

ARCADIA NEWS

VOL. 32 NO. 5

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

AUGUST 2024



CONGRATS, ECHO CANYON!

This Arcadia school is starting the year with a new recognition as Arizona's first Blue Zones-approved school.

PAGE 20

THESE ARE GOOD SOLES

The eighth annual Good Soles Shoe Drive donated over 1,200 pairs of shoes to Child Crisis Arizona.

PAGE 30

ROWING TO VICTORY

Brophy grad Ian O' Riley spent part of his summer winning at the U.S. Rowing National Championship.

PAGE 40

Imagine your home, totally organized!

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



40% off Plus
Free Installation

PLUS TAKE
AN EXTRA **15% off**

Terms and Conditions: 40% off any order of \$1670 or more or 30% off any order of \$1430-\$1669 on any complete Custom Closet, Garage Cabinets or Garage Flooring, Wall Bed, Wall Unit or home office unit. Free installation with any complete unit order of \$1000 or more. Not valid with any other offer. Expires 8/31/24. Offer not valid in all regions.

**SPECIAL FINANCING
FOR 12 MONTHS!**

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



Call for a free in home design consultation and estimate

480-864-4254

AN

www.closetsbydesign.com

Follow us



Locally Owned and Operated!
Licensed and Insured: ROC312904



**Closets
byDesign®**



Publisher Emeritus: Greg Bruns
greg@arcadianews.com

Editor: Mallory Gleich
mallory@arcadianews.com

Designer: Gabe Turner
gabe@arcadianews.com

Advertising: Nawal Hamawy
nawal@arcadianews.com

Advisor: Brett Brooks
brett@arcadianews.com

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

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

Audited by:



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



AUGUST

Did You Know? Saguaro (page 38).

Departments

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

Articles

5 Arcadia's coyote problem

Residents are seeing an uptick in the coyote population this summer – and these wild animals are posing a threat to area pets, children and neighborhood surroundings.

22 New leadership at AHS

Arcadia High is kicking off the 2024-25 school year by welcoming a new assistant principal and athletic director to its administrative roster.

32 Here comes the bride

Lael Harlin is the new owner of Destiny's Bridal, a store that won "Best Luxury Bridal Boutique" at the Best of Arizona Bridal Gala this summer.

41 High school football preview

Arcadia, Brophy and Veritas Prep are here to share the scoop on their expectations for the 2024 football season, with hopes of a State Championship in the future.



Echo Canyon School celebrated its Blue Zones approval with a school-wide assembly.

PHOTO COURTESY OF KAT HUGHES

SUMMER CAMP

Camp Hubbard



FUN AWAITS!

1 Week Sessions: Full & Half Day

Awesome sports, themes and activities!

NEAR YOU! NEW WAY ACADEMY - 52ND ST. & OAK ST.

AGES 4.5 – 14

REGISTER NOW camphubbardaz.com **602.786.6789**

EDITOR’S NOTE



In just a few days, students will snooze their alarms (hopefully not more than once), dress in their new duds and head to the first day of school, ready to see their friends and share all their adventures from summer vacation. It’s a new school year, neighbors, and it’s only fitting that we share a new edition of your favorite neighborhood newspaper to commemorate!

Instead of heading to Hawaii this summer, Arcadia area student Blake Buckler was hard at work preparing for the USATF Junior Olympic regional games that happened in June in Colorado. A grueling schedule had him waking up at 4:30 a.m. on Tuesdays and Thursdays to practice. At the competition, Blake threw the discus 151 feet, cementing a first place win and a shot at the finals in Texas.

Over at Echo Canyon, the staff had big news to share, as they were named the first Blue Zones-approved school not only in Phoenix, but in all of Arizona. Thanks to the expansive school garden, a National Wildlife Federation-certified habitat for Sonoran Desert tortoises,

its Certified Waystation for Monarch Butterflies and daily fruit and veggie bar, the school hopes to continue its efforts in promoting healthy lifestyles among its students.

“It is an honor to be recognized, because it reinforces our efforts of providing students with experiences that help them make healthy food choices, have a sense of belonging and move their bodies,” Principal Kat Hughes said.

There are only nine days left to submit photos for our Summer Vacation Photo Spread. Send photos to editor@arcadianews.com for a chance to be in the September issue. Your photo might be on the cover! Happy back-to-school days – and thank you for reading the Arcadia News,

Mallory
– Mallory Gleich

UPCOMING THEMES:

SEPTEMBER
Fall Sports

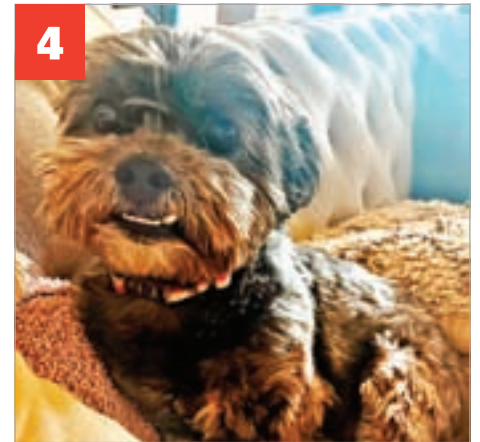
OCTOBER
Halloween

NOVEMBER
Veterans

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

“No one is perfect. That’s why pencils have erasers.”
– Wolfgang Riebe

ARCADIA’S PETS



1. Hi, my name is Lady and I am a five-year-old Basenji! I love going for hikes at Papago, walks around the neighborhood and chasing birds. I hate showers! I have two human siblings and we get along mostly. I have also traveled internationally.

– Jay S.

2. Sonny the 4-year-old red lab makes the red rocks of Sedona jealous with his majestic coat. He’s the coolest, sweetest boy in all of Arizona! Oh, and he’s super pumped his humans are recently engaged!

– Grant W.

3. My name is Walter and I am a Rhodesian ridgeback. I am turning five in October and hope to get many snacks! We can be friends if you scratch my belly, give me pup cups or take me camping. Find me on TikTok @walter_the_ridge!

– Eliana L.

4. This is Max, our seven-year-old shih tzu-poodle mix. Max has the cutest snaggletooth, the loveliest voice and celebrates his birthday on the Fourth of July. He loves to be around people and gives the best kisses! If you want his attention, call out “bacon!”

– Natalia G.

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!

Serving the Arcadia area since 1958

INGLESIDE ANIMAL HOSPITAL
| DOGS | CATS | BIRDS | EXOTICS |

CERTIFIED FELINE FRIENDLY HOSPITAL
CARE FOR ALL PAWS BIG AND SMALL!

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

HOSPITAL 602-840-3446
4855 E Thomas Rd, Phoenix AZ 85018 | ingleside.com

MEDICAL • DENTAL • SURGERY • BOARDING • OBEDIENCE TRAINING

HAMRA
hamra.com | 480-946-5110

What can we do about those wily coyotes?

By Mallory Gleich

Arcadia residents are seeing an uptick in the coyote population this summer – and these wild animals are posing a threat to area pets, children and neighborhood surroundings.

Coyotes are known to be curious, clever and adaptable, and take advantage of any food source they can find. Yards with abundant fruit on the ground, pet food, unsecured garbage cans, or unattended pets such as small dogs and cats are often easy food sources. Coyotes weigh between 20-50 pounds and usually roam around at night. However, they’ve recently appeared in backyards, on top of cars and in alleyways during early morning and evening hours.

“Coyote populations are extremely variable and are dependent upon time of year and location,” Arizona Game and Fish Urban Wildlife Specialist Darren Julian said. “In a natural environment, food resources directly impact fluctuations in population; less prey equals less predators and vice versa. However, urban coyotes are a little different.”

Julian explained that urban coyotes have never had to experience drought, and neither have their prey. Thanks to food and water resources readily available in neighborhoods, coyote populations can be abnormally high. The animals interact more frequently with humans – and the more interactions without negative consequences, the more comfortable the coyotes become.

“We are infested with coyotes and their



When she spotted the coyote on her neighbor’s roof about 20 feet away, Tina waved her hands and yelled – and the coyote didn’t even flinch.

pups. Every neighbor has a story: a walker greeted by a coyote with a chicken in its mouth, a friend who almost lost their terrier to an attack, plants and flowers uprooted and chewing through irrigation lines in search of water,” neighbor Tina Higgins said. “We are dealing with a mom, dad and six pups who have woken us up from a dead sleep at two a.m. by howling and yipping in front of our bedroom window.”

Around 50 members of the area around Jokake and Lafayette joined together to hire a trapper and relocater. Neighbor Jan Sapanaro researched and interviewed several companies, eventually hiring AAAC Wildlife Removal. According to Jan, Specialist Joe Bruntz arrived every night for four weeks to set bait while Jan checked the traps twice a day.

“The coyotes are very bold and not afraid of us or our pets, so it’s been a difficult process. Our neighborhood is pulling together to remove them from the area,” Sapanaro said. “I let Joe know right away if I see a coyote. Our goal was to catch the moms, dads and babies and rehome them in the desert.”

AAAC Wildlife did not catch any coyotes in the four-week span.

Julian explained that if people are seeing more coyotes, it may not be that the population is increasing, it might simply be that people are seeing the same coyotes more often.

“We encourage the public to keep their distance whenever possible, and report coyote interactions which may pose a public safety threat to the Arizona Game and Fish Department,” Julian said.

azgfd.com

THINGS TO HELP MINIMIZE THE COYOTE POPULATION

- Don’t leave pet food (or any food) outside, especially overnight.
- Remove fruit from trees – thus also minimizing the roof rat population.
- Secure trash cans and lids – and keep trash cans clean.
- Trim bushes to remove hiding spots or breeding areas for coyotes.
- Sporting goods stores carry an animal scent that can be applied on properties to deter coyotes from entering front or backyards.

WAYS TO SCARE OFF A COYOTE

- Make loud noises, but do not turn and run away – the coyote may view it as an opportunity to chase.
- Keep eye contact.
- Shout, bang pots and pans, or rattle empty soda cans with pebbles.
- Wave your hands or objects like sticks and brooms.
- Spray the coyote with a hose.
- Use a commercial repellent on bold animals that refuse to leave.
- Move toward other people, a building, or an area with activity.



Helping Seniors Make a Smooth Move

THURSDAY, AUGUST 29
11:00AM–Noon | Lunch Served
with Don Smith, Acacia Transitions

RSVP

Concierge 480.300.4700
—Seating limited—



MorningStar

ASSISTED LIVING & MEMORY CARE
at ARCADIA

3200 E. Glenrosa Avenue, Phoenix | MorningStarArcadia.com



WHAT'S HAPPENING, ARCADIA?

BRIEFS

Center Dance Core will hold auditions at Dance Theater West (3925 E. Indian School Road) for its production of **The Snow Queen** on September 1, 2024. Dancers ages 7-18 will rehearse for one hour at DTW beginning September 8 and will continue until the week of the performance, November 22-24 at Herberger Theater (222 E. Monroe St., Phoenix). For information, contact Katie Hughes at katiebmcdee@me.com.

Western Spirit: Scottsdale's Museum of the West (3830 N. Marshall Way, Scottsdale) unveiled new summer programs titled "Western Spirit: The Cool Frontier." Movie Thursdays feature iconic Western films shown on a state-of-the-art projector system. Tickets are \$8 each – add popcorn and water for \$2. Screenings happen every Thursday and Sunday in August. Films include *The Wild Bunch*, *Stagecoach* and *Rango*. scottsdalemuseumwest.org



Do you have an American Revolutionary Patriot in your family tree? Find out here! The **Camelback Chapter of the Daughters of the American Revolution** will host a free family tree research event on August 10 at the Mountain View Police Station (2075 E. Maryland Ave., Phoenix) from 12-4 p.m. Bring basic info on your lineage and a laptop if available. R.S.V.P.: camelback@arizonadar.org. arizonadar.org

Desert Financial Credit Union is asking K-12 teachers to apply for its fifth annual **Adopt-A-Teacher Program**. More than 30 kindergarten-12th grade teachers will

each receive between \$500 and \$1,500 in school supplies. In total, the credit union will award \$45,000. Applications will be accepted between August 5-19, with the winning educators awarded on September 3.

desertfinancial.com/adoptateacher

Candytopia, an immersive "sweets wonderland" exhibit, is now open at Scottsdale Fashion Square (7014 E. Camelback Road, Scottsdale). Guests can experience 11,000 square feet of interactive environments, photo opportunities and sweet treats. There's an art gallery featuring hand-crafted candy sculptures, a confetti room complete with confetti-farting pigs and a ball pit filled with a quarter-million "marshmallows." Tickets are \$18 for children and \$25 for adults.

candytopia.com

Stepping Stones of Hope will host **Journeys – Pathways to Healing**, a two-day camp designed for adults that will take place August 10-11 at Spirit in the Desert (7415 E. Elbow Bend Road, Carefree). The camp helps grieving adults better understand and manage their grief after the death of a loved one. Stepping Stones of Hope provides comprehensive support-based programs, care and education for children, teens, families and adults. Registration is \$75.

steppingstonesofhope.org

Phoenix-based event venue Chateau Luxe (1175 E. Lone Cactus Dr.) announced the "**Chateau Luxe Cares**" contest, an event dedicated to supporting local nonprofits. The venue will accept nominations through August 30, 2024 for a deserving organization to receive a free event package valued at up to \$25,000. Nonprofits from across Arizona are encouraged to apply. The winner will be awarded at a future hosted event at Chateau Luxe.

chateauluxeaz.com

EVENTS

SATURDAY 8/3

Slide the Rails

9 a.m.-1 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. One last hurrah before school starts takes place at McCormick-Stillman Railroad Park this weekend. Guests will find water slides, obstacle courses, a giant bubble foam pit, and access to the train and carousel. There will also be food and beverage options available. Tickets are \$10 per person.

therailroadpark.com

SATURDAY 8/3 – SUNDAY 8/4

Anime Impulse

11 a.m.-7 p.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. ANIME Impulse is a weekend-long celebration of all things anime, manga, video games and fandom. There will be a Vendor Hall and Artist Alley for attendees to shop, special appearances from voice actors, cosplayers, influencers, and streamers, live entertainment on the mainstage, and treats from various food booths. Tickets are \$30 for one day, \$40 for both days.

animeimpulse.com

FRIDAY 8/9

God's Favorite

7 p.m. at Don Bluth Front Row Theatre, 8989 E. Via Linda, Scottsdale. Successful Long Island businessman Joe Benjamin is visited by Sidney Lipton, A Messenger from God, with a mission: test Joe's faith and report back to "The Boss." This light-hearted comedy might make you laugh, cry – or a bit of both. Tickets start at \$35.

donbluthfrontrowtheatre.com

SATURDAY 8/10

Salon de Thé

1-3 p.m. at Tracy Dempsey Originals, 1325 W. University Dr., Tempe. The Salon de Thé Series models the French version of an English afternoon tea – right in our backyard. Guests can enjoy sweet pastries and savory snacks served with coffee and tea, as well as trying out a few bubbly from around the world. Today's theme is "Back Home – Just like Grandma used to Make." This event also takes place on August 24. Prices vary.

tracydempseyoriginals.com

Drunk Shakespeare

5 p.m., attendees meet at The Rose Theatre, 455 N. 3rd St., Phoenix. The stage is set, the actors are ready, and one of them is...drunk? This comedic take on a Shakespeare play is for guests 21 and up. Sit back and watch as one performer

attempts to act out Shakespearean scenes while the others decipher which play it is and try to put it back together. Guests can enjoy beverages and light snacks available for purchase. Tickets start at \$49.

drunkshakespeare.com

SUNDAY 8/11

Cocktail Camp

1-3 p.m. at Across the Pond, 4236 N. Central Ave., Phoenix. Summer Cocktail Camp is a rotating event series that bring attendees up close and personal with Valley mixologists and bartenders to showcase their craft. Guests will enjoy up to four cocktails, learn about mixology and maybe leave with a new recipe to add to their roster. Tickets are \$40 and a portion is donated to one-n-ten.

tickets.phoenixmag.com

FRIDAY 8/16

Sonoran Sippin'

6-9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy. Kick start the weekend with a drink and an evening in nature. This Friday's event features music and entertainment from various acts. Adult beverages are available for purchase, and guests will get an afterhours look at DBG's latest exhibit. Tickets are \$17 for non-members, and reservations are required.

dbg.org

FRIDAY 8/16 – SATURDAY 8/17

Sip + Shop Market Series

10 a.m.-2 p.m. at Hotel Valley Ho, 6850 E. Main St., Scottsdale. Hotel Valley Ho celebrates all things local with this free indoor market series, where guests will find shopping and tastings with vendors, chefs, live music and more. Today's guest is Chef Robert Irvine, who will collaborate with Chef LaCasce on a four-course dinner, including a meet-and-greet reception. Market is free; dinner starts at 6 p.m. and is \$299.

hotelvalleyho.com

SATURDAY 8/17

Pet Portrait Class

10 a.m.-3 p.m. at Shemer Art Center, 5005 E. Camelback Road, Phoenix. Learn to capture the personality of your furry friend in this pet portrait workshop with artist Sue Hunter. Sue will lead students through the process of composing, sketching and painting pets with mark-making techniques, color-mixing tips and guidance on the important details. Attendees should bring several pictures of their pet and supplies for creation. Cost is \$125.

shemerartcenter.org

ENJOY YOUR TEEPEE FAVORITES!!



Open Sun-Mon-Tues 11am-9pm
Wed-Thurs 11am-9:30pm
Fri-Sat 11am-10pm

- Dine in • Patio Service
- Sat-Sun Brunch menu with drink specials
- Happy Hour Specials • Pickup Orders

Try our full catering service: 602-300-7133

Safety guidelines are being followed. Thanks for your support!

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

WHAT'S HAPPENING, ARCADIA?



Sonoran Sippin' at Desert Botanical Garden.



Best Fest at the Duce.

Best Fest

6-10 p.m. at The Duce, 525 S. Central Ave., Phoenix. Meet PHOENIX Magazine's 2024 Best of the Valley winners all in one place. Guests can try unlimited bite-sized samples from food vendors and enjoy drink tickets, a scavenger hunt, a vendor market showcasing local businesses, karaoke and more. A portion of the proceeds goes to the AZ Humane Society. This is a 21+ event; tickets start at \$50 for general admission, \$75 for VIP.

phoenixmag.com

Sippin' Series

7 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St. Sippin' Series is an intimate experience that explores the world of spirits, wines and cocktail concepts with professionals from Republic National Distributing. Each event will develop participants' knowledge on the topic through in-person experience. Tonight's offerings are from the Penelope Bourbon line. Tickets start at \$50.

scottsdaleperformingarts.org

SATURDAY 8/17 – SUNDAY 8/18

Green Chile Festival

10:30 a.m. Saturday, 9:30 a.m. Sunday, at Chelsea's Kitchen, 5040 N. 40th St., Phoenix. If you're a fan of green chiles, you might not want to miss this event. Chelsea's Kitchen will offer two days of live music, craft cocktails, a Young Guns green chile-inspired menu, freshly roasted chiles to take home, family-friendly activities, a raffle, and all the Chelsea's dishes you love.

chelseaskitchenaz.com

WEDNESDAY 8/21

Ambrogio15 Wine Dinner

5-7 p.m. at Ambrogio15, 2502 E.

