

ARCADIA NEWS



VOL. 33 NO. 2

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

MAY 2025



BRING JOY TO THE TABLE

Terri Mapel and Jessica Helgeson are the mother daughter duo behind SEE SALT.

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POSITIVELY YOU

Emmy Gardner published her first children's book to encourage readers of all ages to embrace confidence.

PAGE 5

ART IN THE GARDEN

Shemer's Art in the Garden event showcased 20 artists, live jazz, vibrant works, and community spirit.

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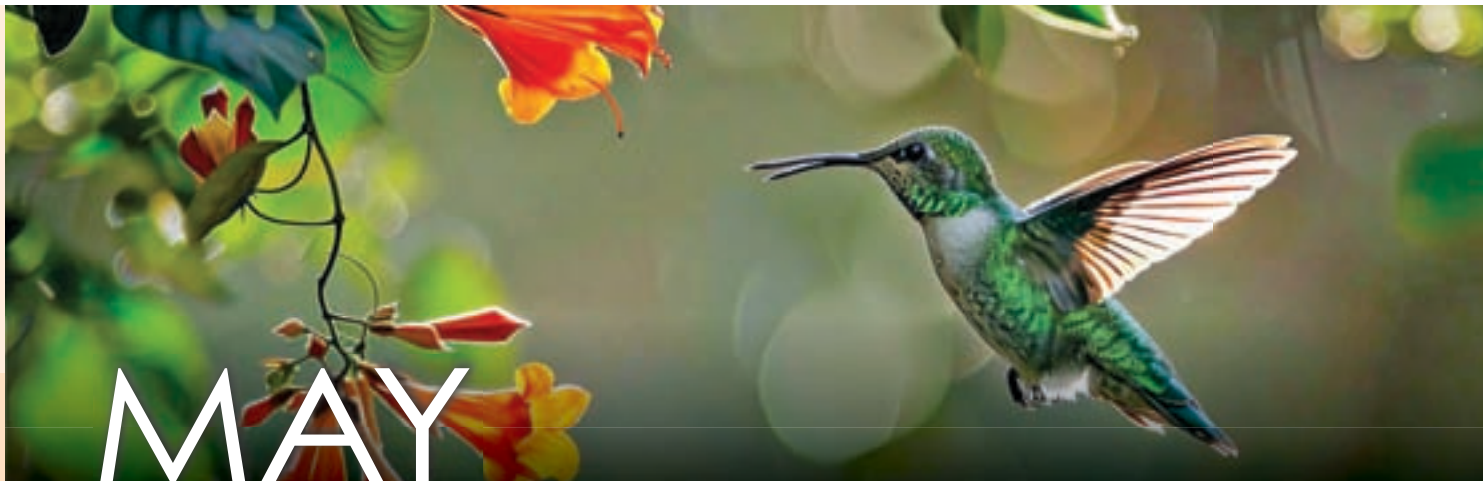
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Did you know? Hummingbirds (Page 48)

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Veritas Prep's Mock Trial won its fifth State Championship in six years, earning a spot to compete at Nationals in Phoenix against 46 national and international teams.

19 Mental health movement

The fourth annual Peace of Mind 5K spotlights human connection and mental health awareness through a new partnership with the Speak Your Mind nonprofit.

33 For the love of beans

Hank Murphy turned his passion for bean and cheese burritos into a career after years of perfecting the recipe; now, his creations are sold to neighbors near and far.

38 Celebrating creativity

The annual Arcadia High Agora Arts Festival brings laughter, music and art from area students – and this year, the event raised over \$700 for the Art One Foundation.



Jessica Helgeson and her mom, Terri, founded their own finishing salt company out of Jessica's kitchen.

PHOTO: RYAN CORDWELL

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EDITOR'S NOTE

Here's a fun fact: I graduated high school in 2007 in a class of 37 students. Thirty. Seven. The ceremony took 15 minutes and we were out of there, my friends and I piled up in my '94 Chevy Trailblazer to head to the closest party we could find. Granted, this was a small town in southeast Minnesota, but still – when I hear how many students graduate each year in the Valley, it blows my mind. That number can be upwards of 43 times more students than my tiny class of Midwesterners. In 2024, Arcadia High's ceremony celebrated over 1,600!

Graduation comes with fanfare and activities leading up to the big day: the grad walk, parades, project graduation, etc. It may be different than it was 18 years ago, but either way, congratulations to our high school and middle school grads – we're so proud of you!

Arcadia neighbor Hank Murphy

spent years in corporate America before putting down the pen and picking up the spatula. He's now the owner of Bad Hambres, a frozen food service that sells one thing: bean and cheese burritos.

We can't introduce our May edition without giving a shoutout to the mother figures – those awesome ladies who have been there for the boo-boos, the woo-hoos and everything in between. We hope your Mother's Day is filled with lots of love and laughter.

Have a beautiful May, and thank you, as always, for reading the Arcadia News,

Mallory

– Mallory



UPCOMING THEMES:

JUNE

Father's Day/Summer

JULY

Summer

AUGUST

Back to School

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"Moms give us wings to fly and rides to the ER when we don't understand what a metaphor is." – Andrew Blackburn

A MOST UNEXPECTED DEVELOPMENT IN AN ARCADIA HOUSEHOLD

DOUBLE JOY IN OCTOBER: SILBERMAN FAMILY STRUCK BY SURPRISE DISCLOSURE

Just when a family thought they were at capacity on surprises, the Silbermans learned their grandchildren were keeping a secret. Clues began to emerge in recent weeks: vague answers to questions of "What's new with you?" and secret conversations with cousins. What could the secret be and what was driving the grandchildren's actions?

"This was a hard secret to keep, but we had only learned the news one day before a March visit and we opted to wait to confess until we could be in person again," the secret-holders claimed.

After a thorough investigation,

the couple confirmed the presence of baby Mathesen, due to make his grand appearance in October 2025. This was a shocking discovery as the family was already expecting another grandchild in October! Nevertheless, reports confirm that two grandbabies (one boy and one girl) are arriving – and are due just eight days apart!

Authorities ask that anyone with parenting advice, baby books, or hand-me-downs report directly to the expectant parents. In the meantime, excitement builds as the countdown begins.

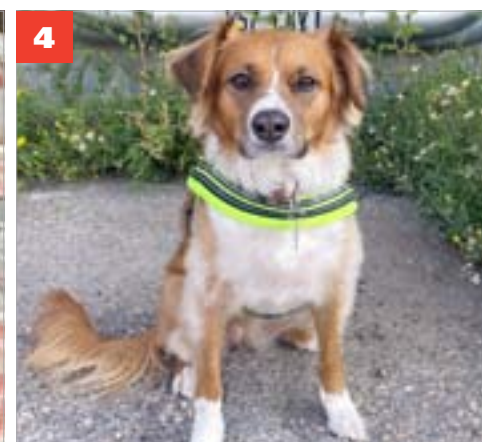
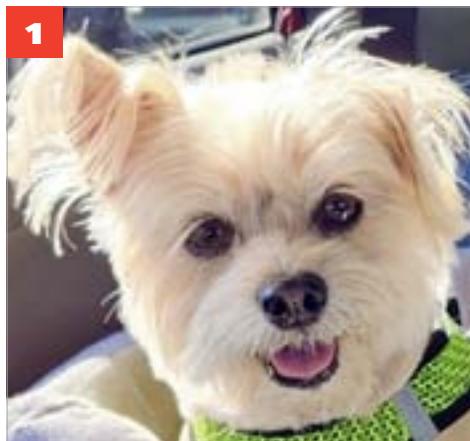
BABY MATHESSEN IS ON HIS WAY

— PAGE 2: How Grandparents Are Gearing Up for Twin Arrivals

— PAGE 3: Top Ten Baby Names Rejected by the Cousins

— Editorial — "Two Grandbabies? This Calls for Cake"

ARCADIA'S PETS



1. Mr. Pickles came into my life eight years ago when I went to the shelter to adopt a little girl dog to share my life with. Instead, this scrappy little dude with the funny name chose ME to be his human, and for that, I will be forever grateful.

– Carol C.

3. Tigger is five years old and has been in our family for four years. He's a Bengal cat who is kind and sweet and a total snuggle bug. His favorite thing to do is cuddle up with a blanket or with one of his human family members.

– M. D.

2. Five-year-old brothers **Tommy** and **Smash** were adopted as kittens in April 2020 from Saving One Life. They do everything side by side, including looking out the window, sleeping, and lapping up our lavish affection. We love spoiling them, including giving them dibs on the prime seats in the house!

– Amy and Larry W.

4. This is our sweet girl **Poppy**. She is a rescue from the Halo Shelter on Bell Road. She's originally from New Mexico and is seven years old. She loves chasing rabbits and lounging on the couch. We believe she is part Kooikerhondje and she has her own Instagram @poppythekooiker!

– Scott N.

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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Believing in 'You': Author publishes first children's book

By Sherry Sklar

When 12-year-old Emmy Gardner tells you that you're enough, she means it. In her debut children's book, *You*, the Christ Lutheran student joins colorful artwork and profound analogies to remind readers of all ages that confidence, kindness, and purpose begin from within.

Published in December after seven months of work, *You* represents more than a creative project. It's a confidence-building guide, a sibling collaboration, and a joyous celebration of the power of self-belief that resonates on every page. In a society dictated by influencers and peer pressure, this refreshing message of just being "you" in pursuit of your own path is something many of us can glean wisdom from.

The idea for the book began a year ago, evolving from an earlier 14-page draft about animals and their unique talents. After sketching out a paper-and-pencil maquette, Emmy realized she could improve on the concept by speaking directly to the reader and creating something more personal.

She partnered with her older sister, Hollyn, to hand-illustrate captivating images of animals, nature, and people. The text is handwritten, too – Emmy wanted the 25-page book to burst off the page with brilliance and energy. The sisters split the illustrations nearly evenly, with Emmy completing 14 and Hollyn finishing 11, each bringing their own ideas to the shared vision.

The tween said she understands firsthand the challenges many young people face in staying positive amid an often complicated world. She wrote *You* to help others find their inner strength.



"It's so important to me that this and future generations learn how to stay cheerful, healthy, and confident," she explained. "I wrote this book because I know how hard that can be, even as a child. I've often felt that way and hope this book helps kids feel less alone."

Emmy is grateful to her family for helping her push through and assist when the project sometimes seemed overwhelming. Her Uncle Richard, a graphic designer, lent a guiding hand, helping Emmy edit the pages and design the layout for self-publication, which turned out to be more complex than expected. Mom, Trisha, also pitched in with organizational skills.

"It took a long time to finally see my book, but it was well worth it to get the opportunity to see my name on such a huge platform," Emmy said.

Grateful for her sister's support, Emmy explained, "Hollyn helped me the entire way with suggestions and other additions. I loved working with her; at times it was tedious, but

I wouldn't have finished it without her."

"Although we have different working styles, we both love and support each other, and it has been great to see Emmy thrive doing what she loves," Hollyn said.

When asked what's next, Emmy doesn't hesitate to list her aspirations in order: writer (box checked!), business owner, and president. She is working on her second publication, a chapter book featuring four military pilots who offer different perspectives. She is also balancing a busy school schedule, entrepreneurship, and ambitions for the future.

Emmy has some straightforward advice for other young creatives and aspiring authors: "Stay focused on the primary



PHOTO: TRISHA GARDNER

Emmy Gardner

aim, especially when the process gets challenging. Even if it's tough at the start, always remember the main goal. That's what helped me keep going."

Her encouragement for others to hone their exceptional talent rings authentic, considering her journey. With a supportive family, a vision for helping others, and a book that's already inspiring peers, Emmy Gardner is just getting started. *You* is available on Amazon.

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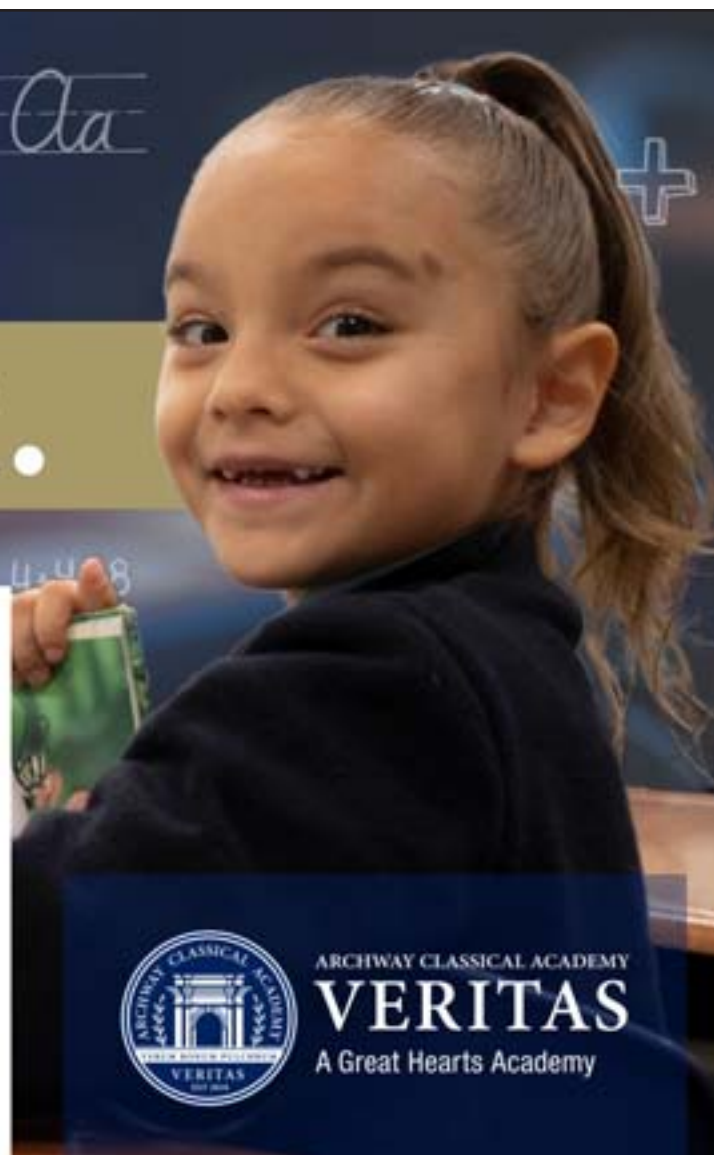
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WHAT'S HAPPENING, ARCADIA?

