ARCADIA NEWS

VOL. 32 NO. 8 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — NOVEMBER 2024

SEE INSIDE!

TIME TO TROT

Camille, Harper, Luci and Nora are ready for November events – including the inaugural Arcadia Turkey Trot!

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SPREADING HOLIDAY HOPE

Nonprofits are gearing up for holiday donation drives, which include toys, turkey and everything in between.

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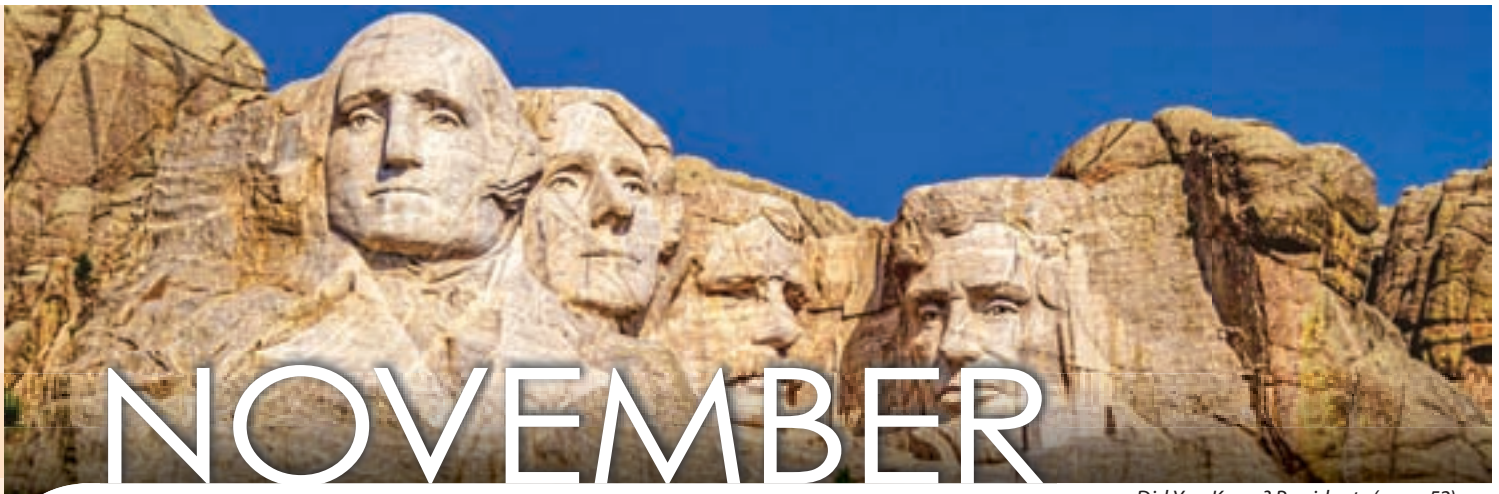

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St. Thomas students Camille, Harper, Luci and Nora are excited to represent their school at the first-ever Arcadia Turkey Trot on November 28.
PHOTO: AMANDA GOOSSEN

EDITOR'S NOTE

Our November edition features an array of things focused on 'thanks' – a few spots to share Thanksgiving or Veterans Day meals with family and friends, food and toy donation drives that are kicking off this month and a campaign to raise money for young patients at the Steele Children's Research Center.

For almost 25 years, PANDA (People Acting Now Discover Answers) has been on a mission to make the world brighter and healthier for children. The PANDAs for Patients campaign works two-fold: patients and their siblings received a plush panda bear to love, and donators raise money for research and awareness. Thanks to the contributions of more than 370 individual donors, the campaign raised more than $54,000!

In an exciting initiative that bridges the Atlantic, Arcadia High joined up with Lënster Lycée International School in Luxembourg to participate in a musical student exchange program. This innovative exchange, spearheaded by music teachers Louise Hottias and Richard Maxwell, has brought students closer through the universal language of music and set the stage for a more profound cultural exchange.

Be sure to check out our Fall edition of Arcadia Home & Design inside. This issue of our seasonal, home-centric magazine features a story about the Phoenix Art Deco Society and their preservation efforts and some tips for creating a desert oasis in your yard.

Happy Veterans Day, Happy Thanksgiving – and thank you, as always, for reading Arcadia News and Arcadia Home & Design,

Mallory

– Mallory Gleich

UPCOMING THEMES:

DECEMBER	JANUARY	FEBRUARY
Holidays	*Fitness and Health*	*History*

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"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

– John F. Kennedy

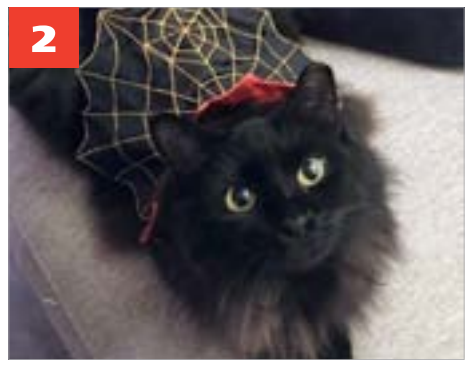
ARCADIA'S PETS

1. This is **Ripley**. She is a six-month-old Doberman Pinscher. We picked her up when she was 11 weeks old. When we unexpectedly lost Karma (who was pictured in the March 2023 edition) at the young age of four, we knew we needed to give our hearts to another sweet girl to help heal our broken hearts. Ripley is smart, spirited and currently in obedience training to become the next therapy dog at Archway Veritas.

– A. Hosack

2. Spook came to us three years ago in October. Late one night we heard tiny screams for help outside. He had been dumped on our street at about 10 weeks as a TNR (trap/neuter/release) and was half starved. Since then he has been living his best life in Arcadia along with our two other sibling rescues we saved off the street about 10 years prior.

– B. Pachman



3. Tutterson J. Flufferbird Barnswallow III – also known as Tutu – is a 14-year-old Goffin's cockatoo. He's a lively little guy who likes to wake up early and watch mom have tea, and also loves to dance to classic rock tunes. His favorite thing to say is "come here"! You can usually find him outside on his "playground," taking a bath and enjoying the Arizona sunshine.

– A. Renna

4. Hi! We are 8-year-old **Trader** and 6-year-old **Jackson**, and we are mini Australian shepherds. We love going to Telluride and riding on the gondola with our daddy and mommy. You might see us walking in the Date Grove, looking for bunnies and the occasional coyote. We love Arcadia!

– M. Butler

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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PHOTOS COURTESY OF CHRIST LUTHERAN SCHOOL

Zane Ralphs with Veteran Richard Chambers and his wife Yonako.

The CLS annual Veterans Day parade will be held on November 11.

United States Marine Corp Veteran Jimmy Vercellino with his son, Christian.

Honoring Our Heroes: The CLS Veterans Day Parade

By Rachael Bouley

Students and teachers at Christ Lutheran School are excited to continue one of their most popular events: the annual Veterans Day drive-through parade and ceremony, which will be held this year on November 11.

The CLS community has celebrated Veterans Day for over twenty years. This idea was originally brought to life by former teacher Bill Hodgson.

"It was a firm belief amongst the teaching staff that to honor our Veterans, we needed to learn about them and thank them personally, so in concert with the church, we invited them to breakfast on Veterans Day and to chapel afterward," Service Learning Coordinator Mandi Schnepf said.

From there, the celebration blossomed, with Veterans of all ages participating and students learning about service members and their sacrifices.

"There were Vietnam Vets who came for the first time and cried because they were always shamed for their service. They openly wept when we thanked them," Schnepf said. "There were new soldiers straight out of service who were unsure of their role. The kids learned so much, but it was the best to watch these service members interact."

Two decades later, the tradition continues, bringing students, teachers and Veterans together. For many years, the celebrations consisted of a special in-person breakfast and chapel, but a few years ago, the school switched gears and started a drive-through parade, which turned out to be a big hit.

Each grade level has a service learning focus for the school year, and for sixth graders, that focus is Veterans. They hear from active and retired military throughout the year, inspiring their plans for Veterans Day activities.

Leading up to the event, the chapel offering for October and November supports deployed military personnel and Veterans while students collect items for care packages. Families are encouraged to spread the word about the parade, and invitations are shared with the Christ Church Lutheran congregation, local retirement communities and nursing homes.

Their preparations pay off in a memorable celebration of the military members who have made immeasurable sacrifices for their country.

"It is amazing to watch the parade as all the decorated cars drive through with patriotic music blaring," Schnepf said. "It truly is moving to see the smiles on the faces of students and participants."

Sixth grader Kinsley is excited to lead the school in chapel and help with the parade this year.

"I want everyone to know that our school cares greatly about the Veterans who served for us, and we want to honor them and let them know that we are so grateful for them," she said.

Eighth-grader Mason is switching up his plans for the celebration.

"I hope to pass out cupcakes and letters to the Veterans," Mason said. "I enjoy seeing the smiles on their faces when they come through the parade."

Students agree this is a very special tradition, and something family and friends can get involved in by bringing Veterans along and showing their support.

"We make fun posters to celebrate the amazing people who served our country," eighth grader Ashlyn said. "On Veterans Day, the whole student body congregates to cheer for them as they drive through our campus in decorated cars and cool vehicles."

This year's celebrations will open with Veterans Day Chapel, led by the sixth graders, and the drive-through parade starts at 9:30 a.m.

The entire school will gather at the flagpole at 11 a.m. for a ceremony and moment of prayer and silence, marking the armistice signed between the Allies of World War I and Germany on the eleventh month, eleventh day, at the eleventh hour.

"Since it has been a long tradition, we will continue to host something every year on Veterans Day to come together as a school to learn more about Veterans and how we can honor them," Schnepf said.

clsphx.org

WHAT'S HAPPENING, *ARCADIA?*

BRIEFS

Paul Komidina and Kristina Spellman are debuting the second annual **Arcadia Luminary Experience**, a display that will light up Lafayette in between 44th St.-68th St., and Arcadia Dr. from Camelback to Indian School. The event will happen on Christmas Eve at 4:30 p.m., but the duo is looking for volunteers to help with a packing party on December 15 to load supplies, drop them off, and help with decorating.

For more information, email arcadialuminaries@gmail.com

The first-ever **Arcadia Turkey Trot** is happening on November 28 at 8:30 a.m. starting at Arizona Falls (5802 E. Indian School Road, Phoenix). Families and friends can walk, jog or run to benefit Good Soles, a local charity dedicated to providing kids with new shoes. Since its founding in 2017, Good Soles has donated new shoes to Child Crisis Arizona each summer. Registration is $35 for adults, $15 for kids.

arcadiaturkeytrot.org

Arcadia High School's Student Government is hosting its inaugural **Fall Festival**, a free to attend community event. There will be food trucks, carnival games, a cake walk and live music on Saturday, November 16 from 2-6 p.m. at Arcadia High (4703 E. Indian School Road, Phoenix).

arcadia.susd.org

The **Tiny Art Machine** will make its debut at the 2024 **Shemer Arizona Art Festival** (5005 E. Camelback Road) on November 2 and 3. Filled with original ceramic art pieces from Shemer students, the machine is being used as a fundraiser for the Shemer Legacy Expansion Campaign. Attendees can donate $25 and earn a token and a turn at the machine, bringing home a small treasure while donating to a local cause.

shemerartcenter.org

Desert Links Indoor Golf (4522 E. Thomas Road) is a new golf simulator facility equipped with two Trackman bays that allow guests to play over 300 courses, enjoy family-friendly games or work on their swing in practice mode. Bays can be rented for $60/hour between 9 a.m. and 8 p.m. There are three membership tiers ranging from $160/month to $260/month. First-time guests can schedule a free 30-minute demo.

desertlinksgolf.com

Registration for the 2024-25 **Arcadia Little League** season opens on November 1. Early bird registration is open until November 30. Regular registration is open from December 1-January 15. Late registration is open from January 16-31. From the website: "Division placement is determined by a combination of player league age, skill level, prior experience, coach recommendation, guidelines and parent input."

arcadialittleleague.com

Pure Glow (3170 E. Camelback Road) opened its first Phoenix location in October. The business offers a sunless tanning solution using an exclusive formula containing skin-nourishing and non-toxic ingredients for a natural-looking tan in less than 20 minutes. Pure Glow is offering an exclusive promotional package: a five-pack of airbrush tanning services for $199, a total retail value of $325, for new clients.

pureglow.com

Bricks Studio's specialty classes are happening throughout the fall. Parent Dance with Me classes, for ages 2-3 years old, include dancing, reading and creating playful movements. On November 16 there will be a Western Hoedown themed party for ages 8 and up and November 22 offers a three-year-old Parent Dance with Me class.

bricksstudio.com

American Pickers (a popular show on the History Channel) returns to Arizona this November and is looking for collections throughout the state – if you've got an interesting or unique item, you might want to check it out! Collectors interested can call 646-493-2184 or email americanpickers@cineflix.com. P.S. Pickers only view private collections, so no businesses, malls, flea markets, museums or auctions should apply.

VETERANS DAY

Here are a few Arizona spots offering deals to Vets and active duty military on Veterans Day and beyond:

OVER EASY:
A year-round discount with 10 percent off the bill every visit.
eatatovereasy.com

LOS SOMBREROS:
A free entrée on Veterans Day.
lossombreros.com

WINE GIRL SCOTTSDALE:
A penny glass of champagne as part of their 'Vino for Vets' promotion.
winegirl.com

HASH KITCHEN:
A free stack of pancakes on Veterans Day with proof of ID.
hashkitchen.com

JOCQUE CONCEPTS:
A 25 percent discount off food purchases on Veterans Day at all of its concepts: Diego Pops, Eat Up Drive In and The Montauk.
jocqueconcepts.com

RUSTY SPUR SALOON:
A free t-shirt.
rustyspursaloon.com

32 SHEA:
A free medium coffee of any kind.
32shea.com

LAKESIDE BAR & GRILL:
A free Lakeside Burger.
lakesidebarandgrillaz.com

RED, WHITE & BREW:
A free appetizer on Sunday, November 10.
rwbaz.com

BILL'S GRILL:
A free All American Burger and fries.
billsgrillprescott.com

EVENTS

FRIDAY 11/1

Water Lantern Festival

3 p.m. at Kiwanis Park, 5992 S. All America Way, Tempe. The Tempe Water Lantern Festival is bringing people together for a celebration of light and community. This evening will be filled with food trucks, music, activities, and thousands of lanterns lighting up the night with love, happiness and hope for a wish come true. Tickets are $46 per person.

waterlanternfestival.com

SATURDAY 11/2

Friends of Erma Bombeck Luncheon

12 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave., Phoenix. Presented by the Arizona Women's Board, the 45th annual Erma Bombeck Author's Luncheon brings together writers from all over the country to discuss their latest releases. There will be panel talks with authors Anne Byrn, Hampton Sides, Lisa Wingate and more, plus opportunities for purchases and book signings. Registration is $250 per person.

authorsluncheonaz.org

SATURDAY 11/2 – SUNDAY 11/3

Shemer Arizona Art Festival

10 a.m.-4 p.m. at Shemer Art Center, 5005 E. Camelback Road. Patrons can revel in two days of holiday shopping with more than 40 artists selected from across Arizona showcasing their works. There will also be demonstrations, activities, live music, food and beverage vendors, a silent auction and the all-new Tiny Art Machine. This event is free.

shemerartcenter.org

SUNDAY 11/3

Walk for 1 in 100

9 a.m. at Tempe Diablo Stadium, 2200 W. Alameda Dr. The Adult Congenital Heart Association invites families and friends to walk and raise awareness for adults living with congenital heart defects. Along with the walk, there will be activities like face painting, bracelet making, games, live music, a photo booth and food and drinks from Salt Cellar. Registration is free, donations are welcome.

achaheart.org

Glimmer of Hope Gala

11 a.m.-2 p.m. at the Camelback Inn Resort, 5402 E. Lincoln Dr., Scottsdale. Celebrating its 25th anniversary this year, the Phoenix Animal Care Coalition is hosting this gala to raise funds for abused, neglected and homeless animals. Guests can enjoy a silent auction, a live auction,

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a car raffle with a Toyota 4Runner up for grabs, a wine pull, lunch and a video program highlighting pets that have been helped. Tickets start at $175 per person.

pacc911.org

WEDNESDAY 11/6

Jimmie Johnson Foundation UnGala

5 p.m. at Ocean 44, 4748 N. Goldwater Blvd., Scottsdale. This event will start off with a racing-themed red carpet followed by a cocktail hour, a live and silent auction and dinner. The Jimmie Johnson Foundation focuses on supporting K-12 public schools. A portion of the proceeds will be donated to The Be Kind People Project. Ticket prices vary.

jimmiejohnsonfoundation.org

THURSDAY 11/7

Annual 360Breakfast

7:30 a.m. at Ability360 Sports & Fitness Center, 5031 E. Washington St., Phoenix. The 360Breakfast brings together members of the community to share a meal while learning how they can support Ability360. Guests will hear from multiple speakers while enjoying breakfast from Vincent on Camelback. This event is free but registration is recommended.

ability360.org

FRIDAY 11/8

Wine Girl Open

7:15 a.m. at the Continental Golf Club, 7920 E. Osborn Road, Scottsdale. Wine Girl is hosting its second annual Wine Girl Open golf tournament benefiting the Impact One Breast Cancer Foundation. Guests can participate in themed holes, games-within-the-game, wine tastings, a raffle, drinks, lunch and goodie bags. Tickets are $375 per twosome, $750 per foursome.

winegirl.com

Culinary Series

6 p.m. at Andaz Scottsdale Resort, 6114 N. Scottsdale Road. Various properties from around the world have joined forces in Scottsdale for this culinary series. Tonight's Chef's Table dinner showcases the culinary genius of Andaz Maui's Chef Ritchard Cariaga. Guests will enjoy multiple courses with beverages to match. Tickets are $140 per person + $60 for the wine pairing.

