org

THURSDAY 5/2

A Night of Sake

6 p.m. at Hotel Valley Ho, 6850 E. Main St., Scottsdale. Chef Russell LaCasce serves a Japanese-inspired four-course menu at this event, with sake pairings that complement each course. Guests can learn more about this spirit while enjoying dishes like a Hamachi duo, octopus carpaccio, sake braised short ribs, and coconut yuzu panna cotta. Registration is \$129 per person.

hotelvalleyho.com

All Balanchine

7 p.m. at Symphony Hall, 75 N. 2nd St., Phoenix. Experience three performances by the Father of American Ballet, George Balanchine. Artistic Director Ib Andersen and his team will present La Valse, Prodigal Son and Square Dance – a production that blends American folk dance with classical ballet. Guests can also add on a behind-the-scenes experience for \$30. Tickets for the show start at \$35.

balletaz.org

SATURDAY 5/4

Mimosas and Monet

9:30-11:30 a.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Calling all painters, beginners and experts alike. Hermosa Inn welcomes Carrie Curran Art Studios for a morning of art and mimosas. Carrie will teach and guide guests with an acrylic on canvas painting of Monet's Irises. Enjoy a mimosa and snack on pastries while creating your masterpiece. Registration is \$120.

hermosainn.com

Kentucky Derby Party

1-4 p.m. at Andaz Scottsdale Resort, 6114 N. Scottsdale Road. Spend the afternoon enjoying mint juleps, sweet treats, a silent auction and raffle, a cigar bar, and more. Get dressed in your Kentucky Derby best and cross your fingers that your horse wins! Each ticket includes parking and appetizers. Admission is \$50 per person, and this is a 21+ event.

andazscottsdale.com

Cinco de Mayo 5K

7:30 a.m. at Herberger Park, 5802 E. Indian School Road, Phoenix. Kick off your Cinco celebrations with a 5, 10 or half-marathon run! Attendees will receive a running shirt and a finisher's medal, and the best part is that you aren't timed, so you can go at your own pace. Runs will start at 7:30, 8:30 and 9 a.m.; all ages are welcome. Registration starts at \$35.

runsignup.com

SATURDAY 5/4 – SUNDAY 5/5

Bridal & Wedding Expo

12:30 p.m. at the AZ State Fairgrounds, 1826 W. McDowell Road, Phoenix. This event will showcase the Valley's top wedding experts. Guests can find resources for venues, photographers, bachelor/bachelorette parties, dresses, flowers, and music – everything a couple needs to make their wedding memorable. There will also be food samples, dance lessons and photo booths. Online registration is free, \$10 at the door.

bridalshowsaz-as.com

SUNDAY 5/5

Mariachi Sol de Mexico

7 p.m. at The Madison Center for the Arts, 5601 N. 16th St., Phoenix. Spend your Cinco immersed in culture with the Mariachi Sol de México de José Hernández Cinco de Mayo celebration. This group is the first mariachi ensemble nominated for a Grammy – it might be hard to stay in your seats at this performance. Tickets are \$30-\$65.

themadison.org

Orpheus Goes Pop

3 p.m. at Camelback Bible Church, 3900 E. Stanford Dr., Paradise Valley. The Orpheus Male Chorus of Phoenix, Arizona's longest-standing (they started in 1929!), continuously performing choral arts organization, is finishing up its 95th season with a pop concert that will include songs like Wade in the Water and Mary Had a Little Lamb. Music by The Beatles, The Beach Boys, Sting and ABBA are also on the docket. Admission is \$25 for adults, \$10 for kids.

orpheus.org



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WHAT'S HAPPENING, ARCADIA?



Bridal & Wedding Expo at the AZ State Fairgrounds in Phoenix.



An Evening of Goodwill at the Omni Montelucia in Scottsdale.

activities and explore the Science Center and its newest exhibit, OceanXperience. Tickets are \$30 for nonmembers.

azscience.org

SATURDAY 5/18

Lunch and Learn

4 p.m. at Marcellino Ristorante, 7114 E. Stetson Dr., Scottsdale. Learn how to make your own chef-inspired dish with Chef Marcellino himself. Diners will have the opportunity to work with fresh ingredients and learn how to cook Medaglione de Maiale – pork medallions rolled with prosciutto and arugula in a port reduction. Attendees will also dine on salad and homemade biscotti. Registration is required and classes are \$85 per person.

marcellinoristorante.com

An Evening of Goodwill

6 p.m. at the Omni Montelucia, 4949 E. Lincoln Dr., Scottsdale. This event invites the community to a night of fashion and fun while fundraising for Goodwill programs and services. Guests will experience an upcycled fashion show, a boutique, live music, dinner and drinks. Funds benefit The Excel Center, The Veterans and Military Family Career Center and The Hope & Home Family Shelter program. Tickets start at \$500.

gwl-az.org

MONDAY 5/6

Mother's Day Fiesta

7 p.m. at Thunderbird Lounge, 710 W. Montecito Ave., Phoenix. Stem Swag, a florist in downtown Phoenix, is hosting this Mother's Day-themed event. Guests can head to Thunderbird Lounge and learn how to make a floral arrangement that will make mom proud. Materials are included, and drinks are available for purchase. This class is for 21 and up. Registration is \$50 per person.

thunderbirdloungephx.com

SATURDAY 5/11

Mama's Makers Market

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

localtradeaz.com

Dementia Experience and Education

12-3 p.m. at the Dementia Care and Education Campus, 3811 N. 44th St., Phoenix. This interactive presentation will encourage participants to perform everyday tasks as if they were living with cognitive impairment. The host will also speak on common types of dementia and how it affects thinking, functioning and behavior. This event is free.

dementiacampus.org

Pilates in the Park

9:30 a.m. at Biltmore Fashion Park, 2502 E. Camelback Road, Phoenix. Kick

off your Saturday with some exercise – Pilates exercise, to be exact. This free class is sponsored by Lululemon and is run by wellness creator Abbey Joy. Afterward, stick around for giveaways – and don't forget your mat, towel, and water bottle.

shopbiltmore.com

SUNDAY 5/12

Mother's Day Tea Party

10 a.m.-12 p.m. or 1:30-3:30 p.m. at Wine Girl, 4205 N. Scottsdale Road. This inaugural event is all about the tea. Guests can delight in pastry towers, finger sandwiches, a mimosa bar and a tea kettle for the table. Turquoise Candy Hat Bar will also be on-site, helping attendees make charm bracelets to take home. Tickets start at \$120.

winegirl.com

TUESDAY 5/14

The Table Experience

7 p.m. at Pa'La, 132 E. Washington St., Phoenix. Pa'La's chef invites the community to dinner on the patio. Guests can savor eight shared courses of Mediterranean and Japanese-inspired tapas, wood-fired seafood, meat, vegetables and wine. Other dates include May 21 and 28. Admission is \$110 per person.

palakitchen.com

THURSDAY 5/16

Wine and Watercolor

6-8 p.m. at the Shemer Art Center, 5005 E. Camelback Road, Phoenix. Looking for a new hobby? One that involves a glass of wine? Look no further! Wine and Watercolors will teach the basics of watercolor painting in a class taught by John Erwin. Relax and let the creative juices flow. Appetizers and beverages are included. Registration is \$40.

shemerartcenter.org

FRIDAY 5/17

Science with a Twist

6-10 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. A science field trip with a boozy twist! This month's theme is nostalgia-filled – bust out your tuxes and dresses; it's time for prom. Attendees 21 and up can sip cocktails, watch live demonstrations, try hands-on

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WHAT'S HAPPENING, ARCADIA?

SUNDAY 5/19

Summer Concert Series

7-8:30 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. The Summer Concert Series has officially started! The railroad park will feature various local acts playing classic rock, country, rhythm and blues and 80s and 90s music – this evening's musicians are JJ's Band, a blend of Top 40 hits. We B Poppin and Pizza Arno food trucks will provide the snacks and drinks. This event is free.

therailroadpark.com

TUESDAY 5/21

Izzy Mahoubi

7 p.m. at the Rhythm Room, 1019 E. Indian School Road, Phoenix. Arcadia News wrote a story about this up-and-coming artist in the October 2023 edition – and now, readers can experience Izzy Mahoubi for themselves! In her latest show at the Rhythm Room, Izzy will share her love of music and perspectives on the world around her. Tickets are \$15.

rhythmroom.com

Scottsdale Civil War Roundtable

6 p.m. at the Scottsdale Public Library, 3839 N. Drinkwater Blvd. This month's speaker is Dr. Mark Bielski, who will deliver his lecture, "The Fall of New Orleans, 1862." The struggle



Izzy Mahoubi at the Rhythm Room in Phoenix.

to defend New Orleans against a Union incursion and the fall of the city is the subject of Bielski's recent book: "A Mortal Blow to the Confederacy." Doors will open at 5 to meet the speaker, browse the book sale, and view Civil War videos.

scottsdalecivwrt.org

SUNDAY 5/26

Qigong in the Garden

8:45 a.m. at the Japanese Friendship Garden, 1125 N. 3rd Ave., Phoenix. This

Qigong workshop invites guests to embrace a state of tranquility, free from the stress of daily life. Participants will learn to restore their body to its natural balance and vitality through simple physical movements. Registration is \$20.

japanesefriendshipgarden.com

FRIDAY 5/31

True West

7 p.m. at the Tempe Center for the Arts, 700 W. Rio Salado Pkwy. Directed by



True West at the Tempe Center for the Arts in Tempe.

Jenn Thompson, True West portrays the turbulent relationship between two brothers as they find themselves in a constant battle of brotherly love and sibling rivalry. Their opposite personalities "collide in a fierce battle for dominance, sparking a chain reaction of unexpected consequences. Tickets start at \$33.

atc.org

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EMERY LANE
HOMES & DEVELOPMENT

The Brokery Story: *From Zero*

A Marine and a Ukranian Immigrant Walk Into an Open House...

Yes, that was Oleg and I over 14 years ago. I had just returned from four years of active duty in the Marine Corps and was looking to purchase my first house back in my Arcadia stomping grounds. Oleg, who had just transitioned out of 15 years at Abbott Laboratories and made the move out West, just happened to have the listing that I wanted to purchase. While we had nothing in common, we bonded over our lack of real estate experience and limped our way across the closing of my first house. That day, we shook hands and set out to do more business.

Nothing came easy as we teamed up to take on the Arcadia and Biltmore markets which are regarded as some of the most competitive in all of Phoenix. We didn't have family in the business or connections to lean on for easy deals. We took cheesy headshots, created business cards, and came up with a ridiculous team name called "The Suits." But like many entrepreneurs, we leaned on our grit and learned through every win and loss. After a few years, we gained respect through our results and became the go-to broker for homeowners in the Biltmore.

Through our growth and success, we saw an opportunity to give back to our local community and help other agents like ourselves. In 2016, we bought out the 7 person brokerage that we had been working for and rebranded to The Brokery. With this change, we also built our flagship Arcadia location using a loan from the Small Business Administration. Today, we are home to over 80 real estate agents and 4 office locations Valleywide, but we are most proud to say that we are able to help over 400 families buy and sell real estate each year.

While running a small business is never easy, we get to live our "why" each day. We wouldn't have it any other way and we appreciate the local support that we have garnered along the way. We look forward to continuing to earn your business through results.

-Tucker Blalock

OLEG BORTMAN
ASSOCIATE BROKER
& CO-FOUNDER
602.402.2296



TUCKER BLALOCK
MANAGING BROKER
& CO-FOUNDER
602.561.0445

THE BROKERY

LOCAL REAL ESTATE BROKERS



OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 5/3 – SATURDAY 5/4

Jazzbird Night/Spotlight

7 p.m. Friday, 2 p.m. Saturday, at The Ravenscroft, 8445 E. Hartford Dr., Scottsdale. Saxophonist John Wojciechowski will join the Valley Jazz Cooperative's seniors and local jazz musicians for a weekend of music appreciation. On Saturday, The Sapphire Ensemble, The Cerulean and Indigo Big Bands will play a wide-ranging program in Ravenscroft Hall. One hundred percent of proceeds from both events will be donated to the HART Pantry, benefitting local teens. Tickets start at \$16.

theravenscroft.com



Cinco de Mayo Celebration at Tlaquepaque in Sedona.



Pup Festival at WestWorld in Scottsdale.

