

ARCADIA NEWS

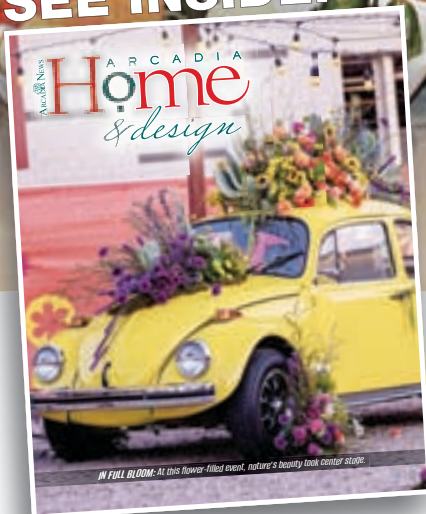
VOL. 32 NO. 12

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

MARCH 2025



SEE INSIDE!



RECIPE FOR SUCCESS

One mom's salsa-making hobby became a full-fledged business thanks to encouragement from friends and family.

PAGE 19

SUPPORT AND RESCUE

Heidi's Village, a facility that provides shelter and veterinary care, is celebrating its fifth anniversary.

PAGE 12

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Did you know? Hedgehogs (Page 44)

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AHS graduate Codie Sanchez used the skills she learned in journalism school and on Wall Street to write and publish her first book, Main Street Millionaire.

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The Scottsdale Society of Women Writers is celebrating 20 years of supporting and encouraging women to follow their dreams of becoming published authors.

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The Orpheum Theatre, a historic landmark in downtown Phoenix, ushered in a new era with a transformation that preserves its history while introducing new technology.

41 Falcons frolicing

Veritas Prep's latest club focuses on teaching the game of disc golf (FRisbee GOLFING) to students from sixth to 12th grade, with hopes to compete in the near future.



Arcadia mom Paige Darrow is
the founder of Momo Salsas.
PHOTO COURTESY OF PAIGE DARROW



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EDITOR'S NOTE

Each one of the people featured in our March edition has a hobby. Evelyn Errante? She loves to sing. Paige Darrow loves to make salsa. And many others? They love to read – so much so that they've built little free libraries in their front yards to share the activity with friends and families near and far.

The idea of little free libraries started with a man in Wisconsin named Todd Bol. Todd's mom was a schoolteacher who loved to read in her spare time, so he built her a little library and placed it in the front yard, encouraging those who passed by to take a book or leave a book.

Todd passed away in 2018, but his little free libraries live on outside the homes of more than 150,000 people across the country – and over 1,000 are in Arizona alone. Find one near you at littlefreelibrary.org.

Arcadia News is also pleased to present the 2025 Spring Arcadia Home & Design edition, where readers will find stories about the F.Q. Story neighborhood of downtown Phoenix (a collection of over 600 of the most architecturally diverse homes one will ever find), a flower festival and some tips from our resident garden aficionado.

We hope you enjoy reading this special spring edition as much as we enjoyed creating it, and thank you, as always, for reading the Arcadia News,

Mallory
– Mallory Gleich



UPCOMING THEMES:

APRIL

Camp Guide

MAY

Mother's Day

JUNE

Father's Day/Summer

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"I have always imagined that paradise will be a kind of library."

– Jorge Luis Borges



Arcadia News Meet & Greet

Attention all readers! Want a first look at the newest edition of Arcadia News? Pick up a copy and say hello at our next Monthly Meetup.

Follow us on Instagram @arcadianews for details.

For more information email editor@arcadianews.com.

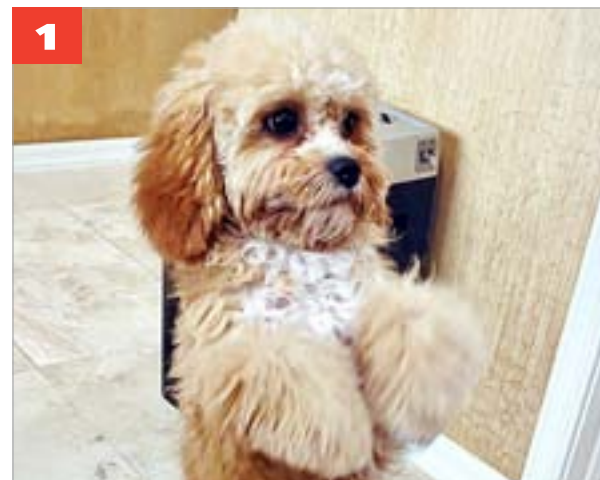
We'd love to meet you!



ARCADIA'S PETS

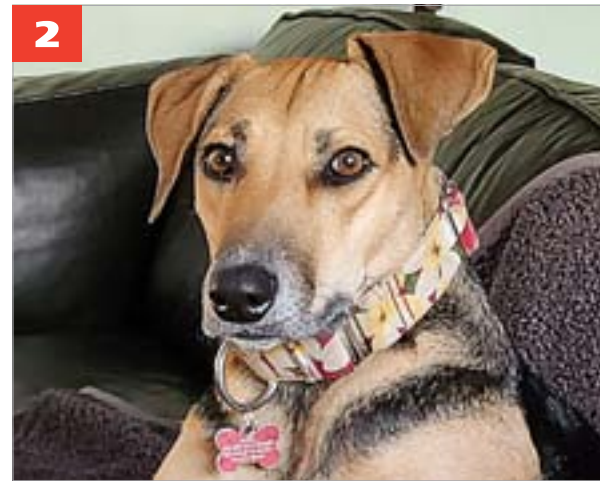
1. Daisy is our 10 month old CavaPoo. She loves chasing birds and rabbits and her favorite trick is "ballerina," where she stands on her hind legs and twirls around and around. We are blessed to have her after our dog Elvis passed over the rainbow bridge two years ago. Dogs have a special way of making our hearts feel whole again!

– Rebecca B.



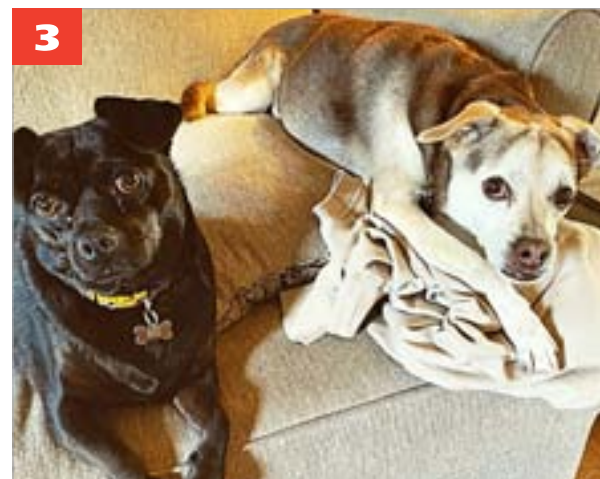
2. Aloha. My name is **Kauai**. At two months old I was rescued from the jungle in Hawaii, and after my adoption I moved to Arcadia. Wow, what a change! I'm two years old now and love it here with my *makua* [father]. Mahalo!

– Kendall S.



3. Suzie (left) and **Sully** were both rescued from Arizona pet rescues and made themselves at home right away. They love to lounge around the house and play with their Gumby toy, and if you give them treats, they'll take them to another room to enjoy without interruption. Sully can jump up on the couch pretty easily, but Suzie requires help because of her little legs and rotund belly.

– John G.



Would you like to share your pet? Send a photo and a description (50 words max) of your pet to editor@arcadianews.com or text it to 602.840.6379.

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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PCH fundraising committee puts its sweet tooth to good use

By Rachael Bouley

If you've seen a lot of bake sales in the neighborhood lately, it's not because of an overabundance of ingredients left over from the holidays. No, these bake sales are lending a helpful hand by raising money for Phoenix Children's Hospital.

Friends Dana Sabatino and Christi Brink are members of the Beach Ball Committee, which helps raise funds for the hospital's initiatives and resources. The bake sales started in 2024 as a way for "Beach Ballers" to grow awareness and contribute to the Hope Fund, which supports various PCH programs and helps patients and families with their greatest needs.

"This could be life-saving research, helping families who do not have insurance or resources, master-level teachers to keep patients on track, or therapy animals for the kids," Brink said.

So far this year, Dana and Christi have held three bake sales for the 2025 Beach Ball event happening in March. Thanks to enthusiastic support from friends and families, they raised over \$6,000 in just a few hours. More bake sales are planned to reach the \$30,000 goal.

"The neighborhood has tremendously supported our events," Christi said. "Each bake sale is unique. Dana's daughter, Amelia, baked homemade key lime pie and raised \$1,500! The pies sold out every



Dana and Amelia Sabatino sold out of their key lime pies and raised \$1,500 in one day. (right) Co-Chairs Christi Brink and Jess Adler.

time. Others made cookies, candy, or other sweet treats."

Noble Bread was a sponsor this year, so fresh-baked bread and cookies were included in many sales. The PCH Kitchen Sink Cookie, made specifically to support the Hope Fund, is a best-seller and can now be found at Noble Bread, farmer's



markets, The Vig, Campo Italian Bistro, and The Genuine.

After attending the Beach Ball several years ago, Christi was inspired to give back to Phoenix Children's Hospital.

"I got involved because I am a mother, and I wanted to be a part of helping kiddos and their families navigate a really hard

journey," she said. "I am so proud of what this organization is doing to impact the lives of those in our own community."

Dana was previously involved in several charities in New Jersey. She said she was excited to put her philanthropic hat back on and found the Phoenix Children's Beach Ball Committee to be the perfect fit.

"I am so impressed with the work PCH does for our community and the children in it, and I am incredibly grateful for their initiatives around pediatric mental health," Dana said. "With two in college, the mental health of our adolescents as they navigate the journey to adulthood is so incredibly challenging, and the work PCH is doing to bring not only awareness but solutions to our community is invaluable."

As bake sales boom, the committee remains hard at work, putting the finishing touches on the upcoming event, which aims to raise over one million dollars for Phoenix Children's in a single night.

"Our main goal is to thank donors and sponsors for their ongoing support. The best part about supporting PCH is knowing that we are all working together to help make part of a child's difficult journey a little bit easier," Christi said. "It may be something as simple as a pet that brings a smile to a patient's face or funding for a life-saving treatment. Every contribution makes a difference."

phoenixchildrensfoundation.org

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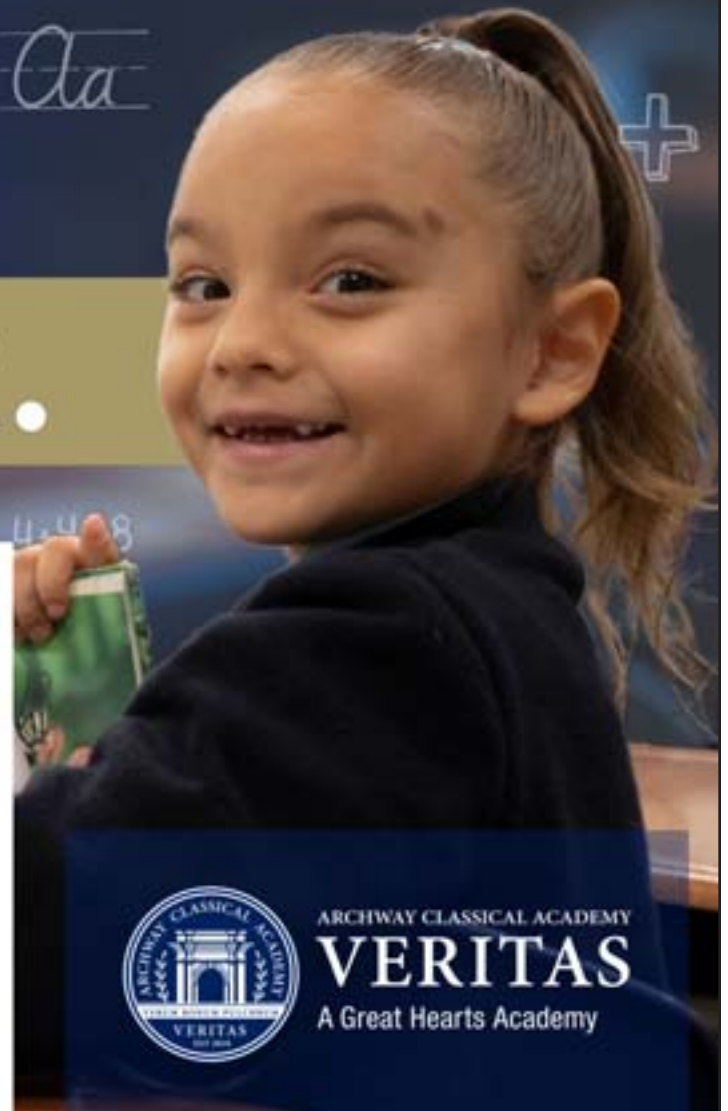
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BRIEFS

Attention all readers! Want a first look at the newest edition of Arcadia News? Pick up a copy and say hello at our next **Monthly Meetup**. Follow us on Instagram @arcadianews for details. We'd love to meet you!

Southwest Human Development is partnering with Valley businesses from March 3 to April 15 for the **Grow a Reader** virtual book drive. Through the Arizona Charitable Tax Credit, individuals can make a dollar-for-dollar donation to Grow a Reader at no cost when filing their state taxes or donate a book through the website. swhd.org/GAR

Arcadian Sarah Pyper is hosting free **Family Yoga and Soundbath in the Park** events. All ages are welcome to move, breathe and rest together. Each class will learn breathing techniques, talk about feelings and finish up with an affirmation circle and a craft. Upcoming dates are March 15 and April 19 at 10 a.m. in Kachina Park (4304 E. Campbell Ave., Phoenix). Bring your own mat, towel or blanket. Donations benefit Lost Our Home Pet Rescue.

The next installment of the **Scottsdale Civil War Roundtable** takes place at 6 p.m. on March 19 at the Scottsdale Public Library, 3839 N. Drinkwater Blvd. This month's meeting will host historian, author, podcaster and university professor Dr. Chris Mackowski, who will present "Civil War Monuments and Memory." He will share insights about the difference between history and memory, and why Civil War monuments and memorials were built. Doors open at 5 p.m. This event is free.

scottsdalecwr.org



The 13th annual **Rescue Rinse** is happening on March 8 from 9 a.m.-12 p.m. at ReThink Agency, 4714 N. 44th St. Bring your pups for a bath benefitting AZ Mastiff Rescue, a nonprofit that rehabilitates and rehomes giant breeds throughout the Southwest. ReThink will provide water, shampoo and treats for any family that stops by. Pet parents can enjoy coffee and pastries. There will also be a silent auction. Washes are a \$20 minimum donation. rescuerinse.com

Plan ahead: The 13th annual **Team Taylor Arcadia Family Fun Run** will happen on April 6, 2025, at 48th St. along the canal. At the event, participants will run, walk or wheel their way through Arcadia in remembrance of children who lost their lives to SIDS. Proceeds benefit Phoenix Children's Safe Sleep & Home Safety Program. There will be an afterparty at O.H.S.O. Registration is open. phoenixchildrensfoundation.org

Heidi's Village is celebrating its fifth anniversary with an Open House event on April 5 from 11 a.m.-2 p.m. Guests are welcome to come out and tour the facility while learning about the nonprofit's programs and checking out rescue partner tables, raffles, food, and fun activities for kids. This event is free.

heidisvillage.org

EVENTS

SATURDAY 3/1

Art d'Core Gala

5 p.m. (VIP) or 6 p.m. at Biltmore Fashion Park, 2502 E. Camelback Road, Phoenix. The annual Art d'Core Gala is a celebration that showcases artists who contribute to Arizona's creativity and community. The event will also unveil the new PRISM exhibition that remains open through March 31. The gala will recognize Adam Goodman, Linda Herold and Devney Majerle for their contributions to Arizona's creative community. Tickets start at \$150.

artlinkphx.org

First Press Fine Wine Festival

1-4 p.m. at the Arizona Heritage Center, 1300 N. College Ave., Tempe. First Press is a festival-style wine-tasting event featuring beverages from renowned wineries paired with gourmet treats. Food, drink and entertainment from award-winning artist Carmela Ramirez are on the docket for today, with proceeds benefiting Friends of Public Radio Arizona. Tickets start at \$250.