andazscottsdale.com

SATURDAY 11/9

Moving Day

9 a.m. at Kiwanis Park, 5233 S. Ash Ave., Tempe. The Parkinson's Foundation will host its annual Moving Day Phoenix – A Walk for Parkinson's to raise funds to support research, care and education programs for people with Parkinson's and their families. There will be a family-friendly walk course, a kids' area, a caregiver's relaxation tent and a Movement Pavilion featuring yoga, dance, Tai Chi, Pilates and more. Registration is free, donations are accepted.

movingdaywalk.org

School of Ballet Arizona Fall Showcase *at Dorrance Theatre in Phoenix.*

Condors and Cocktails

4 p.m. at Liberty Wildlife, 2600 E. Elwood St., Phoenix. Liberty Wildlife is on a mission to promote the care and protection of endangered California condors. This evening's event features live music, raffles, demos, wildlife presentations, the Wishes for Wildlife auction, food trucks and specialty cocktails. This party is for grown-ups only, and tickets are $125.

libertywildlife.org

Amore Soiree

4-9 p.m. at Scottsdale Civic Center, 3939 N. Drinkwater Blvd. Amore Soiree – Tulum Meets the Desert is all about tequila and tunes. Guests will hear Afrobeat House music by Shimza, OVEOUS and Pasta Rada while learning about and sampling different tequila varieties. Other drinks – plus food vendors and a merchant area – will be on-site. A phoneless ticket option is available for $49. VIP tickets are $99. This event is for ages 21 and older.

amoresoiree.com

MONDAY 11/11

Phoenix Veterans Day Parade

11 a.m. in downtown Phoenix, starting at Montebello and Central Ave. This event has been happening for over 25 years – and it's all about honoring the Veterans. Parade-goers are encouraged to arrive early to find parking. The parade will last for two hours and will feature over 80 participants. This year's theme is "Welcome Home Vietnam Veterans, Sacrifice Remembered," and the 2024 Celebrity Grand Marshal is baseball legend Luis Gonzalez.

honoringamericasveterans.org

TUESDAY 11/12

Scottsdale Civil War Roundtable

6 p.m. at the Scottsdale Public Library, 3839 N. Drinkwater Blvd. This month's Scottsdale Civil War Roundtable will host Historian Kristen M. Trout, who will lecture on former United States Senator John Brooks Henderson and the Missouri Civil War Museum. Doors open at 5 p.m. for meeting the speaker, book sale, and viewing Civil War videos. This event is free.

scottsdalecwrt.org

Canines + Cocktails

11 a.m. at The Herb Box, 7000 E. Shea Blvd., Scottsdale. To celebrate the 800+ dogs who have found loving homes and raise much-needed funds for the dogs at Forever Loved Pet Sanctuary comes the inaugural Canines + Cocktails: Brunch Edition event. Guests will find live entertainment, a curated menu, pet portrait demonstration, a wine + spirit pull, senior dog kissing booth and more. Tickets are $125 per person.

foreverlovedpets.org

THURS. 11/14 – SAT. 11/16

Vineyards in the Valley

4 p.m. at the Clayton House, 3719 N. 75th St., Scottsdale. Vineyards in the Valley is an inaugural wine-tasting event to support healthcare initiatives in Haiti. This three-day celebration will host wine tastings, gourmet food pairings, VIP dinners at Scottsdale restaurants, and a charity auction. Standard tickets are $250, wine dinners with Amelia's Restaurant and Francine are available for an additional cost.

give.hopeforhaiti.com

FRIDAY 11/15 – SUNDAY 11/17

School of Ballet Arizona Fall Showcase

Times vary, at Dorrance Theatre, 2835 E. Washington St., Phoenix. Join The School of Ballet Arizona for its annual Fall Showcase performance, where the beauty of classical ballet comes to life. This event highlights the progress of dancers across all levels, presenting a diverse range of performances. Tickets are $35 per person.

balletaz.org

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 11/16

Arcadia Neighborhood Picnic

2-5 p.m. at Hopi Elementary, 5110 E. Lafayette Blvd. Head to Hopi for the annual Arcadia Neighborhood Picnic! Guests can enjoy music from String Pilots, meet local public service agents and K9, check out a Phoenix ladder fire truck and find games for all ages, a balloon twister, lunch and ice cream from Leo's, the Dino Crew – and hang with the neighbors, of course! Admission is free.

acmna.org

SATURDAY 11/16

Sit. Stay. Brunch.

10:30 a.m. at the Omni Scottsdale Resort, 4949 E. Lincoln Dr. Benefiting the Lost Our Home Pet Rescue, the 15th annual holiday champagne brunch and auction is back. This event raises funds needed to support services and programs for pets and people in the community. Guests will be served drinks and brunch, watch adoptable pets on the catwalk and participate in the silent auction. Tickets start at $175.

lostourhome.org

Festival of the Arts

11 a.m.-6 p.m. at Herberger Theater Center, 222 E. Monroe St., Phoenix. An outdoor, admission-free event that celebrates the art community! Patrons will find performances by more than 20 local and diverse performing and dance troupes including Silambam Phoenix, T.A. Burrows, The Asim Project, and more. There will also be art demos, live music, activities for kids, food and drinks and a vendor market.

herbergertheater.org

Arcadia Neighborhood Picnic *at Hopi Elementary.*

NiteFlite Gala

6 p.m. at the W Scottsdale, 7277 E. Camelback Road. This year's theme for the Saguaros NiteFlite Gala is "time flies." Chairman Tad Crothers and his team will put technology at the forefront with futuristic performers, photo opportunities and food and drink stations. Proceeds benefit the Saguaros Children's Charities Foundation. Tickets start at $250 with sponsorships available.

saguaros.com

SATURDAY 11/16 – SUNDAY 11/17

Phoenix Pizza Festival

11 a.m.-6 p.m. Saturday, 11 a.m.-4 p.m. Sunday, at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Head downtown for all the slices your belly can handle at the eighth annual Phoenix Pizza Festival. More than 20 pizza vendors and other food vendors will be on-site, plus beer stations, lawn games, live music and a kids zone. Tickets are $16 per person, with slices from $2-$4.

phoenix.pizza

SUNDAY 11/17

Organ Throughout History

4:30 p.m. at Christ Church of the Ascension, 4015 E. Lincoln Dr., Paradise Valley. Featuring CCA Music Director Tigran Buniatyan, this concert will illustrate 500 years of the history of organ music, starting with the Medieval era, and also explore the sounds of Renaissance, Baroque, Romantic, and 20th Century music styles. This event is free.

ccaaz.org

SATURDAY 11/23

Arizona Indigenous Culinary Experience

6 p.m. at Scottsdale's Museum of the West, 3830 N. Marshall Way. The Arizona American Indian Tourism Association presents this event in celebration of Native American Heritage Month. Attendees can indulge in authentic cuisine, arts, and live performances with curated tasting stations and demonstrations. This event is in conjunction with the Arizona Indigenous Food Symposium on Friday. Tickets start at $40.

arizonaindigenousculinaryexperience.com

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Placement evaluations are mandatory for the upper Baseball and Softball divisions.
Practice will begin in February. Season runs from early March until May.
See website for dates and times.

PAID ADVERTISEMENT

Choosing *Independence* Amid Corporate Acquisitions

If you hadn't heard yet...Compass, a publicly traded company and real estate conglomerate, has acquired both Launch Real Estate and North & Co over the past 18 months.

Moving forward, both of the brokerages will be rolled up into the corporate juggernaut which will just be known as Compass. While these two companies chose to go the corporate route, at The Brokery we remain steadfast in our commitment to the neighborhood as a locally owned company.

As local business owners, we take pride in the entrepreneurial spirit that has built our business over the past decade. While we have been approached many times by larger companies, we continue to choose our own path to remain more nimble than our corporate competitors and align our goals with those of the neighbors that we serve instead of answering to shareholders. Additionally, our investments back into the neighborhood and philanthropic efforts are an authentic reflection of our true values.

The Arcadia community was built on local businesses that give our neighborhood the character that we all love and we are honored to serve amongst many other local leaders.

When it comes time to do business...Keep it local, **Relentlessly Local.™**

-Tucker Blalock

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

Million Dollar Quartet *at Arizona Broadway Theatre in Peoria.*

Whiskey Tasting Dinner *at Thirsty Lion in Phoenix.*

FRIDAY 11/1

Million Dollar Quartet

7:30 p.m. at Arizona Broadway Theatre, 7701 W. Paradise Lane, Peoria. What happens when you put four iconic musicians in the same room? You get one of the greatest jam sessions ever. Million Dollar Quartet brings Carl Perkins, Jerry Lee Lewis, Johnny Cash, and Elvis Presley together to serenade audiences with Blue Suede Shoes, Fever, Walk the Line, Great Balls of Fire and more. Ticket prices vary, starting at $73 for show only, $103 with dinner.

azbroadway.org

FRIDAY 11/1 – SUNDAY 11/3

Carefree Fine Art and Wine Festival

10 a.m.-5 p.m. at 101 Easy St. in downtown Carefree. Take the day, relax and stroll through more than 155 juried fine arts displays. Artists from across the U.S. will be on-site showcasing their paintings, sculptures and photography while guests sip domestic and imported wines. For $15, patrons will receive a commemorative wine glass along with various tastings. There will also be live music and entertainment. Tickets are $5.

thunderbirdartists.com

Celtic Festival and Scottish Highland Games

Friday 5-9:30 p.m., Saturday 8 a.m.-9:30 p.m., Sunday 8 a.m.-5 p.m. at Rillito Raceway, 4502 N. 1st Ave., Tucson. Three days of Celtic, Irish, and Scottish music (Celtica Nova, Swainn, Out of Kilters, and the Noble McCoy Band), dancing and athletics happen at this 38th annual festival. There will also be fire dancers, a classic car show, food, drinks, vendors and activities. Admission is $15 for kids, $23 for adults; VIP for $125.

tucsonceltic festival.org

Arcosanti Outdoor Concert

6 p.m. at Arcosanti, 13555 S. Cross L Road, Mayer. Arizona bands Galactic Harmony and Rivers Run Wild head north for a night of magic, mystery and music as each band performs a full set of original tunes. Attendees can arrive at 2 p.m. for a tour of the venue and are also welcome to add on a camping experience in the Mind's Garden. Concert is $20 per person, camping is a $25 add-on.

arcosanti.org

THURSDAY 11/7

Heroes Patriotic Luncheon

10:30 a.m. at the Commemorative Air Force Museum at Falcon Field, 2017 N. Greenfield Road, Mesa. The 22nd annual Heroes Patriotic Luncheon is hosted to honor our military heroes. Guests will be served lunch while hearing from keynote speaker and retired Senior Army Special Forces Officer John Fenzel. There will also be a raffle and a ceremony for the Community Heroes Award. Individual tickets are $150.

arizonavmlc.org

Whiskey Tasting Dinner

6 p.m. at Thirsty Lion, 21001 N. Tatum Blvd., Phoenix. Bourbon & Rye is a whiskey tasting dinner event with an exclusive four-course paired menu, including dishes like bacon-wrapped dates and grilled filet mignon, that celebrate the rich heritage and craftsmanship of Kentucky Bourbon & Rye Whiskey. Reservations are $75 per person.

thirstyliongastropub.com

FRIDAY 11/8 – SATURDAY 11/9

Arizona Pinners Conference

10 a.m.-8 p.m. Friday, 9 a.m.-7 p.m. Saturday, at WestWorld of Scottsdale, 16601 N. Pima Road. If Pinterest is your favorite go-to app, then you won't want to miss this conference. Guests can enjoy everything from beauty, makeup, food, arts, crafts and more with over 250 businesses, 100 classes, and all things DIY. General admission is $12; classes are $20-$30 each.

az.pinnersconference.com

MONDAY 11/11

East Valley Veteran's Parade

11 a.m. in downtown Mesa on Center St. The annual East Valley Veterans Parade will be held in its traditional format in Mesa this Veterans Day. More than 100 parade entries and aerial demonstrations of vintage aircraft are planned. This year's theme is "Arizona Heroes: Global War on Terrorism," in celebration and thankfulness to Veterans who served.

evvp.org

SATURDAY 11/16

Fashion Week 4 Kids

10 a.m.-4 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. The ninth annual Fashion Week 4 Kids event includes a full day of fashion shows, family-friendly entertainment, live music, raffle prizes and children's activities. FW4K showcases current children's fashion collections from national designers and brands. This event is free.

fw4kids.com

Sip & Support

6 p.m. at Optima Kierland, 7120 E. Kierland Blvd., Scottsdale. Project Roots is inviting guests to come out and support the nonprofit with an evening of tastings, live music, food and beverages. Attendees are welcome to bid on silent auction and raffle items and learn more about how Project Roots is supporting the community through sustainable farming and healthy living initiatives. Tickets start at $100 per person.

projectrootsaz.org

SATURDAY 11/23

El Tour de Tucson

Times vary, starting at the Tucson Convention Center, 260 S. Church Ave. El Tour de Tucson is a fundraising ride that captivates nearly 7,500 cyclists of all ages. Participants ride either the 102-, 62- or 32-mile rides. A fun ride with shorter distances is also available. Cyclists can attend the post-ride party with music, food vendors, activities, and an award ceremony. Registration starts at $15 for the fun ride and $40-$175 for the longer rides.

eltourdetucson.org

TUESDAY 11/26

Tianyu Lights Festival

6 p.m. at Camelback Ranch, 10710 W. Camelback Road, Phoenix. The Tianyu Lights Festival is a nighttime walk-through experience that brings nature and art together. Open to all ages, the festival boasts more than 40 sets of lantern sculptures crafted by artisans using metal, steel, fabric and LED lights. The walk-through experience has four themed sections. There's also a marketplace and a food court. Tickets are $25 for adults, $18 for kids.

tianyuculture.us

THURSDAY 11/28

Turkey Trot

8 a.m. at Red Mountain Park, 7745 E. Brown Road, Mesa. Get your running shoes ready; the Turkey Trot is here! Attendees can participate in the one, five or 10K timed race to see who gets to the turkey first. All ages can attend. There is a one mile walk available for kids 12 and under. Registration starts at $35, and proceeds will benefit various nonprofit organizations.

mesaturkeytrot.com

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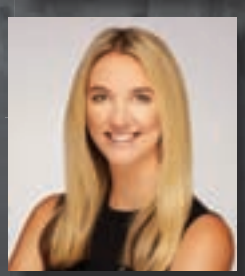

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Feeding Students USA hosts 15th annual Turkey Drive

By Lauren Geiser

PHOTO: JONI NAVARRO-SUCATO

Ashley Staples, Susan Lewis, Angela Woudenberg and Katherine Polachek.

Fifteen years ago, while reading to a third-grade class in Phoenix, Joni Navarro Sucato witnessed something that would forever change her life. After handing out cupcakes to the children, she noticed one little boy carefully placing his cupcake in his backpack instead of eating it.

When asked why, he explained that he was saving it for his younger brother because they didn't have enough food at home. That moment struck Sucato deeply, leading her and her friend to buy groceries for the boy's family. What began as a simple act of kindness grew into something much larger – a nonprofit that started out as Feed Our Babies USA, now known as Feeding Students USA.

From those humble beginnings, the nonprofit has expanded its reach significantly. One of its most impactful efforts is the annual Turkey Drive. The event started 14 years ago by providing 20 turkeys to two schools and has now grown into a community event that distributes over 1,200 turkeys and Thanksgiving fixings to families across five school districts: Scottsdale, Creighton, Balsz, Washington and Career Success.

"It's truly a reflection of the power of community and the desire to uplift those around us," Sucato said.

The Turkey Drive has become a cornerstone of the nonprofit's outreach, bringing together 200 to 300 volunteers each year to ensure families in need can enjoy a Thanksgiving meal. This year, the goal is to raise $40,000 to provide 1,000 turkeys and all the trimmings. Feeding Students USA said they are proud that 99 percent of every donation goes directly to buying food.

Food insecurity has surged these last few years, making the Turkey Drive even more essential. The number of families needing assistance has doubled each year since 2020, highlighting that hunger is not a distant problem – it exists right here in our backyard.

Despite these challenges, the drive continues to thrive thanks to partnerships, community support and the tireless efforts of volunteers.

Feeding Students USA operates the Turkey Drive out of Arcadia City Church annually. Sucato said the gratitude expressed by the families that stop by is often overwhelming, with many sending heartfelt thank-you cards after the holiday.

"Every year, we are humbled to witness the joy and relief on the faces of those we serve," she said. "We invite you to join us – to make a difference, lend a hand, and share in the joy of helping our neighbors celebrate Thanksgiving with dignity and warmth."

Sucato says the Turkey Drive is more than just food for families who receive the meals – it's a lifeline, a moment of comfort and a reminder that the community cares about them. Feeding Students USA will continue to grow its impact as long as there are families in need, ensuring that no one goes without during the holiday season.

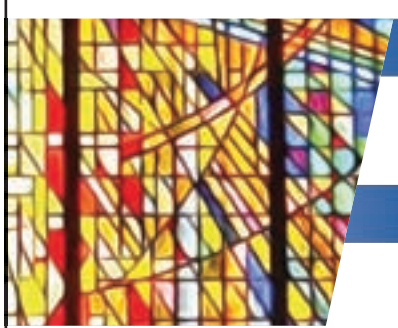
FSUSA TURKEY DRIVE
Donations accepted until Sunday, November 24

WHERE: Arcadia City Church, 3313 N. 40th Street, Phoenix.

feedingstudentsusa.org

Christ CHURCH LUTHERAN LC-MS

LOVE GROW SERVE



IN-PERSON WORSHIP
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Contemporary Worship 8:30am/10:30am
Teaching Service 9:30am

ONLINE WORSHIP
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NOV 30 – DEC 31

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SING-ALONG & TREE LIGHTING CEREMONY

Scottsdale Waterfront · 7135 E Camelback Rd

Saturday, November 30 | 7:00 – 9:00 PM

The kickoff to Scottsdazzle! Join us for the official tree lighting ceremony, live musical performances, treats & guest appearances.