FRIDAY 5/3 – SUNDAY 5/5

Route 66 Fun Run

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

historic66az.com

SATURDAY 5/4

Uncorked Wine Festival

11 a.m.-5 p.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. This year's motto? Rosé all May! The Uncorked Wine Festival invites guests to enjoy a selection of wines before heading on an adventure through the red rock Verde Canyon. This event happens over the entire month of May, with wine tastings at the depot each day. Tickets include the train ride, tastings, a commemorative glass and lunch for \$155 per person.

verdecanyonrr.com

Cinco de Mayo Celebration

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

tlaq.com

SUNDAY 5/6

Kentucky Derby Lawn Party

1-5 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Dr. Join the resort for its annual "fastest two minutes in sports" party – also known as the 149th Run for the Roses. The race will be on-screen, and guests can find a southern-inspired menu with shrimp and grits and derby pie, games, raffles, and contests for the best outfit and fanciest hat. Tickets are \$189 per person.

scottsdaleprincess.com

SATURDAY 5/11

RISE Festival

11 a.m.-4 p.m. at State Farm Stadium, 1 Cardinals Dr., Glendale. Hosted by Amplify Voices and Survivors Empowered, this event has something for everyone. There will be live music and performances, games and activities, food and drinks, a photo booth, balloon animals, appearances by the Cardinals cheerleaders and a silent auction. Proceeds go toward various nonprofits that aid victims of abuse. Tickets start at \$30.

survivorsempowered.org

SATURDAY 5/18

Pup Festival

10 a.m.-3 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Today's festival is going to the dogs! Bring your four-legged (and two-legged) family members to the Pup Festival and discover photo ops, dog races, an agility course, games, a splash pad, pup cups, a pet psychic, vendors, food options, prizes and giveaways. This event is free.

pupfestival.com

Blazin' M Magic Show

5 p.m. at Blazin' M Ranch, 1875 Mabery Ranch Road, Cottonwood. Matt Marcy whose performances blend comedy, magic and wit, will take the stage for this evening's event. Guests may laugh, gasp and be in awe of Marcy's illusions while enjoying a BBQ chicken dinner provided by the ranch. Tickets start at \$99.

blazinm.com

SATURDAY 5/24 – SUNDAY 5/25

Repticon Phoenix

9 and 10 a.m.-4 p.m. at the Mesa Convention Center, 263 N. Center St. Fans of slithery, crawly, scaly animals might not want to miss this event. Repticon boasts hundreds of vendors and breeders showcasing their animals – there will also be a shopping area, teaching opportunities and adoptions. Tickets are \$15 for both days, \$11 for single days.

repticon.com

SATURDAY 5/25

Sangria Social

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

queencreekolivemill.com

Discovery Day

10 a.m.-4 p.m. at Taliesin West, 12621 N. Frank Lloyd Wright Blvd., Scottsdale. Discover an exciting world of art, architecture and nature with Taliesin West. Families can explore the grounds at their own pace and find various performances, activities, crafts and "ask-me" stations led by foundation departments. Food and drinks will be available for purchase. Tickets are \$5 for adults; kids get in free.

franklloydwright.org

SUNDAY 5/26

Little Chef Academy

10:30 a.m. at Maggiano's, 16405 N. Scottsdale Road. Calling all aspiring chefs! Spend the morning in the kitchen at Maggiano's and learn how to make one of their signature dishes. Before the class attendees will have breakfast and then get to cookin'. Each student will receive their own chef hat, apron and recipe card. This class is for kids ages 5-12. Tickets are \$25 for kids, \$15 for adults.

maggianos.com

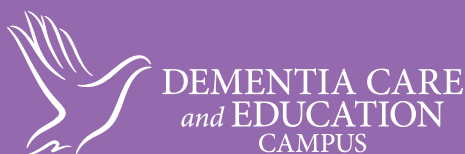
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My brief encounter with the music industry

April arrived and with it came the yard sale, an annual rite of spring during which we offer things we no longer need or use. And, as I reviewed the stack of potentially disposable items, I picked up an old compact disc.

Without even looking, I remembered the title: "My Way."

Done *my* way.

I should have thrown it out years ago, right after bringing it home. But, on the mistaken assumption that time might heal all aberrations, I shoved it into the far reaches of a desk drawer where it could age and perhaps become tolerable.

It's a recording of me singing.

I made it in

1980. It cost five dollars. It was the worst investment I ever made, and that includes the time I bought a six-pack of nut Hershey's and hid them in the attic so my brothers wouldn't find them. It saved them from my brothers but not the ants.

At the time, I had considered myself an adequate singer, good enough to perform with a couple of local groups, a few church choirs and, frequently, an isolated shower. So when I ran across an ad about a place that made recordings of individuals soloing, I decided to give it a shot. You never know. Somebody said Elvis got his start that way.

Although a veteran songster of sorts, I was quite nervous while approaching the microphone. Fortunately, the man operating the facility observed my apprehension so he played some CDs made by other amateurs to reassure me that there was an ample supply of bad singers willing to spend five bucks to have their voices recorded. Most of them weren't very good. Some of them sounded like the chickens did when we'd sneak up behind them back on the farm and yell, "Kentucky Fried!"

But hearing them did settle me down, so I laid out the five dollars and checked the list of available songs that awaited treatment by my throaty baritone. They were basically orchestral background music with a voice on it; when you put the earphones on in the recording booth, you could hear the voice and sing along with it, but only your version showed up on the final product.

It took a while to select a song because the groups I performed with didn't sing



This cartoon was drawn by Tony Bustos to illustrate a column Sam wrote about being a musician/singer, in which he describes the results as sounds similar to those made by Elmer Fudd and Bugs Bunny.

about lust, hound dogs, backing up over your mother-in-law with a pickup truck or torching the chemistry lab so you could win the heart of a girl named Jenny. But finally, there it was – Frank Sinatra singing "My Way." We'd do it as a duet in the recording booth, but the end product would be just me. Doing it my way.

We proceeded. The man in charge gave me a trial run, then started the equipment. I couldn't hear myself during the actual production but was fairly calm by the time the session ended. We finished and played it back. I was quite surprised.

Quite surprised to discover that my voice sounded like a can of paint remover. Throat clearings, hacked up loogies, beer belches and fingernails on the blackboard were symphonies compared to the sound that emerged from the CD player. Embarrassed, I fled the studio and hid the recording in a desk drawer, hoping it would never be found by Swiss terrorists who'd use it to start avalanches.

But time has a way of erasing pain. And so, when I came across the CD this time, instead of throwing it away without remorse, I got this strange sensation that maybe something miraculous might have happened as it lay there hidden away for decades. Maybe it had improved with age. Maybe the passing years had warped the

disc enough to make it listenable. So I stuffed "My Way" into my CD player.

Time had not been a friend.

It was worse than the first time. It was a burping contest interrupted by squawks, grunts, moans and nasal congestion. It went beyond bad, beyond horrible, all the way to unfit for human consumption. I was singing in the key of stomach gas and I never hit one note right.

I still don't know how it ends. You don't

have to listen very long to recognize

bad. The only good thing

about the entire episode was that before I made the recording, I didn't invite friends over to swig beer and listen to my vocal debut. All the beer in Germany wouldn't have made that CD sound good.

And yet, for one brief moment, I thought artificial

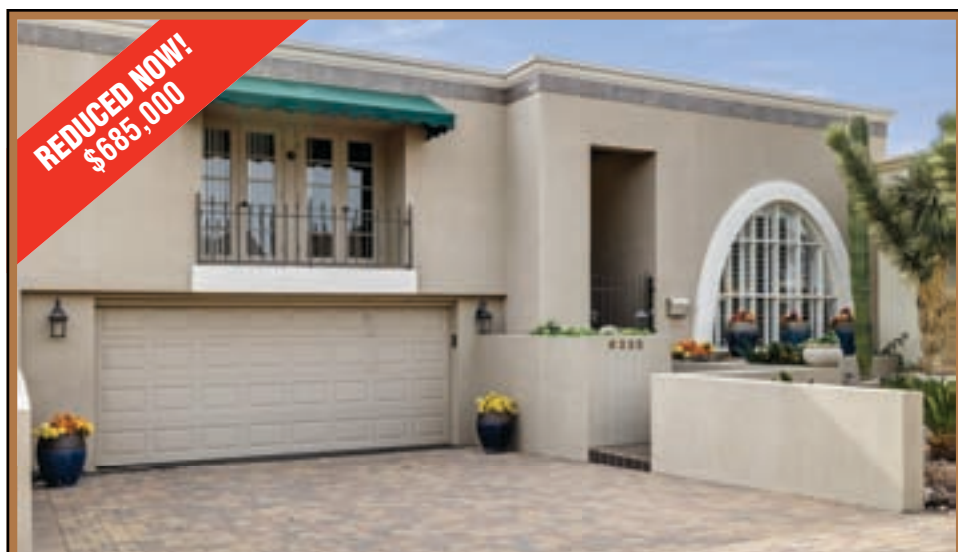
intelligence, some computer whiz or a 16-year-old genius would create something that would erase all the stomach expulsions, snorts, wheezes and cataclysmic eruptions from the recording. Once they're gone, maybe my rendition of "My Way" could be heard by others. But reality quickly set in. What if somebody bought it at the yard sale? And so, for the sake of music lovers everywhere, I dispatched it to a landfill rather than be responsible for an outbreak of ear cooties.



The Lowe Road

BY SAM LOWE

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



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733elcamino.com



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\$2,250,000 4048 East Coolidge
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\$3,959,000 25001 North 107th Place
4 bedrooms, 7 baths, 8,448 square feet
25001north107thplace.com



\$9,750,000 6216 North 38th Place
5 bedrooms, 7 baths, 11,097 square feet
6216north38thplace.com



NEW LISTING

\$6,295,000 8306 North Merion Way
6 bedrooms, 9 baths, 8,250 square feet
8306merionway.com



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\$6,495,000 4715 East Calle Del Medio
4 bedrooms, 5 baths, 5,530 square feet



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5401vallevista.com



\$3,795,000 7130 East Caballo Circle
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7130caballo.com



\$2,415,000 3713 East Camelback
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3713camelback.com



\$2,617,000 4510 North 36th Way
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4510north36thway.com



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\$3,395,000 6228 East Calle Del Medio
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6228callelmedio.com



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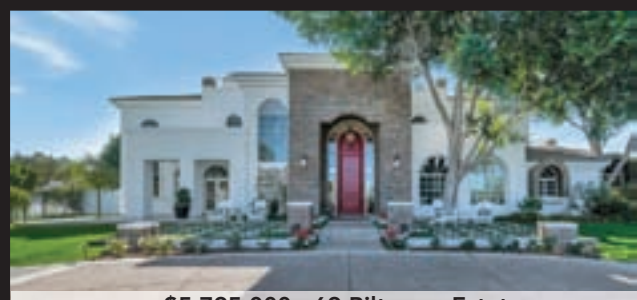


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\$8,100,000 5330 North Palo Cristi
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\$5,795,000 69 Biltmore Estates
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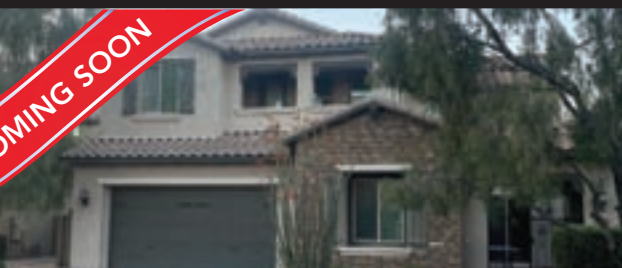
\$3,545,000 6150 North 20th Street
5 bedrooms, 4 baths, 5,000 square feet
6150north20thstreet.com



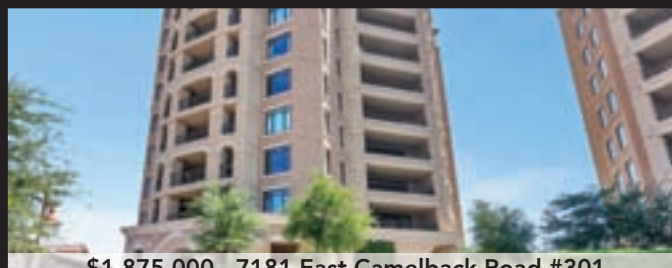
SALE PENDING
\$1,225,000 4634 East Calle Tuberia
3 bedrooms, 2 baths, 1,934 square feet
4634calletuberia.com



\$6,285,000 6601 North Mountain View Drive
5 bedrooms, 7 baths, 6,809 square feet
6601mountainview.com



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\$1,875,000 7181 East Camelback Road #301
3 bedrooms, 4 baths, 2,296 square feet
7181camelback.com



SALE PENDING
\$3,495,000 6733 East Exeter
1 Acre Lot Opportunity



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CALL FOR PRICING 4800 East Calle Del Medio
5 bedrooms, 6 baths, 6,261 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



\$4,195,000 5409 East McDonald Drive
6 bedrooms, 5 baths, 5,233 square feet
5409mcdonald.com



NEW LISTING
\$1,295,000 8 Biltmore Estates #206
3 bedrooms, 3 baths, 2,084 square feet
biltmore206.com



\$1,149,000 10231 North 77th Street
3 bedrooms, 2 baths, 2,254 square feet
10231north77thstreet.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



\$2,499,000 10746 East Whitethorn Drive
4 bedrooms, 5 baths, 4,871 square feet
10746whitethorn.com



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In the Kitchen

with **Nick Addante** of
Arcadia Meat Market

3950 E. Indian School Road
arcadiameatmarket.com

If there's one thing Arcadia local Nick Addante knows, it's meat – but his journey into the butcher industry didn't start there. After college, Addante went on to work in real estate. After a trip to Spain, he realized he wanted to do something that would benefit people and the food they eat. His shop, Arcadia Meat Market, has provided the Valley with organic cuts and other culinary treats for six years.

