

ARCADIA NEWS

VOL. 32 NO. 6

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

SEPTEMBER 2024



CONQUERING KILIMANJARO

Heidi Staudenmaier planned a different kind of birthday party this year – one that took her to new heights.

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SUMMER VACATION

Check out this year's summer vacation photo spread to see where Arcadia spent the summer!

PAGE 32

TEAM, TEAMMATE, SELF

Veritas Prep kicks off football season with a new coach, new uniforms and a brand new spiritline squad.

PAGE 48

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SEPTEMBER

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22 What's new, PT0?

Behind every successful school is a hardworking and dedicated Parent Teacher Organization. Check out what our area schools have planned for the 2024-25 school year.

41 This contest takes the cake

Five chefs used their skills to create birthday cakes for the sixth annual Paula Jacqueline Cake-Off Competition – and Arcadia News' editor got to be a judge!

50 There is help, there is hope.

September is Suicide Prevention Awareness Month. Mental Health Advocate Katey McPherson discusses how awareness plays a key role in suicide prevention.



Bill and Su Byron
with grandson Vaughn
at a horse-drawn wagon
ride near Durango, Colorado.
PHOTO COURTESY OF GRAHAM BYRON



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EDITOR'S NOTE

If you've driven past the Arcadia News office in the past month, you've probably noticed a for sale sign on the corner. We want you to know that although the building is up for sale, your favorite neighborhood newspaper will continue delivering all the good news our little corner of the Valley has to share.

School is officially in session, with students and faculty hard at work. Area parent teacher organizations are excited to debut this year's fundraising and community events while preparing fun happenings for teachers and students alike.

We're excited to unveil this year's summer vacation photo spread. It's evident that our readers take summer vacation seriously! Families spent time on beaches in California, kayaks in New Hampshire, sightseeing in Italy, and so much more. You all traveled the world this summer – we're glad you're back home with us.



After a day of antiquing in Westby, Wisconsin, my family and I took a break and enjoyed the day's sporadic rain showers!

Have a wonderful September, all.
Thank you for your support and for reading the Arcadia News,

Mallory
– Mallory Gleich

UPCOMING THEMES:

SEPTEMBER

Fall Sports

OCTOBER

Halloween

NOVEMBER

Thanksgiving

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"September tries its best to have us forget summer."

– Bernard Williams

ARCADIA'S PETS

1



2



3



4



1. Hi friends, my name is Pepper! Also known as Pep, Pepaw or KeeKee. I am a loved, indoor-only 12-year-old domestic shorthair kitty. I love bird talk, taking naps, and trying to snag a bite of corn-on-the-cob when I smell it in the kitchen. Mom tells me corn doesn't agree with me, so...hmm, I'll keep trying! I'm the most handsome brown tabby on the block!

– Melanie S.

2. Sophie, a five-year-old Bearded Collie is on the right. She's on a date night with her boyfriend Cosmo, a 4-year-old Standard Poodle. They adore each other!

– Barbara O.

3. Tedward J. Pubbins was originally named Leo, but we decided he was more majestic than that and deserved a regal name. Pubs enjoys playing with feather toys and making forts out of plastic, biting mom and dad's fingers, and scream-meowing at them when they're in the kitchen... because he's always ready for a little snack!

– Anthony R.

4. JJ (left) and Remi (right) are best buddies! They are both 12 years old and were adopted from Arizona Humane Society. Most fun of all for JJ is swimming, while Remi loves to lay in the sun like the princess she is.

– Kris 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!

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Helping turn negative emotions into something beautiful

By Mark Hays

Valley high schooler Zara Pearce is on a mission to use the power of art to help Arizona communities thrive and live more peacefully. She founded Arts Healing Hearts after seeing firsthand how negative experiences can affect everyday life. Taking inspiration from her love of art, Zara created an outlet she believed could help others.

“I saw my best friend go from a 4.0 to 2.5 GPA, lose passion, completely change her personality, and take out her negative built-up emotion on me and others because she had a close loved one pass away. It broke my heart,” she explained.

This experience inspired Zara to start researching. She found out that even the slightest impact on one’s life can send them into a negative state of mind if they don’t have outlets for their grief.

“I have always found art soothing – and a big part of my personality – and I noticed that it can help a person stay calm and in a happy state of mind,” she said.



Zara Pearce

Zara decided to share this discovery with others in hopes that it would help those dealing with stress, loss or intense grief. Instead of taking negative emotions out on someone who does not deserve it, whether it be their loved ones or themselves, they can turn them into something beautiful.

Zara partnered with the Dragon Kim Foundation’s fellowship program to make her goal a reality. This fellowship helped her secure grant money while providing free leadership training.

“Dragon Kim Foundation Co-founder Daniel Kim believes high school students like Zara often have great ideas about how to change their communities but are overlooked for their lack of experience or



PHOTO COURTESY OF ZARA PEARCE

Participants learn origami, one of the five art forms offered within the nonprofit’s workshops.

resources,” Spokesperson Dan Pittman said.

“They’re susceptible to what their communities need,” Kim said. “A lot of students live and breathe these issues. They’re also very creative and have ideas for addressing these things. What’s harder to teach is sensitivity, creativity and passion. And they have that in abundance.”

Arts Healing Hearts offers free workshops and events that focus on different art forms and include people of

all ages. The organization provides all materials, and volunteers visit different communities to teach five different art forms: crochet, origami, sketching, sculpting, and water painting.

Arts Healing Hearts has worked with The Boys and Girls Club, Amanda Hope Foundation and one.n.ten.

They are looking to grow by hosting more events and teaching new communities.

dragonkimfoundation.org
artshealinghearts.com



I noticed that art can help a person stay calm and in a happy state of mind.



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STUDENT:TEACHER

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ATHLETICS

15 state championships in the past 4 years
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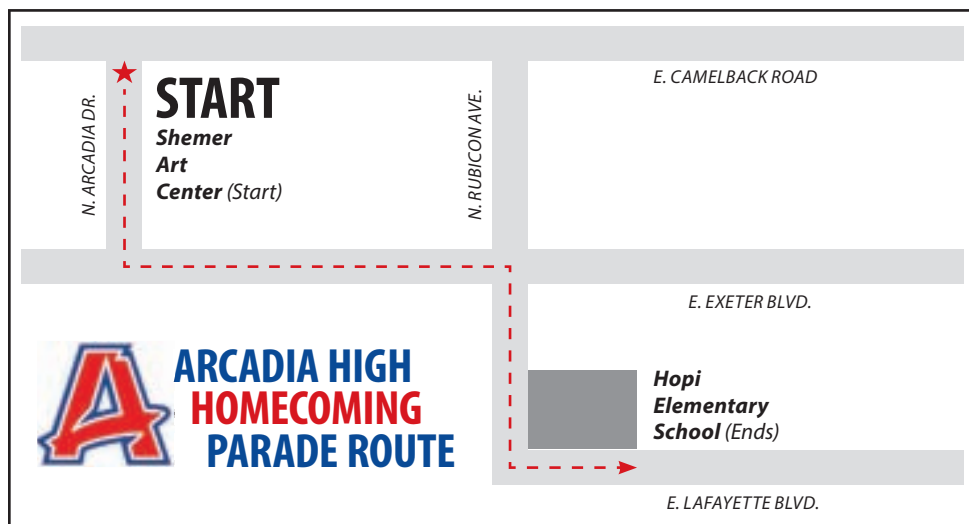
SCHOOL HOURS

7:50am–3:00pm
Hot lunch included daily for Lower and Middle School, optional for Upper School

3901 East Stanford Dr, Paradise Valley, AZ 85253 602.955.8200

WHAT'S HAPPENING, ARCADIA?

BRIEFS



The public is welcome to attend Arcadia High's **Homecoming Parade** on September 27 from 4-5 p.m. The parade starts at Shemer Art Center (5005 E. Camelback Road) and ends at Hopi Elementary (5110 E. Lafayette Blvd.). Community members are also invited to participate in the parade – email salfieribrown@susd.org or reach out on Instagram @arcadiastugo for more information. After the parade, head to Arcadia High for the homecoming football game at 6 p.m.

arcadia.susd.org

Send some snuggles this year with PANDA's annual **Pandas for Patients** campaign from September 10-September 27. Community members can help further pediatric research by purchasing a stuffed panda bear for \$35 online or at PANDA's "pop-ups" at select Fox Restaurant Concept locations. All bears will be delivered to children at the Steele



Children's Research Center. Find pop-up dates and locations on the website.

azpanda.org

Bricks Studio launched specialty classes for dancers aged three to teens. Each class will have a different theme, style and age group. A Glow in the Dark party for three to seven-year-olds takes place on September 14 and a Dance with Me class for three-year-olds and their parents or guardians will take place September 27. Registration for the glow party is \$35 per person; Dance with Me is \$15 per person. Find more classes online.

bricksstudio.com

Studio 56 Vintage (5618 E. Thomas Road, Phoenix) is celebrating its two-year anniversary with a celebration on September 14. Attendees will find vintage clothing, shoes and jewelry vendors, a food truck and discount/door buster deals inside the shop from 4-9 p.m.

Learn more on Instagram @studio56_vintage_bash

Southwest Human Development will debut the annual **"Birth to Five Helpline Awareness Week"** from September 30-October 6. This event showcases the organization's free support line for Arizona

parents, caregivers and professionals to call, text, or email questions or concerns about parenting and the early development of children from birth to age 5. Childhood specialists are available at 877-705-KIDS, Monday through Friday from 8 a.m.-8 p.m. birthtofivehelpline.org



Volunteers are needed at **HonorHealth Desert Mission Food Bank** (9229 N. 4th St., Phoenix) the first week of September to help those in the community. Since January, the number of households served has increased by 43 percent. To keep up with demand, single or group volunteers are needed Monday through Friday year-round to help process, check, sort and bag food for distribution.

desertmission.com

Scottsdale Fashion Square (7014 E. Camelback Road, Scottsdale) introduced a 10-week series called **Indoor Walking Moai** that will run until October 9. Each Wednesday morning, participants will gather in the shopping center to walk and socialize from 8:30-9:30 a.m. Each participant will receive a free coffee from Capital One Café and an entry to win a \$50 restaurant gift card for use at any of the shopping center's restaurants.

fashionsquare.com

Child Crisis Arizona announced an expansion to its annual **Pool Fence Safety Program** in partnership with Salt River Project and 493 Firefighter Foundation. Parents or caregivers who are unable to afford pool barriers can apply to receive a pool fence free of charge until September 30, 2024. The safety program educates caregivers on the importance of keeping children safe around water through a Virtual Water Safety Workshop, open throughout the year.

childcrisisaz.org

Gaea Rare (7051 E. Fifth Ave., Scottsdale) will offer a range of classes in September with a focus on healing and balance. The first Women's Circle session, Calling in Sisterhood, will unpack the complexities of female friendship and how to attract soul nourishing sisterhood. Chakra and Sound Bowl Healing Classes and restorative yoga classes (including kid's classes!) will help guests align energies and find inner peace. Find dates and times on the website.

gaeare.com

EVENTS

SUNDAY 9/1

End of Summer Party

12 p.m. at The Montauk, 4360 N. Scottsdale Road. Old Town is saying goodbye to summer Hamptons-style this Labor Day weekend with its all-day 'End of Summer – White Party' event at The Montauk. There will be local DJs keeping the tunes going until 8 p.m. and guests are encouraged to dress in their best white attire to enjoy specials like \$5 glasses of Hampton Water Rosé, \$15 glasses of Veuve and more.

themontaukaz.com

SUNDAY 9/1 – MONDAY 9/2

Saboten Con

Times vary; at the Sheraton Grand Phoenix, 340 N. 3rd St. Saboten (cactus in Japanese) is the largest Anime convention in Arizona – and they're celebrating their 16th anniversary this year. Dress in your best anime costume and prepare for panel discussions, a skit contest, a cosplay contest, a talent show, fashion and photo ops, music, themed cafes, workshops and vendors. Events vary from day to day. Ticket prices are \$20-\$450.

sabotencon.com

TUESDAY 9/3

Bad & Boozy Bingo

6 p.m. at The Churchill, 901 N. 1st St., Phoenix. Bad & Boozy Bingo is a monthly event hosted in The Churchill courtyard. Guests will find a live DJ, prizes and of course, bingo games. Registration starts at 6 p.m. and the first game begins at 7. Reservations are not required but it's \$5 to play – and there's plenty of food and drink venues in case you need a snack.

thechurchillphx.com

WEDNESDAY 9/4

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. Guests will enjoy a five-course Italian meal paired with five different beverages; tonight's theme is Unesco Wine Dinner. Registration is \$149 for the tasting menu + \$99 for the wine pairing.

ambrogio15az.com

THURSDAY 9/5

Heritage Square Book Club

6:30 p.m. at Heritage Square, 113 N. 6th St., Phoenix. Kick off spooky season early! Heritage Square Book Club participants will gather once a week

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WHAT'S HAPPENING, ARCADIA?

in September inside the Shop the Square Museum store to discuss Shirley Jackson's *The Haunting of Hill House*. Books will be provided and each session will include wine and snacks. Registration is \$45 for nonmembers.
heritagesquarephx.org

FRIDAY 9/6

Kidz Bop Live
7 p.m. at Arizona Financial Theatre, 400 W. Washington St., Phoenix. Sung by kids, for kids! Kidz Bop is going on tour and will sing the latest, most popular hits on the radio – with all the rated R stuff taken out, of course. Hear songs like Beautiful Things, Texas Hold 'Em, Lose Control, Greedy and more. A family-friendly concert everyone can enjoy. Tickets start at \$53.
kidzbop.com

SATURDAY 9/7

Candlelight Concert
7-10 p.m. at Warehouse215, 215 E. Grant St., Phoenix. Candlelight concerts, presented by Fever, are bringing the magic of a live musical experience to Phoenix. This evening's show will highlight the music of Taylor Swift. Guests will hear songs performed by the Listeso String Quartet, like Blank Space, Cardigan, Lavender Haze, and Shake It Off. Tickets start at \$30.
feverup.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 theme is Garden Party, and guests will be able to sample three drinks from Empress Gin. Tickets start at \$50.
scottsdaleperformingarts.org

FRIDAY 9/13

Exclusive Wine Dinner
6 p.m. at Phoenix City Grille, 5816 N. 16th St., Phoenix. If you'd like to learn more about Daou Wines, or are just in the mood for a fine dining experience, look no further than Phoenix City Grille. This evening's offerings include four courses paired with Daou wines. Charred eggplant, duck confit and a house made donut are on the menu. Registration is \$110 per person.
phoenixcitygrille.com

FRIDAY 9/13 – SUNDAY 9/15

Junk in the Trunk Vintage Market
10 a.m.-3 p.m. at WestWorld, 16601 N. Pima Road. More than 160 local and national artists, curators and vendors will be onsite showcasing their wares – everything from vintage to handmade. There will also be live music and food trucks. Sign up for early

admission and receive a reusable shopping bag. Tickets are \$8 online and \$10 at the gate, with VIP options available.
junkinthetrunkvintagemarket.com

SATURDAY 9/14

At One Yoga Festival
8 a.m. at Mullett Arena, 411 S. Packard Dr., Tempe. Get ready to elevate your spirit, flex your generosity and find your balance while supporting kids facing cancer at Phoenix Children's. Guests will experience yoga classes with a live DJ, giveaways, meditation sessions and vendor booths. Remember to bring your mat and a water bottle! Tickets are \$40 for general admission and \$100 for VIP, which includes a limited edition event item and reserved mat placement.
mullettarena.com

9/11 Memorial Stair Climb
4-9 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The eighth annual 9/11 Memorial Stair Climb honors the people who lost their lives during the attacks on the World Trade Center. Participants will climb the bleachers for an equivalent of 110 stories – the same amount in the WTC – to raise funds for the National Fallen Firefighters Foundation programs. Registration starts at \$35.
saltriverfields.com

Fall Gardening Prep Class
10 a.m. at Dig It Gardens, 3015 N. 16th St., Phoenix. Tomatoes, basil and carrots, oh my! Beginner and expert gardeners can head to Dig It to learn all about how to plant your herb and vegetable garden this fall. Whether it's from seed or seedling, you will learn everything you need to know about growing your own food and taking care of your plants so they thrive in Arizona's unique climate. Admission is \$10 per person.
digphx.com

TUESDAY 9/17

Scottsdale Civil War Roundtable Meeting
6 p.m. at the Scottsdale Public Library, 3839 N. Drinkwater Blvd. The Scottsdale Civil War Roundtable will host attorney Robert Jenkins, presenting his lecture, "The Cassville Affairs and the Failed Confederate Strategy in the Atlanta Campaign." Doors open at 5 p.m. for meeting the speaker, book sale, and viewing Civil War videos. This event is free.
scottsdalecwr.org

WEDNESDAY 9/18

Natural History of the Sonoran Desert
6 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. This Arizona Natural History course, instructed by Ken Sweat, will introduce students to the geology, flora, fauna and human history of Arizona. Using information from biology,



9/11 Memorial Stair Climb at Salt River Fields in Scottsdale.

ecology, geology and archaeology, the class will explore the adaptations of desert animals, plants and other life forms and the human cultures that call this desert home. Admission is \$30 per person.
dbg.org

SATURDAY 9/21

Hands-on Cooking Class
12 p.m. at Tracy Dempsey Originals, 1325

W. University Dr., Tempe. Gnocchi lovers, rejoice! This afternoon's cooking class is all about those delicious little dumplings. Chef Tracy Dempsey will teach the class how to cook gnocchi from scratch, and attendees will not only be able to try their creations with different sauces, they'll also be able to take home their own batch. Reservations must be placed by September 13. Registration is \$75.
tracydempseyoriginals.com

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WHAT'S HAPPENING, ARCADIA?