PANCAKES & PAJAMAS WITH SANTA

Marshall Way Bridge · 7124 E Stetson Dr

Saturday, December 14 | Various Times

Kids of all ages can wear holiday-themed pj's during a festive breakfast filled with performances, crafts and a meet and greet with Santa Claus.

SPARKLE & SPIN SCAVENGER HUNTS

Marshall Way Bridge · 7124 E Stetson Dr

Sunday, December 15, 21 | 9:00 – 11:00 AM

This holiday head-scratcher invites guests to hop on their bikes and spin around Old Town for a seasonal scavenger hunt.

DAZZLING MAGIC SHOWS

Marshall Way Bridge · 7124 E Stetson Dr

Sunday, December 15 | Various Times

See magician Craig Davis deliver a fun-filled and highly entertaining show packed with audience involvement.

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Check out the dazzling event lineup

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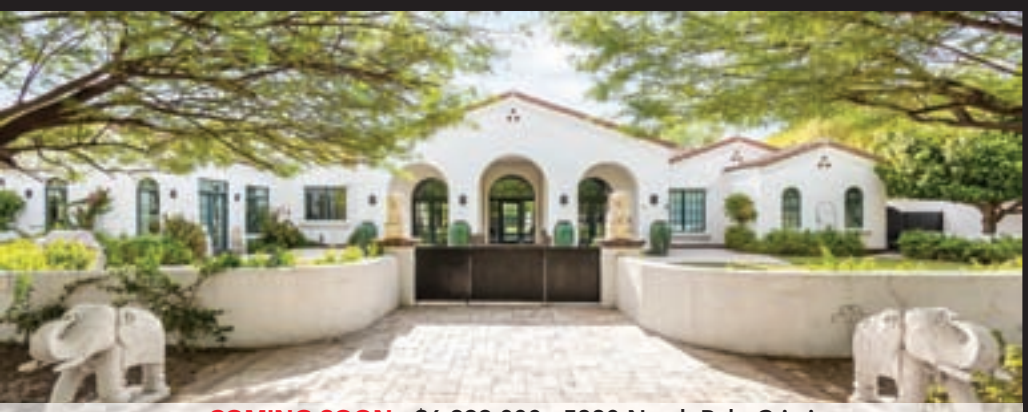
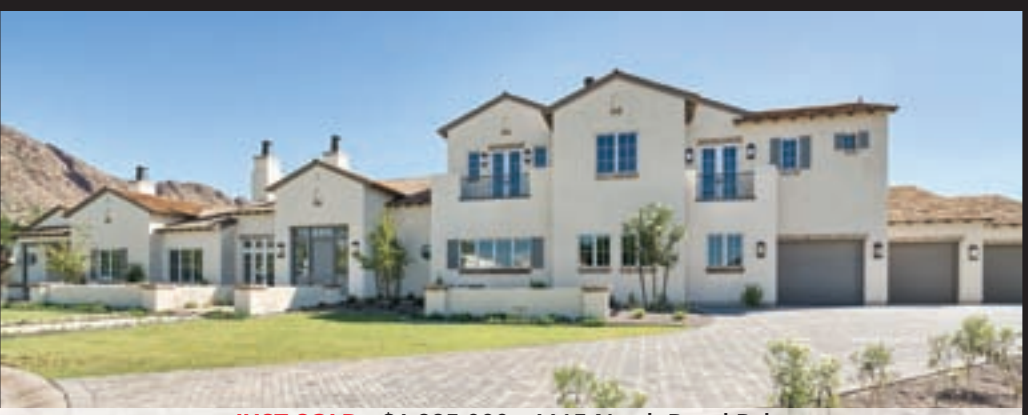


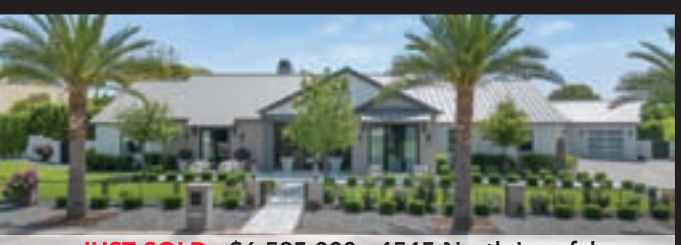
COMING SOON $6,999,000 5330 North Palo Cristi
5 bedrooms, 6 baths, 8,661 square feet
5330northpalocristi.com

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

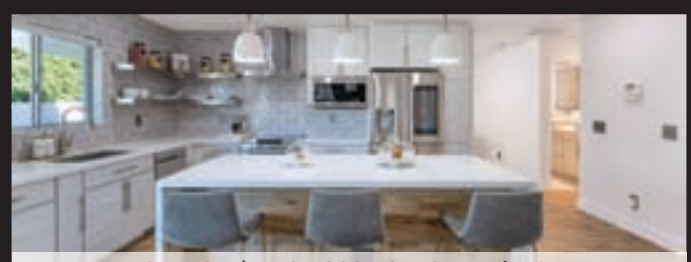


JUST SOLD $6,295,000 4615 North Royal Palm
5 bedrooms, 6 baths, 6,982 square feet
4615royalpalm.com

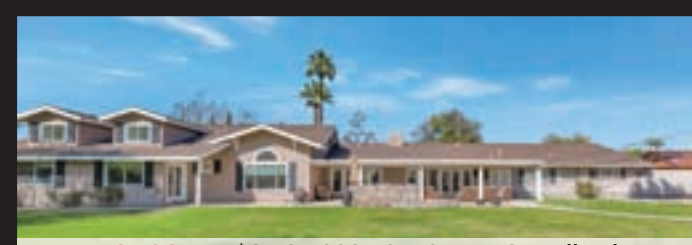
$6,495,000 6850 North Joshua Tree
3 bedrooms, 5 baths, 5,988 square feet



JUST SOLD $6,595,000 4545 North Launfal
5 bedrooms, 6 baths, 5,630 square feet
4545launfal.com



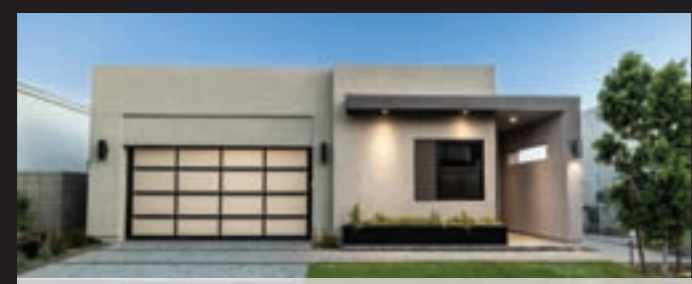
NEW LISTING $1,495,000 3513 North Pinto Lane
3 bedrooms, 3 baths, 2,511 square feet



JUST SOLD $2,405,000 3713 East Camelback
5 bedrooms, 5 baths, 5,381 square feet
3713camelback.com

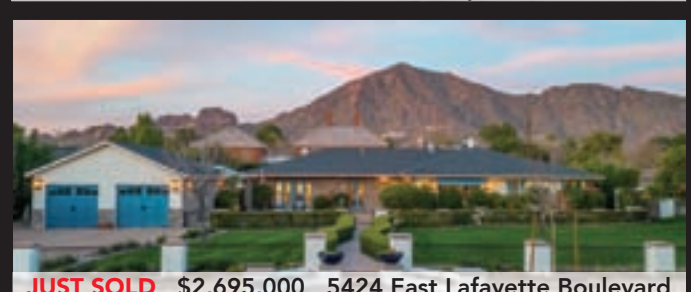
SALE PENDING CALL FOR PRICING 8436 North Golf Drive
6 bedrooms, 7 baths, 8,216 square feet

$2,800,000 10779 East Whitethorn Drive
4 bedrooms, 4 baths, 4,063 square feet



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

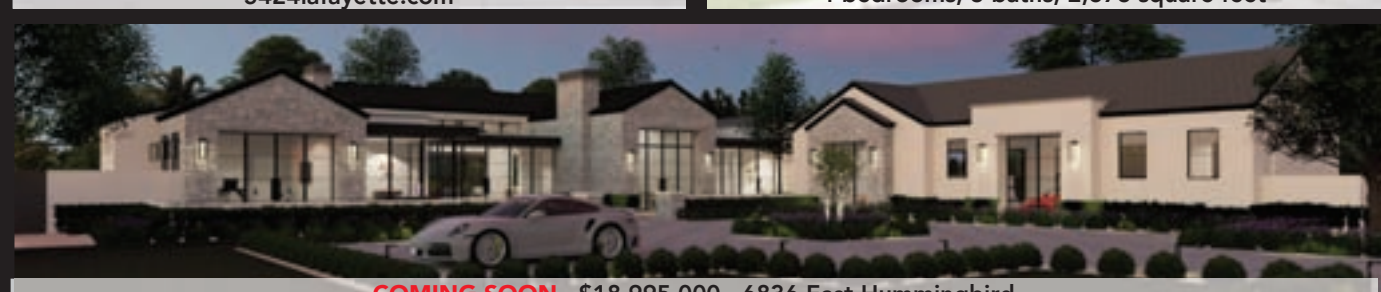
JUST SOLD $1,395,000 4547 North 52nd Place
3 bedrooms, 3 baths, 3,002 square feet



JUST SOLD $2,695,000 5424 East Lafayette Boulevard
4 bedrooms, 3 baths, 3,219 square feet
5424lafayette.com

JUST SOLD $2,050,000 4048 East Coolidge
4 bedrooms, 3 baths, 2,676 square feet

$3,495,000 4615 North 61st Place
3 bedrooms, 4 baths, 3,980 square feet



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

602.989.8300 | robert@thejoffegroup.com | TheJoffeGroup.com

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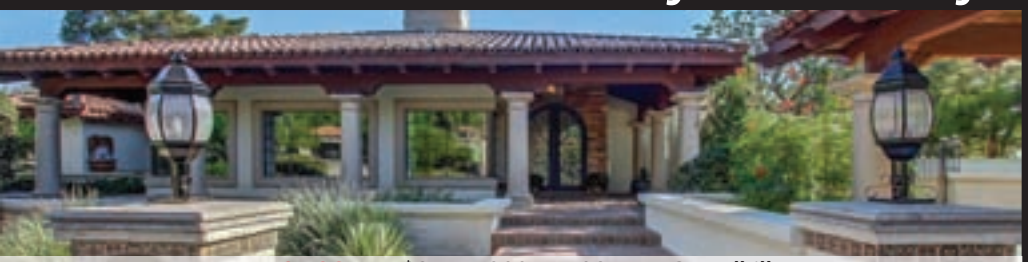
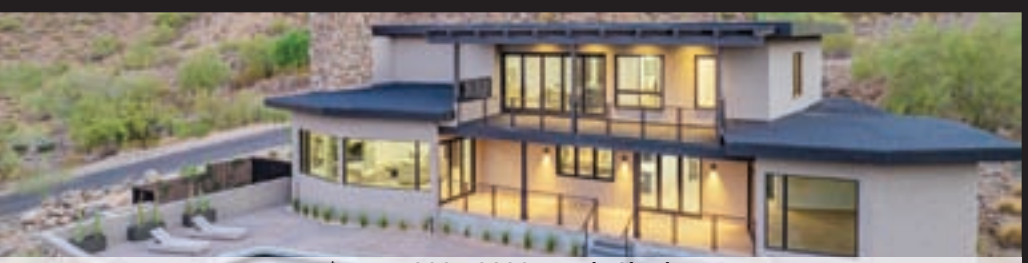
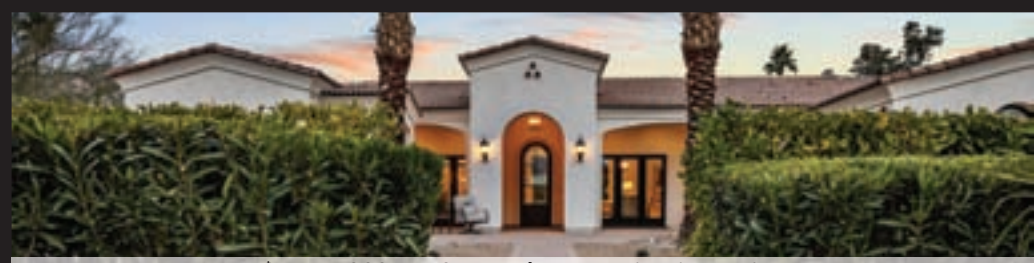


JUST SOLD $3,644,000 5409 East Camelhill
5 bedrooms, 5 baths, 5,161 square feet
5409camelhill.com

SALE PENDING $3,995,000 5409 East McDonald
7 bedrooms, 5 baths, 5,233 square feet
5409mcdonald.com

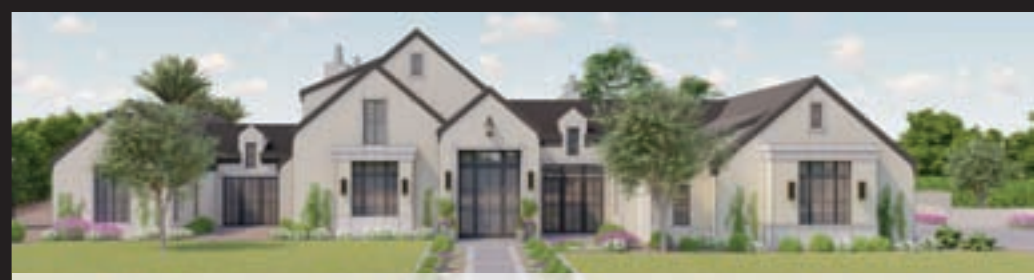


$4,655,000 8200 North Charles
4 bedrooms, 4 baths, 4,810 square feet
8200northcharles.com

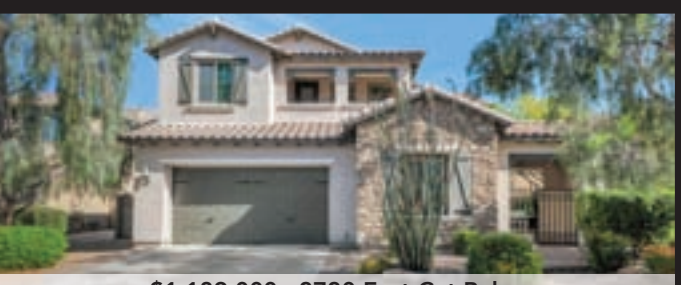


$5,675,000 6601 North Mountain View Drive
6 bedrooms, 7 baths, 6,809 square feet
6601mountainview.com

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

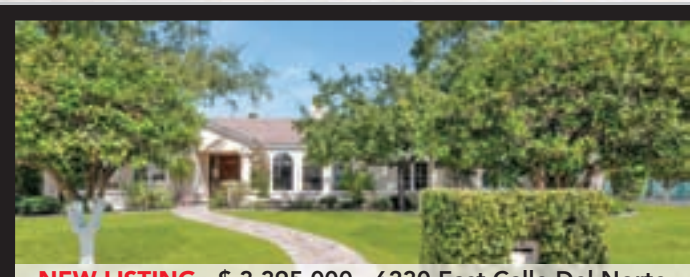


SALE PENDING 5115 East Exeter
CALL FOR PRICING AND INFORMATION

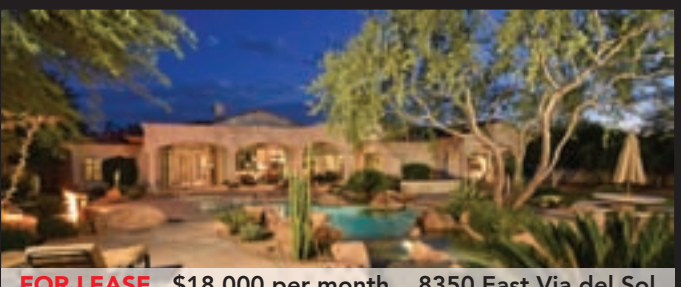


$1,189,000 3730 East Cat Balue
4 bedrooms, 4 baths, 3,522 square feet

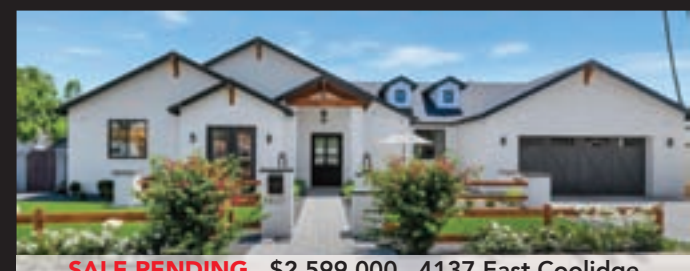
$7,995,000 6737 East Exeter
5 bedrooms, 7 baths, 6,876 square feet
6737exeter.com



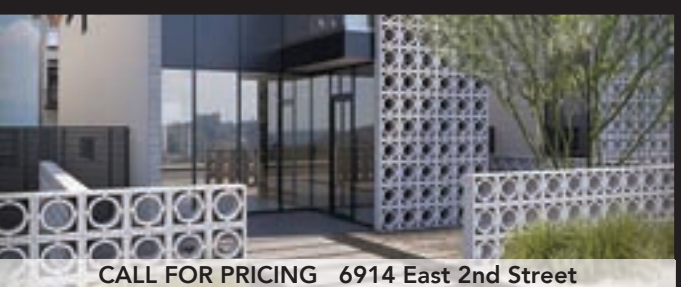
NEW LISTING $ 3,395,000 6230 East Calle Del Norte
4 bedrooms, 4 baths, 3,962 square feet
6230calledelnorte.com



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



SALE PENDING $2,599,000 4137 East Coolidge
4 bedrooms, 4 baths, 3,085 square feet
4137coolidgestreet.com



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

$2,274,000 221 East 14th Street
5 bedrooms, 5 baths, 4,385 square feet
221east14thstreet.com

JUST SOLD $2,045,000 8648 East Onyx Avenue
4 bedrooms, 3 baths, 3,211 square feet
8648onyx.com

Robert Joffe

Jonah Joffe

Adam Joffe

Andrew Mehlman

Jen Sheedy

Z. Jawanmardi

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In the Kitchen

with Chef Matt Carter, owner of Fat Ox

6316 N. Scottsdale Road • *ilovefatox.com*

A Phoenix native and Arcadia High graduate, Chef Matt Carter knew he found his calling from the first moment he stepped foot in a restaurant kitchen. His culinary skills have been honed over the years thanks to iconic chefs and worldwide travels – skills that can be found in each of his three Valley restaurants.