Did you ever dream you'd own your own butcher shop?

Not at all. After graduating from UofA, I got a job with a family friend who did foreclosure wholesaling, fixing and flipping, and stuff like that. Before I was getting ready to graduate, I was also studying for my LSAT – which, I didn't even want to go to law school – so when a friend offered me a job in San Antonio, I took it. I moved after I took the LSAT and learned how to flip/buy and sell residential real estate.

I did that for three or four years, and then the crash happened, so I moved back to Phoenix and did the same thing until around 2010. One of my cousins, a huge health nut, lived in Austin while I was in San Antonio, so we got closer. When I moved back here, he became an investor in my business. I stopped buying houses in 2013.

My cousin was a silent partner in Arizona Grass-Raised Beef (in Camp Verde). When I stopped buying real estate, I told him I wanted to get in on the company. I had previously taken a trip to Spain, where I met a woman who opened my eyes to organic food. Being



from Europe, she knew all about it. She was a fanatic and taught me everything.

Did you get involved in Arizona Grass Raised Beef, then?

My cousin told me I shouldn't get involved because, in his words, 'We don't make any money,' and I told him, 'Yes, I do. This is where food needs to be!' I'm afraid of not having access to clean food. I've done the whole not-taking-care-of myself thing; I was ready to change that. I was prepared to do something that would give me a purpose, so I wrote a letter of intent to invest in the beef company, took the money I had saved, and opened Arcadia Meat Market.

Before the building, I sold products at the Old Town Farmers Market. People would come over and say, 'This is the best (fill-in-the-blank) I've ever had,' and I had enough of that. By January 2017, I started hunting for a building.

Before I found this spot, I was going to be in the Club Pilates building (on 38th and Indian School). The building we're in now was going to be a nail salon. That fell through, so I swooped in and signed the lease.

Did you have to get certified or take a class to become a butcher?

I had zero experience in the industry, and I've never been a butcher. All I wanted to do was provide clean food for people, and I figured I'd learn everything else along the way. Every week that summer, I would go to our USDA plant in Chino Valley, sleep in a fifth wheel, and work in the cut room with the other guys. That's how I learned how to do what I do. It was a crash course.

I went out and toured all the farms and met all the farmers we work with in Arizona, California, and Nevada – around 24 butcher shops – to research and learn everything I could before we opened our doors in January 2019.

Where does the meat come from?

All of our beef comes from Arizona ranches. We have 40 producers who signed affidavits that their farms are only grass-fed, grass-finished. The name of our certification is the American Grass Fed Association, so we're certified. My partner, Tim, got different ranchers to participate in our program so that they could provide us with beef when needed. We work with four or five tribes and a bunch of generational ranchers.

Tim has six ranches and a few land leases where he has cattle grazing, and we'll move cattle around during different times of the year. So we're

constantly picking up cattle and bringing them to our plant to process and ship directly to consumers, our shop, and another shop. We're also distributed through Shamrock and Sysco.

What other products do you sell at Arcadia Meat Market?

Our lamb, pork, chicken and beef are all Arizona-raised. We sell Australian and Japanese wagyu. Our salt is from Jacobsen Salt Company, which is out of Oregon. Our olive oils are Italian. We have salsa, Arizona microgreens, Crow's Dairy cheese, Twisted Honey, Noble Bread and Blue Sky produce.

When we first opened, I wanted all Arizona products, including our wine and beer selection. However, the Arizona wines didn't sell much, so instead, we rotate between some Napa, Sonoma, and Spain-based wines.

Our eggs come from a farm called Chiricahua Pasture Raised Meats in Willcox. Josh raises our turkeys for Thanksgiving, and we use their pork and lamb. We've used his stuff since day one. I wish there were 10 of him in this state [laughs]. He produces really clean food.

What's the most unique thing you've had in the store?

George Lucas had a herd of wagyu at Skywalker Ranch, and I was able to get six or seven of those cows. It was really expensive, and the cows were huge. All of the cuts flew off the shelves. There was a six-month stretch where we were able to sell our 'Jedi Beef.' We've also had ostrich, rattlesnake and rabbit, but we buy that already packaged.

Every week, we do different sausages in the meat case but we have our staple

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cuts – New York, bone-in, ribeye – there are a lot! Hot Italian sausage is our biggest seller. We also do sandwiches every Friday, and that rotates each week.

What is it like owning your own business?

It's a roller coaster. It's a lot, but my favorite part is the customers. Interacting with guests, those relationships make it worth it. I had an old producer that I was buying from one time that I was complaining to, saying, 'I'm in here scrubbing the floors until 3 a.m., and then I'm back at 6,' and he said, 'Nick, at least they're *your* floors.'

I have to remind myself that all of this is for the people. It's not about me. I have a son now, too, so it's *really* not about me anymore [*laughs*]. It's been humbling. There are good and bad days.

My least favorite part? Scrubbing the floors!

What does a typical work day look like for you?

Depends on the day. On Monday, we're sausage-linking and making burger patties. We have a grinder, mixer and linker which helps cut production time. Sometimes, I'm doing admin, or I'm at the plant working in the cut room, or I'm grinding or working on the meat case.

Do you have celebrities coming into the shop?

Oh yeah. Michael Phelps comes in all the time. A bunch of baseball, basketball and football players come in – like JJ Watt. I haven't seen him in a while, but he came in and bought bone broth by the case. We sell it in the shop and it helps you heal big time – it's loaded with collagen and nutrients.

Will your son follow in your footsteps?

He's only three [*laughs*], but I hope not. I hope he does his own thing – whatever he does, I'm all for it. My wife and I are both entrepreneurs, and I feel like he'll find his thing when the time comes.

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

I try to hit the trail as much as I can. I'm either on the trail or I'm cooking. I love a good tri tip with roasted vegetables and a salad. When I go out to eat, which isn't often, I like to go to the places that use our cuts – The Parlor, Pomo, The Porch, Pa'La.

Future plans?

Get a bigger boat! I want another location so we can serve more people. I'm investing in one of our ranches, but we're also trying to build a ranch by Alamo Lake. We'll have a farm that grows organic feed that has cattle, so we can feed animals on our own property that come from my partner's ranches and sell them here.

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Giving back to the NICU that saved a mom and her babies

By Mallory Gleich

In February 2010, Arcadian Stacy Lovell was six months pregnant with twins and settling in for the final trimester – getting the babies' room ready, packing her go bag, and reveling in the love from family and friends. She was grateful for the healthy journey she'd experienced thus far... and entirely unprepared for what happened next.

After dealing with a couple of days of not feeling well and initially being diagnosed with a sinus infection, Stacy decided she needed to speak to her OB. She was admitted to the hospital with a 104.9-degree fever. Things took a turn for the worse, and Stacy ended up in the ICU in critical condition with a case of septic pneumonia that was in her lungs and blood.

Her condition continued to deteriorate, and before long, she had to be intubated and put in an induced coma. Not only was Stacy in danger – her 28-week-old twins were also fighting to survive.

The doctors determined that the best course of action would be to begin pumping steroids into the fetuses in hopes of speeding their lung development. The nurses were constantly tracking their heart rates. In the middle of the night, one of the babies' heart rates suddenly began to dip, and the team at HonorHealth sprang into action – it was time for delivery.

A team of 17 healthcare professionals headed to the operating room: one team for the babies, another to handle post-delivery care, and a third to care for Stacy.

Brandon and Aubrey Lovell were born on February 28, 2010, at 29 weeks old and three pounds each. They settled in after resolving the initial challenge of getting the babies to breathe by intubating them. They needed oxygen and feeding tubes and fought hard to stay alive.

"I have no memory of delivering my babies. I was unconscious and in a coma for the first five days of their lives. Imagine my surprise when I woke up, and my pregnant belly was gone," Stacy said. "Tears streamed down



PHOTOS COURTESY OF STACY LOVELL

Brandon, Stacy, Mike, Aubrey and Mia Lovell. (right) Stacy, Brandon and Aubrey returned home after being provided life-saving care and hope during their darkest hour.

my face. I was still on oxygen, unable and too weak to speak. Not the delivery I had envisioned."

Stacy could not see Brandon and Aubrey right away, but Nurse Ann DiChiara decorated the hospital room with photos and filled a scrapbook with pictures. On her breaks, she came to the room to check in and share updates. Stacy's husband, Mike, and daughter, Mia, camped out in the room every day.

Six days later, she was wheeled into the NICU to hold her babies for the first time – but her fight was far from over. She had severe pain in her back and another fever as the pneumonia spread to the lining of her lungs. She'd developed pleural effusion and empyema and required a six-hour surgery (one of three) that resulted in chest tubes being inserted.

"I was in the hospital for a total of three weeks, two of those in the ICU. Brandon and Aubrey were at the hospital for eight weeks," Stacy said. "I was so sick and terrified they were not going to survive, and if they did, they would have so many lifelong complications. I was worried about Mia. Our entire family was at risk in so many ways...the three of us with our lives on the line."

Dr. Karrie Francois, MD, and the team at HonorHealth provided round-the-clock care for Stacy, Brandon and Aubrey – both

physically and mentally. Stacy's sadness quickly turned to tears of happiness and hope as the nurses sent photos and updates constantly.

"They gave me courage and strength," Stacy said. "They even helped provide donor breastmilk, and one of the nurses would even help me 'pump and dump' because I had to have chest tube surgery and was on too much medication to give them my own."

After two months, Stacy and her family were together again – and finally, safely, at home. The new mom of three was so grateful for the help of everyone at the hospital that she decided to create an event to raise funds for the department. This – and a favored family beverage – helped her develop High Tea for HonorHealth.

"There are amazing galas out there, but I wanted to separate ours from others. I wanted it to be an event where people could grab clothes from their closet, have no pressure to get their hair and makeup done, and attend with or without their kids during a weekday," Stacy said.

The first High Tea took place in 2018, and since then, it has raised over \$1,145,000. One hundred percent of the proceeds go to the Neonatal Intensive Care Unit at HonorHealth Scottsdale Shea Medical Center.

High Tea usually occurs in September or

October to coincide with NICU Awareness Month. Attendees are welcome to come out, listen to stories from those in similar situations to Stacy's, and enjoy lunch and a silent auction. This year's theme is Wish Upon a Star, and the event takes place on October 2.

Each year, the NICU lists its most pressing needs, and the money raised through High Tea helps provide new technology, specialty equipment, and comfort services to families in need. Thus far, the funds have helped purchase GE Giraffe Omnibeds with warming technology to help infants maintain their temperature and reduce the risk of infection.

Another year, the event funded the purchase of privacy screens for the NICU rooms, giving parents their own space for nursing and bonding with their babies. At this year's event, the community will help the NICU obtain an ultrasound machine, new cardiopulmonary monitors, and defibrillators.

"My goal, mission, and ultimate dream is to build a new neonatal unit where families can have private rooms," Stacy said. "This incredible community has been so supportive. I am forever grateful for the precious gift of life, the giving hearts, and the HonorHealth Foundation for making my desire to make this event a reality!"

honorhealthfoundation.org

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Shaking up the greeting card business

By Mark Hays

Picture this: you're watching television and see an advertisement for Mother's Day coming soon – oh no, you forgot to get mom a card! You could get in the car, battle that Arizona traffic, head to the store, search for the perfect sentiment among thousands (and never truly find it), stand in line and pay up to \$10.

Or, you could check out Ink'd Greetings, a new business started by Sammi and Andrew Ekmark, who offer a one-stop solution to those greeting-card woes.



Andrew and Sammi Ekmark.

Ink'd offers an easy-to-use, time, money and energy saving alternative to purchasing cards for any occasion.

"I am obsessed with greeting cards and the small gesture behind each one. Andrew always gets me one for all sorts of occasions," Sammi said. "He would go into stores at the last minute, searching for a greeting card for me, and was dissatisfied each time. We started Ink'd to transform the consumer experience while benefiting retailers with our space-saving solution."

Sammi believes that buying greeting cards is expensive and online card shopping needs to be faster and updated.

"Ink'd enables users to utilize technology in person at a kiosk, shop online and pick up at a kiosk, or have us mail it for them," Sammi said. "We wanted a better experience and to keep the meaningful, physical gesture alive in our digital age, and now we can."