SATURDAY 9/21

SHINE 2024
10 a.m.-3 p.m. at Neighborhood Ministries, 1918 W. Van Buren St., Phoenix. SER-KALLAI is an organization dedicated to supporting communities through resources that nurture, heal and develop emotional resilience. It's fourth annual SHINE festival invites families to participate in interactive workshops, activities, discussions, art projects, storytelling, mindfulness exercises, and expert-led sessions. This event is free, but registration is required.
serkallai.org

FRIDAY 9/27 – SUNDAY 9/29

Maricopa County Home & Garden Show
10 a.m.-5 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Looking to give your home a makeover but not sure where to start? Look no further than the Maricopa County Home and Garden Show. Over 1,000 exhibits showcasing home improvement, interior design, ask-the-expert seminars, hands-on gardening, backyard glow-scapes, make-and-take crafts and more will be on-site. Tickets are \$5.
maricopacountyhomeshows.com



Paws + Reflect Yoga at Almost There Pet Rescue.

SATURDAY 9/28

Walk for POP
7 a.m. at Kiwanis Park, 5203 S. Ash Ave. Arizonans can join friends and family in the seventh annual Walk for POP dedicated to the memory of Tim Barber, a Tempe police detective who was tragically lost to prostate cancer. Attendees can also check out the vendor

village, food trucks and entertainment after the walk and 100 free prostate cancer screenings will be offered. Registration is \$30 for adults, \$15 for kids.
prostatecheckup.org

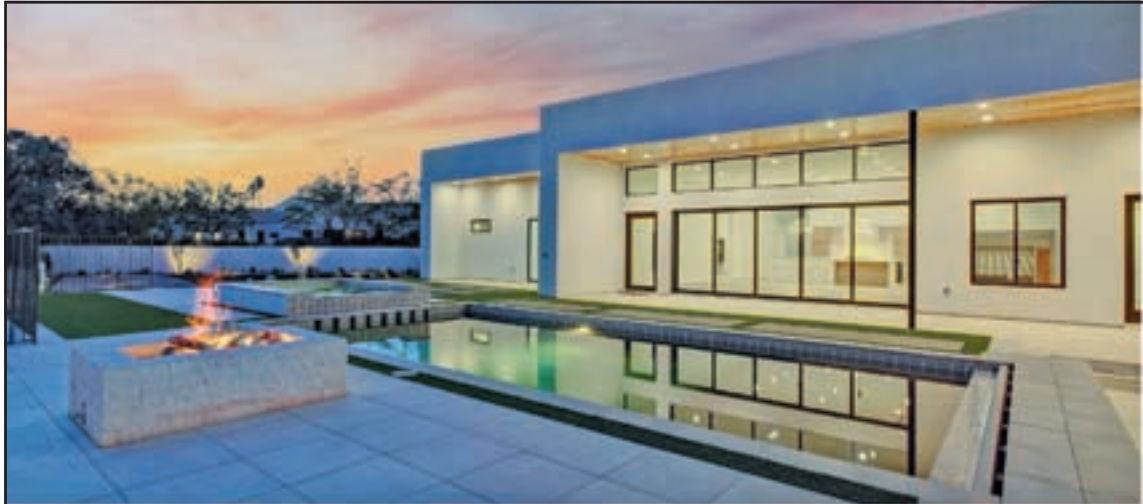
Cosanti Tile Making Class
10 a.m.-1 p.m. at Cosanti Originals, 6433 E. Doubletree Ranch Road, Paradise Valley. This hands-on class will guide guests

through the tile-making and design process, including tools and techniques to print onto clay – which will be sent to attendees after it's fired and glazed. There will also be an introductory tour of the history of Cosanti. Registration is \$165 per person.
cosanti.com

SUNDAY 9/29

Paws + Reflect Yoga
10 a.m. at Almost There Pet Rescue, 2611 E. Indian School Road. What's better than plain old yoga? Yoga with puppies! Almost There is the spot for a 30-minute yoga class where furry friends roam free. All fitness and experience levels are welcome. Classes are followed by a raffle, photo ops and lots of cuddling. Registration is \$30 per person.
almostthererescue.org

Scottsdale Bridal Expo
10 a.m.-2 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. Second St. Get ready to find all your wedding needs in one place. This free event will have over 35 vendors on-site, showcasing food, cakes, music, flowers, party favors, tuxes and dresses. After the expo, there will be a complimentary after-party at Wasted Grain – just remember to bring your ticket.
scottsdalebridalexpo.com



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Summer Market Update: Arcadia's Unprecedented Luxury Home Sales

Welcome back! I hope that you were able to spend some time with your family and get out of town for a while. Here in Phoenix, it felt like a typical summer again as I enjoyed the dry heat and traveled vicariously to Europe via my friends' Instagram accounts. Fortunately, my family and I were able to escape to Coronado, CA for a couple of weeks in July. We got a lot of beach time and surprised the kids with a spontaneous Disneyland adventure as well so it was a great trip all around.

While you were away, the Arcadia real estate market closed out a massive 2nd Quarter.

In Arcadia Proper we witnessed 7 sales of \$5,000,000 or more:

6039 E Mariposa.....	\$9,500,000	4715 E Calle Del Medio.....	\$6,375,000
4800 E Calle Del Medio.....	\$7,000,000	4331 E N Jokake Dr.....	\$6,250,000
4931 E Calle Del Norte.....	\$6,800,000	4615 N Royal Palm Cir.....	\$6,000,000
4625 E Exeter.....			\$5,000,000

Likewise, Arcadia Lite saw two of the largest sales of all time!

3719 E Pierson.....	\$4,500,000	3815 E Elm.....	\$3,722,500
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While some of these larger sales may be considered outliers, it shows the conviction for our neighborhood as a luxury market is continuing to grow. Many of your homes are worth more than you think so it is important to continue to understand the local market and not get caught up in the national headlines. If you ever need an opinion of value for estate planning, tax purposes, or general knowledge feel free to reach out anytime at 602-561-0445.

Tucker Blalock



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Tucker Blalock Managing Broker, Co-Founder
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OUT OF THE AREA, BUT WORTH THE DRIVE

SUNDAY 9/1

Experience Mexico

9 a.m.-5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Celebrate a different culture at the MIM. Guests can listen to Mexican music played with authentic instruments, learn about the musical history of the country, watch a live performance, participate in family-friendly crafts and activities and enjoy a Mexican-inspired lunch. General admission is \$20, \$10 for kids.

mim.org

Faire on the Square

9 a.m. in downtown Prescott, 120 S. Cortez St. Spend Labor Day weekend in the cool breeze of Prescott. Guests can enjoy over 100 arts and crafts vendors showcasing décor, home goods, baked goods, clothing, jewelry and more. Food will be available for purchase, plus live entertainment from the Prescott Regulators and their Shady Ladies. Admission is free.

prescott.org

Cocktail Camp

1-3 p.m. at Kasai Japanese Steakhouse, 14344 N. Scottsdale Road. This Summer Series event brings attendees up close with Valley mixologists and bartenders to showcase their craft. Guests will learn all about mixology, plus tips and tricks of the trade, and can enjoy up to four cocktails, with food available for purchase. This event is for grown-ups only. Tickets are \$40 per person.

phoenixmag.com

Repticon

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

repticon.com



Sedona Winefest in Sedona.

MONDAY 9/2

Grill at the Mill

11 a.m. at Queen Creek Olive Mill, 25062 S. Meridian Road. Spend your Labor Day among the olives. This free all-ages event offers grill-inspired menu items, cocktails and nonalcoholic beverages, games in the grove, shopping and more. Guests can also celebrate National Olive Oil Month by signing up for an Olive Oil 101 Tour, where attendees learn how to make extra virgin olive oil, how to use it in the kitchen and health benefits.

queencreekolivemill.com

FRIDAY 9/6

Bingo Loco

9:30 p.m. at Desert Ridge Improv Comedy Theater, 21001 N. Tatum Blvd., Phoenix. This is not your typical bingo event, this is a bingo rave where attendees can check out comedian MCs, throwback anthems, lip sync battles, dance-offs, dancers, confetti showers, CO2 cannons, conga lines, and – of

course – play a game of bingo! This event is for ages 18 and up. Tickets are \$28 per person.

desertridgeimprov.com

SATURDAY 9/7

Blues in Bisbee

12-8 p.m. at Warren Ballpark, 99 Arizona St., Bisbee. This eight-hour jam session will feature various musical acts including Sugar Thieves, the Dennis Jones Band, Aaron McCall and more. Food and drinks will be available and a vendor village will be on-site. Proceeds benefit the Easterseals Blake Foundation and its programs for those with intellectual and developmental disabilities. Tickets start at \$20.

bluesinbisbee.com

SUNDAY 9/8

Arizona Philharmonic

3 p.m. at the Ruth Street Theater, 1050 Ruth St., Prescott. Arizona Philharmonic will kick off its seventh season this afternoon with “Passion, Peace, and Power,” a concert featuring a vibrant blend of music that spans the contemporary to the classical with violinist Dr. Katherine McLin, Maestro Peter Bay and the Arizona Philharmonic Orchestra. Tickets are \$25-\$65.

azphil.org

FRIDAY 9/13

Todd Johnson Quartet

7 p.m. at The Ravenscroft, 8445 E. Hartford Dr., Scottsdale. Start your weekend on a musical note with the Todd Johnson Quartet. Johnson’s music has been described as “greasy, soulful standards” and guests will hear selections from their new CD “Live at the Ravenscroft,” featuring local piano legend Nicole Pesce and Johnson’s six-string bass, accompanied by Andrew Gross on saxophone and Robby Carrillo on drums. Tickets start at \$24.

theravenscroft.com

FRIDAY 9/20

Empowering Women Seminar

10 a.m.-2 p.m. at the Saigon Center, 2051 N. Arizona Ave., Chandler. This event showcases workshops, panels, and various activities led by accomplished professionals, with the intention to uplift, engage, and empower women from diverse backgrounds. The seminar is free and presented by The International Women’s Charity in partnership with OCA Greater Phoenix.

ocaphoenix.org

SATURDAY 9/21

Dancing with the Stars

7 p.m. at the Westin La Paloma Resort, 3800 E. Sunrise Dr., Tucson. Arizona Diaper Bank’s annual gala fundraiser promises a night of fun, with local celebrities and professional dancers taking the stage to raise funds for the nonprofit. Guests will enjoy music, dancing, dinner, raffles and auctions – and also help vote for the winner of Dancing with the Stars, Tucson edition. Individual tickets start at \$200.

diaperbank.org

Wild N’ Out Live

7 p.m. at the Desert Diamond Arena, 9400 W. Maryland Ave., Glendale. Fans of the popular MTV show can now experience Wild N’ Out in person. Cast members from past and present will engage the audience with improv games and freestyle battles. There will also be musical performances by a surprise guest and interactive audience games. Tickets are \$30-\$200.

deserstdiamondarena.com

SATURDAY 9/28

Neon Nights

5:30 p.m. at Saguaro Lake Guest Ranch, 13020 N. Bush Hwy., Mesa. Join a community of kayakers and paddle boarders enjoying a night on the lake and add some neon lights to your attire! Attendees can paddle the lake dressed in glow sticks, lights, and all things neon to beat the heat and explore the natural beauty of the night. This event is for ages 10+ and glow gear is included. Admission is \$50 per person.

saguarolakeranch.com

SATURDAY 9/28 – SUNDAY 9/29

Sedona Winefest

11 a.m.-5 p.m. at 525 Posse Ground Road, Sedona. Sponsored by the Verde Valley Wine Consortium, this two-day festival features food trucks serving local cuisine, 20+ award-winning wines and wine tastings, artisan vendors, live music, plus local breweries and distilleries. Winemakers from each of the state’s three wine growing regions will also be there. Tickets start at \$45.

sedonawinefest.com



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History... in sculpture form

Inside the borders of Arizona, there exist hundreds of examples of road art. These three have particularly interesting stories. First, why is there a statue of a former enemy of the United States sitting in a place of prominence in the United States?



The Lowe Road

BY SAM LOWE

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

We're talking Pancho Villa here. On March 9, 1916, Villa led an army of about 400 Mexican soldiers across the border and attacked the village of Columbus, New Mexico. The invasion occurred in the early morning hours when Columbus was just a sleepy little border town of about 400 residents. The battle lasted less than two hours and Villa lost nearly 100 men before they were

beaten back into Mexico. Eighteen residents of Columbus were also killed, including several men stationed at Camp Furlong, an Army fort. The locals were able to repel the Mexicans but their town was devastated. The attack

changed Columbus. National Guardsmen were called in and at one point more than 110,000 of them were deployed at the border. Eventually, most of the troops were withdrawn and the town returned to normal. Although pursued by General John Pershing into Mexico, Villa eluded capture. He was given a pardon by the Mexican government in return for a promise to settle down and become a farmer rather than a revolutionary. That didn't last and he was assassinated at age 45. He's still somewhat of an anti-hero in Columbus, where Pancho Villa State Park and several historic buildings pay tribute to the invasion. Right in the heart of downtown Tucson, a more-than-life-sized sculpture of Villa rises over a small square. It has been there since the 1970s, when Arizona accepted it as a sign of peace and friendship from the Mexican state of Sonora. Now on to that gun-totin' Madonna. Along one of Springerville's main thoroughfares, there stands a sculpture of a stony-faced woman carrying a baby in her left arm while clutching a rifle in her right hand. She's known as "the Madonna," one of a dozen such sculptures dedicated to the spirit of pioneer women in the United States. The sculptures were commissioned by the Daughters of the Revolution and one



Pancho Villa statue

was placed in each of the states that the National Old Trails Road passed through. Harry Truman, a Missouri judge who later became president of the United States, headed the association at the time and noted at one dedication ceremony, "They were just as brave or braver because, in many cases, they went with sad hearts and trembling bodies. They went, however, and endured every hardship that befalls a pioneer." Each figure stands 10 feet tall and weighs five tons. With the bases, the monuments rise about 18 feet tall. The Springerville dedication was held on September 29, 1928. Harry Truman wasn't there.