Give us a little insight into your upbringing.

I was born and raised in Phoenix. My maternal grandfather came here during WWII to finish bomber pilot school in Litchfield and then met my grandmother. After that he opened an air conditioning company – which was a pretty good move in the 1940s.

After the Vietnam War, my father came here and was in the clothing industry. He and my mom ran a store until they separated and then her and I moved to Flagstaff. Dad opened a clothing store on 44th and Camelback in the mid-80s and that's when I came back to finish high school. I graduated from Arcadia High in 1988.

Near my father's store was a restaurant called The Eggery and the gentleman that owned that had a location in San Diego. After high school, I moved there for the summer and asked him if I could have a job washing dishes. By the end of the summer, I was flipping eggs. I fell in love with it.

What happened next?

I came back to Arizona and went to Arizona State – for two days. I went, 'I'm out of here – I don't want to be in a classroom, I think this kitchen thing is my thing!' I was very ignorant. I had no idea what I was doing [*laughs*]. I was never the best student – don't give me a project and say 'Okay, you have three months to do this.' In a restaurant, you know what to do every second. There's no, 'Oh, what should I do today?' I'm good with time management and work well under pressure, so this was a better fit for me.

What about culinary school?

I was originally in the first graduating class of Scottsdale Culinary Institute but I got into trouble and was bumped a semester. I was 18 and partying too much [*laughs*]. I was still not fully focused on the food thing. Restaurants, environment and camaraderie I understood, but the food piece took me many more years before it clicked.

After graduation, where did you work?

I bounced around in hotels, I worked at Houston's, I went back to San Diego and worked at a hotel there. Around 1990, I was back in Phoenix and I got a job at a restaurant called La Chaumière in Old Town Scottsdale. I walked into the kitchen and knew I was home. It was a French bistro where they were making everything from scratch. The chef was yelling at me within five minutes of me walking in the door so I knew I was in the right place. I was a punk kid and needed someone to tell me what to do. Nine months later, I moved to Paris.

What was that experience like?

I had no plan other than 'I'm going to learn how to make French food.' I didn't know you needed a visa, but I lived there for two years. It was a great experience but nothing that changed my culinary career. My skill level didn't improve much.

I worked at some decent bistros short-term. Once they figured out I was illegal and had no paperwork they were like, 'You have to go.'

You worked for Christopher Gross when you came back to the States.

Yes! I was there for six years – and that's where I learned everything I know about food and the restaurant business. I started at the bottom there and worked my way up to chef de cuisine. I always joke that I would still be there today if the restaurant still existed. I called Chris as he was getting ready to do a dinner event in LA at Paramount Studios and he asked if I wanted to come out with him and meet some of the other chefs.

Chris introduced me to Thomas Keller from The French Laundry and in that conversation, Keller mentioned he was losing a top employee and wanted to know if I wanted to do a stage [a temporary position in another chef's kitchen]. A week later I moved to Napa and became the *poissonnier* [fish chef] for nine months.

Where did that lead you?

I ended up back in Phoenix and decided I was going to go back to ASU. I called Chef Michael DeMaria and asked if I could line cook for him, so I did that and went to ASU; that lasted about three months and at the same time, Michael was opening a new restaurant and I was saying to myself, 'Okay, what am I doing? I'm a cook, I need to be in a kitchen. I'm a chef, I need to be in charge.' Michael offered me the executive chef position at his new place. I did that for about two years and then started to feel that itch to go again.

Michael was approached by a gentleman named Terry Ellisor. He opened MercBar on Camelback in the mid-90s and I worked across the street. We'd spent a good amount of time together – I would go to his bar and he would come to the restaurant. Terry wanted to open a restaurant and hired me to be the chef…at Zinc Bistro, which opened a year later.

Zinc did so well that you branched out to Mission?

When we first opened Zinc, the Westin hadn't been built yet, Scottsdale Quarter was still Dial Corporation. Everybody thought we were nuts going that far north because everything was happening in the Biltmore area.

It started to grow, we hit our stride, and Terry and I started talking about a new concept. We wanted to stay in the French zone until a chef named Douglas Rodriguez introduced me to Latin cuisine that wasn't Sonoran Mexican food. He blew my mind. Douglas had a *caja china* – a box used for roasting pigs.

We bonded over our love of pork [*laughs*], so I started cooking pigs – birthdays, weddings, events, I'm coming over to cook a pig. I started making my own tortillas and salsas and realized that our area hadn't seen the Mexico City version of street tacos.

Terry and I decided on a pork taco place, which we opened as Mission in Old Town Scottsdale. We had the name Mission before we had the space right next to the Old Adobe Mission in Scottsdale, so it was serendipitous.

As we started the design process, we realized this was going to be more than a taco shop. How do I bring in some of these cuisines and make them different than the 15 other restaurants right next to us? We wanted to be as different as possible but still make it recognizable to customers.

A lady posted a write-up about our steamed clam dish, *almejas*. It plays off of a Peruvian dish that's made with shrimp and a pepper called *aji amarillo*. She wrote that she 'wanted to take a bath' in it and I swear that changed our whole thing. That was our defining moment.

How did Fax Ox come to life?

We started talking to restaurant owner Mark Drinkwater [whose father was Mayor Herb Drinkwater] who was interested in partnering in a restaurant. At that time, I was ready to start working on my Italian concept – I'd gotten to the finish line a few times on some locations, had plans and restaurant designs ready. I wanted Italian, Mark was in steakhouses, and that was the merging for Fat Ox.

A friend of my father's called and said

he bought the corner at Scottsdale and Lincoln and asked if we wanted to check out the space that was once the Quilted Bear. So Terry, Mark and I took a look and opened Fat Ox in 2017.

The point of me wanting to open an Italian restaurant was just so I could make pasta. I had been selling pasta at Zinc for years but there's only so much you can sell at a French bistro. When you're doing French food, there's nothing else. Learning about Latin cuisine spurred Mission, and spending a week with Chef Roberto Donna introduced me to Italian cuisine.

What is the inspiration behind the food?

Zinc is classic French bistro. If you go, you have to have oysters, the onion soup, pâté, steamed mussels…French food is really sauce-based. Our menu from the beginning was based on the availability of great product in Arizona. At the time, I had to drive to the airport twice a week to pick up fish and produce. It's different these days!

We do big lunches at Zinc. We just put a *tarte flambée* with multiple variations – one with smoked salmon and crème fraiche, fromage blanc and caviar – on the menu, which is a riff-off of Wolfgang Puck's first pizza.

Latin food is more vegetable based – charred vegetables, salsas, chimichurri – with varying amounts of chilis. We probably have 30 different chilis on our menu. We have a duck confit empanada that's served with foie gras and a habanero glaze – it's more of a Mexico City variation. I have my own version of guacamole with three different chilis.

Italian is a little lighter – I'd call it the middle ground between French and Latin. It's more vegetable based but we use a lot of olive oil at Fat Ox. We use a lot of butter, too [*laughs*]. We make all the pasta here fresh every day. It's the heart and soul of the restaurant. We're traditional Italian dining – starting with antipasti, then going to pasta and a protein at the end. It's meant to be a shared, communal-type meal.

What accolades have you garnered in your tenure as chef?

I just won Food Pioneer from the Arizona Restaurant Association this past spring, which was awesome. I was very proud to get that. I won Best Chef in Scottsdale. We've been in a lot of magazines and I won a Rising Star Chef award back in 2004. You can win awards, but if your customers aren't happy, what's the point? I'm here to run a business, take care of my staff, keep the customers happy.

Some of my employees have been with me for more than 15 years. Rochelle Daniel worked at Zinc for eight years, left, came back and opened Fat Ox and now she's got a restaurant in Flagstaff called Atria. It's a small circle in the business, and those things are important to me – the fact that one day these guys might go to open their own place. That's a testament to what I do. I'm the leader but I probably spend more time teaching and mentoring my team.

Do you have a mentor or a chef you look up to?

Hands down, Christopher Gross. Chris is a taskmaster – he scared the crap out of me, and this was the older days too – things don't work like that in a kitchen anymore. There's no yelling, screaming, pot throwing. Not that I don't do those things now, but it happens a lot less. Kitchens were pretty rough and tumble back then. He was an intimidating force.

Chris hosted a wine dinner where these chefs from all over the country came and cooked. They were cooking food that I had never seen. That night changed my life. I started coming in early, learning as much as I could, and a year later I was chef de cuisine. Chris taught me customer relations, money, building a menu, costs. It wasn't just food – it was everything that went with it.

If you could cook for anyone, who would it be?

My grandparents. They knew about my beginnings in this career, but didn't get to see me follow through. I'd love to show them Zinc, Mission, Fat Ox, the expansion, just on a pride level for myself to say, 'I know you thought I was crazy when I moved to Paris with a thousand dollars in my pocket and had no idea what I was doing, but it worked!'

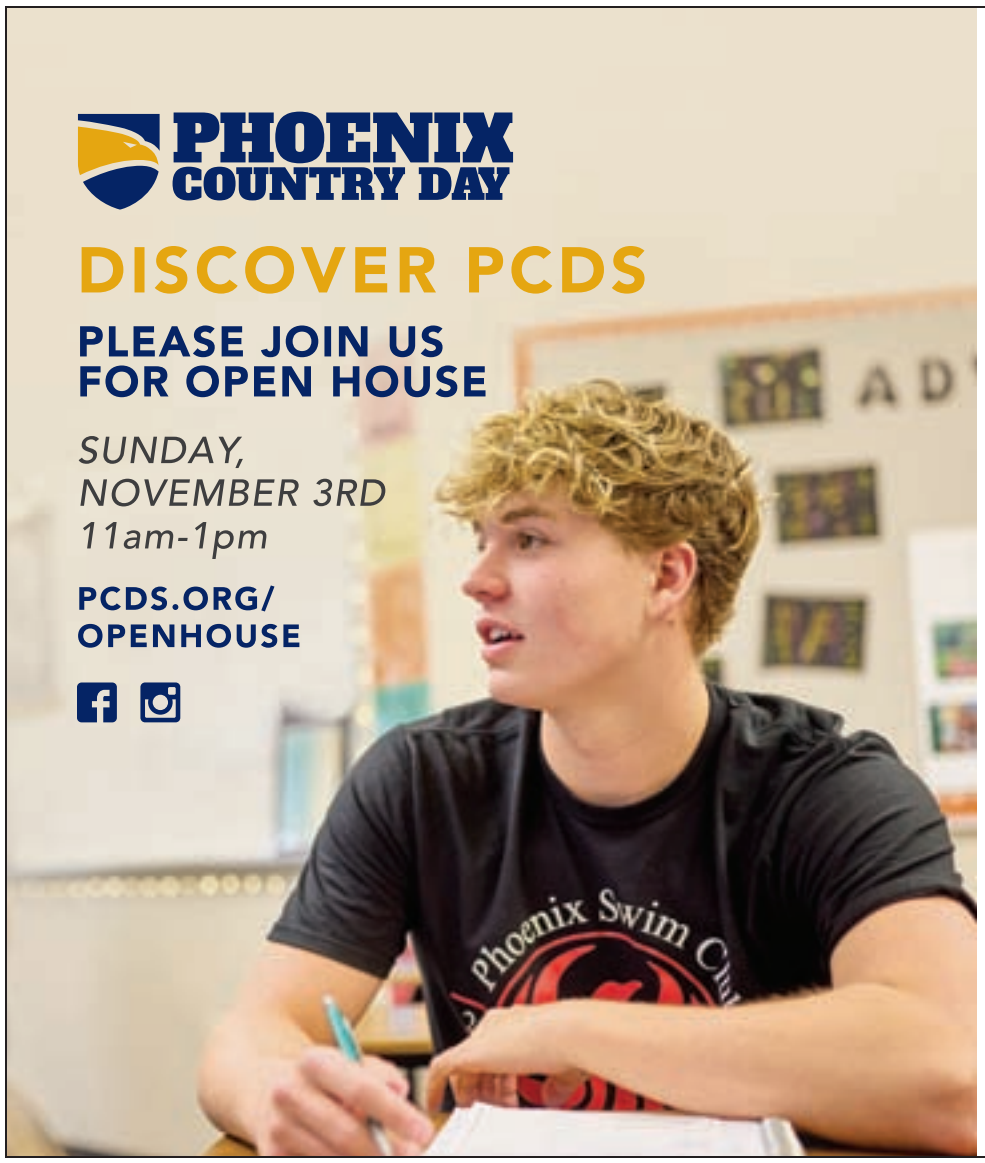
Where's your favorite spot in the Valley to eat?

Richardson's. It's been open since the early 90s. It's New Mexico cuisine. Back in the day, it was the only place that served food late night, so all the chefs would go there at the end of their shifts. I've got a million memories there. I love it.

What's next for Chef Matt Carter?

We're looking at possibly doing another Mission. I have four or five other concepts in mind. Our business partner Terry passed a few years ago and we've spent time picking up the pieces from that. He did a third of the business that Brian [Raab, Carter's business partner] and I never did, so I've been learning books, payroll, things that he took care of.

I want to open Carter's Dash, which will be a more casual, take home type thing, so that's on the radar. I've also been on a pizza kick for the last year so I have a concept for that called Black Tomato. I'm going to do a test run for Spring Training in a spot next to Mission – it will be sandwiches and pizza. I've also been itching to do something Asian again, so that's on the list. We have a couple projects we're working on but I can't talk about them yet!



"Meet Mr." | Ray Artigue

Charles McClendon III

Charles "Chas" McClendon III spends 75-80 hours a week working to establish his retail business, and doesn't give it a second thought. The 35-year-old entrepreneur has only lived in the Valley for three years, after moving from south side Chicago where he was raised.

"My mother and brother were already here, so I packed up my whole life, my son, and off we went," he remembers. "My first summer was insane but we've become accustomed to the heat."

McClendon is the owner of Pure Green in Arcadia Towne Center, a health foods store that serves everything from acai bowls to smoothies and pressed juices to handcrafted toasts and oatmeal. The extensive menu would satisfy even the most ardent health-conscious person.

> **"If I succeeded at everything in life with zero failure, it wouldn't be as sweet in the end."**

"I fought to have my store in that space because of the Arcadia community. Everything on our menu is organic and we use no sugar. The neighborhood has really responded to what we offer," McClendon said.

He cut his teeth in business back in the Windy City when he bought a multi-family housing unit and became a new father. He admits he faced many challenges and sacrificed much, but today calls it his proudest achievement.

"There were many times I didn't know if what I was doing was even possible, but I persevered. It taught me you can do anything if you push through," McClendon said.

He became interested in pursuing a healthier lifestyle after sustaining a serious injury when he was 25. As he was recovering, he stumbled across a Pure Green pop-up and was instantly hooked. "I started eating better with more nutrition in my diet."

McClendon has also taken over a Pure Green location in Tempe. He has franchise rights and hopes to ultimately have three stores.

"I've learned that a successful business is all about the intangibles. Rolex sells status, not watches. Volvo sells safety, not cars. And Pure Green sells pure, clean eating. I'm selling a desired state of mind and well-being," he said.

McClendon played football at Western Illinois University where he starred as a wide receiver. But his sports hero isn't a football player.