firstpressarizona.com

Persian New Year Festival

11 a.m.-6 p.m. at Scottsdale Civic Center, 3939 N. Drinkwater Blvd. Celebrate the spring season at this year's Persian New Year Festival. Guests will find authentic food, music and dance performances, plus a comedy show, a vendor marketplace, activities for kid and art from local and international vendors. General admission is \$15; VIP packages available for \$175.

pnfyf.org

Melrose Street Fair

11 a.m.-5 p.m. in the Melrose District, on 7th Ave. from Indian School Road to Campbell. This annual event features over 200 local and independent artisans, food trucks, live music, a farmer's market, activities for kids and a craft beer garden. Patrons can also enjoy the LAMBDA Car Club show, which features over 100 classic antique and vintage cars, trucks and hotrods. This event is free for all ages.

melrosemerchantsassociation.com

SATURDAY 3/1 – SUNDAY 3/2

Galbani Italian Heritage Festival

11 a.m.-5:30 and 7 p.m. at Heritage Square, 113 N. 6th St., Phoenix. Bring out the Italian in you and head to the inaugural Italian Heritage Festival, presented by wellness nonprofit Bliss Planet. Guests will experience live music, raffles (including a trip to Tuscany), a vendor market, authentic food vendors, activities for kids, cooking demonstrations and an exotic car show. General admission is \$10; VIP packages are \$145.

italianfestivalphoenix.com

SUNDAY 3/2

Sunday Morning Yoga

10 a.m. at Biltmore Fashion Park, 2502 E. Camelback Road, Phoenix. Start your Sunday morning with an invigorating 75-minute outdoor workout – suitable for all experience levels – on the Biltmore Fashion Park center lawn. This morning's guest instructor hails from Buddha Bella Yoga. Make sure to bring a mat and water bottle. Classes cover breath work, strength-building and relaxation. Tickets are \$15 per person.

reddevelopment.com

PV Arts & Crafts Show

10 a.m. at The Park at PV, 4568 E. Cactus Road, Phoenix. The area formerly known as Paradise Valley Mall will host an arts and crafts market featuring 50 juried artists showcasing paintings, photography, pottery, jewelry and Native American pieces. There will also be live music and food. Admission is free and this event is family-friendly.

oakcreekartsandcraftsshow.com

SATURDAY 3/8

Parents Night Out

6 p.m. at Impact Gymnastics, 7812 N. 12th St., Phoenix. Can't get a babysitter for date night tonight? Impact Gym has an option you might like. Kids ages 4-16 can be dropped off for an evening of gymnastics, Ninja Zone, crafts, music and fun – with a pizza dinner for when kids get hungry. Cost is \$30 cash for each attendee.

impactgymaz.com

SUNDAY 3/9

Beauty to the Rescue

10 a.m.-2 p.m. at Mane Attraction Salon, 3156 E. Camelback Road. At the 24th annual event, attendees can provide a minimum donation and get select salon services to support the Phoenix Animal Care Coalition. This nonprofit has raised over \$400,000 toward animal rescue organizations in Maricopa County. There will also be vendors, raffles, a silent auction and pet adoptions.

maneattractionssalon.com

MONDAY 3/10 – SUNDAY 3/16

Arizona Tennis Classic

Times vary, at the Arizona Country Club, 5668 E. Orange Blossom Lane, Phoenix. It's not the U.S. Open, but it's close – and you can be part of the action. The Arizona Tennis Classic is a chance to see professional matches up close and personal. Watch seasoned pros compete against up and coming stars across three dedicated courts, including a center court stadium constructed just for tournament play. Tickets start at \$40.

arizonatennisclassic.com



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WHAT'S HAPPENING, ARCADIA?



Zoobilation at Phoenix Zoo.



Parents Night Out at Impact Gymnastics.

WEDNESDAY 3/12

Opera for Lunch

12:15 p.m. at the Arizona Opera Center, 1636 N. Central Ave., Phoenix. Break up the workday with a little music. Opera for Lunch is a free, 30-minute recital featuring the Marion Roose Pullin Arizona Opera studio artists. Guests are welcome to bring their lunch or purchase a \$20 box lunch catered by Sacks Sandwiches when you reserve your ticket.

azopera.org

SATURDAY 3/15

Thrive to Five Playfest

9:30 a.m.-1:30 p.m. at the Arizona State Fairgrounds, 1826 W. McDowell Road, Phoenix. Presented by Southwest Human Development, this event is for the littles to learn and have fun all in one. There will be free books, playtime, make-and-take activities, photo booths, a sensory friendly play area, yard games, stage performances, a crafters market and early childhood resources. Tickets are \$10 per family.

swhd.org/playfest

St. Patrick's Day Parade and Faire

10 a.m. at Margaret T. Hance Park, 67 W. Culver St., Phoenix. This St. Patrick's Day, head downtown and catch all the festivities – starting with a parade on 3rd St. and Oak. There will be marching bands, dance performances, bagpipes and decked out floats. Afterward, head to the Irish Faire to find live music, entertainment, food and drinks, a vendor market, and activities for the kids. Admission is \$15.

stpatricksdaysphoenix.org

SATURDAY 3/22

Zoobilation

6-10 p.m. at Phoenix Zoo, 455 N. Galvin Pkwy. One hundred percent of this event's proceeds will go toward Phoenix Zoo's mission of advancing the stewardship and conservation of animals and their habitats – all while having a blast. There will be a concert featuring Status the Band, food and beverages, animal encounters, photo ops, a magician and live muralist and other unique performances. Tickets start at \$350. This event is 21 and up.

phoenixzoo.org

Veritas Music Fest

3-9 p.m. at Veritas Prep, 3102 N. 56th St., Phoenix. The seventh annual Veritas Music Fest happens today. Guests can come out and enjoy various student-run and professional performers and bands and win prizes from the raffle drawing. Food and drinks will be available for purchase. Tickets are \$5 per person or \$20 per carload.

veritasprep.greatheartamerica.org

Hats, Horses and Roses

5 p.m. at Mountain America Stadium, 500 E. Veterans Way, Tempe. Guests should dress in their derby best for this event. There will be dinner, drinks, a silent auction, and a video program. Proceeds support Camp Patrick for kids with spina bifida, and tickets start at \$250.

camppatrick.com

SATURDAY 3/22 – SUNDAY 3/23

Spirits of Mexico Festival

11 a.m. at Heritage Square, 113 N. 6th St., Phoenix. This year's event will spotlight the state of Nayarit, Mexico. Guests can hear live

music and see traditional dance and art displays, plus try out cooking classes or mixology workshops and taste culinary delights. There will also be samples and insights into Mexico's

signature distilled spirits, including tequila, mezcal, sotol, and bacanora. General admission is \$10; VIP is \$45.

spiritsofmexicofestival.com

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WHAT'S HAPPENING?

SUNDAY 3/23

AZ Diaper Bank Charity Event

10 a.m. at Topgolf, 9500 Talking Stick Way, Scottsdale. The Arizona Diaper Bank benefits families across the state, and this event includes unlimited golf, a buffet brunch, two drink tickets, a silent auction (with trips, electronics and more) and raffles to support families in central Arizona. Tickets start at \$200 for individual golfers. diaperbank.org

Arcadia Auto Rama

8-11 a.m. at Hopi Elementary School, 5110 E. Lafayette Blvd., Phoenix. Exhibitor registration is currently open for those who would like to be in the show. Guests can browse through cars, trucks, tractors and specialty vehicles. Trophies will be given out for Best in Show – People’s Choice, Best in Arcadia and Judges’ Choice. It costs \$20 to register, but there’s no admission for spectators. acmna.org

SATURDAY 3/29

Rabbit Ride

11 a.m. at Pedal Haus, 730 S. Mill Ave., Tempe. The inaugural Rabbit Ride is a free, rabbit-themed bike ride where participants dress up in their most creative costumes and bike around town, with stops at The Shop Beer Co. and Hundred-Mile Brewing Co. The after-party takes place at Pedal Haus with live music, drink specials and costume contests. pedalhausbrewery.com

A Tainted Mind: Close-Up Magic

7 p.m. at the Hilton Garden Inn, 7324 E. Indian School Road, Scottsdale. Spend your Saturday in wonder with mind-bending magic performed by magician Tank Hanna. Guests may be transfixed by Tank’s storytelling while interacting with an up-close and personal performance of card magic and transformation acts. Tickets start at \$54. tanksmagic.com

SUNDAY 3/30

Paws + Reflect Yoga

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

Have an event or brief that you’d like us to consider for What’s Happening, Arcadia? Send it to editor@arcadianews.com.

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OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 3/1

Johnny Cash Tribute Concert

4 or 7:30 p.m. at the Hale Theatre, 50 W. Page Ave., Gilbert. We all know the lyrics. Now, you can hear the songs live. Hale is honoring the Man in Black with a concert that showcases all of Cash’s biggest hits, like Folsom Prison Blues, Ring of Fire, Boy Named Sue, Walk the Line and more, mixed in with stories of his iconic history. Tickets start at \$45.

haletheatrearizona.com

Unmask the Stigma 5K

9 a.m. at Foothills Park, 5708 W. Union Hills Dr., Glendale. Join Recovery Empowerment Network at its Unmask the Stigma 5K and block party. Attendees don’t have to run in order to join the fun – the after party will include music, food, games, activities for kids, craft vendors and raffles with super fun swag. Registration is free and includes an “adventure cape” and custom medal.

renaz.org

SUNDAY 3/2

Downtown Chandler BBQ Festival

11 a.m.-6 p.m. at Dr. AJ Chandler Park, 3 S. Arizona Ave. SanTan Brewing Company and SanTan Spirits unite to bring beers and BBQ together. Guests will find dishes from West Alley BBQ, Honey Bear’s BBQ, Frasher’s Smokehouse and more, plus cocktails, games and live music from various bands. Tickets start at \$15.

santanbrewing.com

SATURDAY 3/1 – SUNDAY 3/2

Garden Club Flower Show

12-5 p.m. on Saturday, 1-4 p.m. Sunday, at Mustang Library, 10101 N. 90th St., Scottsdale. Come out and view floral design interpretations of Scottsdale’s eight sister cities from Mexico, Australia, China and more while also checking out displays of locally grown Southwestern horticulture, youth and educational exhibits, and artistic crafts. This event is free for all ages.

scottsdalegc.org



Fresh Brunch at the JW Marriott in Phoenix.

FRIDAY 3/7

Big Night Out Gala

5:30 p.m. at The Westin Kierland Resort, 6902 E. Greenway Pkwy., Scottsdale. Big Brothers Big Sisters of Central Arizona is celebrating 70 years of mentorship, empowerment and inspiration with this evening’s event. There will be a cocktail reception, program, live show, dinner and an after party – and make sure to dress in your favorite silver outfit. Tickets start at \$350.

bbbsaz.org

Worldwide Women’s Film Festival

6 p.m. at Harkins Theater, 7354 E. Shea Blvd., Scottsdale. The seventh annual Worldwide Women’s Film Festival “educates, supports, and empowers women in the collaborative endeavor of filmmaking while we shine a light on women’s stories, stories by women, and other diverse experiences across all genders.” There will be 45 films from various genres for

guests to view. Tickets start at \$15; an all access pass is \$230.

wwfilmfestival.org

SATURDAY 3/8

Cactus Fly-In

8 a.m. at the Casa Grande Municipal Airport, 3225 N. Lear Ave. Hosted by the Classic Airplane Association of Arizona, this event showcases antique aircrafts from around the southwest. There will also be a vintage auto and hot rod exhibit, pancake breakfast and food trucks available throughout the day. Tickets are \$10 per person or \$20 per carload (cash only).

cactusflyin.org

SATURDAY 3/8 – SUNDAY 3/9

Chili Cook-off & Carnival

11 a.m. at Ahwatukee Park, 4700 E. Warner Road. Chili cooks, this one is for you. Hosted by the International Chili Society, this event challenges chefs to whip up their best batch to place in four different categories. The public is welcome to taste and vote for their faves, and afterwards head to the carnival for rides, live music and family fun. Ticket prices vary.

ahwatukeecommunitycenter.com

SATURDAY 3/15

Phoenix Wounded Vet Run

9 a.m. starting at Harley Davidson, 16130 N. Arrowhead Fountains Center Dr., Peoria. Community members are invited to ride to show support for local wounded veterans at the 11th annual Phoenix Wounded Vets Run. There will be a breakfast before the event kicks off. Attendees will ride to the Roadrunner in New River. Registration is \$25 per rider or \$40 for a couple, and proceeds benefit the Phoenix Wounded Vet nonprofit.

theyfoughtweridenational.com

Lucky Clover Benefit

5 p.m. at The Barn House, 7624 W. Banff Lane, Peoria. The Barn House is an Arizona nonprofit with a mission to support animals and the people that love them. This annual fundraiser includes food trucks, a silent auction, drinks, dancing, raffles, games, live music and more. Tickets start at \$125 per person.

thebarnhouseaz.com

SUNDAY 3/16

Experience Ireland

9 a.m.-5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Celebrate St. Patrick’s Day early with Experience Ireland at the MIM. Guests can listen to Irish music with authentic instruments, watch a step-dancing performance, participate in family-friendly crafts and activities and enjoy an Irish lunch. General admission is \$20 for adults, \$10 for kids.

mim.org

WEDNESDAY 3/19

Daou Wine Dinner

6 p.m. at Keeler’s Steakhouse, 7212 E. Ho Hum Road, Carefree. Hosted by master sommelier Gillian Balance, this evening’s dinner is designed to “create harmony between what’s in the glass and what’s on the plate.” Guests will enjoy four different Daou wines with dishes like jumbo prawns, scallops, a grilled lamb chop and more. Registration is \$150 per person.

keelerssteakhouse.com

THURSDAY 3/20 – SUNDAY 3/23

Scottsdale Ferrari Art Week

Times vary, at WestWorld of Scottsdale, 16601 N. Pima Road. The premier international art and design fair in the Southwest, this event will showcase leading galleries from across the country and world exhibiting one-of-a-kind works from established and emerging artists. Ferrari Art Week combines historic American and contemporary art and design with a special focus on Indigenous and Latinx artists. Tickets start at \$30 with VIP packages available.

scottsdaleartweek.com

SUNDAY 3/30

Fresh Brunch

9:30 a.m.-3 p.m. at the JW Marriott, 5350 E. Marriott Dr., Phoenix. In support of Valley nonprofit one•n•ten, the 16th annual Fresh Brunch event is about empowering the future. Included is a welcome reception, brunch, cocktails, a garden party and live performances. Individual tickets are \$150.

onennten.org





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High fives for those with four paws at Heidi's Village

By Eliana Ganz

Five years ago, Virginia “Ginny” Jontes envisioned a sanctuary where animal rescues could collaborate and maximize their efforts to save more lives. This vision came to life in 2020 with the opening of Heidi’s Village, which rapidly became a beacon of hope for Arcadia’s animal welfare community.

“Heidi’s Village isn’t a shelter or rescue. It’s a support system for rescues,” Development Director Lori Wahl said. “We provide affordable resources to over 100 businesses and community organizations, helping them house, heal, and promote the animals in their care.”

The inspiration behind Heidi’s Village stemmed from a deeply personal experience. In 2005, while working in real estate, Jontes met Joan, a widow concerned about her beloved schnauzer, Heidi. The pair established a strong bond, and Joan made Jontes promise to care for Heidi if she was unable to do so.

When Joan fell ill in 2010, Jontes fulfilled her promise and welcomed Heidi into her home, caring for her until the dog’s passing in 2016. This experience shaped Jontes’ commitment to animal welfare.

Heidi’s Village is situated on a five-acre property and focuses on collaboration and community. They provide affordable resources such as veterinary care, behavioral support, and grooming services to struggling rescues.



The Smitten Kitten Nursery offers round-the-clock care for newborns.



Heidi’s Village volunteers Alex, Sheridan, Nate and Makhia with Russell the dog.

With around 60 employees and a dedicated team of volunteers, Heidi’s Village maintains a high standard of animal care.

One unique aspect of Heidi’s Village is its Smitten Kitten Nursery, developed specifically to provide specialized care for neonatal kittens. Operating 24/7, the nursery cares for nearly 500 newborns annually, offering round-the-clock bottle feeding, medical care, and socialization. Once they grow strong and independent, they graduate to the Meow Motel, where they continue to receive enrichment before finding forever homes.