Shoppers can browse through hundreds of cards and utilize the filters. The business offers over 750 options: birthday, thank you, sympathy, wedding, anniversary, congratulations and holidays. Buyers can personalize the card or leave it blank. Prices start at \$2.99. There's a gift card option, with 50 different brands in amounts from \$5-\$200.

The gift card is printed directly on the back of the greeting card as a QR code for digital download and safekeeping, making it a sustainable all-in-one gift.

Ink'd Greetings has one physical location inside Chandler Fashion Center and plans to launch one at a 7-Eleven in Phoenix in May. They hope to set up kiosks at ASU, GCU, USPS, and Shea Retirement Communities.

"We are most excited about expanding our 'gifts' beyond gift cards. We want to integrate with ticket and event platforms to offer a more personalized option for consumers," Sammi said. "We are excited to start talking with bigger retailers such as Target, Kroger and CVS."

The company also plans to add more features, such as emojis and fine-tuned filtering.

inkdgreetings.com

From the Archives

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Vol. 10, No. 2 FREE May 2002

arcadia NEWSBEAT

Happy Mother's Day!

The Arcadia High School girls softball team scored a big victory recently, at the Santa Cruz Softball Classic. *Page 6*

Are you tired of using toxic chemicals to keep your home free of bugs and rodents? Claire Bush says there's another way. Read her article on *Page 12*

Dr. Treese tells us how to make our relationship with our mothers more of what we want them to be. Let this Mother's Day be a time to reflect and rejoice. *Page 14*

I am looking for a 'dare-to-be-great' situation.
—John Cusack as Lloyd Dobler in "Say Anything"

We wish all of you a happy Mother's Day! Stephanie Butler and her children Morgan (age seven) and Ben (age nine), will be celebrating at their home here in Arcadia. Both Morgan and Ben are students at Hopi Elementary School.

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We wish all of you a happy Mother's Day! Stephanie Butler and her children Morgan (age seven) and Ben (age nine), will be celebrating at their home here in Arcadia. Both Morgan and Ben are students at Hopi Elementary School.

ARCADIANEWSARCHIVES.COM

"Meet Mrs." *Ray Artigne*

Tammy Rocker

Sometimes, life – or maybe it's fate – unfolds in a way that produces coincidences. For example, if your last name is Rocker, it might be no surprise that your occupation has something to do with stage performances.

But Tammy Rocker's musical genre differs from what you might think – she prefers Beethoven's 5th to Guns N' Roses.

Rocker is Phoenix Symphony's new senior vice president and chief advancement officer. She rejoins the company after successful stints at the American Lung Association and the American Heart Association.

She brings an impressive professional leadership and fundraising resume, including organizing and leading multimillion-dollar development campaigns.

"We are thrilled that Tammy has returned to the Phoenix Symphony at such an important time in our history," Peter Kjome, president and CEO, said. "Her leadership abilities, extensive experience, and relationships with community leaders will help us advance our great orchestra."

Rocker quickly points out the differences between cultivating financial support for lifesaving health organizations and cultural offerings.

"With the arts, you must find a person's passion for such things, which is far different from someone supporting an organization that may have saved a loved one. After all, most everyone has been impacted by someone they know with heart disease," she said. "This is an exciting time to return to the Phoenix Symphony, and I look forward to working with everyone there and supporting the programs that enrich the lives of thousands in our community."

Rocker said that the company performs away from Symphony Hall in various locations, including art centers, schools, and churches. She is passionate about a symphony orchestra's role in the community.

"The arts are so essential. In addition to improving the quality of life, they play an economic development role by attracting certain businesses," she said.

Rocker and her husband, Jim, moved to the Valley from Los Angeles in 2015. They have five grown sons and two grandchildren but are far from empty-nesters. Their house is abuzz with their three chihuahuas, Kirby, Lady Bug, and Mr. Wooderson.

"They are the most important residents of the house, and they know it," Rocker laughed. "Arcadia is such a family-friendly neighborhood – you can walk your dogs, wave at neighbors, and know that everyone watches out for one another."

Arcadia is such a family-friendly neighborhood – you can walk your dogs, wave at neighbors, and know that everyone watches out for one another.



In her free time, Rocker and her husband break out their beach cruisers and traverse the neighborhood. Their favorite getaway is to Pine, where they have a cabin. She also loves to tend to her backyard garden, discover estate sales, and go antiquing. Her bucket list is overflowing with overseas travel, including trips to Greece, Spain, Portugal, and Italy one day.

Asked what she would say to someone who has never been to the Phoenix Symphony, Rocker said, "This season is going to be absolutely magical – come and see for yourself."

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PHOTOS COURTESY OF MARVIN BORSAND

This year, 57 vehicles headed to Hopi to participate in the
Arcadia Autorama.

ACMNA's annual Arcadia Autorama

This year marked the sixth annual Arcadia Autorama, sponsored by Arcadia Camelback Mountain Neighborhood Association with the support of Courtesy Chevrolet, Earnhardt Lexus and Chapman Ford. The rainy day didn't stop the fun, as 57 cars came out to Hopi Elementary on March 24 to show off their antique cars, like Amina and Craig Steblay's 1931 Ford Model A Deluxe Coupe.

Bob Mason's family entered five unique hot rods – one of which won a plaque for best custom rod. Tim Cox's orange Willys forward control truck also took home a plaque. A 1931 Buick Roadmaster Wagon, owned by Jeff Planck, won the title for best vintage original car. Tyson Kelley brought two sport cars, a 2020 McLaren 720s and a 2022 Lamborghini Huracan Evo.

The title for best original sports car went to the yellow Porsche 356B convertible. Phoenix Police brought out "the Bear," a tactical vehicle developed by Lenco Armored. Phoenix Community Officer Jared Sherman brought a 1960s Ford patrol car. Plans are already in motion for the seventh annual event, taking place in March 2025.

acmna.org

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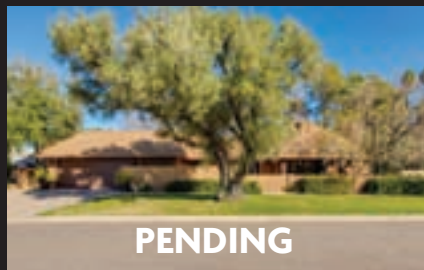
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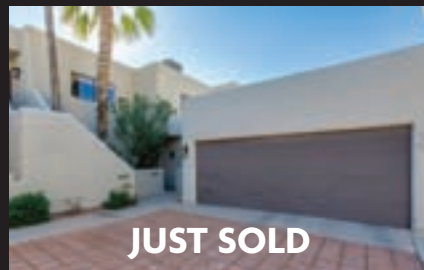
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Arcadia mom adds 'published writer' to her resume

By Kylie de Best

Kristin Van Helmond has two children – a son and a daughter – so, she's well-versed in all of the feelings a mother experiences while watching their children grow. It's been said that time flies – and Kristin realized how true this was after the birth of her second child. She searched for a way to preserve the memories of those growing stages that could be shared with parents everywhere. Her solution? A children's book called *Babies Don't Keep*.

Kristin's book was inspired by Zoe, who just turned five, and Max, who turns one in June. Before she became a mother, Kristin pursued a career that she describes as "a stressful environment in the corporate role, a far cry from books."

After Zoe was born, Kristin left her job to become a stay-at-home mom. She said she wrote the book to express to her children how much they are loved and how much tenacity and love they have given her.

"I have struggled to find a career path that fulfills me, and while staying home is the hardest job I have ever had, it has given my life so much purpose," Kristin shared. "This is my first book, something I did not think I could write. Five years later, I am so



PHOTO COURTESY OF KRISTIN VAN HELMOND

Zoe, Kristin and Max Van Helmond.

proud of it. I guess it could be considered my third baby."

While brainstorming ideas for the book, Kristin would write down phrases and words

that expressed how she was mourning the reality that time was passing by and that her son and daughter were growing up so fast. These feelings overwhelmed her, especially

after Max was born, because she felt the newborn stage was passing by much quicker than it had with Zoe. She feared that she would forget a part of him.

"As I started to put down my feelings about motherhood, I realized that parents, grandparents, aunts and uncles can also relate to how fast time passes by too quickly. All of a sudden, babies are no longer babies, and it is easy to want to bottle up every moment of their lives," Kristin said.

After she completed the writing, she researched an illustrator who would complement the words on the pages. Six months later, the project was ready for the world.

Kristin said she is so grateful for all of the support she has received. Though she isn't sure what the future holds for her writing career, she would love to write another book at some point.

"I am generally a more introverted person, and it took a lot for me to put such a big piece of my heart out in the world," Kristin said. "I am enjoying my time with my kids and looking forward to seeing where it goes. I hope the book resonates with others."

Babies Don't Keep can be found at UrbAna, Casa Lola, LGO, or on Amazon.

Technology and teamwork help this new student-led club

By Shi Bradley

Veritas Prep teachers Juan Garcia and Walter Lindsay wanted a way to share their technological backgrounds and passion for engineering with their students, a goal that led them to create a new robotics club that gives students a taste of engineering and STEM while staying true to Veritas's classic curriculum.

"Competition breeds innovation," Garcia said. "Not all students want athletics. Some would rather compete in the academic fields of STEM."

The robotics club, which meets after school on Tuesdays, was created to teach students about teamwork, goal-setting, and understanding and navigating technology.

"Software and technology are tools that require moral responsibility, and modern culture is still figuring out the proper applications for emerging technologies," Garcia explained. "Veritas is a classical school, and both hopes are extensions of what the school teaches: truth, goodness and beauty."

Starting the club meant finding proper resources the students would need to participate in activities and competitions. Fortunately, Veritas had most of the materials, like competition kits (erector-set-like supplies), computers and handheld controllers – as well as a space to meet and store materials.

Garcia said they need to access more resources to grow the organization and prepare students for bigger opportunities.

"Next year, we'll need to get a competition arena so student teams can compete with each other to improve and be ready to compete with other schools," he said.

While the two teachers have backgrounds in technology and science, learning how to build robots was new territory for them and the club members.

"None of us have built robots before," Garcia said. "The students had never built a machine, and the most they knew about programming came from simple file modifications for video games."

The club overcame those challenges, however, and has already created two robots. Members discuss updates to the robot's design, software and hardware at each meeting. Garcia and Lindsay encourage students to look for ways to improve their designs to prepare them for competitions.

"Now that students are designing and altering their robots without prompt or assistance, we've begun to set experiments for them to complete given constraints as a challenge," Garcia said. "We are focusing on growth in preparation for next year."

Garcia hopes that the program can evolve to become more independent and that students will begin to take more initiative and responsibility within the club.

"Robotics Works needs to be student-run," Garcia said. We, the coaches, are just advisors. We follow the students' lead and offer support. Student-led teams that compete with other schools create an environment that encourages them to improve their skills and way of thinking to achieve success."

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Pickleball tourney raises \$180,000 for Phoenix Children's Hospital

Earlier this spring, the Phoenix Children's 50 (The PCH 50) hosted the fourth annual PCH 50 Pickleball Championships. This year's event raised over \$180,000 solely for the hospital, which PCH will put toward a new ambulance. Since inception, the tournament has raised over a half million dollars exclusively benefitting PCH.

"The tremendous effort from community leaders going into the championships creates such a unique experience. From top level pros competing for serious prize money to beginners just picking up the game, our tournament has everything!" Director Andrew Cheney said. In addition to four divisions

consisting of 128 players, the tournament hosts an electric celebrity match. Arcadia resident and former NFL quarterback Drew Stanton took on Diamondbacks legend Luis Gonzalez in a tight doubles match. Colt McCoy, another NFL great, provided courtside commentary. Smead Capital Management made a generous donation.

The PCH 50 consists of 50 men under 50 years old who raise funds and awareness for Phoenix Children's Hospital. This group also puts on the exclusive Off the Record private concert, Concourse on the Hills auto show and Team Taylor Fun Run.

thepch50.com



Colt McCoy, Drew Stanton, Elyse Johnson, Andrew Cheney, Ashlee Candelaria, Luis Gonzalez and John Orsak.

Arcadia area students witness this year's solar eclipse



Biltmore Prep students paused studies to catch a glimpse of the solar eclipse that happened in April.

The morning of April 8 buzzed with excitement as Ingleside Middle School students eagerly awaited peak viewing of the partial solar eclipse at 11:20 a.m. Students were able to safely observe the eclipse using special glasses donated by the Parent Teacher Organization. Some students explored alternate viewing methods, such as using pinhole projectors crafted by the IMS Craft Club, while others tried the "waffle technique" using their hands.

Biltmore Prep also participated in a solar eclipse viewing party. Each kindergarten-eighth grade student was outfitted with ISO approved solar eclipse viewing glasses to use (and take home). Participants were provided a safety lesson about the importance of properly using the glasses to avoid injury.