Camelback Road, Phoenix. This Biltmore eatery is inviting guests to escape to a Euro summer with its wine dinner series. Patrons will enjoy a five-course Italian meal paired with five different wines. This event is also taking place in September. Registration is \$75 for the tasting menu + \$69 for the wine pairing.

ambrogio15az.com

FRIDAY 8/24 – SUNDAY 8/25

Cornfest

10 a.m.-4 p.m. at the El Zaribah Shrine, 552 N. 40th St., Phoenix. Corn lovers, rejoice: this event will have plenty of the veggie available for purchase. Guests can check out the vendor village, with various crafts and items for sale, games, activities and prizes for kids. A hamburger or hot dog (or both!) lunch will also be available. Tickets are \$10 for adults, \$8 for kids.

el-zaribah.org

SATURDAY 8/24

An Evening with Kevin Smith

7 and 9:45 p.m. at Stand Up Live, 50 W. Jefferson St., Phoenix. *Clerks*. *Mall Rats*. *Jay and Silent Bob*. If you've ever wondered where Kevin Smith came up with the ideas for these films, now is your chance to find out. Kevin will be speaking on his career, family life and future plans at this evening's get-together. This event is for ages 18+. Tickets are \$45.

phoenix.standuplive.com

59 X Fest PHX

2 p.m. at the Crescent Ballroom, 308 N. 2nd Ave., Phoenix. Time for an afternoon full of music. Attendees will find shows featuring local and national musical acts and genres on two stages. Prefect, Jackson Lee, Crash My Car, Pure Sport, Easy Sleeper

and more will be on stage. This event is for ages 16+. Tickets are \$20.

crescentphx.com

Women's Health and Beauty Expo

10 a.m. at the Hilton Scottsdale Resort, 6333 N. Scottsdale Road. This event is for

the ladies! The 24th annual expo features various shopping experiences, seminars, networking, fashion and accessories, health and wellness, home remodeling ideas, door prizes and food and beverage tastings. This event is free.

womenshealthandbeautyexpo.com

YOUR JOURNEY, OUR COMMITMENT

2025 AMG G 63

31 YEARS

Congratulations to Tino Ferrulli on his remarkable accomplishment of 31 years with Mercedes-Benz of Scottsdale! On behalf of Team Tino, thank you to all our valued customers for your trust and loyalty – we look forward to serving you for many more years to come. Whether you're a longstanding client or new to our dealership, our team is here to ensure you experience automotive excellence like never before. Visit Team Tino today and let's see what we can do for you.

Tino Ferrulli

Mercedes-Benz

Team Tino Ferrulli

480-748-4810

tinoferrulli@gmail.com
Mercedes-Benz of Scottsdale
4725 North Scottsdale Road • Scottsdale, AZ 85251

WHAT'S HAPPENING, ARCADIA?

SUNDAY 8/25

Sip & Splash

4 p.m. at Andaz Scottsdale Resort, 6114 N. Scottsdale Road. Hang out poolside for this cocktail making competition. Guests will watch teams from two local bars and restaurants as they go head to head in showcasing their skill and passion for mixology by creating a cocktail with Milagro tequila. Attendees can sample and judge for their favorite while enjoying the cool water and a live DJ. Tickets are \$20 and this is a 21+ event.

andazscottsdale.com

THURSDAY 8/29

Birds and Bubbles

6 p.m. at Beckett's Table, 3717 E. Indian School Road, Phoenix. Beckett's Table invites guests to indulge in a dining experience that's all about the taste buds. On the menu is cornmeal-crusted fried green tomatoes, fried chicken, shrimp n' grits and Beckett's signature beignets, paired with different champagnes from across the globe. Registration is \$89 per person.

beckettstable.com

Chef's Dinner

6-9 p.m. at Alter Ego, 108 E. University Dr., Tempe. Dinner. Is. Coming! This evening's



Sip & Splash at Andaz Scottsdale Resort.

Chef's Dinner is based on the popular Game of Thrones series. Guests will find five courses paired with five drinks that "tell a tale of the realm." Reservations are required and costumes are encouraged. Dinner is \$89 per person.

alteregotempe.com



Murder Mystery Dinner Theater at the Old Spaghetti Factory.

SATURDAY 8/31

Murder Mystery Dinner Theater

7 p.m. at the Old Spaghetti Factory, 1418 N. Central Ave., Phoenix. Become a part of a murder-mystery case at this interactive event. Presenting "I love the 80s to Death," a

dinner full of radical surprises. While guests enjoy a three-course meal, they will watch as the mystery unfolds. You'll get to interrogate suspects, gather clues and help your team find out whodunit. Tickets are \$60.

murdermysteryco.com



WAVE GOODBYE TO PESTS, MOSQUITO SQUAD'S THE BEST!

Mosquito control is our specialty - not a sideline - so our treatments really work!

- Non-toxic to humans and your furry friends
- Automatic misting systems for around-the-clock treatment
- Natural repellent options available
- Special discounts for HOA common area bundles
- No contract required
- 100% satisfaction guaranteed

Say **GOOD RIDDANCE** to mosquitoes and call Mosquito Squad of Greater Scottsdale for a **FREE** quote. **480-500-7282**



480-500-7282 | MosquitoSquad.com



Chuck Wells
President

BEAT THE HEAT

with Cool MARGARITAS

MANUEL'S MEXICAN RESTAURANT & CANTINA

www.manuelsaz.com

3131 E. Shea Blvd, PHX • 480-741-0947
2820 E. Indian School Rd. Phx • 602-957-7540

SINCE 1964

THE BROKERY

LOCAL REAL ESTATE BROKERS



Tucker Blalock, Managing Broker + Co-Founder 602-561-0445 | Tucker@TheBrokery.com

Oleg Bortman, Associate Broker + Co-Founder 602-402-2296 | Oleg@TheBrokery.com

www.TheBrokery.com



OUT OF THE AREA, BUT WORTH THE DRIVE

THURSDAY 8/1 – SATURDAY 8/3

Birding and Nature Summer Festival

9 a.m.-5 p.m. at The Mall at Sierra Vista, 2200 El Mercado Loop, Sierra Vista. The 33rd annual Southwest Wings Summer Festival is a family-friendly event that boasts guided field trips, a pre-festival jamboree, programs and presentations for kids and adults, exhibits, vendors, live animals, and a keynote dinner with ornithologist Julie Zickefoose. Prices vary, but most activities are free to attend.

swwings.org

FRIDAY 8/2

Albert Lee and Jeremy Clyde

7:30 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Join the MIM for a concert that features two musicians you may be familiar with: Albert Lee and Jeremy Clyde. Lee’s history includes working with Eric Clapton and the Everly Brothers while Clyde has spent years in TV, on stage and in film. The two will sing familiar songs of the past. Tickets start at \$44.50.

mim.org

FRIDAY 8/2 – SUNDAY 8/4

Gem and Mineral Show

9 a.m.-5 p.m. (4 p.m. on Sunday) at the



Under the Lights Clinic at Salt River Fields.

Findlay Toyota Center, 3201 N. Main St., Prescott. If you’re in the market for gems and jewels, head up to Prescott for a weekend filled with both. More than 60 vendors will have jewelry, beads and tools for sale. There will also be a fluorescent booth, geode cutting, face painting, gold panning, demonstrations, a spinning wheel and raffle drawings. Admission is \$5.

prescottgemmineral.org

SATURDAY 8/3

Hot Wheels Glow Party

12:30 p.m. at the Desert Diamond Arena, 9400 W. Maryland Ave., Glendale. At this event, fans of all ages will watch their favorite Hot Wheels Monster Trucks...in

the dark. Glowing versions of Mega Wrex, Tiger Shark, Boneshaker and more will battle it out. There will also be a special appearance from a transforming robot, plus the Hot Wheels Monster Trucks Live Freestyle Motocross Team. Tickets start at \$30, with VIP packages available.

desertdiamondarena.com

THURSDAY 8/8 – SATURDAY 8/10

Arizona Cowboy Poets Gathering

Times vary; at the Yavapai College Performing Arts Center, 1100 E. Sheldon St., Prescott. Listen to the stories and songs of the old west at the 36th annual Cowboy Poets Gathering. Patrons can listen to – and meet – performers like Dave Stamey and Mike Dunn, hear poetry readings, have coffee with the cowboys, or attend one of the many daily performances. Daytime events are free; evening concerts start at \$25.

azcowboypoets.org

FRIDAY 8/9

Camp JoJo Event

11 a.m. at JoJo’s ShakeBAR, 15037 N. Scottsdale Road, Scottsdale. It’s lunchtime – with an activity included. Folks can head to JoJo’s to enjoy an entrée and dessert while participating in a tie-dye workshop. Camp JoJo also hosts a wine and design class for the grown-ups on August 12 and 23. Prices vary.

jojoshakebar.com

SATURDAY 8/10

Under the Lights Clinic

6-9 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. Kids ages 5-12 can come to the fields for an evening of baseball. Salt River staff will teach fundamentals and different hitting, pitching, fielding and catching drills. Players will be assigned to small groups based on age. Cost is \$85 per person.

saltriverfields.com

SATURDAY 8/17

Wine, Women & Shoes

11 a.m. at Chateau Luxe, 1175 E. Lone Cactus Dr., Phoenix. Big Brothers Big Sisters of Central Arizona will host WW&S, an event that boasts a boutique shopping market, wine tasting, a chance to purchase a “Key to the

Closet,” and a live DJ. Guests will enjoy lunch during a live auction and a fashion show featuring “Bigs” and “Littles.” General admission is \$150.

bbbsaz.org

December ‘63

5 p.m. at the Blazin’ M Ranch, 1875 Mabery Ranch Road, Cottonwood. Dinner and a show happens at December ‘63, a tribute concert that hopes to delight guests with the tunes of Frankie Valli and The Four Seasons. Tickets include the show and a BBQ chicken and rib dinner. Drinks will be available for purchase. Admission starts at \$99.

blazinm.com

THURSDAY 8/22

Summer Wine Series

6-8 p.m. at the Arizona Boardwalk, 9500 E. Via de Ventura, Scottsdale. The Museum of Illusions Summer Wine Series is back. Guests can access the museum and its exhibits while sipping wines and snacking on light bites. A live DJ will also be on-site. The Wine Collective Scottsdale will provide libations for tonight’s 21+ event. Tickets are \$39.95.

moiscottsdale.com

SATURDAY 8/24

Clue the Musical

5:30 p.m. at Arizona Broadway Theatre, 7701 W. Paradise Lane, Peoria. Who Killed Mr. Boddy, in what room, and with what weapon? Guests are invited to dinner and an interactive show where they’ll meet six suspects and help solve the whodunit with this evening’s guest detective. This show is recommended for ages 13+. Tickets are \$136 with dinner, \$106 without.

azbroadway.org

TUESDAY 8/27

Summer Morning Rides

10 a.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Spend the morning taking in the spectacular views of the Verde Canyon. These events offer early risers a chance to ride the train, take in the sights, and nosh on snacks and drinks before it gets too hot. Grown-ups can also purchase champagne, mimosas and bloody marys for the ride. Tickets are \$109 per person.

verdecanyonrrr.com

THURSDAY 8/29 – SATURDAY 8/31

Quilt, Craft and Sewing Festival

10 a.m.-5 p.m. at Westworld, 16601 N. Pima Road, Scottsdale. Three days of all things sewing, quilting and crafting. Various exhibitors boast supplies like sewing machines, quilting rulers, yarns and beads. Discover new trends, tips and tricks, and find inspiration with make-and-takes, in-person demos and raffle prizes. Tickets are \$12 for all three days.



GOT OSTEOPOROSIS? OsteoStrong can help!

SUSAN
PHOENIX, AZ
SPINE
INCREASED
+7% IN 11
MONTHS

QUALIFY FOR OUR
SCIENCE-BACKED PROGRAM

CLAIM YOUR FREE SESSION TODAY!

OSTEO STRONG

BONES | STRENGTH | BALANCE

480-428-1011

3301 E Indian School Rd.
Phoenix, AZ



Scan For More

Give hope.



Let's do this together.

Join us on **Saturday, September 21st** at the Omni Scottsdale Resort & Spa at Montelucia, for our annual **Night of Hope Gala** where we raise funds to provide a safe haven for women and teens to heal from trauma. By providing free classes, parenting support, mentoring, material assistance, work training, and more, we can empower women to break barriers, overcome challenges, and create lasting change for themselves and their families!



Purchase a table or tickets here

A few of my idle thoughts on a summer's day

Idle thoughts and uncommon observations have little influence on the shape of world events, yet they wander through a columnist's mind while trying to think of something to write about.

If you drop a penny on the floor, it will plop flat on one of its sides and just lie there. But if you drop a quarter on the floor, it will land on its edge and roll into some distant place, like under the refrigerator where no human can recover it without herculean effort.



The Lowe Road

BY SAM LOWE

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

operated by engineers and technicians. We see them but they don't see us.

It must be confusing living in Mesa where they have streets named Hobson, Dobson and Robson.

The reason so many of us never became television personalities is deep inside, we harbor this basic fear

of appearing on camera and mispronouncing "Queen Creek" as "Creen Queek."

Of all the elements that have disappeared from the Valley over the past 50 years, I miss the scent of the orange blossoms that once permeated the entire area every spring. Housing developments and industrial buildings can never replace that fragrance.

If the phrase "you know" was eliminated from the language, a major portion of the population would be stricken dumb. Politicians, celebrities, professional athletes and common folk apparently cannot finish an interview or even a short speech without interjecting "you know" into it. Especially athletes.

In this era of constant change, it is amazing that no linguist does anything to standardize the use of "gh." It comes in so many forms that it's difficult to keep track. In rough, tough, enough and cough, it's pronounced "ff." In through it's "oo" but in thorough, furlough and borough it sounds like simply "o."

When used in ghost or ghastly or Pittsburgh it's a hard "g" but in sigh and high it makes no sound. When attached to the end of weigh and inveigh it makes an "a." There's unlimited debate over the correct pronunciation when the "gh" rides in on the end of hiccough. Is it "hiccuff" or hiccup? And explaining why "laughter" is "laffter" but "slaughter" is "slotter" must give spelling teachers many sleepless nights.



ILLUSTRATION: TONY BUSTOS

Since we're on the subject, it's probably time to get rid of that unnecessary "p" as it pops up in so many words. Like ptarmigan, psychology, psalm and psychiatry. They serve no purpose other than confuse our elementary schoolers.

When an object is offered for sale on television or in the print media, there are frequent references to lifetime guarantees. But nobody ever says whose lifetime is being guaranteed. Is it the product? The salesman? The advertisement? The buyer?

Automobile manufacturers must rely on different dictionaries than those we normally use to come up with model names like Rivian, Tiguan, Seltos, Stonic, Ioniq and Camry.

Those planning a visit to Kartchner Caverns should remember this when trying to determine which formations are which: Stalagmites have a "g" which stands for "ground" so they're the ones arising from the lower surface. Stalactites come with a "c" which stands for "ceiling" so they're the things hanging down from above.

Those sticker tags that someone attaches to fruit are among life's minor annoyances. They're hard to peel off and if you forget that part and just start chewing, it gets caught in your teeth or worse, at the back of your throat.

WE BUY HOUSES!

Skip the middleman, pocket the savings!

- As-Is
- No Fees
- Stay After Close
- Fair Cash Price
- No Commissions
- Local Builder
- No Repairs
- Quick Close
- Solution Focused

Serving Arcadia for 20 years

Sell2Builder@gmail.com • 602-456-2799
Sell2Builder.com



Amy Owens and Jay Lockett

Extend your living space...

...take it outside!



BEFORE

SERVICES:

DESIGN • INSTALLATION • SHADE STRUCTURES
HARDSCAPING • MASONRY • FIRE/WATER FEATURES
IRRIGATION/LIGHTING • VERTICAL GARDENS • OUTDOOR KITCHENS



MOUNTAINSCAPERS

LANDSCAPE ARCHITECTURE & CONSTRUCTION

SERVING ARCADIA SINCE 2006

*Call today and install by fall! **

480-933-1740

MountainScapers.com

Licensed, Bonded, Insured • ROC #303744

* in most cases.

Ask about our new louvered roof pergolas!



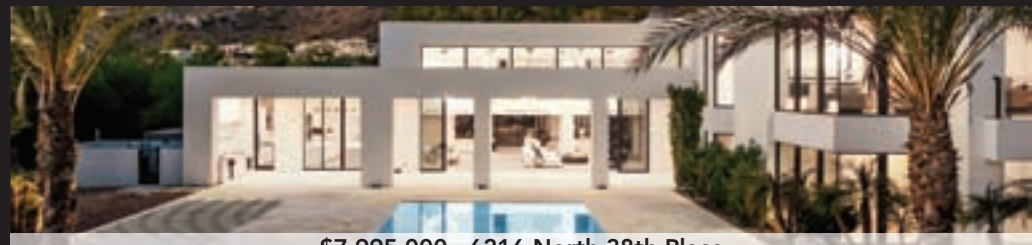
Sean Andersen
Founder & Owner



NOBODY SELLS MORE HOMES IN ARCADIA THAN THE JOFFE GROUP



NEW LISTING \$7,895,000 4350 North Jokake
6 bedrooms, 7 baths, 6,750 square feet



\$7,995,000 6216 North 38th Place
5 bedrooms, 7 baths, 11,097 square feet
6216north38thplace.com



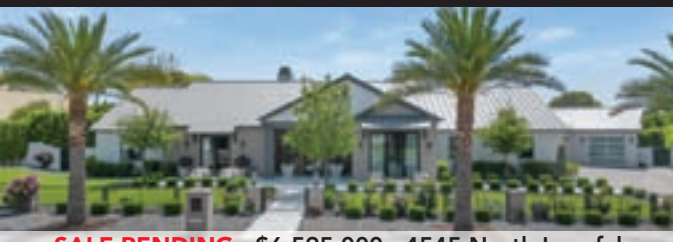
NEW LISTING \$2,170,000 4048 East Coolidge
4 bedrooms, 3 baths, 2,676 square feet



\$3,395,000 6228 East Calle Del Media
4 bedrooms, 3 baths, 3,472 square feet
6228calledelmedia.com



JUST SOLD \$6,295,000 4615 North Royal Palm
5 bedrooms, 6 baths, 6,982 square feet
4615royalpalm.com



SALE PENDING \$6,595,000 4545 North Launfal
5 bedrooms, 6 baths, 5,630 square feet
4545launfal.com



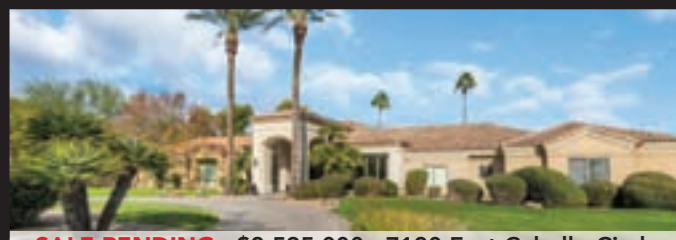
\$6,265,000 8306 North Merion Way
6 bedrooms, 9 baths, 8,250 square feet
8306merionway.com



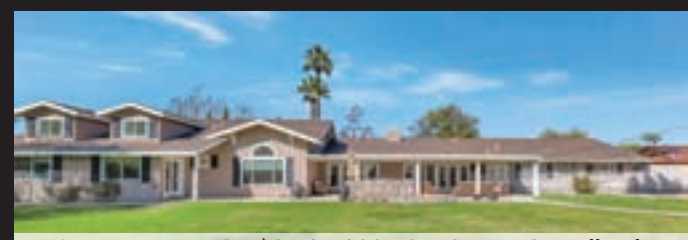
\$6,950,000 6850 North Joshua Tree
3 bedrooms, 5 baths, 5,988 square feet



\$2,375,000 3500 East Lincoln #15
3 bedrooms, 4 baths, 3,501 square feet
3500lincoln.com



SALE PENDING \$3,595,000 7130 East Caballo Circle
7 bedrooms, 10 baths, 7,382 square feet
7130caballo.com



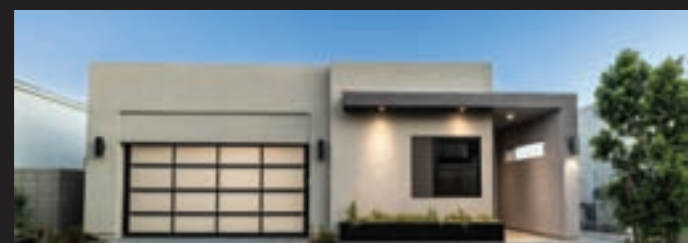
SALE PENDING \$2,405,000 3713 East Camelback
5 bedrooms, 5 baths, 5,381 square feet
3713camelback.com