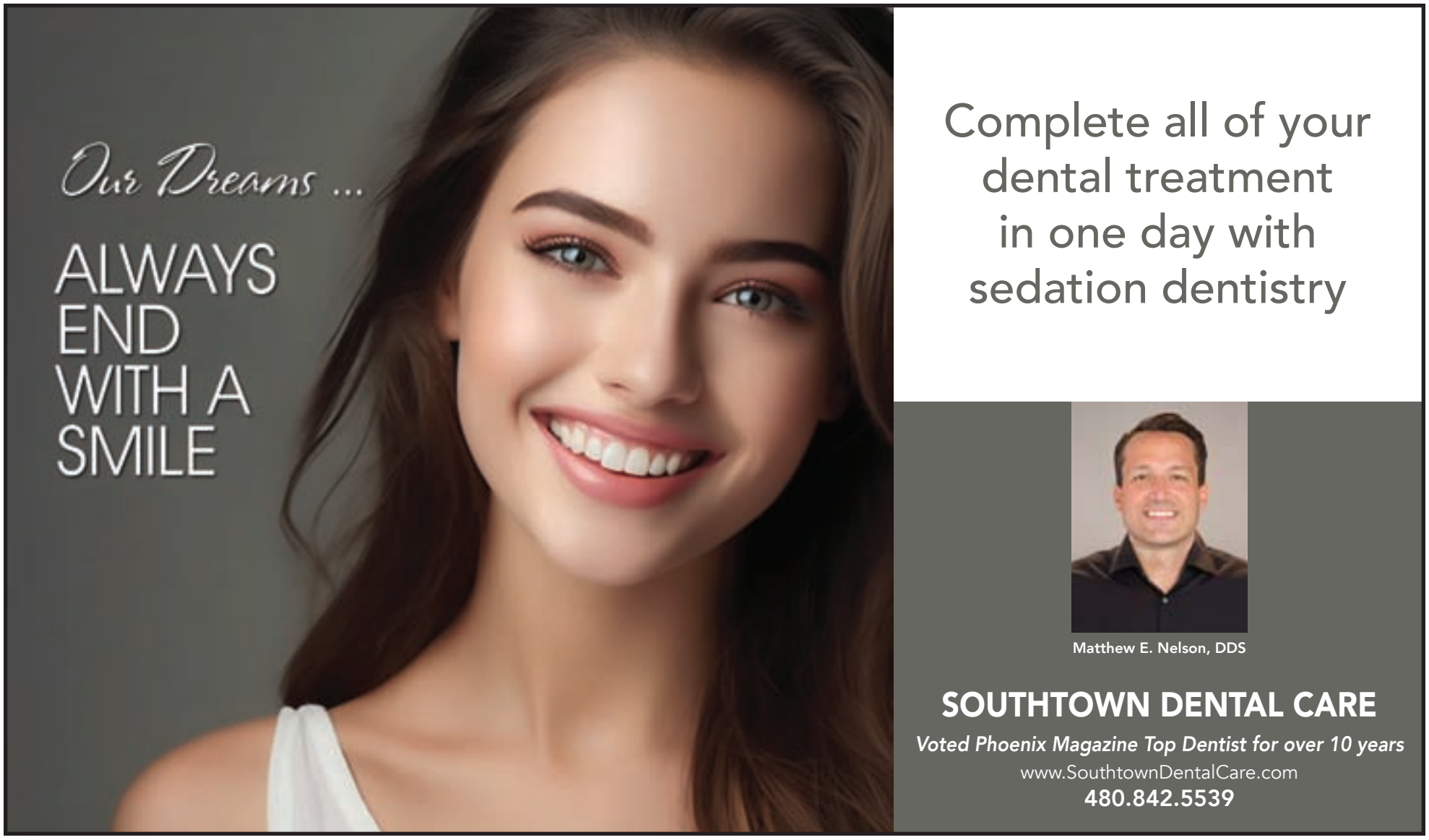
"Given the amount of pressure Jackie Robinson faced in this country at the time he played, he accomplished a tremendous feat. He deserves his place among his peers and other greats as a real sports hero. Certainly, he's mine," McClendon said.

He also has strong convictions about success and failure.

"I don't believe success lasts very long. After you achieve it, it instantly passes. Then it's all about maintaining that success daily, which ultimately is the hard part. Embracing failure is also key, because you face it a lot more along the way," he said. "If I succeeded at everything in life with zero failure, it wouldn't be as sweet in the end."

McClendon is focused on the here and now – raising his son, Charles IV, enjoying time with family, growing as a businessman and making a positive difference in the world. It appears he is well on his way.

puregreen.com



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Arcadia High's new musical exchange program

By Mark Hays and Marc Zimmer

In an exciting initiative that bridges the Atlantic, Arcadia High School joined forces with Lënster Lycée International School in Luxembourg to embark on a student exchange program that began with a musical flourish in 2023. This exchange, helmed by music teachers Louise Hottias and Richard Maxwell, brought students closer through the universal language of music and set the stage for a more profound cultural exchange.

Thanks to a social media message – and the power of the internet – Arcadia High's Contemporary Music and Sound Class has been playing music with students from Lënster Lycée International School through virtual music sessions.

The Honorary Consul of Luxembourg in Arizona – Paul Binsfeld – and his brother, Dave, were contacted by Luxembourg high school teacher Marc Zimmer, who was eager to set up the exchange program. AHS Creative Musical Arts and Sciences creator/facilitator Richard Maxwell led the collaboration on the Arizona side.

The partnership began over Instagram and developed into Zoom music sessions. The first kicked off last year, and a second session was held in September. This exchange program is part of a larger initiative between Luxembourg and the United States. It's facilitated by Roots and Leaves, an association that promotes cultural exchanges between the countries, especially in communities with Luxembourg heritage.

PHOTO COURTESY OF RICHARD MAXWELL

AHS students Gabe Hernandez, Yasmine Montes, John Falls, and Moises Ramirez play during a virtual session with students from Luxembourg.

"To some extent, it's still just about getting to know each other, but even in that first spring session together via Zoom, it was wonderful and really interesting to see that the musical connections were so vivid and valid between the students," Maxwell said. "A lot of similar interests and ideas started to take form. I think we are all excited to see what happens next."

The students played a variety of music genres as they collaborated with their classmates and students in Luxembourg.

"I think they were encouraged by the notion that, while there are some obvious language barriers to consider, the bigger picture creative values were very similar," Maxwell said.

"Music has always been a universal language," Hottias said. "This exchange proves that young people from different parts of the world can connect and create something beautiful together."

Everyone involved agreed that students who participated in the venture were excited about the partnership and its future.

"They are ready for more Zoom meetings," Zimmer said. "We are working on a schedule – more calls in addition to the exchanges on Instagram. This should be the start of an extraordinary correspondence based on an interest in music."

According to Zimmer, connecting high school students in America with students in Europe is a great way to build broader awareness for those on both sides.

"Having these sorts of international connections where people get to meet and understand other countries is really valuable," he said.

The exchange program will continue next school year, culminating in a physical exchange in February 2026. Students from Lënster Lycée will travel to Arizona, offering them a first-hand experience of each other's educational environments and cultures. As the students prepare for the journey, the excitement is palpable. They are not just learning about music or another culture but becoming ambassadors of goodwill, harmony, and mutual respect.

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PANDA sends "snuggles" to Steele Children's Research Center

By Kylie de Best

PANDA (People Acting Now Discover Answers) was founded in 1999 and is a 100 percent volunteer-based organization that raises money for pediatric medical research for the Steele Children's Research Center (SCRC).

The organization consists of a women-led working group of 70 active members and over 200 board members, all who pour their hearts into their work to continue changing the lives of many. PANDA has helped raise more than $35 million in funding and $100 million in grants for SCRC.

In September, PANDA held its annual donation campaign, "Pandas for Patients," with the goal of donating plush panda bears to patients and their siblings who are being treated at the research center.

The campaign started in 2017 and was originally called Teddy Bear Day before evolving into the current name.

This year, PANDA held pop-up events at Garage Boutique Scottsdale, The Henry, Flower Child Desert Ridge and Flower Child Central. For a $35 donation at the pop-ups or online, one stuffed panda was donated. Donators could purchase any number and even personalize them with a written message.

Thanks to the contributions of more than 370 individual donors from 128 zip codes, the campaign was a huge success. More than $54,000 was raised, and over 1,550 stuffed pandas were gifted. Patients who received them felt loved and supported, and it gave them courage as they go through difficult times in their lives.

PHOTOS: CECELIA HERRO

PANDA promoted their donation campaign "Pandas for Patients" on the Arizona Daily Mix and also had youngsters come out to the pop-ups to help drum up support.

"When I got my stuffed panda, it felt good. I was scared going to the hospital and he stayed with me. I love Pandy so much," five-year-old Lana Cohen shared.

"Thanks to Fox Restaurant Concepts, we hosted pop-ups at select restaurant locations. We loved getting the word out about PANDA," Board Member Cecelia Herro shared. "Children and families were not only able to send a snuggle but could also see PANDA in action and actively give back to patients who need it most. After all, we are all about teaching the next generation the importance of giving back."

For more than two decades, PANDA has funded pilot projects and early-stage research. This has resulted in millions of dollars in grant seed money for SCRC, which has been used to attract world-class physician-scientists and bring new treatments and cures to the world.

The organization is currently working toward its 25th Anniversary event, titled "A Celebration of Children Helping Children," on March 29, 2025. Future fundraising goals include focusing on its anniversary project, Charting the Uncharted.

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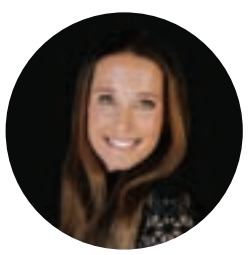

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How one Arcadian is helping restore the Southwest

By Sherry Sklar

Environmental champion A.T. Cole, who grew up in Arcadia during the Golden Age of Rock and Roll, has channeled his deeply held values into a decades-long restoration and preservation project at an 11,300-acre ranch in New Mexico.

In *Restoring the Pitchfork Ranch*: *How Healing a Southwest Oasis Holds Promise for Our Endangered Land*, Cole reflects on the journey he and his wife, Lucinda, undertook to conserve the land while addressing the pressing challenges of today's climate crisis.

As a finalist for the 2024 New Mexico-Arizona Book Awards, the novel serves as a powerful reminder that local, hands-on efforts can meaningfully impact the land we cherish and contribute to changing the narrative on climate change.

Cole's book, which took nearly nine years to complete, initially explored the region's early native history. He later narrowed his focus, beginning the story at the ranch in 1904. Through personal stories and practical guidance, the book offers straightforward steps anyone can take to help address the climate crisis.

Cole's Arcadia roots run deep; he attended kindergarten at Tavan Elementary School, which opened in 1954.

"I think I was the first class that spent pre-K through fifth grade at Tavan," he said. "We had dances in people's homes every Friday night and might sneak a kiss once or twice when the parents weren't looking," he recollected with a smile.

PHOTOS: A.T. COLE

These two photos were taken in the same location – the first in 2005, the second in 2024. Cole said they are the most dramatic demonstration of change as a result of the habitat restoration on Pitchfork Ranch.

Cole's parents had lived in Arcadia since 1952, and his dad, Arnold, owned and operated two Arcadia businesses for sixty years.

"He owned Clark's Citrus & Dates, which he transformed into Arnie's Health Foods as he grew older," he shared. "Arcadia was my home, where I hung out as a kid, biking through the neighborhood where my buddies lived. It was a wonderful time."

One boyhood summer shaped Cole's life and instilled a lasting passion for the environment.

"When I was eleven, a neighbor asked my father to partner with him and harvest Pendley Orchard's apples in Oak Creek Canyon. Off we went for a summer of wilderness adventure," he recalled. "We stayed in a rustic 1930s worker's cabin on the property, and my sisters and I spent the entire summer picking apples for my dad's fruit stand near Slide Rock."

Cole believes this early experience in the natural world shaped his values, compelling him to purchase Pitchfork Ranch. He retired in 2003 after living and practicing law in Casa Grande for decades. He and his wife Lucinda began a year-and-a-half-long search for a property where they could restore wilderness and undertake their environmental work.

After viewing numerous areas, they were introduced to Pitchfork Ranch, an hour south of Silver City, New Mexico. The ranch contains a wetland, a grassland ecosystem, and an important wildlife corridor. They stay in the old ranch headquarters, which they modernized into a comfortable home.

"The ranch headquarters were built in 1924. You will find a headquarters building on every ranch because that's where workers were paid," Cole explained. "There's also a bunkhouse on the property for guests."

At Pitchfork Ranch, they discovered a rare *ciénaga* – a slow-moving wetland that once flourished across the American Southwest. These shallow watercourses, vital to the region's ecosystem, are vanishing and endangered.

Cole's work to restore the *ciénaga* supports threatened wildlife and plays a crucial role in capturing atmospheric carbon, helping mitigate climate change. This effort underscores how local, grassroots actions can make a meaningful impact on preserving fragile habitats and addressing global environmental challenges.

The ranch serves as an outdoor classroom and lab to educate the public on land conservation. It regularly hosts school groups, community organizations, and individuals who want to learn hands-on techniques for restoring habitats, such as building control structures to capture runoff and sediment. Cole gives talks throughout the Southwest to help educate the community.

His vision and decades-long dedication to environmental activism are meant to inspire others through his book and his work at Pitchfork Ranch. Arcadians can take steps in activism, conservation projects, or reducing their environmental footprint.

Cole maintains that small, mindful actions – such as habitat restoration – can make a meaningful difference in addressing the interconnected crises of climate change, biodiversity loss and pollution.

"As the climate crisis worsened, we researched solutions and found that 37 percent of what's needed to stabilize the climate can come from natural solutions like habitat restoration, as highlighted in the Paris Climate Accords," he explained.

Cole's work shows that when individuals and communities act, even locally, the impact can ripple outward, helping protect our planet and the places we call home.

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MAKING CAMELBACK SAFER

Petition for extended trail hours gains traction amid record summer heat

By Sherry Sklar

This summer's record-breaking heat wave in Phoenix saw 113 consecutive days over 100°F and 55 straight days of excessive heat warnings. October even set new records, marking the first time in history that the city reached 110°F during the month.

Camelback Mountain is a challenging hike for the most experienced, but it remains a hotspot for rescues each summer due to extreme heat conditions. This past year, three hikers were rescued from the Echo Canyon Trail after suffering from heat exhaustion, a recurring issue during the summer. This highlights the need to get people on and off the trails safely.

Camelback Culture Community, a group of passionate local hikers led by graphic design director Jes Dobbs, launched a petition calling for extended trail hours and the installation of automated gates at Camelback Mountain and other trailheads.

Their goal is to provide safer access during the hours before dawn and after sunset, addressing growing safety concerns caused by rising temperatures and delayed gate openings. With a final tally of over 1,900 signatures, the petition asks Phoenix Parks and Recreation to enact consistent, year-round rules across all parks and trails, ensuring reliable access for hikers.

According to the City of Phoenix, Camelback Mountain – home to the Echo Canyon and Cholla trailheads – draws over one million visitors annually, making it the busiest hiking location in the city. Currently, trail access is restricted from sunrise to sunset.

Dobbs argues it needs to be more specific and reflect the realities of Phoenix's desert climate, where temperatures are cooler in the early morning but rise to the most intense heat of the day by late afternoon. She and her group propose extended hours from 4 a.m. to 8 p.m., allowing people to hike when it's safest and most convenient.

"I believe having trailheads with year-round, consistent opening and closing times will enable locals and visitors to hike in the cooler hours of the day legally and when their lives allow," Dobbs said. "Many hard-working people don't have the option to take a midday hike. They deserve access to exercise and nature during their limited free time – before and after work."

The push for extended hours is about more than just convenience. Dobbs

PHOTO COURTESY OF JES DOBBS

Camelback Culture Community, a group of passionate local hikers, launched a petition calling for extended trail hours and the installation of automated gates at Camelback Mountain trailheads.

emphasized that this change would reduce overcrowding during peak times, especially on weekends and holidays, benefitting both hikers and the communities surrounding the trails.

However, a shift in how parking access is managed has added to the frustrations of early-morning hikers. On August 31, the City of Phoenix Parks and Recreation Department ended its contract with the maintenance company responsible for opening the park gates and allowing access to the parking lots, leaving park rangers to handle the task. This change has led to delays in gate openings, with the city aiming to hire a new maintenance company by the end of the year.

Dobbs believes all stakeholders – hikers, local resorts and the city – share responsibility for promoting safety and preparedness. Dobbs advocates for better education on the trails, calling for everyone to do their part in ensuring that visitors are well-prepared.

When asked how she and her group plan to celebrate a win if the petition passes, Dobbs shared, "By hiking!"

Camelback Culture submitted the petition to the City of Phoenix City Council, the City of Phoenix Parks & Recreation Board, and City Manager Jeff Barton in mid-October and is currently awaiting a response.

camelbackculture.com

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DISTRICT 6 UPDATE

Hello Arcadia!

The Phoenix Parks and Recreation Department is embarking on a journey to develop a comprehensive Master Plan that will shape the future of the city's parks and recreation services. Set to be finalized in 2025, this plan aims to explain the community's vision while serving as a framework for the department's direction. In collaboration with professional consultants, the Master Plan will serve as a document guiding the development of recreation facilities, programs and services.

By utilizing the many voices of Phoenix residents, the Parks and Recreation Department looks to ensure that its offerings are inclusive and aligned with the community's evolving needs.

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

The plan focuses on three points: evaluate, assess and prioritize. The department will evaluate and take inventory of existing parks, recreation programming and facilities with an emphasis on water conservation strategies and crime prevention through environmental design.

The department will assess demographics and recreation trends to ensure delivery of quality programs and services equitably across the city and identify how the department prioritizes funding.

The Master Plan will assess 25 parks across Phoenix for water conservation strategies, which will include evaluation of turf based on non-functional and maintenance-based criteria and the Calense system already in place at various parks for peak season program settings, irrigation controllers, and effective remote monitoring and management. The Master Plan will also provide a reference guideline to assist staff with Standard Operation and Maintenance for irrigation systems.

The plan will include an evaluation of experience and sense of safety. Utilization of CPTED (crime prevention through environmental design) standards will serve as a lens through which park safety is evaluated and recommendations made that best serve Phoenix residents.

Recreation programs and events are the heart of park and recreation agencies. The assessment will ensure program offerings align with community needs in a diverse, equitable and inclusive manner. It will provide a dynamic recreation plan to increase satisfaction and help focus programming efforts in core areas to create excellence deemed most important by the community.

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How you can help others this holiday season

By Mallory Gleich and Tiffany Gonzalez

The spirit of giving inspires individuals and communities to come together to support those in need. Arizona nonprofits are gearing up for donation drives that offer a platform for people to contribute, providing essential food, water, toys and more to underserved populations while fostering community and purpose. Below are eight Valley organizations where folks can get involved and help out.