BRIEFS



Arizona Restaurant Week is back from May 16-25, so diners can get outside the neighborhood and try something new! Restaurants range from Southwestern favorites, comfort food and snacks, five-star dining, and everything in between. Prices are \$30-\$50 per person.

arizonarestaurantweek.com

America First Credit Union and the America First Charitable Foundation kicked off the third annual **Diaper Drive**, an initiative to support families in need. Donations can be dropped off at any AFCU branch through May 31. Monetary donations can be made online, with 100 percent of funds going toward diaper purchases.

americafirst.com

Phoenix Rescue Mission launched its 13th annual **Code: Red Summer Heat Relief Campaign** to help the homeless population and at-risk individuals during the summer. Through August 31, PRM asks the public to start water and food drives and for assistance with monetary donations, which they will match up to \$150,000.

phoenixrescuemission.org

Girls Mentorship's Pursue More summer camps are back, and they're all about helping girls 10-13 build confidence, leadership, authentic friendships, and emotional resilience. This year's camp theme is 'Step into the 90s' and attendees will learn tools to support their goals, learn to take action

and shift to a positive mindset. Camp runs from June 2-27.

girlsmentorship.com

Step inside the Luhrs Tower (45 W. Jefferson St., Phoenix) for **Southwestern Art Deco & The Luhrs Legacy**, a pop-up hosted by the Phoenix Art Deco Society. Featuring the Highrises collection by photographer Chris Hytha, the exhibit highlights Art Deco details from skyscrapers across the U.S. Explore artifacts, design elements, and history, plus a special talk by historian Mark Houser on May 17. Open until May 31. Tickets are \$15.

phoenixartdeco.org

The Village Health Clubs and **Preamble** are partnering for National Osteoporosis Awareness and Prevention Month in May. Members can receive a \$50 DEXA Scan and three 60-minute personal training sessions for \$199 (new clients only). The initiative, part of the Village Vitality Program, offers health assessments, personalized fitness, medical evaluations and training to help improve long-term health, fitness, and disease prevention.

villageclubs.com



Miracle Mile Deli is celebrating 76 years this May with a week of nostalgic pricing and giveaways. From May 5-10, customers can enjoy a \$19.49 sandwich-and-pie combo special, a nod to the year Miracle Mile Deli opened. Guests can choose from the Pastrami, Straw, New Yorker, or combo sandwich with a side.

miraclemiledeli.com



Derby Day at the Arizona Biltmore.

EVENTS

THURSDAY 5/1

Roars and Pours

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. It's time to get wild for Happy Hour – and this evening's event is the "final fiesta" of the spring season. Roars and Pours is a 21-and-over event that boasts craft brews, wine and food options, and open walking trails. Attendees can also visit special exhibits, play lawn games and hear live music and entertainment. Tickets are \$13.

phoenixzoo.org

SATURDAY 5/3

Derby Day

1 p.m. at the Arizona Biltmore, 2400 E. Missouri Ave., Phoenix. Join the Biltmore for the "fastest two minutes in sports" party – also known as the 151st Run for the Roses horse race. Sip on traditional mint juleps, hear live music, sample Blade and Bow Bourbon or check out the gourmet Southern-inspired cuisine while wearing your derby best – and don't forget the hat (you could win the best-dressed contest). Tickets start at \$80.

arizonabiltmore.com

Derby Day Porch Party

1-4 p.m. at The Phoenician, 6000 E. Camelback Road, Scottsdale. Two derby parties in one day? Count us in! Guests will head to the dining room and patio of Mowry & Cotton for Southern dishes, TVs and projection screens, cocktails, raffles, contests for best-dressed, music and more taking place during the "fastest two minutes in sports." Don't worry, the party lasts longer. Tickets start at \$150.

thephoenician.com

SATURDAY 5/3 – SUNDAY 5/4

Arizona Bridal & Wedding Expo

12:30 p.m. at the AZ State Fairgrounds,

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

bridalshowsaz-as.com

SUNDAY 5/4

Tracks N Tunes

7-8:30 p.m. at McCormick-Stillman Railroad Park, 7301 E. Indian Bend Road, Scottsdale. The railroad park will feature various Arizona-based acts playing classic rock, country, rhythm and blues and 80s and 90s music – this evening's musicians are The Hourglass Cats, a blend of rock and reggae. Culinary Gangster and The Snowy Churro food trucks will provide the snacks and drinks. This event is free.

therailroadpark.com

Plated and Staged

3:30 p.m. at Herberger Theater, 222 E. Monroe St., Phoenix. Fine dining and entertainment are in store at Herberger Theater's tenth annual Plated and Staged event. The evening begins at the theater with hors d'oeuvres and live music. Dinner will follow at another location, but folks won't know where they're dining until they get there. This event benefits the theater's youth outreach programs. Tickets start at \$275.

herbergertheater.org

A Choral Mosaic

3 p.m. at Camelback Bible Church, 3900 E. Stanford Dr., Paradise Valley. The Orpheus Male Chorus of Phoenix is ready to captivate audiences this spring with A Choral Mosaic, a concert series "celebrating the rich diversity of choral music" that includes a guest appearance

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WHAT'S HAPPENING, ARCADIA?



Plated and Staged at Herberger Theater.



Dog Mom's Day Celebration at Frasher's Smokehouse.

of internationally acclaimed opera tenor Andrew Richards. Tickets are \$25.
orpheus.org

MONDAY 5/5

Mariachi Sol de Mexico

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

THURSDAY 5/8

Queen vs. ABBA

8:30 p.m. at Crescent Ballroom, 308 N. 2nd Ave., Phoenix. Candlelight concerts, presented by Fever, are bringing the magic of a live musical experience to Phoenix. This evening's show will highlight the music of Queen and ABBA. Guests will hear songs performed by the Listeso String Quartet, such as Dancing Queen, SOS, Voulez Vous, We Will Rock You, and yes – you better sing along to Bohemian Rhapsody! Tickets start at \$43.
feverup.com

Women in Leadership

11:30 a.m. at the Hilton Scottsdale Resort, 6333 N. Scottsdale Road. The Scottsdale Area Chamber of Commerce will host award-winning photographer, speaker, and coach Karianne Munstedt at the 2025 Women in Leadership program. Attendees will hear insights on body acceptance, leadership, success, self-perception, professional confidence and strategies for embracing authenticity in leadership roles. Lunch will be served. Tickets are \$90.
scottsdalechamber.com

FRIDAY 5/9 – SATURDAY 5/10

Backstage USO

10 a.m., 2 p.m. and 7 p.m. (Saturday) at Orpheum Theatre, 203 W. Adams St., Phoenix. This high-energy, family-friendly performance features 125 dancers from the Bender Performing Arts' DanceMotion Company. The show promises a hilarious and heartwarming tribute to the armed forces, culminating in a patriotic salute to all military personnel. Tickets are \$25.
benderperformingarts.com

SATURDAY 5/10

Mama's Makers Market

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

SUNDAY 5/11

Dog Mom's Day Celebration

11 a.m. at Frasher's Smokehouse, 3222 E. Indian School Road, Phoenix. Let your pup explore their inner Paw-casso by creating a 11"x14" canvas painting for Mother's Day. Pet parents can choose up to four paint colors, and don't worry, the paint is safe for pets. Twenty-five percent of each ticket sold will be donated to One Love Arizona Rescue. Registration is \$35.
stencilstudios.com

FRIDAY 5/16

Crime Junkie Podcast Live

8 p.m. at Arizona Financial Theatre, 400 W. Washington St., Phoenix. Crime-based podcast lovers, this one is for you. Ashley Flowers and Brit Prawat are bringing

Crime Junkie to life with the Life Rule #10 Tour, where the pair will discuss their history and a fascinating case they can't get their minds off of – now's your chance to help. Tickets start at \$59.
crimejunkiepodcast.com

FRIDAY 5/16 – SUNDAY 5/18

Tranquility Weekend

Times vary, at Mountain Shadows Resort, 5445 E. Lincoln Dr., Paradise

Valley. Tranquility Weekend is an immersive wellness experience designed to refresh, motivate, and foster connections. Guests will participate in various outdoor fitness classes like paddleboard yoga and cold plunges, panel talks, and sound healing sessions, all set against the stunning landscape of Camelback Mountain. Tickets start at \$125 per day.
mountainshadows.com

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WHAT'S HAPPENING, ARCADIA?



Mac & Cheese Festival at Chase Field.



Bubble Bash at Tempe Marketplace.

TUESDAY 5/20

Scottsdale Civil War Roundtable

6 p.m. at the Scottsdale Public Library, 3839 N. Drinkwater Blvd. This month's Scottsdale Civil War Roundtable will host author and Dr. Terry C. Pierce, who

will speak about his novel "Thundering Courage: George Armstrong, The Union Cavalry Boy Generals, and Justified Defiance at Gettysburg." Doors open at 5 p.m. for meeting the speaker, book sale, and viewing Civil War videos. This event is free. scottsdalecivwrt.org

FRIDAY 5/23

Wine Dinner

8 p.m. Match Market & Bar, 1100 N. Central Ave., Phoenix. FOUND:RE and Match Market will host a seven-course prix fixe wine pairing dinner featuring wines from Justin Winery and Landmark Vineyards. Each course will be paired with selections such as Justin's 2023 Rosé, Sonoma Chardonnay, and 2020 Isosceles. The menu includes dishes like goat cheese stuffed strawberries, duck cannelloni, and petite filet mignon. Registration is \$119.

foundrehotels.com

MONDAY 5/26

Memorial Day Celebration

10 a.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. Attendees can start the day by visiting the Heard's American Indian Veterans National Memorial, then exploring the museum's exhibitions, film, and sculpture gardens before heading into Steele Auditorium for live music, family activities, and Veteran artists demonstrating and sharing their artworks. Vets and active military are in free, tickets are \$26 for adults.

heard.org

FRIDAY 5/30

Beethoven x Beyoncé

7:30 p.m. at the Phoenix Symphony, 1 N. 1st St. Composer Steve Hackman blends the queen of pop and R&B with classical music as Beyoncé's catalogue is intertwined with Beethoven's Seventh Symphony. Guests will hear hits like Girls, Crazy in Love, Single Ladies, Sorry and more sung by three female soloists – plus a guest drummer, guitarist/keyboardist, and bassist – as The Phoenix Symphony delivers a night of magic. Tickets start at \$35.

phoenixsymphony.org

SATURDAY 5/31

Bubble Bash

11 a.m. at Tempe Marketplace, 2000 E. Rio Salado Pkwy. Tempe Marketplace presents Bubble Bash, a foamy fun event that offers interactive bubble stations, an overflowing foam zone at The Splash Pad, live entertainment, games and giveaways. Make sure youngsters are wearing their swimsuits, and don't forget a towel. This event is free.

tempemarketplace.com

SATURDAY 5/24

Mac & Cheese Festival

11 a.m.-4 p.m. at Chase Field, 401 E. Jefferson St., Phoenix. The first ever Mac & Cheese Festival at Chase Field takes place today – savor all the cheesy goodness with "Mac & Cheese-themed bites, refreshing drinks, and exciting live entertainment." VIP packages are available and offer fast lane entry, food and drink vouchers, and more. General admission starts at \$15.

mlb.com/dbacks

SUNDAY 5/25

Empire Strikes Back in Concert

2 p.m. at Symphony Hall, 75 N. 2nd St., Phoenix. Join Conductor Jacob Joyce for an epic chapter in Luke Skywalker's journey to self-discovery. The Phoenix Symphony will present Star Wars: The Empire Strikes Back™ in concert and perform the John Williams score live with the movie. Tickets start at \$35.

phoenixsymphony.org



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OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 5/2

Uncorked Wine Festival

11 a.m.-5 p.m. at Verde Canyon Railroad, 300 N. Broadway, Clarkdale. Forget rosé all day – this event is rosé all May. The Uncorked Wine Festival invites guests to enjoy a selection of wines before heading on an adventure through the red rock Verde Canyon. Held the entire month, guests can check out daily wine tastings at the depot – tickets can be purchased along with the train ride and lunch for \$175 per person.
verdecanyonrr.com

SATURDAY 5/3

Greater Phoenix Pond Tour

9 a.m., locations vary. The Greater Phoenix Pond Society was founded in 1996 and is made up of a group of enthusiasts dedicated to the promotion of water gardening and fish keeping in Arizona. The Pond Tour is a free guided-tour event that invites interested parties to check out backyard ponds, make new friends and learn about the hobby from “the professionals.” Find a map of the ponds online.
phoenixponds.com

Kentucky Derby Lawn Party

1-5 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Dr. Join the resort for its annual “fastest two minutes in sports” party – also known as the 151st Run for the Roses. The race will be on-screen, and guests can find a southern-inspired menu created by Chef Sara Garrant that includes shrimp and grits and derby pie, plus cocktails, games, raffles, and winner for best outfit and fanciest hat. Tickets are \$189 per person.
scottsdaleprincess.com

SUNDAY 5/4

Scottsdale Fair and Festival

11 a.m. at WestWorld, 16601 N. Pima Road, Scottsdale. This is the final day of the Scottsdale Fair, so if you’re in the mood for carnival rides, fair food, and live entertainment, head to WestWorld! There will also be vendors, music performances,



Greater Phoenix Pond Tour in Phoenix.

livestock shows, rodeo demonstrations, and a food truck rally. This event also happens on May 1, 2 and 3. Tickets are \$20 for adults, \$10 for kids.
scottsdalefair.com

FRIDAY 5/9

PAR-TEE Benefit Concert

3:30 p.m. at Westin Kierland Golf Course Pavilion, 15636 N. Clubgate Dr., Scottsdale. The 100 Club provides assistance and ongoing support for all public safety members and their families. This concert is just that – a way to rock out and raise funds for the organization. Concert-goers will hear tunes from Arizona-based Rock Lobster and DJ Maki. Tickets are \$60.
100club.org

THURSDAY 5/15

La Fogata Dinner Series

7 p.m. at the Scottsdale Resort, 7700 E. McCormick Pkwy. La Fogata is hosting a monthly culinary event featuring a five-course menu, curated drinks, and live music

every third Thursday. This evening’s dinner is themed “Garden of Edible Flowers,” and celebrates “the vibrant flavors of garden-fresh ingredients and floral elegance.” Registration is \$89 per person.
thescottsdaleresort.com

Brews Cruise

5:30 p.m. at Lake Pleasant Cruises, 8708 W. Harbor Blvd., Peoria. You don’t have to be a tourist to enjoy this event. Guests participate in a 105-minute sunset cruise on Lake Pleasant accompanied by live music from AZ artists (today’s performance is Mercer Lane) and craft beer samples from nearby breweries. There is a full-service bar with and snacks available for purchase, and this event is for ages 21+. Tickets are \$35 per person.
lakepleasantcruises.com

FRIDAY 5/16 – SUNDAY 5/18

Maricopa County Home & Flower Show

10 a.m. at WestWorld of Scottsdale, 16601 N. Pima Road, Scottsdale. Arizona’s only flower show combines floral displays with more than 1,000 home improvement vendor booths. Guests will find botanical installations, a flower and artisan market, competitions, a floral showcase, and remodeling and landscape inspiration all in one place. Tickets are \$10.
mchomeshows.com

SATURDAY 5/17 – SUNDAY 5/18

Willcox Wine Festival

11 a.m.-5 p.m. at 157 N. Railroad Ave., Willcox. Join Willcox Wine and the Cochise Graham Wine Council for this annual festival featuring 16 of Arizona’s best wineries. There will be a vendor village with fine arts, artisan foods, plus live entertainment and food trucks. Tickets are \$30-\$45 and include a commemorative glass and ten tasting tickets.
willcoxwinecountry.org

SUNDAY 5/18

Laughing with Prokofiev

6 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. MusicaNova Orchestra invites audiences to experience an evening of wit, parody, and musical genius at the MIM. This concert showcases some of classical music’s most brilliant composers: Sergei Prokofiev, Igor Stravinsky, Joseph Haydn, and Wolfgang Amadeus Mozart as they create musical mischief. Tickets start at \$33.
mim.org

THURSDAY 5/22

Louis: A Silent Movie

7 p.m. at the Chandler Center for the Arts, 250 N. Arizona Ave. Louis: A Silent Movie with Live Accompaniment features the 2010 film *Louis*, based on the childhood of Louis Armstrong and brought to life by a live score composed and performed by renowned jazz musicians Wynton Marsalis and Cecile Licad and a 13-piece ensemble. The movie is rated R so the littles should stay home. Tickets start at \$56.
chandlercenter.org

MONDAY 5/26

Foam Frenzy Weekend

10 a.m. at Arizona Boardwalk, 9500 E. Via de Ventura, Scottsdale. This free three-day event features endless foam parties, fire truck water play, water squirt battle zones, and other fun water activities, and when you get hungry, there’s multiple spots for a snack and a drink. The festivities are all ages and take place on May 24 and 25, too.
azboardwalk.com





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Dime Time revolutionizes women's basketball apparel

By Mallory Gleich

Aila Kaibara, a senior at PCDS, has always loved basketball. She's played competitively since seventh grade, but her passion for sports began long before that. Growing up, Aila participated in various recreational league sports, but basketball became the fave as she watched her two older sisters play.