Next, the Lionizing of Melvin Jones. Distractions are few on the stretch of US 70, where Mount Graham is a bluish-gray mass on the horizon and a few other peaks rise gently from the flatlands. Otherwise, the two-lane stretch of asphalt zips through cotton fields and small towns without inspiration. But suddenly, there's a 50-foot spire standing above the semi-desert floor at Fort Thomas with no church attached to it. Closer inspection reveals that it's a monument to Melvin Jones. Since a 50-foot obelisk doesn't just pop out of the ground all by itself, this poses a question: Who was Melvin Jones?

The answer is obvious to the more than 1.6 million members of Lions International, a worldwide service organization with 45,000 chapters across the globe. Melvin Jones, the recognized founder of the Association of Lions Clubs, was born at Fort Thomas on January 13, 1879, the son of a U.S. Cavalry captain and his wife. Jones left the area at a young age and founded the Lions Club while living in Chicago. The Safford Lions Club financed the monument and dedicated it in 1965. There's also a small museum on the site but it's open only on the Saturday closest to Jones' January 13 birth date, when Lions from all over the world gather to honor their founder. Current plans are to create a camping ground next to the spire so Lions can overnight there.



The Madonna statue



Melvin Jones spire



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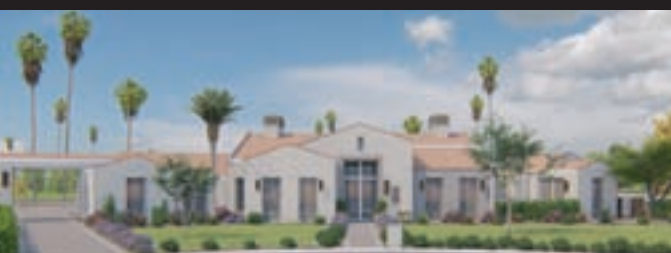
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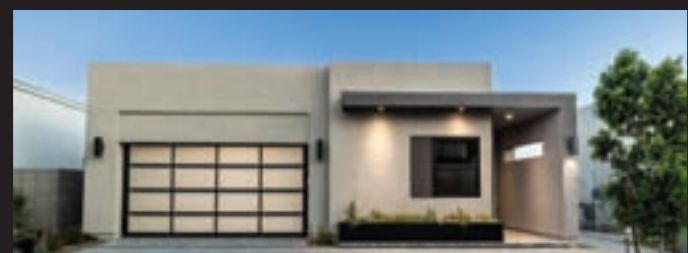
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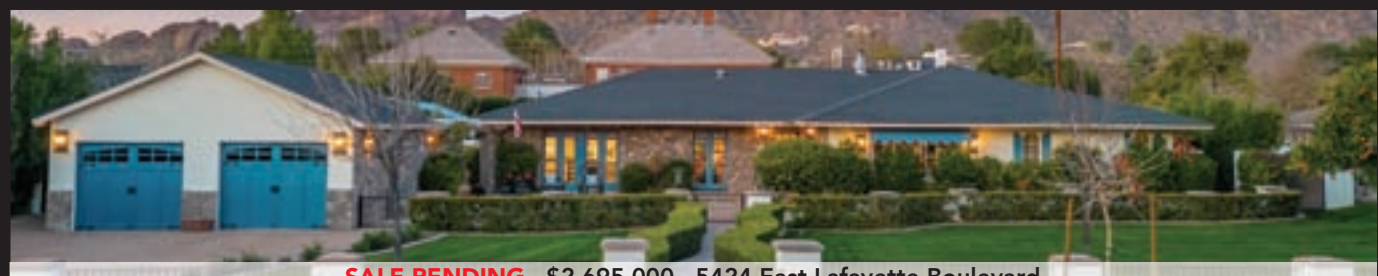
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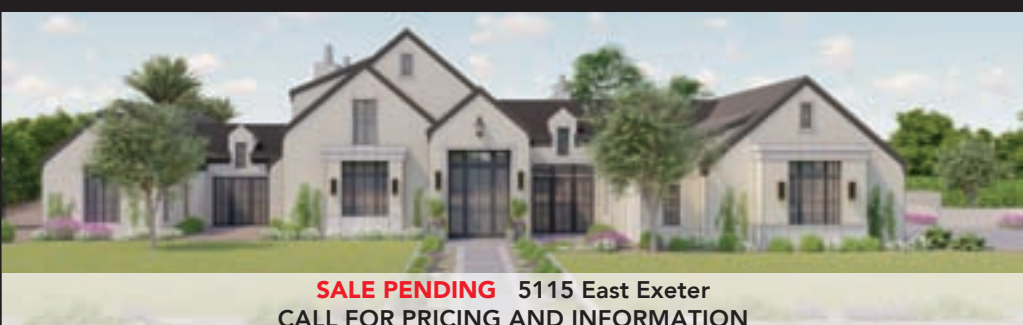
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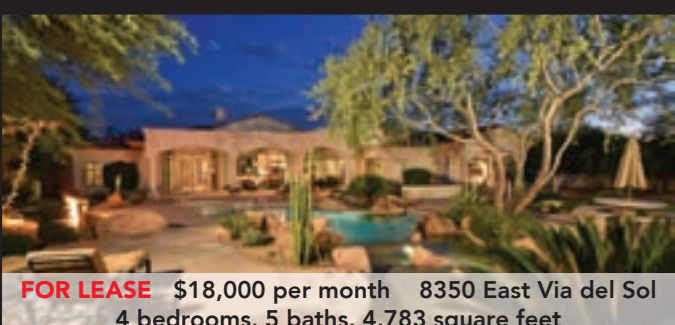
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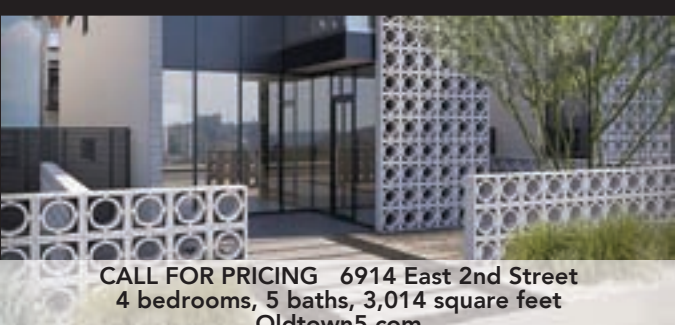
\$1,199,000 3730 East Cat Balue
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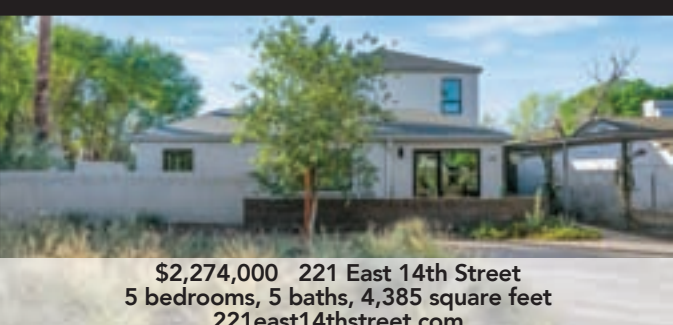
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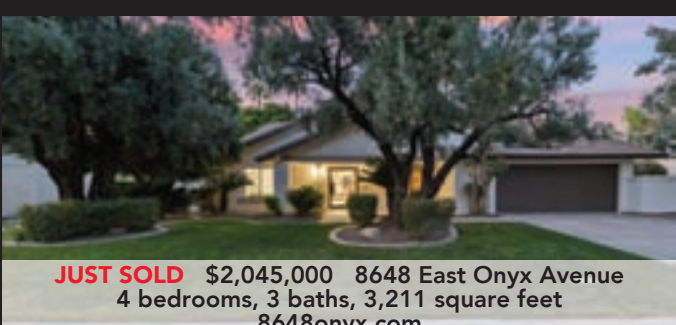
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In the Kitchen

with **Bassel Osmani**, co-owner of Pita Jungle

4340 E. Indian School Road • pitajungle.com

Thirty years ago, three ASU students were looking for a way to bring a taste of home to Arizona. Bassel Osmani, Fouad Khodr and Nelly Kohsok took their collective knowledge and love of food and opened Pita Jungle. Twenty three locations and a few menu changes later, the trio is still together and excited for what the future holds.

Where are you from?

I was born in France. I'm of Lebanese descent. I started college in Canada because French was my first language. It was too cold, so I came to the U.S. in 1984 and went to Texas State University in San Marcos for a year before coming to ASU. I got my Master's Degree in biomedical engineering.

How did you go from biomedical engineering to owning a restaurant?

During college, me, Fouad and Nelly all worked in hospitality, in hotels and restaurants. I worked in a Lebanese spot called Café Istanbul and Fouad was working at Byblos.

My background in engineering came about because my dad was a doctor. I was going to go back home and set up a business where I would sell and distribute medical equipment to the Middle East and eastern Europe, but there was war after war and I was kicking the can down the road, so we finally decided to open a restaurant.

I was working at the café, and people would come and order things that were mostly vegetarian. That's where the idea germinated. We wanted to do something healthy and something that reads in English, not heavy on foreign words. We decided to roll the dice on it.

Was Café Istanbul your first restaurant job?

No, I worked at a Wendy's! I worked at a lot of different places but I was a mature college kid by the time I worked at Café Istanbul and I saw what the customer wanted. By then I'd been in Arizona for a bit and I noticed what the customers were ordering, but I've flipped burgers, wrapped burritos... I've done it all [laughs].

Where was the first Pita Jungle located?

It was in a second generation pizza store on Apache and Terrace. It belonged to a developer and architect – a really nice guy. He took a look at us like 'Who are these kids?' We did our research and reached a deal and he's like 'okay, fine.' [laughs].

The space had everything but it was in bad condition. With the help of one handyman we put it back together and Pita Jungle Tempe opened in 1994.

You're celebrating 30 years. How does it feel?

I was having issues recounting our history [laughs] – I don't know how it happened so quickly. It feels like it was just yesterday we opened the first location!

You did a throwback menu for the 30th anniversary?

Yes! Every time we put something on our menu, and we remove it for whatever reason, somebody gets upset. 'What? I came all this way, where is the Caribbean salad? Where is the fruit and cheese fantasia?' For all the patrons who supported us throughout the years with their graceful presence, and who suffered because we removed items, we brought some back. It's a good way to highlight the anniversary.

What inspired you to enter the industry?

First, we felt there was a need. We worked in Mediterranean restaurants that were mom-and-pop operations and it was hit or miss the way they approached it. The menu was not 100 percent in line with what we wanted. We noticed the most sought after meal was the vegetarian combo. Another thing was that people would come to the restaurant and not know what was included in the meal because of the ethnic words on the menu.

In the 90s there was a place called Gentle Strength Co-op in Tempe. It was a lifestyle center that had yoga, Pilates and a grocery store with vegetable based proteins. We would go there and we noticed it wasn't alternative, like, hippie-type people shopping. It was soccer moms coming with their minivans and buying tofu sandwiches. That was enlightening. Our menu wasn't just going to be Mediterranean, it was going to be 'the art of eating healthy,' which is our slogan.

If you look at the menu, you see the usual suspects – falafel, hummus, baba ganoush – we have those, but we also have chicken pasta salad, blue corn nachos, we have pizzas, wood-fired salmon. We did a global menu with heavy influence from the southwest that was filtered through a Mediterranean diet. We use olive oil, lean proteins – no artery-clogging stuff! Lots of grains, veggies and nuts, and



we wanted to make it all available at an inexpensive price.

How did things go at the first store?

Fouad, Nelly and I were the first three employees. We did everything, staying there until two in the morning! The first person we hired was a dishwasher and the second was actually a customer of ours who told us 'I'm going to work for you someday.' Back then we were an over-the-counter place, and she said 'I don't care, I'll run food,' and she did. Two years later in 1996 we transferred to full service.

In 2015, we moved the flagship location to a different spot because the light rail came in and it made it harder to make left turns into the plaza. It decreased flow on Apache Boulevard. The pickup we got from those riding the train was less than those who drove in.

We moved to Mill and University and we were thinking 'it doesn't get better than this.' The rent is more expensive but there's traffic, there's people... and there's no parking [laughs]. In Arizona, we like to pull up to where we are going and walk right in, but Tempe doesn't work like that. Plus, the construction! Right now, as we're talking, there's construction right in front of the store.

How many locations are there?

There are 23 – there's one in Tucson, one in Flagstaff and the rest are in the Valley. At one point, we dabbled in franchising and had a couple franchisees in California, in Pasadena, Newport Beach and San Diego.

Where do the recipes come from?

Mostly from me and Fouad, things we like to eat, recipes from our families. The Lebanese heritage is very family and food oriented. Every Sunday, everyone comes together and brings food and cooks

and competes for the better dish. It's like Thanksgiving every week.

Lebanon is very interesting and more exotic. Nelly – who was not the cook – had some influence on the menu too because she would say 'I like this, why don't you do this?' So all three of us had our part in creating the menu.

Where did you learn your cooking skills?

Working in restaurants! I did mostly serving, but in mom-and-pop restaurants, you have to learn everything. On Channel 8 there was a show called *Great Chefs*, *Great Cities* that had reruns on every night – it's the best show ever.

Every episode had an appetizer, entrée and dessert from three different famous chefs. I gobbled it up. I would also call my mom and ask her how she made a certain recipe or how to cook a certain dish.

What's the most popular dish on the menu?

The chicken shwarma, gyro, hummus, Mediterranean chicken salad. Everything is popular! In general, in any restaurant, anything that has chicken is going to fly. People love chicken.

We source locally as much as we can, but we outgrew the ability to distribute local to all of our locations. Our produce comes from Yuma, Mexico and California. There are some great producers here – nothing beats lettuce that was picked this morning – but it's hard to fulfill with all the restaurants.

What are your responsibilities?

As owners, we wear a lot of hats. We've surrounded ourselves with a lot of very talented people in marketing, PR, HR, purchasing, accounting, but we have our hands in everything. What I like to do most is develop menus and evolve the content of

our marketing. I start my day at the corporate office and try to hit one store a day.

What is the most challenging part of working in the restaurant industry?

For me it's when the ship crashes [laughs]. When the stars don't align and every customer comes in at the same time and someone calls in sick and the printer stops working and the system crashes and you're trying to console someone over the phone. Those days are super challenging. On a business level, inflation and labor. The market is stabilizing a bit but at one point, it was super hard to find people that wanted to work. This is one of those industries that people are either here for one or two years or who have been here since the beginning.

On the flip side, what's your favorite part?

It's the same thing. When I step inside and hear the music and see the staff running around and the clinking of the spoons and the pots and pans and the fire going up. When you start working a rush, plating food, checking on customers and everyone is happy. There's something very satisfying about providing that hospitality. It's like having a big party at your house and everything is going smoothly.

What is your favorite food?

I love all kinds; I eat everything. Any kind of seafood, sushi is one of them, but I love Mediterranean style seafood where it's fresh fish with maybe some potatoes or a salad on the side. I love pizza. People say 'Italy this, Italy that,' but I think North American pizza is great. My favorite one is Pizzeria Bianco – his pizzas are insanely good.

At home, I cook comfort food. I like to grill fish. Home dishes like spinach stew with meatballs and white rice accompanied by Greek yogurt. Things like that, with a lot of flavors.

Who is your biggest inspiration?

My parents. When I told them I was going to open a restaurant, my dad said 'why did I spend all that money sending you to a foreign country with out-of-state tuition?' [laughs]. Then he came to visit and saw the restaurant and was happy.

What's next?

Well, the State of the Union is good [laughs]. People are getting more food delivered than eating out, so we're adjusting to that. It's a work in process. We remodeled the Arcadia location and added softer seating and dimmer lighting to create an experience for folks to come and dine in.

JT's is a chicken wing and burger place; Steak 44 and Buck and Rider are higher-end places – but people go for the experience. We want people to come and experience our restaurant.

We're excited to launch a new restaurant called Feta Cowboy, a Mediterranean meets southwest concept. It'll be more fast-food-ish, a buffet line kind of thing with signature items. We want to have a stunningly vibrant kitchen display with produce being prepped in front of customers. We're hoping to open it in 2024.