PHOENIX RESCUE MISSION

2515 N. 34th Dr., Phoenix
phoenixrescuemission.org

Phoenix Rescue Mission is hosting various opportunities this season that include donations of nonperishable food and hygiene items as well as volunteer opportunities for its Thanksgiving Fill-A-Bag event. Frozen Turkey Week takes place November 11-16 at Hope for Hunger Food Bank (5605 N. 55th Ave., Glendale) with a goal to collect 1,500 frozen turkeys. PRM is also hosting a Thanksgiving drive-through event on November 23 at Sullivan Elementary (2 N. 31st Ave., Phoenix).

This year, the nonprofit is hoping to fill 500 Thanksgiving-specific bags with turkeys, stuffing, cranberry, pumpkin pie and more by November 13 for their Food Bag Distribution event on November 16. They are serving families with an average of five to eight people.

THE FOSTER ALLIANCE

3110 E. Thunderbird Road, Phoenix
thefosteralliance.org

The Foster Alliance will be hosting four events this holiday season. The annual Fill Santa's Sleigh on December 5 is a drive-through style event where people can drop off a gift, grab some hot chocolate and meet Santa. On December 7, Scottsdale Quarter will host a toy drive that also includes a free concert, hot chocolate and holiday characters. There will also be a pop-up drive at the Cardinal vs. Seahawks game on December 8. Each event culminates in the Holiday Joy Fest on December 12 where foster parents can pick up gifts for the kids in their care.

DESERT MISSION FOOD BANK

9229 N. Fourth St., Phoenix
desertmission.com

Desert Mission's 2024 Walk-up Turkey Distribution happens on November 23. Donations of nonperishable food items are accepted, and for Thanksgiving, donations of frozen turkeys, potatoes, stuffing, rice, canned vegetables and bottled water are welcome. The food bank is open from 9 a.m.-3 p.m., Monday-Thursday. Volunteer opportunities are also available.

TEMPE COMMUNITY ACTION AGENCY

2146 E. Apache Blvd., Tempe
tempeaction.org

TCAA is accepting both perishable and non-perishable food donations for its upcoming holiday meal food drive. The organization is also looking for games and activities to donate to families, such as puzzles, books, coloring books, card and board games and holiday cookie kits. Drop-offs are welcomed November 13 from 1-5 p.m. and November 16 from 8 a.m. to 2 p.m.

OCJ KIDS

21630 N. 9th Ave., Phoenix
ocjkids.org

OCJ Kids is in need of volunteers for its One Bright Star event on December 14 and 15, which includes activities, snacks, a chance to meet Santa and a gift for each child that attends. For those that would like to donate, the nonprofit is looking for gift cards, art kits, sports equipment, clock radios or CD players, journals, hygiene items and more for 12-18 year-olds, and seasonal toys, Barbies, action figures, puzzles and learning toys for ages 5-11. Learn more about volunteer dates on the website.

PHOENIX CHILDREN'S FOUNDATION

1919 E. Thomas Road, Phoenix
phoenixchildrens.org

This year, the Phoenix Children's Community Toy Drive takes place on December 6-15. While they are continuing their donations of toys for infants and toddlers, the organization is also accepting gift cards in denominations of $10 or $25 to Amazon, Walmart, Target, Starbucks and more. The teen wish list includes puzzles, sports equipment, clothing items and school supplies.

(left) Boys Team Charity helped Nourish PHX with donations. (right) The Foster Alliance is holding multiple donation events in December.

All donated items should be taken to Rosenberg Children's Medical Plaza (1920 E. Cambridge Ave., Phoenix) between 11 a.m.-6 p.m. on weekdays or 11 a.m.-3 p.m. on weekends.

NOURISH PHX

501 S. 9th Ave., Phoenix
nourishphx.org

Nourish's holiday food drive is looking for donations of gravy, stuffing, mac and cheese, canned fruit and vegetables, bread mixes, instant potatoes, beans and rice, dessert mixes, low-sugar cereal, whole grain crackers, granola bars and apple juice or cider.

Nourish is also hosting a toy drive through December 6. Options are to "adopt" a child and shop their holiday wish list, donate gift cards or donate the following: gift wrap and bags, new kids clothing, makeup, sports equipment, building sets, hygiene items, etc. Gifts should be donated to the office unwrapped.

ST. VINCENT DE PAUL

420 W. Watkins St., Phoenix
stvincentdepaul.net

This year's campaign is open until Thanksgiving Day, November 28. While St. Vincent accepts food donations for their food bank, the nonprofit is asking for $50 monetary donations to provide holiday food boxes to families in need.

During Christmas, St. Vincent will host an Adopt-a-Family campaign where sponsors are matched with a family. The sponsor should buy and wrap at least two new presents (one toy and one clothing item) for each young child under 16, one present for each older sibling, and one present to each parent and/or grandparent living in the same household, plus a gift card to the family's grocery store of choice so they can purchase a holiday meal.

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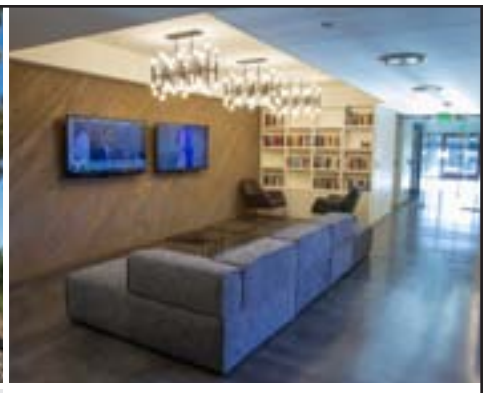

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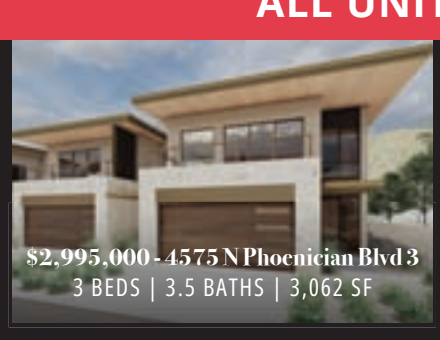

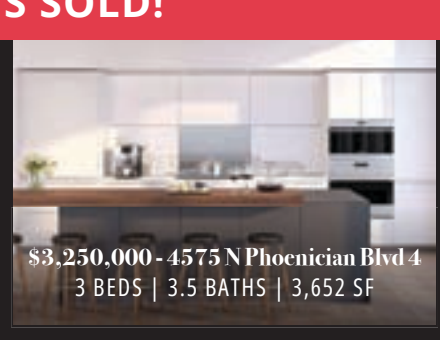

Pure Power LLC offers three businesses in one

By Mark Hays

Jack Peters and Ben Hancock have been friends since their freshmen year at Arcadia High. Now, as students at Arizona State, the duo has taken their friendship and cultivated it into a business partnership with Pure Power LLC.

The company specializes in three main services for Valley residents.

"Five years ago, Jack started hanging holiday lights as a side hustle," Hancock said. "He mentioned the business one day, and I asked if I could join him. That's when Hook'n'Hang LLC was born. Armed with a few ladders, Jack's dad's trailer, and a small budget for advertising, we dove in."

For three months, the pair balanced education with installing Christmas lights around the community.

"After recognizing the potential in holiday light hanging and seeing some success, Jack and I wanted to take things further," Hancock said. "We loved learning the ins and outs of business and were driven by the desire for the freedom that comes with being business owners."

That's when the pair launched Pure Power LLC, a service-based company specializing in car detailing and power washing. Peters and Hancock began small, with a truck and a power washer, but the company soon expanded.

PHOTO COURTESY OF BEN HANCOCK

Former Titans Jack Peters and Ben Hancock have continued their friendship as ASU Sun Devils and co-owners of a local business.

"We secured a partnership with Sotheby's as their trusted power washing provider," Hancock said. "Even with this success, we weren't satisfied. We wanted to challenge ourselves, so we expanded into car detailing, a service we both enjoy for its hands-on experience."

The two soon began hiring friends and fellow ASU students as independent contractors. Their services include premium interior and exterior car detailing, shampooing cars, and washing exteriors with deionized water to prevent water spots.

Each wash comes with custom air fresheners and a care package. Through their partnership with Sotheby's, Pure Power provides power washing for residential and commercial properties, including walkways and driveways.

"Car detailing has been our most popular service year-round, with power washing a close second," Hancock said. "However, during the holidays, our light service becomes the busiest, even surpassing car detailing in demand."

Seeing the business succeed was a dream come true.

"It validated our belief that we could be business owners and inspire others to pursue their passions without fear or doubt," Hancock continued. "Jack, inspired by his father, always sought the freedom and respect of running a business. For me, it was about proving that anything is possible with persistence and hard work."

The light-hanging business is picking up as holidays draw near. The duo can install Christmas lights or procure new ones and handle the setup.

"We also offer storage for holiday lights for an additional $50 per year," Hancock added.

Both are currently focused on Pure Power, but Peters dreams of becoming a third-generation race car driver and pursuing more business ventures, such as commercial real estate. Hancock said he's focused on future endeavors and inspiring others through social media.

purepower.com

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STEMming confidence in students across the Valley

By Kylie de Best

As a child, Phoenix Country Day School junior Petra Danek struggled with math classes – not because the subject was tough, but because she had a mindset from peers that told her "girls were not good at math."

Petra's mom took notice and enrolled her in a program that changed her outlook on the subject. It was memories of the classes that helped inspire her to create the RosFranklin Society, an organization that focuses on instilling a love of STEM among girls while giving them confidence to pursue the fields academically and professionally.

Over the summer, Petra held a tutoring job where she noticed a difference in confidence between the girls and boys she was tutoring.

"When I asked students about their confidence, they explained to me how they did not believe girls were good at math," Petra said. "This upset me because when I was younger I too shared these thoughts. I was enrolled in a program and started having fun with math and wanted to keep practicing. This allowed me to succeed in school and created a positive feedback loop."

Petra read a couple articles explaining the best ways to instill a love of STEM in young girls, where she learned about representation, real life examples and growth mindset.

"What I learned reminded me of my friends because in addition to their passion for STEM, they also have growth mindsets and are great role models," she said.

PHOTO: TRACI DANEK

Aya El Masry, Samantha Daitch, Adeline Ward, Brooke Vella, Petra Danek, Nora, O'Donovan and Savannah Farr.

With this information, Petra dove into her plans of creating an afterschool program for girls led by her and her friends about topics they are interested in: biology, environmental science, neuroscience, sports medicine, chemistry, math, oncology and astrology.

During one of their initial seminars – which focused on biology and environmental science – with fourth and fifth graders at All Saints Episcopal Day School, the group discussed genetics and Rosalind Franklin (the organization's namesake). Mentors helped the students conduct an experiment where they got to see their own DNA, discussed sustainability practices and made their own paper.

"So far, we've worked with All Saints and the International School of Arizona. We are excited to expand to more schools. We feel girls of every background should have an opportunity to participate and learn about STEM subjects," Petra said.

When not working with the RosFranklin Society, she is an instructor at Mathnasium, a member of the Honor Health Medical Explorers Program and founder and president of the PCDS Spanish Club.

After graduation, Petra plans to pursue a major in neuroscience, attend medical school and ultimately become a pediatric oncologist.

Learn more about the organization on Instagram @therosfranklinsociety.

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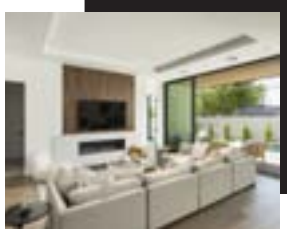

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This coffee/ bouquet concept is blooming

By Rachael Bouley

The growth of Stemistry, a unique flower and coffee shop with a build-your-own-bouquet bar, is one of 18-year-old Dylan Capshaw's proudest accomplishments. Since 2020, he's been able to open one new location a year, an initial goal he once thought impossible.

Dylan has had an eye for business since he was ten years old and started reselling slime and fidget toys to his fifth-grade classmates. Although the school principal shut down his growing empire after a couple of months, he was bitten by the business bug and never looked back.

Dylan Capshaw

"My first real company was Capshaw Wildlife, a nonprofit I founded when I was 11 to rescue and care for exotic animals," Dylan said. "I've always had a passion for wildlife and entrepreneurship and I wanted to make a positive impact."

Capshaw Wildlife wasn't enough – while providing for animals, Dylan thought of a way to help humans and opened another nonprofit called Frontline to provide 3D-printed PPE for doctors and nurses.

With a growing portfolio, Dylan has firsthand experience of the business world's ups and downs. One of his biggest challenges has been managing Stemistry's growth while keeping quality consistent.

"Balancing school and business responsibilities was tough initially, but I've developed strong time management skills," he explained. "Navigating the legal and operational aspects of running multiple ventures as a teenager has also been a learning curve."

Dylan is attending ASU to study business entrepreneurship and credits careful planning and prioritization as keys to success. While in high school, he would finish classes and then dedicate the rest of the day to working on his businesses.

"I've built a strong team that helps with day-to-day operations. I rely heavily on my support system, including my family and staff," he said.

Dylan says it's surreal to open the doors on a third location. He's incredibly proud of this milestone.

"I'm grateful for the community's support. Each location reflects my vision of blending creativity with coffee and flowers," he said. "Stemistry is an experience, and I'm excited to continue expanding and innovating."

Florists and gourmet baristas help make Stemistry stand out, as customers can choose flowers and create their own bouquets. Dylan, a finalist in Nickelodeon and TIME Magazine's Kid of the Year Award in 2020, is always brainstorming new ideas and hopes to one day take Stemistry nationwide.

He encourages the younger generation to follow their dreams of starting a business.

"My biggest advice is to start now. Dream big and don't let anyone tell you that you're too young to make an impact," Dylan said. "With the right mindset, passion, and perseverance, you can achieve anything. It's important to learn from your mistakes and keep moving forward."

stemistry.com

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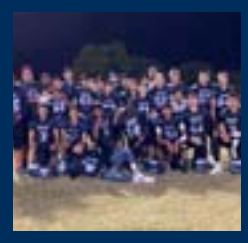

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There's a new voice in Phoenix, and it belongs to the youth

By Jennifer Marshall

As the father of 11-year-old Max and 13-year-old Will, Arcadian Matt Morstad has become deeply concerned about their future. Given the current economy, the workforce outlook, social and government policies and the state of corporate America, Matt is worried his sons won't have the same opportunities afforded them as he and his wife previously enjoyed.

Matt found himself questioning whether top grades and a college degree, bundled with hard work, would even take his boys that far anymore. He feels that the future of his kids – and everyone's kids – is at stake.

It's in that spirit that Matt, Will, and Max created GSD-Nation.com, a website that aims to improve free-flowing thought and dialogue and solve pressing social problems that face our society.

"First and foremost, we are building a community of like-minded individuals," Matt's wife, Lauren, said. "GSD Nation leans on conservative family values, critical thinking and objective truth. The social media platform stands up against ideologies that handicap productive habits, villainize success and hard work and promote toxic victim mentality in our youth."

Lauren said you can ask any Gen Z or Gen Alpha youth what they want to be when they grow up and more than 50 percent will say a "YouTuber" or "influencer."

"Matt took it upon himself to make our boys entrepreneurs with a social media background, allowing them to have the skills to work for themselves and not be destined to being a worker bee to the system," she said.

Matt hopes to inspire responsibility and a productive work ethic in his boys and other youth. He also aims to encourage deep, thought-provoking conversations about current events and social, cultural, and government topics, with the quest to find better, untapped solutions that benefit all. GSD Nation aims to make younger generations more resilient and productive.

"Don't get me wrong, Will and Max love watching Mr. Beast, Dude Perfect, and other entertainment channels, but we also noticed them enjoying conversations of current events and social, cultural and government topics," Lauren said. "Our boys engage in these discussions by asking thoughtful questions and providing a different perspective than my husband or I would offer. It's refreshing to hear the untainted viewpoint from someone who doesn't get caught up in news media or peer influence."

PHOTO COURTESY OF MATT MORSTAD

Will, Matt, and Max Morstad.

The Morstads felt the need to engage with the boys on a deeper level, thinking that other parents would see this involvement with their kids and hear a new perspective on what is happening in the world.

GSD-Nation.com has just celebrated its one-year anniversary. On the site, visitors can discover shorts, reels, and the trio's podcast, Programming Lions.

"We are looking into memberships where kids can engage through games like Fortnite and Dungeons and Dragons," Lauren said. "Wouldn't you rather see your kids play a game with others instead of scrolling a screen watching someone else play a game? We are out to make producers rather than consumers."

"I think my favorite part of GSD is meeting all the new people on our podcast and asking questions about their life experiences," Will said. Max agrees:

"I love spending time with my dad, meeting new people and learning about politics," he said.

Will and Max are heavily invested in the project. From booking guests to crafting interview questions and creating content, they are the lifeblood of the website and podcast. Will built the GSD Nation e-commerce store, creating t-shirt logos and selling merchandise, while Max plans their music playlist for posts and other content.

gsd-nation.com

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Three cheers for one year of Titan Times

By Graysen Reno-Nunn

Titan Times founder Ahva Ghazanfari was a junior at Arcadia High when one of her dreams became a reality. Now a year older, she has written many stories and expanded her dream of a school paper to one the whole Arcadia community reads in each month of the Arcadia News. The column shares stories that may not have otherwise been told while also providing high school students experience in the journalism industry.

"I think that more kids in high school should get out and start exploring what they like to do outside the classroom," co-editor and writer Maya Campbell said. "Some kids like to write but essay writing is not for them, so I think that opportunities like this are a really good way to get involved."

Ahva Ghazanfari

Maya Campbell

Millie Guzman

The students of Arcadia High also get to experience something that many kids these days don't encounter in the digital era: a physical newspaper. The stories are personal and feature other high schoolers, making it a great way for them to get involved. Titan Times has only grown from the beginning.