Before heading outside, teachers educated students about what a solar eclipse is and what it means in various cultures

around the world. In Ms. Heusch and Senora Santiago's kindergarten classes, the excitement was tangible. Kids even made a sign to celebrate the celestial event.

"When I picked my daughter Alessandra up from school, the first question she asked me was 'when is the next solar eclipse?' She proceeded to tell me what she learned that day and how cool it was to use her glasses," Biltmore mom Taylor Rojas said. "It was a very proud moment to see her fascination with the eclipse. We even added reminders to our family calendar for the next one, because in her words, 'There is no way I am going to miss that, even if I'm asleep!'"

Both schools were delighted to witness this event, knowing that the next solar eclipse in the U.S. won't occur until 2044.

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MOTHER'S DAY

Sometimes, it can seem daunting to devise a way to thank the mother figure in your life for everything she's done. Luckily, there's still time to claim the coveted favorite child title by treating mom to a meal or some relaxation in the Valley – below are a few spots celebrating moms on May 12:

DINE

From 9 a.m.-3 p.m., the **Arizona Biltmore** (2400 E. Missouri Ave., Phoenix) will host brunch for the family in The Gold Room, the resort's original 1929 dining hall. Mothers will also receive a complimentary glass of Veuve Clicquot to celebrate. Price: \$199 for adults, \$85 for kids.

arizonabiltmore.com

Royal Palms Resort and Spa (5200 E. Camelback Road, Phoenix) invites families to gather with a brunch buffet from 10 a.m.-2 p.m. Highlights include a seafood station, paella station, waffle bar, charcuterie and dessert spread. **T. Cook's** will offer a prix-fixe menu featuring dishes like spring pea ravioli, prime skirt steak with roasted potatoes, and chocolate raspberry mousse cake. Price: \$175 for adults, \$75 for kids.

royalpalmsresort.com

Brunch is all the rage at **Lon's at the Hermosa Inn** (5532 N. Palo Cristi Road). From 9 a.m.-2:45 p.m., guests can enjoy items like beignets, smoked salmon sliders, pork belly and biscuit, green chile chicken tostada, charred Iberico pork loin, and strawberry shortcake or chocolate torte to finish. Price: \$99 for adults and \$25 for kids.

hermosainn.com

J&G Steakhouse at The Phoenician (6000 E. Camelback Road, Scottsdale) will have brunch available from 10 a.m.-1:30 p.m. Dishes include herb-crusted beef tenderloin, pan-roasted mahi mahi, crab eggs benedict, buttermilk waffles and more. **Mowry + Cotton** at the Phoenician will also host an à la carte brunch menu. Price: \$175 for adults, \$95 for kids.

thephoenician.com

Treat mom to a chef-attended buffet, or brunch or dinner at **ZuZu at Hotel Valley Ho** (6850 E. Main St., Scottsdale). The buffet (10 a.m.-2 p.m.) will have a seafood bar, salad station, omelets, a chef carving station, and entrees like ricotta pancakes and baked salmon. Dishes like Rosie's Quiche, Croque Madame benedict, lobster risotto and Terra Farms wagyu short ribs are available at Zuzu. Buffet price: \$79 for adults, \$29 for kids.

hotelvalleyho.com

Hearth '61 (5445 E. Lincoln Dr., Paradise Valley) will host a brunch from 10 a.m.-2:30 p.m. Check out family-style starters and desserts and a choice of five à la carte entrées: pan-seared swordfish, smoked salmon benedict, wood-oven

roasted New York strip, braised beef short rib hash or fennel stew. The restaurant is offering its seasonal dinner menu from 5-9:30 p.m. Brunch price: \$98 for adults, \$19 for kids.

mountainshadows.com

Hash Kitchen (4315 E. Indian School Road, Phoenix) is celebrating moms with a specialty cocktail just for them. On May 12 guests can sip on the limited-time 'Raise a Glass' beverage made with vanilla vodka, amaretto, Bailey's and blue curacao.

hashkitchen.com

When dining at **Pita Jungle** (4340 E. Indian School Road, Phoenix), moms can receive their choice of walnut baklava or chocolate-dipped walnut baklava for dessert for free with the purchase of an entree.

pitajungle.com

Wine lovers can head to **Postino Winecafé** (3939 E. Campbell Ave., Phoenix) on Mother's Day weekend to try the Lavender Spritz, available for a limited time. The cocktail features Mommenpop Meyer LemonPop aperitif, Dolin Blanc vermouth, fresh lemon, lavender syrup and a dried lavender garnish for \$13.

postinowinecafe.com

The Spot at Arcadia (4801 E. Indian School Road, Phoenix) is celebrating Mother's Day with \$5 house mimosas, 20 percent off signature cocktails and a free appetizer for guests who make a reservation. The location offers outdoor seating with a dog-friendly patio, television and live music.

thespotarcadia.com

Eddie V's (15323 N. Scottsdale Road) is offering a prix fixe two-course menu from 10 a.m.-2 p.m. Items include apple cinnamon scones, butter-poached Maine lobster quiche Florentine, roasted avocado and jumbo lump crab, or the eight-ounce pan-seared steak paired with a mushroom and white cheddar frittata. Featured sips include mimosas, Bloody Marys and Bellinis. A la carte and children's menus are also available. Prices vary.

eddiev.com



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Z'Tejas



The Sicilian Butcher



Keeler's Neighborhood Steakhouse

From 10 a.m.-3 p.m., families can enjoy brunch with mom at **FOUND:RE Phoenix Hotel** (1100 N. Central Ave., Phoenix). Featured items include the bananas foster Dutch baby, avocado toast, breakfast sandwich, shakshuka and more. Cocktails like the mommyjito – white rum, lime juice, simple syrup, soda water and muddled blueberries – will also be available. Prices vary.
foundrehotels.com

A champagne brunch happens at **Z'Tejas** (8300 N. Hayden Road, Scottsdale). Guests can check out a buffet-style meal, with dishes like buttermilk biscuits and chorizo gravy, huevos rancheros, green chile pork benedict tamales and classics like pancakes and French toast. Mimosas and Bloody Marys are also available. Prices vary.
ztejas.com

Tracy Dempsey Originals (1325 W. University Dr., Tempe) is offering a Mother's Day picnic basket for two or four. Order by May 6 and receive an assortment of cheese, fruit, nuts, and Noble Bread; beet hummus with veggies and crackers; a pesto chicken salad sandwich and roasted veggie sandwich; potato salad; wheat berry and spring vegetable salad; lemon tarts; shortbreads and chocolate truffles. Add on wine or lemonade for an additional fee. Price: \$90 for two people, \$180 for four.
tracydempseyoriginals.com

OUT OF THE AREA

All four **Fairmont Scottsdale Princess** (7575 E. Princess Dr., Scottsdale) restaurants – Toro Latin Restaurant, Bourbon Steak, La Hacienda and Ironwood American Kitchen – will have Mother's Day specials. There will be traditional brunch offerings and specialties like artisan pasta, stracciatella, gochujang braised short rib and ahi tuna tostada. Guests can also buy mom flowers and a gift card to the Well & Being Spa and

have them delivered to the table. Seatings are from 10 a.m.-2 p.m. Price: \$152 for adults, \$68 for kids.
scottsdaleprincess.com

The Sicilian Butcher (15530 N. Tatum Blvd., Phoenix) has a special Mother's Day menu from May 8-12. Items include lobster tagliatelle, cast iron baked gnocchi and lamb ragu pappardelle. Prices vary.
thesicilianbutcher.com

Keeler's Neighborhood Steakhouse (7212 E. Ho Hum Road, Carefree) has a plethora of yummy options to celebrate from 10 a.m.-3 p.m. Moms can check out the prime rib carving station, seafood station, and a variety of classic breakfast foods and pastries. Price: \$70 for adults, \$35 for kids.
keelersteakhouse.com

From 10 a.m.-3 p.m., **The Rosticceria** (12811 N. Tatum Blvd., Phoenix) will have a specially-curated brunch menu with dishes like 10-layer breakfast lasagna, lamb osso bucco, sausage frittata and béchamel + fried eggs and dessert options. The eatery will also have live music throughout the day.
therosticceria.com

In honor of Mother's Day, **Ocean Prime** (5455 E. High St., Phoenix) will have "one mother of a brunch spread," with options including lobster toast, crab cake eggs benedict, brioche French toast, short rib surf and turf, prime steak and egg, seasonal fruit and Greek yogurt and cinnamon bread. Themed cocktails will also be available. Brunch is served from 10 a.m.-3 p.m. Prices vary.
ocean-prime.com

32 Shea (10626 N. 32nd St., Phoenix) is honoring Moms by offering \$5 MOMosas in kiwi, orange, strawberry, or watermelon flavors and \$17 bottles of prosecco all day.
32shea.com

RELAX

Camelback Village Racquet & Health Club (4444 E. Camelback Road, Phoenix) is offering a Mother's Day

Duo package that includes a 60-minute signature massage and an enzyme facial with the monthly signature scent (exotic fruits for May!) that includes dermaplane or microdermabrasion – plus a glass of wine or champagne to top things off. Price: \$225 plus \$10 in bonus cards for every \$100 in gift card purchases.
villageclubs.com

Face Foundrie (3950 E. Indian School Road, Phoenix) is offering various facial specials, including The Royal Treatment, a series of micro treatments that use oxygen infusion and more, or the Clean & Natural, which promotes skin cell turnover with light exfoliation and gua sha massage. Those who purchase a three-month membership at \$89 per month will receive a free Drops of Gold (good for hydration!), one focused facial, one enhancement and 10 percent off products per month.
facefoundrie.com

FOUND:RE Hotel and Match Market & Bar will host a day of shopping, sips, beauty and more on Saturday, May 11, from 10 a.m.-1 p.m. Moms can enjoy wine spritzers and samples from Sol E'Ciel Beauty, shopping at The Shop @ FOUND:RE Phoenix and complimentary photos, plus lots of snacks, drinks and live music. Attendance is free.
foundrehotels.com

DINING SCOOP



Pizza to the Rescue (2601 E. Indian School Road, Phoenix) opened in early April. The eatery's mission is "Eat Pizza, Save Puppies," and in that spirit, 25 percent of pizza sales go directly to Almost There Pet Rescue (which is right behind the restaurant). The menu features appetizers, wood-fired pizza, pasta and craft cocktails.
pizzatotherescuephx.com

Arizona-based **Scooptacular** recently opened a new location in the Safeway Plaza (4730 E. Indian School Road, Phoenix). On the menu are various handcrafted ice cream flavors like birthday cake, bananas foster, bubblegum, butterbeer (inspired by Harry Potter!) and Camelback crunch. The business also offers sorbet, shaved ice and cakes.
scooptacular.net

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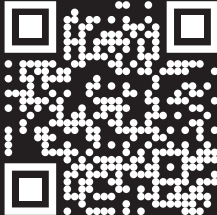


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\$4,395,000 - 5299 E Exeter Blvd
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\$3,650,000 - 5701 E Calle Camelia
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Arcadia High's next mission: Project Graduation

By Mallory Gleich

Plans are underway for this year's Project Graduation, an annual event following the ceremony for seniors at Arcadia High.

Project Graduation is a nationwide event that started in Maine in 1980 as an alcohol-free, all night alternative to student-led celebrations.

Of all the alcohol-related fatalities involving teens each year, about one-third of them take place during prom and graduation.

Arcadia High adopted this tradition in 1991 in response to the rising stats of injuries and accidents in the community after ceremonies conclude.

This year, students will board school buses and head to Mavrix in Scottsdale on May 23 from 10 p.m.-2 a.m.

There, the students can check out unlimited arcade games, bowling, and laser tag – and this year's celebration will also include blackjack tables (each win gets a lottery ticket for a \$100 gift card), gift card giveaways, an interactive illusionist show by Nick Ivory, caricature artists, photo booths, and unlimited pizza, soft drinks and dessert.

The event used to take place at Cracker Jax, but the student council took a survey a few years ago, and everyone voted for a new spot – Mavrix was the winner.

To commence in the merriment, the Project Graduation Committee (headed by mom Sue Tessmer) puts together different ways to raise funds for the evening: yard



2023 graduates Ruby Cardon, Joe Mellen, Jojo Sati, Jack Ingram, Colton Pruitt, Garrett Nelson, Ryan Sheedy, Maddy Malatesta, Tatum Longnecker and Riley Sowders.

signs are available for purchase for families, and the "Sponsor a Senior" program provides funds for things like caps and gowns, a ticket to the event (it runs about \$80 per person), yearbooks, and gift cards.

"All SUSD high schools also receive a \$2,000 grant from the Scottsdale Charros for their graduation celebrations," Tessmer said. "We put that money toward the event and also use it to buy gift cards to local restaurants, or Amazon, Best Buy, and

Visa cards so kids can have some funds to put toward whatever their plans are after May 23."