In addition to direct animal care, Heidi’s Village collaborates with rescue organizations to host specialized events such as spay/neuter clinics and wellness services for underserved communities. By providing low-cost options, Heidi’s Village helps expand access to essential veterinary care, reducing pet overpopulation and improving the overall well-being of animals in the community.

“As they celebrate five years, the organization is eager to expand its efforts.

“We are always looking for ways to grow, support more rescues, and develop

innovative solutions to challenges in animal welfare,” Wahl said. “Every pet deserves a chance at a joyful life.”

Families are welcome to come out and celebrate the fifth anniversary by attending Heidi’s Village’s Open House on April 5 from 11 a.m.-2 p.m. The event will show attendees firsthand how Heidi’s Village is transforming animal welfare, and asks them to be part of the mission to house, heal, and promote Arizona’s most vulnerable animals.

heidisvillage.org



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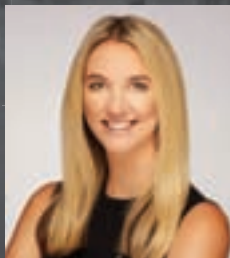
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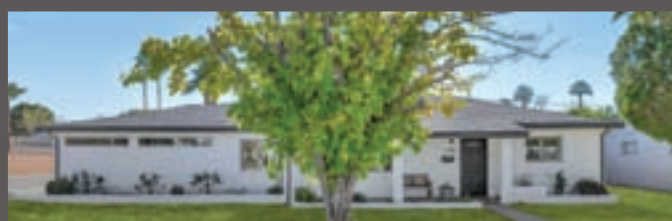


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In the Kitchen

with **Chef Danielle Realmonte,**
of Mowry & Cotton

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Danielle Realmonte grew up learning two things: success takes hard work, and baking was not in her future – even though wholesale bakeries had been in her family for generations. In high school, Realmonte dove headfirst into learning everything about the restaurant industry, climbing the ladder to the senior sous chef position and continuing to leave her mark at Mowry & Cotton.

Where did you attend school?
I grew up in Scottsdale and went to Desert Mountain High School. I also went to the East Valley Institute of Technology (EVIT) in Mesa during my junior and senior years.

I'd go to Desert Mountain for my core classes and get on the bus at 11:30 to go to Mesa for my electives, which were all based in cooking: knife skills, learning mother sauces, stuff like that. We went through basic, advanced, front of house and pastry courses, so it touched on all the aspects of a restaurant.

EVIT was a precursor to culinary school?
Exactly. I went to the Institute of Culinary Education in Manhattan in 2013. The chefs and instructors at EVIT had good relationships with a lot of Valley chefs so I ended up getting a job with Kevin Binkley, saving up money for a year and then heading to New York.

I was 19 and felt like I'd grown up in a bubble – Scottsdale was the only city I knew. I went from going to Target where everyone turns their heads when you walk in, to Manhattan, where you could walk

down the street naked and no one would bat an eye. It was a huge change for me.
I have family in New Jersey and a few of my cousins were also going to school in the city, so that was fun. I was in culinary school, working full time and trying to stage as much as I could at places like Dovetail, WD-50 and Northern Spy Food Co.

Are your parents in the industry?
My grandfather on my dad's side moved to the states from Sicily and worked at a bakery with his cousin in New Jersey, making 30 cents an hour – which, he was like, 'This is unbelievable!' He moved back to Sicily, married my grandmother, brought her back to New Jersey and opened his own restaurant.

In the 60s the family moved to Arizona, and in the 80s my dad opened a bakery in the airport area and a bagel shop in Tempe. From there, he opened Venezia Italian Bakery, which we owned from 2001-2008.

My sister and I grew up in these bakeries. We would climb the pallets of flour and read our books at the top while my mom was doing paperwork. I learned a lot of hard work and career focus from my dad and his side of the family. My mom took over a little bookkeeping but was more a stay-at-home mom taking care of me and my sister, which was also amazing. Everyone in my family growing up was hardworking.

Was there any point you thought you'd take over the bakery?
I never had an interest in baking. I don't know if it was too precise for me [laughs] but it was never something that crossed



my mind. As I got older I wondered if my family thought I or one of my cousins would take over, but since they'd been in the business so long they were at a point where they were ready to move on. I was more focused on culinary school and savory foods.

What's the first thing you remember cooking?
On Christmas Eve with my nonna, we used to do 'the feast of the seven fishes.' I was very lucky growing up that I had lots of good influence – and talented cooks – around. My nonna would cook stuff I'd never heard of... sardines always caught my attention. Once I was old enough to understand the process, I'd always ask if I could come over on Christmas Eve and help her cook.

Where else have you worked?
My first job was as a hostess at Grimaldi's Pizzeria my sophomore year of high school. My junior year, I had a car and was a little more mobile. Kevin Binkley called EVIT asking if there were any students that were looking for work so I

became a food runner, expeditor and server at Café Bink from 2011-2013.
Pre-culinary school is when I met Tandy Peterson. She had just taken over the chef position at the café at the time, and I thought she was just unreal. I had never worked with a woman in the industry before and seeing her at such a young age as the chef de cuisine was crazy.
I graduated in 2014 and was able to work but was still trying to figure out what I was interested in. I was very confused in my first couple years – in school, I thought I wanted to do catering or private events – and then working my internship I realized that working in a kitchen was a cool rush. It drove me more to line work. I was always looking at the chefs and watching them come up with dishes and thinking, 'Okay, how do I get to that point?'
What's one thing that stuck with you during those early years in the industry?
I was learning a lot and the people I was learning from never made me feel dumb for asking questions. One of my chefs at Forager's in New York asked me to grab



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three peppers from the walk-in cooler, and I came back with all wrong peppers. I didn't want to ask which were which because I wanted it to seem like I knew what I was doing.

I'll never forget, the chef said to me, 'No question is a stupid question and no one should ever make you feel like asking questions makes you stupid.' He reminded me that these were the times it was important to ask questions because I was still learning. I remember that with some of the younger cooks I work with today. I remind myself how I felt when I was first starting and impart that wisdom on them.

What positions have you held in the kitchen thus far?

I started at The Phoenician in 2015 in a Cook 2 position, which is entry level. I was promoted to Cook 1 right before Mowry & Cotton opened in 2017. I was a lead line cook, then I took a chef de partie [supervisor] position. In 2021 I became the sous chef; in 2023 I became the senior sous chef. I oversee Mowry & Cotton, afternoon tea, in-room dining, the pool and Thirsty Camel.

“

I'll never forget, the chef said to me, 'No question is a stupid question and no one should ever make you feel like asking questions makes you stupid.'

”

Who were Mowry & Cotton?

The name of the restaurant comes from Western folklore about George Mowry and James Cotton, who were some of the first entrepreneurs in Phoenix. They opened a bar in the city and the floors were made of flipped-over glass bottles that were pushed into the ground. In one of our private dining rooms, we added bottles to the wall to carry on that tradition.

Do you have a process in coming up with new dishes?

We do changes with each season so that's the first thing we identify. Obviously there are dishes that we leave alone because guests love them, so we'll swap out a vegetable side, flatbread, a soup, switch up a fish or steak... ultimately I look at the menus, see what I'd like to change, write that down and then I collaborate with Executive Chef Richard Boyer – he approves the changes. It's a trial and error process.

What can guests find at the restaurant?

Mowry's focus is pickling,

fermentation, bold flavors and char cooking. We have our classic items but also have fun with a few dishes. Right now we have an iberico pluma that comes with whipped sesame tofu, bok choy, miso kraut and pickled peanuts.

The goal for me is trying to create something you can only get here. We try to stay current and keep up with trends but we don't want to make something that you can get anywhere else. We want our dishes exclusive to us.

Who are some other chefs that inspire you?

Tandy Peterson is my mentor. I've learned so much from her. She's so fearless and sure of herself. Confidence has been a problem of mine for a long time and when I first came here I wasn't sure what I wanted to do.

I didn't have too many goals; I was just going with the motion because I didn't feel like I was good enough. I put all of this out there to Tandy and she took me under her wing. She saw my potential and gave me everything I needed to be successful in this position. Watching her made me be the chef I am today.

Was there a recipe you came up with that you thought would be amazing and it...was not?

There have been quite a few of those! But I think that's good, because it shows you that your tastes are not the only ones that matter. I try to use those as growing experiences. Recently I did this beautiful radish carpaccio that I thought was going to be well received and my chef was like, 'no one likes radish that much.' [laughs]. But these 'challenges' make you stronger, make you think a little differently.

What's your favorite Arcadia restaurant?

I love Vecina and I've heard a lot of good stuff about Santo. Little Woody's is my favorite bar in the area. Also, not in Arcadia, but Valentine is one of my favorite restaurants in the Valley.

What's next for Chef Realmonte?

Focusing on being the best chef I can be. Grow my skills, learn something every day, master the role I'm currently in. I'm excited to grow and support my cooks and staff.

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For these fans, spring training awakens treasured memories

By Mike Sakal

The melodic sounds of the crack of the ball on a bat and the resounding thud of a ball hitting the glove were heard in mid-February as pitchers and catchers arrived for practice. Cactus League games began in late February, accompanied by the smell of hotdogs, sausage, beer, and lemonade.

As 15 of MLB's teams return to their spring training complexes throughout the Valley – all within a one-hour or less drive from one another – four are within a 20-minute drive from Phoenix: The San Francisco Giants in Scottsdale, the Chicago Cubs and Oakland Athletics in Mesa, the Los Angeles Angels in Tempe and the Diamondbacks at Salt River Fields.

Those Cactus League traditions are getting older in the Valley – nearing 80 years – but it never gets old for legions of fans who anxiously escape the doldrums of winter in their home states to enjoy baseball and sunshine.

While fans watch from the bleachers, one of the Cactus League's behind-the-scenes fixtures is watching it all unfold on the field from his view at the end of the dugout. He sees baseball gods become human beings and rookies with experience no bigger than the lump in their throat come into the late innings of a game with hopes of earning a spot on the roster.

Photographer Ed Mailliard has made his 38th consecutive appearance in Arizona to photograph the players. In all those years, Mailliard estimates that about 35,000 of his photographs have appeared on baseball cards. He focuses on capturing iconic images of top rookie prospects, veterans, and superstars.

"This is baseball with a capital B," Mailliard – who has been shooting these pictures since 1988 – said. "It's relaxed, it's fun, it's sunshine; it's green grass in the middle of winter. It's also action, energy, and excitement."

Mailliard grew up in Meadville, Pennsylvania, where his father loved to watch baseball games after a day's work on the Erie Railroad. He said he would spend his allowance and money earned from mowing yards on cellophane packs of baseball cards at a nearby marketplace.

"A pack of cards only cost a nickel then," Mailliard said.

He has fond memories of watching Pittsburgh greats Bill Mazeroski and Robert Clemente play at the long-gone Forbes Field, before living his dream job in Arizona.

Mailliard had been taking pictures of NFL football players for a number of years before the higher-ups told him to see if the Cleveland Indians would put him up at a hotel in Tucson.

The rest is history, and Mailliard recalls talking with Cleveland Pitching Legend Bob Feller on his first day on



Danny Zelisko.



Ed Mailliard with Hall of Famer Rod Carew.

the job in Tucson, sitting on a golf cart talking with Hall of Famer "Sweet Swinging" Billy Williams while watching the Cubs stretch; and the challenge of getting "the shot" of future Hall of Famer – San Diego Padres Superstar Tony Gwynn – when the Padres trained in Yuma.

"Not only do you get to see them play, you get to talk to them," Mailliard said. "They come to life."

In 2015, he and colleagues Gregg Forwerck and Doug McWilliams were inducted into the Cactus League Hall of Fame for their long-running contributions to the league and the MLB.

"Taking pictures during spring training for Topps baseball cards is the best part-time job on the face of the earth," Mailliard said. "It's a great atmosphere. I'll keep chugging along and hope it doesn't change."

The 2025 Cactus League season also provides an older generation of fans sweet memories of baseball greats who won't be with us this year: Willie Mays and Orlando Cepeda, all-time stolen base leader Rickey Henderson, and Bob Uecker, the Milwaukee Brewers' comedic broadcaster known as "Mr. Baseball."

Uecker, who played for the Milwaukee Braves, the St. Louis Cardinals, and the Philadelphia Phillies in the 1960s, made us laugh and appreciate baseball's not-so-greats.

As fans toast a cold beverage and hotdog to their memories, it's time to look ahead to rooting for today's teams and players.

Danny Zelisko hails from Chicago but has lived in the Valley for 52 years. He continues to root for the Cubs and fondly remembers Ernie Banks, "Mr. Cub," who died in 2015.

Although he doesn't get to as many spring training games as he used to, the lifelong baseball fan savors this time of year, similar to how he did seeing his team win the World Series in 2016.

"Baseball is back. The games and weather are great, and

seeing a game is a great way to spend your day," he said. "There's something mystical about watching the Cubs year after year."

Reflecting on his days as a youngster attending games at Wrigley Field, Zelisko said, "I got to grow up watching some great players. Like today, they weren't great because they were making a big salary – it was because of how they played the game."

Lou Klimchok, a former Major Leaguer who spent the last three spring training sessions of his 12-year career in Arizona (1968-1970) with Cleveland before retiring, has fond memories of the Cactus League and still pays it forward to baseball players of a much younger generation.

At 85, Klimchok, a Tempe resident, has been president of the Arizona Chapter of the Major League Alumni Association for the last 35 years. He and other former Major Leaguers Ron Davis, Dax Jones, John Moses, and Ken Phelps recently spent the afternoon overseeing a baseball clinic for the Casa Grande Little League.

"Going to spring training games every year is a big tradition because you get to see some exciting games and players," Klimchok said.

He's seen many changes in the game he began playing in the late 1950s and was quick to note one of the biggest is a huge turnover of players jumping from team to team because of free agency.

"It's hard to keep up with where many of the star players are playing," Klimchok said.

When asked what keeps him coming back, Klimchok took a quote from former Yankees pitcher Jim Bouton, who played in the 1960s:

"You see, you spend a good piece of your life gripping a baseball, and in the end, it turns out that it was the other way around all the time," he said.

And in many similar ways, it's that way for the fans, too, especially when it comes to spring training in Arizona. Baseball is back!



Lou Klimchok's 1961 rookie baseball card.



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This salsa will 'keep you coming back for mo'

By Eliana Ganz

What started as a fun hobby of making salsa for friends and family quickly became a business venture for Arcadia mom Paige Darrow.

Born and raised in Yuma, Darrow credits family members for the inspiration to become an entrepreneur.

"Growing up surrounded by fresh produce, I developed a deep appreciation for farm-to-table ingredients," she explained. "Making salsa felt natural because I was using the fruits and vegetables around me."

For years, Darrow would make batches for gifts and special occasions. Those on the receiving end would often ask where they could purchase more.

"I started getting messages from people I didn't know – friends of friends – raving about how much they loved my salsa," Darrow said. "That's when I began to think, 'maybe I have something special here.'"

The game changer came when Arizona updated its cottage food laws to allow home-based businesses to sell perishable foods.

"Once I heard about the new laws, I knew

I had to seize the opportunity," Darrow said. "I could finally turn my passion into a real business." Thus, Momo Salsas was born.

Darrow's mission is to create a fun, lively brand that reflects the flavors. At the heart is Darrow's mom's "mojo" red – a family recipe passed down through generations. Darrow also created a creamy avocado-based salsa known as "Camo," which quickly became a fan favorite for locals.

"The Mojo balances a mild to moderate heat," Darrow said. "It's definitely our best seller."

Running a food business from home has challenges, with space being a significant issue.

Darrow admits that she's turned every corner of her house into storage, but very much enjoys the work-from-home aspect.

"Working at my own pace is fantastic. I know where everything is in my kitchen; best of all, everything is homemade."

Darrow has a straightforward process for managing production. Preorders are collected every Friday. During the week, she prepares and fries chips and Thursday is

“Customers constantly tell me how much they love the salsa, which is incredibly rewarding.”



Momo Salsas offers three flavors and each order can be paired with a bag of homemade chips.

salsa-making day. It requires a lot of work, and she said community support has played a significant role in the success.

"I've sold out of every preorder since day one," Darrow said. "The word-of-mouth has been incredible. Customers constantly tell me how much they love the salsa, which is incredibly rewarding."

While Momo Salsas is still a small operation, Darrow has big dreams.

"I'd love to see it on the shelves at AJ's or other local grocery stores," she said. "But for now, I have to remind myself that it's a marathon, not a sprint; baby steps still get me to the same destination."