"I decided I wanted to play in college because I loved being on the same team with Nara, my middle sister, but also because of the team dynamics," she said. "Point guard became my favorite position because of my love for passing, which led to celebrating with whoever scored."

While playing, there was one major issue she couldn't ignore: the lack of proper basketball apparel. Female players had to make do with ill-fitting boys' shorts, soccer shorts, or jersey shorts. Though some major companies began to design shorts for women, they were often made with thick, unbreathable material and lacked the style and fit needed for optimal performance.

The turning point came when she realized that most women had to roll up their shorts just to make them fit properly. As she entered her junior year, she took matters into her own hands.

"I half-jokingly pitched the idea of making shorts to my mom, who responded with, 'Let's do it,'" she said. "It took me almost two years — with 20+ drafts — to develop the final design, and I am still finding ways to improve."

Aila's company, Dime Time, offers a product focusing on comfort, performance, and style for female athletes, especially basketball players. While the current offering includes just one design in black, her ultimate goal is to allow for customizable inseam lengths and introduce more color options for customers.

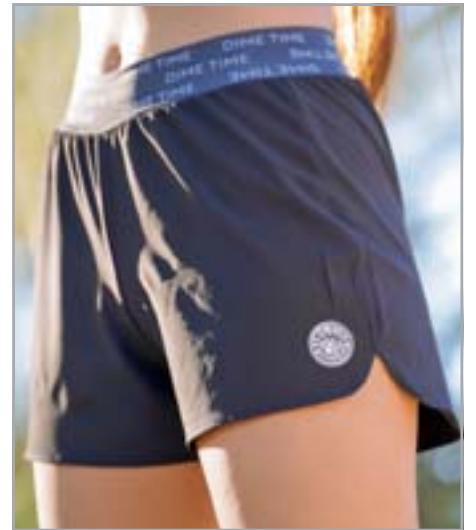
At first, Aila collaborated with Bernina Sewing Company to deconstruct shorts and understand what needed to change. Then, she connected with Fabric Incubator, a company helping entrepreneurs create apparel brands. After a tour of the facility, she and her mother partnered with them to refine the design and bring Dime Time to life.

Aila learned how to perfect the pattern she'd created and the ins and outs of running an apparel business. The company's guidance was instrumental in teaching her the manufacturing process, and her mother's background in business provided a strong foundation.

"One feature of the shorts that catches customers' attention is the elastic waistband," Aila said. "Unlike traditional drawstrings, which often dig into the skin, the Dime Time



Dime Time Founder Aila Kaibara.



Dime Time's mission is to empower players.

waistband is soft and flexible, adapting to the body."

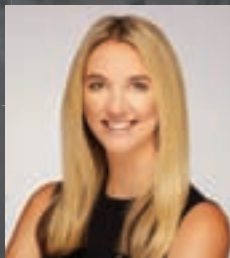
The shorts are ethically made in Arizona, using sustainable fabric sourced from recycled materials. And the name? Dime Time comes from the senior's love for the sport. In basketball slang, a "dime" refers to a great pass, a key part of Aila's point guard role. After tossing around various names, Dime Time is the one that stuck.

"My target is not just female basketball players, but female athletes in general, both formal and informal," she said. "I feel blessed to be part of a movement to provide women with better, more functional gear."

Aila plans to study entrepreneurship at NYU after graduation, with the aim of continuing to grow Dime Time and making a lasting impact on female sports apparel. The shorts are available for purchase on the Shopify app and Aila's official website. With Dime Time, Aila has set the stage for a new era of female sports apparel — one that's built by women, for women.

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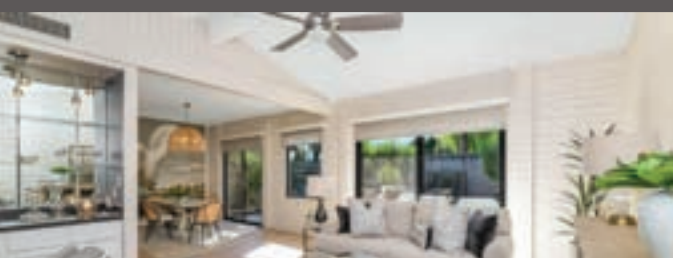
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7157ranchovista4001.com



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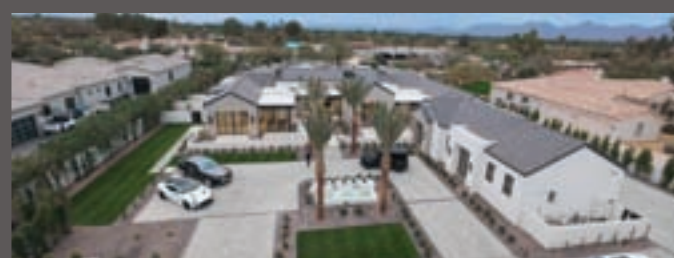
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In the Kitchen

with **Zaia Makou,** Owner of Z's Greek

4026 E. Indian School Road • zsgreek.com

With a lifetime (almost literally) of experience in the restaurant industry, Zaia Makou's entrepreneurial spirit shaped his journey from childhood kitchen helper to the owner of one of Arcadia's most well-known Greek eateries. From the bustle of daily operations to personal connections with customers, Makou is excited about what the future holds.

Where are you from originally?

My parents lived in Toronto before moving here, so I've worked with them in kitchens since I was a child. My first job was cutting potatoes and washing dishes. My family has been in the restaurant business for most of my life – from pubs, to bars, to restaurants... you name it.

After Canada, we lived in Chicago for two years. My mom is an entrepreneur and is always looking for new opportunities to grow, but we got sick of the snow real fast. In 2001, we moved to Arizona and I worked in multiple jobs.

My mom, dad and I officially opened Z's Greek in 2007, and we just worked day by day to build the restaurant from scratch. I worked at My Big Fat Greek Restaurant for a year and got some experience there, but I've been in the business all my life.

As a child, what did you want to be when you grew up?

Oh jeez – like every other kid, I had high expectations [laughs]. I wanted to be in sports, but everyone in my family is an entrepreneur. It was rare that someone went to school and got a degree, and that's not to say we don't have people in my family that have degrees, because we do, we have lawyers and doctors and yada, yada. On the flip side of that are the entrepreneurs who own businesses and restaurants.

Did you attend culinary school?

I didn't attend culinary school, no. I learned by doing; it was all hands-on experiences. I feel like most restaurant owners hire people to do the culinary part, but you do find some who are owner/operators – they're in the kitchen and running the restaurant, which is awesome. I've seen a few people do that and it's amazing. That's a lot of work.

What does a day in the life of Zaia look like?

Six a.m. I'm out the door, 6:30 I'm probably parked outside of Costco or Restaurant Depot waiting for them to open so I can pick up what needs picking up. I'm at the restaurant by 7:30 a.m. I stay at Z's until around 7 p.m. Mentally I'm here 24/7, physically I'm here 10-12 hours a day, three days a week. Sometimes more, depending on the day.

What sets Z's apart from other Greek eateries?

Food is my number one priority; customer service is number two. We don't provide robot customer service; we like to engage. We know their lives, we know their families. We've seen the kids grow from three years old to now they're driving their own cars through the



Chef Rafi Saleem and Manager Stephanie Serritiello with Owner Zaia Makou.

drive thru. Seeing that progress, and how families have supported us through the years, is an amazing feeling.

I believe in consistency. Our crew is the backbone of the restaurant. I might be the face but if it wasn't for the employees, who run this business, we wouldn't be here. The moment a customer walks in, he's engaged by the cashier and three feet away are the cooks.

Within a six-foot vicinity, you're engaged in the restaurant – we're not corporate so if you wanted to go in the kitchen and say hi, you could do that [laughs]. That's the kind of restaurant we are. We're not the prettiest, but we take care of our people – the customers and the employees!

How did you initially attract customers?

When we first opened, we got a lot of diners who were in law enforcement – I have to shout out to the responders, police officers, firefighters and military! I think, when people started to see the police officers come in, we started to gain a following.

Since I've been here, I've only had one flyer and that was in 2009. It came in one of those coupon packets you get in the mail. I think word of mouth is what keeps us so popular. Look at Tee Pee, they've been there

since before I was born probably [laughs] and they're still rockin'.

What's the most popular item on the menu?

Oh, there's so many things. The Greek salad with chicken is our number one seller, the gyro pita combo is the traditional meal and is also popular. I really like the chicken pita with the Greek salad.

What's your favorite part of the restaurant industry?

The hustle and bustle! The ups and downs, the 'hey, we forgot some tomatoes, can you get in your car and run and grab some?' I get to help satisfy our customers and I get to come to work every day knowing that I have employees here supporting me. This business is helping to put food on their tables and that makes my day. It's the most satisfying feeling ever. These are my family members; this place belongs to them too.

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

The late-night calls. I have the perfect example – the other day, I was just getting out of my car to go to a festival, and I got a phone call, 'we don't have someone to cover for so and so.' I got in my car to head to the

restaurant. You have to be prepared to stop, drop and roll at a moment's notice. You cannot neglect situations like that. Internet's down, credit card machine's not working, the soda machine is freaking out... this is part of the gig.

Any favorite stories from your time in the industry?

Oh man, it's hard to pinpoint just one or two. I once had a woman who must not have been familiar with Greek food but she asked me what kind of meat was in the chicken pita [laughs]. We've had break-ups in the restaurant – literally people walk in and end a relationship, get in their car and go through the drive thru to avoid their now exes.

On the opposite side, I had customers meet here who ended up getting married. It was a busy day, I remember, and the guy asked if he could sit down at the woman's table. He later called me from Missouri and said, 'can you send me a couple t-shirts; we're going to wear them to an event.' I sent them the shirts and he sent a letter thanking us and letting us know that he married the girl he shared the table with that day.

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

[Laughs] Umm... thinking about work! I'm more of a homebody. I enjoy going out every once in a while, but I'm usually hanging out with family. I'm at a stage where I'm figuring out what my life is about and making sure my customers are satisfied.

What is your favorite thing to cook?

I enjoy anything off a grill, like skewers or steaks. Whenever we have a big presence of friends or family we're always grilling. And yes, I have a massive family [laughs].

What is one item you can't live without in your kitchen?

If we run out of gyro or feta cheese, it's hard for this operation to work. Those two things people who eat here require! Our cheese is imported from Greece, it's really light and really popular.

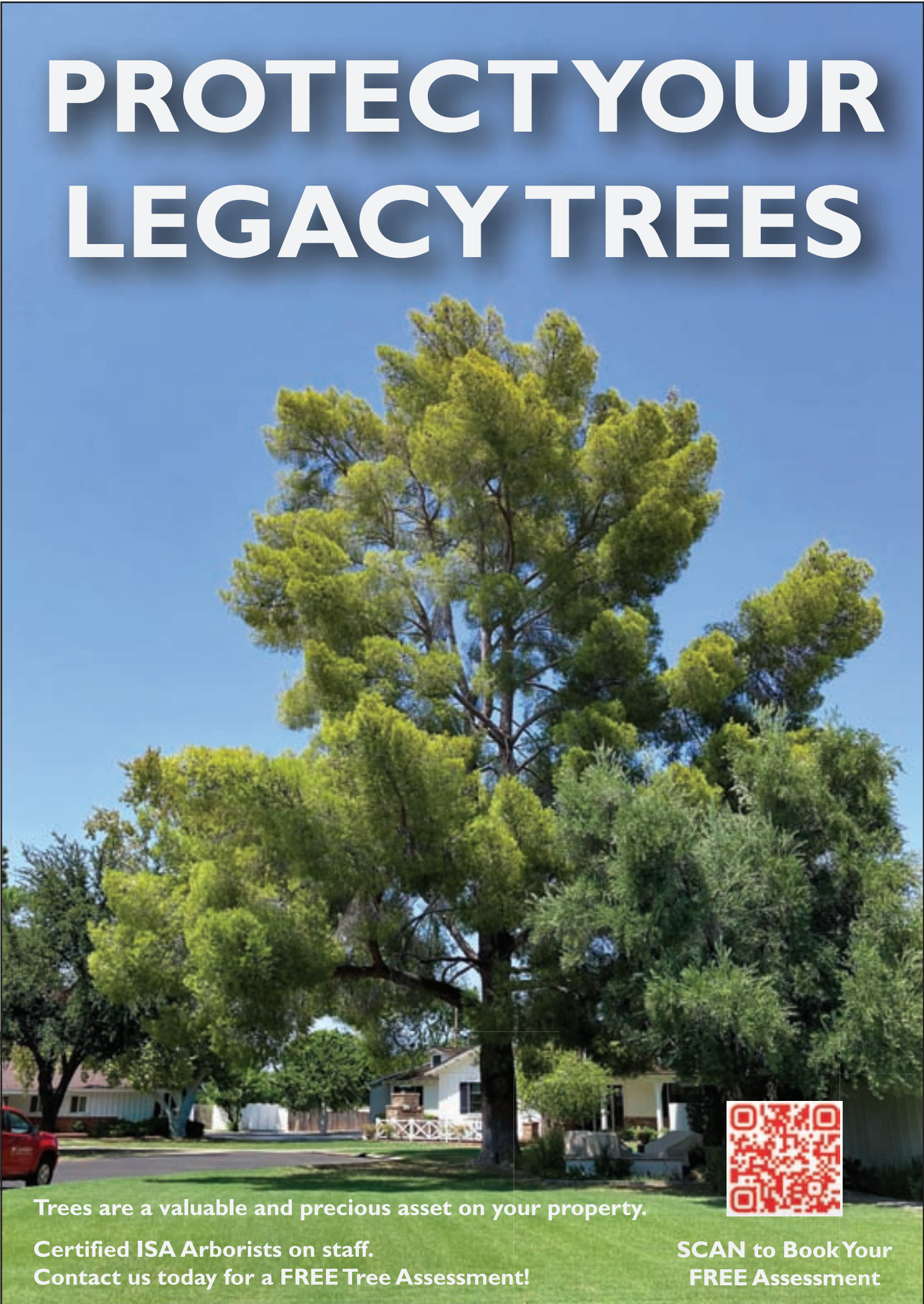
What's next for Zaia Makou?