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“Meet Mr.” | Ray Arsigne

Nate Lowrie

Nate Lowrie is a modern-day voyager and adventurous explorer in search of the yet-to-be-discovered next horizon. His advice to others – wisdom acquired from his life experiences – is to “have the courage to be yourself.” He admits that he learned that the hard way.

“I thought I was a leader, a savvy businessman right out of college, but looking back, I didn’t know much,” the fourth-generation Arizonan recalls. “I tried to white-knuckle everything I did to succeed.”

Lowrie had a tumultuous upbringing with a courageous adopted mom who filled in for an absentee biological mother. He believes those early challenges instilled a sense of fortitude and resilience.

“My father and grandfather were both builders throughout Arizona, and my earliest memories of life were on my dad’s job sites,” Lowrie said. “Little did I know my childhood experience would come full circle.”

Today, Lowrie is CEO and part of an investor group that owns Bjerk Builders, a longstanding construction firm he joined earlier this year. Bjerk performs various types of commercial construction but specializes in tenant improvements.

Prior to acquiring Bjerk, Nate was CEO of Valleywise Health Foundation, where he was a long-time board

member before leading the fundraising organization that supports the county hospital. While there, he and his staff set many fundraising records.

Starting and growing businesses is nothing new for Lowrie, as he has had several since graduating from ASU’s business school magna cum laude in 2001. Afterward, he opened the first Zoe’s Kitchen in the Valley, adding two more stores before selling the popular chain in 2007. His tendency toward perfectionism, whether in business or community service, almost had him burning out.

“At one point, I was trying to do everything and control it all. It was an illusion of leadership and achievement, that was all,” he said. That realization caused him to surrender his will to a higher power, which he said turned his life around.

When Lowrie isn’t working, he pursues an unbridled passion for cycling.

“I biked a lot while in college, which tended to crowd out the shenanigans you could choose to do,” he said.

“Ultimately, I fell in love with cycling and found it was an ideal time to converse with God.”

He says there are parallels between long-distance biking and running a business.

“You sometimes talk to yourself and the Lord, asking in earnest, ‘Am I going to make it today?’” Lowrie said. “Many of the trials that I’ve faced, personally and professionally, have helped strengthen my faith, character and even my sense of service to others.”

Nate has two grown children – a daughter, Dillan, and a son, Austin – and lives with his long-time partner, Harmony Fulton.

“Their love strengthens my purpose and love. I realized recently that we should do more of what excites



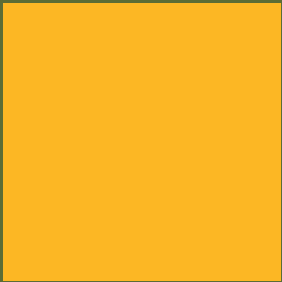
us, not worry about whether it will work out or what others may think, and instead focus on our highest purpose,” he said.

Lowrie may have acquired such a philosophy from his kids’ grandmother:

“With a broad smile, she told us, ‘Have fun and kick some butt,’” he remembers.

Lowrie has found a way to accomplish both.

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LET’S GET MOVING!

Student nonprofit encourages movement to improve mental and physical health

By Mallory Gleich

Did you know that 31 percent of adults and 80 percent of adolescents do not meet the recommended levels of physical activity? One Valley nonprofit aims to change those numbers, especially when it comes to students.

High schoolers Saniya Dwivedi and Grace Putnam created Health In Movement (HIM), an organization that aims to improve mental and physical health through exercise.

“We aim to educate our peers to use reasonable lifestyle changes.”

“I found that beginning my day with physical activity improved my energy and concentration levels remarkably. This led me to research the effect of exercise,” Saniya said. “We found that exercise has an acute impact on mental and physical health, which inspired us to start Health In Movement to emphasize exercise for overall wellbeing.” The duo utilizes their Instagram to share lifestyle modifications – supported by

statistics – that help enhance mental and physical health. Saniya had the initial idea to establish the organization, so she connected with various businesses to develop relationships in the community, while Grace helps with promotions. They started working on the nonprofit this spring after realizing it was an idea they both felt connected to. Grace and Saniya have collaborated with various organizations so far, such as the Foundation for Blind Children. “FBC gave us our first opportunity, and we are so grateful for the experience. We started weekly exercise workshops with students from K-12 where we witnessed their excitement to play with friends and compete in interactive games,” Saniya said. “The experience was both fulfilling and educational.” HIM offers interactive and healthy ways to display the importance of physical activity for the mind and body. Their goal is to help youth develop nontoxic views of exercise and learn various solutions to maintaining their health. “We support the notion that ‘food is medicine’ to call attention to the impact of diet on wellbeing. In addition, we launched an interview series where we speak with high school and collegiate athletes about



Grace Putnam



Saniya Dwivedi

their experiences and how physical activity helped them excel,” Saniya said. “We aim to educate our peers to use reasonable lifestyle changes.” Saniya and Grace currently operate the nonprofit, but they already have expansion plans in motion with the help of a Global Health Initiative called TwinEpidemic. They’ve also gained the support of Senator Marsh and Representative Schwiebert. In August, the pair met with Senator Marsh to discuss mental health bills that Marsh introduced but were rejected, including resources for student mental health. “We want to clarify Arizona’s lack of mental health resources,” Saniya said. “Through this event, we highlighted these issues and aim to support better mental

health services in our community while inspiring positive changes.” In the near future, HIM plans on debuting bring-a-buddy events, like running clubs, to limit social isolation. “As teens, we understand how difficult it can be to maintain a positive mindset about physical and mental health, so we want to be an outlet for youth,” Saniya said. “Although this organization is for all, our main target is students, so working with schools would be a great way to spread information and awareness of how important mental and physical health is.” Soon, Saniya will be traveling to Kenya as Health In Movement’s ambassador to educate youth on the importance of exercise and establish workshops. HIM is also collaborating with HopeKids and its annual Hopewalk event on October 19 at Notre Dame Prep. “We hope students become aware of the importance physical and mental health has toward wellbeing,” Saniya said. “We want to educate them on how mental and physical health are related and connected. HIM can help students implement healthy activities in healthy ways.” healthinmovement.wordpress.com

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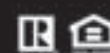


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PTOs help build community at Arcadia schools

By Kylie de Best

Behind every successful school is a hardworking and dedicated Parent Teacher Organization. With optimism for an exciting year ahead, Arcadia’s PTOs are making the following plans for 2024-25.

ARCADIA HIGH

arcadiapto.org

PTO President Kerri Flader and her team are looking forward to continuing the ALL-IN campaign at AHS this year. “It worked so well! We want to continue involving our Titan community in supporting our students and staff. We also look forward to our auction to raise funds that 100 percent go back to happenings at the school,” Flader said.

Upcoming events include Future Titan Night where students from feeder schools are invited to a football game, the homecoming parade and football game on September 27, and the school dance on September 28.

AHS volunteer opportunities include helping at the staff appreciation lunch, Fun Fridays, Future Titan Night, auctions, and various other events. Parents can join the Go-To Crew on the website.



moving forward with our Ben’s Bells mural,” Kim said. “We have been working toward fundraising for the last few years that our school has adopted the Ben’s Bells Kindness curriculum. The install is scheduled for October and I believe we will be the first school in Phoenix to have a Ben’s Bells mural!”

ECHO CANYON

echocanyonpto.com

Jessica Scordo returns as the Echo Canyon School PTO president this year. Upcoming events include the Color Run in September and Trunk or Treat in October.

“The PTO is looking forward to more family engagement and welcoming prospective families and community members to learn more about our A-rated and nationally recognized school,” Vice-President Kristen Guerin said.

Volunteers are needed to help out at events and with staff appreciation activities. The school is also in need of presenters for the Exploration Friday program in which students participate in hands-on learning activities led by field experts, parents and community members.



looking forward to our parents being on campus volunteering in the classroom through wonderful programs such as Art Masterpiece and Garden,” PTA President Laurie Davis shared. “We planted blue pumpkins this year – so we are off to a very festive start.”

Over the next few months, the Hopi community will take part in the annual Hopi Hullabaloo, Walk to School Day, the Used Book Fair and Hopi Fun Run.

INGLESIDE

inglesidepto.com

“We are thrilled to welcome Ingleside to a new school year with the theme: Trojan Strong!” PTO President Kelly Briegal said. “This year, we are focusing on three core areas: strong support, strong community and strong connection. We are committed to creating a supportive and vibrant place for our students, families, teachers and staff.”

The school debuted a new mural on the building that faces the parking lot and the PTO also has a brand-new website. Ingleside is looking forward to a new bowling fundraiser in the fall called Trojan Ten Pin. Morning coffee and Q&A sessions called Mocha with Dr. Michael will happen once a quarter.

Volunteers are needed for various activities throughout the year, including the bowling fundraiser, the eighth-grade year-end party, Fun Fridays, the garden, school dance chaperones and more. One of the best ways families can get involved is by joining the Go-To Crew.



BILTMORE PREP

creightonschools.org

Co-Presidents Kim Merida and Cari Fulghum are ready to ramp up for the 2024-25 school year.

On the first day of school Biltmore Prep hosted the boohoo/yahoo breakfast for kinder parents to manage first day jitters and meet the PTO. In September, there will be a Family Movie Night. Biltmore’s K-5 fall soccer league will be starting in November, in addition to their fall carnival and special person’s day.

“We are especially excited to be

HOPI ELEMENTARY

hopipta.com

This year’s theme is “Once a hawk, always a hawk.” An Arcadia landmark for almost 65 years, the school prides itself in being a symbol of excellence, belonging and growth.

“The community and involvement here are simply unmatched, and we are



VERITAS PREP

veritasprep.greatheartsamerica.org

Co-Presidents Jessica Bushard and Catherine Mason said they are excited to partner with an awesome parent board and volunteers for the 2024-25 school year.

Homecoming Spirit Week kicks off September 16 with dress-up days, a pep rally for the football game and the Homecoming Social for high school students. There is also the annual dodgeball tournament on September 28, where students and faculty compete and win different categories with fun prizes. In November, Veritas will take over the canal for their 5K Victory Run.

In addition, the board will plan monthly dine-outs, organize spirit wear, and partner with parent volunteers to support the school’s faculty and staff.



ST. THERESA CATHOLIC SCHOOL

stcs.us

There are various volunteer roles and events St. Theresa families can participate in to get into the school spirit. In the fall the school will gear up for its annual Adult Game Night, Trunk or Treat and school auction.

Transitioning into the spring, St. Theresa is busy with the Father Daughter Dance, Mother Son event, Grandparents Day and the school play, along with community parties and their second annual spring carnival.

To show teachers some love, the PTO will offer seasonal gifts and host monthly lunches. Students can join in on Fun Fridays throughout the school year filled with activities and treats.

“We are always grateful for the support of our parent volunteers, who make all these events happen for our students,” PTO President Jackie Posta said.



TAVAN

tavanpto.com

In October, a Tavan and neighborhood favorite, the Halloween Hi-Jinx, will take place – but this time, with a different name: The Tavan Trunk or Treat.

“Although the event will look a little different, we will still bring the same safe family fun that the neighborhood has come to love,” PTO President Cheri Pierce said. “You do not have to be a Tavan family to have a car registered in our Trunk or Treat. It’s a great way to enjoy neighbors and the holiday in a safe, controlled environment.”

The Tavan Twinkles event will take place in December, where young entrepreneurs are invited to sell their items at a holiday boutique.

“In the past, we have had Arcadia High students sell candles and greeting cards, Ingleside students sell paintings, and Veritas students sell reusable entertaining placemats,” Pierce said. “We are also very proud of our Tavan students who have sold bracelets, notepads, reusable sandwich bags, personalized canvas bags and more.”

The PTO also helps with hosting a monthly coffee with the principal, end of the month parent meet ups, teacher appreciation lunches, birthday recognitions, book fairs and monthly Dining for Dollars nights.



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PHOTOS COURTESY OF KATRINA ALFARO

Derek Dahlgren with David "Deuce" Alfaro, Katrina and David Alfaro.

Arcadia-based clothing shop holds inaugural backpack drive

By Kristen Carli

Studio 56, a vintage sports clothing and shoe shop at 56th Street and Thomas, hosted its first successful back-to-school drive and donated over 100 backpacks filled with essential school supplies to families in the Valley. This event marked a significant milestone for the owners, David and Katrina Alfaro, who have long been passionate about giving back to their community.

"David and I have been wanting to do this for a very long time," Katrina said. "We've always donated items to other drives and volunteered our time, but hosting our own event was a dream come true. This was a great opportunity for both of our businesses to come together to support families facing financial challenges and help get kids ready for a successful school year."

The Alfaro family, who own Arcadia Sports Central – a youth sports league – leveraged their relationships with schools and athletes to promote the event. Their efforts paid off, with a line of eager families forming outside Studio 56 well before the shop opened at 10 a.m. on the day of the event. Each donated backpack was carefully filled with a variety of supplies, including notebooks, crayons, colored pencils, rulers, scissors and more.

Everything was fully funded by Studio 56. The event was not just about giving away backpacks; it was a festive occasion

with a back-to-school sale on all clothing and shoes in the shop.

"We decided pretty last minute to do this, so we bought everything from 2moda.com, Amazon and Staples," Katrina said. "The atmosphere was amazing. The families were extremely grateful, and the kids enjoyed picking out backpacks. It was a great time."

Looking ahead, the Alfaro family plans to build on this year's success. They participate in Thanksgiving food drives through the sports league and plan on getting ahead of the back-to-school giveaway for next year.

"We hope to find sponsors to make the event even bigger and better, with the goal of doubling the number of backpacks we give away," Katrina said.

The Arcadia Sports Central/Studio 56 backpack drive not only provided essential supplies to local families but also fostered a sense of community and support. By expanding their efforts and involving sponsors, Katrina and David aim to continue their tradition of giving and ensure that even more children have the tools they need.

For those inspired to join the cause, stay tuned for upcoming events and opportunities to contribute.

Learn more on Instagram
[@studio56_vintage](https://www.instagram.com/studio56_vintage).



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For her 65th birthday, this Arcadian conquered Kilimanjaro

By Sherry Sklar

Heidi McNeil Staudenmaier's journey from sports reporter to nationally recognized attorney and world explorer illustrates a lifelong commitment to overcoming challenges and setting ambitious goals. At 65, her decision to summit Mount Kilimanjaro in Tanzania was driven by a blend of "Iowa stubborn" determination and meticulous preparation.

Staudenmaier contemplated the challenge of summing Mt. Kilimanjaro for over a decade. After enjoying a seven-day trek to Machu Picchu with her husband when she turned 60, she began planning an even more impactful adventure to mark her 65th.

"I look back on my emails from when I started my research in 2020 or 2021," Staudenmaier said. "I was thinking about what I would do in the future and researching the ages of people who make the ascent (the average age is 37) and travel adventure companies that help participants prepare for the climb."

Through recommendations from fellow hikers, Staudenmaier decided on K2 Adventure Travel based in Scottsdale.

Staudenmaier joined an all-female group of ten, including eight enthusiastic young women in their late 20s and early 30s from Washington, D.C., who knew each other through church and became supportive friends. The climb took place in June, culminating in a two-and-a-half-year preparation process.

Rising above 19,000 feet, the seven-day ascent to Kilimanjaro's summit presented its share of obstacles. Staudenmaier said she faced physical and sleep-related challenges during the climb.

"Controlling altitude-induced headaches and managing my breathing were constant concerns," she said. "As we climbed higher, it became increasingly difficult to breathe and control my racing heartbeat, despite taking altitude medication."



It took Heidi (left, in the yellow hat) and her group seven days to reach the Uhuru Summit.

Staudenmaier revealed that one team member had to descend early due to breathing complications. The porters pitched tents for the group on the frozen tundra each night. Harsh conditions and early starts made sleep elusive, particularly for Staudenmaier, who was accustomed to Arizona's warm climate.