The committee also coordinates a "Grad Walk" where seniors wear their cap and gown and march through the halls at Hopi, Tavan, Echo Canyon and Ingleside. They also sponsor a brunch for the graduates following a practice run.

Parents of junior students usually run the event so senior parents can enjoy the

evening and head home after graduation. Approximately 365 students will head to the stage to accept their diplomas this year.

"Project Grad is a perfect end to senior year. It is one last time they can be together with their classmates, celebrate their accomplishments, and make lasting memories in a safe and fun environment," Tessmer said.

For more: arcadiapto.org or email projectgrad@arcadiapto.org



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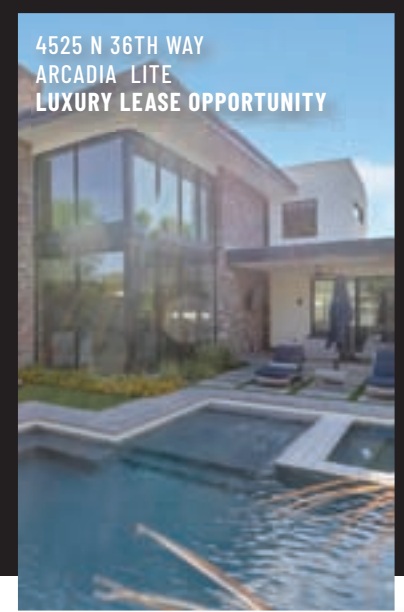
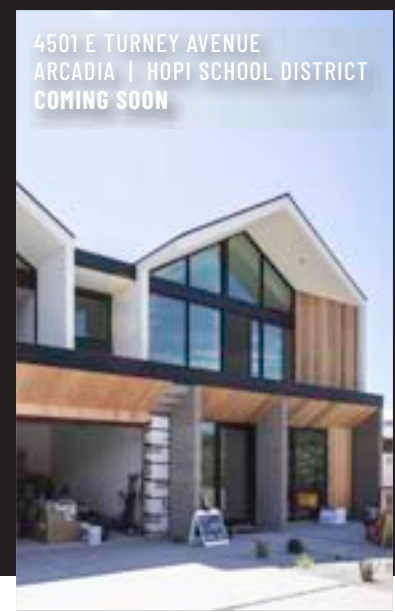
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Activities happen all year round at this Arizona farm

It's said that April showers bring May flowers, but May also brings home grown peach season to Arizona. And although Georgia is known as the peach state, Schnepf Farms in Queen Creek has been

growing eight different varieties for more than 50 years. All of them will ripen at various times in May, and you can bring the family and pick them right from the trees.

Schnepf Farms is the largest peach grower in the state. Each tree is a legacy to owner Mark Schnepf's father, who after more than two decades of growing commercial

crops, planted his first peach tree in 1967. Mark said his dad was a great experimenter of crops. He believed in diversifying, but he also loved peaches. You might say that's how the family farm blossomed into what it is today.



Robin's Adventures

BY ROBIN SEWELL

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



Schnepf Farms in Queen Creek.

They no longer pick and ship. They sell their produce right on the farm.

Some of the fruit goes straight to the on-site bakery, country store or ends up on the menu of the café. They make peach everything – cinnamon rolls, bread, preserves, hot sauce, even fudge.

The fruit is just one of many reasons to visit Schnepf Farms in May and throughout the year. During the spring, Schnepf Farms transforms into one of

the region's most unique amusement parks. There are more than 25 rides and attractions including roller coasters, carousels, ziplines, bumper cars, a Ferris wheel and a climbing wall.

They are also known for their annual events, like Hometown Fourth of July – which also happens to have Queen Creek's premier fireworks show. At this event, you can indulge your culinary senses with multiple food trucks,

take the kids down the giant slide or check out the petting zoo and the little farmer's play yard.

Thinking ahead to fall, mark your calendar for Schnepf Farms annual Pumpkin and Chili Party. This event lasts the entire month of October and is full of family fun entertainment. There are dozens of activities, including four- and 10-acre corn mazes, a spooky train ride, haunted school bus ride, hayrides and all the thrilling amusement offered at Agritainment. It also boasts one of the best pumpkin patches in Arizona.

If you are looking for more than a day or evening of fun, the farm offers a weekend getaway at the Cozy Peach – a camping experience with all the comforts of a luxury hotel. Campers will be set up in a vintage Airstream, Spartan or Silver Streak decked out with a flat screen television, plush bedding and a private patio. Guests can enhance their stay with dinners, breakfast delivery, animal feedings and other activities. The Cozy Peach concierge takes care of it all.

For owners Mark and Carrie Schnepf, the farm is about preserving history and making memories, both for their family and future generations, but they also hope it remains a special place for other families to create memories of their own.



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Lettuce celebrate National Salad Month

Did you know that May is not just about welcoming those sunnier days and planning for Memorial Day weekend? It's also National Salad Month! That's right, a whole month dedicated to celebrating the vibrant, fresh, and delicious world of salads. And what better timing, right? With all the outdoor functions, picnics, and barbecues on the horizon, it's the perfect opportunity to dive into how salads are not just about keeping things light and healthy but are also a powerhouse of flavors and textures that can steal the show at any gathering.

We all know that feeling of wanting to indulge without going overboard. Plant-based salads are a fantastic way to do just that. They're packed with vitamins, minerals and fiber, thanks to fruits, veggies, nuts and seeds. Plus, they're hydrating, which is important as the temperatures start to climb. And the best part? You can mix and match ingredients based on what's in season, ensuring that

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

your salad becomes a main attraction that's both nourishing and satisfying.

Let's celebrate by taking our salad game to the next level. Let's get chopping, mixing, and dressing up those greens (and reds, yellows, and purples) and make every meal an opportunity to eat well, feel great, and enjoy the beauty of plant-based eating.

Here are three salads that are loaded with healthy ingredients, simple to make, and travel well! And don't forget, my monthly membership has recipes, health videos and live Zoom cooking classes for \$10 per month.

Cilantro lime black bean salad SERVES 6



Ingredients

- 1 can black beans, rinsed and drained
- 1 cup corn
- 2 small tomatoes, diced
- 1 jalapeño, diced
- ½ cup chopped cilantro
- 1 garlic clove, minced
- 2 tbsp. diced red onion or shallots
- 1 tbsp. olive oil
- 2 tbsp. lime juice
- ½ tsp. each: cumin, salt, smoked paprika
- ¼ tsp. pepper
- 1 avocado, diced

Directions

1. **Toss everything together. Best eaten on the same day!**

Fresh dill potato salad SERVES 4-6



Ingredients

- 3 lbs. russet or Yukon potatoes, peeled and chopped
- ¼ cup shallots, minced
- ½ cup fresh dill, chopped
- ½ cup fresh Italian parsley, chopped
- 3 scallions, chopped
- 1 tbsp. capers

Dressing

- 3 tbsp. olive oil
- 2 tbsp. white wine or champagne vinegar
- 1 tbsp. brown mustard
- 1 tsp. pink salt
- ½ tsp. pepper

Directions

1. **Add potatoes to a large pot and cover with water. Bring to a boil and cook for about 10 minutes until the potatoes are tender but not mushy.**
2. **Whisk dressing together.**
3. **Toss potatoes with shallots, dill, parsley, scallions, capers and dressing. Chill and serve!**

Fresh herb greek lentil salad SERVES 4



Ingredients

- 3 cups cooked lentils
- 1 red pepper, chopped
- 2 cups grape tomatoes, halved or quartered
- ½ red onion, sliced
- 1 cup dairy-free feta
- ½ cup sun-dried tomatoes (lay on a paper towel to remove some oil)
- 1 cup Kalamata olives, halved
- 1 bunch Italian parsley, chopped
- ½ cup fresh basil, chopped

Dressing

- 3 tbsp. olive oil
- Juice of one lemon
- 1 tsp. pink salt
- 1 tsp. Za'atar spice
- 1 garlic clove, minced

Directions

1. **Whisk up dressing and toss with salad ingredients!**

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This mid-century modern home was completely updated inside and out. Highest quality architectural details are used judiciously, keeping the spaces uncluttered and open.

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ARCADIA CHARMER

This charming ranch style home is located in the highly desirable neighborhood of Hacienda Granada, in the Hopi Elementary District. This adorable home is walking distance to LGO, Postino, Ingo's and Kachina Park. This is a true gem!! **Offered at \$1,250,000**



BILTMORE AREA MID-CENTURY MODERN RANCH

WOW-COMING SOON! This genuine MCM ranch home has been thoughtfully expanded and updated to include 4 bedrooms, oversized owners' suite, separate guest house and Studio and Gallery! Original terrazzo floors remain. Glorious landscapes include pool, irrigated lot, and unrivaled cactus specimen garden. By Appointment Only. **Offered at \$2,850,000**



PASEO VILLAGE IN MCCORMICK RANCH

This sophisticated and updated McCormick Ranch home is located on a private cul-de-sac lot with great yard space. Sleek finishes include wood-look tile, plantation shutters, elegant fixtures, shaker cabinets, quartz counters & much more. Private wrap-around yard features lush & low maintenance landscaping. Rare 3-bedroom plus office. **Offered at \$885,000**



ARCADIA AREA MID-CENTURY MODERN RANCH - HAYES STUDIO ARCHITECTURE

This is it! An amazing 3 bedroom, 2 bath MCM Ranch Home in Pomelo Park that offers a complete remodel by the talented Hayes Studio Architecture and Interiors. You'll love the dramatic interiors, generous primary suite, vaulted ceiling and the massive kitchen! Complete with large irrigated lot and resort style pool! **Offered at \$985,000**



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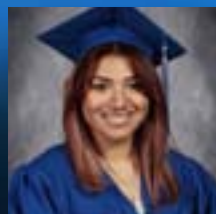
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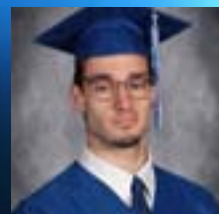
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Johany Garcia Valle



Vartan Geokjian



Ella Gittner



Christabel Faith
Gloria



Erick Gomez



Samara
Gonzalez Meza



Cesar Guillen



Lynnea Hercules



Xavier
Hernandez Coral



Gabriella
Hernandez Vargas



Saul Hernandez



Gavin Hughes



Joshua
Hutchins-Gay



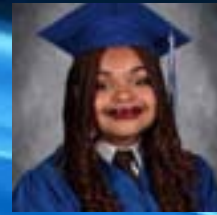
Sofia Isham



Avery Jenkins



Wynn Jenkins



Angel Johnson



Samantha Kahle



Advetaa Khurana



Jessica Kolb



Aydan
Leeds-Peralta



Estevan
Locicero-White



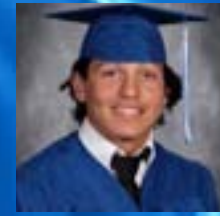
James Lockwood



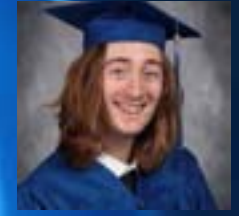
Angel
Lomeli Aguirre



Sophia
Lopez Barrios



Joseph Lungo



Mason MacArthur



Sasha Manriquez



Evan Marske



Nathalie Martinez



Christian Matias
Medina Mendoza



David Melendez



Joseph Melendez



Trinity Melendez



Liam
Melvin-Carmona



Mia Mora Santos



Adelaide Morlan



Aaliyah Morris



Skye Nachie



Christian Neri



Tatum Nguyen



Lucas Nugent



Cooper Osborn



Jessica
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Alex Razo



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DID YOU KNOW? KENTUCKY DERBY

WHO STARTED IT?



Churchill Downs is located on Central Avenue in Louisville. This is where the Kentucky Derby takes place. The track is named after John and Henry Churchill, who leased 80 acres of land to their nephew, Colonel Meriwether Lewis Clark Jr. (grandson of explorer William Clark).

Clark was president of the Louisville Jockey Club. His father-in-law was an accomplished horse breeder and trainer, and introduced Clark to horse racing. The first race, a thoroughbred sweepstakes and part of today's Triple Crown, as well as the first Kentucky Oaks, were

held there in May 1875. Around 10,000 people were in attendance.

HOW FAST?

1:59.40

Possibly the greatest performance in the Derby's history was that of Secretariat in 1973. "Big Red," as he was known by his fans, set the track record that stands to this day – meaning no horse has beat the record since – finishing the race in 1:59.40.



HOW MUCH?

\$5M

This year, for the 150th anniversary of the race, the purse for the Derby has been raised to \$5 million (up from \$3 million in 2023) with the winner taking home \$3.1 million, \$1 million for the runner up, \$500,000 for third place, \$250,000 for fourth place and \$150,000 for fifth.



HOW MANY?

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DID YOU KNOW? KENTUCKY DERBY

KENTUCKY DERBY FACTS

Thoroughbreds in Kentucky are one of the leading economic industries in the state, generating \$3.1 billion in revenue.