I don't know yet, we're trying to figure that out. We're adding more things and giving back to the customers. I like to improve slowly to add more life to our restaurant.

What is your favorite part of Arcadia?

It's such a hip area. From Arcadia High to CLS, you can basically get everything you need. It's a very family-oriented area which I love. One of the amazing things is that the people who live here support local businesses. If it wasn't for them, we wouldn't be here.

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Mock Trial team makes its way to Nationals in May

By Kylie de Best

Veritas Prep’s Mock Trial has been on a roll, winning several regional competitions this season and clinching State once more. This is their fifth win of the last six Arizona State Championship tournaments.

After securing State, the groups were invited to compete in Nationals, which will be held in Phoenix May 7-10. At that competition, 46 teams will compete against one another for the title.

For each competition, organizers prepare a case, which includes exhibits and three witness statements per side. Each side must have three student attorneys and witnesses and one timekeeper. Student attorneys deliver opening statements, closing arguments, direct and cross-examinations; student witnesses are questioned on direct and cross-examination.

“Mock trial is designed to help students develop their critical thinking skills, public speaking abilities, and understanding of our legal system by preparing to present both sides of a criminal or civil case,” Head Coach William Klain shared.

The season consists of three levels of competition: regionals, states, and nationals. Teams must do well at each level to advance to the next. The Arizona Regional and State Tournaments are single-day competitions in which each team competes in four trials. The top teams advance to a fifth championship.



(back) Vivian Keery, Trinity Lindsay, Salma Ahmed, Liv Zaki and Avangelina Bailey. (front) Cassandra Klain, Mila Mestaz and Darya Mosallaie.

Veritas has three mock trial teams, each named after Harper Lee’s *To Kill a Mockingbird*: Atticus, Scout, and Jem. Atticus, Veritas’ all-female team, took first place out of 48 at the Maricopa County regional competition and first place in a field of the top 16 regional teams.

Trinity Lindsay received the Justice

Ryan Award (named after the late Justice Michael Ryan of the Arizona Supreme Court) as an outstanding performer in the championship round of the tournament.

“I am incredibly honored to have received the Justice Ryan Award,” Trinity said. “He judged for the sake of restoring justice, looking beyond the physical aspects

of men and into what is right. As he judged, he gave the truth power instead of himself.”

Trinity said her time on the team has helped her practice for real life as the group learns about American law and how to advocate for those who cannot do so for themselves.

Ava Bailey and Vivian Keery received the All-State certificates, which are awarded to those who received the highest number of outstanding attorney or outstanding witness awards during the first four rounds of the tournament.

For this certificate, each judge in each trial selects one participating lawyer and one participating witness. This was the pair’s first time receiving the award, and they were excited to share their gratitude.

“This award reflects the countless hours of dedication that I have put in and my coaching staff, especially my father, have invested in me,” Vivian shared. “I am truly honored to be named one of the top advocates in the state. This is a good luck charm for Nationals!”

“I’ve been doing mock trials for four years now and have never been selected for All Region or All State,” Ava said. “That makes me appreciate it that much more, and it represents all the hard work my coaches and I have put into my high school mock trial career.”

Good luck at Nationals!



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Peace of Mind 5K returns with stronger mission

By Cliff Summerhill

The fourth annual Peace of Mind 5K returns to Arcadia for a second time with a renewed sense of purpose, community, and connection.

This year’s race, which takes place on May 10, marks a new chapter for co-founders and sisters Elizabeth Birch and Christina Ramirez, who have partnered with mental health nonprofit Speak Your Mind (SYM) to amplify the event’s mission of breaking the stigma surrounding mental health and promoting healing through movement, nature, and togetherness.

“Each year, we’ve partnered with a nonprofit, and this year’s collaboration with SYM has been particularly powerful,” Birch said. “Its mission aligns beautifully with ours, fostering human connection and promoting a positive outlook on mental health. It’s been incredible to watch how this partnership has expanded our reach and amplified our impact.”

Ramirez echoed the excitement, describing the partnership as a “game-changer.”

“Working with the SYM team has brought fresh energy to the race,” she said. “From expanded outreach to creative fundraising strategies, this collaboration is shaping this year’s 5K into something truly unforgettable.”

The Peace of Mind 5K was born from deeply personal experiences. Birch, a survivor of addiction, anxiety, and phobias, felt compelled to create a space where people could openly address their mental health challenges without fear or shame.

“When someone breaks a limb, they wear a cast and people rally around them. But when someone is struggling with anxiety, depression, or addiction, they often suffer in silence,” she explained. “This event is about changing that narrative.”

Ramirez credits her sister’s vision and tenacity for bringing the event to life.

“Elizabeth’s goal has always been to create a supportive, inclusive event that offers tangible help,” she said. “We’ve been able to offer thousands of dollars in scholarships for mental health services. It’s amazing to know that we’re making a real difference.”

The 2025 Peace of Mind 5K promises a joyful, welcoming atmosphere for participants of all ages and backgrounds. This year, it will take place at AZ Falls and will also include local vendors, mental health advocates, music, raffles, and a vibrant community of participants united for a common cause.

The funds raised will provide mental health scholarships to individuals who



Elizabeth Birch and Christina Ramirez.

PHOTO COURTESY OF ELIZABETH BIRCH

need financial assistance accessing therapy and other resources. Additionally, proceeds will support SYM’s year-round programming, which includes nature-based gatherings, support circles, and free tools for managing mental health.

“This event means that people are recognizing we are in a mental health epidemic, and the solutions to our struggles are movement, community, being outside, and talking about what we are struggling with,” Mario Spano, executive director of SYM, said. “This shows we can make a difference by coming together for a cause greater than our individual selves.”

Over the years, the impact has been felt far beyond race day. One story that stood out to Ramirez was a conversation with a retired firefighter.

“She told me how much it meant to see mental health being addressed so openly, especially for people in high-stress professions who often struggle in silence,” she said. “Her words reminded me why this work is so vital.”

Birch added, “Each year, someone tells us that this event gave them hope, that they felt seen and supported maybe for the first time.” The sky’s the limit for the pair, who want to celebrate life in all its complexity and help more people thrive despite their struggles.

“Our goal is to continue expanding the scholarships and support we offer. Mental health care should be accessible to everyone, and this race is a step toward making that a reality,” Ramirez shared.

With big dreams for the future, the sisters envision growing the event to reach statewide – and eventually national – audiences.

speakyourmind.men

PEACE OF MIND 5K

WHO: Grownups and kids!

WHAT: The Peace of Mind 5K to benefit Speak Your Mind

WHERE: Arizona Falls, 5802 E. Indian School Road, Phoenix

WHEN: May 10, 2025, 7:30 a.m. start time.

HOW: Registration is \$40 at raceroster.com



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Manuel Lopez

It’s not often that you know all of your customers by name or even where they live, but Manuel Lopez knows this about his clients – and more. This is because he visits them at their home every week.

Manuel owns WM Landscaping, a lawn care and landscaping business he started five years ago. Today, Manuel has 100-plus customers scattered throughout the Valley, with nearly a third of them residing in Arcadia.

“When people ask me about my work, I tell them to go look for themselves and ask the people,” Manuel said. “They are very impressed, and that makes me proud. I love my work and making things look beautiful.”

Manuel is one of seven children, and he moved to the United States in 2000. He began working for an established lawn maintenance company and ultimately became their top crew leader. Over 16 years, he learned all aspects of the business, including how to manage people, and began thinking about going out on his own.

“My boss encouraged me and helped me in getting started. He taught me well and then said it was time,” Manuel said.

He initially considered renovating and selling houses but realized that he enjoyed landscaping too much to give it up. Manuel started his company a year into the

pandemic, and oddly enough, that helped him flourish.

“When my competitors pulled back, we continued to work and serve customers, and they appreciated that. We grew quickly. Today, I have six employees,” Manuel said.

When asked for client references, Manuel provided a lengthy list, including long-time Arcadia resident Bill Herndon.

“Manuel’s knowledge of plants and trees and what keeps them healthy and happy is nothing short of amazing. He acts as though he is the owner of your lawn and shrubs,” Herndon said.

Manuel has two teenage children, Melanie and Edwin, and said the hardest part about running his own business is the time it takes him away from his family. When he isn’t working – usually 12 hours a day, six days a week – he spends all his waking hours with his children.

“I love my kids so much and want to work hard to make a good life for them,” he said. “They are my top priority.”

Lopez is a man of faith and says that has carried him through a painful divorce. He is reminded of a time when his daughter asked if God was real. “I told her God holds onto us and keeps us, and He is love.”

He is teaching his children to be their own person and not be influenced by what they see others doing. “Your

decision is your decision, and it will determine who you become,” Manuel said.

Though he has little time for hobbies, Manuel enjoys ballroom dancing and listening to music. He is also an avid runner and loves jogging on the canals. Going forward, Manuel hopes to continue growing his business and developing his employees so that they might also start their own businesses one day – a selfless gift paying it forward.



“**I love my work, and making things look beautiful.**”



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SEE SALT brings a finishing touch to the Valley food scene

By Sherry Sklar

Jessica Helgeson and her mom, Terri, share a mother-daughter bond rooted in a love of delicious flavors and food. Their finishing salt company, SEE SALT, was born from that culinary passion and helped build a bond between generations. Little did they know it would take them on a decade-long journey, gathering devotees and supporters stretching from the Sonoran Desert to the salt marshes of western France.

Jessica believes the hand-harvested French finishing salt, fleur de sel, is more than a final flourish to a dish. To her, it's an everyday luxury that brings joy to the table.

"Fleur de sel brings out the beauty in food," she said. "I love that something so small can elevate a dish and a moment at the same time."

SEE SALT began modestly with the mother-and-daughter team, a home kitchen, and a handful of family recipes.

"I hadn't been married long, and I saw it as a chance to learn from my mom and share what we loved," Jessica explained. "We started a YouTube channel, cooking together and sharing family recipes and new creations."

They used finishing salt in their recipes and soon began receiving comments from viewers.

"People were asking what we were sprinkling on our food, how to use finishing salt, and to explain its purpose. We found that many were not familiar with it. It wasn't a common ingredient ten years ago," Jessica said.

This opportunity to educate sparked the ambition to launch their product line. Jessica and Terri researched salts from around the world but ultimately came full circle, choosing the salt they'd always used and the one Jessica grew up with: fleur de sel. They focused exclusively on one high-quality French salt from Île de Ré, an island off the Atlantic coast. With the help of a French-speaking friend, they contacted the producer directly to source the salt.

SEE SALT offers its signature seasoning and infused varieties such as rosemary, espresso, habanero, and lavender. Its popular French Butter flavor combines fleur de sel with powdered organic butter from Wisconsin.

Unlike mined salts, which are chipped away from mountains using explosives and heavy tools, fleur de sel undergoes a gentle harvest. The salt is captured when it rises to the surface of the saltwater marshes. The result is the thin, white layer that forms at the top, dried by the wind and whitened by the summer sun from June through September.



Jessica Helgeson and Terri Mapel.



Small-batch and hand-packed, SEE SALT blends tradition with a modern twist.

PHOTOS: RYAN CORDWELL

The salt is raked and hand-harvested, preserving its minerals and nutrients.

The duo built the company through grassroots promotion, attending farmers markets and events and hosting demos at supermarkets and shops.

"Everything is relationship-based and driven by a desire to help others, whether it's our customers or other small businesses," Jessica said.

She plans to expand through retailers and a subscription program on the website, which will roll out in May.

A longtime Arcadia resident and mom of four, Jessica's children attend Christ Lutheran and have grown up as part of the business.

"They're now 12, 10, and 8, and they're all in it with me," she said. "They come to the farmers markets. My oldest daughter can practically run a booth on her own."

From market mornings to kitchen experiments, SEE SALT has become part of their family fabric.

For Jessica and Terri, it's always been about more than flavor – it's about creating something meaningful in the kitchen, no matter your skill level.

"We aren't all experts, but we want to cook something at home that we're proud of," Terri said. "The simplicity of adding a pinch of fleur de sel will instantly take all the flavors of your kitchen to the next level."

Readers can enjoy 15 percent off their entire purchase until May 31 with the code ARCADIA15.

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Mustang News team passes the torch

By Amanda Goossen

In the fall of 2021, a group of fifth grade girls, who had – only months before – been my fourth-grade students, entered the classroom, whispering and looking hesitant. After a moment, the boldest of the group cleared her throat and asked a question that would bring great joy to my week for the next four years.

“Mrs. Goossen,” she said, “will you please help us restart the school newspaper?”

As a former editor and journalist, I had worked with students at St. Thomas the Apostle as a volunteer since 2015, before I was a teacher. Our junior high students had worked on articles and published two newspapers a year for five years, but then it shut down. And I thought it was forever, until these 10-year-old girls began their pitch.

They had a plan, had ideas, and promised, whether they really understood their promise or not, that they would do all the work. I would just have to be the teacher in the room, moderating the club. That part wasn’t true. Not at first anyway.

Today, these girls are a powerhouse. They became a team that I’m so proud to know and learn from. As they begin to wrap up their eighth-grade year and move on to high school, there are newspaper club meetings where I’m brought to tears, watching how much they’ve grown.

The first two years this team worked together to run the Mustang News, they wrote articles, and we discussed repeatedly what it meant to check work, how to have journalistic integrity and why it was important to get things right. It was a slow-moving process.

They were young, without knowledge that – let’s face it – many adults don’t possess. There were weeks when I questioned what we were doing and if the process was worth it.



The STA student newspaper team.

Then, we made one of the girls the editor. While shy at first, she began leading meetings, demanding deadlines to be met and asking for my input on how to best approach a student who needed to completely rewrite an article. That Mustang News editor is now 14, leading students ages 10-14. She’s a grammar wiz and skilled writer. She is thoughtful in everything she does.

The other five became section editors. They rallied students to join the club and spent the past year training them to take over positions. They shout across the classroom to the different teams, while looking at the shared Google doc, marking off who has outstanding articles, who is missing photos and asking why someone messed up the newspaper layout again.

I laugh with my fellow teachers, proudly sharing that the classroom sounds like an old school newsroom, with eighth graders shouting, “who changed that word” and “send over the photos” as others scramble around trying to locate files and interviews.