"We weren't a club until last year, so we really pulled it together and found that we want to write and we want to make these stories to get them out in the world," head writer Millie Guzman said. "Even though we're doing it through Arcadia News, we are doing it in the community. I think that it shows we are dedicated and passionate about what we do and we want to do more of it."

Titan Times is popular with students and parents alike. The monthly publication keeps parents informed of goings-on at school while students get an in-depth look at the community.

"Something that stands out for Titan Times is the fact that it's written by Arcadia students and then it goes out to the greater community," Ahva said. "The people in our neighborhood get a little taste of what it's like to be a student at Arcadia High. They get all of these stories that they might not have asked for. The students are really reaching a bigger community."

This monthly column has become more than just a paper – it's a place for the community to get information from writers who are just starting out and excited for what the future holds.

Read the latest edition of Titan Times on page 62.

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The Dining Scoop

THIS MONTH: SOUPS!

Arcadia residents are ready to swap icy drinks for steaming bowls of goodness, celebrating the flavors of fall with everything from zesty chili to creamy tortilla soup. Local restaurants have introduced seasonal specials while also shining a spotlight on those menu staples that come in a cup or a bowl. Grab your favorite spoon – soup season is here!

The Market by Jennifer's

3603 E. Indian School Road, Phoenix
themarketbyjennifer.com

Chef-Owner Jennifer Russo debuted her new seasonally-driven fall and winter menu that includes items like beef carpaccio and a spicy salmon tostada. On the soup side is pozole verde, a gluten-free pork and hominy soup with all the traditional fixings, and a corn soup with sweet corn puree, grilled corn, and a jalapeno-cheddar biscuit.

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The Vig

4041 N. 40th St., Phoenix
thevig.us

The menu at The Vig features a mix of contemporary American cuisine with seasonal ingredients and bold flavors. Handcrafted burgers, salads and pizzas are on the menu, but for soup lovers, the pozole is the star. This red chili spiced Mexican soup made with pork, hominy, cilantro, avocado, radish, red onions and cabbage is available by the bowl.

Ranch House Grille

5618 E. Thomas Road, Phoenix
ranchhousegrille.com

Ranch House Grille has been serving up breakfast and lunch favorites for almost two decades, but one of the most popular dishes on the menu is the pork chile verde, made with a secret family recipe. Customers can order the pork chile verde, Ranch House red chili or soup of the day in a cup, bowl, big bowl, bigger bowl and biggest bowl.

Gadzooks Enchiladas and Soup

4031 E. Camelback Road, Phoenix
gadzooksaz.com

With a business plan in hand and a little help from his college roommate, Aaron Pool took his love for Mexican cuisine and a few family recipes and turned it into Gadzooks Enchiladas & Soup, a lunch and dinner spot.

The Pool matriarch, Linda, is responsible for the restaurant's popular tortilla soup recipe. She blends up several dozen corn tortillas into the stock, which Pool said gives it a great corn flavor and smell and thickens the soup.

"Mom would make the soup in huge batches for my roommates and myself when we were attending Arizona State," Pool said. "I always told her if I open up the enchilada shop that we would sell the tortilla soup."

Pita Jungle

4340 E. Indian School Road, Phoenix
pitajungle.com

Pita Jungle's lentil soup is an immune-boosting favorite for the winter. This soup has earthy, savory flavors with tahini drizzled on top and goes best paired with a side of pita bread or seasoned pita chips. Seasonal soups are also available.

J&G Steakhouse

6000 E. Camelback Road, Scottsdale
jgsteakhousescottsdale.com

A year-round staple, J&G's French onion soup starts with a broth made from caramelized sweet onions, thyme and homemade chicken stock. The star of the dish is French comté cheese, which gives the soup a melty, cheesy crust. J&G Steakhouse is also currently featuring kabocha squash soup pureed with coconut, Thai curry, cilantro and lime.

Crujiente Tacos

3961 E. Camelback Road, Phoenix
crutacos.com

An Arcadia favorite throughout the winter months, Cru's pozole is commonly used to celebrate the holidays in Mexican culture. Slowly simmered savory broth, pork, hominy, lime, onion, jalapenos and cilantro – it's one of Chef Richard Hinojosa's favorite things.

"One of the reasons I look forward to the weather cooling down every year is cooler temps mean it's time for pozole," Chef Hinojosa said. "Every morning that I open CRUjiente Tacos and can smell the pozole simmering, is a special occasion!"

Eat Up Drive In

4001 E. Indian School Road, Phoenix
eatupdrivein.com

Owners Caitlin and Ryan Jocque have been in the restaurant industry in some form or another for almost two decades and have based their menus off of things they know the neighborhood might enjoy. Enter two soups – chicken and veggie and chicken tortilla, and two chilis, turkey and vegan – that are ready to satisfy, whether you bring the family in or take your meal to-go.

Miracle Mile Deli

4433 N. 16th St., Phoenix
miraclemiledeli.com

Miracle Mile Deli is one of Phoenix's most iconic dining institutions. For more

than 75 years the establishment has been owned and operated by three generations of the Grodzinsky and Garcia family. Customer favorites include the signature New York-style sandwiches as well as five soup options: a cup or bowl of matzoh ball soup, chicken noodle, vegetable, beef stew or homemade chili.

Marcellino Ristorante

7114 E. Stetson Dr., Scottsdale
marcellinoristorante.com

Marcellino's menu features a daily changing chef's selection, which can include split pea, lentil, farro, zucchini and carrot puree or potato and leek soup. Available during the cooler months, the hearty pasta e fagioli – a customer favorite – is made with Italian beans and pasta.

Roaring Fork

800 N. Scottsdale Road, Scottsdale
roaringfork.com

Roaring Fork has a tortilla soup paired with their house-roasted rotisserie chicken that is offered year-round, but is most popular during the winter months. Inside is rotisserie chicken, avocado, cotija cheese and tortilla strips.

Wildflower

7001 N. Scottsdale Road, Scottsdale
wildflowerbread.com

Eat, sip and enjoy four different soups at one of Wildflower's 16 locations. The eatery offers potato cream cheese, chicken lemon vegetable, 12 vegetable and broccoli cheddar soup, each served with slices of artisan bread. Diners can order a cup or bowl, get their soup in a sourdough boule, or if you're really hungry, grab a quart to take home.

Picazzo's

4669 E. Cactus Road, Phoenix
picazzos.com

Picazzo's Italian white bean and kale soup is packed with carrots, onions, tomatoes, cannellini beans, and dinosaur kale, simmered with seasonings and spices in a garlic, basil, thyme, and olive-oil-infused vegetable broth – perfect for those looking for a a gluten-free, vegan option.

THE SCOOP: THANKSGIVING IDEAS

Last minute **Pie Snob** orders should be in by November 1 for pick up on November 22 and 23 from 10 a.m.-6 p.m. Flavors include apple crumb, caramel apple, green chile apple crumb, chocolate pecan, pumpkin praline, pumpkin cheesecake and razzleberry double-crust. Prices range from $26-$48.

piesnob.com

Until November 17, patrons can pre-order pies from **SugarJam - The Southern Kitchen** (15111 N. Hayden Road, Scottsdale), which will be available for pickup on November 27 from 9 a.m.-3 p.m. This year's flavors include apple, caramel apple, apple crumb, cherry, cherry crumb, southern sweet potato, SugarJam pumpkin, bourbon pecan, chocolate pecan and peach cobbler. Prices range from $27-$30.

sjsouthernkitchen.com

On Thanksgiving Day from 10:30 a.m. to 3 p.m., **Royal Palms Resort** (5200 E. Camelback Road, Phoenix) invites friends and family to gather round and celebrate with a buffet curated by Executive Chef Lee Hillson. Diners will find an array of breakfast favorites and holiday classics, plus a carving station with honey glazed ham and roasted turkey, a waffle and French toast bar and a dessert and pie station. Each ticket includes a complimentary glass of sparkling wine, mimosa or cider. Prepaid reservations can be made online. The buffet is priced at $175+ per adult, $75+ for children ages 6-12 and complimentary for children 5 and under.

royalpalmshotel.com

ZuZu at Hotel Valley Ho (6850 E. Main St., Scottsdale) will offer a chef-attended starter buffet with entrées and sweets available on November 28 from 11 a.m. to 9 p.m. Dinner starts at $77; children 12 and under are $25. Reservations required. The restaurant also has to-go meals for purchase that include organic turkey and sides like potatoes, gravy, sweet potato gratin, stuffing, brussels sprouts and bacon hash and dinner rolls. A whole-turkey package serves eight to 10 ($349 for uncooked turkey, $399 for fully cooked); a half-turkey package serves four to six people ($249, with fully cooked turkey). Pies are also available. Orders can be placed until 5 p.m. on November 22. Pick up on November 27 between noon and 6 p.m. or on Thanksgiving Day between 10 a.m. and 3 p.m.

hotelvalleyho.com

Hearth '61 at Mountain Shadows (5445 E. Lincoln Dr., Paradise Valley) is serving up dinner from 11 a.m. to 8 p.m. on Thanksgiving Day. Treat yourself to all the trimmings, featuring turkey from Two Wash Ranch, tenderloin of beef or pan-seared Atlantic salmon. Finish with pumpkin pie, butterscotch pecan pie, or chocolate mousse cake. Individually portioned dinners are also available to-go and include turkey, chorizo cornbread stuffing, mashed potatoes, gravy, orange cranberry relish, buttered green beans and rolls. To-go meals are $59, $32 for children 12 and under. Add a sweet finish to the holiday with a whole butterscotch pecan pie ($38) or a pumpkin pie ($29). Orders can be placed through 5 p.m. on November 26. Pick up between 11 a.m. and 4 p.m. on Thanksgiving Day.

mountainshadows.com

Full Speed Chicken and Ribs (513 E. Roosevelt St., Phoenix) and **Little Miss BBQ** (4301 E. University Dr., Phoenix) are offering a Thanksgiving sides bundle for $175 that serves up to six people and includes mac and cheese, crispy fingerling potatoes, roasted brussels sprouts, stuffing, gravy and more. Add a whole turkey breast for $65 or a whole brisket for $175. Orders will be available for pick-up on November 28 between 9 a.m.-1 p.m./12:45 at Little Miss.

eatfullspeed.com or littlemissbbq.com

On Thanksgiving Day, guests are invited to celebrate at **Chompie's** (9301 E. Shea Blvd., Scottsdale) Valley locations. Diners can select a feast with stuffing, cranberry relish, mashed potatoes and gravy, string beans, candied yams, freshly baked rolls and a slice of apple or pumpkin pie. The cost is $30 for adults, $15 for children. The restaurant is also offering a Thanksgiving to-go meal that feeds 12-15 and includes a whole oven roasted turkey, stuffing, cranberry, potatoes, veggies, dinner rolls, two pies and more for $300.

chompies.com

Shopping local in the Valley of the Sun

Robin's Adventures

BY ROBIN SEWELL

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

I have been known to get my post-Thanksgiving cardio done by running out to the mall and fighting the madness of Black Friday. Championing the locally-owned shops that dot our Arizona highways and showing people why we should all shop locally has become a worthy cause to me. In honor of Small Business Saturday on November 30, here are a few unique stores we have featured on *Arizona Highways*.

Miami, Arizona, is overflowing with small-town charm and dotted with cool family-owned small businesses. One of those is inside a pink house on Gibson Street. This family home is filled with cherished memories and Miami pride. Lisa and Denise Zaragosa, owners of My Mom's House D'Zynes, are the mom-and-daughter crafting duo behind many products sold here.

Arizona's small shops are here to showcase big holiday deals.

They make everything from personalized shirts, hats, candles, bath salts and bath balms. They have another sister who bakes treats, and two boys that tie dye socks and make lip gloss and crayons. It's not just a family thing, it's a Miami thing. Ninety-five percent of the items sold here are Miami made. There's no real rhyme or reason for what they sell, it comes down to whatever anyone wants to make.

There is a strong chance you will buy a gift for someone who loves Arizona scenery, and Blue Planet Outdoors in downtown Chandler is a wonderful place to start looking. Owners Brian and Hannah Sehner share a commitment to community, sustainability, and a passion for preserving the great outdoors.

"When you shop with us, you're not just buying a product; you're investing in the vision and passion of local makers while supporting efforts to preserve our planet," Brian said.

Blue Planet Outdoors is home to state and national park-themed gifts, including Arizona brands Iconic Arizona, High Jinks, Keep Nature Wild, State 48 and more.

There is a marvelous selection of hats, t-shirts, candles, and books to help you discover new hiking trails and other outdoor spots to explore. They even have stuff for kids and teens, including books, games, and puzzles to help inspire the next generation of nature enthusiasts.

If dollhouses and miniatures to fill them are on someone's wish list this year, Auntie Em's Miniatures in Glendale is a go-to destination. This is not a hobby shop; these are beautifully crafted pieces – everything from China and rugs to furniture and food – all in miniature form. This store is extraordinary; there are few places left in the United States where you can see a miniature piece in person before buying it.

Sharing Auntie Em's space is Smilin' Jack's Pedal Cars. If you're looking for trains or toy cars like Hot Wheels or Matchbox, this is the place to find them.

Arizona has historic main street districts across the state, from Bisbee to Safford, Tucson to Flagstaff, each filled with incredible locally owned shops. When you shop small you are giving back to that community and infusing Arizona's economy, which is something we can all be thankful for. Happy Thanksgiving!

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All are Welcome | xcp.org

Transitioning into the civilian workforce

Career Corner

BY ANGELA COPELAND

Career expert and founder of Copeland Coaching. copelandcoaching.com

Veterans Day is an official holiday honoring our U.S. Armed Forces. I feel thankful to live in a country where so many men and women voluntarily serve and put themselves in harm's way for the better good of everyone, but life after the military isn't always easy. Never before have I felt more aware of the challenges Veterans face after their years of dedicated service.

The process of finding full-time employment in the civilian world is a jarring experience. It can test a person to their core and open up insecurities they never knew they had. From what I've been told, the career transition services offered to Veterans are often not robust enough to truly give them the support they need. Additionally, before leaving the military, many have been told that finding a good job will be easy, so their expectations are not always aligned with the reality they later experience.

A Veteran's resume can read like a foreign language to a corporate hiring manager, who may not understand their background well enough to know whether or not they'd be a good addition to the team. Protocols and customs are different.

Veterans can no longer look at someone's attire and immediately know their career status or rank. And many military members feel judged negatively by potential employers. Despite corporations endorsing their practice to hire Veterans, many don't find this to be their reality.

One of the most important things a Veteran can do during this potentially difficult time is to reach out for assistance. Non-military loved ones can provide support. It could be something as simple as giving resume feedback and updating the wording so that it's more understandable to civilians. Loved ones can also help to facilitate networking introductions.

It's important to recognize that very few jobs are landed through online job postings. Applying online only can often create a vicious cycle, leaving the Veteran wondering what it is about them the hiring manager doesn't like. The frustration becomes personal. When you apply online, few real people view your resume. Most jobs are found through networking or existing connections. It is important to focus a job search on creating new connections, rather than simply applying online.

When deciding on what to apply for, Veterans should consider future roles that utilize their previous skillset. This could be a job that involves a specialized technology, leadership or knowledge of the government or security. Many former military members have found success transitioning into roles within the police force or fire safety. Others find their niche as an entrepreneur.

The most important thing to remember is that a job search takes time – and finding a job is a job in itself.

30 YEARS AGO

arcadiaNews

Vol. 2, No. 7 November 1994

arcadiaNEWSBEAT

EVERYTHING BUT TURKEY AND PUMPKIN PIE
Did you know the Thanksgiving meal we prepare today is quite different from those early Thanksgivings long ago?
SEE EVERYTHING BUT TURKEY ON PAGE 14

RESURRECTION OF AN ARCADIA RANCH
An Arcadia resident has received a prestigious award for the remodel of his home, located in the Sphinx Date Ranch area. The transformation is incredible.
SEE RESURRECTION ON PAGE 22

KUDOS TO ZERO POINT KIDS
Tavan School believes in positive reinforcement, and boy does it work! Read about the Tavan "good citizens" and how the program is paying off.
SEE KUDOS ON PAGE 12

LOVE THAT DANCING
We have some very talented dancers in our midst, and they've been anything but idle over the summer months. Find out what they've been up to and what is yet to-come.
SEE DANCING ON PAGE 4

Doin' Time
Extended Day Kindergarten teacher, Linda Dane, serves her time in the stocks.

A feast to remember

The morning of Nov. 10 will be a very interesting one at Tavan School, 4610 East Osborn Road. If you have a chance, stop by. You'll think you've been transported back in time, to a 17th century pilgrim village, complete with indians.

It's a tradition at Tavan, and it just keeps getting bigger and better.

Every year, Tavan's Kindergarten, Preschool and Extended Day Kindergarten classes hold a Thanksgiving feast. Little pilgrims and indians learn together and feast together, just as they did on the first Thanksgiving.

Wearing costumes they have made themselves, the children visit 10 different learning centers.

At the Butter Station they learn how butter was made. Jewelry making at the Jewelry Station, is done with colored macaroni and beads. The Tepee Station is a very popular stop. There they learn about indian culture and can observe authentic Kachina Dolls, sand paintings and indian rugs. The "Indian Rain Makers" they make at the Tepee Station apparently work quite well. Last year, the rain began right after the feast was over, and continued for several days! (Really!)

There is also a Corn Station, where the children can pop corn over real, hot coals and learn how corn is used, a Weaving Station, an Indian Fry Bread Station, a Music

LOOK TO US FOR YOUR SOURCE OF NEIGHBORHOOD NEWS

Linda Dane was a Tavan parent and adored Kindergarten teacher at the school for many years. According to neighborhood mom Jenny Martin, she taught "extended day" kindergarten, back when kindergarten was only half-days.