FOR LEASE CALL FOR PRICING 5429 East Calle Redonda
4 bedrooms, 4 baths, 3,531 square feet



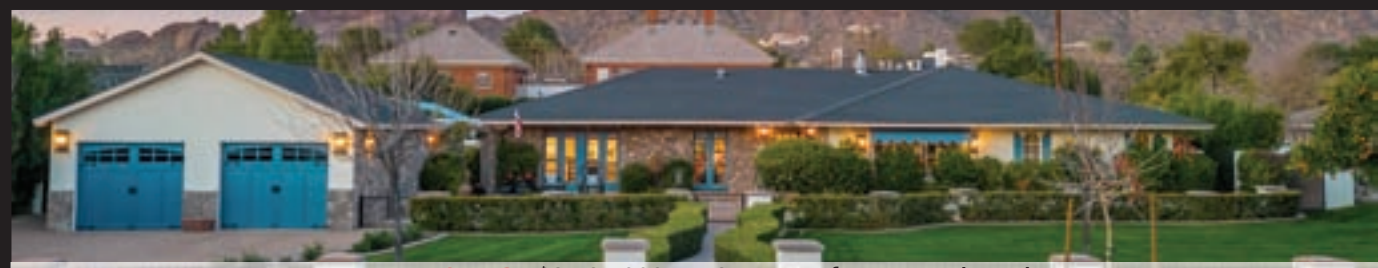
\$2,995,000 10779 East Whitethorn Drive
4 bedrooms, 4 baths, 3,802 feet



JUST SOLD \$2,350,000 6143 East Alta Hacienda
2 bedrooms, 3 baths, 2,263 square feet



JUST SOLD \$1,395,000 4547 North 52nd Place
3 bedrooms, 3 baths, 3,002 square feet



NEW LISTING \$2,695,000 5424 East Lafayette Boulevard
4 bedrooms, 3 baths, 3,219 square feet
5424lafayette.com



\$3,850,000 4615 North 61st Place
3 bedrooms, 4 baths, 3,980 square feet



COMING SOON \$18,995,000 6836 East Hummingbird
6 bedrooms, 9 baths, 10,095 square feet
6836hummingbird.com



602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com



Call To Learn Why So Many People Trust The Joffe Group



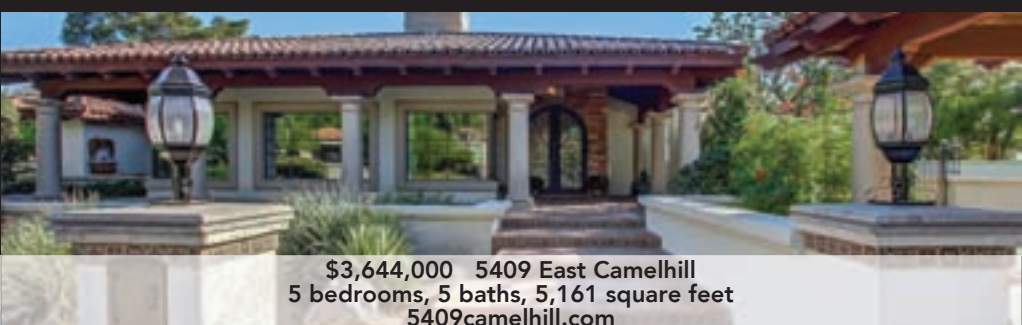
\$7,995,000 6737 East Exeter
5 bedrooms, 7 baths, 6,876 square feet
6737exeter.com



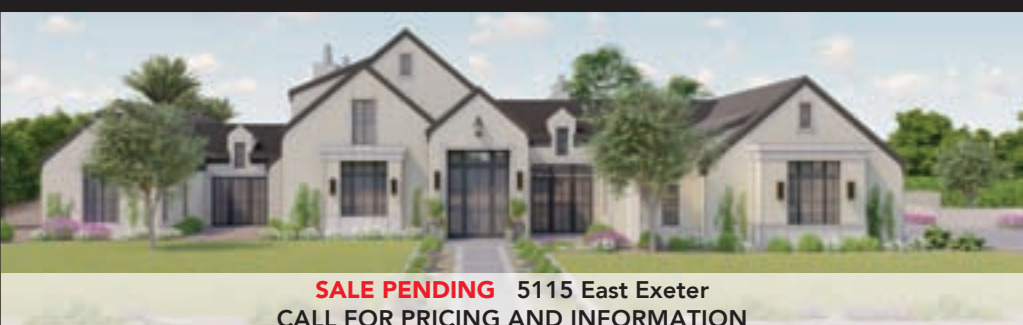
\$4,665,000 8200 North Charles
4 bedrooms, 4 baths, 4,810 square feet
8200northcharles.com



\$5,995,000 6601 North Mountain View Drive
6 bedrooms, 7 baths, 6,809 square feet
6601mountainview.com



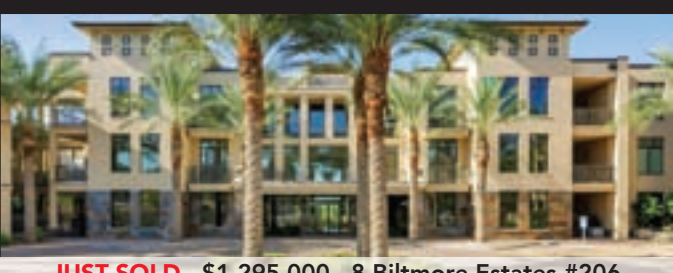
\$3,644,000 5409 East Camelhill
5 bedrooms, 5 baths, 5,161 square feet
5409camelhill.com



SALE PENDING 5115 East Exeter
CALL FOR PRICING AND INFORMATION



NEW LISTING \$1,199,000 3730 East Cat Balue
4 bedrooms, 4 baths, 3,522 square feet



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



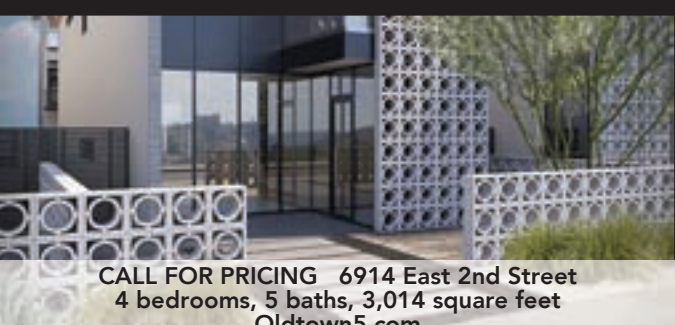
FOR LEASE \$18,000 per month 8350 East Via del Sol
4 bedrooms, 5 baths, 4,783 square feet



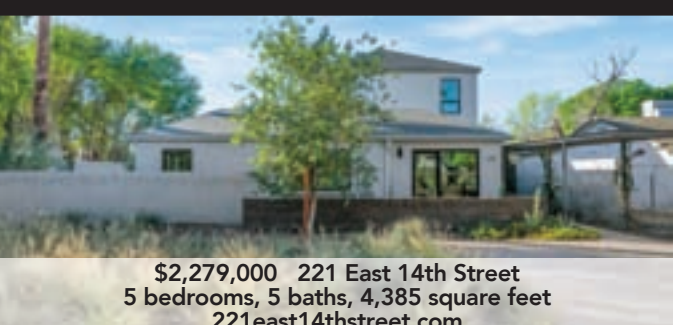
SALE PENDING CALL FOR PRICING 8436 North Golf Drive
6 bedrooms, 7 baths, 8,216 square feet



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



CALL FOR PRICING 6914 East 2nd Street
4 bedrooms, 5 baths, 3,014 square feet
Oldtown5.com



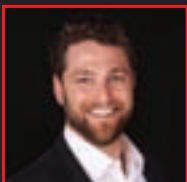
\$2,279,000 221 East 14th Street
5 bedrooms, 5 baths, 4,385 square feet
221east14thstreet.com



SALE PENDING \$2,045,000 8648 East Onyx Avenue
4 bedrooms, 3 baths, 3,211 square feet
8648onyx.com



Robert Joffe



Jonah Joffe



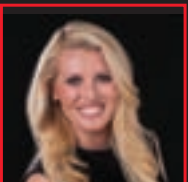
Adam Joffe



Andrew Mehlman



Jen Sheedy



Meredith Lane



Z. Jawanmardi

THE
JOFFE GROUP
LAUNCH | POWERED BY
COMPASS



602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com



In the Kitchen

with Chef Chris Collins of Common Ground Culinary

3160 E. Camelback Road, Phoenix • commongroundculinary.com

Five years ago, Arcadia News started a column called In the Kitchen, and we had the pleasure of interviewing a neighborhood staple – Chef Chris Collins. Things have changed quite a bit since that first interview, so we reached out to see how things are going and what Collins’ restaurant group, Common Ground Culinary, has in store for the future.

What’s new with Common Ground?

The last five years have been the hardest operating five years in the history of restaurateurs. This comes from a relationship with my father [Wally from Wally’s American Gastropub], who was in the business for 40 years: ups and downs, recessions, political environments. There have been more changes in the last four years than he experienced in 40 years, starting with the pandemic. You and I had our first interview during normal times, and we’re still not back to that.

First, we had the pandemic. No restaurants. Everything shut down. Phase two – curbside. We had to retrofit our operations; how do you take a 5,500 square foot building and turn it into curbside? Then came PPP and money from the government – what do you do with that money? How do you use it legally and correctly? Not to mention having to lay off 200 people so they could get unemployment.

Then we started bringing people back and operating at 50 percent. Now, we’re a hybrid restaurant. Are you wearing

masks? Are you asking people for vaccine cards? This was huge stuff that people were passionate about at the time, so we were navigating through it.

Another phase: the pandemic seems to be waning, but I can’t get products. I couldn’t get chicken, fish, or plastic to-go boxes. We had to get trailers to backlog products. The next phase: people don’t want to work. We’re allowed to operate, but no one wants to work. Then, people started spending money like crazy. There are going to be economic classes studied in universities about what happened.

And after those phases?

We had the busiest months of my career – but I still couldn’t hire. And I could mostly get stuff, but not all of the time. Then, we were in a phase where I could hire and get all the products I wanted. It’s all good. But inflation – 9.6 percent inflation! Inflation is cooling; I can get product, but it’s soft. People are changing their spending habits. Are we in a recession? Are we not? Is it being forced? I can tell you I own six restaurants in the Valley and they were all down in sales. So here’s my question: when is it going to be a normal environment again?

On a community-based level, restaurants are the canaries in the coal mine for the broader economy. A year ago, steaks and champagne – I’ve never sold so much champagne, and I couldn’t get it! It’s so wild to think all these things happened in 48 months.



Chef Collins with his rotisserie chicken at The Collins Small Batch Kitchen.

How did you come back from that?

I am dubbing 2024 ‘The Great Reset.’ The world is getting closer to normal and stable. People are working again. We can get products. Everything is coming together. We’re going to rebuild sales from here. For the last three months, our mantra has been ‘unreasonable hospitality.’

We’ve gone above and beyond to show hospitality to our neighbors for spending their hard-earned money in our restaurants. We see that as a privilege and an honor and are so thankful that people come to our restaurant and hand us their money.

One of my managers got a call, and the lady was in tears on the phone. She and her husband had just come from the hospital after he got the thumbs-up for being cancer-free. They went to Grassroots. ‘We didn’t say anything to the server, but at the end of the meal, she surprised us with a slice of key lime pie.’ It brought them to tears that there’s that type of warmth in the world.

You’ll always get complaints – the number of avenues I have for someone to complain is outrageous. But to hear that positivity is just incredible. It makes other servers and managers realize, ‘We can do this.’ Unreasonable hospitality, that’s what we’re doing.

We introduced a kids eat free option at The Neighborly and Collins Brothers. Hey families, we get it. It’s tough out there. We’ve got you covered. We brought

back the family packs on Mondays and Tuesdays. We’re just trying to find out how to make the community feel good.

You’ve always known you wanted to be in the restaurant industry?

Since I was five years old. I’m one of six kids. I always wanted to be in the kitchen with my dad. My best memories are of being on the cook line in his restaurants. For a five-, eight-, 10-year-old who knows nothing of the world, and loves spending time with the guys on the cook line, it was special. I didn’t know these people came from different backgrounds and lived very different lives than what I was living. I just loved hanging out with them.

Where was this taking place?

In Reno. My first job was taking out pies to people. I remember the pies feeling so heavy! We eventually moved to Phoenix, and I went to St. Thomas and Brophy. All six kids were swimmers – the pool was the only place my mom could take us all at once!

Four out of six of us got scholarships to college, so I went to Boston University and studied hotel and restaurant management. From there, I was recruited by Houston’s, worked for them all over the country. I worked at 10 restaurants in six different cities. My entire goal, my whole life – and I’m so fortunate for this because it allowed me to stay on track – was ‘I’m going to be a restaurateur.’



Christ
CHURCH LUTHERAN
LC-MS

LOVE GROW SERVE

IN-PERSON WORSHIP

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

ONLINE WORSHIP

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



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

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

Tell us more about working at Houston's.

During my senior year, the dean of the hospitality program pulled me and two other students in and said, ‘You are the three we are recommending for Houston’s.’ It’s a notoriously difficult job to get. If you study American restaurant tourism, Houston’s is the best of the best. We use them as the benchmark to try to achieve. So, two out of the three of us got job offers, and we took them. I worked for them for five years.

They have a manager-in-training program through the university. I looked at hotels and did internships because I wanted to make sure I explored my opportunities. My mindset was

one ordered dish in all the restaurants. I’ve been told that my company buys more cases of Brussels sprouts than any other company in Arizona!

We developed bruschettas; we have boards – salmon, cheese, crudité – that are packaged. We sell bento boxes. We came up with those to take to hospitals during the pandemic, but now we sell 99 percent to corporate offices. We also do chef sit-ins, where me and one of my sous chefs host a private dinner at a person’s house. Those are popular during the holidays, but I use those as donations to local charities. They’ve consistently gone for upwards of \$10,000! So Arcadia Catering has a lot of different approaches to food off-site.

will be Common Ground’s party bar. We’ll have sangria in Stanley cups. Beer in metal solo cups. It’s going to be so fun.

Are your sons interested in the restaurant industry?

I’m setting up the business so that it’s available to them if they want to do it. I will say this – I hope they don’t. It’s a grueling lifestyle. I’m fortunate that the restaurants are in our neighborhood, so we’ve made them part of our everyday life. But that’s not the case for a lot of people.

I want my kids to be successful because they have a talent or passion for something, and people seek them out for that talent. Not because they’re willing to be there for 80 hours a week. But my father couldn’t keep me out of the restaurant if he tried, and if that’s the case with my boys, then I’m excited. They’ll work for someone else, and if they want to come back, we can run Common Ground together.

What do you do when you’re not working?

I’m hanging with my boys. They’re eight and 10 now, so we’re in Cub Scouts. We love camping and hiking. We’ll go out, and they will dig for cool rocks – anything semi-clear is a diamond. I got a box of pretty gems – tiger’s eye, stuff like that – and I’ll drop one when they’re not looking. If they ever read this, they’re going to be mad [laughs]. But yeah, I’ll drop a cool rock, and they have a collection, so they’ll add that to the box.

Every summer, we take a snorkel trip. I told my boys, ‘I’m going to give you two gifts in this world. One is that you’re not going to fear the ocean. And the other is that you’ll know how to ski!’ Every summer, we snorkel, and every winter, we ski. I’m doing stuff with them to set them up to have some know-how. That’s my job – and it’s all things I love to do!

My dad is the reason I do this, and why I love it. His biggest lesson has always been how you treat the community and how people perceive you.

Why is your group called Common Ground?

I was reading stuff about restaurant tourism and it came out that food in cultures are people’s common ground. You can come from a lot of different places and you can have feelings on other things in society, but food is the thing that brings people together.

It’s what we can all sit down and agree upon. It’s who we are. The Collins family cooks food, and raises children [laughs]. It’s how we live our lives – through food.

What’s Bar Neighborly?

Bar Neighborly is above The Neighborly on 7th Street. It just got remodeled, and we will use it as a private event space until we open it up in the fall. We host Third Thursdays – before the pandemic, these events were held at The Macintosh.

We have awesome relationships with so many people in town, so we collaborate with places like Huss Brewing, Nelson’s Meat and Fish, Press Coffee, and all these people we work with. Every third Thursday, we do a collaboration dinner: four courses with drink pairings. It is really popular. We had to get rid of a lot of fluff during the pandemic, and now Macintosh is so busy that we don’t want to hinder it with events. Third Thursday is now at Bar Neighborly.

I don’t have the sound on the televisions in my restaurants, but when the Diamondbacks go to the World Series, we are going to play that. We’ll do cool things. For example, if they’re playing someone from St. Louis or New York, we’ll feature food from those places. ‘Cheer on your D-Backs while you eat the loser’s food!’ [laughs] This

What’s your favorite part of the industry?

The people. Whether it’s the guests or my team. I love all of my staff, and I mostly love all of our guests. I get to be with people all day. My success is based on getting out there and having relationships with people. Making my team members feel good about how hard they work. Making people feel good that they are spending their hard-earned dollars at my restaurant. Seeing the smiles on their faces when they get an awesome dish or a slice of pie.

The most challenging part?

The people [laughs]. Keeping my team of 250 employees happy, focused and motivated. The guests. Sometimes a guest gets after you, and you know it has nothing to do with their experience at your restaurant. They’re just having one of those days, and you are the punching bag. And you never know what kind of news someone got that day, but when you want to be that neighborhood place, you have to absorb the neighborhood emotions.

To what do you attribute your success in this industry?

My father, and watching his ups and downs in the business. My dad is the reason I do this, and I love it. His biggest lesson has always been how you treat the community and how people perceive you because we are in a unique role. When you own a public-facing business like a restaurant, what you do affects the community.

Look at what LGO did – they changed the neighborhood. Had they not gone into that plaza, I guarantee that neighborhood would not be what it is today. That’s a good example of how impactful our businesses are.

What’s next for Chef Collins?

A lot of things! The market is a little soft – I know more restaurants have closed in the last six months than they did in the pandemic. We have opportunities to get some good, long-term leases. But we should talk in, like, six months [laughs]! Common Ground is not done – we’re excited to keep growing!

After Houston’s came Grassroots Kitchen and Tap?

Grassroots was the first restaurant, yes. I was 28, had very little money to my name, had no partners or investors. There was this Chinese restaurant for sale, and the only reason the landlord considered speaking to me was that it was 2011, the aftermath of the great recession, and there were a lot of empty spaces. The guy gave me a shot and probably didn’t expect me to succeed [laughs], but Grassroots opened and it’s still the busiest restaurant in the company.

My vision for Grassroots was back to the basics: ‘I’m going to take what I learned from Houston’s and from my dad,’ and right in the middle is Grassroots. That was 13 years ago.

How many restaurants do you have now?

We have six restaurants, an ice cream shop – Sweet Provisions – and a catering company that we opened in 2019. The menu is engineered to utilize the favorite dishes across all seven brands. But also, what works in a catering environment?

Our Brussels sprouts are the number

WE HAVE MOVED

Our Family Caring for Yours

EXPERT DOCTORS AND PRACTITIONERS.
CONVENIENT SERVICES. EXTENDED HOURS.

CELEBRATING 50 YEARS IN PRACTICE

Family Practice Specialists

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

“Meet Mr.” | Ray Arsigne

Kirk Strawn

You could say Kirk Strawn is a dreamer, and he'd be anything but offended.

The 63-year-old entrepreneur is driven by an unbridled imagination, a quest for discovery and a sincere desire to inspire others to do the same. He and his wife, Mary, are the human engine that propels Walter, a mix of local businesses involving social service, music, the arts and restaurants – all intended to foster a sense of community.