Learn more on Instagram @momosalsas



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“Meet Mr.” | Ray Artigue

Sal DiCiccio

Sal DiCiccio’s favorite movie is the romantic-fantasy drama, “The Family Man,” which isn’t that surprising, especially when you hear him talk about family and how much the very institution means to him.

“The most important thing in my life is my family,” he said. “My parents were Italian immigrants who came to the United States in search of the American Dream. We were poor, but it didn’t matter because we had one another.”

Sal and his two brothers were born in Youngstown, Ohio. His parents relocated the family to Phoenix when the boys were young. It was 1962 – and this was the first time Sal heard English spoken. Questioning the move to the desert, Sal’s father told him he wanted his sons to “grow up as Americans.”

He attended Tempe High School and while there, was taught civics by Harry Mitchell, a future U.S. Congressman. He said that the exposure to Mitchell was what inspired him to go into politics. He was also influenced by summer internships with House Minority Leader John J. Rhodes and Senator John McCain.

“Politics became my hobby,” Sal said, “and I learned from some of the very best.”

In 1994, he was elected to the Phoenix City Council as a fiscal conservative. He served three terms, representing District 6 and all of Arcadia.

“I’m very proud of everything I worked for on behalf of my constituents, especially the little things. How you do the least of things is how you do everything,” he said.

He points to the absence of potholes in his district as an example of his attention to detail. Since leaving public office, Sal has worked in real estate, developing his own projects while also consulting on others. He is a passionate advocate of work ethic, saying this was instilled in him by his parents.

“In fourth grade I started a weed-pulling company with my best friend. We charged a penny a weed,” he laughed.

Other part-time jobs included working in the butcher department at Bashas and cleaning windows for anyone who would pay him.

Sal has twin girls, Anna and Emilia, and like their father once did, they are currently attending Arizona State.

“They are amazing people and my pride and joy,” he said.

Asked about a turning point in his life, he said it was all about overcoming adversity.

“When I thought things were over, and all hope lost, I kept pushing on and won. That taught me to never give up. Never stop,” he said.

An Arcadia resident, Sal has fought to preserve the



integrity of the neighborhood while also ensuring public safety for all.

“I love this neighborhood and all that it provides to the people who live here. There are few places in the Valley more special than Arcadia,” he said.

“How you do the least of things is how you do everything.”

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From 48th Street to Wall Street to Main Street Millionaire

By Kylie de Best

Arcadia High School class of 2004 graduates may remember Codie Sanchez as one of their classmates. Newspaper readers may recall her name from poignant stories about human trafficking or financial crises across America. Her parents just know her as Codie.

What does Codie *want* people to know her for? Finance – and more specifically, how to achieve financial freedom.

After high school, she studied journalism at ASU, covering heavy topics like cartel violence in Juarez, Mexico.

“Covering that that taught me stories matter but that money changes trajectories,” Codie said. “Journalism taught me to ask why, while finance taught me the ‘how.’”

After ASU, Codie headed to Wall Street and her first job at Vanguard during the 2008 financial crash. She then worked at Goldman Sachs, and after two decades, realized that finance could become a weapon. This prompted her to launch Contrarian Thinking, a finance and media company that’s “empowered thousands to take control of their destinies and become successful small business owners.”

That was in 2020. A few years later, it was time for Codie to find yet another way to help people achieve financial success. Enter *Main Street Millionaire*.

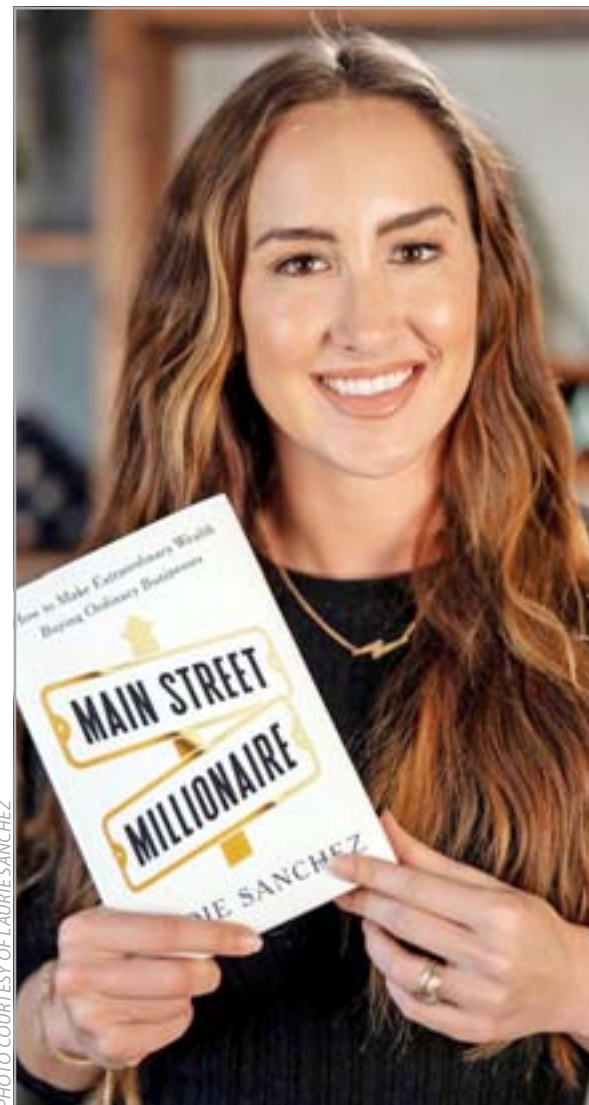
In the book, Codie combines the why and the how with real-life experiences to teach people how to build wealth through ownership.

“*Main Street Millionaire* is about flipping the script on wealth creation,” she said. “It’s not about Silicon Valley unicorns or 80-hour weeks. It’s about buying ‘boring,’ cash-flowing businesses that white-collar folks ignore, like laundromats, plumbing companies, or janitorial services. These are the backbone of our economy, yet they’re undervalued because they’re not ‘sexy.’”

Codie’s parents – a special education teacher and an entrepreneur – taught her that “ownership is power.” Armed with this knowledge, she realized financial literacy isn’t a luxury; it’s survival, and her book has become a “playbook for ordinary people to build generational wealth through unsexy assets.”

She describes the writing process as “birthing a bulldog – messy and painful, but worth it.”

Though she’s spent years sharing knowledge through Contrarian Thinking, books demand precision, so she had to figure



Codie Sanchez owns a successful financial business and is a recently published author.

out how to be actionable and intentional with each chapter. In *Main Street Millionaire*, Codie pulls from real experiences, such as the laundromat and landscaping company she and her team turned into ‘cash machines.’

“The hardest part about writing this book was cutting the jargon so it appeals to everyone. Wall Street loves complexity; Main Street needs simplicity,” she said. “I wrote this for my 25-year-old self, the journalist who thought wealth was for others.”

Codie’s future plans include writing more books and buying more car washes – in between traveling for presentations, appearing on television and recording for her podcast, “The Big Deal Podcast with Codie Sanchez.” Contrarian Thinking is launching a marketplace to connect buyers with vetted “Main Street” businesses.

“My biggest vision is to make ‘entrepreneur’ a normal career choice. Stop waiting for perfect. And join a community – wealth isn’t built alone. Lastly, embrace the grind. My dad said, ‘You’re not in the game until you’re sitting in the dark, head in hands, wondering what to do next.’ That’s where magic happens,” Codie said. “Now, go buy something that matters.”

codiesanchez.com

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Where the sun meets the suds: Valley breweries to explore

By Mark Hays

The Valley has become a hub for brewing aficionados, overflowing with an array of businesses that highlight the city's beer culture. Whether you're a fan of bold, hop-forward IPAs, rich and smooth stouts, or creative, tangy sours, Arizona's craft beer scene offers a brew to suit every taste.

O.H.S.O. BREWERY

4900 E. Indian School Road, Phoenix
ohsbrewery.com

Possibly the most familiar to Arcadians is O.H.S.O., which opened its first location over 15 years ago. With its bright orange, bicycle-friendly vibe, the business aims to create a welcoming, family-friendly atmosphere.

Each location boasts around 40 beers on tap and in cans to be enjoyed at the restaurant or at home.

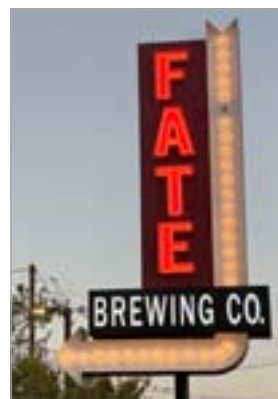
"The founders wanted to make a place where you could go, even if you were going by yourself, sit at the bar and make friends. It's a comfortable atmosphere, touching all the bits of hospitality," Manager Matt McCormack said. "What's maybe less known is that we have a distillery and produce a line of spirits, including vodka, gin, tequila, and whiskey."

The menu features American-themed dishes with a Southwest flair, including rotating monthly specials like Carolina BBQ pork sandwiches and fish and chips. O.H.S.O. can also host private events, utilizing its sister company, Little O's, for larger get-togethers.

TOMBSTONE BREWING COMPANY

3935 E. Thomas Road, Phoenix
tombstone.beer

Originating in Tombstone in 2016, the business expanded to Arcadia in 2020, taking over the former Helio Basin Brewery to meet a growing demand.



"We needed a bigger production facility, and most of our beer at that time was being sold in Phoenix, so it was a win-win," Manager Stephanie Oxenreiter said.

The taproom offers 18 draft beers and over 25 canned styles to enjoy in the bar or for takeaway.

There's also a full kitchen that serves burgers, sandwiches, small plates, and salads.

Tombstone hosts trivia nights every Tuesday, music bingo biweekly on Wednesdays, and live music every weekend. A spacious downstairs area is also available for private parties.

WREN HOUSE BREWING COMPANY

2125 N. 24th St., Phoenix
wrenhousebrewing.com

Wren House has been a staple in Phoenix's craft beer scene since its inception a decade ago. The business serves nearly 100 different beers annually, and the 24th Street location hosts rotating food trucks serving pizza, BBQ, Mexican food and more.

"We've been slowly growing over 10 years," co-founder Drew Pool said. "A few years ago, we purchased a larger facility in Prescott, but we wanted to continue growing our business around Arizona."

There's also an Ahwatukee location that features a full-service restaurant.

"We've always stuck to our ethos of 'quality, community, and exploration,' which means we focus on using the best ingredients across the board for our beer and in our restaurant," Pool said.

To commemorate its 10-year milestone, Wren House hosted "10 events for 10 years" that included a "Snow Day," trivia days, special releases and BBQ events.

GREENWOOD BREWING

922 N. 5th St., Phoenix
greenwoodbrews.com

Founded by Megan Greenwood in 2017, this is a woman-owned and self-funded brewery focused on crafting approachable, high-quality beers. Greenwood, an engineer by trade, discovered the craft after receiving a homebrew kit.

Seeing the lack of female-owned pubs, she took the leap to start her own, joining the three percent of women-owned breweries nationwide.

"About a year later, I had a built-out microbrewery in my garage with eight beers on tap," she said. "We make drinkable beer that tastes delicious. Our focus is on expanding in Arizona and creating experiences for the community."

Greenwood offers a mix of flagship and experimental beverages. Popular choices include pilsners, IPAs, and the award-

winning Blueberry Wheat. Unique options like Mango Lassi Cream Ale and Rosemary IPA add creative twists.

Events are frequent, from live music to beer launches and themed pairings. Greenwood is now featured in 300+ restaurants and retail locations across the state.

FATE BREWING COMPANY

4445 N. 7th St., Phoenix
fatebrewing.com

Established in 2012 by Steve McFate, this company started with a modest seven-barrel brewhouse in North Scottsdale. Since then, their reach has expanded to include South Scottsdale, Tempe and Uptown Phoenix.

"We saw an opportunity to grow in a developing area of Phoenix and couldn't pass it up," Marketing Director Kerby Hanson said. "Drawing from everything we've learned at our Scottsdale and Tempe locations, we created a more polished, yet still familiar, version of Fate."

Each site offers a rotating selection of 15-20 beers on tap, featuring core brews like Local Lager, Hatch Chile Gatos, Halfway to Hefen, Irish Red, and Fateful IPA.

"At the heart of our success is Adam Schmeichel, our incredible brewer who has been with us since day one," Hanson said. "He's our secret weapon, continuously creating unique and unexpected flavors while honoring the demand for crowd favorites like Hatch Chile Gatos and Candy Bar Milk Stout – beers that helped put Fate on the map."

The food menu includes burgers, wings, pizzas, and lighter choices like salads and salmon. Within are also private event rooms for rehearsals, business meetings, trivia nights, and birthdays.

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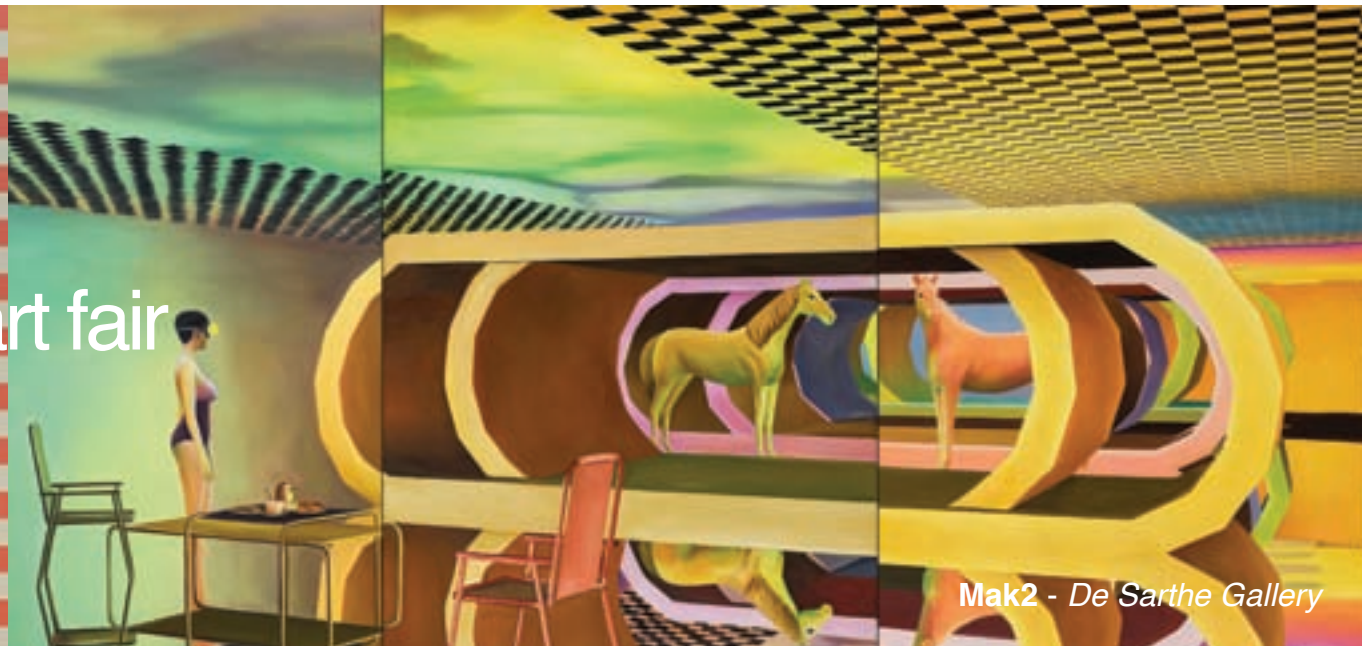
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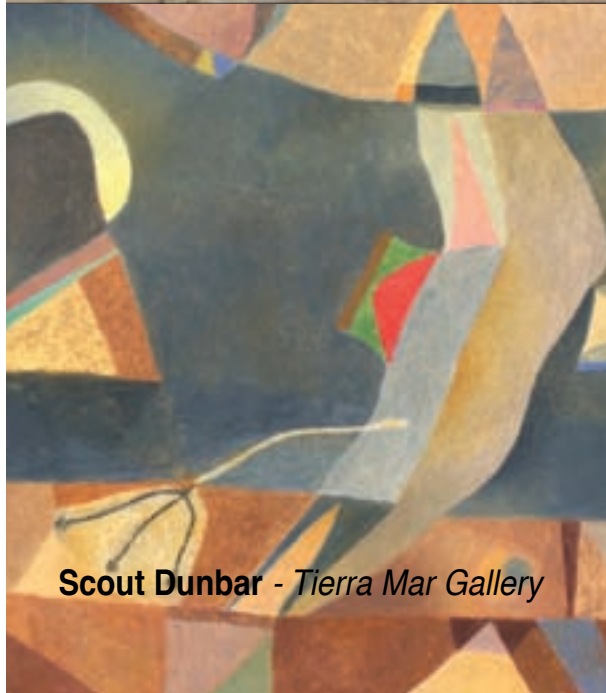
Mak2 - *De Sarthe Gallery*