Dane was also one of the teachers who pioneered the Kindergarten Thanksgiving Feast. Parents would bring in dishes and the kinder class would help cook the turkeys. The celebration included Thanksgiving activities and games that lasted all day. The tradition was so popular that it continued on after Dane moved away – this year's feast happens on November 21.

ARCADIANEWSARCHIVES.COM

Healthier you, healthier world

November marks World Vegan Month. While many people associate veganism with healthier eating, it's also a powerful way to contribute to a more sustainable planet and reduce harm to animals.

Adopting a vegan diet has been linked to lower risks of heart disease, diabetes and certain cancers. But the environmental impact is just as significant. Livestock production is responsible for more greenhouse gas emissions than all transportation combined. A study found that eliminating animal products from your diet could reduce your carbon footprint by as much as 73 percent. This shift is crucial, with 2023 being one of the hottest years on record, contributing to rising sea levels and extreme weather events.

World Vegan Month encourages us to go beyond food and consider how our choices – like supporting cruelty-free products and reducing animal-based materials – affect both animals and the environment. Every step we take toward a plant-based lifestyle brings us closer to a healthier world.

This month, I'm sharing three vegan recipes that are full of seasonal flavors and make great side dishes for Thanksgiving. Join my membership for recipes, health videos and live Zoom cooking classes for only $10 a month.

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

Farro salad with mustard dressing SERVES 6-8

Ingredients

- 1 ½ pounds cubed butternut squash
- 3 cups halved brussels sprouts
- 1 diced shallot
- Drizzle of avocado oil
- 2 tbsp. maple syrup
- Salt and pepper
- 2 cups cooked farro
- 1 can rinsed white beans
- 1 cup chopped Italian parsley
- ½ cup dried cranberries
- ¼ cup toasted unsalted pumpkin seeds

Dressing

- 4 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 1 tbsp. maple syrup
- 2 tsp. Dijon mustard
- 1 fat, crushed garlic clove
- ½-1 tsp. pink salt
- ¼ tsp. pepper

Directions

1. ***Preheat the oven to 400 F.***
2. ***Cook the farro if not yet cooked (1 cup dry).***
3. ***Add the squash, brussels, shallots, avocado oil and maple syrup to a large bowl and add a few shakes of salt.***
4. ***Toss and put on a baking sheet.***
5. ***Bake for 30 minutes, tossing halfway.***
6. ***Whisk up the dressing.***
7. ***Combine the farro, beans, cooked vegetables, parsley, dried cranberries, and pumpkin seeds. Toss with dressing!***

Delicata squash salad SERVES 6-8

Ingredients

- 2 delicata squash, sliced into half-moons (wash well – the skin is edible!)
- 1 tbsp. olive oil, salt and pepper
- 1 ½ romaine hearts, chopped
- ¼ red onion, sliced
- ½ cup pecans or seeds
- ½ cup dried cranberries
- ½ cup dairy-free feta cheese
- 1 large, chopped avocado

Dressing

- ¼ cup olive oil
- 2 tbsp. balsamic vinegar
- Juice of 1 small lemon
- 1 tbsp. maple syrup
- 2 tsp. Dijon mustard
- 1 crushed garlic clove
- 1 tsp. pink salt
- ¼ tsp. pepper

Directions

1. ***Preheat oven to 425 F.***
2. ***Add the squash to a bowl and toss with olive oil, salt and pepper.***
3. ***Spread on a baking sheet and bake for 30 minutes, turning halfway.***
4. ***Whisk up dressing, toss with all ingredients and enjoy!***

Pumpkin gnocchi SERVES 4-6

Ingredients

- 1 tbsp. oil
- 4 minced garlic cloves
- 1 package pumpkin gnocchi
- ⅓ cup vegetable broth
- 1 cup canned coconut milk
- 1 cup pumpkin puree
- 2 tbsp. nutritional yeast
- 4 oz. dairy-free Boursin cheese
- ½ tsp. salt
- ¼ cup fresh basil

Directions

1. ***Add the oil to a large pan and bring the heat to medium.***
2. ***Add the garlic and cook for about two minutes.***
3. ***Add the gnocchi, broth, pumpkin puree, coconut milk, Boursin cheese and salt.***
4. ***Warm everything through for about five minutes.***
5. ***Top with basil and serve.***

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HOW TALL?

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Out of 46 American presidents, only 19 were 6 foot or taller. Abraham Lincoln was the tallest, at 6'4". Martin Van Buren and Benjamin Harrison were both 5'6" and the shortest president in U.S. history was James Madison at 5'4".

HOW MUCH?

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The first U.S. president, George Washington, was paid an annual salary of $25,000. Adjusted for inflation, that would be approximately $900,000 today.

The president currently receives an annual salary of $400,000, an amount set in 2001. A $50,000 annual expense allowance is also provided.

WHAT YEAR?

1861

Presidents began appearing on U.S. currency in the late 19th century. The first president to be featured on a U.S. paper bill was George Washington, who appeared on the $1 bill when it was first issued in 1861. The introduction of the $5 bill that same year saw Abraham Lincoln making his debut.

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Dwight D. Eisenhower first used the aircraft that would be designated as Air Force One in 1953. It was the largest commercial jetliner of its time. Today, there are two Boeing 747-200B planes that serve as Air Force One, ensuring that one is always ready to fly while the other is being maintained.

The Boeing 747-200B has a maximum takeoff weight of approximately 833,000 pounds and is 231 feet 10 inches long. Its wingspan is about 195 feet.

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DID YOU KNOW? U.S. PRESIDENTS

Abe Lincoln was a well-known wrestler with one recorded defeat in 12 years. In 1992, he was inducted into the National Wrestling Hall of Fame as an "Outstanding American."

George Washington had false teeth made from ivory, human teeth, and even animal teeth – but never wooden teeth, as commonly believed.

Thomas Jefferson was an avid inventor. He created a "polygraph" for duplicating writing, as well as a revolving bookstand.

Andrew Jackson was the first president to ride on a train. He used it to travel to his inauguration in 1829.

Martin Van Buren was the first president born as a U.S. citizen.

James Buchanan was the only president who never married, and he was often referred to as "Old Buck."

Calvin Coolidge had a pet raccoon named Rebecca that he allowed to roam the White House grounds.

Herbert Hoover and his wife spoke fluent Mandarin Chinese and used it to communicate in private.

Franklin D. Roosevelt was the first president to appear on television, during the opening ceremonies of the 1939 New York World's Fair.

John F. Kennedy was the youngest person elected president at age 43.

JFK was also the first president born in the 20th century.

Jimmy Carter was a peanut farmer before his presidency.

Ronald Reagan was a lifeguard in his youth and saved 77 people from drowning during his summers at Rock River in Dixon, Illinois.

There have been two father-son pairs who both served as U.S. presidents: John Adams (second) and his son John Quincy Adams (sixth) and George H.W. Bush (41st) and his son George W. Bush (43rd).

★ ★

SAY WHAT?

IT TAKES MORE THAN A BULLET...

One of the most well-known stories about Teddy Roosevelt involves his 1912 presidential campaign.

Before one of his campaign trail speeches, he was shot in the chest by a would-be assassin in Milwaukee. Miraculously, the bullet was slowed by his 50-page folded speech and his glasses case in his pocket.

Instead of going to the hospital right away, Roosevelt insisted on giving his speech, opening with, "Ladies and gentlemen, I don't know whether you fully understand that I have just been shot, but it takes more than that to kill a bull moose!"

WORD SEARCH

S	C	P	A	S	H	P	L	U	L	R	J	T	N	N	O	L	B	K	G	Q	S	Y	R	N
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Here's the scoop on gardening

I'm confident some have always dreamed of gardening but haven't taken that leap of faith, while others who presently like to garden have been waiting for temperatures to drop. Either way, you are feeling that first burst of creative adrenaline that hasn't been felt since early spring. I'm far from being an expert, so when gardening dilemmas stump me, I'm the first to query others with vast knowledge.

November is a definite green light for planting. One needs to determine whether one is a patient or impatient gardener. Decide which vegetables are used regularly in your kitchen and plant accordingly. Most trees, shrubs, and herbaceous perennials should be planted this month. They're getting hard to find, but many flowering bulbs, such as daffodils, ranunculus, freesia, and anemones can be planted.

Thyme in My Kitchen

BY SHERRY KLUSMAN

thyme.in.my.kitchen

Sweet corn, beans, tomatoes, peppers, cantaloupe, and summer squash are ready for harvest, as are winter squash, pumpkins, gourds and early citrus. Depending on who you talk to, there are pros and cons to combining winter flowers, herbs, and vegetables.

There is no denying that growing a variety of flowers and herbs draws pests that have an acute ability to find tasty gardens, but beneficial pollinators also appear. According to the United States Department of Agriculture, about 80 percent of all flowering plants and over three-quarters of the staple crop plants that feed us include hummingbirds, bees, butterflies, birds, good beetles, flies, ants and ladybugs. Pollinators are as important in both flowering plant reproduction and in the production of most fruits and vegetables. Evidence points to pollinator populations being on the decline for various reasons, including habitat loss, introduction and spread of invasive plant species (like stink net), misuse of pesticides, and disease.

A good site is essential for growing healthy vegetables and herbs so crops can grow quickly. Vegetables need plenty of light; a kitchen garden should be in the sun for most of the day. Raised beds in metal and wood are among the most convenient and can be assembled quite easily in desired shapes and filled with a combination of one part lava sand, three parts compost, and three parts native soil. Fill the bed and put a half inch of worm castings, two cups per ten square feet of fish meal, and one cup of kelp meal on top. Scratch it all into the top several inches and water deeply – flood the bed with at least six inches. If native soil isn't available, use a raised bed mix instead of the native dirt and compost.

Soil is made of ingredients called "parent material." This may come from ancient inland ocean beaches, sediment deposits from glacial till, or other similar sources. Each variation contains varying amounts of clay, rock, sand, silt, macronutrients and micronutrients. The combination of soil attributes from the parent material gives any soil its character and natural tendencies, which impact things like pH, soil structure, disease and pest management, water-retention capacity, and much more. All this means is that gardeners can manage their soil, whether the parent material is heavy clay, sand or something in between.

There is no greater joy than digging our hands into warm garden soil. Rich and complex, it falls from our fingers back to the earth as we plant our selections. The fastest germinating seed is the radish, which can sprout in as little as 3-5 days and takes 3-4 weeks to mature. Chervil, savory, chamomile, and dill can be snipped at any time once growth reaches 4-6 inches. Arugula is ready for picking within 40 days, most lettuce varieties and coriander 45-55 days, beets 50-70 days, snap peas roughly 60 days, and carrots and parsley 70-80 days.

Enjoy planting all types of seeds three times the thickness of the seed or roughly a half inch beneath the soil before the holidays arrive. If grackles (those pesky black birds) pose a problem, lightly cover the plants with frost cloth until they get tall enough and no longer spark any interest.

Adding transplants of broccoli, Bok choy, Brussels sprouts, cabbage, cauliflower, celery, chives, culinary lavender, kale, rosemary, sage, spinach, and Swiss chard to the garden is very much a time saver. One of the best things about having a garden is that you can walk out and take snippets for a recipe in progress at any given moment. Don't forget that November is a good month to plan out the spring garden, too.

November's cookbook recommendation: *"The Thanksgiving Table" by Diane Morgan*
November's novel recommendation: *"Ruthie Deschutes O'Hara Has Ulterior Motives" by Cathy Lamb*
November's recipe: *Roasted Sweet Potato Soup*

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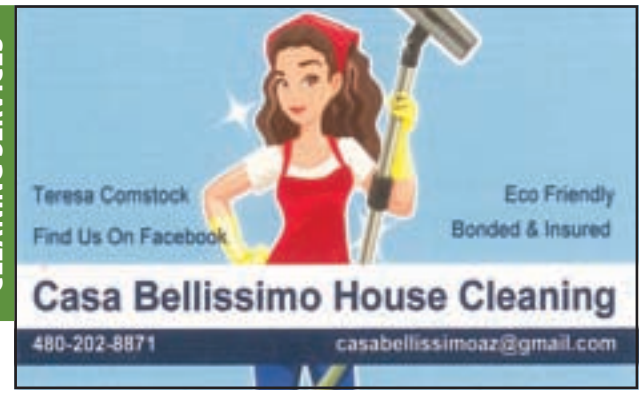

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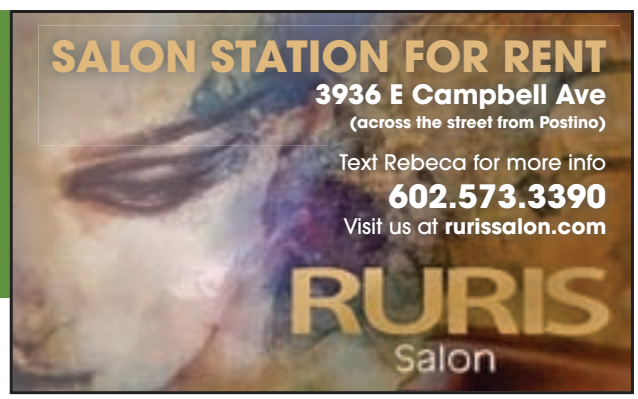

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VOL. 2 NO. 01 NOVEMBER 2024

From the students of Arcadia High School

Arcadia Bingo Club: Where classmates connect

PHOTO COURTESY OF AVA BRAMINI

The Bingo Club encourages students and staff to try something new during their lunch break – and maybe win a prize in the process!

By Ahva Ghazanfari

The students of Arcadia are all about working hard – but they don't forget to play hard, too. Senior Ava Bramini has brought together the school's most exuberant students through a brand new organization: Bingo Club.

Describe some of the events or activities the club organizes.

Right now, we're running bingo games with prizes during lunch. We're hoping to expand to visits at local senior centers to play bingo with them, and we'd love to organize a school-wide fundraiser. The club is all about giving students a fun break from the usual school routine.

What are its goals?

Our main goal is to get more members to show up and make our events as enjoyable as possible. We also want to set up a fundraiser where students and parents can join in for a bingo night to support our club and school.

What inspired you to create the bingo club?

I had a blast playing bingo with friends over the summer, and I wanted to bring that excitement to school. As a senior, I really want to make the most of my last year at Arcadia, and leading this club helps me do that.

What advice would you give to someone interested in joining or starting a similar organization?

Show up and show out. The only thing holding you back is yourself, so don't hold yourself back from doing things you enjoy. Come to Bingo Club and bring your friends for some lighthearted competition!

College Application Time

For high school seniors, it's one of the scariest times of the year: college application season. For most, applications will be due early January, but for the brave few applying Early Decision, the reckoning has come. Applying to college is one of the most daunting tasks out there. Not only must you decide if you're ready to move away from home and where to go, but you must also devise how to get in. Here are a couple of tips to help with the application process:

• Keep a calendar of all deadlines for your college choices, so that you have everything in one place and are not trying to do mental gymnastics figuring out when to apply.

• Focus on your strengths. You might be really bad at soccer. Colleges don't want to hear about that. They want to hear about your strong leadership skills on that soccer team even if you weren't a star player.

• Don't repeat yourself in your personal statement. Colleges are looking at that to get an idea of who you are. Including information about yourself that can be found elsewhere in your application is not helpful.

• Extracurriculars are anything you do outside of school (besides sleeping!). You don't have to be in a sport or a club to have extracurricular activities. Do you paint? Read? Sew? All of these things are extracurriculars that can go in your application.

College application season doesn't have to be scary. Make the most of it and do your best, and you'll end up at the college that's right for you.

– Maya Campbell

The Season of Thanks

November is here, and it's time for us to slow down and recognize what we are grateful for. In our fast-moving world, finding time to appreciate the things that matter the most to us can be difficult. Sharing our gratitude is a way to acknowledge what we have and improve our physical and mental health. The students of Arcadia High have shared what they are thankful for this Thanksgiving season.

Many wanted to thank our wonderful teachers for providing help when we needed it most. Students also shared thanks for their support systems outside of school. Senior Kendall Sawkiw said she is grateful for her parents, sisters and her dog, Rex.

"I get so much love and support from my family. I don't know what I would do without them," Kendall said.

Students Maya Campbell and Karlee Larche-Albee are also grateful for their friends and loved ones. They appreciate how they make it a little easier to relax and have fun amidst the stress of the school year, and are grateful for the lifelong friendships and connections they have found in the community at Arcadia.

"It's nice to have people who understand what I'm experiencing at school and who also want to hang out and have fun outside of school," Maya said.

– Amelia Guzman

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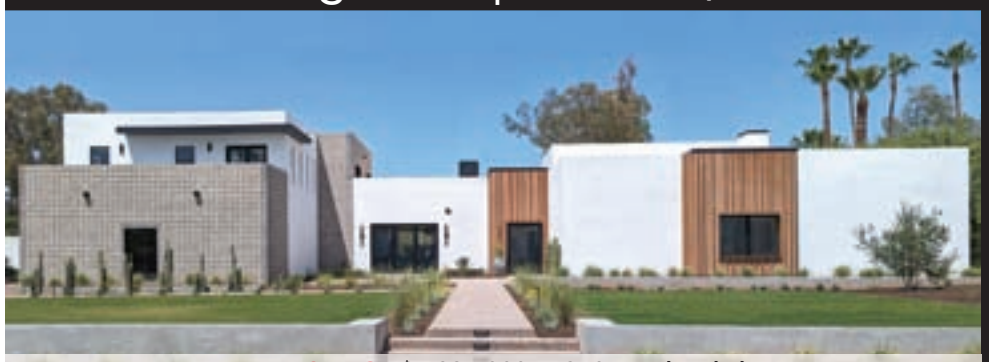

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