They are patiently teaching the younger team, asking “who needs help” or “let me show you.” I’ve watched one of our section editors encourage a fifth grader to run her team for the day, partly because she was overloaded with the layout process, but also because she feels she could replace her next year, and wanted to see how she would do. Her generosity, kindness and maturity blew me away.

These girls are my proudest moment as a teacher. Liv, Lauren, Olivia, Lucia, Susanna and Aliyah: each of you are a force to be reckoned with. I always knew you were smart, honest, kind and hardworking students, and watching you grow into strong, powerful young women who are brave enough to ask for what you want, and willing to do the work to get there, is a beautiful thing to witness.

Thank you for creating the Mustang News. A paper you built. A team you created. And a dream you brought to reality.

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Evelyn Gholson



Velma Barder



Kristen Mickelson

Springtime, art and legacy come together at the Shemer

By Michael P. Murphy

There was plenty of color on Camelback Road in early April, and no wonder, as the Shemer Art Center's sixth annual Art in the Garden event was in full bloom.

Twenty talented artists were on hand to display, sell, and demonstrate their mediums. A dean at ASU, Kristen Mickelson, began creating rainbow glass designs seven years ago when she was looking for something to do on the weekends. She took a stained-glass class at Southwest Art and fell in love with it, which led to an interest in other mediums.

Now, she works with stained, mosaic, and fused glass. With the leftovers, she makes jewelry – nothing goes to waste. Kristen said that participating in Art in the Garden is a special experience.

"I love the vibe and the atmosphere," she said. "The jazz music is playing, and the customers are amazing. They know the art, and it's just a beautiful location."

Velma Barder makes it no secret that, at age 93, it's vital to keep one's mind active. That's why she has been painting for 40 years. She works with acrylic and watercolor, but she favors oil painting. Her illustrations are varied, but her California seashore painting holds a special place in her heart.

Velma replied interestingly when asked about her favorite part of Art in the Garden.

"Speaking with friends and having them see my work for the first time," she said. "They know I'm a painter, but they've never really seen my work!"

**“The jazz music is playing,
and the customers are amazing.
They know the art, and the
Shemer is a beautiful location.”**

Evelyn Gholson worked on mosaic art for many years, but a vacation overseas influenced her to change her artistic direction to hand-woven Italian scarves.

"I was in Italy several years ago," she said. "I saw a scarf and loved it, so I thought, 'I can do this,' not realizing when I came back to the States how difficult it really is."

She learned to combine two fibers to make them work. She's been creating these

accessories for 10 years now and doesn't know anyone else who practices the art form.

"Or maybe nobody is as crazy as I am," she laughed.

She continues to be an enthusiastic supporter of Shemer Art Center. "They're bringing art to the community. It's a big jewel in Phoenix. I love to promote the arts. This is a great place with great staff."

Shemer has some exciting news: Fundraising for Phase Two of the Expansion and Legacy campaign has passed \$920,000, which is close to 75 percent of its initial \$1.5 million goal.

The center hopes to begin planning the new building, which will provide extra space for adult and youth art classes, workshops, and expanded summer camps, as well as extra storage space, office space, and restrooms.

"We are now accepting reoccurring monthly donations and appreciated stock, and we're excited about confirming donors who have utilized the center," President and Executive Director Shonna James said. "We have generations of residents who used to come here, and now their grandkids are visiting. It's important to include their names as part of this legacy forever in Arcadia."

Shemer is selling bricks, which some donors will use to honor passed loved ones and beloved pets. The center has also confirmed that two of its art studios will be named, one after former neighbor and instructor Pat Bush and another after Betty May and her family, who have been in Arcadia since 1963 and involved with the Shemer since 1983.

Shemer also added four new board members to the roster in April. Ali Ozer is the managing broker at Coldwell Banker Realty, overseeing luxury and residential agents. Bret Stein is a senior investment advisor at PNC Institutional Asset Management, managing portfolios for institutions like charities, unions, and corporations.

Mark Tate is the founder of Tate Studio Architects. A former artist and sculptor, his firm now focuses on custom residential designs across the U.S. Arcadia's own Crystal DeVelis retired from a long career in medical records and transcription. She has taught at Gateway Community College and volunteers with organizations like Lucky Dog Rescue and the Fraternal Order of Real-Bearded Santas.

shemerartcenter.org

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DISTRICT 6 UPDATE

Connecting communities

As spring continues to bring energy and renewal, District 6 has been buzzing with events, opportunities, and powerful moments of unity. Here's a look at what's happening this May.

SKY HARBOR UPDATES
Upcoming Job Fair

Looking for a new career opportunity? Don't miss the Sky Harbor Job Fair on May 6 from 11 a.m. to 2 p.m. at the 44th Street PHX Sky Train® Station. Aviation staff are actively promoting the event on social media, skyharbor.com, and phoenix.gov to ensure as many job seekers as possible can connect with employers.



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

Real ID Reminder

Starting May 7, all domestic travelers will need a Real ID-compliant license or another TSA-accepted form of identification to board domestic flights. Be sure to check your ID and make the necessary updates to avoid travel disruptions.

RECAP

PICKLEBALL + FAMILY FUN DAY

On April 5, Pecos Park came alive with laughter during the D6 Pickleball + Family Fun Day. From competitive matches on the court to family-friendly activities and engaging vendor booths, the event was a true celebration of togetherness.

We extend a heartfelt thank you to all the vendors and city departments that made the day possible. Events like these highlight the importance of creating vibrant, inclusive spaces where neighbors can come together, connect, and enjoy all our community has to offer. We're already looking forward to the next one!

ONE-N-TEN FRESH BRUNCH: A CELEBRATION OF INCLUSION

April's one-n-ten Fresh Brunch event brought together thousands in a powerful show of support for LGBTQ+ youth programs. The event underscored the city's deep commitment to inclusion, empowerment and advocacy.

Notable attendees were Governor Katie Hobbs, Attorney General Kris Mayes – whose moving speech received a standing ovation – Senator Ruben Gallego, Congresswoman Yasmin Ansari, Mayor Kate Gallego and members of the Phoenix City Council. Their presence reinforced the importance of one-n-ten's mission in fostering safe, affirming environments for LGBTQ+ youth.

The overwhelming support at this year's brunch is a testament to strength, unity and compassion. We're here to continue building a future where all youth can thrive.

Thank you,
Kevin

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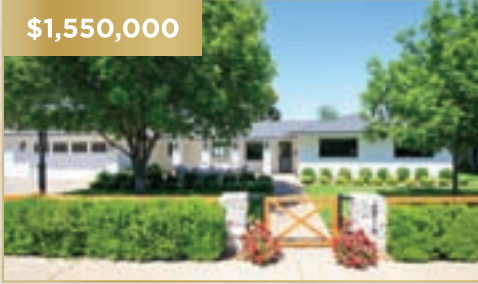


NEW TO MARKET!

3300' - 5 Beds
3 Baths/Pool/Jacuzzi

618 W. Palmaire Ave
Phoenix, 85021

\$1,550,000



NEW TO MARKET!

2390' - 4 Beds
3 Baths/Charming!

4916 E. Flower
Phoenix, 85018

\$1,050,000



NEW TO MARKET!

1750' - 3 Beds
2 Baths/Pool/Jacuzzi

4336 E. Montecito Ave
Phoenix, AZ 85018

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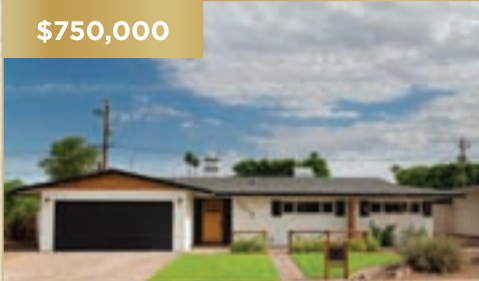


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Sedona, 86351

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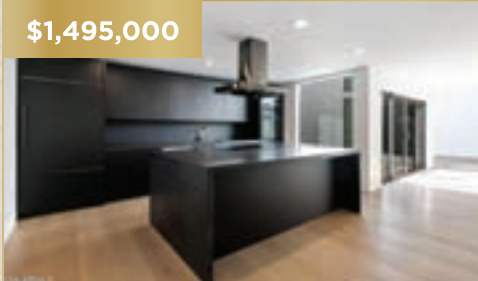


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PHOTO COURTESY OF XAVIER PREP

Leighton Fig, Logan Duncan and Lexi Wahlberg.



PHOTO COURTESY OF EMMA NETT

Katie Dodd, Leila Teufel and Emma Nett.

Young philanthropists help raise \$700K for LLS

By Eliana Ganz

In a remarkable demonstration of leadership, giving, and tenacity, teams from Arcadia High, Brophy and Xavier encouraged friends, family members, and local supporters to donate to the Leukemia & Lymphoma Society's (LLS) Student Visionaries of the Year campaign.

Each year, high school students nationwide are challenged to compete in fundraising for LLS while gaining important leadership experience – and all three took on that challenge with much enthusiasm and commitment. For Garrett Larsen, a sophomore and the leader of “Team Rockin’ Leukemia,” the cause was deeply personal. His father died of acute lymphoblastic leukemia when he was a baby. Throughout the years, LLS was a source of support and financial assistance.

“LLS was the backbone of our family,” Garrett said. “When I heard about the Student Visionaries of the Year campaign, I wanted to pay it back.”

Setting a robust target of \$75,000, Garrett fundraised an incredible \$72,254, heading up a 12-strong, multigenerational group of classmates, friends and family members – even his grandmother joined in. Three members of his team individually fundraised over \$5,000.

Garrett spent more than 150 hours on

the campaign, strategically scheduling sponsorship meetings, emailing campaigns, and developing donation strategies. His mission focus was patient education and support, paying homage to the type of assistance his family once utilized.

Although he wished he’d had more time for fundraising activities, Garrett learned priceless lessons in follow-up, patience, and persistence.

“Whatever it takes a year to learn in school, it takes five weeks as Student Visionaries of the Year,” he reflected. His motivation was still rooted in legacy, running the campaign his father had initiated years ago under the same name. “It brought us close together... he’s a guardian angel,” Garrett said.

Meanwhile, Xavier junior Logan Duncan co-led the O Negative Team with students Leighton Fig and Lexi Wahlberg (who attends Perry High). They tallied a record-breaking \$232,907 donation, one of the greatest fundraising totals in the Greater Phoenix campaign’s history.

They utilized targeted outreach via emails, telephone calls, and high-level meetings – specifically, a compelling pitch to Sunbelt Rentals’ national sponsorship team.

During challenges with slowdowns in fundraising and balancing academics and athletics, Logan credited successes

to the determination of her team and community support.

“We were so blessed to have been matched with some of the most generous people in the Valley,” she said. Her team had five members who raised over \$5,000.

Katie Dodd, Leila Teufel and Emma Nett’s journey with the Student Visionaries of the Year Campaign began in their freshman year of high school, when they were invited to join a team led by fellow Arcadia students. They were inspired by the mission and impact of LLS, and although they weren’t personally connected to a specific blood cancer story, the cause was deeply moving.

“Learning the stories about how these young teens have had to face cancer was a tremendous leading factor,” Emma said. “No one should have to endure the pain that blood cancer brings.”

To raise funds, the trio focused on building a strong, committed team. They organized meetings, reached out for sponsorships, and strategized creative ways to stay motivated. One major opportunity came when they were selected – like Xavier and one out of six teams – to pitch to Sunbelt Rentals for sponsorship, which they successfully secured.

“Some of the most successful fundraising activities were the incentives for our team. For example, the first five people to raise

over 500 dollars got a \$75 Visa gift card,” Emma said. “We also held mini incentives like an AJ’s iced tea for the first person to raise \$50 on a certain day.”

Community engagement was a key part of the campaign. Hope Heals (the trio’s team name) reached out to businesses, leveraged personal contacts, and used Instagram to spread awareness and gain support. One of their biggest challenges came mid-campaign, when several members hadn’t raised any funds. Through strategic planning and added motivation, they turned things around and kept everyone engaged.

In total, the group raised \$60,256, surpassing their \$50,000 goal.

“Beyond the title, the biggest reward from this experience is knowing that our efforts are making a significant difference in blood cancer research,” Emma said. “We brought our community together for an amazing cause and helped the efforts to stop the effect blood cancer has on families around the world.”

The New Mexico and Arizona campaigns generated over \$708,000, a testimony to students’ dedication, purpose, and passion. Most well said by Garrett himself, “Philanthropy...it’s a way of life.”

llsstudentvisionaries.org



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NEW PRICE

\$3,995,000 - 5328 N 46th Street
4 BEDS | 3.5 BATHS | 3,584 SF

\$3,795,000 - 5812 N 44th Place
4 BEDS | 4 BATHS | 4,555 SF

NEW PRICE

\$2,445,000 - 3634 N 47th Street
4 BEDS | 3.5 BATHS | 3,386 SF

\$2,195,000 - 5000 E Camelback Ridge Rd #204
1 BED | DEN | 2 BATHS | 1,698 SF

NEW PRICE

\$2,095,000 - 6746 E Monterosa St
5 BEDS | 3 BATHS | 2,715 SF

NEW PRICE

\$1,675,000 - 4826 N 34th Place
4 BEDS | 3 BATHS | 2,364 SF

NEW PRICE

\$775,000 - 10212 E Betony Drive
3 BEDS | 2.5 BATHS | 1,744 SF

NEW PRICE

\$725,000 - 4422 N 75th Street #4011
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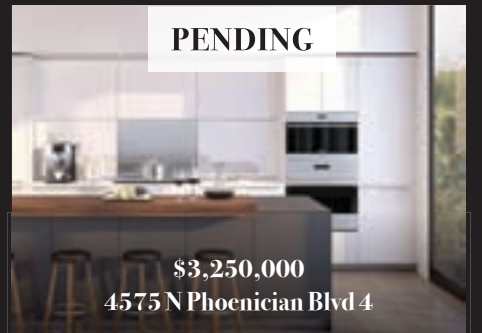
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From the Big Apple to the desert: An Arcadia life redefined

After decades in New York City, Jodi Mesnick didn't expect to find her greatest sense of fulfillment beneath Arcadia's palms and citrus trees. But like so many Arizona transplants, what began as a lifestyle shift became a full-hearted reinvention, of home, purpose, and self.

"We were ready for something new," Jodi shared, recalling when she and her husband set their sights west. For the family, especially their teenage son with special needs, Arizona offered more than blue skies and scenic views. It promised support and a slower rhythm of life that made space for growth. "Arcadia had everything we were looking for: a great environment for our family, sunshine year-round, and a welcoming feel."

It's that spirit that *Arizona Highways Television* often highlights, where desert beauty meets human resilience. In Jodi's case, that includes finding joy in the everyday: tennis with

friends, coffee on the patio, and a business built on style and meaning.

Before Arcadia, Jodi's world revolved around New York's corporate scene. She worked in creative services for Fortune 500 companies and launched her first

entrepreneurial venture, Baby Cargo. Arizona stirred a different kind of creativity. First came interior design projects. Then tennis. And unexpectedly, a fine jewelry business was born from a single piece: a minimalist diamond necklace her husband had designed years ago.