"We were up before sunrise, hiking up the mountain guided by our headlamps during

the first hour in the freezing cold. I think I wore every stitch of clothing, including my ski pants," she said.

It took Staudenmaier and her group five days to reach the summit base camp at 13,000 feet – a journey strategically broken into segments to mitigate the risk of altitude sickness. On their most challenging days, they ascended as much as 3,000 feet. There

were also days of descent, dropping 1,000 feet only to climb again the following day.

"It was very carefully planned," she noted, emphasizing the attention to safety and acclimatization. Despite the physical and mental strain, Staudenmaier found the effort profoundly rewarding.

"We practically sprinted up the last leg, turning what was scheduled as a seven-hour trek into just five. Our guides were quite impressed," she said. "Reaching the Uhuru Summit ('Freedom Peak' in Kiswahili – the highest point in Africa at 19,341 feet above sea level) was an accomplishment that took more than a week to comprehend. Realizing that I had completed the climb was incredibly surreal."

They say the way back is quicker than the journey there, and coming down Kilimanjaro was no exception.

"In just twelve hours, we were back down the mountain. That evening, we celebrated our achievement over dinner, where the Tanzanian government handed each of us a commemorative certificate," Staudenmaier said.

She's already thinking about the next challenge.

"My husband and I are ticking off all 63 National Parks across the country. We've hit 40 so far, and we're not slowing down. Great Basin National Park is next," she said.

For anyone feeling tentative about tackling outsized challenges, Staudenmaier has some straightforward advice:

"If you think you can, you can. If you think you can't, you're right. All through that climb, I kept telling myself to stay positive and place one foot in front of the other," she said. "It's never too late to do things you've been dreaming about. You should never give up on yourself and your capability to achieve."

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THE WALTER HIVE

A lifelong passion for art and wellbeing turns into a community art hub

By Sherry Sklar

After retiring from her medical practice to raise children, Phoenix resident Mary Strawn became a volunteer at various residential facilities where patients experienced emotional, behavioral and physical challenges. This experience led her to find her life's work.

"I volunteered with the Maricopa County Hospital and Burn Center and developed a therapeutic art program to help kids heal from physical and mental trauma. They're there for months at a time, undergoing painful procedures, and still processing their injuries," Mary said.

As she spent time with the kids, she noticed they would tell their stories using art materials, incorporating color to express feelings in the images they created.

"This sparked my interest in using art as an expressive outlet to heal," she said. "When my husband sold his healthcare company, we were fortunate to be able to start Walter Hive, and we have been expanding ever since."

Mary and her husband, Kirk, founded The Walter Hive to bring the healing power of creativity to Phoenix. The nonprofit uses art as a therapeutic tool to build resilience and promote recovery from trauma.

It's more than just an art center; it's a welcoming and inclusive space for people of all ages to explore the transformative power of creative expression.

Through innovative programs and strong community partnerships, they provide a means to connect with a community where creativity is celebrated as a vital part of personal wellbeing.



PHOTOS COURTESY OF THE WALTER HIVE

The Walter Hive is open to all ages and backgrounds and uses art as a therapeutic tool promote recovery from trauma.



"The Walter Project is involved in building things, art-related installations, and more. For example, at Canal Convergence in Scottsdale, we programmed interactive art projects for

the public," she said. "Each of us has something special to give. Finding a safe, non-judgmental, and inclusive space where you're celebrated for who you are is something I believe in deeply."

The organization rents a unique dome-shaped building from the Ponderosa lumberyard in Scottsdale, which serves as its shop space, gallery and community event venue. It includes a gallery that displays participants' work and showcases contemporary local artists.

The Hive has been around for seven years, but its foundation goes back about thirty, rooted in Mary's lifelong passion for art and wellbeing. Reflecting on the early days, she explained, "Art had always been a part of my life, and at that time, it organically merged with my passion for health and wellness, especially in children and families."

The organization offers programs and workshops in fabrication, welding, woodworking, technology and fine arts.

Enrollment is kept small, allowing each participant to fully engage and connect with their creative process.

Programs are available for little to no cost, broadening and strengthening ties between them and the Phoenix community.

The Walter Hive's impact is felt deeply in the community, whether teaching students to weld in their "Girls Who Weld" program, helping a family express their grief through a shared project,

or reducing stress levels for healthcare workers through intentional activities.

Through these partnerships, The Hive ensures that art's healing power reaches as many people as possible, making a lasting impact on those who participate.

"We've been growing, and the demand for our programs is exploding. We're fortunate to have such a supportive community, and we hope to keep expanding our reach," Mary said.

thewalterhive.org

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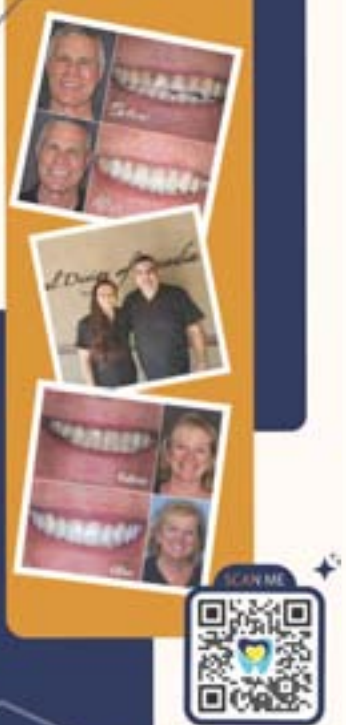
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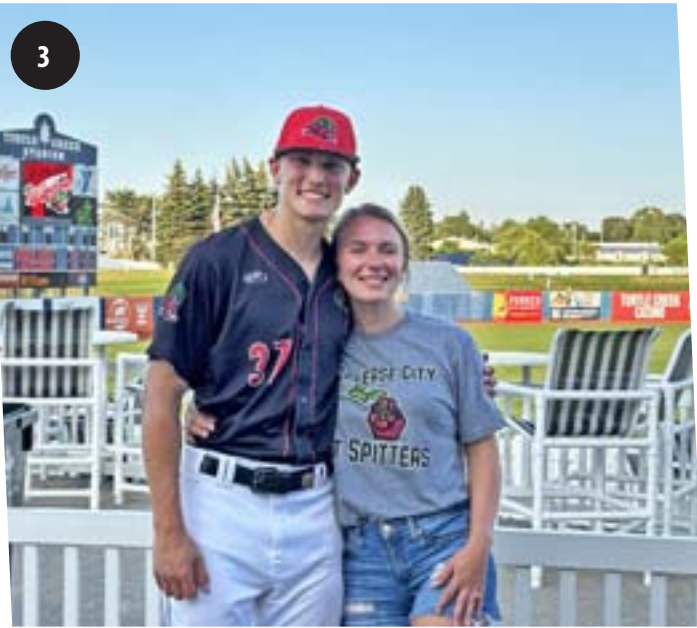
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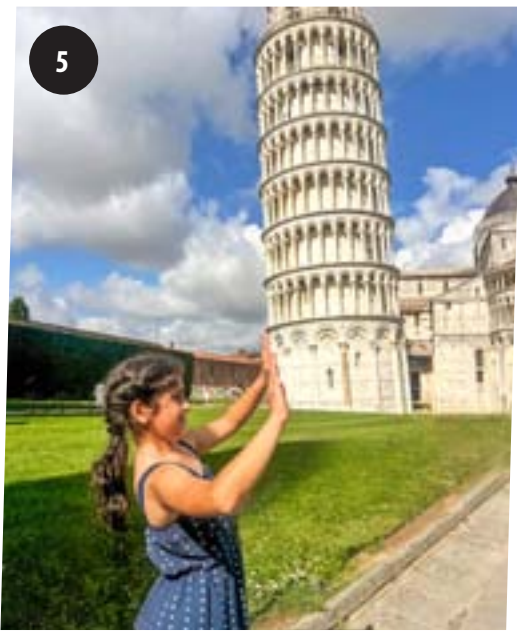
ALL UNITS SOLD!





SUMMER Vacation Photos

This year's summer vacation photo spread was a smashing success, with Arcadians traveling all over the world in search of waves, water, history and unique landmarks – and it looks like they found them! Thank you to everyone who submitted photos!



1. Sloane and Christian Beckwith in Capri, Italy, holding a giant Amalfi coast lemon that's four times the size of an Arizona lemon! – Photo courtesy of Cheryl Lienau
2. Greg and Jennifer Bruns visiting the 630-foot Gateway Arch in St. Louis, Missouri. – Photo courtesy of Greg Bruns
3. Carter and Kendall Hain in Traverse City, Michigan. – Photo courtesy of Christine Hain
4. Sterling and Shane Pearson in Carlsbad, California. – Photo: Hailey Butler
5. Julee Diaz holding up the Leaning Tower of Pisa in Italy. – Photo courtesy of Cyndi Diaz
6. John and Aimee Heckenlaible at Lake Como, Italy. – Photo courtesy of John Heckenlaible
7. Deuce, Jordan and Katrina Alfaro on Waikiki Beach in Hawaii. – Photo courtesy of Katrina Alfaro
8. London and Smith Miller enjoying the cooler evenings in Del Mar, California. – Photo: Andrea Miller
9. Will, Melissa and John Heinrichs hiking the El Camito Del Rey "Trail of the King" in Malaga, Spain. – Photo courtesy of Melissa Heinrichs



10. Oliver, Sydney, Ayvery and Georgia Fouts in Rocky Point, Mexico.
– Photo: Lauren Reeve

11. Asher Stalvey and Cannon Olmsted in Miramar Beach, Florida.
– Photo courtesy of Avery Olmsted

12. Jude Kekic tackling his first corn on the cob during 4th of July in Flagstaff.
– Photo: Graham Byron

13. Garrett, Katie, Riley, Parker and Frances Otondo in Tofino, Vancouver Island, British Columbia. – Photo courtesy of Katie Otondo

14. Janey Ledyard and Nancy Kindregan on a mother/daughter trip to Europe.
This picture was in Bergen, Norway. – Photo courtesy of Janey Ledyard

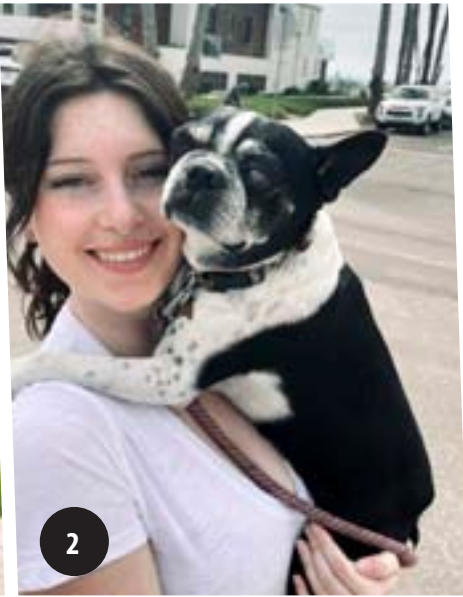
15. Colin, Jenny, Connor and Maddie Tetreault geared up for the cooler weather at Lake Louise in Canada. – Photo courtesy of Jenny Holsman Tetreault

16. Presley Bonnett at Stonehenge on Salisbury Plain in Wiltshire, England.
– Photo: Shawna Bonnett

17. Emma and Addie Livingston in Colorado Springs. – Photo courtesy of Megan Livingston

18. Heidi Staudenmaier successfully climbed Mt. Kilimanjaro in honor of her 65th birthday this year. – Photo courtesy of Heidi Staudenmaier

19. Matt Collins camping at the Mogollon Rim. – Photo: Tami Trewbella



1. **Megan, Adam, Emma and Addie Livingston in Colorado Springs, Colorado.**
– Photo courtesy of Megan Livingston
2. **Bella Buckler celebrating her 18th birthday with her 13-year-old Boston Terrier Gunner in Ocean Beach, California.** – Photo: Bitu Buckler
3. **Graham Schaub and his cousins on the 4th of July at Lake Sebago, Maine.**
– Photo courtesy of Tristahn Schaub
4. **Antonella and Avianna Klein in Chicago.** – Photo courtesy of Angeles Klein
5. **Grayson and Parker Shock in Seaside, Oregon at the end of Lewis and Clark's expedition.**
– Photo: Mindy Shock
6. **Jackson Smedley, Julian Hall, Davis Ladner, Charlie Ess and Robert Compagno at the Cooperstown All Star Village in Cooperstown, New York.** – Photo: Kirsten Allen
7. **Tristahn and Graham Schaub riding around the family farm in Cadillac, Michigan.**
– Photo: Tristahn Schaub
8. **Mak Scatterday had a beautiful summer attending Kingswood Camp in the White Mountains of New Hampshire.** – Photo courtesy of Shawna Masolini
9. **Kelly, Carter, Torrey and Owen Briegel commemorate their 2024 Carlsbad, California vacation.**
– Photo courtesy of Kelly Briegel
10. **Anne, Sam, Martina, and Logan Morton at La Jolla Cove.** – Photo courtesy of Anne Morton
11. **John, Aimee and Addie Heckenlaible at La Jolla Shores, California.**
– Photo courtesy of John Heckenlaible



12. Patrick, Julee, Cyndi and Gavin Diaz at the Trevi Fountain in Rome, Italy. – Photo courtesy of Cyndi Diaz

13. Jamesby and Will Leonetti at the Coronado Fourth of July parade with Maverick and Iceman! – Photo courtesy of Jen Leonetti

14. Savana, Katrina and Jordan Alfaro getting ready to parasail in San Diego. – Photo courtesy of Katrina Alfaro

15. Auggie, Peter, Teddy, Beth and Baylor Wand on a tour of the Naval Air Station North Island in Coronado. – Photo courtesy of Beth Wand

16. Julia, Mandy and Thomas Purcell at the Formula 1 Grand Prix De Monaco 2024. – Photo courtesy of Mike Purcell

17. Mallory, Anthony, Shane and Molly enjoying the sunshine in Harmony, MN.

18. Twins Noah and Ava Benton visiting Vancouver, Canada. – Photo: Kristal Benton

19. Arcadia cousins Soleil Dorame, Antonella Klein, Avianna Klein and Jacoby Dorame in Rocky Point, Mexico. – Photo courtesy of Angeles Klein

20. Ainsley Sparks went to New York and visited The Edge Skyscraper, a glass floor 100 stories up. – Photo courtesy of Julie Sparks

21. Macy Bonnett hanging out at Point Loma in San Diego. – Photo: Shawna Bonnett

Farewell, Peggy, and welcome to St. Theresa, Danielle!

By Lauren Geiser

After 24 years of dedicated service, Peggy Sandahl has retired from her role as the administrative assistant at St. Theresa Catholic School. Her departure marks the end of an era, but a new staff member – Danielle Markle – is eager to continue the tradition of excellence.

Danielle's journey to St. Theresa is rooted in deep faith and a passion for education. A recent graduate of Franciscan University in Steubenville, Ohio, she earned her Bachelor's Degree in Business Management with a minor in Theology.

"Franciscan University is on fire for the faith and is a sense of community of saints in the making," Danielle said. "I knew I wanted to find that sense of community after I graduated, and I am happy to say that I have found it at St. Theresa."

Before accepting the position, Danielle visited Arizona a few times, where she enjoyed paddle-boarding on Lake Pleasant and soaking in the natural beauty of the Grand Canyon state. She looks forward to lacing up her hiking shoes to continue her outdoor adventures once the weather cools down.

As the new administrative assistant, Danielle's role encompasses a wide range of responsibilities designed to ensure the smooth operation of the school. All phone calls and visitors will first encounter Danielle's friendly demeanor before proceeding.

She will also manage the school's security

protocols, including greeting and granting campus access. Her role is important for the school's function, and Danielle will be the first point of contact for everyone at St. Theresa.

"I am the first person people hear and see, so it is very important to me that everyone feels welcome when they visit St. Theresa's," she said.

Looking ahead, Danielle expressed excitement about the changes under Principal Mary Pivonka.