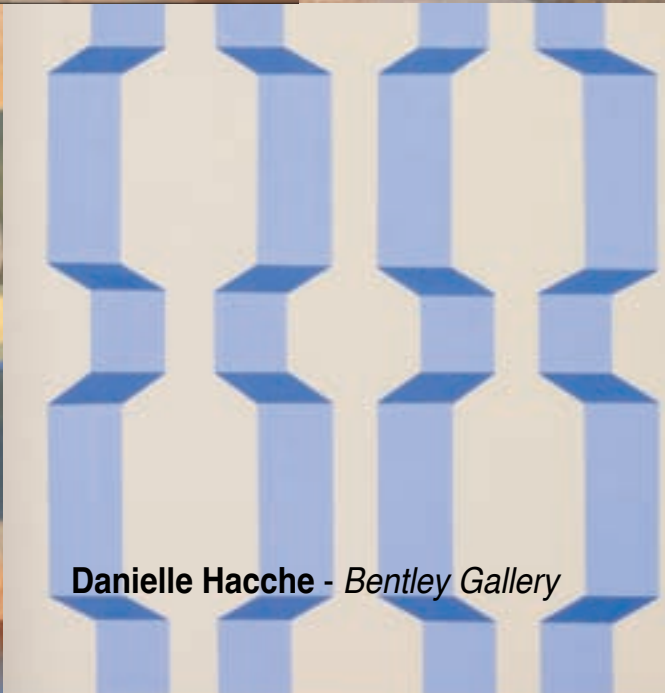
Daniel Bilmes - *Arcadia Contemporary*



Josh Otten - *J Willott Gallery*



Scout Dunbar - *Tierra Mar Gallery*



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How 'take a book, share a book' became a national phenomenon

By Cliff Summerhill

A charming and heartwarming phenomenon in neighborhoods across the country, little free libraries aim to foster a sense of community, make books accessible to everyone, and encourage reading in children and adults.

Wisconsinite Todd H. Bol founded the first Little Free Library (LFL) in 2009 as a way to honor his mother, a schoolteacher and lifelong reader. This small book exchange sparked a global movement, with the concept of "take a book, share a book" quickly resonating with neighbors and inspiring Todd's vision to spread Little Free Libraries worldwide. By the time of his passing in 2018, over 75,000 were registered across 88 countries. Since then, that

number has grown to 150,000 libraries – over 1,000 of which are right here in the Valley.

"Our inspiration for creating the library came from a love of books and a desire to encourage reading in our neighborhood," Arcadian Jenna Hilton said.

The Hiltons were inspired to build a LFL during the isolation everyone was experiencing a few years back. The family took daily bike rides down Lafayette, stopping by a neighbor's library.

"At a time when we were all so separated, it felt like a small but meaningful way to connect. That experience stayed with us, and we knew we wanted to create that same sense of community and sharing in our own space," Hilton said.

The community's response has been

amazing, with friends and family stopping by regularly, kids excited to find new books, and readers leaving behind a diverse selection.

Hilton said one of her favorite parts of owning a LFL is adding her monthly book club picks and being surprised by some of the unexpected gems that arrive.

"It's a joy to see how the books change over time and know that people are finding stories that resonate with them," she said.

Hilton advises anyone starting a library to "keep it simple, be patient, and embrace the community aspect."

"This isn't just about books; it's about the connections and joy it brings to everyone who participates," she said.

Sarah Pyper's Little Free Library was inspired by her granddaughter, Margot, a Hopi first grader. After watching Margot develop a love for reading, Pyper decided to have a library made for her as a birthday gift.

"My hope is that it will engage her and encourage a love of books and also bring the neighborhood together as a fun connector for families," Pyper said.

What started as a gift soon turned into a two-person project as Pyper collaborated with a retired neighbor – with a passion for woodworking – to bring the vision to life.

The design process included some special touches, like Margot's request for a golden butterfly doorknob, which was kindly gifted by neighbor Miss Sharon, who leads a book club in the area. The whole thing came together in less than four weeks.

Since then, the library has received many contributions – mostly children's books, but Pyper and her grandchildren are excited to see how it evolves.

"Margot mentioned transforming the library into a pantry to help people who need food or water bottles," Pyper said. "The most important thing to remember is that we are a community, and all need each other."

Whether it's the Hilton family library, which became a symbol of resilience and connection, or Pyper's heartfelt project to support her granddaughter's love of reading, these little libraries are much more than charming structures. They foster a sense of belonging, encourage literacy, and bring joy to everyone involved.

littlefreelibrary.org

A FEW OF ARCADIA'S LITTLE FREE LIBRARIES:

For more information or to find a map of these libraries, visit littlefreelibrary.org

JOHN MORGAN

4528 N. 40th Pl., Phoenix
Charter #182747

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3139 N. 36th St., Phoenix
Charter #120115

JERRY SUMMERS

4335 E. Turney Ave., Phoenix
Charter #56444

MONICA LOU

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Charter #101106

MISSY THOMAS

4549 E. Montecito Ave., Phoenix
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Charter #53790

MARVIN FAMILY LITTLE FREE LIBRARY

4101 N. 52nd Pl., Phoenix
Charter #160369

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5524 Lafayette Blvd., Phoenix
Charter #4412

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Charter #180010

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6220 E. Calle Redonda, Scottsdale
Charter #53432

MARY'S LITTLE FREE LIBRARY

3927 N. 62nd St., Scottsdale
Charter #178499

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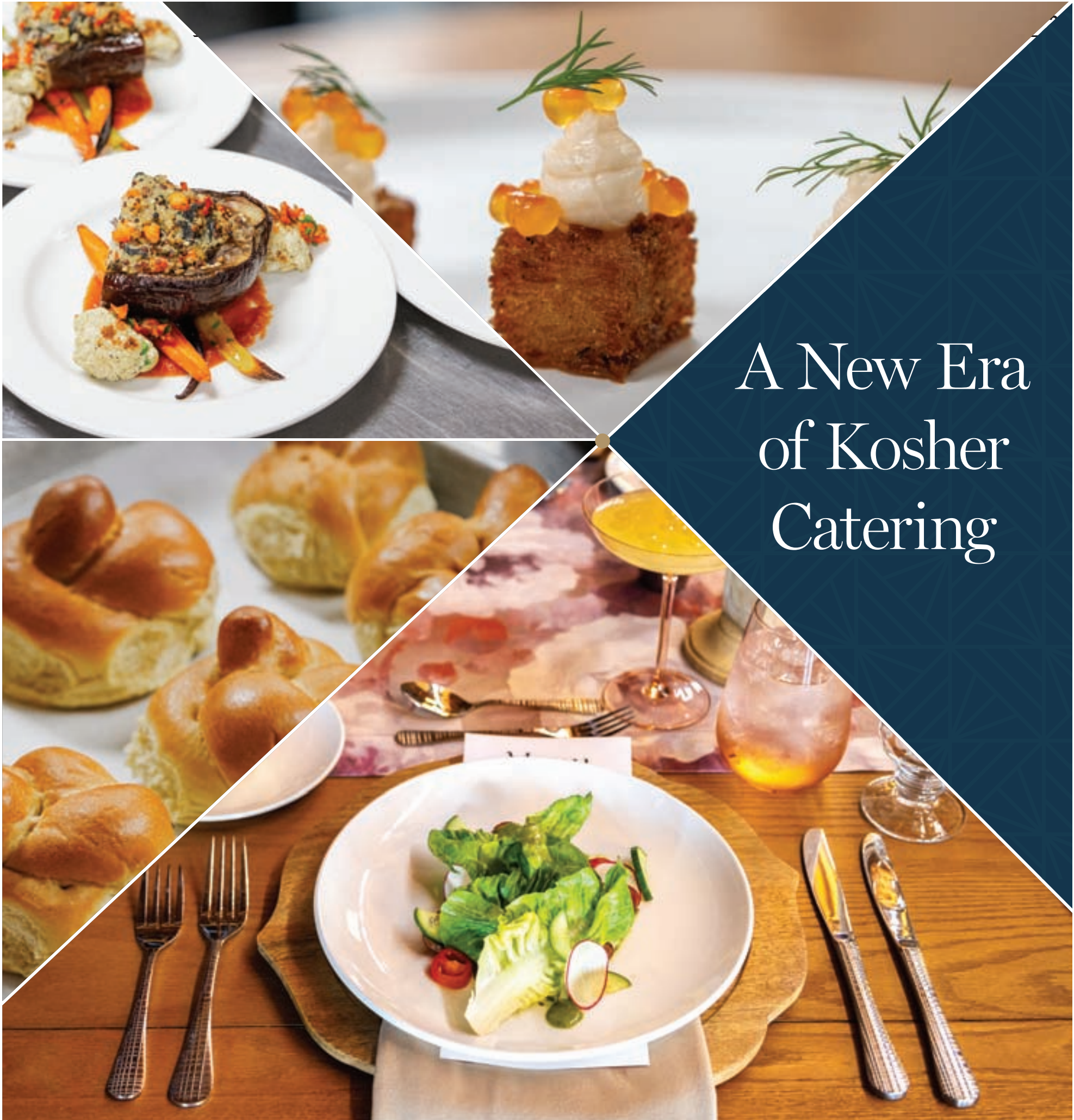
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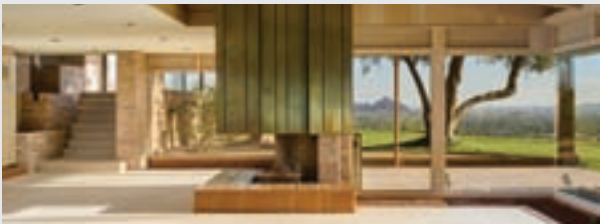


Shawna Warner

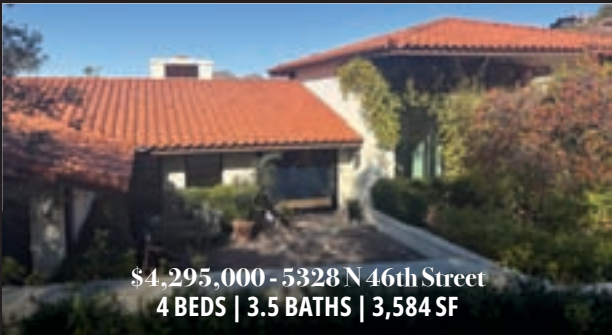


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This writer's group was formed thanks to a traffic jam

By Sherry Sklar

Patricia Brooks, a writer, speaker, and publishing consultant, had an epiphany to start a women's writing group while stuck in traffic during the height of snowbird season in 2005. She was writing her first book at the time and regularly drove into Phoenix to attend two different writers' clubs. With encouragement from her husband Earl, she decided to test the waters and see if her idea had merit.

She placed a small ad in a Valley paper, explaining, "I am writing my first book and want to start a women's group. If you have ideas or are interested, join me," followed by the meeting's date, location, and time. On the day of the gathering, she set up a table at a Scottsdale restaurant, and to her astonishment, 16 women showed up to the first meeting of the Scottsdale Society of Women Writers, launching her dream into reality.

"I was amazed," Patricia said. "I thought, 'I'm on to something here,' because that was a surprise and incredible response."

Over the past 20 years, the group has grown to 70 members and has hosted over 200 guest speakers who share their expertise on the creative process. Patricia started the group to establish a space where women could support each other in their journeys. Two decades later, that vision is still thriving.

Within the group is a strong fellowship. When a member hosts a book launch, others attend to celebrate and support. They're encouraged to review each other's books on Amazon and Goodreads, boosting visibility and helping authors reach a wider audience. Social media also plays a key role, with an active Facebook page and regular promotion of events and new releases across multiple platforms.

The society meets monthly on Wednesday evenings in a private room at Panera Bread in Gainey Ranch. Each



Patricia Brooks and Scottsdale Society of Women Writers member Lynn Murphy.

gathering is \$20 per session, covering the room and meal, with an annual fee of \$50.

Meetings begin with casual networking over a light meal, followed by shared milestones such as book launches and upcoming events. A guest speaker then presents on writing, publishing, or related topics, leading into critique groups where members connect.

Guest speakers bring a wealth of experience and offer their keen insights. In February, criminologist and author Susan Magestro spoke to the group about her transition from a career in criminology to crime fiction. She shared firsthand knowledge of crafting suspenseful narratives and the realities of the genre.

Member Tracy Monaghan returned to the group after a period of absence while raising her family. A retired educator, she is excited to pursue her passion and join a community of like-minded creatives.

Tracy's portfolio includes fiction and children's literature. Years ago, she printed a children's book through an educational publisher in New York. Now, she is focused on revising a novel she wrote during National Novel Writing Month in 2009. The challenge was to transcribe 50,000 words in 30 days, and she met it. *Dead Grass*, her working title, follows a teacher at an inner-city school navigating student struggles, immigration issues, and other challenges. Though written years ago, its themes remain timely and relevant.

"The meetings are welcoming, encouraging, and filled with camaraderie. I was nervous returning after years away, but I felt at home immediately," Tracy said.

Some shift genres – one member wrote 12 children's books and recently published a novel. This variety keeps the group dynamic and allows members to learn from each other.

"I've always wanted the group to be diverse in genres. I write memoirs and nonfiction, but we also have members who compose mystery, fiction, and children's books," Patricia said.

The group welcomes aspiring writers from all over the Valley. Each meeting is an opportunity to learn and build connections. Prospective members can attend two complimentary meetings to explore whether the group is the right fit.

As it enters its next chapter, the Scottsdale Society of Women Writers remains committed to fostering community, creativity, and confidence.

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A modern transformation of a historic Phoenix landmark

By Cliff Summerhill

The Orpheum Theatre opened on January 5, 1929, when Phoenix was a town of only 48,000 people. With 1,800 seats and an early form of air conditioning, it quickly became popular amongst residents and visitors. Its 101-foot-wide stage and 28-foot depth made it the only theatre between Los Angeles and Denver capable of hosting traveling vaudeville shows.

It was designed by architects Lescher & Mahoney and built for \$750,000 by Jo E. Rickards and Harry Nace. Inside, audiences were treated to an atmospheric style that transported them to a garden surrounded by Spanish-style buildings, murals of mountains and forests, and a deep blue sky with moving white clouds.

Over the years, it has undergone several name changes and transformations, from “The Paramount” under Paramount Pictures to “Palace West” during its time on the Broadway circuit. In the 1970s and 1980s, it hosted Hispanic events and films, with the building’s murals painted black to avoid distracting from the films.

After facing the threat of demolition, the City of Phoenix purchased the theatre in 1984 and completed a \$14 million restoration. The theatre reopened in 1997 with a performance of “Hello, Dolly!” starring Carol Channing. It’s been open for countless events and performances ever since – and almost 30 years later, has



For the last two years, the Orpheum Theatre underwent extensive remodeling, including new technology and preservation of historical elements.

undergone a significant transformation, blending its rich history with state-of-the-art innovations.

The extensive remodel, initiated by the Phoenix Convention Center & Venues Department in the summer of 2023, was continued into the summer of 2024, with a primary mission to maintain the venue’s cultural heritage while ensuring its continued relevance in the entertainment landscape.

A large piece of the renovations was the upgrade to cutting-edge theatrical technology, most notably the dome lighting and audio system. The new lighting is the centerpiece of the renovations, designed

to capture the essence of Arizona’s natural skies. Before the show begins, audiences can look up and immerse themselves in breathtaking displays, from vibrant sunrises and dramatic monsoon storms to starlit nights and the awe-inspiring Milky Way.

In addition to the sensory experience created by the dome, the theatre expanded the capacity to 1,410 seats, most of which were updated to be wider and plusher to enhance comfort. However, 144 original balcony seats were restored along with the flooring, which was replaced with aged wood from period-accurate barn wood to preserve the venue’s historic charm.