"I started wearing it again," she said. "Suddenly, women everywhere were asking about it, on the court, at the grocery store, even school pick-up. It was effortless, simple, and people were drawn to it."

That necklace sparked Diamond Dots, a line of minimalist jewelry that reflects Jodi's own aesthetic. In May, the company is taking a bold step forward, relaunching its entire line using lab-grown diamonds.

"It was important to me that we be more mindful of the environment without compromising quality," Jodi said.

Diamond Dots was shaped by Arcadia's pace, by the freedom to chase creative energy without the burnout of city life.

"Living here has inspired me to be my own boss," she said. "There's something that feels open and supportive, especially for women."

Jodi plans to use the business as a platform for giving back.

"We've experienced firsthand how life-changing the right support can be, especially with a child with special needs," she said. "With Diamond Dots, I

“Living here has inspired me to be my own boss, there’s something that feels open and supportive, especially for women.”



Jodi and Ryder Mesnick.

want to create something beautiful that also makes a meaningful impact."

By putting together charitable collaborations and making donations to causes close to her heart, Jodi is building a brand with purpose at its core.

Like many *Arizona Highways Television* stories, Jodi's is a transformation shaped by scenery and grounded in community. Whether designing a new "dot," walking Camelback in the morning or gathering friends around the dinner table, she's part of what makes Arcadia so special: a place where creativity thrives, neighbors uplift one another, and new chapters unfold under the desert sky.



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Got big hunger? Bad Hambres can help!

By Rachael Bouley

For Hank Murphy, life is all about the beans. Bad Hambres, a ghost kitchen concept at 40th St. and Indian School Road, was born out of Murphy's love for his favorite food: bean and cheese burritos.

Around 11 years ago, he unlocked a passion for cooking beans and making burritos for friends. The Arcadia native began perfecting his recipe after moving to Kentucky for a job and realizing he had to satisfy his craving for bean and cheese burritos by making his own.

As the founder of Bad Hambres, Murphy now shares his creations with the neighborhood. These aren't fancy burritos with one hundred ingredients – Bad Hambres exclusively sells bean and cheese burritos.

Over a decade of research and development has gone into crafting the perfect handheld. These are made with slow-cooked pinto beans in fresh vegetable and chicken broth, high-quality cheese, house-made hot sauce, and locally sourced tortillas.

"I only make bean and cheese because that's what I know and love. I also love simplicity – it makes it easier to achieve mastery," Murphy said. "Slow-cooked, obsessively crafted beans will always play a role, but we plan to offer variety."

A few ideas that they're cooking with include different salsas on the inside, fully vegetarian options, and a cheese-less bean



Hank and Sam Murphy are the creative minds behind Bad Hambres.

burrito – Murphy said all of these are high on the list.

Over the years, he experimented with soaking the beans and using different spices, cheeses, tortillas, and ingredient ratios. He also learned from others and tested various methods to find what worked best, lessons he uses for inspiration today.

"One weekend, I made 120 burritos from my home kitchen, froze them, and sold them to my friends," Murphy said. "Word spread to people I didn't know, and each month the

batch size grew, selling out every time, until I left my full-time job in August."

Now, Murphy works alongside his wife, Sam, in their commercial kitchen, carefully crafting every batch before baking, freezing, and delivering meals to a growing audience of hungry, happy customers.

Inspired by the authentic flavors of Arizona, the husband-and-wife team is on a mission to make the world's tastiest frozen bean and cheese burritos.

"This means we don't cut any corners

regarding flavor. While they cost a bit more than other options in the freezer aisle, they are made fresh with thoughtful ingredients, offering greater quality that families appreciate," Murphy said.

The handhelds can be cooked with an air fryer, stovetop, oven, or microwave, and customers especially like the convenience and flavor of this option.

"We've blown up as a direct result of community support. People have come out of the woodwork to offer help," Murphy said. "It has been one of the most surprising and coolest aspects of the endeavor. People genuinely love our burritos and want to see us succeed."

Murphy left his 9-5 job last year to pursue his craft full-time, hoping to inspire others to chase their passions. Even though it's a lot of work, he has a blast.

"After spending 10+ years in corporate, it became obvious that my next move needed to be doing something that I truly care about. And there are very few things in this world I care about more than a good bean and cheese burrito," Murphy said.

Right now, they are focused on meeting demand in Phoenix and across Arizona, but the next step is to expand throughout the U.S. Bad Hambres offers daily morning pick-up at their kitchen (40th and Indian School, just south of The Vig) and delivery Saturday through Monday.

badhambres.com

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MARA BLOM SCHANTZ
FINE ART PHOTOGRAPHY

New building concept aims to reinvent the office experience

By Cliff Summerhill

George Oliver, a Phoenix-based commercial real estate developer, is the name behind Bond, a 287,000-square-foot redesigned office building in the Camelback Corridor. Bond is more than an office building, though. It's a hospitality-driven hub where design, wellness, and cuisine combine into a unique environment.

"Every interior and exterior finish was redesigned and meticulously delivered to establish a new standard for quality throughout," Founder and Managing Partner Curt Kremer said. "The true highlight of Bond is the seamless collaboration between our branding, design, and construction teams, an effort that resulted in a truly one-of-a-kind office experience for our tenants."

In addition to offices, the space includes a 14-room conference center, a 200-person training room, and a fully outfitted podcast studio. On the wellness front, there's a two-story health and fitness center with spa-inspired locker rooms, a yoga studio, and a gym filled with weights and state-of-the-art equipment.

Bond's renovation took just over two years from design to completion and introduced a refined modern Art Deco concept that celebrates the building's original architecture.

George Oliver partnered with award-winning chef and entrepreneur Mark Tarbell to bring a unique culinary experience to



Cultivate Café is located in the open atrium of the newly renovated Bond building.

Bond. One of the highlights of the remodel was the excavation of the building's atrium floor to create The Vault, an exclusive, private speakeasy.

The Vault will feature curated cocktails that pay homage to the building's history and is only available to Bond tenants as a members-only space. However, Bond also houses the Cultivate Café in the main atrium that will be open to public.

"With Mark and his team at the table,

we plan to revolutionize food service expectations in the office environment," Kremer said. "His passion for service is only second to his passion for food."

Tarbell is well-known for his culinary delights, which include Tarbell's Restaurant, T's Wine Bar, and several Sky Harbor Airport concepts.

"We intend to deliver food and beverage selections that match the highest level of creativity, thoughtfulness and quality,"

Tarbell said. "Bond is also about hospitality and connection, and there's no easier way to connect than through exceptional food or a great cocktail."

All food will be prepared fresh daily in an on-site commercial kitchen, with rotating menus and options for building-wide delivery and catering.

"We are looking forward to welcoming guests to experience this space," Tarbell said. "Curt and the George Oliver design team have taken the conventional workspace and made it into a place you want to hang out and be part of. My biggest hope is to continue to bring people together with great food in this exceptional atmosphere."

Bond expects full occupancy by the end of 2025 with up to 30 tenants.

"For George Oliver, success means more than just beautifully designed space; it's about creating an environment where tenants feel like they have an all-access pass to the best the market has to offer," Kremer said.

As the final phases of development wrap up and amenities come online, Bond's focus will shift from construction to hospitality-driven operations. A full-time concierge will coordinate events ranging from yoga sessions to exclusive tequila tastings in The Vault to create a new, exciting experience for tenants and guests.

Annual Brophy Fashion Show celebrates senior class

Soon-to-be-graduates of Brophy Prep took to the runway for the school's 41st annual fashion show in April, which allows seniors to show off their individual styles while raising money for the financial aid fund.

The event, held at the JW Marriott Scottsdale Camelback Inn, featured 267 seniors, some dressed in outfits provided by 26 retailers (including event partner Neiman Marcus) and others decked out in athletic gear or carrying pennants representing a sport or club. The fashion show has a storied history.

"I have two brothers who graduated from Brophy, and they said great things about the fashion show," senior Joaquin Mendoza, who was outfitted by American Eagle, said. "I've been stressed out with college stuff, but being able to have fun and show off with my friends was a great way to end senior year."

Students walking the runway were met with applause from family and friends in the audience, and fellow classmates behind the curtain cheered them on just as hard.

"It was super fun. I was a little nervous before I walked out, but everyone was electric," Patrick Tanner said. "I love everyone here; I love that we supported each other."

This year's theme, "Perfect in Love," was taken from the class of 2025's motto and celebrated the brotherhood among students and the love shown to them by their biggest supporters. The event is helmed by Brophy moms like Anne Brislin and Erica Cozby, this year's co-chairs.

"It was an honor to serve," Brislin and Cozby said. "This annual event is special for two main reasons: it allows our seniors to create lasting memories for themselves and their families, and it raises money for the financial aid fund, ensuring that all students have the opportunity to benefit. It was a wonderful day, truly perfected in love."



Carter Henderson-Cole, Ayden Madi and Ryan Yparraguirre.

The Brophy Fashion Show also includes a raffle (featuring prizes such as a staycation at the Scottsdale Camelback Inn, a VIP dining experience at Steak 44, and a diamond cross pendant from Schmitt Jewelers, among others) and exclusive merch for sale.

Over its history, the fashion show has raised millions to

support financial aid. Roughly one in three Brophy students receive need-based tuition assistance. Brophy is Arizona's only Jesuit high school and receives no Diocesan funding. The institution develops intellectually competent leaders, open to growth, religious, loving and committed to doing justice. Brophy seeks to form Men for Others.

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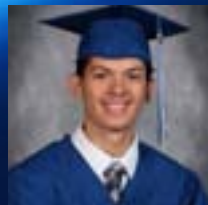
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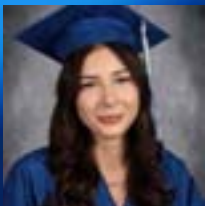
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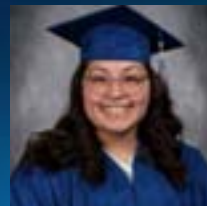
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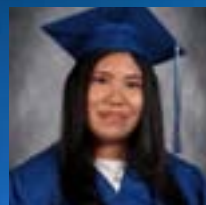
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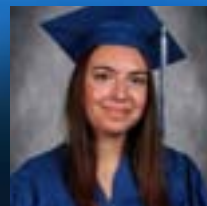
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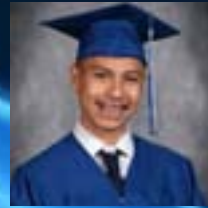
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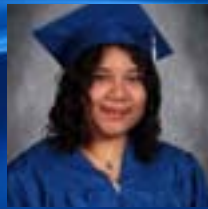
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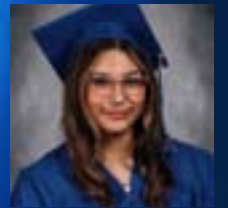
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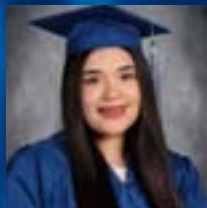
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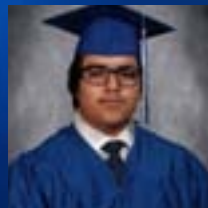
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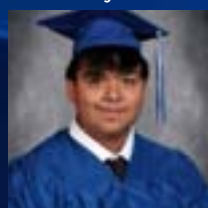
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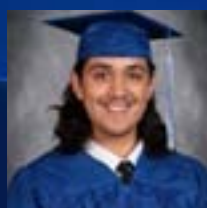
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Art teacher Cira Riccio (front, middle) with this year's National Art Honor Society.

Arcadia's annual Agora

By Kylie de Best

Just like the meaning of the Ancient Greek word, "an assembly of the people," Arcadia High's annual Agora is a mecca of fine art, and something the school looks forward to every year.

Agora is made possible through the efforts of Arcadia's National Art Honor Society (NAHS) students and art teacher Cira Riccio. At this event, student artwork from Arcadia High, Ingleside, Hopi, Tavan and

Echo Canyon is displayed in the hallways for attendees.

The work often portrays a message or story for the audience. AP art student Frida Tripke Hughes said she felt inspired for her piece by what happens when we lose something.

"How do those forms change without our contact? It was a chance to explore that catharsis within myself and others," Frida said. "Art is the best form of expression."

The Agora offered activities like henna, face painting, caricatures, and bracelet making that were either run or executed by the students. The NAHS also sold handmade ceramics, jewelry, and buttons, and there were even a few paintings available for purchase.

Fantasy Funnel Cake, a favorite among students and attendees, and Habanero's Street Tacos were on-site for patrons to grab a bite to eat. A string trio, jazz band, and CMAS performances kept the energy high with live music.

Senior Sam Insley was excited to participate in her final Agora before graduation.

"It's the only time of year visual art students get to show off their work. The senior panels (for students who have taken Art I, Drawing, Painting and AP Art classes) are very rewarding and put years of work and practice on display," she said.

This year, \$717 from the event was donated to the Art One Foundation, a nonprofit associated with Art One Gallery that offers financial aid, art supplies, tuition assistance, and support for other art-related expenses.

"This event is a great way to see support from peers, family, teachers, even former students. Our art students are proud of what they create and giving them the opportunity to show off their work for one big night means a lot to them," Riccio said.

Plans are already underway for next year's event, and the schools can't wait to share what they've been working on.

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Arcadia High's track and field squads.

Track and field teams hit their stride in a season of record-breaking performances

By Collin Willfong

The track and field season is in full swing for teams at Arcadia, Brophy, Xavier, and Veritas Prep. These athletes are all gaining confidence in their events and looking to finish the season on a high note.

ARCADIA HIGH

Arcadia is enjoying another year of growth under Coach Tyler Moore, who is approaching a decade with the school and is excited about the state of the program. Turnout has continually increased during Coach Moore's tenure.

"We have created an inviting atmosphere and have done a good job encouraging kids to come out and enjoy track," Coach Moore said.

The Titan's Track & Field team is in a position to have 15 student-athletes qualify for the Division III Championships, including Junior Chase Braden, who excelled in the 800M, 1600M, 3200M, and 1-mile events, and Tess Sage, who

will showcase her all-around skillset in the Arizona State Heptathlon.

"My favorite part about this team is the camaraderie and support that every athlete shows for each other," Chase said. "There's nothing like coming down the home stretch and hearing your friends cheer you on or congratulating a teammate after a PR. We've had a really strong season thanks to our dedicated coaches and athletes."

BROPHY PREP

The Broncos are once again flexing their muscles and Coach Bill Kalkman is enthused about their performance so far. Specifically, Coach Kalkman stated that they are competing strong in the hurdle events, javelin, and long jump.

"Strong" may be an understatement when looking at the results. Leading the way in the Men's 110M hurdles are seniors William DeSpong, Nero Nuez, and Darius Alberty as frequent top-3 finishers – most recently in the Becky Matthews

Invitational in which Nero finished first and Darius finished third. Darius also consistently finishes near the top in the javelin throw. Rylan Umphrey has been battling to be the top competitor in the long jump.