"Mary brought many new improvements that are rooted in the Catholic faith," she said. "The future of St. Theresa is incredibly promising and it has been wonderful to see the children so excited about coming here to learn."

Taking over from someone as cherished as Peggy is no small task, but Danielle approaches the challenge with confidence and a deep respect for the legacy she inherits.

"Peggy was a blessing to all students and families who have come to St. Theresa's," she said. "She has made an incredible impact here and I am thrilled to continue in her footsteps."

As Danielle settles into her new role, she is ready to make her mark and build upon the strong foundation set by her predecessor.

With her background in faith and business management alongside her enthusiasm for the school's future, Danielle is eager to make a meaningful impact at St. Theresa Catholic School.



Danielle Markle and Peggy Sandahl.

PHOTO COURTESY OF DANIELLE MARKLE



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Xavier softball is a family affair

By Lauren Geiser

With the new school year underway, Xavier’s softball team is gearing up for an exciting season under the leadership of a familiar – yet fresh – coaching team. Father-daughter duo Sydnie and Tom Sahhar, alongside assistant coach Brian McNerney, are ready to bring experience and energy to the program.

Sydnie and Tom said they are particularly enthusiastic about the chance to work alongside one another and collaborate in a new way.

“It’s exciting to work together beyond the usual player-coach dynamic,” Sydnie said. “We’ve been on the field together for 15 years, so while it’s not entirely new, this role is different. I’m looking forward to it.”

Tom echoed his daughter’s sentiment, adding, “This is a new chapter for us, and we’re eager to see what we can accomplish.”

Tom and Brian are no strangers to Xavier, having been integral to the softball team’s success over the past four years. Together, they have led the team to three state titles. Tom praised McNerney’s contributions, saying, “Brian is a tremendous asset to the team. His experience with the JV squad and his familiarity with the players make him invaluable.”

Sydnie’s journey with softball began at the age of eight, starting with Little League and progressing to club ball, where her father volunteered as an assistant coach. Having



PHOTOS COURTESY OF XAVIER PREP



Father-daughter duo Sydnie (who played college ball at Azusa Pacific) and Tom Sahhar look to bring experience and energy to the softball program at Xavier.

played at Grand Canyon University and Azusa Pacific University, Sydnie hopes to bring a fresh perspective.

“I’ve always loved softball,” Sydnie said. “Playing in college taught me so much, and I’m excited to bring that experience to Xavier. I know what it takes to play at the collegiate level, and I’m eager to help these girls reach their full potential.”

Sydnie also holds a Master’s in psychology, which she plans to leverage in creating a positive and supportive environment for

her players. Her background in sports and psychology will play a key role in her coaching approach, which will focus on mental toughness and overall well-being. During the school day, Sydnie works as a school counselor at Xavier.

“I believe in building athletes up through fundamental skills and helping them grow in their faith and confidence,” she said.

Tryouts for the team begin in early February. Tom emphasized the importance

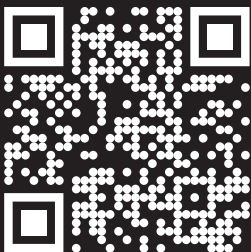
of preparation, especially for those new to the sport.

“If you’ve never picked up a ball, start now, work hard and prepare yourself,” he said. “Xavier offers multiple levels for sports, so there’s a place for everyone who wants to be involved.”

As they enter their new roles, Sydnie and Tom are eager for the start of the season. With a dedicated coaching team and a shared vision for success, Xavier Prep softball is set for a season of growth, teamwork and excellence.



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Arcadia Meat Market



Nelson's Meat + Fish



Hobe Meats



Schreiner's Fine Sausage

The Dining Scoop

THIS MONTH: LET'S GRILL!

Labor Day is an annual holiday that pays tribute to the contributions and achievements of American workers. One way families and friends celebrate the long weekend is with lots of food and fun. Below are a few Valley butcher shops that are chock-full of meat, seafood and more, perfect for those Labor Day – or any day – backyard barbecues.

Arcadia Meat Market

3950 E. Indian School Road, Phoenix
arcadiameatmarket.com

Arcadia Meat Market opened its doors in 2017. The business, run by Arcadia local Nick Addante, offers a variety of sustainably raised organic meats and other provisions that people can enjoy with friends and family. AMM specializes in grass fed and grass finished beef, but the shop also sells wine, raw dairy, produce, deli meats, seasonings and other foods “you can feel good about eating.”

“The most popular offering is hands down our ground beef,” Addante said. “By weight its about 60-65 percent of the cow, so it makes sense, but people love the flavor, too.”

During the week of Labor Day, Arcadia Meat Market will be running all of its homemade sausages on special – Addante’s favorite is the pastured raised pork sausage with bacon and pineapple, if you’re looking for a place to start.

“We work with local producers to provide our customers with clean, conscious food that is good for our bodies and our planet,” Addante said.

Nelson's Meat + Fish

2415 E. Indian School Road, Phoenix
meat.fish

Nelson’s Meat and Fish has been offering its guests fresh seafood,

boutique meats, unique provisions and ready-to-eat meals since the shop opened in November 2017.

“Our motto is to always ‘celebrate great foods,’ and our team of chefs will walk you through some of our favorite grilling options to teach you exactly how to prepare them,” Owner Chris Nelson said.

Nelson’s offers Prescott-based Terra Farms full blood Japanese wagyu steaks, Iberian pork bratwurst and wagyu beef hot dogs. The seafood options are endless, according to Nelson, but one of the easiest to grill is their North Atlantic swordfish – he also suggested adding the house made MOJO Marinade before you grill for “next-level” flavor.

“We also have one of the best certified angus beef programs in the Valley, with large format KC strips and cowboy ribeye that our guests love,” Nelson said. “We like to think everything is special at NMF, and we go to great lengths to fly in ultra-fresh fish from around the world. Our most popular (and also a new offering) meal that will feed multiple guests is the NMF DIY Lobstah Bake.”

The special includes four hard-shell Maine lobsters, steamer clams, Old Bay peel-and-eat wild Sea of Cortez shrimp, countneck clams, Maine mussels, red bliss potatoes and fresh summer corn. And if you don’t know where or how to cook it, don’t worry – there are instructions included!

Nelson’s also offers cured meats, aged cheeses, seaweed salad, Creamy Nellie coleslaw, smoked salmon fish dip, Bad Dog local salsas, baked and stuffed Rhode Island clam “Stuffies,” Atomic Cocktail Sauce and various made-in-house sauces and marinades.

Hobe Meats

6044 N. 16th St., Phoenix
hobemeats.com

Hobe Meats opened in 1962 and has been a Valley staple ever since. Owner Bret Pont took the store over from the original owner 17 years ago.

The shop offers prime grade beef from Omaha, Nebraska, Japanese A5 Wagyu and Mishimi Wagyu, as well as dry aged steaks. They also offer a large selection of retail wild game, and next door is an old-fashioned deli where folks can stop in for lunch from 10 a.m.-5 p.m.

“Our most popular items are USDA prime grade steaks and the raw dog food that’s made in house,” Pont said.

This Labor Day, Hobe Meats will offer a 20 percent discount (when paying with cash) on a variety of steaks. Japanese A5, Mishimi Wagyu and dry-aged meats will also be on sale.

Schreiner's Fine Sausage

3601 N. 7th St., Phoenix
schreinerssausage.com

Schreiner’s is a family owned business that has served the Valley for 72 years. The business offers a plethora of homemade sausages produced on-site.

Guests can purchase natural casing hot dogs and bratwurst to hard-to-find ethnic sausages such as Boerswors, Boudin, Merquez and Linguisa. Schreiner’s also has a selection of lunch meats, cheeses, Niman Ranch angus burgers, slab bacon, smoked pork chops, beef jerky, a large selection of mustards, locally made rolls and sauerkraut.

“Although we carry all of our sausages year-round, some are more popular during certain seasons and holidays,” Owner Nancy Schiller said. “Labor Day is big for barbecues, so hot dogs, polish sausage and bratwurst are in high demand.”

During Christmas, they sell a lot of potato sausage and Eastertime sees polish sausage flying off the shelves. Bratwurst, chorizo, pork sausage and Sicilian sausages are always popular.

Schreiner’s won’t have any specials for Labor Day, but will have a sausage they don’t offer year round available: Thai sausage or Jalapeno Cheddar chorizo link.

“We pride ourselves on making quality

products, offering them at the best price possible and excellent customer service,” Nancy said. “We are honored and grateful to be able to serve Arizona for over seven decades.”

THE SCOOP



Taco Viva, located on Indian School Road just east of 28th Street, is now open. The menu includes carne asada, pollo adobado, al pastor and mushroom tacos, plus mulas, loaded fries, chips, salsa, queso, sundaes and corn and flour tortillas made from scratch. Guests are encouraged to order *con todo* (with everything): salsa, guac, onions and cilantro.

tacoviva.com

The Market by Jennifer's is now offering an Aperitif Hour, available Wednesday through Friday from 4-6 p.m. Designed by Chef Owner Jennifer Russo, Apertif Hour provide a pre-dinner experience, featuring a selection of drink specials and rotating elevated snacks made with fresh, locally-sourced ingredients. The menu includes a grazing board with olives and hot nuts, a mini market burger and chips, satays, nachos and veggie crudites.

themarketbyjennifers.com

Locals and visitors can celebrate Labor Day at **Andaz Scottsdale Resort & Bungalows** on September 1. The Turquoise Pool will host a bracketed corn hole contest and there will be a taqueria station and specially priced margarita pitchers for eats and drinks. There will also be a -196 Suntory vodka seltzer tasting opportunity, with a DJ from 12-5 p.m. Non-resort guests can access the party by purchasing a day pass.

andazscottsdale.com

Meet Thomas Galvin

County Board of Supervisors

Where are you from and what led you to Arizona?
I grew up in New York City. I obtained a history degree from the College of Holy Cross and a law degree from the University of Notre Dame. I moved to Arizona nearly 20 years ago and have enjoyed every day since. I was attracted to Arizona for its fabulous weather, robust job market and exceptional quality of life.

How did you get involved in politics?
I volunteered for Rudy Giuliani’s first successful mayoral campaign when I was 17 years old. I have been involved in countless campaigns ever since. I then became a candidate for my current office. I was honored to be elected to the Board of Supervisors in 2022.

What are the Board’s top priorities in 2025?
We will continue to practice good fiscal stewardship and to run an efficient, lean operation and provide residents with exceptional value and service. Our priorities include public safety, properly planning for continued growth, nurturing strong economic development and fixing our existing roads.



THOMAS GALVIN
Vice Chairman
of the Maricopa
County Board
of Supervisors,
District 2
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district2@maricopa.gov
maricopa.gov/235/
District-2

What is one thing residents should know about the Board?
We control the second largest budget in Arizona, preceded only by the state budget enacted by the governor and legislature. Even though state officials have run up a deficit of nearly \$2 billion, Maricopa County is in great financial shape. We reduced the operating budget by 14 percent over the past two years and reduced the property tax rate over the last four years. We don’t spend more than we take in and have sufficient reserves in case of an economic downturn.

Any advice for young people interested in pursuing a career in politics?
Study the history of the United States and the country’s founding. Have a keen understanding of how the three branches of government work. Ultimately, politics is about people, and interacting well with them. Listen to people, listen to your neighbors. Be a force for positive change and be a force for good.

What do you enjoy doing in your free time?
I love to spend time with my wife and our son, especially exploring the great parks and trails in Maricopa County. I love riding bicycles with my family and attending my son’s Little League games. I am an avid reader and I am always searching for another book to read.

Favorite book?
“The Rise of Theodore Roosevelt” by Edmund Morris is the greatest biography I have ever read.

Favorite restaurants or things to do in Arcadia?
My wife and I love Vecina. We celebrate our wedding anniversary there every year. And my family enjoys staycations at the Phoenician Resort.

Favorite inspirational quote?
My father told me “Faith is the bird that sings when the dawn is still dark.”

30 YEARS AGO



This issue from September 1994 is 32 pages – twice the size of the year prior (we average about 60 pages today). The husband-and-wife duo who started the paper were now working more than ever, so they hired a freelance writer and an advertising sales assistant, gearing up for continued growth.

Almost 50 advertisers appeared in the pages, local businesses, organizations, schools and – yes – Realtors – who showed their support for their neighborhood newspaper. In this 1994 issue there is one advertiser who can be found in our pages today. Thank you, Ingleside Animal Hospital – you’ve been a loyal advertiser for over three decades, and we appreciate your support!

Mother daughter organization shapes leaders through service

By Jennifer Marshall

The National Charity League was established in 1925 by a group of Los Angeles women who wanted to support humanitarian work. They helped out at the American Red Cross by making outfits and assembling and delivering food baskets to the disadvantaged during the holidays.

While serving the community, the women sometimes brought their daughters. By 1938, so many had become involved that they formed their own group and called themselves Ticktockers – named because they had spent so many hours watching the clock ‘tick-tock’ during their mothers’ meetings.

The group flourished so much that by 1947, they banded together as the country’s first mother-daughter organization and renamed themselves the National Charity League, Inc. Today, across 26 states, there exists 247 chapters totaling 65,000 plus members.

The Camelback Mountain Chapter is one of 10 in Phoenix. They have 370 members and raise money for more than 40 local nonprofits.

“Each spring, our chapter comes together to honor graduating seniors and their mothers at the Senior Recognition Celebration,” Chapter President Beth Wand said. “Each senior is recognized and reads a letter to their mother, sharing memories they made in NCL and thanking them for their dedication to serving the community. It’s a beautiful way to



Ella Dolan, Celeste Helms, President Beth Wand, Lindsey Roemer, Stella Roemer, former President Liz Dolan and Charlotte Hopper.

conclude their time and honor them for their commitment to improving our community.”

One of the many traditions involves the graduating class choosing one of NCL’s philanthropy partners to highlight and celebrate.

“The Class of 2024 chose #LovePup, a local dog rescue. Every year, we hold a raffle at our Senior Recognition Celebration. Philanthropy is core to our mission, and we love having the chance

to highlight and support our community partners,” Co-Chair Karen Treon said.

That night, the organization – which is celebrating its 25th anniversary in 2024 – raised over \$9,000.

#LovePup’s primary mission is to find forever homes for homeless dogs. They also provide medical care, training and microchips for all pups. NCL members aid this objective by helping clean kennels, walking and playing with adoptable dogs.

“#LovePup was so excited about the

donation,” Wand said. “Several members delivered the check in person, and the shelter manager, Tara Caley, brought several pups to take a picture with us in front of the donor wall. It was a great way to send off our seniors.”

NCL membership is available for mothers and daughters in grades 7-12. Prospective members should apply in their daughter’s sixth grade year. The membership drive is open from January to March.

nationalcharityleague.org

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BAKE IT ‘TIL YOU MAKE IT

Paula Jacqueline Cakes and Pastries hosts sixth annual Cake Competition

By Mallory Gleich

In October 2023, I was invited to Paula Jacqueline Cakes and Pastries in Old Town Scottsdale to try my hand at being a judge for the annual cake competition that comes at the culmination of summer camp. This year, I was invited back for round two – and had even more fun the second time around.

Last year, five competitors were challenged to create a two-tier wedding cake. This year, the students braved the heat from the ovens as they crafted two-tier wacky birthday cakes. The chefs, ages 11 to 13, were required to use multiple mediums (fondant, flavors, piping, etc.) and were encouraged to have different flavors, colors and designs. The number one rule was that the cakes had to be wacky.

Myself, restaurateur Ricco Rossi, author Kelley Cleary Coffeen, Paula’s nephew Phoenix and Erin Press, assistant general manager of Scottsdale Camelback Resort, were invited into the classroom, where five cakes were on display – each with its own design and personal touches.

Paula handed us blank sheets of paper with categories and rankings from one to five. We judged the cakes on texture, creativity (was the cake wacky enough?), design, buttercream consistency, moistness, and, most importantly, taste. The cake-makers were switched around and weren’t standing by their creations.