The renovations also incorporated

advanced technology to provide a premier audiovisual experience. The upgraded ETC Lustr+ fixtures, along with the ColorForce2 strip system allow for synchronized high-performance LED lighting and surround sound. This new setup enables the theatre to seamlessly adapt to various production styles, whether traditional or contemporary.

The venue isn’t done with renovation just yet. Over the next three to four years, the Orpheum Theatre has plans for further interior wall restorations, a refresh of the exterior building façade, a full whitewash of the building to highlight design elements, and other essential repairs to preserve the building.

Despite the extensive renovations, certain elements of the Orpheum Theatre remain untouched to maintain its historic essence. The architectural design, iconic art murals, and the theatre’s backstage area were unchanged.

The recent transformation of the Orpheum Theatre exemplifies the balance between honoring the past and embracing the future, making it an even more vital part of Phoenix’s cultural landscape.

In the coming months, the venue will host comedian Henry Cho’s “The Empty Nest Tour,” a concert by Grammy Award winners Gillian Welch and David Rawlings, and the ballet performance of Swan Lake.

orpheumphx.com

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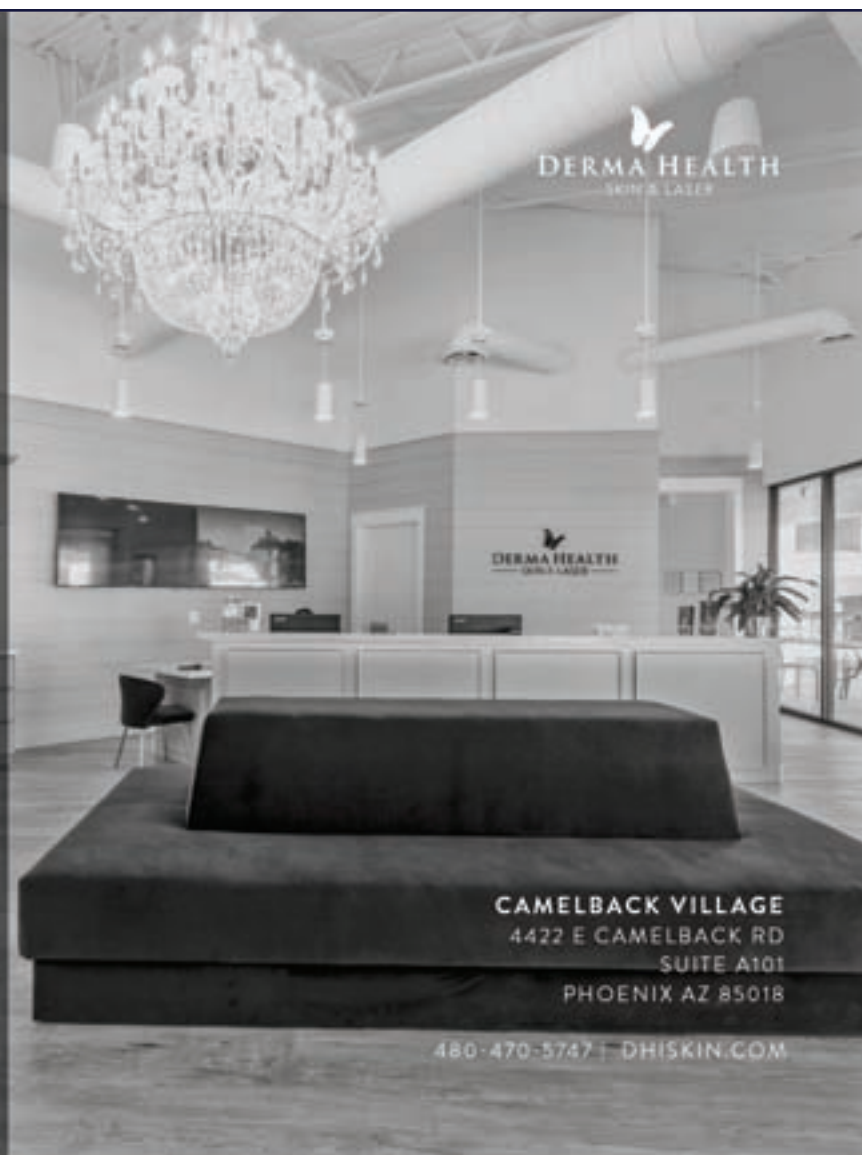


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DISTRICT 6 UPDATE

Marching forth!

As we welcome spring, let's reflect on several important community initiatives and events that have happened so far in 2025. Here's what's on my mind:



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

February was Teen Dating Violence Awareness Month, a time to shed light on this troubling reality among adolescents. Studies show that 10 percent of teens report being victims of physical violence by a partner during the past year.

This month serves as an opportunity to educate ourselves, support victims, and promote healthy relationships.

We can make a difference by discussing the warning signs, teaching the importance of healthy relationships, and challenging the glamorization of toxic relationships in the media. Everyone has a role to play in supporting the next generation of young people.

DISCRETIONARY FUNDING PROJECTS

Our community continues to grow. Here are some key updates:

Desert Foothills seat wall: The seat wall provides a comfortable and inviting space for the community to gather and enjoy the surrounding scenery.

Mountain Vista park infield: This project enhances the recreational facilities in the park with a revamped infield, offering better experiences for visitors and sports enthusiasts.

Pickleball court signs: New signage has been installed at the pickleball courts, improving the visibility and accessibility. Further signage will be added to the skate park, splash pad, and for directional guidance throughout the area.

BLACK HISTORY MONTH KICKOFF EVENT

A heartfelt thanks goes to the National Forum for Black Public Administrators (NFBPA) for organizing an incredible Black History Month kickoff event. This celebration was a powerful reminder of the strength, perseverance, and brilliance of the community. It set the tone for a month filled with reflection, learning, and honoring the remarkable contributions black individuals have made throughout history.

Black History Month is an opportunity for everyone to learn more, reflect, and contribute to creating a more inclusive and equitable world. Thanks to organizations like NFBPA, we are reminded of the importance of celebrating and preserving this history while paving the way for future generations of leaders.

Join us for a Coffee Chat at the Biltmore on March 28 at 7 a.m. to discuss community matters, connect with neighbors, and have a conversation over a cup of coffee.

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PHOTOS COURTESY OF DOUGLAS OLSEN

The SteadyStrike offers the durability and stability of traditional stands while also permitting it to be moved within a room, or room to room, without removing weights.

Boxing bag invention adds convenience to workouts

By Cliff Summerhill

Punching bag enthusiasts seeking a more flexible and convenient workout now have an ideal solution, thanks to an innovative product created by Phoenix resident Douglas Olsen.

After more than 25 years of practicing and participating in the sport, Olsen found that conventional methods of setting up a heavy bag in his home or at a gym often came with significant drawbacks. He was tired of having limited space for his workout, so he set out to create something new.

Traditional punching bags required permanent wall fixtures or had to be placed on the floor, limiting space and potentially damaging ceilings, walls, or the surrounding area. After grappling with these challenges, Olsen sought a solution that would provide the benefits of a punching bag without the issues.

"All these existing methods were suboptimal, and nothing could be moved," Olsen said. "So, if you wanted to flex space or were at a training facility, you had no real way of doing this other than setting up a bunch of bags hanging from the wall."

To bring his vision to life, Olsen turned to Metal Supermarkets, a metal supply store in Phoenix.

Using steel tubes and plates, Olsen designed a mobile stand for a punching

bag that offers the durability and stability of traditional stands while also permitting it to be moved within a room, or room to room, without removing weights.

The SteadyStrike has an even broader impact: by sourcing components from various partners and local manufacturers, Olsen created a product that supports small businesses and economies.

"It's amazing how much I've learned through this process, especially from the fabrication community," he said. "This

is the power of small business. I've employed industrial designers, attorneys, patent attorneys, and distributors in the Valley and nationwide."

The mobile unit opens up space and allows you to not have to dedicate a specific location.

"You can tuck it into a corner

when not in use, and the soft wheels don't damage anything," Olsen said. "This stand opens up possibilities for new training programs in places with limited space."

The SteadyStrike debuted online in January, and although Olsen is excited to see and hear the success stories behind his invention, he plans on continuing his work as an associate professor with the WP Carey School of Business at ASU – and, of course, boxing wherever and whenever he can.

steadystrike.com

This stand opens up possibilities for new training programs in places with limited space.



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Aftermath Bar & Kitchen



Frasher's Smokehouse



The Phoenician Tavern



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The Dining Scoop

THIS MONTH: TAKE ME OUT TO THE BALL GAME

Spring training has officially started and the Valley is alive with the sounds of the bat hitting the ball, the cheers from the stands... and the grumble from hungry bellies. Never fear, for the Valley has plenty of spots for a classic hot dog or a giant plate of nachos – all the things that make baseball season in Arizona a can't-miss event.

Chicago Hamburger Company

3749 E. Indian School Road, Phoenix
chicagohamburger.com

Chicago Hamburger Company – an Arcadia staple for over 30 years – specializes in Vienna hot dogs (imported directly from the shores of Lake Michigan) and sandwiches, but the top seller is the sliders: with or without cheese, onions and ketchup. Owner Bob Pappanduros is a life-long baseball fan who doled out 2,016 sliders in 2016 to celebrate the Cubs' World Series win, and 121 sliders in 2024 to commemorate his favorite team's season of 121 losses. He's holding out hope for this year, though!

The Phoenician Tavern

6000 E. Camelback Road, Scottsdale
thephoenician.com

Those who prefer to watch the games from afar can check out The Phoenician Tavern, which offers happy hour daily from 3 to 6 p.m., and features exclusive menu items like jalapeño cheese curds, Kobe beef sliders, chicken wings, and BBQ chicken nachos. Drink specials include draft beers, house mules, Spiked Phoenician Iced Tea, wine, and specialty cocktails.

Frasher's Smokehouse

3222 E. Indian School Road, Phoenix
frasherssmokehouse.com

Bring in your game day ticket and receive a free appetizer (chicken wings or tendies, onion rings, potato skins, among others) with any purchase at Frasher's Smokehouse.

"Our local beers are the perfect match for mouth-watering dishes like tender ribs, savory brisket or burnt ends, and delicious pulled pork," Owner George Frasher said. "And to top it all off, indulge in our world famous gooey butter cake for the ultimate finish!"

Lou Malnati's

3433 N. 56th St., Phoenix
loumalnatis.com

Lou Malnati's family-owned pizzerias are known for

their deep dish pizza, which follows the traditional Chicago-style recipe – made from scratch with a buttery, flaky crust, a special sausage blend, plum tomatoes, and Wisconsin mozzarella cheese. The deep dish recipe is a family tradition that has been passed down for over 50 years, and could be perfect for before or after any ball game.

The Sugar Bowl

4005 N. Scottsdale Road, Scottsdale
sugarbowlscottsdale.com

While the grown-ups are potentially looking for an actual meal before or after the game, the kids are probably in the mood for something sweet. Enter The Sugar Bowl, a bubblegum-pink ice cream shop that's been open since 1958. The menu offers ice cream, sundaes, floats, sandwiches, and salads, along with an arcade and gift shop.

Thirsty Lion

2000 E. Rio Salado Pkwy., Tempe
thirstyliongastropub.com

Head to Thirsty Lion after the game and enjoy 20 percent off your check with a same-day game ticket (excluding happy hour and alcohol). The menu offers burgers, pub pretzels, sandwiches, and entrees like grilled salmon and fried chicken mac and cheese.

Pita Jungle

4340 E. Indian School Road, Phoenix
pitajungle.com

Pita Jungle will offer a free small hummus to guests who bring in a same-day Spring Training game ticket. Offer valid until March 25 at participating locations, and the ticket must be shown when ordering.

Adobe Bar & Grille

2400 Biltmore Estates Dr., Phoenix
azbiltmoregc.com

The Adobe Bar & Grille launched a Spring Training-inspired Curveball Cocktail that features a mix of Bullet Rye, Campari and sweet vermouth with an orange peel twist. The Biltmore Dog, a Vienna Beef hot dog topped with onions, relish, mustard, ketchup and giardiniera served on a toasted poppy seed bun has also become a baseball fan-favorite. Adobe also launched a Sunday Brunch with half-off select bottles of bubbles and live music on the patio from 9 a.m. to 2 p.m.

Cantina: Spring Training Experience

7555 N. Pima Road, Scottsdale
ec70phx.com/cantina

Executive Council 70, a nonprofit dedicated to helping the community's youth through fundraising events, will host its 15th annual Spring Training Experience Cantina at Salt River Fields at Talking Stick. The all-inclusive food and drink event will offer private shaded viewing decks for guests to watch 10 select baseball games, with proceeds going to EC70's nonprofit Executive Council Charities.

Diego Pops & The Montauk

4338 N. Scottsdale Road, Scottsdale
diegopops.com or themontaukaz.com

Guests can bring in their same-day ticket from any Spring Training game to receive a \$4 'Bad Birdie - Juicy Golden Ale' draft beer by Four Peaks Brewing or NUTRL Vodka Seltzer, perfect for enjoying after a day in the sun. Offer valid through March 25.

810 Billiards and Bowling

50 W. Jefferson St., Phoenix
810bowling.com

810 Billiards and Bowling offers happy hour daily from 4 to 7 p.m., with drink specials like \$4 well spirits, house wines, and domestic pints, \$5 craft pints, and \$7 signature cocktails. During happy hour, all starters are half off: bangin' shrimp, buffalo chicken dip, and bacon cheese fries are just a few options. Late-nighters can also check out happy hour specials from 9 p.m. to close.

Streets of New York

6730 E. Thomas Road, Scottsdale
streetsofnewyork.com

Through March 25, guests can bring in their Spring Training ticket and receive \$5 off their order (with a minimum \$25 purchase). Customers can also get \$1 off pints or mugs and \$2 off pitchers of Cactus 76 Light Lager at all 15 locations.

Aftermath Bar & Kitchen

1534 E. Bethany Home Road, Phoenix
aftermathphoenix.com

Guests who bring in a same-day Spring Training ticket can enjoy the Aftermath Burger and a beer for just \$15 through March 25.

Portillo's

10574 N. 90th St., Scottsdale
portillos.com

Portillo's offers everything Windy City: Chicago dogs, Italian beef sandwiches, cheese fries, chocolate cake, chocolate cake shakes and more. For those hosting watch parties, Portillo's Shop N' Ship also offers a catering deal for up to 20 people.



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OLDTOWNSCOTTSDALEAZ.COM



Where an iconic fountain, chocolates and brews meet

Arizona Highways Television launched its 21st season in the stunning town of Fountain Hills. It's hard to believe we've spent over two decades crisscrossing Arizona, uncovering the stories that make the state extraordinary. From the people



Robin's Adventures
BY ROBIN SEWELL

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

and cultures that give it heart to the adventures that thrill, to the hidden gems that welcome us and the landscapes that leave you breathless – every journey has been unforgettable, and every new season is just as exciting as the first. Fountain Hills is a place where natural beauty meets unique attractions. At the heart of it all is the iconic fountain, an awe-inspiring spectacle that

shoots a towering jet of water into the sky every hour for 15 minutes starting at 9 a.m. At its peak, it reaches a staggering 560 feet, soaring higher than the Statue of Liberty, the Washington Monument,



Chocofin Chocolatiers.

the Notre Dame Cathedral, and the Great Pyramids of Egypt. The fountain isn't the only thing worth bragging about. Just beyond, McDowell Mountain Regional Park stretches across more than 21,000 acres of breathtaking terrain. Whether you are hiking rugged trails, biking through scenic landscapes, or saddling up for a horseback ride, the park offers an outdoor adventure for every explorer. In 2006, during season three of *Arizona Highways Television*, we had the pleasure of stepping into the world of Chocofin Chocolatiers for a taste of their handcrafted delicacies. Fast-forward to today, and there was no way we could return to



Bone Haus Brewing.