Who is Walter?

It all began in 1997 when Strawn stumbled across the chassis of an old firetruck built by the Walter Motor Company in 1963. The truck had been used at airports and for wildfires throughout Arizona and was ultimately laid to rest at Gold King Mine.

“I traded an old VW camper for it and converted it into a VW bus on steroids. We named it Walter and he was the beginning of our traveling production company,” Strawn said.

Today, Walter Productions is the parent company of all their business ventures, including Walter Studios, Walter Where?House, Walter Station Brewery and at the foundation of it all, their nonprofit, The Walter Hive. Mary operates the Walter Hive, a combination of youth

“We want Walter to inspire and uplift people through the generations.”

development initiatives focused on the healing power of arts while Strawn operates the retail businesses.

“The Walter Project is intended to be an enduring 100-year company, well beyond Mary and me, and even our two daughters,” Strawn said. “We want it to inspire and uplift people through the generations.”

Strawn was born and raised in Iowa and attended medical school at the University of Iowa. He moved to Arizona in 1988 to finish his residency at Scottsdale Memorial Hospital.

“In school, I thought I wanted to be a veterinarian but soon discovered I was more interested in human medicine,” he said.

He met his wife at the county hospital, where they tended to a young emergency room patient. It was “love at first sight,” and they married in 1991.

Strawn practiced medicine for 20 years and then started a healthcare company, which he ultimately sold to Blue Cross-Blue Shield.

The Strawns live in the heart of Arcadia, along with their neighboring adult daughters and numerous friends they have recruited to the neighborhood.

“We started our own little community and absolutely love it,” he said.

Strawn strongly believes a meaningful relationship exists between people, machines, and imagination, and he has committed himself to addressing this.

“When we were kids, we were all artists, but along the way, some of us forgot how to express ourselves. Our various programs are meant to bring those instincts back. Walter the bus has had a second life and there's a



message for all of us: there are second chances. People can reimagine themselves, expressing themselves in new ways,” he said.

He and Mary are interesting profiles: physicians-turned-philosophizers-turned-dreamers with a passion and determination to make their ambitious goals a reality. To ensure that they stay committed to their 33-year-old marriage, they remarry every five years.

“We’ve had seven weddings so far, and another one is on the horizon,” Strawn says. “But we have someone different officiating each time, so it all feels anew.”

Not unlike the renewal of Walter.

Bring Your Pool Back To Life!



Recently merged with local developer, Emery Lane Homes, you can now dive into excellence with Above & Beyond Pool Remodeling!

We're expanding our award-winning services to Arcadia & surrounding areas. Specializing in both residential and commercial pool renovations, we're bringing over a decade of expertise right to your backyard.

- OUR EXCLUSIVE SERVICES
- Energy-efficient equipment & systems
 - Advanced pool automation
 - Concrete resurfacing and interior surfaces
 - Water features and depth conversion

EXCLUSIVE OFFER:

Mention our parent company, Emery Lane Homes, for special pricing and financing options!

★★★★★

ABOVE & BEYOND

POOL REMODELING

Always
Outstanding
& Improving



480-830-9209
abpoolsaz.com
info@abpoolsaz.com

EMERY LANE

HOMES & DEVELOPMENT

YOUR HOME IS WHERE MY HEART IS!



PENDING with Buyer!
108 East Tuckey Lane
Phoenix 85012
\$1,070,000



SOLD!
3938 E. Hazelwood
Phoenix 85018
\$2,805,000



SOLD!
6150 E. Cambridge
Scottsdale 85257
\$1,330,000



SOLD with Buyer!
6932 E. Montecito
Scottsdale 85251
\$1,305,000



SOLD!
6125 E. Cambridge
Scottsdale 85257
\$1,250,000



SOLD with Buyer!
3312 N. 48th Place
Phoenix 85018
\$1,100,000



SOLD!
7244 E. Solano
Scottsdale 85250
\$840,000



SOLD!
5217 N. 31st Place
Phoenix 85016
\$800,000



PHOENIX • ARCADIA • SCOTTSDALE
KELLY KNAPP

OUTSTANDING REAL ESTATE SERVICE

602.882.1332 | kellyknapphomes@gmail.com



TOP 50
CHAIRMAN'S CLUB 2023



HOMESMART



MLS



Echo Canyon named first Blue Zones-approved school

By Rachael Bouley

A blue zone is a region where people claim to have exceptionally long lives due to a lifestyle combining physical activity, low stress, rich social interactions and a local whole-foods diet. Inspired by that notion, The Blue Zones Project in Scottsdale leverages secrets to a longer lifespan and higher quality of life from some of the healthiest and happiest countries in the world. Schools, grocery stores, restaurants and offices work alongside the Blue Zones Project to get accepted – and congratulations are in order for Echo Canyon, the first Blue Zones-approved school in Arizona.

“We are excited to participate in this initiative to create a healthier community. For years, Echo Canyon has been known for the gardens and our Chef in the Garden program,” Principal Kat Hughes said. “These efforts provided the cornerstone for our application process and allowed us to highlight the great things that happen in our school.”

The approval process started in December, with teachers and staff working quickly to collect the necessary evidence of actions aligned with the Blue Zone pledge. Schools can use many resources and educational activities to demonstrate a commitment to healthy choices. At Echo Canyon, this includes the expansive school garden that boasts fruits, vegetables and native plants, plus a National Wildlife Federation-certified habitat for Sonoran Desert tortoises and a Certified Waystation for Monarch Butterflies. The school offers recess before students eat lunch, and all food and beverages sold in the cafeteria meet USDA Smart Snack Guidelines. A daily fruit and veggie bar is part of the



Administrators and students celebrated the approval at the end of the school year.

school lunch program, and café posters encourage students to make healthy choices. Echo Canyon celebrated its Blue Zones approval at the end of the 2023-2024 year, with plans to launch new initiatives as soon as school starts in the fall. “One of our biggest efforts will be a new student leadership group, the Culinary Cultivators, who will provide student leadership during Chef in the Garden activities, garden tours and more,” Hughes added. They also plan to increase the wellness committee to include parent representatives who will advise the school and garden committee on actions they can take to support

the Blue Zones pledge. Staff are dedicated to teaching students about fresh food and gardening. “It is an honor to be recognized because it reinforces our efforts of providing students with experiences that help them make healthy food choices, have a sense of belonging, and move their bodies,” Hughes said. “Healthy people live happier lives, and exercise, fruits, and vegetables are essential to a healthy lifestyle. By incorporating the gardens into our instructional practices, we can embed hands-on, lifelong learning for our students.” Danielle Anderson, Blue Zones Project Organization & Well-Being Lead, encourages others in Scottsdale to participate and apply. “Approval means an organization has implemented a variety of evidence-based best practices within their environment to improve the health and well-being of those in it,” Anderson said. “These changes make it so the healthy choice becomes the easy choice in all of the places where people live, work, learn and play.” By offering food literacy and gardening opportunities to all grade levels and integrating nutrition education and physical activity into daily plans outside of classes, Echo Canyon is setting students up for healthy and fulfilling lives. “These environments naturally nudge people toward healthier choices,” Anderson added. “Blue Zones Project® communities have populations with greater well-being, improved health outcomes, reduced costs, and increased civic pride, all of which support healthy economic development.” bluezonesprojectscottsdale.com

HIGH PLACE MORTGAGE

AS YOUR TRUSTED MORTGAGE LENDER, WE'RE HERE TO HELP YOU MAKE ARCADIA YOUR NEIGHBORHOOD!

Discover the perfect blend of luxury living and community charm. Whether you're captivated by Camelback Mountain views or drawn to Arcadia's diverse architecture, we offer tailored financing solutions to make your dream home a reality.

SECURE YOUR FUTURE IN ARCADIA, CONTACT US NOW!

highplacemortgage.com
602-910-2966
NMLS #2408347 | BK #1041294

REALTORS

Your neighbors. Your friends. Your experts.



Chrissy Heller

Meghan Marum

Kathy Miller

Chris Morrison

Stephanie Tarr

Shawna Bonnett

Brian Frey



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



New Construction
210 E. Georgia Ave.
\$2,795,000



New Construction
5109 E. Rovey
\$12,250,000



New Construction
4218 N. 45th Pl.
\$2,375,000



New Construction
4528 E. Montecito Ave.
\$2,195,000



For Lease
6539 E. Lafayette Blvd.
\$12,000



For Lease
6438 E. Calle Redondo
\$4,999



For Lease
4570 E. Calle Tuberia
\$11,900

Contact us for more information regarding our exclusive off-market and coming soon inventory.

602-369-0000

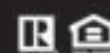


Scan for
Morrison Team
Listings

Morrison
TEAM.COM

RETSY

Forbes
Global REALTORS



Arcadia High welcomes new administrators

By Sherry Sklar

Two new faces will soon be seen in the halls of Arcadia High. Drew Ammon will join the staff as athletic director, and Erica Rodgers will step into the role of assistant principal. Both hope to bring a wealth of knowledge and a shared commitment to enhancing the student experience this coming school year and beyond.

DREW AMMON – ATHLETIC DIRECTOR

Elevating athletic programs with passion

Diverse experiences and a deep-rooted passion for athletics led Drew Ammon to Arcadia. Born in San Diego, he moved across the country during childhood, living in Oklahoma, Arkansas, Washington and Idaho before settling in Arizona. He graduated from Millennium High School and pursued higher education at Northern Arizona University, earning a Bachelor's in Secondary Education and a Master's of Education from Grand Canyon University.

Ammon said his career in athletics administration is a testament to his unwavering commitment to being a voice for student-athletes and coaches.

"Educational athletics helped me become the person I am today, and I want that for every student that attends Arcadia," he said.

His accolades include being named Teacher of the Year in his first year in education and receiving the AD of the Year for the 5A Northeast Valley Region.

As the new athletic director, Ammon aims to build



Drew Ammon

on the successes of his predecessor. He emphasizes the values of GRIT: Grace, Respect, Integrity and Toughness. He is committed to fostering a positive and inclusive environment through character coaching and student leadership groups, ensuring that Arcadia's athletes are skilled and exemplary individuals.

"Being the steward of an athletics program is no small task. I want our student-athletes and coaches to be known for GRIT. I expect them to continue striving for excellence. We will focus on how we can impact our culture and take Arcadia to the next level," he said.

Outside of work, Ammon enjoys music and attending concerts, a hobby that he hopes will connect him with students on a personal level.

ERICA RODGERS – ASSISTANT PRINCIPAL

Championing student engagement and success

Originally from Pittsburgh, Erica Rodgers brings a rich educational background to her role as assistant principal. She attended Arizona State University, earning a Bachelor's Degree in history and a Master's Degree in secondary education and educational administration. She is in the final year of her doctoral program in Educational Leadership at the University of Pittsburgh.

Rodgers' career path includes eight years of teaching AP macroeconomics and AP government in the Paradise Valley Unified School District, roles as a program coordinator for the International Baccalaureate program and coaching speech and debate. Most recently, she



Erica Rodgers

served as the Dean of Students at Paradise Valley High School, gaining valuable experience supporting students and teachers.

Returning to Arcadia High, where she began her career as a student teacher, fulfills a long-held goal for Rodgers. She said she is excited to oversee state testing, support student activities and mentor new teachers. Rodgers' educational philosophy centers on student engagement and ownership of learning. She plans to implement strategies that allow students to take active roles in their education, focusing on clear objectives, self-reflection and continuous improvement.

"I believe in a student-centered approach to classroom engagement, where students actively participate in learning. This starts with clarifying the lesson's objectives, the skills being developed and how success will be measured. I plan to support this approach by encouraging students to take ownership of their learning, self-reflect and take steps toward improvement and enrichment," she said.

Rodgers' goals include ensuring students are equipped with the skills they need for future success, such as focused note-taking and critical reading. She is also enthusiastic about school activities, believing that a vibrant school community enhances the student experience.

"I want our students to have the tools they need to be successful at the next level once they graduate. They should enjoy school, which begins with our leadership team aspiring to create an atmosphere they look forward to being a part of," she explained.

Outside work, she enjoys spending time with her family, including attending her daughter's athletic events.

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

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

J M Chapman Agency Inc

Jay Chapman, Agent

Bus: (480) 945-7122

7055 E Thomas Rd

Scottsdale, AZ 85251

jchapman@amfam.com



**AMERICAN FAMILY
INSURANCE**

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

**XAVIER COLLEGE
PREPARATORY**
Where Young Women **Finish Strong**



ONE XAVIER
Faith Arts Engineering Math Science Technology Sports

**XAVIER COLLEGE
PREPARATORY**

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

Register online for:

Open House, 8th Grade Day, HSPT, & the Shadow Program. Go to xcp.org

Applications for Class of 2029

Open: Oct 1

Eighth-Grade Day: Oct 25

Open House: Oct 27

Admission Information

Night: Nov 20

High School Placement Test

(HSPT): Dec 7 or Dec 14

Afford a Xavier Education:

Financial Workshops available for parents during HSPT test days

All are Welcome | xcp.org

You have expectations. *We have experience.*



Tatiana Maus
Realtor®



Debbie Pontikas
Associate Broker, MBA



Ty Crandall
Realtor®



2230 E Belmont Avenue
\$1,575,000



1328 E Pomelo Grove Lane
\$1,450,000



517 W Lamar Road
\$2,330,000



5221 N 34th Place
\$1,845,000



Carey Runyon
Transaction Coordinator



Taylor Hubbs
Client Experience Manager

PONTIKAS
TEAM
LUXURY REAL ESTATE

480.335.8604 | pontikasteam.com

RETSY

Forbes
GLOBAL PROPERTIES



Art One Gallery alumni publishes first novel

By Mallory Gleich

Professional artist. Assistant teaching professor. Arizona State University and City College of New York graduate. Sal Cosenza, who was born and raised in Scottsdale, is a self-described renaissance man, and now, he can add another bullet point to his resume as a published author.

While attending high school at Coronado, Cosenza was introduced to Art One, a gallery in Old Town whose mission is to support student artists. He worked with the company from then on and, in 2019, unveiled a series of acrylic paintings that he'd been working on since 9/11. *Manhattan: The Rising War* was born as a continuation of that series – albeit in another medium.

“I think the path from artist to author happened naturally because I always look for the best way to tell my story,” Cosenza said. “Being a creative type means to be adaptable, which is why I stress to my students the importance of utilizing all their talents (like writing, sketching, music) as they pursue their final designs. It’s the same strategy with my own work.”

The Big Apple called to Cosenza in 2012 for grad school (where he received his Master’s in Architecture), work experience, and, as he said, “to see what I was missing since most of my family members are from New York.” He said that the idea to turn the paintings into a book happened that same year.



Sal Cosenza held a book signing event at Art One Gallery in Old Town in July.

“I started the first draft in my Harlem dorm room in 2012,” he said. “That was when I decided to turn it into a proper novel. Final edits concluded by early 2024, and now, here we are!”

Manhattan: The Rising War is set in a re-imagined version of Manhattan Island, where the buildings are given “anthropomorphic and deeply life-like personalities.”

Cosenza describes the book as “a tale of community and courage at a towering scale, with icons like Lady Liberty, Empire State Building, and others being forced to face a raging evil that threatens their magical existence.”

The book is a mix of urban fantasy and historical fiction that draws from

New York City’s 400-year-old history – a mix that added to the obstacles Cosenza faced while writing the novel.

“The fact that I was juggling writing while also living in two states, painting, teaching, and keeping my former job as an architectural designer was another,” he said. “The nature of the story was a challenge, given that my characters were walking, talking buildings, and the story could have easily fallen into cartoonish territory. This concerned me because I wanted the narrative to convey a certain gravitas in tone.”

Cosenza didn’t let these obstacles get him down. The book was published, and he’s already working on another. Before that, though, he headed back

to Arizona to attend a book signing at the place where he got his start as an artist: Art One.

The event took place in July. Attendees could meet Cosenza and purchase a signed copy of the book, with proceeds going to the Art One Foundation.

“The signing was great. We sold a lot of books for the foundation and I’m humbled by the show of support,” Cosenza said. “It was a wonderful mix of magic, mayhem, and Hawaiian Punch. All the essentials!”

Manhattan: The Rising War is available now on Amazon, Barnes & Noble and locally at Changing Hands Bookstore in Tempe.

REAL ESTATE REAL COMMITMENT

RELENTLESSLY LOCAL™ REAL ESTATE EXPERTS

- Combined Real Estate Experience of 36+ Years
- Concierge Style Service
- Bespoke Marketing Program
- Arizona Natives

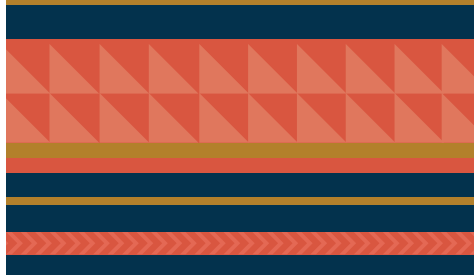
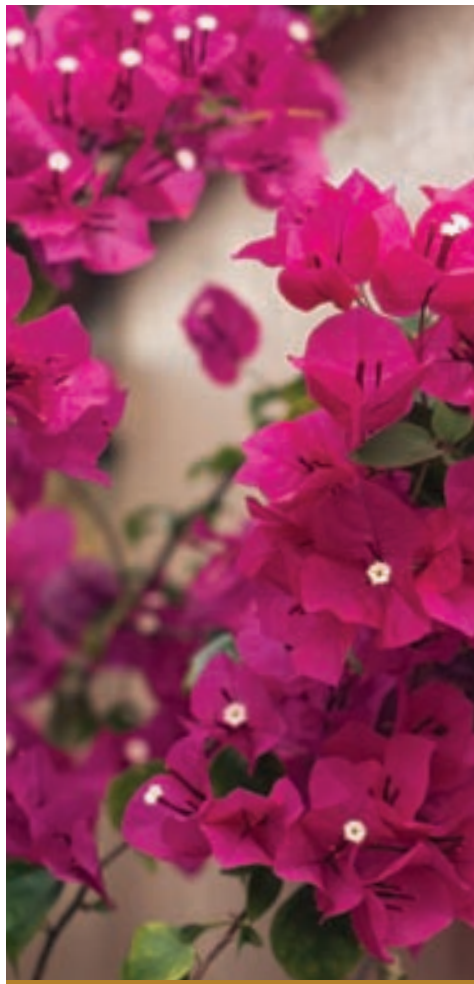


THE
BROKERY

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

BREANA WESTFALL, REALTOR®
480.266.8313 | Breana@TheBrokery.com





To look better in photos, change your location setting.

Old Town is all about selfies: Selfie shopping, selfie dining, selfie walking around and about an all-around selfie good time. As you wander around our slice of old west heaven, who knows what coolness you'll find, local retail shops with unique products, restaurants and bars with outdoor patios, and museums and art galleries with their doors open. When the sun tucks in for the evening, you don't have to. Day or night, Old Town looks pretty darn good on you. You deserve all of it.

OLDTOWNSCOTTSDALEAZ.COM



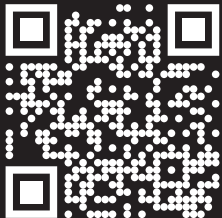
the
TEAM

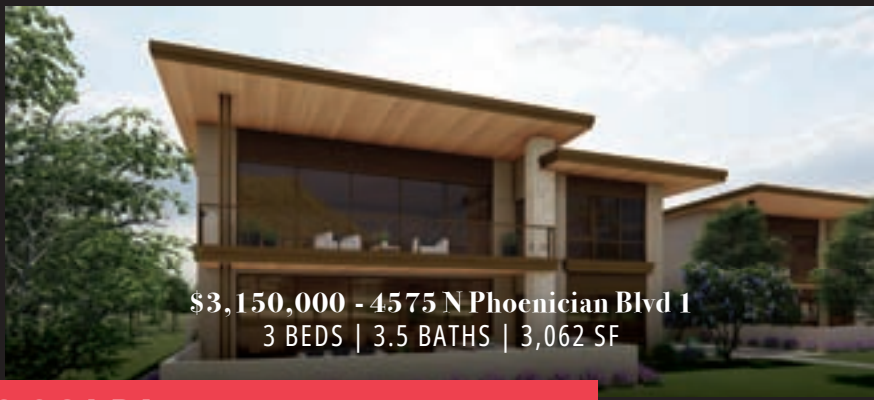
RETSY
Forbes
GLOBAL PROPERTIES



Exceeding Your
Expectations.