Each chef gave a little background on the flavor and shared a sample for judges to try. I’ll be the first to say it was tough not to go back for a second sample! While I and the others finished ranking and note-taking, family members congratulated the chefs.

Adeline Lee made a gluten- and dairy-free chocolate cake with raspberry, lime, and orange filling. Armand Delgado made a chocolate coffee cake with coffee buttercream; Ben Rubenstein made a double-chocolate cake with chocolate ganache; Cailin Heeren made a carrot cake with buttercream filling topped with homemade gummy bears and worms; and Quinn Bessinger made a champagne-flavored buttercream

cake with a fondant Kirby-looking character on top. At the finale, each chef received flowers and Chef Coleman gave a speech about this year’s class. It was evident that each baker poured their heart and soul into their work.

The winners of the sixth annual competition were 11-year-old Cailin, who received the Cake-Off trophy for her design, and 12-year-old Quinn, who was

crowned with the coveted Golden Chef’s hat as the winner of best cake flavor. Lots of applause and even a few tears filled the room. After, the cakes were packed up and we all headed our separate ways.

If you’ve got a little baker at home, Paula Jacqueline will offer Spring and Summer Camps in 2025, with registration starting in January. paulajacqueline.com



Judges Kelly Coffeen, Mallory, Ricco Rossi, Phoenix and Erin Press.



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This small town offers wine, views and a bit of big history

In the heart of Gila County, 120 miles northeast of Phoenix between Roosevelt Lake and Payson, take a bumpy detour on State Route 288 and you will arrive in Young, Arizona.

This almost mile-high, picturesque community is where deer and elk roam, hikers seek an escape from the heat, history buffs come to explore and fine wine flows. Young is the heart of Pleasant Valley, and – depending on who you talk to – is either Arizona’s best-kept secret or its worst.



Robin's Adventures

BY ROBIN SEWELL

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

Often referred to as Arizona’s version of the Hatfield and McCoy feud, the Pleasant Valley War was a violent and bloody battle that stained Arizona’s history and cost us our statehood for nearly a decade.

In fact, the feud between the



Tewksbury and Graham clans is such a notorious piece of history that almost every cowboy movie ever made includes a scene from the Pleasant Valley War.

Young is situated in the Sierra Ancha wilderness area, a 20,850-acre plot of land where high desert meets towering pines and mountains reach toward the clouds of our big blue Arizona sky.

This area is full of surprises, including a vineyard and tasting room. James Bruzzi first read about Young in *Arizona Highways* magazine. It was one of the suggested scenic drives in that issue, and Bruzzi said, “It was love at first sight.” It became the perfect place to build an organic estate vineyard.

One may think Young is an odd place for this industry, since it’s not one of

Arizona’s designated viticulture areas. But outliers like Bruzzi find ways to make it work.

“It’s a little bit colder than most places in Arizona, and that causes us to have a little bit of a later growing season,” he said. “We usually start in late May or early June and harvest our grapes toward the end of October and beginning of November, which is about three months behind the rest of the state’s growing regions.”

When harvesting most grapes, cold weather is a challenge, so Bruzzi grows a varietal that thrives in colder temperatures: The Vidal Blanc. From these grapes, the vintner makes a Vidal Blanc wine and an ice-style wine. He says Young and its soil are the perfect

place for farming – and with farming comes animals.

At Bruzzi Vineyards, guests will find three llamas, a sheep, and a pig named Edna. Visitors can even meet the llamas!

Bruzzi is building a place where the community can gather and enjoy good wine and great company. He has created solstice dinner and murder mystery dinner events, pairing his wines with a delicious menu to celebrate local agriculture.

Every Friday and Saturday, he also offers reservation-based, fixed-menu dinners. Bruzzi wants to create a world-class experience and help make Young, Arizona, a destination-worthy place.

bruzzivineyard.com

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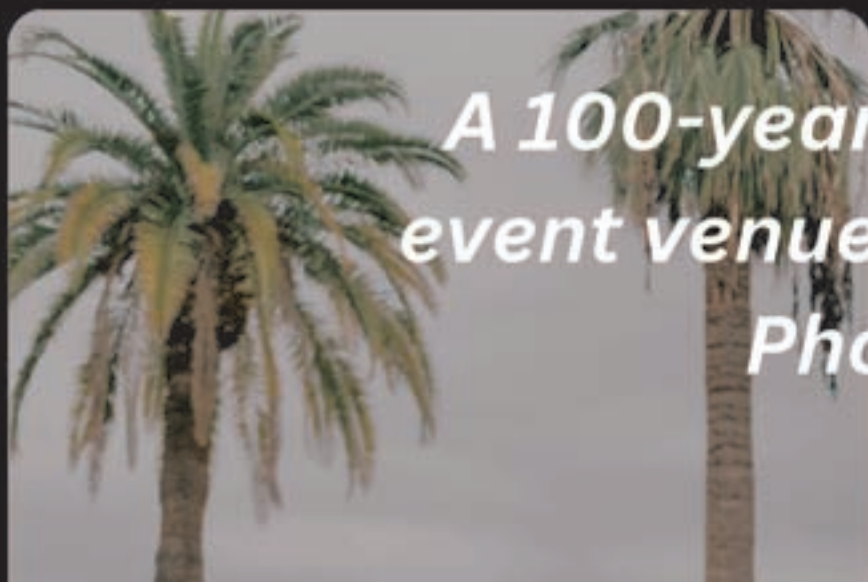
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Prepping for the months ahead

As the final days of summer stretch out before us, I like to savor the calm before the craziness of the holiday season. It's time to settle into routines, solidify healthy habits, and set a strong foundation for the upcoming months. Whether it's sticking to a regular exercise routine or committing to weekly meal prep, there's something grounding about knowing you're gearing up with healthy habits, so you're better equipped to handle the hectic pace of the holidays.

There's still time to take advantage of summer produce. Juicy tomatoes, fresh berries and zucchini are still abundant, offering possibilities for fresh, vibrant meals. These ingredients are packed with nutrients, making them the perfect base for light, plant-based dishes that fuel our bodies and keep us feeling our best.

I'm sharing some fresh, easy recipes that are ideal for a Labor Day gathering or a weeknight dinner and help make the

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

most of the beautiful produce that's still in season. As the weather cools, I'll shift the focus to heartier, warmer dishes that highlight fall ingredients. For now, let's relish the flavors of summer and embrace routines that keep us feeling organized. We'll enter the holidays feeling balanced, energized, and ready to fully enjoy everything it has to offer.

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Air-fried zucchini sandwich SERVES 2-3



Ingredients

- 1 zucchini, sliced about ¼-inch thick
- ½ cup flour
- ½ cup breadcrumbs
- ½ cup non-dairy milk
- Vegan spreadable cheese
- Roasted red peppers
- Arugula
- Sliced tomato
- Fresh basil
- Bread of choice
- Earth Balance butter

Sun-dried tomato spread

- ¼ cup sun-dried tomatoes
- ½ tsp. each: garlic granules, salt, red pepper flakes
- 1 tbsp. olive oil
- ¼ -½ cup water
- 1 tbsp. lemon juice
- ¼ tsp. black pepper

Directions

1. Mix together the plant-based milk, onion powder, garlic granules and salt.
2. Dip the zucchini slices into the batter and coat in breadcrumbs.
3. Spray lightly with avocado oil spray, then cook in air fryer or oven set to 400 for 12 minutes. (If you don't have an air fryer, cook in the oven at 400 F using the convection setting if you have it.)
4. While that is cooking add the sun-dried tomato spread ingredients to a blender and blend until smooth.
5. Butter one side of each slice of bread
6. Layer on the sun-dried tomato spread, cooked zucchini, roasted red pepper, vegan cheese and arugula.
7. Cook in a cast iron or heavy skillet for five minutes on each side.

Lentil tabbouleh salad SERVES 4-6



Ingredients

- 1 diced English cucumber
- ½ cup diced red onion
- 1 diced fennel bulb
- 1 bunch chopped flat leaf or curly parsley
- 5 sliced radishes
- ¼ cup chopped mint
- 1 cup halved grape tomatoes
- 3 cups cooked lentils
- 2 tbsp. olive oil
- Juice of 2 lemons
- 1 tsp. salt
- 1 tsp. sumac (or substitute 1 tsp. coriander)
- ½ tsp. pepper

Directions

1. Combine everything in a large bowl and enjoy.

Simple fruit salad SERVES 6



Ingredients

- 4 cups strawberries
- 3 kiwi
- 1 cup red grapes
- 1 cup green grapes
- 1 mango
- 1 cup blueberries
- 1-2 limes
- 2 tbsp. maple syrup
- ¼ cup fresh mint or basil

Directions

1. Slice the strawberries, peel and slice the kiwis, halve the grapes, and chop the mango.
2. Add the cut fruit and blueberries to a large bowl.
3. Zest and juice the limes.
4. In a small bowl combine the maple syrup, lime juice and zest.
5. Add the maple-lime dressing to the bowl of fruit and toss.
6. Garnish with fresh mint and serve.



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DID YOU KNOW? CHESS

WHAT YEAR?
1972



On September 1, 1972, Bobby Fischer, a 29-year-old from Brooklyn, defeated Russian Boris Spassky in the “Match of the Century” to become the first American World Chess Champion. This historic win in Reykjavik, Iceland, was the first non-Russian victory in 24 years. Fischer, who started playing chess at 8, won the U.S. Open at 14 and became the youngest international Grandmaster at 15.

HOW LONG?
61 HOURS



The longest chess marathon was completed in 61 hours, three minutes and 34 seconds and was achieved by Askild Bryn and Odin Blikra Vea in Stavanger, Norway, in June 2024. After playing a total of 383 five-minute blitz games, the record was officially confirmed at 10 p.m. Former world champion Magnus Carlsen was there to cheer the duo on.

WHAT AGE?
14 YEARS OLD



“Grandmaster” is the title awarded to chess players by the World Chess Federation. Apart from World Champion, Grandmaster is the highest title a chess player can attain. Once achieved, the title is held for life, though the title can be revoked for cheating. Ukrainian prodigy – and 14-year-old – Ihor Samunenkov is currently the youngest Grandmaster, after earning the title in 2023. He started playing chess at age 8 – and sits within the Top 25 youngest Grandmasters of all time.

HOW BIG?
20 FEET



The largest chess piece is a king that measures 20 feet tall and nine feet in diameter at its base. It was constructed by the World Chess Museum, Inc. in St. Louis, Missouri, in 2018. The piece is 53 times the size of a standard “Champion Staunton” king piece. On the flip side, the smallest machine-made chess set, created by students at Texas Tech University, measures 0.017 inches by 0.017 inches. The “micro-pieces” are approximately .002 inches tall and feature tiny stubs that allow an integrated robotic arm to move them from square to square.

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DID YOU KNOW? CHESS

CHESS FACTS

- The number of possible unique chess games is much greater than the number of electrons in the universe – electrons is estimated to be 10^{79} ; unique chess games is 10^{120} .
- The longest chess game hypothetically possible would take around 5,949 moves.
- The word “checkmate” comes from the Persian phrase “Shah Mat,” which means “the king is dead.”
- From the starting position, there are eight different ways to mate in two moves and 355 different ways to mate in three moves.
- About 70 percent of adults have played chess at some point in their lives.
- Chess is believed to have originated in India, where it was called Chaturange prior to the 6th century AD.
- Archeologists have discovered ivory playing pieces and artifacts in Uzbekistan dating back to 760 AD.
- The first standard chess manual was written by chess master Francois-Andre Danican Philidor in 1749.
- Fool’s Mate is the fastest checkmate possible in chess. It occurs after only two moves.
- FIDE stands for Fédération Internationale des Échecs, which literally translates into World Chess Federation.

WORD SEARCH

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

- CHECKMATE
CHESS
CRUCIAL
GRANDMASTER
KING
- MENTAL
MOVES
NORWAY
OPENING
PAWN
- PIECES
QUEEN
ROOK
RUSSIAN
STEINITZ

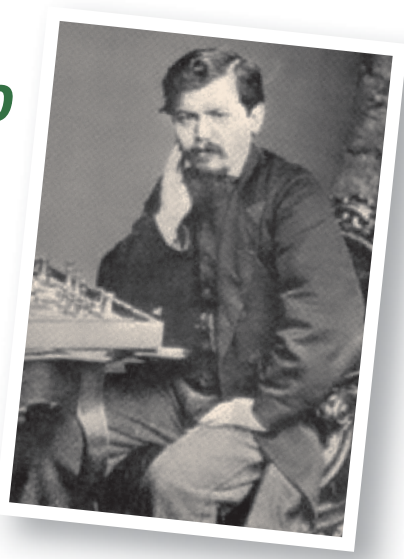


SAY WHAT?

CHESS CAN MAKE YOU GO MAD

By the end of his life, Wilhelm Steinitz, once considered the greatest chess player of the 19th century, was telling people how he had played chess with God – and won. Born in Prague in 1836, Steinitz moved to Vienna and quickly rose through the ranks to become the first undisputed World Chess Champion in 1886, a title he held for the next eight years.

After he lost his championship title in 1894, Steinitz traveled to Russia in a bid to reclaim his top position. But instead of winning, he suffered a mental breakdown in St. Petersburg. Sent to live in a Russian sanitarium, Steinitz spent long days of confinement playing chess with any inmate up for a game. By the turn of the century, his erratic behavior had become even more pronounced, with reports of him talking on wireless telephones and playing chess games with God.



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Chuck Wells
President

Veritas Prep athletics debuts a new look – and new Spiritline!

By Rachael Bouley

The Falcons are looking forward to an exciting fall, with new uniforms, a new football coach and a brand-new cheer squad bringing extra school spirit.

Veritas held a uniform unveiling event in August for the first time in school history, with football and cheer athletes and their families participating in the gathering to kick off the season.

“Getting a new uniform is a big deal for student-athletes, as we don’t have the privilege of upgrading our uniforms yearly, not yet at least,” Athletic Director Chase Beebe said. “Our coaches thought that getting everyone together to unveil the uniforms would help make this event that much more special for our athletes, and I couldn’t agree more. It was electric!”

After a few hard-fought seasons, the previous football uniforms had been through a lot of wear and tear and were due for an upgrade.

“For the first time in program history, at least from my knowledge, the football team will have three different jerseys to choose from and two pairs of pants to pair with different color combinations,” Beebe explained.

The athletes now wear all-black jerseys, white jerseys with a retro touch, and Beebe’s personal favorite, the Veritas blue jerseys, which have the same retro look as the white jerseys.



Captains Will Barrett and Anthony Sanfratello.



James Seone, Wes Jackson and Tico Lentz.

Mike Sanfratello is the new head coach, and he’s excited to take on the role after joining the varsity staff at Veritas last year.

“My kids have gone to Veritas since kindergarten. I coached the middle school football team for three years and have always enjoyed teaching kids the game,” Sanfratello said. “We have great players and are growing a new culture under the leadership of headmaster Theresa Weiland and Athletic Director Chase Beebe.”

Sanfratello grew up in Scottsdale and attended Coronado High School. He played

football in 1984 and 1985, earning all-state selection before heading to Northern Arizona University, where he was a two-time All-America defensive end. He then went on to play in the NFL with the San Francisco 49ers in 1991 and 1992 and coached at Coronado under Joe Corte for five seasons.

The new staff are ready to reset culture and build on the groundwork of the previous coaches, following the Falcon Way: Team, Teammate, Self.

“These core values help guide behaviors, and if we hold young men to a standard, they will rise to it,” Sanfratello said. “Our focus is on the process and doing things right every day – then we can expect good outcomes.”

The varsity football team is young, with only two senior starters returning from last year and only eight seniors on the roster out of over 40 kids.

“You win with leadership and experience. We will need to grow up quickly and I am looking forward to watching them do it,” Sanfratello added.

The new coach is eager to instill a sense of accountability and a will to compete to take them to the next level.