VERITAS PREP

Veritas Prep's program has built momentum with doubled participation compared to last year. Coach Sawyer Koops credits the student-athletes themselves for the increased participation and success.

"The kids are seeing the results, pushing themselves hard, and are working together to grow as a unit," Koops said. "They are as hard working in track and field as they are in academics."

The current team is made up of mostly underclassmen and led by seniors McKenna Swonger and Francesca Skikos. Nearly every athlete has set their own personal records, including a school record in the girls' distance medley relay by Rachel

Barney, Violet Haggerty, Athena Skikos, and Hazel Haggerty. The team's goal is to compete in the State Championships.

XAVIER PREP

The Gators are beginning to come into their own under Coach Jarret Eaton's stewardship. Coach Eaton describes this year's track and field team as "small but mighty." Several athletes have already posted personal records.

This includes seniors Eleanor Borchard in the 200M, 400M, and 110M hurdle, Vivian Amoia in the long jump, Marley Stoller in the 200M, Susannah Root in the pole vault, Ella Wadsworth in the 1600M and 3200M, and Alexa Zowine who is ranked second in the state for the javelin throw.

"It has been awesome to see them grow in their time here, fall in love with the sport and reap the benefits of the years and years of hard work," Coach Eaton said.

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FOR THE MOMS

Whether you're planning a cozy brunch or an elegant dinner for that mother figure in your life, many restaurants are offering enticing specials to make May 11 unforgettable. Here are a few spots – some down the road, some just a bit of a drive – offering Mother's Day dining this May:

Lon's at the Hermosa Inn
5532 N. Palo Cristi Road
hermosainn.com

Brunch is all the rage at Lon's at the Hermosa Inn. From 9 a.m.-3 p.m., guests can enjoy items like avocado toast, smoked salmon sliders, croissant eggs benedict, short rib and poached eggs, herb crusted pork tenderloin, and fresh fruit charlotte or opera cake to finish. Price: \$105 for adults, \$25 for kids.

J&G STEAKHOUSE
6000 E. Camelback Road, Scottsdale
jgsteakhousescottsdale.com

J&G at The Phoenician is hosting brunch from 10 a.m. to 1:30 p.m. The spread includes a carving station, chilled seafood and sushi, breakfast favorites and artisan desserts. Price: \$178 for adults, \$95 for kids ages 3 to 12.

MASTRO'S
6991 E. Camelback Road, Scottsdale
mastrosrestaurants.com

An elegant brunch happens at Mastro's Ocean Club, Steakhouse and City Hall. Ocean Club has a seafood-focused menu with an iced seafood tower or breakfast items like cheese blintzes and smoked salmon. Lunch options include New York strip or herb roasted branzino. The Steakhouse and City Hall will serve Vande Rose pork chop. Desserts include mini cakes and chocolate-covered strawberries and a complimentary mimosa or Bloody Mary.

SANCTUARY CAMELBACK MOUNTAIN
5700 E. McDonald Dr., Paradise Valley
gurneysresorts.com

Grownups can sip mimosas while the kids get creative with cookie decorating. The family can pick fresh flowers at the bouquet cart and capture the day with family photos at the photo booth. Enjoy some friendly competition with lawn games before indulging in a prix fixe lunch or dinner at elements or a buffet brunch in The Views Ballroom. Price: elements is \$145 for adults, \$55 for kids 12 and under; buffet is \$185 for adults, \$65 for kids 12 and under.

THE MARKET BY JENNIFER'S
3603 E. Indian School Road, Phoenix
themarketbyjennifers.com

The Market's Mother's Day menu includes various dishes

like a shellfish course with shrimp, lobster tails, and crab claws, deviled eggs in three variations, and an asparagus board with burrata and prosciutto. Main options include smoked salmon bagels, chanterelle quiche, beef tenderloin, and Mediterranean seabass.

PLATFORM 18 AT CENTURY GRAND
3626 E. Indian School Road, Phoenix
bartershake.com

Platform 18 is hosting "High Tea Aboard the Pullman" on May 10 and 11. Guests will step onto a train car and enjoy champagne, tea and a variety of savory and sweet bites. The event's theme is 1924 New York City. Price: \$99 for a standard experience, which includes champagne and bites; \$129 for the upgrade with truffles and wine.

MARCELLINO RISTORANTE
7114 E. Stetson Dr., Scottsdale
marcellinoristorante.com

Marcellino Ristorante will offer its full dinner menu plus chef-crafted specials for the evening. Dishes include hand-rolled gnocchi sorrentina, tagliolini with shrimp and mushrooms, grilled lamb chops with balsamic reduction, and a complimentary slice of tiramisu for mom.

CARCARA AT SHERATON PHOENIX DOWNTOWN
320 N. 3rd St., Phoenix
carcararestaurant.com

Carcara's mom-themed event features a raw bar, omelet and carving stations, sweets and pastries, and a kid's corner. Guests can enjoy mimosas, along with menu items like citrus achiote chicken, red wine braised short ribs, and rosemary roasted red potatoes. The event also includes a live butterfly release every hour, live music from 9:30 a.m. to 3:30 p.m., and photo ops. Price: starts at \$120 for adults, \$40 for kids 4-12.

JW MARRIOTT SCOTTSDALE CAMELBACK INN RESORT & SPA
5402 E. Lincoln Dr., Scottsdale
marriott.com

Rita's Cantina & Bar will offer a buffet that includes bottomless mimosas, classic breakfast favorites, seafood, desserts, and more. There will also be complimentary face painting, caricatures, live music, and family photography. Price: \$165 for adults, \$59 for kids 3-10.

THE BOULDERS RESORT
34631 N. Tom Darlington Dr., Scottsdale
theboulders.com

Treat mom to the Radiance Renewal facial package that includes a hand, leg, and foot treatment. There's also a BOGO deal on Eminence Organic Skin Care products. On May 11, from 10 a.m. to 2 p.m., families can quash their hunger pains with a smorgasbord that includes seafood, salads, artisan cheeses, prime rib, beef tenderloin, organic chicken, a dessert display, mimosas and live entertainment.

DRINK ME! TEA ROOM
1730 E. Warner Road, Tempe
drinkmetearoom.com

The Wonderland Mother's Day Tea features three-tiered selection of vegan and gluten-free savory and sweet dishes. Guests can sip on themed tea blends or toast with a Special-TEA cocktail or mocktail. Those looking for a gift can check out the retail area with loose-leaf teas, whimsical accessories, eco-friendly gifts and gift cards. Reservations required.

CHOMPIE'S
9301 E. Shea Blvd., Scottsdale
chompies.com

Chompie's will have a free mini cinnamon roll with cream cheese frosting for every mom who dines in on May 11. In addition, the eatery has three to-go packages for at-home celebrations. These include the spring brunch with scrambled eggs, bacon, home fries, bagels, cream cheese, and more. The signature spread offers breakfast sliders, French toast, fruit salad, and cinnamon babka, and the Central Park picnic includes egg, Greek, fruit and tuna salads and more.

LOVING HUT
3239 E. Indian School Road, Phoenix
lovinghut.us

From May 5-11, all three locations will offer 15 percent off for moms, plus limited-edition heart cakes and muffins while supplies last. On May 4 the Tempe location will host an exclusive live comedy show at 11 a.m. featuring Mama Lawson and benefiting Better Piggies Rescue.

VIRTU HONEST CRAFT
3701 N. Marshall Way, Scottsdale
virtuscottsdale.com

Chef Gio Osso will offer mascarpone polenta, made with fried eggs, pork ragu, salsa verde and fett'unta or lemon ricotta pancakes with grape confettura, pistachio and vanilla crema. Moms will receive a white rose and a special sparkling toast when they dine in.

LING & LOUIE'S
9397 E. Shea Blvd., Scottsdale
lingandlouies.com

Ling & Louie's is offering two specials: a three-course prix fixe menu featuring breakfast bao or avocado toast and char siu pork benedict or Ling's five spice French toast with dessert. In the evening, a three-course dinner menu will be served, including starters like spicy ahi roll or crab wontons, and entrées such as surf & turf or almond-crusted pork.

ORGAN STOP PIZZA
1149 E. Southern Ave., Mesa
organstoppizza.com

At Organ Stop, guests can partake in an all you can eat pizza buffet that includes salad and soft drinks on May 11 from 11:30 a.m.-1 p.m. Beer, wine and ice cream are available for an additional fee. Advance ticket purchase is required. Price: \$20 for adults, \$15 for kids.



Drink Me! Tea Room



Ling & Louie's



Lakeside Bar & Grill



32 Shea

CHOP CHANDLER

2625 W. Queen Creek Road, Chandler
chopchandler.com

Chop Chandler's three-course meal kicks off with a fruit platter, almond croissants, and seasonal scones before entrees like the "Oscar" benedict with filet medallion and lump crab, chicken and waffles with a rosemary waffle and maple demi-glace, or the steakhouse breakfast platter. End on a sweet note with Bourbon banana brioche French toast or Japanese soufflé pancakes. Price: \$75 per person.

32 SHEA

10626 N. 32nd St., Phoenix
32shea.com

Treat mom to the Lox Tower special that includes smoked salmon, whipped cream cheese, capers, tomato, sliced egg, pickled cucumber, and jicama slaw, sprinkled with everything bagel seasoning. Those with a sweet tooth can check out the whipped truffle ricotta toast, topped with fig jam and served on toasted ciabatta. Pair it with the "almost bottomless mimosas" for \$20.

LAKESIDE BAR & GRILL

9980 W. Happy Valley Pkwy., Peoria
lakesidebarandgrillaz.com

Celebrate with a one-day-only menu on May 11, from 11 a.m. to 3 p.m., featuring dishes like the Madre's brunch tostada, "everything nice" toast, or cocoa and cream French toast. The Mom-mosa and festive, limited-edition cocktails like Mother Knows Best, Mom Needs Chocolate, and Give Mom Her Flowers will be available all May.

THE WIGWAM

300 E. Wigwam Blvd., Litchfield Park
wigwamarizona.com

From 10 a.m. to 2 p.m., moms can choose between two experiences. The first is a buffet with carving stations, seafood, salads, desserts, a welcome glass of prosecco and a complimentary family photo. The second is a four-course prix-fixe brunch at Litchfield's, offering French onion soup, millionaire's benedict, Berkshire pork tenderloin or blueberry

bread pudding, also with a glass of prosecco. Fresh spring bouquets are available for preorder. Price: \$99 for the buffet, \$119 for the prix-fixe meal; \$30 for kids 4-12.

CINCO DE MAYO

At **Omni Montelucia** (4949 E. Lincoln Dr., Paradise Valley) on May 3 attendees can listen to live mariachi and DJs while enjoying handcrafted street tacos, margaritas, tequila tastings, festive piñatas, and mini donkeys. Admission is free and open to the public.

omnihotels.com

Celebrate from May 2-5 at **810 Entertainment** (50 W. Jefferson St., Phoenix) with house margaritas for \$5, top shelf for \$6, Cadillac for \$8, and a \$25 bowling package for up to eight players per lane (shoes extra, reservation required).

810bowling.com

The **Phoenician Tavern** (6000 E. Camelback Road, Scottsdale) will have food and drink specials plus live dueling pianos on May 2 and 3 from 8 to 10 p.m. Sip on themed cocktails and enjoy taco trios featuring carne asada or chipotle shrimp.

thephoenician.com

Elvira's DC Ranch (20825 N. Pima Road, Scottsdale) is celebrating with a one-day-only tasting menu featuring a four-course meal from Chef Christopher George. Dishes include Yucatán scallop crudo, truffle quesadillas, prime NY strip in mole negro, and chocolate cacao tamal. The restaurant will also offer curated agave flights and signature margaritas.

elvirasdc ranch.com

On May 4, **COURSE Restaurant** (7366 E. Shea Blvd., Scottsdale) will host "Second to None," a collaboration that features an eight-course tasting menu by Sous Chef Luis Soto of COURSE and Chef Antonio Padilla of Bacanora. Together, they'll offer dishes like ceviche with kohlrabi and sotol, a tetela with Oaxaca cheese and hoja santa egg yolk,

a Sonoran flat dog, and mazapán ice cream. Reservations are encouraged. Price: \$135 per person.

courserestaurantaz.com

On Cinco de Mayo only, guests at **Lakeside Bar & Grill** (9980 W. Happy Valley Pkwy., Peoria) can enjoy the carnitas fiesta flautas, paired with a specialty cocktail, available all month long: the spicy strawberry coconut margarita; the cafecito, or the smoky sonoran old fashioned.

lakesidebarandgrillaz.com

32 Shea's (10626 N. 32nd St., Phoenix) lineup of Mexican-inspired eats will be available all May. Items include the torta sandwich, shrimp ceviche and carne asada burrito, with the tres leches cake capping off the meal.

32shea.com

WHAT'S NEW?

Long-time Arcadia fave **CRUjiente Tacos** and San Diego-based pizza chain **Mr. Moto Pizza** have both closed their doors in the plaza located on the corner of Camelback Road and 40th St. Mr. Moto served pizzas and pastas, while CRU served a selection of classic and unique tacos and specialty cocktails. No word yet on new tenants, but we'll keep you posted as we learn more!

Liquor Pig (7217 E. 4th Ave.) gastropub opened in Old Town in April.

Serving up dishes like roasted bone marrow, handmade pastas, small plates and more, the menu is where "craft and comfort collide." The pub also offers an extensive selection of craft beers and artisanal cocktails like the Sundancer, a twist on the Moscow Mule, or the zero-proof "Cool Side of the Pillow."

liquorpigscottsdale.com



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Kitty and her girls!

Inaugural Copperstate 1000 art competition a success

By Mark Hays

The 35th annual Copperstate 1000 brought more than just horsepower to Tempe Diablo Stadium this April – it also became a canvas for artistic talent during the debut of Artists on the Field. This competition, presented in conjunction with the Men's Arts Council's (MAC) iconic car show, challenged students to paint one of the classic automobiles on display.

Recognized as one of North America's premier vintage car rallies, the Copperstate 1000 showcases a collection of sports, racing, and grand touring cars manufactured before the 1974 model year. With 80 classic vehicles featured, the event offered a blend of mechanical and artistic inspiration.

The Artists on the Field competition was initiated by MAC Board Member Scott McPherson and fellow member Eric Greenbank, who were inspired by the Olympic art competitions of the early 20th century.

Twelve students from three Phoenix high schools participated: five each from North High School and Camelback High School, and two from Carl Hayden Community High School. Armed with brushes, pencils, and a passion for creativity, each student selected a car to interpret through their chosen medium.

Camelback senior Yael Robles earned first place for a painting of a 1953 Studebaker Commander. North High's



Yael Robles (center) took first; Lesley Silvar (right) and Jaelyn Gorskie tied for third.

Ixchel Phillips took second with a piece capturing a 1934 Aston Martin. Third-place honors were shared among Miah Castaneda, Jaelyn Gorskie, Joselyn Isaac and Lesley Silvar.