SCAN HERE for our listings





ALL UNITS SOLD!





Essence Bakery and Café



Original ChopShop



The Gladly

The Dining Scoop

THIS MONTH: SALADS!

They say no good story starts with someone eating a salad – and maybe that’s true, but for some, a great lunch consists of precisely that: leafy greens, veggies, fruit, protein – the additions are endless, and during the summer especially, light meals are key to not wanting to immediately nap after eating. Here are a few Arcadia area spots that offer unbe-leafable salads on their menus.

ESSENCE BAKERY AND CAFÉ
3830 E. Indian School Road, Phoenix
essencebakery.com
Essence offers two staple salads on the menu, plus seasonal specials like the roasted corn and turkey salad, available for takeout.
The organic arugula and pepper bacon salad includes dates, toasted

pumpkin seeds, radishes, heirloom carrots and cabernet vinaigrette, with a warm gruyere cheese croissant on the side. The Greek Caesar has organic gem lettuce, Kalamata olives, grape tomatoes, cucumber, house-made croutons and shaved parmesan with a Caesar vinaigrette. Both dressings are made in-house.
“My favorite is the Greek Caesar, and that’s no surprise, with my name!” Chef Eugenia Theodosopoulos – who creates the salads – said.
Prices range from \$14-\$18, and since you had a salad for lunch, you can splurge on a homemade macaron (or two) for dessert.

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

Original ChopShop currently has 23 locations in Phoenix, Tucson, Dallas-Fort Worth, Houston and Atlanta and is continuing to expand, with three more openings planned for 2024. There are nine salads on the menu, including the Berry Chop available throughout the summer.

“Most of our salads were created by the founders and have remained on the menu since 2013,” Marketing Director Karissa Threadgill said. “Over the years, we’ve introduced new salads as a limited-time offer that were so popular that we brought them onto the menu permanently. These include the Greek-ish and Citrus Thai.”

The Greek-ish comes with roasted red peppers, Kalamata olives, chickpeas, cucumbers, banana peppers, feta and a lemon vinaigrette. The most unique salad is the Citrus Thai Chop with Thai peanut dressing (made in-house), pickled carrots, jicama, orange segments, roasted red peppers, cucumber, green onion, peanuts, cilantro and sesame seeds.

Dressing options include strawberry basil vinaigrette (for a limited time), red wine vinaigrette, lemon vinaigrette, lemon Dijon, Thai peanut, BBQ ranch and 1000 island. All dressings are gluten-free. Prices range from \$9.50 to \$14, depending on how you customize the salad.

THE GLADLY

2201 E. Camelback Road, Phoenix
thegladly.com
The Gladly offers four salad options: Field Greens, a steak salad, a wedge salad and The Original Chopped Salad. James Beard semifinalist, chef, and owner Bernie Kantak created each recipe.
The Original Chopped Salad is the most popular – according to Chef Kantak, it’s the top-selling menu item daily. The dish was created in 1998 and is available at The Gladly, Citizen Public House and Beginner’s Luck.

The salad features marinated tomato, sweet corn, pepitas, black currants, asiago cheese, wild baby arugula, Israeli couscous and cold smoked salmon dressed up with a buttermilk herb dressing and mixed tableside. Every Wednesday in August, all three restaurants will offer their signature Original Chopped Salad for \$12. If buttermilk herb isn’t your fave, The Gladly also offers bleu cheese and vinaigrette dressings.

THE HENRY

4455 E. Camelback Road, Phoenix
thehenryrestaurant.com
Situated at 44th St. and Camelback Road, The Henry offers a family-friendly menu, happy hour, a coffee lounge, lunch on the go and more. The restaurant boasts five salads created by Chief Culinary Officer Clint Woods. The Classic Caesar (romaine, toasted torn bread, parmigiano reggiano) and Chicken & Avocado Salad are the most popular.

The Caesar, heirloom tomato and feta, Henry house salad, seared tuna chop, and sprouts and squash salads are \$12-\$22, depending on how you customize. Guests can choose from Caesar, ranch, mustard vinaigrette, red wine vinaigrette, or sesame ginger vinaigrette dressings.

POSTINO WINECAFÉ

3939 E. Campbell Ave., Phoenix
postinowinecafe.com
A few of the six salads offered at Postino are staples that have been around since the eatery’s early days. Chef Carlos Buscaglia and Lauren Bailey (CEO and Co-Founder of Upward Projects, the company behind Postino, Windsor and a few others) created



CHRIST LUTHERAN SCHOOL

Christian Values. Quality Education.
Preschool through Grade 8

WE'RE READY FOR THE SCHOOL YEAR!

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

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



The Henry



Postino WineCafé

newer salads like the Green Garden Chicken Chop.

The Raspberry Chicken salad – with chicken salad, almonds, pecans, apples, gorgonzola, mixed greens and raspberry vinaigrette – is a favorite at the Postino Arcadia location.

The Green Garden Chicken Chop has roasted chicken, chopped kale, arugula, mint, basil, cilantro, broccolini, cauliflower, parmesan, pistachio, heritage grains, and dates tossed in lemon champagne vinaigrette.

If lemon champagne isn’t your style, Postino also offers Caesar, apple cider vinaigrette, raspberry vinaigrette, poppy seed vinaigrette, and lemon-manchego dressings. Salads cost around \$14, depending on whether you add protein.

OTHER SALAD SPOTS TO CONSIDER

La Grande Orange

4410 N. 40th St., Phoenix
lagrandeorangegrocery.com

LGO’s brunch menu includes six salads: a Caesar, tuna niçoise, rotisserie turkey, shredded kale and quinoa, Sonoma chop salad, and the Evil Princess Thai chicken salad with fresh greens, “hacked” chicken breast, peanuts, red onion, cilantro, lemongrass, red pepper and house-made Thai dressing.

Eat Up Drive In

4001 E. Indian School Road, Phoenix
eatupdrivein.com

Eat Up offers six different salads. Among them are a Caesar, antipasto, and the Arcadia, with smoked almonds, bleu cheese, pear, apple, black currant, dates and artisan greens with a red wine vinaigrette.

Chelsea’s Kitchen

5040 N. 40th St., Phoenix
chelseaskitchenaz.com

Chelsea’s Kitchen offers four salads: the LGO Caesar, a Brussels sprout salad, shredded kale and quinoa salad, and the Del Mar, with shrimp ceviche, blue crab, iceberg lettuce, avocado and olives.

Flower Child

5013 N. 44th St., Phoenix
iamflowerchild.com

Six staple salads like the Italian chopped turkey and avocado, a Caesar with avocado, and a ginger miso crunch are available here. They recently added a Lao crispy rice salad with romaine lettuce, chicken sausage, red curry, onion, cilantro, mint and Thai basil in a fish sauce vinaigrette.

THE SCOOP



The Euro Summer Wine Dinner Series at **The Market by Jennifer’s** (3603 E. Indian School Road, Phoenix) will happen every Thursday in August from 4-9 p.m. Guests can experience French flavors and pairings curated by expert sommeliers and Chef-Owner Jennifer Russo. The series features a three-course menu and drink pairings, with items like gruyere pate a choux with chives, niçoise salad and chicken fricassee. Price: \$65 per person.

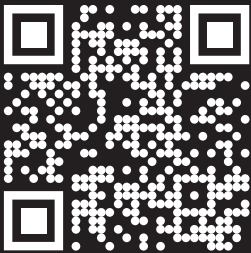
themarketbyjennifer.com

Postino WineCafé introduced the second annual **Battle of the Bruschetta**, a summer-long, bracket-style competition between four limited-time recipes. This year’s contenders are French onion, buffalo cauliflower, Philly cheesesteak and berry mascarpone. Guests can order two competing flavors and vote on their favorite by texting “BATTLE” to 602-637-1510. Final rounds start September 1 and the winner is crowned September 16.

postinowinecafe.com



Be a neighbor
in the know!



Interested in what our
next project will be?

We have several projects
coming soon. Scan the
QR code above!

ROC #314154



1108 N 74TH STREET
SCOTTSDALE | JUST SOLD



SOLD for \$533,500

4501 E TURNEY AVENUE
ARCADIA | NEW BUILD



Offered at \$2,950,000

3809 N 51ST STREET
KACHINA ESTATES | ACTIVE

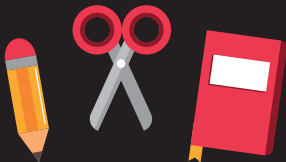


Offered at \$1,495,000

2225 N 38TH WAY
PHOENIX | ACTIVE



Offered at \$1,550,000



Adults can go
Back to School
Shopping too.

Call us today if
you’re looking to
buy or sell!

NATHAN ANDERSON + PAUL NICOLETTI

480.888.5800 | NATEANDPAUL.COM

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



Good Soles shoe drive receives record donation

By Catherine Alaimo

Founded eight years ago by a local teacher as a family effort, the Good Soles Drive collected a milestone number of over 1,200 shoes this summer to ensure hundreds of schoolchildren in need will return to the classroom with new sneakers.

Amanda Goossen teaches fourth grade at St. Thomas the Apostle School. She was inspired to start Good Soles after a friend of hers held a backpack drive for Child Crisis Arizona (CCA), a nonprofit that seeks to shield at-risk children and families from neglect and poverty.

Goossen reached out to the nonprofit to ask how she could contribute and was told that new shoes were an overlooked – but essential – item for the children in their care. This resonated with the educator, who recalled her own boosted confidence when she wore new shoes to school.

“When you go out into the world, you always want to feel your best, and I believe that kids will be more successful and feel better about themselves if they have good shoes on their feet,” she said.

At the start, Goossen enlisted her children to organize the pairs of shoes in their kitchen. She said she hoped participating in the drive would impress upon her son and daughter the mindset of selflessly serving those less fortunate than them. In 2023, she expanded the project to involve students and families at St. Thomas as volunteers, hoping to instill a long-term dedication to community service in each of them.

“Our goal now is to help students in the area learn how to volunteer and give back while also helping other kids,” she said.

Nolan Butkiewicz, a rising eighth grader at St. Thomas, promoted Good Soles by passing out flyers in his neighborhood. He said the most rewarding part of volunteering was delivering the shoes to Child Crisis at the end of the drive.



PHOTO COURTESY OF AMANDA GOOSSEN

The Good Soles crew dropped off over 1,200 pairs of shoes to Child Crisis Arizona.

“It was so wonderful to see how grateful they were to receive all of the shoes,” Nolan said. “I will continue to support Good Soles’ mission long after I leave St. Thomas.”

Volunteer and CCA Resource Specialist Emilia Alcantar said that these annual contributions amplify the nonprofit’s ability to distribute shoes to children in need across its programs, including those living in group homes and emergency shelters.

“It’s just incredible. Getting that new pair of shoes provides that sense of normality for each kid, which makes it easier for them with everything they’re going through,” Alcantar said.

The program’s execution and scale has evolved over the past eight years. Goossen has partnered with Phoenix-based

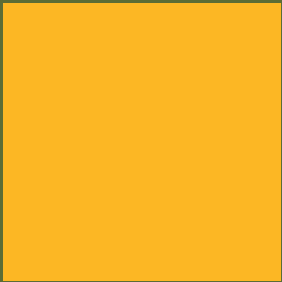
businesses such as U-Haul, which donated a storage unit to the drive. An Arcadia eatery – Collins Small Batch Kitchen – set up boxes for customers to donate shoes in exchange for a free scoop of ice cream.

Last year, Good Soles also qualified as a 501(c) organization, allowing donors to subtract their financial contributions from their taxes – an achievement that Goossen said has often “doubled” people’s willingness to give to the drive.

In the future, the educator plans to broaden the number of organizations Good Soles supports.

goodsolesaz.com
childcrisisaz.org

NOW SELLING



STARTING IN THE \$600s

602-975-5016

THE ARCADIAN
arcadianPHX.com

4220 N. 32nd St.
Phoenix 85018

Keeping art and music alive for all generations

By Kylie de Best

Last summer, Arcadia High graduates Aani Nagaiah and Gage Samaddar came together to share their life-long passion for music and the arts with the senior community through their nonprofit, Our Ode to You. Their mission was to get those in memory care facilities interested in art and music through free workshops.

The idea was an immediate success, with many AHS student musicians and artists joining the cause.

A typical session at a facility begins with painting accompanied by a musician or singer in the background. The seniors can play music or instruments or sing with the volunteers.

“Through combining performances and interacting with the seniors, we have been able to rekindle the creative spirits of over a thousand seniors in Arizona so far,” Aani said.

The duo’s efforts have been acknowledged throughout the community and beyond. They have received the Hershey Heartwarming Grant, the Taco Bell Ambition Accelerator Seed Grant, and, most recently, the Riley’s Way Call to Kindness Fellowship.

This award comes from a national program that provides funding and leadership development training to youth-led projects, focusing on the pillars of professional development, connection-making and project support. Riley’s Way Foundation supports young leaders who practice kindness, empathy, community and youth leadership.

“The fellowship gives us a grant of up to \$5,000 and priceless mentoring sessions with people who want to help us,” she said.

In addition to the funding, Aani and Gage will attend a retreat in New York in September with fellows from all over the



PHOTOS: AANI NAGAIAH

(top left) Don, a Carnegie Hall alumni, played a violin for the first time in 10 years thanks to Our Ode to You. (bottom left) Founder Gage Samaddar helps out with the painting portion of a visit. (right) Arcadia freshmen Jette, Daphne and Lily joined Our Ode to You and help out with the painting and snack time.



country. During this event, participants will attend leadership workshops and form connections, learning from each other and finding ways to improve their initiatives.

“I’m looking forward to getting to know other organizations who share experiences similar to ours,” Gage said. “So many high school nonprofits are often thrown into the world of business without knowing that there are other people in the same shoes, so I think having that connection

will improve networking while sharing common ground.”

In addition, fellows can sign up for various webinars and mentoring sessions to learn about areas they can improve in, such as digital marketing or building a website. There are also PR opportunities that can help fellows get recognized locally and nationally.

The first webinar Aani and Gage signed up for will focus on speaking with mentors

about their goals for Our Ode to You this year and how they can use the resources this fellowship offers to develop a focus.

“We plan to use our money to expand and fund current chapters,” Aani said. “We are always looking for more volunteers and student leaders. Working with us is a great extracurricular for college apps and experience in general.”

ourode2you.carrd.co

Smile for the camera!

By Mark Hays

They say if you do what you love, you’ll never work a day in your life. That’s true for Arcadia local Whitney Thatcher, who worked as a financial analyst before beginning her career as a professional photographer.

Thatcher moved to Phoenix from Colorado 10 years ago. A self-proclaimed naturally creative person, she enjoyed tile and mosaic projects and photography to decompress from work tasks. Photography then went from being a hobby to a full-blown business.

Studio W Portraits is located in Old Town Scottsdale. Thatcher specializes in photographing individuals, teams, businesses, and school portraits.

“Photography quickly became a hobby I loved. I began taking courses and learning as much as possible about portraits’ creative and technical aspects,” Thatcher said.

Studio W opened in 2012. Thatcher combined her background in finance with her love for photography, and the skills she gained in the financial industry help her make sure every decision for the company will positively affect both the business and customers.

“I think so many creative businesses don’t last long because while they may be incredible at the creative part, they lack the skills and the background necessary

to run the business side of things,” she said. “I am so grateful I found the perfect way to combine my financial knowledge with my strong creative side to open the business I have today.”

Over the years, she’s photographed many genres and learned that her true passion lies in individual portraits for corporations and schools.

She explained that portrait photographers help define their clients in the best way possible, furthering professional opportunities and building self-confidence. Thatcher’s favorite is school pictures; a service the company has offered since 2017.

“I am on a mission to change the face of school pictures and feel that I have reinvented the school photo. When kids are away from their parents, they are in a different environment and often respond differently to a camera,” Thatcher said. “As professional portrait photographers, we are often able to get better photos of kids when they are at school.”



Whitney Thatcher

In addition to helping kids get comfortable, this type of photography helps bring out each student’s individuality.

“For many students – including me when I was in school – annual school photos fail to connect with the essence and energy of each student, and instead are generic clones of a photograph designed to fit a certain mold,” Thatcher said.

She aims to create a picture to give parents something to cherish.

“Instead of a ‘sit, smile, next’ method for each student on school picture day, our photographers interact with each child, bringing out their natural personality,” Thatcher said. “School photos should be fun, build confidence and empower kids.”

After picture day, parents receive a gallery of 5-10 photos to choose from – and they only buy photos they love.

When she’s not working, Thatcher spends time with her family outdoors, camping, hiking, and mountain biking. She also loves to garden and play with the family’s new five-month-old black lab.

“My goal now and for the future is to build a sustainable business that clients love doing business with and that employees love to work for,” she said.

studiowportraits.com

Arcadia resident finds her destiny in the bridal industry

By Kylie de Best

Once the butterflies of an engagement event have calmed, it's time to get down to one of the best parts of becoming a bride: finding the dress that will help make visions of your wedding day come true.

Lael Harlin's history in the bridal industry began with exactly that. A decade ago, she purchased the wedding dress of her dreams at a boutique in Utah. That memorable experience led to her fantasizing about recreating the same feelings for brides-to-be in the Valley.

Before her wedding, Harlin also attended New York Bridal Fashion Week to shop for gowns and meet designers. She was enamored by the industry: the planning, executing and beauty of the dresses. She loved it all.

Shortly after the event, she learned that the previous owner of Destiny's Bride, a boutique in Scottsdale, was going to retire, so she made her move to become the new owner – and it turned out to be the right move, as Destiny's Bridal won "Best Luxury Bridal Boutique" at the Best of Arizona Bridal Gala in June.

A wedding dress boutique was a stark change from Harlin's previous career in medical sales, where after 12 years, she "was burned out by cantankerous customers in a tough industry and was looking for something more fulfilling, entrepreneurial and frankly, more fun."

"I always had a light on entrepreneurship, and this opportunity was too good to pass up," Harlin said. "Sarah Petrik, Bree Kelly, and Michelle Cosic Peranovic came with the shop. They were

able to guide me at the start and continue to do so. I am so grateful for their work ethic and friendliness."

Harlin said that Destiny's Bridal has the best of both worlds: the experience of being in business for 27 years and a fresh eye for the cutting-edge and fabulous. She and general manager Sarah painstakingly pick out every gown to curate the perfect selection – in the fall, they will have over 30 new gowns coming to the store.

"The employees at Destiny's Bride take pride in making sure every person who walks in the door feels like a VIP," she said.

Harlin and her employees found it "mind-blowing" to be the recipient of the Best Luxury Bridal Boutique. At the event, in which thousands of voters choose the winner, Destiny's Bridal was up against four others: J Bridal Boutique, Mariee Bridal, Schaffer's Bridal and True Society.

The votes were in, and Harlin accepted the award with two of her employees, whom she applauds for putting their sweat and tears to bring Destiny's vision to life.

"We were so surprised, we screamed. When you have event planners from all over the state putting on a gala, you know it's going to be impressive. Arizona has some of the most talented wedding professionals, and I can't wait to see what the future holds," Harlin said.

destinysbride.com



PHOTO COURTESY OF LAEL HARLIN

Michelle Cosic Peranovic, Sarah Petrik, Lael Harlin and Bree Kelly.

LOCAL, MEET LUXURY.