Around \$160 million is spent in Louisville during the Kentucky Derby events.

The Kentucky Derby makes up one third of the Triple Crown Championship. The other races are the Belmont Stakes and the Preakness Stakes.

The traditional drink of the Derby is the mint julep – over 120,000 are said to be consumed at the race each year.

Diane Crump was the first woman jockey to ever *ride* in the Kentucky Derby – so far, there has never been a woman winner.

The Derby trophy weighs 3.5 lbs.

Competitor Mike Smith has ridden the most Kentucky Derby horses in history at 27.

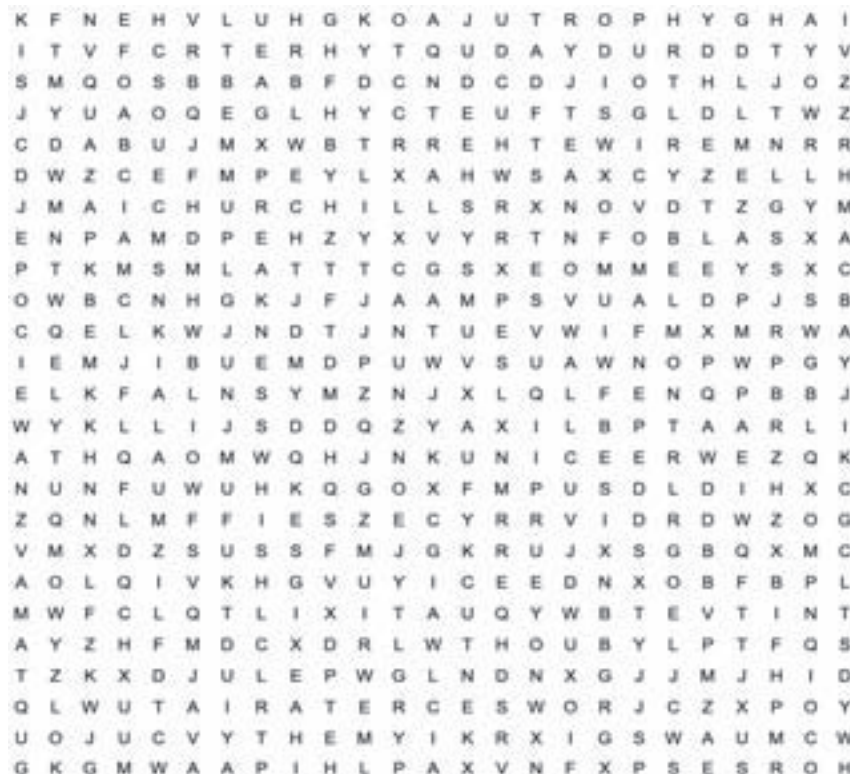
The Derby is also referred to as ‘The Run for the Roses’ because the winner is awarded a blanket sewn with over 400 roses after the race. The blanket weighs around 40 pounds!

Post No. 1 has become known as “the dreaded rail” due to its tendency to leave horses boxed in behind other racers, making it difficult to pull away from the pack.

It has been nicknamed “The most exciting two minutes in sports.”

The 2015 event had the largest crowd in the event’s history – over 170,000 spectators were in attendance.

WORD SEARCH



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DOWNS
DERBY

HORSE
JOCKEY
JULEP
KENTUCKY
LOUISVILLE

MERIWETHER
PREAKNESS
ROSES
SECRETARIAT
TROPHY

SAY WHAT?

AGE MATTERS

The Kentucky Derby is strictly for Thoroughbred horses who are three years old. Although there are other breeds that race: Arabians, Quarter Horses, and Standardbreds, the Thoroughbred is the quintessential racehorse. Advanced through selective breeding over centuries, the Thoroughbred gallops faster than its ancestor, the Arabian, and carries speed a lot farther than a Quarter Horse.



The Derby’s age qualification refers to three-year-olds in the Northern Hemisphere whose official birthday is January 1. Three-year-olds born in the Southern Hemisphere do not qualify because they would actually be several months older, based on the breeding season in their part of the world. From a group of about 20,000 foals in North America, only 20 – at most – can compete in the Run for the Roses.

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(back): Ismael Lopez, Julian Trevizo, Coach David Alfaro, Matthew Richardson, Owen Lozevski, Oliver Fay, Leranese Enaro, Kaya Tuttle, Yohanna Teklu, Andrea Bonito, Rachel Abera. (middle): Jesus Gonzalez Martell, Lennox Defranco, Ryker Benjamin, Alexis Garcia Santoyo, Anthony Santos-Cervantes, Gabriel De La Rosa. (front): Natalie Rude, Layla Schell, Abby Fay, Nehmani Fudge-Nowells, Arlie Downs and Noelle Attwood.

Tavan brings its own flavor to the basketball court

By Mallory Gleich

For over 20 years, Tavan Elementary School fifth-graders get in the spirit of that well-known national basketball tournament by hosting their very own game – and this year was no different, as Ballard's Brood and the Figueroa Fighters battled it out on the court until the final buzzer at this year's event.

During Tavan's March Madness, fifth-grade boys and girls play a full-court game against each other. Arcadia dads Brian Frey and David Alfaro (founder and owner of Arcadia Sports Central) coached each group. This year's referees were Arcadia

High students Matthew Richardson, Owen Lozevski, and Oliver Fay.

"This is just a for-fun event to get the entire school involved and excited about being together and cheering for their friends," P.E. teacher Ellen Young said. "I'm not sure how it started, but I know the P.E. Department has been in charge for years."

Each team was set up with jerseys – blue and green – and there were even cheerleaders, complete with pom poms, helping to energize the crowd and the players. This year, Arcadia High's Cheer Coach, Sophia Digati, and a few of her team members came to Tavan to teach the girls a few routines.

"Cheering was fun! Some of us were nervous and anxious, but when we started cheering and had the Arcadia cheerleaders help us, we were all less nervous and got excited," Karla Moctezuma-Martinez said. "It doesn't matter if we're cheering for different teams; what matters is that we're a family, and we were cheering for all our friends."

"March Madness was so fun, but I was nervous before, at halftime, and right at the end when there were free throws," Lennox Defranco said. "We had a good coach and good players, too!"

This year's game had a fun twist for attendees, thanks to music teacher Erin Stedman, who had the students surprise

their teachers with a flash mob dance during the halftime show.

The final score was 21 to 20 – Ballard's Brood snuck in at the last minute to win by one point.

"It was really fun, and I was excited that we won," Noelle A. said. "I've been waiting for a long time to be a fifth grader to play in March Madness. Now that I'm here, I want to do it again!"

"The game was so exciting, and each team did so great, so the students were excited about being able to cheer for both teams and watch their peers as they played. It was such a great experience," Young said. "We can't wait for next year."

It's all about the sizzle

Cool days have turned into warm ones. Our gardens are effortlessly exploding from seeds planted earlier in spring, calendars are filling up with activities, and for some, the school year has drawn to a close. May is the bridge between spring and summer, arriving bold and robust.

In my world, cooking can't exist without a garden. This sounds dramatic, but what I

pick first thing in the morning often dictates what I'll cook later in the day. Gardening isn't meant to be intimidating, and one doesn't need a large expanse of ground to plant a few favorites. Over the years, my success has come from being

a 75 percent 'kitchen scraps' gardener. I take seeds from chopped items and plant them in various raised beds. Gone are the days of watching the calendar and worrying about when and if the seeds will sprout. Once the seeds are nested, the rest is left to Mother Nature.

Now is the perfect time to talk about

planting. Soil temperatures need to be in the range of 70-84 degrees for seeds to sprout. Seeds love warm, moist soil while they germinate in the dark. It's important to understand that seeds need good contact with the soil to germinate properly. Peppers – any variety – are known to be challenging to start from seed, so try scattering some 1/4" deep, lightly cover with soil and water, and check back in 7-10 days.

By then you should see sprouts above the soil. If impatience is part of your DNA, select an established plant with blossoms and noticeable tiny fruit and plant it in the ground or a large pot with good soil. Full sun is a must. It's bizarre that peppers are botanically considered fruit while being classified as berries. In my mind, they are vegetables because that's most often how they are used. If you're spying greenery to bring home, pick up a sweet basil plant ... life can only get better with fresh basil.

Let's jump to that first handful of sweet bell peppers you've picked. If you're at a loss on how to use them, think fajitas. They have been around since the 30s, on ranches in Texas and Mexico. Fajitas were often the 'promised pay' for hardworking folks laboring long hours. A hardy meal that had roots using undesirable, tough pieces of beef, then evolved into the versatility

of using better cuts of beef, chicken, pork and shrimp.

What's the secret to making fajitas? What makes them so irresistible? Cooking on a searing hot grill allows the natural juices to blend and caramelize. This process doesn't require complicated steps. Toss slices of red and white sweet onions, multi-colored bell peppers and seasonings together.

Add garlic, cumin, chili, onion powder, kosher salt, ground pepper, oregano, sweet paprika, and fennel as the mixture caramelizes. As the sizzle continues and that eye-catching smoke circles overhead, the aroma and glossy appearance can't help but become mesmerizing. Consider how your attention has always been drawn to the server walking past your table holding a hot skillet of fajitas for a customer nearby. Add a squeeze of lime or lemon juice to round out the flavors. Condiments such as grated cheese and lettuce, diced avocado, sour cream, salsa, and fresh basil leaves are the finishing touches that can only be described as perfection.

May's cookbook recommendation: "Light the Fire" by Linda Matthie-Jacobs

May's novel recommendation: "The Wishing Game" by Meg Shaffer

May's recipe: Fajitas!

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How about a game of croquet – to help find a cure

By Kylie de Best

Meg Seoane's mother enchanted neighbors, friends and family in the Arcadia area – and beyond – with her vibrant personality and a heart of gold. It was her intelligence and personality that made it hard to detect early signs of an undetermined form of Alzheimer's and dementia, which the grandmother discovered when she was 66. Ultimately, that unknown disease took her away from the world just 10 years later.

The family – three siblings and 10 grandkids – was left feeling frustrated over the lack of support and had numerous questions about the disease; questions that are still unanswered to this day. Meg's mom spent time helping her community and planning parties, which became the inspiration for Croquet for a Cure, an event created by Meg and her husband Steve, that raises funds for memory disease research.

"This event is very important to us," Steve said. "It's an issue that will profoundly touch just about everyone. I rarely meet someone who doesn't know a person who is currently or has recently dealt with Alzheimer's or dementia in some way."

The family hosted its second annual Croquet for a Cure tournament at their home



The Kid Crew – made up of Meg's children and their friends – got together to help set up the event and keep score during the games.

this year, with 36 players and 150 spectators in attendance.

"We play American 'cut-throat croquet,' which is a backyard single elimination form of the game. Only six winners move to the next round," Meg said. "We auctioned off six spots to top bidders to buy in the semifinal. Three of those spots went to the final round."

Pete Boyes and his wife, Margaret, flew in from San Diego for the event, and Pete was this year's winner. Prizes included a new croquet set and entry for two for next year's tournament.

Meg and Steve had some help from Kid Crew – started by the couple's four kids and their friends – who volunteered their

time in setting up the game, decorating, refereeing and getting the word out. Some of the Kid Crew members are in a similar situation that Meg went through, and were excited to help out for the cause.

"I think having the whole family involved reminds Meg and I and teaches our kids that we aren't waiting around for something to magically get better, for someone else to solve this problem for us, or waiting for a perfect solution," Steve said. "We are putting our minds, hands and bodies to work and helping even in small ways to improve the research, outcomes, and just as importantly, the experiences of those going through this difficult disease."

The couple said they felt overwhelmed with support from the community, friends and neighbors. This year, Croquet for a Cure raised \$72,000, which will be donated to the HonorHealth Foundation to support opening a multi-disciplinary Memory Care Clinic in the Bob Bove Neuroscience Institute in Scottsdale this summer.

The proceeds also support the Myles and Hermanda O'Connor Fund, which was started by the Seoane family to honor Meg's parents.

honorhealthfoundation.org

Arcadia High's Charro Award winners

By Mallory Gleich

The Scottsdale Charros have a long history (60 years!) of supporting Scottsdale's student body through scholarships, grants, and other education-based initiatives. Each year, the organization honors one female and one male senior at each SUSD high school (there are five) for the Outstanding Student of the Year Award. Those students are each presented with a grant for \$1,000.

The Foundation also offers a Scottsdale Community College Scholarship, which awards a \$5,000, two-year grant to a high school graduate who will attend Scottsdale Community College. The Scottsdale Champion Scholarship is also intended to recognize one male and one female Scottsdale resident who has "demonstrated superior achievement in high school" with a one-time, \$2,500 scholarship. Here are the award winners from Arcadia High.