Fountain Hills without making a much-anticipated stop. Somehow, these master chocolatiers have made their creations even more irresistible. Husband and wife duo Louis and Denise Mirabella, both former pastry chefs, turned their passion into a thriving chocolate haven just north of Route 87. "This is our livelihood, we get to do what we love every day," Louis said. All products are crafted from scratch, offering a variety of flavors such as frisson lemon, hot chili, banana macadamia, salted whiskey caramel, and my favorite, pecan crunch. They also whip up dreamy pastries like tiramisu, chocolate mousse pie, and a sugar-free flourless torte. Their French-inspired artistry sets them

apart, which is why they chose the name Chocofin. One visit and you'll understand; this place is the fine dining of chocolate. No visit to Fountain Hills is truly complete without a stop at Bone Haus Brewing, where craft beer meets legend, history, and a touch of the macabre. This isn't just a brewery, it's an experience. Owner Keith Chapman, a former Fender Musical Instruments engineer, traded guitars for grains to create one of Arizona's most unique craft beer destinations. Inside, Day of the Dead and Arizona Wild West history flows as freely as the beer. Inspired by the legend of the Lost Dutchman, each new brew unveils a chapter of the story brought to life through art (on the cans) that makes every sip feel like part of a grand adventure. With 16 taps flowing, everything from bold ambers and juicy IPAs to rich stouts and porters, there's something for every beer lover. Crowd favorites are Desert Distortion, a double IPA that packs a punch, and Engelmann's Elixir, a refreshing prickly pear pale ale that screams Arizona in a glass. While Bone Haus doesn't have a kitchen, they've got you covered with a rotating lineup of top-notch food trucks and partnerships with local restaurants for delivery. Grab a pint, soak in the eerie-meets-awesome ambiance, and toast to Arizona's craft beer scene.



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HR is not your friend

What's the biggest misunderstanding in the modern workplace? I'll give you a hint: it's that HR is your friend.

You've probably heard the rumors. HR is there to help you. If you're having a problem with a coworker or your boss, call HR. They'll sort it out; they'll stick up for you.

Does this sound familiar? If so, your HR department has done a great job with their own PR. It makes sense. HR departments want you to feel comfortable. They also often help to facilitate things like company holiday parties and help with responsibilities that almost feel paternal, such as health insurance, performance reviews and vacation.

The truth is a little different. HR is responsible to protect the *company*, not the employees. In situations where the company is protecting an employee, it's because they are hoping to protect

the company from a potential lawsuit. I know. Shocking, but true. How can this impact your job, and what should you do?

Many employees who are having a problem with a colleague or boss will turn to HR for help. They'll call at the first sign of trouble. HR will welcome the employee in with open arms. The employee will feel comfortable to vent all of their frustrations about their boss.

The problem is, this can backfire. One minute, you feel like they're enlisting the help of HR. The next minute, they've got their eye on you, and your boss isn't happy. I don't think I've ever heard of a situation where going to HR resulted in an improved situation with a boss.

I've heard, however, of many situations where someone was fired or pushed out shortly after talking to HR. On top of looking out for the company's best interest, that department is not made up of therapists. They're not there to help sort out personality differences.

Now, don't get me wrong. If you are being harassed or something illegal or dangerous is going on, HR may be the answer. For many other issues, they are not.

You should start by trying to talk to the person directly. Direct conversations can sometimes help to resolve problems and increase trust. If this doesn't work or is not an option, you may want to consider speaking to the person above your boss or talk to someone else in a leadership role. Sometimes, those in leadership can help you to navigate a tricky situation.

I know work can be tough. Call a friend. Call a therapist. Call your mom. Think hard before you call HR. They are not there to be your friend.



*Career
Corner*

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

30 YEARS AGO



WHERE IS HE NOW?

Thirty years ago, a Phoenix Country Day School teacher named Erik Weißenmayer – who went completely blind at age 14 – was featured on the cover of Arcadia News while training to climb Mount McKinley (what we know now as Denali), the highest peak in North America.



Erik and his kayak partner take a break in the Grand Canyon in 2014.

Denali was just the beginning, because guys like Weißenmayer don't just stop after they climb the highest mountain, of course. On May 25, 2001, the New Jersey-born adventurer made history as the first blind person to summit Mt. Everest. Then, in 2008, he made the ascent of Carstensz Pyramid in Papua New Guinea, completing Eight Summits – meaning he's climbed the highest peak on every continent. He kayaked the entire 277 miles of the Colorado River through the Grand Canyon in 2014.

He attended Boston College and graduated with a double major in English and communications and eventually became a middle-school teacher at PCDS, where he met his fellow teacher and wife, Ellie. After Everest, he appeared on the cover of Time magazine and authored several books, including his memoir *Touch the Top of the World*.

Weißenmayer's experiences led him to create the No Barriers movement in 2005, which encourages people to face life's challenges with purpose. His motto, "What's Within You Is Stronger Than What's in Your Way," embodies this mission.

These days, Erik lives in Golden, Colorado. He has two grown children, Emma and Arjun, and is a sought-after speaker, sharing life lessons with people across the world.

Scottsdale teen takes singing dream on the road

By Rachael Bouley

Evelyn Errante has been singing her heart out for as long as she can remember. Now, the 13-year-old has her sights set on a bright future in country music after a string of appearances at iconic venues such as Kid Rock's Big Honky Tonk in Nashville and sports events like Phoenix Suns games and USA Pickleball National Championships.

Evelyn said she is eager to make the most of every opportunity and is thankful she has her family's full support.

"From the moment I could carry a tune, I knew music was my passion. I started singing at a young age, around the house, in school performances, or at local events," she said. "When I was 11, I told my parents this was what I wanted to do for the rest of my life."

With the backing of her family and encouragement from music teachers and mentors, she began performing at intimate live music venues across the Valley. These experiences inspired her to start writing and recording her first original song, "First Rodeo."

"It was a dream come true to take an idea from my heart and turn it into something real that people can listen to and connect with," she said. "It's about chasing big dreams and moments, and when you finally get to experience that, you're not afraid because you know you've put in the work and deserve to be there. You know who you are, what you believe, and where you are going!"

The music lover is drawn to powerful emotions and takes inspiration from country, pop, classic rock, 80's music – even some Broadway tunes. Her favorite artists are Celine Dion, Kelly Clarkson, Heart, Chappell Roan, Martina McBride, Lainey Wilson, Cody Johnson, Luke Combs, Dolly Parton, and Taylor Swift.

"I'm especially drawn to country music because of its storytelling and the way it connects with people's lives,"



PHOTO COURTESY OF EVELYN ERRANTE

Evelyn made it through two rounds of the Alice Cooper Proof is in the Pudding Competition in 2024.

Evelyn said. "When I perform, I love singing anything from heartfelt ballads to acoustic country and fun, high-energy songs that get the crowd moving."

She's been working on her songwriting while playing guitar and learning piano, and hopes to pick up the electric guitar or banjo in the future. Her skills and confidence

on stage helped her win the Rising Stars competition at Foley Ranch restaurant and country bar in Phoenix last year and even helped her capture the attention of industry professionals.

"I was fortunate enough to be offered a development opportunity and join a talent agency called DDP Worldwide," Evelyn said. "This has brought me two new mentors – Diana Blewer and Dennis Petty – and has created more opportunities for me to grow as an artist."

She loved every minute of performing at Kid Rock's Big Honky Tonk, creating core memories in an electric atmosphere. She also got to bring her music to a high-energy sports crowd with the USA Pickleball National Championships.

"That one was especially fun because it was a celebrity match, so there were some pretty big names and faces there," she said. "Every performance teaches me something new, and I'm grateful for each opportunity."

Evelyn credits her mom, dad, and sister for encouraging her and hopes to inspire other kids to follow their dreams.

"Singing is all about passion and perseverance. If you love it, keep working at it, put yourself out there, and embrace every opportunity," she said.

The teenager's next steps include songwriting, recording, connecting with and growing her fan base, and continuing to perform at new venues.

"My dream is to become a country music superstar. I want to build a career in music where I can release original songs, perform on bigger stages, and connect with more people through my music," she said. "Ultimately, my biggest goal is to create a life filled with passion, music, and meaningful connections. I want to make a positive impact."

evelynerrante.com

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New disc golf team 'tees off' at Veritas Prep

By Kylie de Best

Enjoying the great outdoors while trying to get below par on the course – sounds just like golf, right? Not quite! This sport is disc golf, played with a Frisbee, and Veritas music teacher Jason Erbst hopes to make this the next big sport among youth in the area.

Erbst's passion for disc golf began in 2021. He loved the physical and mental aspect – not to mention its financial accessibility. After growing his skills, he decided to give his students an opportunity to learn and play. He began recruiting in November and December through a newsletter and word of mouth, and by January, team practices began.

Six students currently lead the team, and anyone from sixth to 12th grade is welcome to join at any time. The equipment is provided thanks to donations from companies and community members.

Other than disc golf using a Frisbee and traditional golf using a ball, the two sports have many parallels. The goal is to complete each round in as few strokes or



Veritas disc golfers Todd Weiss, Jackson Milana, Justin Weiland and Owen Eisner.

throws as possible and each club and disc has a different purpose. You start the game at a tee pad area. Instead of getting the ball in a hole, the player tries to get the Frisbee into a chained basket.

The course is much shorter, and the game can be played any time of the year. The types of discs used is determined by how thick their rims are, and they also have similar names

to golf clubs: driver, putter and mid-range, for example.

The team meets up twice a week. Practices focus on skill and technique using a throwing program created by the head coach of the Finnish national disc golf team, Joonas Merelä.

Erbst saw Merelä's program on social media and decided to reach out, receiving resources,

information, program details and scheduling to help Veritas build a successful team.

"I have played disc golf before and really enjoyed it. My goal right now is to get under par," eighth grader Jackson Milana said.

The club takes the school shuttle to Vista del Camino, Los Olivos, and Papago Course to apply their skills and play multiple rounds.

Since the team has a diverse age range, it has allowed middle and high schoolers to connect with each other. Erbst has noticed how fast the students have been learning and loves how they are always champions of each other.

"I think this sport is going to grow into a large youth group in Phoenix and I wanted to be one of the first people in it," sixth grader Justin Weiland said.

Erbst's long-term goal is to help build a competitive team in Phoenix. Since it's not available at many schools nearby, he is also hoping that one day there is an opportunity to get other schools to join so they can hold competitions in the future.

Xavier Prep soccer coach wins national honor

By Mark Hays

In an acknowledgment of her exceptional coaching career, Xavier Prep's varsity soccer head coach Barb Chura has been honored as the National Federation of State High School (NFHS) Association's Girls National Coach of the Year for 2023-24. Chura said the recognition was an incredible honor.

The NFHS, established in 1920 and headquartered in Indianapolis, serves as the national authority for high school athletics and performing arts programs in the United States. Since 1982, the organization has recognized outstanding coaches through its awards program, honoring individuals in the top 10 girls' and boys' sports.

"It was wonderful to be recognized for many years of coaching and having a successful program," she said. "This honor was a culmination of many hours, days, weeks, months and years of work and I am thankful to the players, coaches, and supportive athletic administration."

The AIA nominated Chura, requiring her to complete documentation detailing her career and achievements in coaching.

The New York native's passion for soccer started at the age of six in her hometown of Clifton Park. Growing up in a neighborhood where soccer games were a daily occurrence,

she was influenced by her older brother, who often led the outings.

These games laid the foundation, as her talent and dedication took her to the University of Connecticut. Chura played collegiate soccer and competed for a national championship against formidable opponents such as the legendary Mia Hamm. The university's program was consistently ranked in the Top 10 nationally during her time there.

Coaching began when a friend on her club team introduced Chura to another team during her senior year of college. That experience sparked her passion for coaching, leading her to serve as a graduate assistant at Texas Tech University. She went on to coach at James Madison University, returned to Texas Tech, and later coached at the University of Notre Dame. After a decade at the college level, Chura transitioned to high school.

Since joining Xavier, Chura has led the soccer team to remarkable success, including four consecutive 6A state championships. Over her 22-year tenure, she has secured nine state titles and amassed an impressive overall record of 288-66-26. For Chura, the most rewarding part of coaching is seeing the players grow and improve.



Barb Chura

"Watching student athletes grow and develop over the years is the greatest satisfaction," she said. "How they grow up before your eyes, their maturity as a person and as a soccer player, the fact that they aspire to play in college...these students put a lot of work into it."

Reflecting on memorable moments, Chura highlighted the program's first state championship win in 2009.

"I specifically remember girls on the team then, they were feeling the burden of not winning – so many other XCP teams were – it was a relief for so many of the players," she said.

The team followed up with another state title in 2010 and have continued to dominate in the years since. Beyond the victories, Chura says the relationships built through the sport are what she values most.

"Wins and losses come and go – it's the relationships the kids build and the friendships that go on for a lifetime," she said. "Their experience and lives are forever changed. It all starts here being on the field, with the chemistry we build over the season that extends long after it's over, that's the most valuable thing."



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Quick recipes for on-the-go grown-ups and kids

Breakfast sets the stage for a productive day, providing energy and essential nutrients for focus and well-being. National School Breakfast Week (March 3-7) is a great time to highlight the benefits of plant-based breakfasts for kids and adults.

Unlike sugary cereals that cause crashes, whole food options keep you full longer and are rich in fiber, vitamins, and minerals, helping regulate blood sugar and sustain energy levels. The balance of complex carbs, healthy fats, and plant-based proteins in these three recipes stabilizes blood sugar, making them an ideal choice for busy families. Mornings can be hectic, so convenience is key.

Scrambled tofu in a whole grain tortilla with veggies is a satisfying, egg-free breakfast that can help keep you energized. For a lighter nourishing start, overnight oats with strawberries offers fiber, protein, and antioxidants. Oats

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BY MIRIAM HAHN
Owner of YouCare-SelfCare, a private wellness practice specializing in plant-based lifestyle and disease prevention. youcare-selfcare.com

provide steady energy, while strawberries add vitamin C for immune support. Prepare them the night before for a hassle-free morning.

Store-bought granola bars often contain refined sugars, but homemade bars with nuts, seeds, and natural sweeteners offer a balanced mix of protein and healthy fats. Plant-based breakfasts help everyone start their day with sustained energy and mental clarity.

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Hearty tofu wrap SERVES 4



Ingredients

- 1 tbsp. olive oil
- 1 cup sliced mushrooms
- ½ diced onion
- 1 diced red pepper
- 1 block of extra firm tofu, pressed
- 2 tbsp. nutritional yeast
- ½ tsp. black salt
- ½ tsp. garlic granules
- ½ tsp. pink Himalayan salt
- ½ tsp. turmeric
- ¼ tsp. pepper
- ¼ cup soy milk
- 2 cups baby spinach
- 4 wraps of choice

Directions

1. Add the oil to a skillet and bring the heat to medium.
2. Drop in the mushrooms, onion, and red pepper. Sauté for five minutes.
3. Crumble in the tofu with the nutritional yeast and spices. Stir for a few minutes.
4. Add the soy milk and spinach, cover and cook on low for 10 minutes, stirring frequently.
5. Warm up wraps and stuff with tofu mixture. Roll up and serve or store for up to a week in a sealed container in the fridge.

Strawberry overnight oats with chia jam SERVES 3



Ingredients

- 1 ½ cups rolled oats
- 1 ½ cups dairy free milk
- 3 tbsp. ground flax seed
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract

Chia Jam

- 1 ½ cups frozen strawberries
- ¼ cup maple syrup
- 2 tbsp. chia seeds

Directions

1. Mix the oat ingredients in a large bowl. Distribute into three jars with lids.
2. To make the chia jam, combine the frozen strawberries with the maple syrup in a small pot and bring the heat to medium. Cook for 20 minutes, smashing the strawberries as they soften. Remove from heat and add the chia seeds. Let sit for 10 minutes to thicken and cool.
3. When serving, add a dollop of chia jam to the oats and enjoy.