5529 E LAFAYETTE BLVD | PHOENIX
\$2,250,000 | 4 BEDS | 2.5 BATHS | 2,679 SQ. FT.
KATRINA BARRETT | 520-403-5270

3900 S CLUBHOUSE CIR | FLAGSTAFF
\$4,000,000 | 6 BEDS | 5.5 BATHS | 6,429 SQ. FT.
KATRINA BARRETT | 520-403-5270

13042 N 116TH ST | SCOTTSDALE
\$3,500,000 | 5 BEDS | 5.5 BATHS | 5,446 SQ. FT.
KATRINA BARRETT | 520-403-5270

3723 E SELLS DR | PHOENIX
\$2,850,000 | 4 BEDS | 4.5 BATHS | 4,169 SQ. FT.
KATRINA BARRETT | 520-403-5270

4509 N 39TH PL | PHOENIX
\$2,190,000 | 5 BEDS | 4.5 BATHS | 3,735 SQ. FT.
ALI GUELKER | 602-920-8101

WALT DANLEY
LOCAL
LUXURY

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Scan for all our exclusive properties.

ARCADIA'S JUNIOR OLYMPIAN

By Lauren Geiser

At just 14 years old, Blake Buckler has a long list of accomplishments. Most recently, he competed in the Colorado USATF Region 10 Qualifier for the National Junior Olympic Track and Field Championships, which included the top athletes from Arizona, New Mexico, Colorado and West Texas.

Blake qualified in the top four in shot put and threw 151 feet in discus, earning him first place and a spot at the Junior Olympics Championship at Kyle Field Texas A&M in August. Blake has also earned the distinction of being the #1 seeded thrower in Arizona, breaking the all-time state throwing record by two inches.

Blake's journey into track and field began unexpectedly. In fifth grade, he broke his foot while playing tennis, forcing him to shift his focus to lower-impact sports. This twist of fate led him to try his family sport of shot put and discus, a decision that helped him to qualify for the Junior Olympics.

Throwing runs deep in the Buckler family. Blake's grandfather was a collegiate thrower and his father competed in the sport. Blake and his father even competed together at a track and field meet where they both won first place.

For Blake, the allure of shot put and discus goes beyond the physical aspect and family tradition. He loves the history behind the ancient sport and how its origins can be traced back to Medieval times and the Ancient Greeks, who included these events in the early Olympic Games. As he prepares for the Junior Olympics, Blake has already set his personal goals for the track and field meet.

"I want to throw discus 170 feet and improve my rotational form," he said. "For shot put, I'm aiming to throw 44 feet."

Blake's journey to the Junior Olympics required tremendous discipline and hard work. His training regimen is rigorous, starting with waking up at 4:30 a.m. for practice on Tuesdays and Thursdays. His advice to aspiring and current throwers emphasizes the importance of mentorship and dedication.

"It takes time and a lot of training that involves speed, balance and power, so be ready to work hard. It builds discipline because there's no faking it when people watch you in the cage," Blake said. "It's like hitting a buzzer-beater three-pointer, a perfect golf drive, or kicking a field goal to win a game. Finding the right support like

"It's like hitting a buzzer-beater three-pointer, a perfect golf drive, or kicking a field goal to win a game. Finding the right support helps tell you what you need to improve."

my dad and my throw club, Arete Throws, helps big time because they can tell you what you need to improve."

"I love watching our son work so hard, showing the fortitude to get to the top and making it to the USATF Junior Olympics in Colorado," mom, Bitia, said. "This is one of my favorite life moments – being part of his journey of being a passionate, driven athlete."

Looking ahead, Blake hopes to continue developing his skills throughout high school and beyond. He aspires to compete at the collegiate level and eventually throw in international competitions, such as the prestigious Diamond League in Europe.

He plans to move up to the 1.6 kg discus and 12-pound shot put while also working on javelin and sprints. Outside of track and field, he hopes to improve his golf game, motocross, racing, powerlifting and more.

The Junior Olympics is just the start. With his eyes set on the future, Blake Buckler may be a name to watch in the track and field world.



Blake has been involved in track and field, discus and shot put since fifth grade.



Blake and his dad competed at the Phoenix Invitational together – and they both won first place.



The Kull B&B encourages guests to embrace the calm while healing and grounding themselves.

A little bit of magic lies in this eastern Arizona B&B

Arizona is not your cookie cutter state – especially when it comes to charming places to stay. Last month, we took you to Williams to explore a one-of-a-kind

inn. This month, we’re heading to the White Mountains where guests can find another unique home away from home to rest their heads. The moment you arrive at this

bed and breakfast – tucked into the mountains of Eastern Arizona – the forest begins to speak to you. The Kull Bed and Breakfast in Pinetop-Lakeside is both charming and enchanting. The historic stone cottage surrounded by a canopy of aspens, oaks and Ponderosa Pines, gives guests a woodland experience like none other. This is why part of their slogan is “Come to

the woods and listen to the magic whisper of the trees.”



Robin's Adventures

BY ROBIN SEWELL

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

Janet Kull and her husband Greg didn’t always dream of running a bed and breakfast until they happened to stumble upon the property while on a hiking trip. They describe it by saying the house and the area “spoke” to them and they wanted to share the space with others. So, they packed

everything up and moved from Scottsdale to the mountains where they began their labor of love, renovating and creating a special retreat to relax, recenter and breathe.

The duo was very thoughtful about creating spaces that incorporate comfort, but at the same time, were also conscious of the quiet and the

need to calm, heal and ground yourself as a guest.

Each of the four spacious suites has its own bathroom, coffee bar and refrigerator, hallway and patio entrance. While the amenities are the same, each room has a different personality, reflecting its natural surroundings and the wildlife they first saw when the Kull’s bought the property.

Janet says much of the décor and the design elements came from shops in the town and from folks in the community. The couple’s philosophy is ‘when you decide to become part of a community, you must be *in* the community’ and as a result, people came calling, offering doors, furniture and other pieces incorporated into the design of the house.

For the Kull’s, the bed and breakfast is as much about creating memories as it is about slowing down and letting your soul breathe. They realize people have busy, hectic lives and they hope that after you make the three-hour drive from the valley to the B&B, you will already be in a different mental state ready for a special getaway.

That may include waking up to see the wild horses who roam from dawn to dusk, the herds of elk, or the sights and sounds of the hummingbirds. From sunrise to sunset, each day can offer a unique experience and the best part is you don’t have to listen hard to hear the magic of the forest through these trees.

thekull.com

WHY ADVERTISE IN ARCADIA NEWS



DIRECT MAIL

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



AFFLUENT READERSHIP

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



READERS READY TO BUY

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

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

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



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



*Source: 2021-2023 CVC Publication Report Audit



Healthy back-to-school dinners

This time of year often brings a focus on routine, budgeting and ensuring that everyone in the household is well-prepared and nourished. For those interested in maintaining a plant-based diet, this is a perfect opportunity to explore how eating plant-based can be both healthy and budget-friendly, especially during the busy back-to-school period. Here are a few tips for getting organized and not breaking the bank with healthy eating:

- **Meal Planning:** Plan your meals for the week based on what’s on sale and what’s in season. This helps avoid last-minute takeout or convenience foods that can be pricey and unhealthy.
- **Batch Cooking:** Prepare large batches of meals like soups, chickpea mash or overnight oats that can be portioned out and eaten during the week or frozen for later use. This saves time and ensures you have healthy options ready to go.
- **Buy in Bulk:** Purchase grains, beans, nuts and seeds in bulk to save money and reduce wasteful packaging.
- **Seasonal Produce:** Focus on buying seasonal fruits and vegetables, which are usually less expensive and more flavorful. Farmers’ markets can

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

be great places to find deals once they open for fall.

- **Frozen Options:** Frozen fruits and vegetables are great to have on hand and have a long shelf life, making them a budget-friendly choice. They are flash frozen when they are at their peak of nutrition.
 - **Homemade Snacks:** Prepare snacks like trail mix, energy bites, and healthy muffins to avoid food additives, sugar and low grade oils.
- Join my membership for recipes, health videos and live Zoom cooking classes for only \$10 a month. Interested parties can also attend two classes I’ve got coming up:
- *September 12 from 11 a.m.-1 p.m. is a “Setting up a Plant-Based Kitchen” class.*
 - *September 24 from 11 a.m-1 p.m. is a cooking class featuring Blue Zone recipes.*

Kale and peach salad SERVES 4-6



Ingredients

- 1 bunch Dino Kale
- 3 ripe peaches, chopped
- 1 cup blueberries
- ½ cup toasted pumpkin seeds
- 2 ½ lemons, juiced
- 1 tbsp. maple syrup
- 1 tsp. salt

Directions

1. *Strip kale from the stems. Discard and cut the leaves into slivers. Put in a bowl and squeeze in ½ lemon and shake with a little pink salt. Massage for a few minutes to break down the kale.*
2. *Add peaches and blueberries to the bowl.*
3. *Toast pumpkin seeds in a dry skillet.*
4. *In a small bowl combine the juice of two lemons, maple syrup and salt.*
5. *Toss salad ingredients with dressing and pumpkin seeds.*

Mexican quinoa skillet SERVES 4



Ingredients

- 3 garlic cloves, minced
- 1 diced jalapeño, seeds discarded
- 1 (15-ounce) can fire roasted tomatoes
- 1 cup dry quinoa
- 1 ½ cups frozen corn
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. pink salt
- 1 can black beans, drained
- 1 ½ cups vegetable broth
- Juice of one lime
- Avocado and cilantro for topping

Directions

1. *Add a little broth to a large frying pan and bring the heat to medium high. Drop in the garlic and jalapeño. Stir for about three minutes.*
2. *Add everything else, stir and bring to a boil. Reduce heat to medium low and cook for about 25-30 minutes or until all the liquid is absorbed and the quinoa is done.*
3. *Top with avocado and cilantro. Great wrapped in a tortilla too!*

Sizzling veggie fajitas SERVES 6



Ingredients

- 1 red onion, sliced
- 4 cloves garlic, chopped
- 3 bell peppers, sliced
- 1 (8-ounce) carton mushrooms, sliced

Marinade

- 2 tbsp. avocado oil
- 3 tbsp. soy sauce
- 3 tbsp. lime juice
- 1 tbsp. maple syrup
- 1 tsp. each: cumin, smoked paprika
- ½ tsp. pepper

Directions

1. *Pour the marinade over the veggies and refrigerate for at least a half hour.*
2. *Add to a hot skillet and cook for about 15 minutes.*
3. *Serve with tortillas, black beans, guacamole, tomatoes, dairy free sour cream, and salsa.*



PV MEETS BILTMORE LUXURY! PRICED TO SELL! AMAZING DEAL!

This spectacular territorial-modern luxury home offers spectacular views of city lights and mountains, generous bedrooms, extra garages, shop/art studio and more! Freshly updated; enjoy a large primary suite, flagstone floors and recent carpet/paint! All in one of the most architectural neighborhoods in the Valley. Priced to Sell! **Offered at \$2,195,000**



BILTMORE LANE

A completely renovated loft style condo that is move-in ready! Great location in the heart of the Biltmore area. Just steps to Whole Foods, Trader Joes, Pizzeria Bianco, The Macintosh, and Biltmore Fashion Park. **Offered at \$520,000**



ENCLAVE AT THE BORGATA

Don't miss out on this rare opportunity to lease a piece of luxury at The Enclave at Borgata. Ground floor, 2 bedroom, 2.5 bath corner unit with a large covered patio & turf area. Luxury amenities include a heated pool, spa, dog park, and fully equipped fitness studio.

Offered at \$7,500/month July-Sept and \$9,000/month Oct-May



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**



5 ACRES - 11011 E BAJADA DR. SCOTTSDALE

Approximately 5 acres sits in the shadow of Troon Mountain. This desert property is tucked between massive granite boulders. An incredible opportunity to build your dream home, while living in a modernist 1,000 sf house that is on the property. **Offered at \$2,150,000**



MID-CENTURY MODERN - DONALD VAN ESS ARCHITECT

Professionally remodeled by Kaitlin Wolfe/Iconic Design, this stunning 2 bedroom Bon Vie condo is a rare find. You will be awed by its calm atmosphere and mid-century vibe. Enjoy walking distance to all Downtown Scottsdale offers! Affordable Mod Condo? YES! For sale or lease: \$2,500/month. **Offered at \$444,900**



TRACEY ZEMER
602.478.0607



SCOTT JARSON
480.254.7510

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

azarchitecture
Jarson&Jarson REAL ESTATE
visit: azarchitecture.com



DID YOU KNOW? SAGUARO

HOW OLD?
300 YEARS

Old Granddaddy, a saguaro located in Saguaro National Park, was about 300 years old when it started to die in the 1990s – which makes it one of the oldest known cacti in the world. Granddaddy was over 40 feet tall and had 52 arms. It was infected with bacterial necrosis, which made the cactus turn brown and caused its arms to fall off. Before its death, Old Granddaddy was one of the most visited and photographed cacti at Saguaro National Park.



HOW TALL?
78 FEET

The tallest saguaro ever recorded grew in the Saguaro National Park in Tucson. It reached 78 feet until a windstorm knocked it down in 1986. Now, the tallest living cactus in the park is a little over 45 feet – and the employees at the park have named it Champion.



HOW FAST?
24 HRS

Saguaro cactus flowers have a very short lifespan of about 24 hours. They typically bloom at dusk and remain open until mid-morning the next day. By afternoon, the flower will start to wilt, and that's that. A single saguaro can produce as many as 100 flowers in a season – peak blooming is from early May to early June, but some have seen blooms as late as November.



SMILE BRIGHTER

With Dental Design of Arcadia

- Preventative Cleanings
- Same-Day Crowns
- Implants and more!

FREE SECOND OPINION
FREE INVISALIGN CONSULT
with \$1300 instant savings!
FREE IMPLANT CONSULT
(value \$249)

SCHEDULE NOW
Offer ends 08/31/2024

520-372-6770
3409 W. 56TH STREET STE A, PHOENIX, AZ 85018

Knowledge is the greatest catch!

Pete's welcomes you back to school

Burgers, Dogs, Burritos!

Fresh Breaded Onion Rings!

Best Shrimp & Chips in the Valley!

Scrumptious Fish & Chips!

Best Chicken Nuggets & Tenders!

Drive Thru/Take-Out is Our Specialty!

20% off any order over \$14.00!
Offer expires 8/31/24.

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

Phone orders taken till 10:00pm Monday thru Saturday.
Closed Sundays.
602-840-0630
Need a menu? Visit our web site:
WWW.PETESFISHANDCHIPS.COM
4121 N. 44th St., Phoenix Cash only. ATM on Patio.

Family Owned & Operated Since 1947

VOTED BEST SEAFOOD IN THE EAST VALLEY TRIBUNE 2021, 2022, 2023, 2024
VOTED BEST LOCAL BURGER IN THE EAST VALLEY TRIBUNE 2020, 2022
VOTED BEST SEAFOOD IN THE WEST VALLEY VIEW 2021
VOTED BEST TAKEOUT IN THE WEST VALLEY VIEW 2023
VOTED BEST SEAFOOD IN THE GLENDALE STAR 2020, 2023
VOTED BEST SEAFOOD IN LOVING LIFE AFTER 50 2023

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

DID YOU KNOW? SAGUARO

SAGUARO FACTS

- The saguaro is the largest cactus in the United States.
- According to mythology, the first saguaro was created when a young woman sank deep into the earth and rose back out as a giant cactus, arms raised toward the heavens.
- After the saguaro dies, its woody ribs can be used to build roofs, fences and furniture.
- They're composed of 75-90 percent water.
- Saguaro are very slow growing cactus. A 10-year-old plant might only be 1.5 inches tall.
- The saguaro only grows in the Sonoran Desert – in the U.S. and Mexico.
- On average, they can live up to 200 years.
- They can grow up to 25 arms – though some have exceeded that number.
- Saguaros won't grow flowers until they are at least 35 years old.
- The roots expand like an accordion to absorb water.
- Saguaros produce red fruit in the summer that may contain up to 2,000 small black seeds.
- The spines are extremely sharp – they can grow up to three inches long and 1/32 of an inch a day.
- The present-day Tohono O'odham Nation, thought to be descendants of the Hohokam, believe the saguaro is a sacred plant, used for both ceremony and sustenance.
- Holes made in the sides from birds form a scab that is harder than the rest of the cactus. Scabs were used as a storage device by indigenous people.

SAY WHAT?

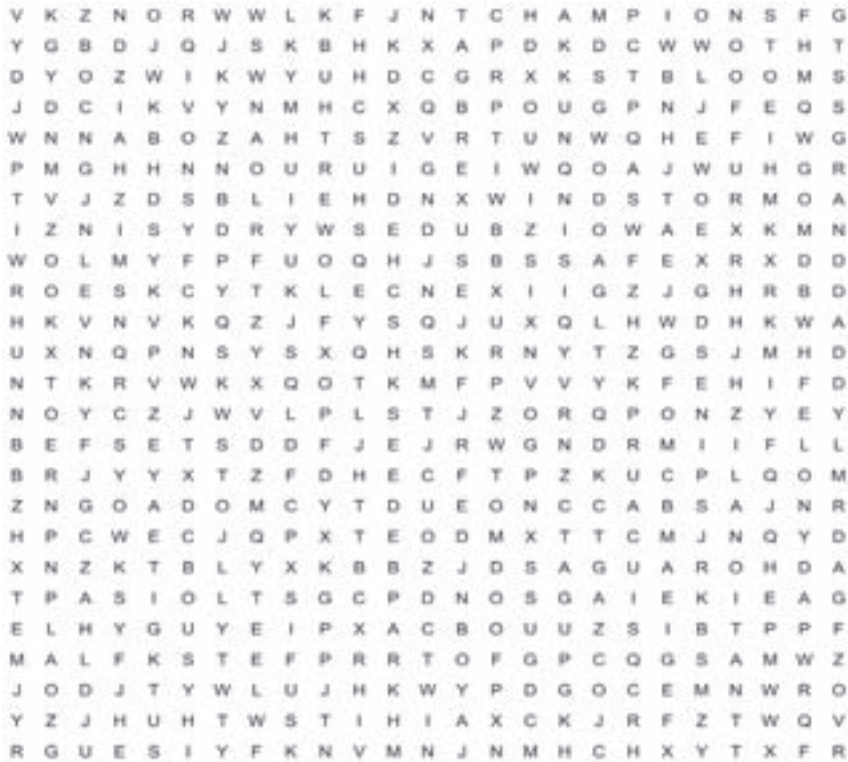
DON'T MOVE THAT CACTUS

Humans pose the biggest threat to the saguaros. For this reason, there are laws under the Native Plant Protection Act that keep saguaros safe. If a person is caught cutting down a saguaro it carries a felony criminal damage charge that can result in 25 years in prison. Any other type of vandalism, theft and attempts to transplant the cactus will also result in pricey fees and jail time.

In order to legally remove and transplant one elsewhere, the land owner's permission and a permit is required. In other areas such as any National Park land, a saguaro cannot be removed.



WORD SEARCH



- BLOOM
CHAMPION
CRESTED
FELONY
FLOWER
- GRANDDADDY
HUMANS
NATIONAL
PARK
SAGUARO
- SEED
SONORAN
SPINES
WATER
WINDSTORM

WANTED: SUMMER VACATION PHOTOS

Send to: editor@arcadianews.com
or instagram: [@arcadianews](https://www.instagram.com/arcadianews)
Your photo may be featured on the cover!



SUMMER VACATION PHOTOS THAT MADE OUR COVER:

- 2023: Garrett, Katie, Riley, Parker and Frances Otondo at Glacier National Park.
- 2022: Henry McCarty (with Zane Gulick behind) at the Arizona Country Club.
- 2021: Avianna and Antonella Klein at Mount Rushmore.
- 2020: Cole Krawczyk and Loki take in the views at Yellowstone National Park.