“We play in a great league, and this year, we play four playoff teams from last year, including the state champion, so our work is cut out for us,” Sanfratello said. “Our homecoming game against Shadow Mountain is at Veritas on September 20, and I am personally inviting Arcadia to come out and watch!”

VERITAS SPIRITLINE

Helping the Falcons fly high with their school spirit is the new Spiritline program.

“Our Spirit Team will be looking sharp on the sidelines and mid-field during halftimes, thanks to wonderful coaches who spent a part of their summer picking the perfect design for the uniforms,” Beebe said.

For the inaugural year of the program, cheerleaders will wear two uniforms: one with a white base and the other with a black base.

Coach Meghan Gottfredson says it’s been

a long time coming, as families have asked for this opportunity for years.

“We have an athletic director with tremendous vision, a supportive headmaster, and a handful of parents who have pushed to make this new program a reality,” Gottfredson said. “Coley Arnold and I were both excited to help get a program like this up and running, and we were honored to be asked to coach this season.”

After growing up dancing and cheering, Gottfredson is ready to bring fun and enriching activities to the Falcon community.

“I was fortunate to have a high school that offered an extensive Spiritline,” Gottfredson explained. “I was a cheerleader, a pommie, and I twirled baton. Being part of Spiritline even helped me choose a college.”

She twirled at the University of Arizona for four years after receiving an athletic scholarship. During her senior year of college, she coached pom at Catalina Foothills High School.

“These experiences allowed me to develop confidence, grow as a leader, and connect with my communities in a vital way,” Gottfredson said. “Being part of a school sports team is an invaluable experience, and I’m thrilled that the student-athletes at Veritas will have this opportunity.”

The junior varsity and varsity teams consist of 20 students that practice three times weekly.

Spiritline will be found on the sidelines at home and away games during football and basketball season, and while they don’t plan to compete this year, they are eager to work toward that as the program grows.

“Veritas is an incredible school with a thriving athletics program. Spiritline only adds to this in the most positive ways,” Gottfredson said. “Every student should have the opportunity to be part of a team, and we hope Spiritline will fill that void. We’re excited to watch this program take our school spirit and camaraderie to the next level.”



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The salary divide

Do you ever wonder what your life would have been like if you had taken a different path? What if you had studied something different in college or worked in a different industry? Or had a different role at work?

When I was in graduate school, a professor casually mentioned that I should go into consulting at a big firm. I had no idea what that meant. I never asked, and he never explained. I have wondered what my path would have been like if we'd had just one conversation.

A disturbing trend is becoming more apparent. There are larger and larger gaps in pay between workers. This trend can also be seen in our economy as a whole. Many indicators say the economy is doing well, but someone making less than \$50,000 per year most likely doesn't feel that way. On the flip side, those who are doing well seem largely untouched by our current economic challenges – they are also often making \$200,000 or more.



Career Corner
BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

What are these groups doing differently? It may be more random than you think. It's not necessarily that the higher paid person is working harder or longer hours. They are not necessarily any smarter than someone else. Often, it's the particular educational and career path that pays more.

If you are a parent of a teenager or young adult, this column is for you. If you want to help your child pick the best career, do research. Look at sites like Glassdoor.com to see how much various jobs pay. If your teen is looking at certain colleges, look up what is called a post-graduation report. It will tell you which fields graduates are working in and how much they are making.

Two different degrees may cost the same amount of money to earn. However, the careers they lead to may be very different. One career may pay \$50,000 per year, while the other pays \$200,000.

Don't get me wrong. Money isn't everything. But if there are two jobs that would be a good fit for a person, and one pays four times what the other pays, wouldn't you want to select the higher paying option?

If you are already in your career path, and you're feeling financially strained, do some research. Learn if you are underpaid for the work you do. If you aren't, but are still not making enough money, look at other options. Consider what transferrable skills you have that you can take to another field that will pay more. This can help you to close the salary divide.



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Digital wellness plays critical role in suicide prevention

By Rachael Bouley

September marks National Suicide Prevention Month, a time to acknowledge lives lost and families impacted, as well as raise awareness and spread messages of hope. According to the Arizona Department of Health Services, youth suicide is the leading cause of death for ages 10-14 and 15-24.

Katey McPherson is one of the many mental health advocates who are on a mission to reduce suicide and save lives. As a mother to four teen daughters and a long-time educator, guidance counselor and school administrator, she knows how important it is to help teens through troubling times and show them that there is support for any struggles they may face.

Nine years ago, McPherson left her educator/counselor role with the Scottsdale and Gilbert School Districts to travel around Arizona and the United States to teach staff and parents about digital wellness and safety. The childhood advocate and education consultant has seen great strides in mental health awareness and suicide prevention, especially in school settings and higher education.

"The college students that have recently graduated have rallied hard for mental health issues to be de-stigmatized and that mental health is as important as physical health," McPherson said. "This is trickling down to K-12 populations who feel like seeking help is not bad, and when distress is present, it is okay not to be okay."

To support youth suicide prevention, the State of Arizona formed a work group for adolescents and young adults under 25 to focus on the unique challenges they face in

person and online. The group has expanded to include adults and seniors.

"It is so important to normalize the conversation and include all voices at the table. The more we can use a public health model, the better for an 'all hands on deck' approach," McPherson explained. "It takes everyone in a community to tackle this: business and faith leaders, schools, parents, law enforcement and business/government leaders to fund programming and make change happen."

With the rise of social media and cyberbullying, parents and caregivers should strive to be aware of what teens may be seeing and posting online.

"I speak about digital footprints and how it is so important that if you are using the Internet or social media, your footprint needs to remain shiny and responsible," McPherson said. "So many kids have no idea that their digital footprint is being looked at, and universities and others offering them future opportunities like jobs or the military are watching their social media handles, deciding whether they should be invited to apply."

McPherson also stresses the impact of devices, social media, and video games on the developing brain, recommending kids and adults leave phones outside the bedroom at night.

"Kids need 8-12 hours of sleep, and some only get 4-6 hours. My standard tagline is nothing good happens after 8 p.m. with an underdeveloped brain on a device," she said.

In addition to mental health advocacy,



Katey McPherson

McPherson serves as the director of professional development for Bark, an AI app for parents and school faculty.

Bark monitors texts, emails, and 30+ apps and social media platforms for cyberbullying, adult content, predators, profanity, suicidal ideation, threats and more.

Parents receive text or email alerts when potential problems pop up online, and there are options for app and website blocking, location-sharing alerts, check-ins and screen time management.

"The Bark app and phone are doing amazingly well. We are also getting ready to launch a watch, which should be super awesome," McPherson said. "We continue to alert families to safety and wellness issues at a steady pace and bolster awareness of what children are doing online while offering practical tips to build trust with children. It is a team approach to digital wellness at Bark."

McPherson suggests the 988 Suicide & Crisis Lifeline for anyone nationwide needing help. There are call, text, and chat options for teens and adults struggling with mental health or experiencing suicidal ideation. She says a trusted adult will have a long-lasting impact, helping students navigate their feelings while seeking professional support.

"Every week, I receive a text or email from a mom or dad who has attended one of my workshops, a panel, or documentary screening who said learning this information has helped save their student from distress and sometimes from taking their own lives," McPherson shared. "Those powerful stories inspire me to keep talking and raising awareness."

kateymcpherson.com

WHAT IS BARK PHONE?



The Bark phone is a current generation Samsung device that offers parents more control.

Parents can monitor texts, apps, social media, and web searches; track location for peace of mind; block websites and apps; approve app downloads; set app time limits, lock the phone from a remote location; manage calls and contacts; receive alerts for dangers and set remote alarms.

One of the most reviewed features is that kids aren't able to delete texts without permission, download workaround VPNs, or change the parental controls you set.

Unlike the Bark app, this software is built directly into the phone and automatically monitors texts, emails, social media and apps.

bark.us

Smiling from ear to ear

It's hard to believe that corn had its beginning in the form of a wild grass called *teosinte*. The kernels were small and not placed close together like the modern veggie. Harder to grasp is the fact that that DNA studies of ancient kernels and cobs reveal the earliest known evidence of domesticated corn is from 8000 B.C. in what is now the Rio Balsas region of Mexico.

There's indirect evidence suggesting that corn may have been domesticated as far back as 10,000 years. The oldest kind is called pod corn because in addition to the husks around the short ears, each individual kernel has its own wrapping.

Thanks to Christopher Columbus, corn became popular around the world, and new heirloom varieties arose as people selected it for their climate and preferences. It was

thought that the veggie came to southern Arizona and New Mexico along the highland corridors of the Sierra Madre Mountains, but we now know that a new genetic variety with larger cobs and kernels was introduced from the Pacific Coast.

That same study delved into the DNA of 32

archaeological sites across North America detailing ancient corn and cob samples spanning 6,000 years. Original Indian corn had white kernels on a red cob. Through crossbreeding, white sweet corn grew on a light-colored cob. The Incas developed approximately 300 varieties by the 15th century and in the late 19th century, a yellow strain called Golden Bantam was developed by William Chambers.

Hybrid corn became an agricultural staple in the late 1930s through the 60s as breeders found ways of producing hybrid seeds without the intensive hand labor necessary with old methods. Hybrid corn has the advantage of growing fast and bearing heavily. Disadvantages include a need for ample water and heavy feeding to support growth and bearing.

Genetically modified corn is problematic. While it is resistant to earworms, the caterpillar-killing pollen blows around the neighborhood affecting the larvae of butterflies and pollinating moths. Scientists are still divided on the safety of the caterpillar toxin for consumption by humans and livestock. Yes, it is a concern here in the Valley.

The history of corn is fascinating to delve into. Don't dismiss the veggie as another known ingredient used in the making of chips, oil, polenta, tortillas and baby food. It is also used in hand soap, chewing gum, the adhesive used on envelopes, peanut butter, paints, paving bricks, wax paper, mouthwash and ethanol that is added to our gas in winter.

Corn is sacred to the Navajo and Hopi Nations. The Navajo use its pollen as a blessing and offering during prayer. The Hopi sprinkle cornmeal to welcome the kachinas (spirit being) to the Corn Mother, described as "a perfect ear of corn whose tip ends in four full kernels," and is saved for rituals.

Depending on where you live, corn is grown mostly for livestock feed, but many home gardeners delight in growing it. Every stalk produces one to two good years of sweet corn. Instead of boiling the ears, which deplete the nutrients, the easiest way to prepare is to remove the husks and the silk. Wrap each ear in a wet paper towel and microwave for approximately two minutes. Keeping the ears crisp is the goal, so you might find yourself experimenting a bit.

Whether you use the kernels to make soup or chili, corn pudding, toppings for salad, in cowboy caviar, dips and salsas, fritters, or skillet pasta and casserole dishes, the options are endless.

September's cookbook recommendation: "Market Vegetarian" by Ross Dobson

September's novel recommendation: "Pearce Oysters" by Joselyn Takacs

September's recipe: Corn chowder



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Natalie Brown - Arcadia Pom's cheerful new coach

With school beginning and football season right around the corner, it is important to highlight those who perpetuate Arcadia's school spirit with passion and consistency. Arcadia Pom Coach Natalie Brown is a prime example, so we sat down with her to see what's new for Spiritline in the coming athletic season.

Have you introduced any good luck rituals to the Arcadia team?

There's a tradition that I started with my old team and have now incorporated with the Arcadia girls. We all stand in a circle, put our right foot in, hype each other up, and talk about how we want to perform.

What are some changes you will implement to support the girls in competitive events and secure their ticket to Nationals?

When I came in this year, I told the girls that I have very high expectations for

them. We are competing in a new category called Team Performance, which is what my university used to compete in in college, so it's very close to my heart, and introducing that type of style to the girls is great. My assistant coach, Maxanna Collins, is also amazing. She's a personal trainer and has been helping the girls train to be able to execute necessary skills.

How are you preparing this year's team?

I had the girls come up with a word that they want to define their season with, and they chose 'powerful.' I think the way that they're able to exude that on the sidelines is being powerful in chants, in guiding Chaos Corner, and in getting our fans involved, especially when the boys are down in football. We are known as a spiritline for that and for being able to push through.

— Ahva Ghazanfari and Brooke Waddle



Gussie Keen, Scarlette Cardon, Cooper Janson, Clara Baglo, Kennedy Hunter, Eva Gibb, Caitlin Eustice, Luciana Villanueva, Brielle Frost, Bostyn Guarine, Tori Bertsch, Ryan Michealree, Lily Cohen, Ivy Zastrow.

Arcadia's National Honor Society

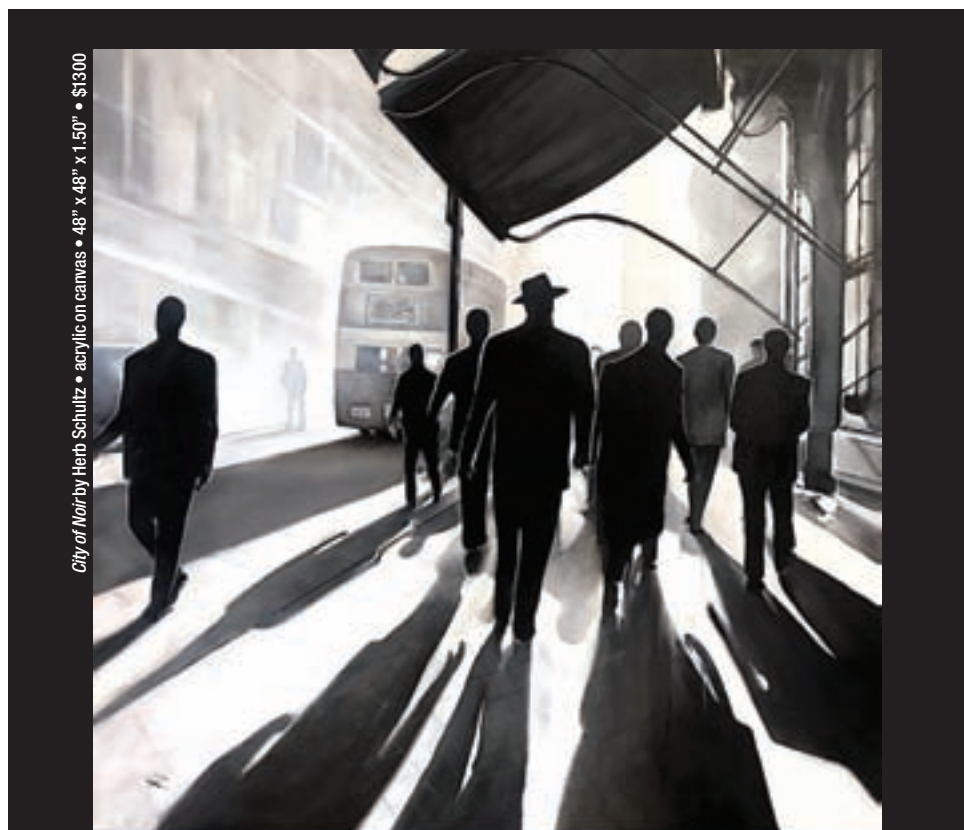
Arcadia High School's National Honor Society is composed of ambitious seniors dedicated to exhibiting service, scholarship, character and leadership. Scholarship means that these are students who are committed to learning inside and outside of the classroom, and many NHS members help tutor their peers after school.

Service means that the students perform selfless acts in hopes of helping others, such as volunteering at Feed My Starving Children. Leadership allows these students to inspire their peers and others through taking action and responsibility – an example of this is taking the initiative to clean up campus. All of these qualities culminate into character, which is the very essence of who every one

of them is. NHS students share their character with the community through being pen pals with Tavan Elementary second graders.

The National Honor Society was founded in 1921. What started as a small institution at a Pittsburgh high school has grown to include over 16,000 active chapters worldwide. While some schools have an NHS chapter that students are a part of for their entire four years, Arcadia's is formatted so that students are in the club from culmination of junior year until the end of senior year. In the meantime, underclassmen can start building their resumes and strengthening their GPAs so if they're interested in joining, they'll be able and ready to apply when the time comes.

— Amelia Guzman



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