No bake chewy granola bars SERVES 8-12



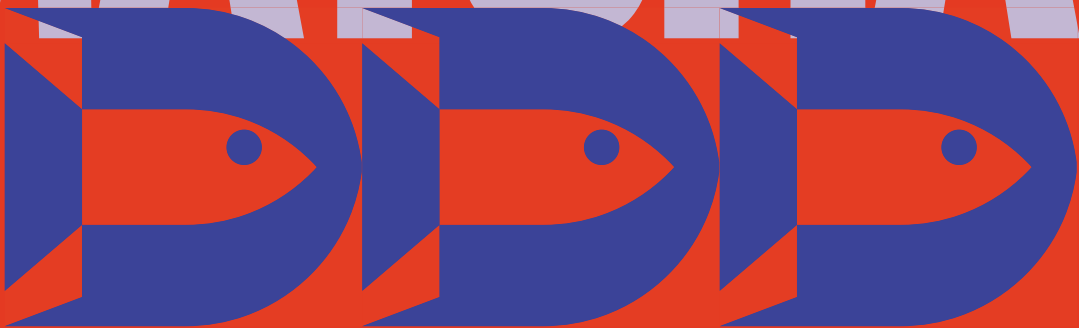
Ingredients

- 2 cups rolled oats
- ½ cup nut butter or sunflower seed butter
- ½ cup dairy-free milk
- ½ cup maple syrup
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- ¼ tsp. salt
- ½ cup dried cranberries
- ½ cup dairy-free chocolate chips

Directions

1. Add the nut butter, dairy-free milk, and maple syrup to a small pot and cook on low heat for about five minutes until smooth, stirring with a whisk frequently. Remove from heat and add the vanilla extract.
2. In a large bowl, combine the oats, cinnamon, salt, dried cranberries, and dairy-free chocolate chips.
3. Pour in the nut butter and milk mixture.
4. Line an 8x8-inch baking dish with parchment paper and press in the mixture.
5. Place in the refrigerator for one hour to set. Cut into bars. Store in the fridge or freezer.

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DID YOU KNOW? HEDGEHOGS



WHICH CENTURY? 1A.D.

The earliest known references of hedgehogs come from ancient Egypt, where they were depicted in hieroglyphs. They were often seen as symbols of protection or good luck.

Pliny the Elder, who wrote Natural History (an encyclopedia of natural science that spanned 37 books, written in the first century), described them as such:

"Hedgehogs also prepare food for winter, and fixing fallen apples on their spines by rolling on them and holding one more in their mouth, carry them to hollow trees..."



HOW MANY? 5K

A hedgehog's spines are actually modified hairs made of keratin – the same material in human hair and nails. They have around 5,000 to 7,000 spines on their body.



HOW FAST? 5 MPH

Hedgehogs have a top speed of around 5 mph, though only for short bursts of time. If we're talking about that famous blue hedgehog, however: Sonic's maximum speed reached is 186,000 miles per second – or the speed of light.



WHAT DAY? FEB. 2

Hedgehog Day is celebrated on February 2 – also known as Groundhog Day. Groundhog Day originally began as Hedgehog Day in Europe. According to German folklore, if a hedgehog saw its shadow, it signaled six more weeks of harsh winter weather. Early German settlers brought the tradition to the United States, but hedgehogs aren't native to North America, so they adapted the custom to focus on groundhogs, which were abundant in Pennsylvania.





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DID YOU KNOW? HEDGEHOGS



There are 17 species of hedgehogs found in Europe, Africa and Asia. On the flip side, there are no hedgehogs native to Australia or the Americas.

They have five toes on each foot, with a small claw on each toe to help them climb.

In winter, hedgehogs can enter a state of deep “torpor,” where their body temperature drops significantly and their heart rate slows down to conserve energy.

Hedgehogs are natural swimmers and use their spines to help them float.

They don’t have the best vision, but their sense of smell and hearing is incredibly sharp.

Hedgehogs roll into a tight ball as a defense mechanism when they feel threatened. Their spines point outward, protecting them from predators.

In Ireland, hedgehogs are one of the most common mammalian road fatalities.

They are lactose intolerant and primarily eat insects, worms, snails, fruits, vegetables, and even small frogs or eggs.

Hedgehogs were first domesticated during the 4th century BC by the Romans. They were primarily raised for their meat and quills, but were also kept as pets.

As of 2019, it is illegal to own a hedgehog as a pet in Hawaii, Georgia, Pennsylvania, California, New York City and Washington, D.C.



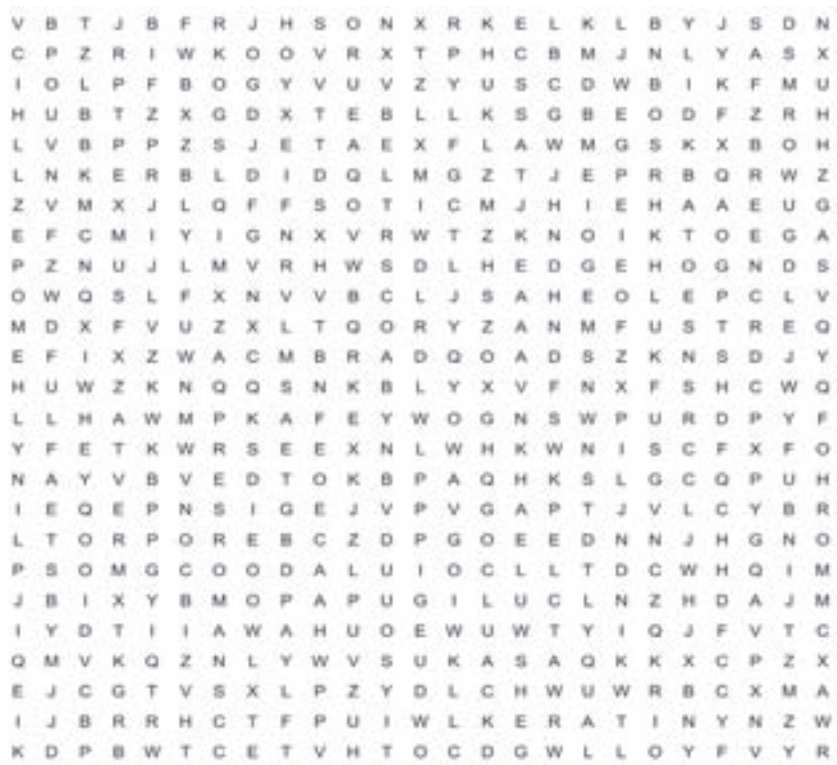
SAY WHAT? HOW MANY FOLLOWERS DO YOU HAVE?

Mr. Pokee, once known as the traveling hedgehog, has a dedicated Instagram fan base... more than one million people have followed his adventures since the account began around 2018 and even more since his passing in 2019.

Mr. Pokee and his human, Talitha, traveled extensively, living in Germany and exploring Italy, Paris, Switzerland and Scandinavia. Since his death, Talitha has kept the account active with AI generated pictures – shared every few days – that garner thousands of likes from people around the world. The little hedgehog became so popular that he inspired a calendar, a book, a website (mrpokee.com) – even a song.



WORD SEARCH



- BALL

HAWAII

HEDGEHOG

ILLEGAL

KERATIN
- PLINY

POKEE

QUILL

ROMANS

SPECIES
- SPINES

TALITHA

TOES

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The power of inspiration and the perfect butternut squash soup

The Ancient Greeks believed inspiration came from The Muses – nine goddesses who motivated artists and scientists. This belief was carried forward by the Romans and the civilizations of Europe that followed. Since The Age of Enlightenment, an intellectual and philosophical movement that occurred in Europe in the 17th and 18th centuries, inspiration came to be thought of as the product of the human ego. In truth, we are not responsible for our own inspiration – rather, it's a magnificent 'lightning strike' that finds us.



Thyme in My Kitchen

BY SHERRY KLUSMAN

@thyme.in.my.kitchen

Inspiration comes from the Latin word *inspiratus*, which essentially means "breathe into." It has been said that, before this literal meaning, the word inspiration had a theological basis that predated this definition. It didn't take long to establish itself in a figurative sense, as our earliest written English use of the word gave it the meaning "to influence, move, or guide."

Inspiration can come from anything: novels, documentaries, the people you surround yourself with,

a favorite hobby, staring at the clouds, through meditation, in conversation, a walk within the neighborhood, perhaps it arises from desperation or merely a fluke of the universe. Inspiration is a motivational state that compels individuals to bring ideas into fruition, a feeling of enthusiasm that gives you newfound creativity.

A trip years ago to the Hyatt Huntington Beach Resort was a culinary adventure I will never forget. The elaborately staged buffet, under the watchful and innovative eye of Executive Chef Manfred Lassahn, was worth every photo I took. Delicious cranberry sauce was served along with its recipe artfully posted. A butternut squash soup was featured and after one taste I deemed it 'heaven in disguise.'

I asked the chef to join me at my table so I could voice my appreciation for his efforts and convey my compliments. The recipe remained close to Mani's heart for obvious reasons, so I quickly found myself grabbing a napkin to jot down the herbs and spices I detected. It has been close to nine years since our serendipitous meeting and to this day we keep in touch.

Butternut squash is a mild variety of winter squash with a dense, moist, sweet, nutty flavor and a bright orange color. It can be prepared by baking, roasting, steaming, or simmering. It's perfect for pureeing into soups and sauces because it's less "stringy" than the other squashes. The more orange the color,



the riper, drier and sweeter it is. Though it's high in carbs, it's one of the best vegetables to incorporate into a recipe for health benefits because it's packed with antioxidants, vitamins, and minerals that bestow anti-inflammatory properties.

For years I devoted time to tweaking every facet of this 'untamed' butternut squash recipe and discovered along the way that people with passionate personalities tend to thrive in a kitchen atmosphere for exactly this reason. The journey of self-discovery and realizing that the secret of cooking lies in the person who cooks greatly empowered me.

The kind of cooking you want to do, or more importantly, are able to do, depends entirely on you and your circumstances. Cooking requires focus and attention. The repetitive chopping or stirring can be meditative. The human standing at the stove brings a recipe to life and draws on memories so deep they seem to be instincts. Experimenting with spice leveling allowed me to channel my creativity and tap into my senses. The texture was reminiscent of a silky bisque filled with a cornucopia of flavors. It's not just about the soup as sustenance, it's about the effort and care the cook puts into the dish. With great pride I sent a copy of my recipe to Chef Lassahn, thanking him for his inspiration.

SHERRY'S ROASTED BUTTERNUT SQUASH SOUP

Start with:

- 4 tbsp. olive oil
- 2 tbsp. butter
- 4 lbs. butternut squash
- ½ cup medium red onion, peeled and chopped
- 3 carrots, peeled and chopped
- 2 Red Fuji apples, peeled, cored and cut into cubes
- 1 red bell pepper, seeded and chopped
- ½ cup celery, chopped
- 1 leek, white and green chopped
- 7 cups vegetable broth

Seasonings in pot:

- 1 tsp. sweet paprika
- 1 tsp. coriander
- 1 tsp. oregano
- 1 tsp. basil
- ½ tsp. ginger
- ½ tsp. cumin
- ½ tsp. thyme
- ½ tsp. cinnamon
- ½ tsp. parsley
- ½ tsp. sea salt
- ½ tsp. poultry seasoning
- ½ tsp. sage
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- ⅛ tsp. white pepper
- 3 tbsp. maple syrup
- 1 tbsp. bourbon
- 2 finely minced garlic cloves
- 2 bay leaves
- 4-5 oz. heavy whipping cream

1. Roast squash at 425 degrees with salt and pepper for 30-35 minutes.

2. While the vegetables are roasting, simmer the broth and seasonings in a large five-quart Dutch oven. Add the vegetables once fork tender and continue to simmer covered for roughly 15 minutes. Remove the bay leaves and let the mixture cool slightly. Use an immersion blender for desired texture. For a bisque texture stir the mixture through a three-ply strainer.

3. Stir in heavy whipping cream at the end. Add more for a lighter color.

March's cookbook recommendation: "Chowderland: Hearty Soup & Stews" by Brooke Dojny | March's novel recommendation: "Olivetti" by Alice Millington | March's recipe: Roasted butternut squash soup

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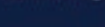
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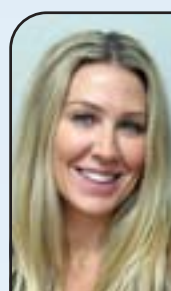


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Titan Times

VOL. 2 NO. 06

MARCH 2025

From the students of Arcadia High School

Coach Lamppa inspires success in Arcadia tennis

By Ahva Ghazanfari

With a passion for the game and a commitment to his players, Dean Lamppa has become a cornerstone of Arcadia varsity girls' tennis, leading them through challenges and triumphs. Coaching and running a sports team is no easy task, yet Coach Lamppa handles each of its elements with grace – and it's only his second year at the school.

When it comes to his philosophy, Lamppa keeps an open mind. He believes in the importance of multiple opinions and listening to each individual player. He said that becoming a good listener was an essential step in becoming a successful coach.

"It's a collaboration of a lot of people. Ultimately I have to make the executive decisions, but really, when it comes to tennis, it's all about the team," he said.

The coach also makes a point of acknowledging the mental side of the sport, especially since so much of a player's physical game stems from where their mind is at. How does he do it? The answer lies in repetition and competition. During practices, the coach places a large emphasis on playing simulated matches as they sufficiently prepare the athletes mentally and physically. For Lamppa, it's all about facing your fears: "You can't be afraid to lose; people that are better than you are only going to make you better."

Hopes are high regarding the team's performance in the coming months. Defeating Notre Dame was one of Coach Lamppa's favorite moments from last season, and he plans to secure even more wins this year.



AGORA: ARCADIA'S ART FESTIVAL

Every spring, studio art teacher Cira Riccio and her club, the National Art Honor Society (NAHS), put together the annual Agora, also known as the AHS art festival. This year, the event takes place on March 28 from 5 to 7 p.m. All proceeds will be donated to the school's art department or an arts-related charity.

At Agora, art from Arcadia students and pieces from the SUSD feeder schools – Tavan, Hopi, Echo Canyon, and Ingleside – are displayed in the auditorium lobby. Artwork ranges from paintings and drawings to photos and sculptures.

Along with the traditional face painting and henna, Agora will offer glitter tattoos and caricatures at this year's fair. These activities allow NAHS students to show off their skills in real time.

There will also be an interactive art piece where friends and family can contribute original works. Student-made items such as ceramics, art prints, and bracelets will be available for purchase. Festivities also include live performances from music students and food trucks.

Everyone involved works tirelessly all year and this event truly shows the fruits of their labor. Senior Frida TripkeHughes loves Agora because it displays the versatility of the art department:

"We have a lot of great art programs that no one ever sees," she said.

Unlike the many athletes and performing students, this is the one night that's solely dedicated to Arcadia's fine artists.

– Amelia Guzman

TITUS THE TITAN

Arcadia High has brought back a beloved character from its history that has been on a hiatus (and whose identity remains anonymous). Titus the Titan, Arcadia's mascot, has made a triumphant return during assemblies, sporting events, and other important gatherings that are in need of more school spirit.

His presence has been greatly missed; the students have seen firsthand all the energy and school spirit Titus is able to bring – whether spotted hyping up the crowd or dancing, and always hitting the dougie. I had the opportunity to interview Titus to find out how the student was drawn to the role.

"I felt like the job was something that most students didn't love but the position took an energetic and playful role which made it feel like a perfect match," Titus said.

And a perfect match it is. Titus is always full of energy and ready to engage the students any chance they get. I asked about how it felt to be representing Arcadia and what it meant to them to be in this role:

"It is so rewarding to represent the character that guides our school through our community's successes." Titus is such a fun character at Arcadia events; we all hope he will be around for years to come.

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2300 E Campbell Ave, #129, Phoenix
2 Beds | 2.5 Baths | 1,462 sqft



Contact me for information on a number of
exclusive off market listings!

Heather MacLean

Founding Agent, Arizona

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COMPASS

THE CHOICE IS OBVIOUS

Our Knowledge is Unparalleled, Our Connections are Limitless and Our Marketing Works



\$6,950,000 4350 North Jokake
6 bedrooms, 7 baths, 6,750 square feet



COMING SOON CALL FOR PRICING 3800 East Lincoln #54
4 bedrooms, 3 baths, 3,847 square feet



\$4,995,000 4802 North 46th Street
4 bedrooms, 4 baths, 4,996 square feet
4802north46thstreet.com



NEW LISTING \$3,240,000 4601 East Solano
4 bedrooms, 3 baths, 4,367 square feet



JUST SOLD \$899,000 7258 East Manzanita
4 bedrooms, 2 baths, 2,191 square feet



\$3,365,000 6230 East Calle Del Norte
4 bedrooms, 4 baths, 3,962 square feet
6230callelnorte.com



\$4,250,000 6319 East Mariposa
5 bedrooms, 4 baths, 5,190 square feet
6319mariposa.com



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



\$7,945,000 6737 East Exeter
5 bedrooms, 7 baths, 6,876 square feet
6737exeter.com



SALE PENDING \$5,795,000 5989 East Sapphire
5 bedrooms, 6 baths, 6,239 square feet

See many more TJG listings inside

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