Send your photos to editor@arcadianews.com
Be sure to let us know the names of the family or people
in the photo, where you went and what you did!

DEADLINE: FRIDAY, AUGUST 9

Brophy graduate rows his way to Nationals

By Mark Hays

Four years ago, Ian O' Riley was in need of a hobby. He had his studies and – like the rest of us – was eager to find an activity to take him away from what was happening in the world. He decided to join Brophy Prep's Big Brothers Program, where Ian was mentored by an older student on the school's rowing team. He decided to give the sport a shot.

That fateful decision led the graduate to a string of top-five wins in national rowing competitions, the most recent being first place at the US Rowing Youth National Championship in Florida in June.

"I didn't like rowing at first, but I stuck with it," Ian said. "It was just nice to have a group of friends to relate to, and after a couple of months, I fell in love with the sport."

Ian rowed single scull (where a rower is alone in the boat with two oars) for Brophy's team. After a year in the program, he competed in his first national-level event.

Riding high on the championship win, Ian headed to the National Team Trials in New Jersey, where he secured a spot representing the United States at the 2024 U19, U23, and Senior World Rowing Championships.

"My first nationals happened my sophomore year, and I got second in the U17 category," he said. "That was the switch for me. I'd raced locally and messed around in some boats, but it was always recreational at that point. Once I got to Nationals and did way better than I thought I would, I realized I had a real shot at it."

In his junior year, Ian placed third at Nationals in the U19 age group, competing against rowers years older than him.

"It showed I can learn and adjust on the fly, and that convinced me to set my sights on first in the 2024 competition," he said. "It's been a process of improving my form, making the necessary corrections, and going to early workouts. No changes are made in one day – especially for rowing."

"Ian rowed a textbook race. Not only did he win, he was one of the few rowers who managed to beat the stringent time standards for making the National Team. He beat everyone by nine seconds and earned a spot to represent the United States at the World Rowing Championships in Ontario," Brophy Rowing Coach Pete Cannia said. "I am so proud of Ian, his hard work and dedication, and our rowing program at Brophy for the inspiration and winning culture they bring



Ian won first place at the 2024 National Championship Men's Youth Single Scull.

daily to practice. Without them, Ian's achievement would not be possible."

To perform this high-intensity sport, Ian said he usually rows around 100 miles a week, on the water and with a rowing machine. Lifting, meditation and yoga – along with practices – help him prepare for competitions. This year, Ian finished the race in seven minutes and 14 seconds, cementing his first-place win.

"I was filled with an overwhelming feeling of gratefulness," he said. "It's hard to put it into words, but I've known the guys I raced against for years. I know the teams, and I've raced them before. Having my family and friends there and having friends as competitors was a wonderful way to finish my high school rowing career."

"Ian's performance was nothing short of incredible. He took control of the race early and could hold off two of the country's fastest rowers and control the race from the front," Coach Cannia said. "His move at 1000 meters to go astonished everyone in the crowd and solidified his National Championship win, beating the closest competitor by five seconds."

Ian will head to Canada in August for the 2024 U19, U23, and Senior World Rowing Championships – and after that? He plans on rowing for Harvard and majoring in either physics or applied mathematics.



Ian and Brophy Rowing Coach Peter Cannia.

Maricopa County sets example for conservative fiscal policy

In a world where governments raise taxes and state legislatures struggle to finalize their budget, Maricopa

County has achieved the balance between cutting costs and maintaining excellent customer service. The Board governs the County and allocates funding to its departments and elected offices.

In June, the Board approved a budget for FY 2025, which was keenly focused on a conservative fiscal policy and responsible

LOWERING TAXES WHILE MAINTAINING EXCELLENT CUSTOMER SERVICE

Despite lowering taxes, we are still funding critical and mandatory services. Nearly half the budget goes toward public safety so that law enforcement, jails, probation, courts, criminal prosecution and defense can meet staffing needs and keep residents safe.

We have invested in heat relief efforts and are partnering with local municipalities to establish cooling centers across the Valley. A few weeks ago, I visited a heat relief center to help distribute water bowls and dog shoes for pet owners escaping triple-digit temperatures.

Also, Maricopa County recently launched Permit Center, a new online

permitting system that makes doing business with the County easier, faster and more efficient.

RELIEVING FINANCIAL BURDENS ON TAXPAYERS

The Board decreased the overall budget by 11 percent this year and property tax rates have decreased by 18 percent over the last four years.

Compared to other similarly sized counties, Maricopa County boasts a leaner effective workforce. Our staff-to-population ratio is one of the lowest in the country. Maricopa oversees a balanced budget, and I am proud to say that our tax levy is \$257 million below the state-mandated ceiling, proving our fiscal discipline.

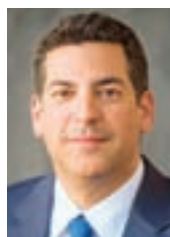
RESPONSIBLE PLANNING FOR FUTURE BUDGETS

Economic conditions can change rapidly, so we must be prepared for every

possible outcome. Maricopa County has zero general obligation debt. For the past two years, we have made significant contributions toward paying down unfunded pension liabilities for retiring public safety employees. This approach saves taxpayer money in the long run.

The Board's mission is simple. We pay for our obligations in a timely manner, minimize our debt, keep ample money in reserve and never spend more than we have. That's why we are the most fiscally conservative large government jurisdiction in the country. Maricopa County's taxpayers can be assured that their county government's fiscal condition is in good hands.

I serve as Vice Chairman of the Maricopa County Board of Supervisors and represent Supervisorial District 2, which includes east Phoenix. I'm a proud resident of the Arcadia area where my wife and I raise our young son.



THOMAS GALVIN

Thomas Galvin,
Vice Chairman
of the Maricopa
County Board
of Supervisors,
District 2

602-506-7431
district2@maricopa.gov
maricopa.gov/235/
District-2

2024 high school football preview

By Rachael Bouley

Football fans are in for an exciting few months, with high school teams ready to hit the field at the end of August. Coaches at Arcadia High, Brophy Prep and Veritas Prep are also looking forward to the 2024 season and getting the players – who have been hard at work practicing – back into their spots in the playoffs and state championships.

ARCADIA

The Titans finished first in the 4A Desert Sky section last year, going undefeated through 12 games before running out of steam in the third round of playoffs against Yuma.

With their sights set on going even further this fall, Arcadia opens the season at Glendale on August 30.

“I am looking forward to another winning season,” wide receiver Zach Smith said. “We have a great team this year and are ready to keep our heads down, work hard and build on last year’s successes.”

One of the most memorable moments of those successes is when the Titans bested Thunderbird High in the quarterfinals with a game-winning field goal.

“It was a great season and it was even more special because I was playing with teammates that I’ve been playing with since I was five years old,” 2024 graduate Jeremy Smith said.

In their section, the Titans will take on Desert Sunrise, Mesquite, Combs, Vista Grande and Arizona College Prep.

Braylen Rooney will take over as senior



The Titans finished first in 4A Desert Sky last year with a record of 12 wins, one loss.

quarterback from recent grad Brady Forst after a team-high of 21 touchdown passes in 2023. Pablo Javalera led the Titans with an average of 8.9 tackles per game last year, while Owen Bowers recorded five sacks. Now in their senior year, these running backs and line backers join a deep roster of upperclassmen eager to make the most of their final year on the high school field.

BROPHY

The Broncos finished first in Section 6A Central last year before losing by one point in overtime in the third round of the playoffs against Red Mountain. Coach Jason Jewell said he believes they are close to being an elite team.

“We went 10-3 last year and two of those losses were on the last play of the game. If we can find ways to finish, we could be

dangerous,” Jewell said. “We have one goal: make The Open.”

With a tough-love coaching style and fast-paced, organized training similar to college practice, the team is ready for the competition.

“Our strength is the offensive line. We are also very talented in the secondary and at wide receiver,” Jewell added. “We lost most of our defensive line, our quarterback and kicker/punter, so we need to work on those areas.”

Athletes report to training camp at the start of August and practice Monday through Saturday ahead of the first game on August 30 against Williams Field. They will also play Regis Jesuit (Colorado), Centennial, Notre Dame, Perry, Basha, Desert Vista, Corona, Mountain Pointe and Salpointe.

The team will be led by a strong and determined group of starting seniors who have already committed to colleges,

including offensive tackle Logan Powell, offensive lineman Anderson Kopp, cornerback Cree Thomas and safety Dom Mitchell.

“Other players that have Division I offers include offensive tackle Jordan Cunningham, wide receivers Christian Camarata, Daylen Sharper and Devin Fitzgerald, wide receiver/cornerback Ryder Noche, linebacker Bastian Vanden Bosch, quarterback Case Vanden Bosch, safety James Pike, and wide receiver Donovan McNabb,” Jewell said.

VERITAS

The Falcons are coming off a 7-4 season where they finished second in their section with a 5-1 record. They ended the year with a close loss to San Tan Charter in the first round of the playoffs and will get the chance for a rematch in September.

Playing in the 2A Verde section, Veritas will face Shadow Mountain, Scottsdale Prep, Scottsdale Christian, Madison Highland Prep, Valley Lutheran and Coronado. Their first four games of the season are non-section, starting with Camp Verde on August 23.

Senior tailback/outside linebacker Tico Lentz had 10 touchdowns and averaged 65.3 rushing yards per game last season. Christian Dominguez led with five interceptions and will step up in his final year as a strong safety/wide receiver.

There are 10 seniors on the roster, with 13 juniors and 12 sophomores preparing to carry the Falcons into the future for the next few years.

High school boys golf teams ready to play the course

By Mark Hays

The grass is green, the flags are set, and Arcadia, Brophy and Veritas’ golf squads are ready to play their best. Arcadia News caught up with our area high school teams to see what they’re looking forward to with the 2024-25 season.

ARCADIA

The Titans upcoming schedule will see them facing teams at Chaparral, Coronado, Cactus Shadows, Pinnacle and Notre Dame Prep. The first match happens on August 22 at Arcadia High.

“Our strengths are the overall golf knowledge – these guys really know the game and how to play the right way,” Coach Stephen Danford said. “They are a very dedicated group. Our one weakness – as of right now – is a lack of experience but as the season goes on, the match play will be a valuable tool in prep for the state tournament.”

Practices focus on adapting to unfavorable situations and repeated training on golf fundamentals.

They are structured and work on different aspects – short game, chipping, putting, situational play and how to handle adversity on the course.

“This also includes poor shots and bad lies, which is where a ball is situated in such a way that adds difficulty to a shot,” Danford said. “We play a lot of holes and nothing beats putting time on the course and the putting green.”

AHS is in a transition period with a lot of younger



Senior Dylan Boenning will lead the Broncos golf team this fall.

players and only one or two seniors this year, so the goal is to qualify for state – and hopefully finish in the top five, according to Coach Danford.

BROPHY

Many of Brophy’s golfers graduated in 2024, so this year’s team will be relatively young, according to Athletic Director Steve Shaff.

“Seniors Tyler Spielman (who is attending Auburn U) and Henry Dall (who is now at San Diego) graduated

after leading the Broncos to the championship in 2022 with three runner-up finishes in their four-year careers,” Shaff said. “The golf team is now entering a new era.”

Brophy finished the season second behind Chandler’s Hamilton High in the 2023 Division I State Championships. The team will have a few returning golfers who saw success in previous seasons.

“Senior Dylan Boenning is returning to lead the team after earning All-Premier Region second-team honors in 2023,” Shaff said. “As a junior, he finished 14th at the State Championships.”

These returning golfers aim to build on last season’s successes to propel Brophy to what the school hopes is another championship win.

“Sophomores Asher Nelson and Nathan Ash were All-Premier Region honorable mention selections in their first season and look to show improvement,” Shaff said. “Head Coach Jon Shores could have as many as eight returning letter winners looking to make the lineup this fall.”

VERITAS

Due to the ‘small school’ nature, Veritas golfers will likely be spending the fall months participating in other athletics and programs at VPA, according to Athletic Director Chase Beebe.

“Our golfers will be working on their golf game and preparing for the spring as we look to improve on last year’s successes,” Beebe said.

Honoring the Valley's high school change makers

By Kristen Carli

Each year, The Youth and Education Office of the City of Phoenix hosts a program called the Outstanding Phoenix Youth Leader of the Year Awards. This honor highlights the remarkable achievements of local high school students who are making positive impacts in Phoenix.

The program honors and celebrates ninth through 12th graders who demonstrate exemplary civic engagement within the Phoenix area through nonprofit or volunteer work or by leading a youth initiative in the community. By highlighting their efforts, the program seeks to inspire other young people to get involved, fostering a culture of service throughout the city.

To be considered, students first apply on the City of Phoenix website. After an evaluation (complete with a recommendation letter and an essay), select individuals are brought in for in-person panel interviews. Sixteen students across the Valley are selected, each winning a \$1,000 cash prize.

The District 4 winners for 2024 are Xavier Prep's Riya Mehta and Maryam Al Qaderi. This win reflects the duo's achievements while underscoring Xavier's commitment to nurturing future leaders dedicated to making a difference.

Rising junior Riya Mehta co-founded My Tasty Table, an organization dedicated to providing youth nutrition

education. The nonprofit focuses on affordability, which can be a significant barrier for those looking to change their eating habits.

The organization teaches economically disadvantaged youth how to make healthy snacks while also providing food for their families. Riya serves on the Teen Leadership Board of the Swift Youth Foundation, a volunteer organization that aims to improve the lives of at-risk youth through mentorship and engaging activities. Since 2015, she has been playing club soccer with Phoenix Rising, and her team was named Arizona State Champions in 2024.

"It feels great to be named a winner, and I am beyond grateful to have received this amazing award. This recognition has also given me the amazing opportunity to connect with peers who have positively impacted their community throughout Phoenix," Riya said.

Maryam Al Qaderi hopes to become an oncologist one day – and her high school tenure has been spent preparing for this career. She has volunteered at Mayo Clinic, Dignity



Maryam Al Qaderi



Riya Mehta

Health Cancer Institute, and the Leukemia and Lymphoma Society while engaging in fundraising efforts to enhance the quality of life for cancer patients.

Maryam serves as vice president of the HonorHealth Medical Explorers Club and vice president of volunteers at the Phoenix Children's Teen Board. Next year, she will assume the role of president of

the National Honor Society.

"This award represents past efforts and illuminates the path ahead, inspiring me to keep striving for excellence both academically and in my community service. I am forever grateful for the opportunities and support I have received from this award," Maryam said.

As they continue to pursue their passions and make a positive impact, their journey encourages future generations of leaders.

Congratulations to Riya and Maryam for their outstanding contributions and commitment to making a difference in our community!

Arizona's natural simple syrup

Take a walk in any neighborhood in Phoenix, and you'll undoubtedly come across stately prickly pear cacti showing off their ruby red fruit. If you frequent Mexican markets, pads and fruit are unquestionably available. The delicious juice from a prickly pear fruit tastes like a cross between strawberry and watermelon. Let your imagination run away and consider using the juice in cocktails – or make it more family-

friendly by turning it into a jelly.

Like anything, it's not the process of making something that's difficult, it's the time-consuming steps that are involved. Personally, the thought of making jam with this

fruit has intrigued me for ages. It's August, it's hot outside, and 'tis the season for prickly pear fruit, so let's dive right into the process of creating something with it.

There are a few pieces of equipment required to make the process less intimidating. I don't work well in heavy gloves, so I opt for the ¾ length rubber kitchen gloves and a pair of metal tongs. It's best not to use tongs tipped with silicone because the spikes on the fruit will imbed themselves instantly. A simple full twist will unscrew the fruit

from the top of the cacti pad. For easy transport, have a cardboard box or a bucket on hand. Once home, find a comfortable chair to sit in. I recommend sitting outside because the messy part is next. Dump the fruit into a bucket of water and submerge. This solves two things: it removes any bird droppings or tiny insects that might be lingering about, and it weighs down the glochids (the tiny hair-like thorns or barbs that are present throughout). Pick up each piece of fruit and gently scrape the surface with a butter knife until it's smooth. Rinse one more time.

If the BBQ is within easy reach, place pieces of fruit atop the grill and roast at roughly 300 degrees. You might be surprised to see how the fruit changes colors throughout the cooking process. A word of warning: Don't wear any clothing that can't be spot treated. The fruit will sizzle, spurt out unexpectedly from pin-hole spots, and ooze gracefully. There is little need to repeatedly rotate. Pressing down gently with the tip of the tongs will indicate whether it is soft enough to move to a cooling tray.

I remove the hard end that attaches the fruit to the pad and cut it open vertically. Using a handheld orange juicer, I place two or three pieces into a cup and squeeze the juice into a bowl. You might be amazed at seeing the amount of seeds present in each piece.

Once all the fruit has been juiced, strain it several times in a mesh cloth inside of a fine strainer to rid it of particles. At this point it is more than noticeable how sweet and syrupy the



juice is. Have a rubber spatula handy to clean out the contents.

Now comes the fun part. In a copper pan (preferably), add the prickly pear juice (from roughly 100 pieces) and three tablespoons of freshly squeezed lemon juice. Some folks also use pectin. Bring the mixture to a rolling boil that can't be stirred down with a wooden spoon, add two cups of fine sugar and mix continuously until the sugar has dissolved. Add two teaspoons of Grand Marnier and continue cooking until it has reduced by roughly half.

Tasting spoons are a necessity! Dip a metal spoon into the bubbly mixture and check its consistency. This is where time and constant stirring comes into play.

Some recipes cite seven minutes; other recipes cite more. For me it was all about tasting the coating on the spoon. With every minute that passed, the smoothness and velviness changed. My batch cooked for 21 ½ minutes until the consistency was exactly where I wanted it. This mixture, reminiscent of honey with its finger-licking stickiness, filled three six oz. jelly jars!

August's cookbook recommendation: "Short & Sweet" by Dan Leppard

August's novel recommendation: "Summer Bird Blue" by Akemi Dawn Bowman

August's recipe: Prickly Pear Jam



Thyme in
My Kitchen

BY SHERRY KLSMAN

@thyme.in.my.kitchen

SEEDHOUSE

4501 N 32nd St, Phoenix, AZ



OPEN DAILY

MON - THU 6:00AM - 5:00 PM

FRI - SUN 6:00AM - 4:00 PM



ONE FREE
MEDIUM DRINK OF
CHOICE

NATIONAL CLASSIFIEDS

AUTOS WANTED

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

HEALTH/FITNESS

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

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258.

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045.

HOME SERVICES

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

Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code!

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777.

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move.

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

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189.

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

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

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

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

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

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer.) Offer ends 8/25/24. Call 1-844-501-3208.

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595.

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951.

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

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

CLEANING SERVICES

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

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

WINDOW CLEANING 23 years experience window cleaning. \$85 intro special. 2-story, French windows extra. Contact: 480-776-4363, Visit: phillipthewindowcleaner.com. Don't miss out on this offer!

ELECTRICAL

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

FOR SALE

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

ONE BITE AND YOU'LL KNOW! Send 100% guaranteed, delivered-to-the-door Omaha Steaks! This package comes with 8 FREE Burgers! Order The Classic Cookout Collection! ONLY \$129.99. Call 1-833-253-1910 and mention code 76946FAS or visit www.omahasteaks.com/OneBite2825.

FURNITURE CLEAN/REPAIR

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

HEALTH CARE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 602-680-2034 dental50plus.com/arcadia #6258.

HOME IMPROVEMENT

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

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

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

LANDSCAPING/TREE CARE

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

MISCELLANEOUS

PARTY RENTAL EQUIPMENT Top-quality party chairs and tables for rent. Prompt arrival and stress-free. Call Arizona Party Pros at 480-604-6695.