OUTSTANDING STUDENT OF THE YEAR

Ben Blanks

After graduation, Ben will attend the WA Franke Honors College at The University of Arizona, where he plans to study economics at The Eller College of Business and pursue a law degree.

Before that, though, Ben served as the Student Body Secretary at Arcadia and maintained a 4.83 GPA throughout high school. He was involved in the National Honor Society and a member of the Arcadia Fishing Club. He was also a three-year varsity starter, outfielder, and senior captain for the baseball team.

"When I was notified of the Charros Award, I was shocked and honored that my teachers would consider me," Ben said. "I am so grateful that I have such amazing



Ben Blanks

teachers who have prepared me not only for school but how to be a good person."

"Ben is an exceptionally enthusiastic and motivated young man. He consistently displays a positive attitude and actively engages in classroom activities, never hesitating to participate or volunteer. Ben embraces challenges, fearlessly making mistakes and taking risks as part of his learning journey," Principal Janelle Danskey said.

Gabriella Nakai

Gabriella was chosen as the State Convention Representative for the Arizona Association of Student Councils in 2023 and as the National Moderator for the Food Sovereignty & Security Panel Discussion with the USDA at the White House Tribal Youth Forum in 2022.

She has been a national conference speaker for the United National Indian Tribal Youth, a workshop leader for the United National Indian Tribal Youth Mid-Year Conference, and assisted the U.S. Department of the Interior with youth perspectives on environmental issues in Indian Country.

She was an active member of Arcadia High's student government, serving as a senator, vice president, and public relations officer. She also founded and co-led the Arcadia Equity & Inclusion Club and founded and served as the president of the Native American Heritage Club.

"Gabriella's work is nothing short of exceptional and extends to the national level, where she is becoming a highly sought-after advocate for native people," Principal Danskey said. "She was invited to the White House twice and was honored by First Lady Jill Biden as a member of the inaugural class of Girls Leading Change. Her work with local native communities, particularly in eradicating food deserts on or near reservations, is inspiring."



Gabriella Nakai

SCOTTSDALE CHAMPION SCHOLARSHIP

Lucy Leivian

"I was ecstatic to find out I won the Scottsdale Champion Scholarship. I am beyond honored and grateful to have been selected," Lucy said. "Scottsdale will always be my home, and wherever the future takes me, I will always carry a little bit of this great city with me in my heart."

Lucy will graduate from Arcadia High with a 4.9 GPA. She served as president of the National Honor Society and as a student ambassador. She also played indoor and beach volleyball. She plans to attend the University of Arizona to become a teacher.

"I feel blessed that I could raise my family in Scottsdale. I am very proud of my daughter," Mom, Danielle, said. "She has a heart of gold and has been focused and worked hard the whole way. She has the spirit of Scottsdale's beauty and adventure in her soul. Lucy is a true champion, and her future is so bright!"



Lucy Leivian

SCOTTSDALE COMMUNITY COLLEGE SCHOLARSHIP

Madilyn Messenger

Madi was a National Art Honor Society and National Charity League member and recently received the Gold Award from the Girl Scouts of America. (Find the story in the March edition of Arcadia News!)

She is pursuing a Bachelor of Science in Hotel and Restaurant Management at the Northern Arizona University WA Franke College of Business via NAU's Scottsdale Community College campus and plans to work in the hospitality industry.

"I was truly grateful to receive this scholarship from the Scottsdale Charros," Madi said. "It is such an honor!"



Madilyn Messenger

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Helping parents of autistic children find a "new normal"

By Shi Bradley

Navigating a child's autism diagnosis can be a daunting journey, filled with uncertainties and challenges. Amber Arrington is a mother to six children, three of which were diagnosed autistic. Her experience navigating her children's diagnosis led her to found Autism Savvy, an organization with a goal to help parents confidently navigate autism with education, resources and direct access to professionals. "When a parent leaves a psychologist appointment with a new diagnosis in hand, they are rarely given any information about autism as a whole," Arrington said. "Autism Savvy aims to make the information available and easier to understand."

The organization debuted in 2023, following the release of Arrington's book, "Not Atypical Motherhood: The Guide for Navigating a Child's New Autism Diagnosis," which combines personal narratives with advice and guidance on how to support children with autism. After releasing the book, Arrington wanted to take her goal one step further by creating an organization

providing comprehensive resources and guidance.

The website offers a variety of free resources to meet diverse and complex needs. It offers educational blogs, videos and engaging social media content.

The website includes the Infinity Moms Club, a paid membership that offers educational opportunities such as "Autism Accelerator Boot Camp," as well as a directory of specific resources and events like book clubs, Mom's Night In and Q&As with experts. Arrington plans to launch a podcast in the coming months that will discuss topics related to caring for children with autism. The goal, above all, is to help parents feel informed and reassured about their child's well-being.

The organization recently hosted "Autism Savvy Summit: While You Wait Edition," a free, three-day virtual event in which Arrington and other experts educated parents on caring for and supporting their child while waiting for a diagnosis. The event included panel talks, Q&A sessions, access to a private summit community, and more.

"The feedback from the website is a resounding expression of gratitude that there is finally a place where they can learn, grow, and belong."



Amber and Justin Arrington with Tyson, Brooklyn, Naya, Lincoln, Mallory and Kennedy.

Arrington hopes parents utilize Autism Savvy to answer their questions and find some relief and comfort in the idea that they are not experiencing the ups and downs alone.

"I hope parents can help their autistic child thrive as they work toward their new

normal," Arrington said. "I work with moms and dads all over the world, and the feedback is a resounding expression of gratitude that there is finally a place where they can learn, grow, and belong."

autismsavvy.com



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The latest on Phoenix's e-bike laws

By Rachael Bouley

After new laws came into effect last year, e-bikes remain a hot topic in the City of Phoenix, with safety concerns for both riders and drivers sharing the road.

Given the rise in e-bike and e-scooter use, the City Council introduced safety regulations and amended Phoenix City Codes (PCC) 36-500 on e-bikes and 36-300 on e-scooters in 2023. The e-bike ordinance was added with an age limit of 16 in 2022, but last year, it was raised to 18, as per PCC 36-510.

“The change was made to be consistent with the city’s Shared Micromobility Program, through which it has an operating agreement with vendors Lime and Spin to rent e-scooters and e-bikes within specific boundaries. Those vendors require that their customers/riders be at least 18,” Gregg Bach, who works with the Phoenix Street Transportation Department, said.

While the city code does apply to vendors, changes to the code would not alter the vendor policies – meaning that if the age limit in the ordinance is lowered, the vendor can still require its customers to be 18. The Shared Micromobility Program offers e-scooters, e-bikes, traditional pedal bikes, and adaptive vehicles for shared rental use. An expanded six-month pilot program commenced on March 1.

A community survey is open through July 26 as the Phoenix Street Transportation Department considers options to expand the program boundaries and vehicle inventory further. While e-bikes have proved popular as a form of alternative transportation and physical activity, many residents are still concerned about potential safety hazards, such as collisions with cars and pedestrians.

The Phoenix Police Department said they are committed to monitoring e-bike and e-scooter use throughout the city.

“The main concern is for the safety of the citizens, whether it be those taking advantage of electric bicycles or electric scooters or the surrounding communities,” Sergeant Brian Bower of the Phoenix Police Department Public Affairs Bureau said. “Community feedback has definitely increased over the last six months.”

E-bike ordinances are designed to keep riders and passersby safe, with electric bicycles prohibited on sidewalks citywide and riders required to yield right-of-way for cars, bikes, and pedestrians already on the road.

The new age requirement has had minimal impact on Scottsdale Unified School District, which has kept its policy on e-bikes and other motorized transportation, including skateboards and scooters.

“Our goal is for students to get to and from school safely daily. Students are not permitted to operate any transportation with a motor (other than cars, for those with a license) on school grounds,” Josh Friedman, Director of Safety and Security,

said. “Students may, however, walk or carry e-bikes or scooters onto campus after they arrive at school and must then lock them up in provided bike racks.”

Now reserved for adult use only, e-bike riders must obey all traffic laws, and must travel at a maximum speed of 20 miles per hour (25 for e-scooters). Signs prohibiting bicycles also apply to e-bikes, and parking regulations are enforced to ensure these vehicles don’t block private or public entrances.

Riders caught violating e-bike road rules will face a civil traffic offense with a mandatory minimum fine of \$100.

phoenix.gov



WHAT ABOUT THE ELECTRIC DIRT BIKES?

There’s been an uptick in the popularity of the vehicles like the Surron Light Bee (pictured above). These are considered lightweight electric dirt bikes, which are not sold as street legal vehicles.

They lack the necessary equipment like mirrors, brake lights and turn signals to make them safe to operate on the streets.

The Light Bee weighs around a hundred pounds and can go about 45 mph, although many are modified and can reach 60 mph or more.

The concern is for kids who are riding these bikes on the streets, sidewalks and on mixed-use trails where you’ll find hikers, kids, dogs, mountain bikes, and horses.

“Regarding Surron and other electric motorcycle style bikes,” said Sgt. Brian Bower from the Phoenix Police Department, “we encourage parents to monitor the behavior of their children while using these items. It is important to be responsible and follow traffic and city codes to keep everyone in our communities safe.”

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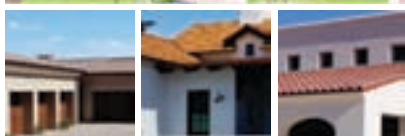
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Titan Times



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MAY 2024

From the students of Arcadia High School

Senior Spotlight: A voyage to graduation

As her high school journey comes to a close, senior Brianna Moy has found herself amidst a whirlwind of emotions. "It's bittersweet," she said. "Twelve years of hard work and memories are all coming together now. But it's also exciting! I'm ready to move on." The senior also acknowledges the Arcadia community she grew up with and the different aspirations of her peers.



Brianna Moy

Brianna recognizes the emotional influence of her teachers. In addition to their unwavering support in her academic pursuits, her teachers have been influential in unconventional ways.

"I love having a real, substantial conversation with a teacher, especially when I view them as a mentor/role model. It makes me feel seen," she said.

Her relationships with teachers have helped shape Brianna into who she is today. However, her academic success has come with its fair share of challenges. Especially in this final year, Brianna has faced burnout. Despite that, the dedicated student has worked hard independently and with teachers to find a balance between her everyday life and scholarly undertakings. Brianna emphasizes to incoming freshmen the importance of pacing oneself.

"Make sure you know your limits, but remember that you're only in high school once in your life; don't forget to have fun!" she said.

Brianna plans to pursue a degree in civil engineering at California Polytechnic State University. She is most excited to meet new people and experience living on her own.

— Ahva Ghazanfari

APPRECIATING ARCADIA'S PTO

Arcadia High School's Parent-Teacher Organization is a group of dedicated individuals who work together to improve and enrich the educational and social experiences of the students and their surrounding community.

This group is responsible for running and organizing all things Arcadia. According to President and mom Nicki Ess, the PTO offers two pick-ups annually for teachers to grab supplies and other supporting funds for staff to ensure they can run their classrooms properly.

In addition, the PTO offers student support through things such as spirit events, Project Grad, and Fun Friday, along with campus beautification efforts. This year, the goal of the entire executive board was to bring the community together by offering more in-person events, volunteering opportunities and engaging speakers. They were able to do just that, thanks in part to a PTO-held auction at Little O's with an attendance of about 200 members of the community.

Mrs. Ess shared that she joined the PTO because she found it a "wonderful opportunity to support Arcadia students and staff while improving the campus environment and community connection."

Altogether, the PTO has had a very successful year with help from teachers, parents, and staff and they look forward to doing even more next year!

— Amelia Guzman

WHAT'S NEXT FOR THE CLASS OF '24?

As graduation approaches, many seniors have started to look forward to their bright futures. Arcadia High School's Class of 2024 encompasses a vast array of futures, from four-year universities to military service and even careers in professional sports. This month, we are spotlighting the plans of a

few seniors who served their class with distinction.

Student Body President Isaac Speyer:

Isaac will be majoring in political science at Northwestern University this fall. He looks forward to a "change of scenery and new opportunities to learn about the subjects that interest me." Isaac shared that his positive outlook on the future, which he garnered during his time at Arcadia, is one he is looking forward to sharing with a new community next year.



Isaac Speyer

National Honor Society President Lucy Leivian:

Lucy will attend the WA Franke Honors College at the University of Arizona in the fall. She plans to pursue a major in education, which will eventually lead to district administration further in her career. Lucy is excited to meet new people through sorority rush and put her resilience to the test in a new environment.



Lucy Leivian

Charros Student of the Year Ben Blanks:

Ben will be attending the WA Franke Honors College at the University of Arizona this fall. He will be majoring in economics, hoping to pursue a law degree post-graduation. Ben is most excited about "living on my own and creating new friendships."



Ben Blanks

— Nola Williams



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