PET SITTING

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

REAL ESTATE

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

REAL ESTATE

COLORADO VACATION RENTAL Newly renovated farmhouse on 120 acres near Dolores, CO. Incredible views and wildlife. Close to Telluride, Durango, Lake McPhee, and National Parks. Too many attractions and outdoor activities to name. Home is 4 bedrooms/1100 square feet. Available for 12 month lease, \$2,000 per month + utilities. Come and go as you like. Owners will maintain inside and outside. May view on Airbnb or Vrbo as "See Forever Farmhouse." Call Suzanne at 970-394-9217 or Bryon 970-394-4075.

TUTORING

MATH TUTOR Experienced (30+ years) math tutor for college & high school students. Online sessions only. Engaging one-on-one approach. 30-min free trial. \$45/hr, \$25/half hr. Text 480-272-1882. Visit get-tutored.com for more info.

WANTED

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

SPORTS WRITERS NEEDED! Arcadia News is looking for writers to cover high school sports. Send three writing samples and your resume to: editor@arcadianews.com.

YOUR VACATION PHOTOS Our September issue features vacation photos submitted from our readers. Yours might make our cover! Deadline is August 9. Send your best summer vacation photo to: editor@arcadianews.com.

PLACING A CLASSIFIED AD IS EASY!

\$25 for 25 words, 25¢ per word thereafter (limit 100 words)

Deadline is on 15th of each month.

Online • Email • Mail • Fax • Visit Us
Classified ads are also posted at arcadianews.com
Arcadia News, 3850 E. Indian School Rd., Suite 1, Phoenix 85018
602.840.6379 (ph)
arcadianews.com

AUTO



Desert Skyline
Car Service
Trustworthy Transportation

888-297-2714

Info@desertskylinecarservice.com
www.desertskylinecarservice.com



montz
AUTO RENDITION

"The Ultimate In VW Service"



VOLKSWAGEN SPECIALISTS
SERVICE • PARTS • HIGH PERFORMANCE

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

CALL US AT 602.955.5725

CALL US AT 602.955.5725

CLEANING SERVICES



Teresa Comstock
Find Us On Facebook

Eco Friendly
Bonded & Insured

Casa Bellissimo House Cleaning

480-202-8871
casabellissimoaz@gmail.com

FOOD/RESTAURANTS

Hand Crafted Ice Cream!

FREE
SINGLE SCOOP

Located @ 4730 E Indian School Rd Suite 113, Phoenix, AZ 85018



Classic Cookout Collection

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Chicken Breasts (5 oz.)
- 4 Omaha Steaks Burgers (4 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

76946FAS separately \$279.99
SPECIAL PACKAGE PRICE \$129.99

Go to OmahaSteaks.com/OneBite2825
1.833.253.1910 Ask for Offer 76946FAS

Savings shown over aggregated single item base price. Standard S&H applies. Exp. 09/30/24. | 24M6502 | Omaha Steaks, LLC.

HOME IMPROVEMENT



ARCADIA
BLIND & SHUTTER

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

"YOUR NEIGHBORHOOD WINDOW COVERING STORE"

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



\$1000 OFF*
AND
**No Payments & No Interest
For 18 Months****
OFFER EXPIRES 9/30/24

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

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 9/30/24. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2024 BCI Acrylic, Inc.



BILTMORE MECHANICAL
Heating & Cooling

602.885.7328
R.O.C #: 319269

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

Lic. Bonded #ROC1956099



Desert Heat Masonry, Inc.

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

480-239-9551



Jacuzzi | BATH REMODEL

YOUR BATHROOM. YOUR WAY.
IN AS LITTLE AS

ONE DAY

CALL NOW
866.410.0399

SPECIAL OFFER
Waiving All Installation Costs

Add'l terms apply. Offer subject to change and vary by dealer. Expires 8/25/2024.

LASTING IMPRESSIONS
ARIZONA'S WINDOW AND DOOR SPECIALISTS



Connor Sussman
Sales Representative
connor@liwindow.com

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

www.liwindow.com

4454 E. Thomas Road
Phoenix, AZ 85018

Licensed, Bonded & Insured ROC#179513

PTown Concrete & Masonry

"Professional, Reliable, Affordable."

Concrete Services • Block Walls • Stucco
Artificial Turf • Pavers • Landscaping

Lua Na'a 602-692-5599

ptownconcrete@outlook.com • concretecompanyphoenix.com

Not a licensed contractor

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

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

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

Side Job
GARAGE DOORS & OPENERS

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

Chris Honack
602.399.4156 East Valley
602.262.7615 West Valley
602.271.9882 Fax

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

HOME IMPROVEMENT

Call today and receive a

FREE SHOWER PACKAGE

PLUS \$1600 OFF

SAFE STEP

WALK-IN TUB

1-855-417-1306

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

SPECIAL OFFER

INSURANCE

AMERICAN FAMILY INSURANCE

JAY CHAPMAN, AGENT

J M CHAPMAN AGENCY INC

7055 E Thomas Rd, Scottsdale AZ 85251

Bus: (480) 990-8855

FAX: 1(866) 850-5126

jchapman@amfam.com

JM CHAPMAN AGENCY

fb.com/JayChapmanInsurance/

Access Anytime: 1-800-MYAMFAM (800-692-6326)

DENTAL Insurance

Great coverage for retirees.

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

Call **1-602-680-2034**

Dental50Plus.com/Arcadia

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, NV, NY, VA - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469, P150/B439 (GA: P154GA; OK: P154OK; TN: P154TN).

6347

MEDICARE/HEALTH INSURANCE QUESTIONS?

Compare plans with a local broker

Franki Strocca Leonard

Licensed Broker

Medicare Supplements

Medicare Advantage Plans

ACA Plans • Part D Plans • Dental Plans

Long Term Care • Life • Short Term Plans

Hospital and Cancer Plans and more

Free Consultation

602-578-8343

frankleonard@gmail.com

www.seniorhealthplansaz.com

LAWN & TREE

Citrus Care

602-840-0601

Deep Root Fertilization

\$18 - \$27 per tree (Small Trees Half Price)

Disease Treatment

Trimming

Tree Painting

Maintenance Plans

Free Estimates

Serving Arcadia

FOR

Over 30 Years

WANTED

Your Business Card Ad

Reach 45,000 loyal readers

each month for only \$75!

Email ads@arcadianews.com for details.

Granados Landscaping

Commercial & Residential

Lawns • Sprinkler Repair & Install

Rocks • All Types of Trees

Trimming Palms, Removals

New SOD • Planting

Biweekly & Monthly

Leo Granados: 602-757-6915

MF & J

Landscaping

Tree and Bush Trimming

Cleaning and Lawn Mowing

Clean-ups

Weed Control • Pavers

Francisco Recendez

Cell: (602) 748-6738

Quandt Landscaping

Landscaping Installations & Makeovers

Call for a free estimate!

602-481-8571

Outdoor Lighting

Brickwork

Saltillo Tile

Sprinklers

Gravel • Sod

Shrubs • Trees

Serving AZ Since 1996

Not a Licensed Contractor

Ryan's Removal

Oleander Removal

Oleander, Tree and Stump Removal

Dirt • Concrete • Hauling • Trenching • Delivery

Laser Leveling • Lot Clearing

Licensed • Insured • Bonded

Call for free estimate

602-451-6120

ryansremoval@gmail.com • oleanderremoval.com

ROC # 318482

FLEMING

SPRINKLER/LANDSCAPE

INSTALLATION-REPAIRS

DESIGN/BUILD • LIGHTING

LICENSED • BONDED • INSURED

602-292-5657

Doug Fleming, Owner

ROC # 098462

MISCELLANEOUS

Digitize

VIDEOS PHOTOS, SLIDES & more!

602-799-9621

COMPLIMENTARY CONSULTATION

Celeste Soong-Tang

NOT JUST A LAMP STORE

Antiques and more.

phoenix lamps shades repair

ESTATE SALE EMPORIUM

INFO@PHXLAMPS.COM | Call Us Today 602.955.5640

PILATES WITH KARA

Certified Pilates Instructor

Located in Arcadia, AZ

Specializing in one-on-one sessions in a private studio with professional grade equipment.

mat - reformer - tower - virtual

www.strongcorecollective.com

strongcorecollective@gmail.com

@strongcorecollective

602-349-5234

DUI CLASSES ONLINE!

HOME • OFFICE

TRAVEL ANYWHERE YOU CAN "LOG ON!"

ONLINE SERVICES: COURT & MVD MANDATED DUI SCREENINGS

SR-22 INSURANCE • DUI COURSES 24/7/365

ALCOHOL SCREENINGS, EDUCATION & TREATMENT

480.429.9044

SCOTTSDALETREATMENT.COM

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

STI

Scottsdale Treatment



SHANTI
MASSAGE THERAPY
32nd St. and Camelback

MASSAGE THERAPY

- Sports • Lymphatic
- Trigger Point Therapy
- Cupping • Red LED Therapy

HOLLY CLEMENT
602.284.9262
shantimassagetherapy.com

New Client Special
GET 15% OFF
your first appointment

GIVE US A CALL TODAY!

The Bat Guys

Bat Removal

thebatguysbatremoval.com

HARMLESS BAT REMOVAL

BAT-PROOF & CLEAN UP

FULL ATTIC RESTORATION

10-YEAR WARRANTY

888-255-9950

PAINTING

Arizona's Precision Painting
Serving the Valley since 2009

- Interior & Exterior Painting
- Drywall & Stucco Repair
- Custom Cabinet Painting
- Free estimates

602-672-6383
APPprecisionpaint@yahoo.com
Jason Mausbach, Owner
Licensed • Bonded • Insured ROC#249178



AZcabinetpaintingllc.com

CABINET PAINTING

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



Picture Perfect Painting LLC
Repaint Specialist

JON SEARCY
602-410-5050
jonsearcypainting@gmail.com
www.pictureperfectpaintaz.com
Licensed, Bonded, Insured
ROC# 285136

- .Interior
- .Exterior
- .Commercial
- .Residential
- .Drywall Repairs
- .Stucco Repairs
- .20 Years Experience

PLUMBING


COBRA
ROOTER & PLUMBING SERVICE
Serving the Valley Since 1983
602-955-1352
ROC# C-37 320968
LOW RATES ON EMERGENCY SERVICE 24/7
QUICK, HONEST, DEPENDABLE SERVICE...ALWAYS!

POOL SERVICE

Need **RELIABLE** Weekly Pool Care?

Text or Call for a Quick Quote
602-755-9955
CPO Certified Pool Cleaning Professionals


octave
pool services



- ✓ **Only \$109 / Month**
- ✓ **No Contracts**
- ✓ **Basic Chemicals Included**

Arcadia Pool Care
4 8 0 - 9 3 4 - 0 8 9 6

MISSING

YOUR AD IN THIS SPACE!

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

Email: ads@arcadianews.com

REAL ESTATE


THE ARAIZAS
SOLD
WWW.THEARAIZAS.COM

WE BUY HOUSES!
Skip the middleman, pocket the savings!

- As-Is
- Fair Cash Price
- No Repairs
- No Fees
- No Commissions
- Quick Close
- Stay After Close
- Local Builder
- Solution Focused

Serving Arcadia for 20 years
Sell2Builder@gmail.com • 602-456-2799
Sell2Builder.com

TUTORING


Sofia Literacy
Literacy and Independent Studies
www.sofialiteracy.com
2701 E Camelback Rd. Suite 150, Office 115
Phoenix, AZ 85016
Vanessa Brink
sofialiteracy@gmail.com
602.339.7692



WANTED:
SUMMER VACATION PHOTOS

Email **Arcadia News** your favorite summer vacation photos to **editor@arcadianews.com** by August 9.



AT YOUR SERVICE

a directory of local businesses

AUTO REPAIR

SINCE 1980, SERVICE YOU CAN TRUST!

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

AAA APPROVED TOP SHOP AWARD WINNER

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

Try us, you will love us!
CALL TODAY!



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



480.949.7777
www.carrepairco.com



LANDSCAPE ARCHITECTURE & CONSTRUCTION

Elevate your lifestyle - extend your outdoor living space!

With MountainScapers, your dream is our passion. We provide all of the services you need to turn your landscape dreams into reality:

- Design
- Installation
- Shade Structures
- Hardscaping
- Masonry
- Fire / Water Features
- Irrigation / Lighting
- Vertical Gardens
- Outdoor Kitchens



Licensed, Bonded, Insured • ROC #303744



480.933.1740
MountainScapers.com

CUSTOM CLOSETS

Imagine your home, totally organized!

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

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



Locally Owned and Operated
Licensed and Insured: ROC312904



480.864.4254
closetsbydesign.com

PLUMBING/AIR CONDITIONING

AFFORDABLE PLUMBING & HVAC SERVICES

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

Over 2,000 five-star reviews



ROC #223709 ROC #289252



480.581.5874
itsjustplumbsmart.com



HANDYMAN

Need help with your DIY project? Schedule a virtual call for professional assistance!

We offer many services including:

Interior & exterior painting • Drywall repair
Replace outlets/GFCI • Light fixtures • Ceiling fans
Clean gutters • Replace A/C filters • Smoke
detector batteries & MUCH MORE!!

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



Tim the Tool Man

Quality Home Repair &
Preventative Maintenance

RESIDENTIAL ROC #271740 • COMMERCIAL ROC #271739



602.694.0999
timthetoolman.biz

PLUMBING/AIR/HEATING

West Coast Plumbing & Air

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



ROC #221431
ROC#274551

Committed to your comfort



623.582.1117
westcoastplumbingandair.com



COOL DEAL
AD SPECIAL!



SMALL BUSINESS ADVERTISING

An affordable option for small businesses looking for targeted exposure. *Arcadia News* readers trust our advertisers, and utilize the services and classified section of our paper like a local phone book.

IT WORKS: Many of our small business customers have been advertising with us for more than 10 years; some more than 20! Residents in the affluent Arcadia and Biltmore Corridor invest in their homes and hire services to help them with their busy lives. Our readers are in their prime spending years and have an average net worth of more than \$1 million. (See our media kit demographics for more.)

FREQUENCY: Repetition is key. It takes time for readers to see an ad. If a business advertises for one month to try and get customers, it's not likely to be successful. Your advertisement needs to be there when the customer needs you, not when you need the customer. If your business was on a heavily traveled road, you wouldn't put a sign out and then bring it in after a month if no one came in. Potential customers want to know they are calling on a stable and trustworthy business, so consistency is important.

For more info: ads@arcadianews.com | 602-840-6379

PLUMBING – RESIDENTIAL & COMMERCIAL

SERVING THE VALLEY FOR 60 YEARS!

- Professional And Courteous Technicians
- Quality Workmanship
- Same Day Service
- Free Diagnostic Service Call



ROC #315991



602.944.5516
24/7 on-call service

ROOFING

Arcadia Roofing

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



602.840.ROOF (7663)
www.arcadiaroofingaz.com

TRANSPORTATION

Friendly, reliable, and trustworthy transportation!

Thank you for considering Desert Skyline Car Service for your airport and metro transportation needs. We serve the entire Phoenix valley area. At Desert Skyline Car Service, we can accommodate most requests and we are open for rides 24 hours a day.

Don't wait! Book your next ride with us today!



888.297.2714
desertskylinescarservice.com

WINDOWS/DOORS

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

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

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



602.508.0800
www.liwindow.com

45,000 AFFLUENT READERS ARE WAITING TO DISCOVER YOU.



ADVERTISE IN THIS AWARD-WINNING ISSUE!

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

2024 Home & Design Guide FALL ISSUE

Release date: November 1

Deadline: October 15 @ Noon

Contact:

ads@arcadianews.com or 602-840-6379.



A Letter to the Class of 2025

Dear Class of 2025,

This month will be the one in which hundreds of Arcadia students have our "last first day" of school, beginning a year of our lives that we have been told will be the best one yet. Though many of us plan on attending college next fall, there is something to be said about the bittersweet feeling of going into senior year. It is the beginning of the end of a chapter of our youth – graduating high school seems to symbolize the start of one's adult life.

In the past four years, friends have come and gone, assignments have been completed, and we have undoubtedly been shaped into the people we are today because of the experiences we had. Our community at Arcadia is unlike any other, and this year will be a testament to that.

Class of 2025, we have waited for our turn to be the top of the food chain, to be the oldest students walking the campus. We have



watched with excitement and anticipation as past seniors have gone through their last year at Arcadia. We celebrated with them as they walked across the graduation stage, tossed their caps in the air, and said goodbye

to the people and places they called home for the past four years.

As we move through our final year of high school, we may find ourselves feeling overwhelmed. Instead of letting this dictate our actions, let us remember how we looked up to our peers with admiration. We have waited for this year for as long as we can remember. Class of 2025, let us enjoy every minute of it!

– Ahva Ghazanfari

HEY INCOMING FRESHMEN!

School is right around the corner, and for many, it's the very first day of high school. This experience is something of a legend to the large mass of incoming freshmen starting each fall. Students are given advice from teachers, parents, siblings and friends, so it can be hard to know who to listen to. As a rising senior, I'm here to help.

The very best piece of advice I can give to you is to get involved on campus. Whether that may be with athletics, clubs (like Arcadia newspaper club!), or theater, getting involved is a great way to make friends and get excited about going to school.

Be open to meeting new people. High school has been known to mold lifelong friendships, and being open to making new friends is important. You might meet people that you wouldn't think you would get along with, only to then become best friends with them a couple months later.

Something a lot of freshmen struggle with is not asking for help. Whether it's needed on an assignment, or if you're just worried about something in general, asking for help is a great way to solve your problems. Arcadia's teachers are more than willing to help, and they know how daunting

your freshman year can be, so don't be afraid to ask.

Your first year of high school can be stressful, but it can also be a lot of fun if you welcome it. High school is not as scary as everyone makes it out to be, so don't go in fearing the worst.

– Amelia Guzman

BACK TO SCHOOL BASICS

With the introduction of a new school year, the need for new supplies also begins. Most teens are no longer given a school supply list. Instead, they are often handed a syllabus and given the first week of school to collect supplies. Some necessities are required regardless of what the syllabus states. A sturdy backpack for all your textbooks and notes, as well as a water bottle, are things every student should have.

Jansport or Herschel are tried and true backpack options. With how warm it gets in Arizona, insulated water bottles such as Stanley's, Owalas, and Hydro Flasks are all good options. Five Star notebooks are a go-to, along with G2 0.5 pilot pens for note taking. Additionally, if you're in an advanced math class, you'll likely need a TI-82 graphing calculator.

While these can cost a pretty penny, they can be found at discounted prices at back-to-school sales. Investing in products like calculators and a solid backpack allows your student to keep them for a long time, possibly well into their college years. Lastly, mechanical pencils, highlighters and Sharpies are frequently used writing utensils in the high school curriculum. Grabbing some of these items ensures your teen is ready for their first day.

– Maya Campbell

Pineapple Pie by Lyndell Palermo • mixed media on canvas • 20" x 20" x 1.50" • \$250

art one
gallery | foundation

Representing students and local artists of Arizona since 1993

480.946.5076 • 4130 n marshall way • scottsdale • artonegalleryinc.com • @artonegalleryinc

YOUR HOME'S STORY

Perfectly Represented

Heather MacLean
Founding Agent, Arizona

602.214.5169

areasuccess.com • cmnluxury.com

heather@areasuccess.com



It's time to schedule your Advanced A/C Tune up



BENEFITS (Over \$1,000 in value):

- ✕ Chemical condenser clean (NORMALLY \$169.99)
- ✕ Refrigerant adjustment up to 1LB of 410A (NORMALLY \$169.99)
- ✕ Flush condensate - nitrogen, vacuum or compressed air (NORMALLY \$174.95)
- ✕ Full assessment of system and home's performance
- ✕ 10% discounts on other services



plus...



PERFORMANCE
FILTER *Reeis*

Add REEIS Performance Filters, and never change a filter again!

Starting at \$8.99 a month or \$99.95 for the full year of filter changes.

Reeis
AIR CONDITIONING

SCHEDULE ONLINE
WWW.REEIS.COM

TEXT OR CALL
602.492.3700

SCAN QR CODE TO
SCHEDULE ONLINE