"They shared their perspectives on how art influences their life and is impacting their goals for the future," Greenbank said. For the students, the event offered a transformative experience.

"I've never been much of a car person, but I think I turned into one when I stepped onto the field," said Jaelyn. "I knew exactly what car I wanted to paint from the second I saw it, and painting it was such a cool

experience. It was amazing to have the opportunity!"

"Participating was a truly memorable experience," Miah said. "Painting the car allowed me to honor its design and history in a meaningful way."

Winners received prize money and passes to the Phoenix Art Museum. Judging was conducted by members of the Men's Arts Council, a nonprofit that has supported the Phoenix Art Museum since 1967 through volunteer work and events like the Copperstate 1000.

The art competition unfolded during the rally's send-off celebration in Tempe, where the public gathered to check out the vintage

cars before they embarked on their scenic drive across Arizona. With the success of this year's event, Artists on the Field may become a lasting tradition – blending the artistry of the past with the imagination of the future.

"Participating in the event was very enjoyable. It felt great to be surrounded by other artists and be able to share this experience with them," Joselyn said. "This gave me the opportunity to test my artistic skills against the natural elements and although it was a challenge it was very fun. I think this event is incredible for young artists. If I have the opportunity to do this again I will!"

mensartscouncil.com

Scout gives back to Sisters of Mercy for Eagle Project

By Rachael Bouley

Eagle Scout is the highest rank in Scouting, and to achieve it, teens must complete a community service project. For Arcadia High junior and Troop 147 Scout Zack Cheke, it was a no-brainer to give back to the Gift of Mary Shelter, where his family has previously volunteered for many years.

"We've served meals there and done other projects, so the shelter seemed like an obvious beneficiary for my Eagle project," Zack said.

A Scout since first grade, Zack has witnessed firsthand the power of helping others. For his project, he was in charge of planning, organizing, and leading the initiative. He wanted to help the Sisters of Mercy nuns who run the shelter after he learned their gardens were unproductive.

"I wanted to provide them good soil and irrigation to improve their yield," Zack said. "We cleaned up the property and made improvements, including adding shade sails and laying down weed barrier and wood chips in barren areas."

The project took about two months of planning, and Zack and his volunteer crew completed it over three days. Zack has a side hustle doing similar projects for friends and neighbors, so he was able to use his garden and building skills.

"The Sisters said they were very grateful for the improvements we made," Zack said. "I'm most proud that they and shelter residents will be able to have more fruitful gardens."

Now that he's completed his Eagle Scout project, he needs to complete two more merit badges and sit for a board of review. Then, the highest honor will officially be his, a testament to his character that may help him chase future goals with school, work, or leadership positions.

Becoming an Eagle Scout involves climbing seven



Zack Cheke with the Sisters of Mercy at the Gift of Mary Shelter.

Scouting ranks, earning at least 21 merit badges (14 Eagle required), and holding leadership positions with increasing responsibility.

The Eagle Service Project and Board of Review are typically the last two steps.

The review gives participants the chance to share their progress and understanding of Scouting ideals. This involves a rank application, letters of recommendation, and a project notebook.

For Zack, being an Eagle Scout means achievement and something he will hold for the rest of his life. It's an accomplishment his family is very proud of.

"It was great to see Zack recruit fellow scouts, friends and family to participate," mom, Rose, said. "Scouting prepares youth to become people that make ethical and moral choices over their lifetimes by instilling in them the values of Scout Oath and Law."

Part of that oath is to help others at all times, while Scout Law lists attributes like being trustworthy, loyal, helpful, courteous, kind, and brave.

Zack joins two of his brothers in achieving Eagle Scout, a rank only four percent have earned since the program's inception in 1911.

nesa.org

This is not a breakup

There's a theme that surprises me every time I see it. When a person changes jobs, their old manager often decides to excommunicate them. Given how common it is to have more than one career, this adds up to a lot of professional hate. Why are we treating job changes as a breakup?

Earlier in my career, an employee came to me and presented a case to give them a promotion and a raise. They weren't wrong. They were doing a great job and deserved more money. I was honest with the person that a raise wasn't in the cards right now. I shared that if they need to make more, I would support them in a job search. I would be a reference. I committed to not holding a grudge. Although the person was disappointed, they were also relieved. They were allowed to pursue their own needs without the fear of rejection or retaliation.

When employees seek new employment, there are a number of other reasons why they may want to leave a job. I once left one job to go back

to graduate school and left another because a promotion became available at a new company, and there was no opportunity to grow at the old one. I once left a job when the company decided to transition from a for-profit to a nonprofit.

There are many reasons people leave that have nothing to do with the manager. But, somehow, many managers take it as an insult when an employee leaves. I've observed

them share terrible, sometimes untrue, stories about once beloved employees. I've seen them try to stop an employee who has left from getting another job. When their feelings are hurt, it seems some managers will stop at nothing to get revenge.

It's unfortunate. In life, you never know who may be the more senior person later. You never know when you may end up working together again or when you might need a reference from that person. I know it hurts when someone leaves.

You depended on them, and they're leaving a gap. You have to tell your boss that someone quit. You have to help do their work until you find someone new, if you are able to backfill their role. It feels bad but it's not always personal.

If you are the manager, be the bigger person. Congratulate them. Take them to lunch to celebrate. Say the same kind words after they have left that you would have shared prior to them leaving. Starting a new chapter in their life doesn't negate all of the great work they have done for you in the past. And, who knows, you may want to work together again in the future.



Career Corner

BY ANGELA COPELAND

Career expert
and founder of
Copeland Coaching.
copelandcoaching.com

30 YEARS AGO



WHERE ARE THEY NOW?

Our May 1995 cover featured Lisa and Kaleigh Boyle posing for the requisite Mother's Day photo. Thirty years later, both of them are still in the neighborhood and Kaleigh is a mom herself. Here's what they've been up to:

Kaleigh attended ASU and worked as a marketing coordinator on a commercial real estate team before leaving the industry to be a full time stay at home mom. She's been married to her husband Patrick for five years. They have a daughter named Tatum and a son named Harley.

Some of her hobbies include spending time with family, working out, happy hour and date nights, and traveling to Flagstaff and San Diego.

Lisa and Paul Boyle have four grown children and celebrated their 42nd anniversary this year. She is a branch manager at Fidelity National Title and has proudly taken the role of being a grandma as she has three grandbabies – with one more on the way.

"Ever since becoming a mom, I have a whole new appreciation and respect for mothers," Kaleigh said. "I am so grateful to experience motherhood alongside my mom who can share her experiences with me. Happy Mother's Day!"



Lisa and Kaleigh Boyle

Spring recipes moms might bloom for

In spring, our bodies naturally crave foods that are crisp, colorful, and hydrating. Think juicy tomatoes, crunchy greens, fresh herbs, and meals that feel light yet satisfying. It's a great time to embrace plant-based dishes that don't require much cooking, leaving you more time to enjoy the sunshine and less time in a hot kitchen.

This month, I'm sharing three of my favorite recipes that are perfect for a relaxed spring vibe or a beautiful Mother's Day celebration. First up is a fresh, dairy-free tortellini pasta salad that's creamy, vibrant, and easy to prep ahead. It's the kind of dish that tastes even better after chilling in the fridge for a bit. Next is a seasonal spin on the Meghan Markle Spring pasta, a fresh dish that feels indulgent but is made with simple, wholesome ingredients. It's comforting without being heavy. Finally, the famous Erewhon kale and white bean salad is a

Plant-based Wellness



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

fiber-filled, protein-rich salad that's as good for you as it is delicious. Perfect as a side or a main course.

Whether you're planning a Mother's Day brunch or simply looking to lighten up your meals, these recipes are all about celebrating spring with ease, flavor, and freshness.

Join my monthly membership for printable recipes, health videos and live Zoom cooking classes. Only \$10 a month!

Tortellini pasta salad SERVES 3-4



Ingredients

- 1 package Kite Hill dairy-free tortellini
- 1 cup chopped Italian parsley
- 1 cup halved grape tomatoes
- ½ diced English cucumber
- ¼ cup sliced red onion or one diced shallot
- ½ cup halved kalamata olives
- ¼ cup sun dried tomatoes

Dressing

- ¼ cup olive oil
- 2 tbsp. red wine vinegar
- Juice of one lemon
- 1 tbsp. maple syrup
- 2 tsp. Dijon mustard
- ½ tsp. each: garlic granules, pink salt, pepper, oregano

Directions

1. Cook tortellini then drain, put into a bowl and drizzle a little olive oil on it to keep it from sticking together. Add the remaining salad ingredients and toss.
2. Whisk up dressing and toss with salad.

Spring pasta SERVES 3



Ingredients

- 1 tbsp. olive oil + more for tossing on pasta
- 12 oz. rigatoni pasta, reserve 1 cup pasta water
- 1 diced shallot bulb
- 4 minced garlic cloves
- 4 slivered lacinato kale leaves, stems diced
- 2 slivered leaves green chard, stems diced
- 1 diced zucchini
- 1 cup diced asparagus
- 1 cup halved grape tomatoes
- 2 cups peas
- Zest of one lemon + juice of half

Directions

1. Add olive oil to a pan and bring heat to medium. Drop in shallot and garlic and cook for a few minutes.
2. Add in the kale and chard stems and cook for a few more minutes.
3. Add the zucchini, and asparagus and cook for five minutes.
4. Add the tomatoes and peas and cook for a few more minutes.
5. Now add the greens and lemon juice. When the greens are wilted, combine with the pasta, add a little pasta water, a drizzle of olive oil and the lemon zest. Use more of the reserved pasta water if needed.

Erewhon kale and white bean salad SERVES 4



Ingredients

- 1 bunch curly kale, stems removed and chopped into slivers
- ½ lemon + salt for massaging
- 1 can white beans, rinsed and drained
- ½ cup unsalted pumpkin seeds
- ½ cup unsalted sunflower seeds
- ½ cup hemp seeds
- 1 chopped avocado

Dressing

- ¼ cup olive oil
- ¼ cup lemon juice
- 1-2 tbsp. maple syrup
- 2 tsp. Dijon or grainy mustard
- 2 crushed garlic cloves
- ½ tsp. each salt, and pepper

Directions

1. Put the chopped kale into a bowl. Squeeze on lemon and shake on some sea salt. Massage for a few minutes.
2. Add all other salad ingredients to the bowl.
3. Mix up the dressing and toss with salad.

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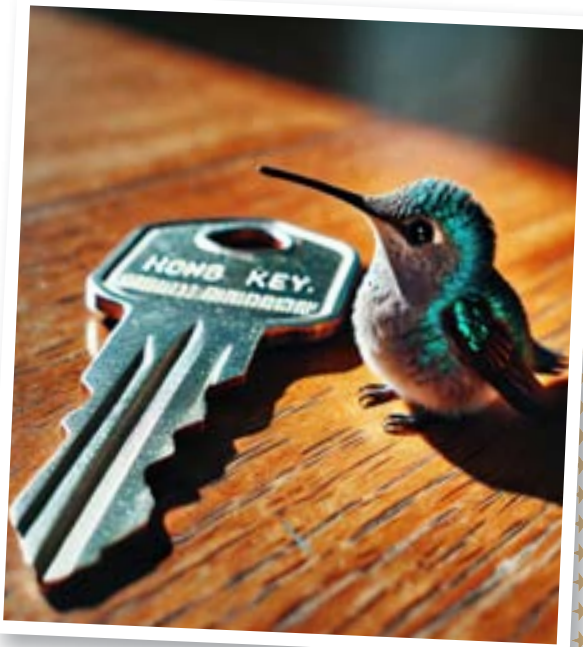
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DID YOU KNOW? HUMMINGBIRDS

HOW SMALL?
2.5 INCHES

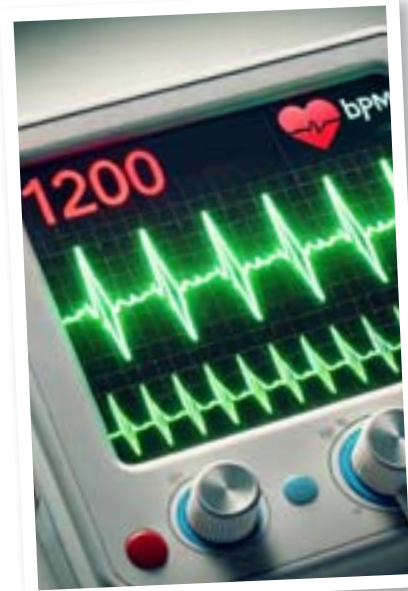
The smallest hummingbird is the bee hummingbird, which weighs less than a penny (about 1.95 grams) and measures just 2.5 inches in length.



HOW FAR?
3K MILES

Research indicates a hummingbird can travel as much as 23 miles in one day. However, during migration as they cross the Gulf of Mexico they may cover up to 500 miles at a time. Their average speed in direct flight is in the range of 20-30 mph.

The rufous hummingbird has the longest migration of any hummingbird species. Their annual trek covers more than 3,000 miles from Alaska and Canada to southern Mexico.



HOW FAST?
1,200 BPM

A hummingbird's heart can beat as fast as 1,200 times per minute when hovering. At rest, it can still beat about 250 times per minute.

WHAT COLOR?
IRIDESCENT



The brilliant colors of a hummingbird's feathers are not the result of pigments but of iridescence. The microscopic structure of the feathers reflects light, creating vibrant colors depending on the angle of the light.

Evolutionary Biologist Richard Prum discovered that hummingbirds, with their vibrant greens, blues, and purples, are more colorful than humans can imagine and beyond what people are physically capable of seeing. Their saturated plumages are remarkable even within the avian realm, out-hueing all other bird species combined.



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DID YOU KNOW? HUMMINGBIRDS

Hummingbirds are the only birds capable of hovering. They achieve this by rapidly flapping their wings in a figure-eight motion, allowing them to stay in one spot.

In short bursts, some species of hummingbirds can reach speeds of 60 miles per hour.

Hummingbirds need to consume up to twice their body weight in food every day.

They feed on nectar, insects and spiders for proteins, fats and other nutrients.

Hummingbirds have relatively large brains in proportion to their body size.

The brain accounts for about 4.2 percent of their total body weight.

A hummingbird's wing can rotate 180 degrees in all directions, allowing for forward, backward, and sideways flight.

Hummingbirds can remember the location, color, and timing of flowers, and will return to the same flowers when they are likely to have replenished their nectar.

Hummingbirds have a specialized tongue that can extend twice the length of their bill.

They flick their tongues in and out about 13 times per second to collect nectar.

To conserve energy, hummingbirds enter a state called torpor, where their body temperature drops and their metabolic rate slows down, allowing them to survive long periods without eating.

WORD SEARCH

E E S B U R Y T N H I K G V H V I L Y J
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U A I E Q M P L W K D L Q W I W R V B V
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- MEXICO
NECTAR
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WINGS
VIBRANT



SAY WHAT? LEGEND SAYS...

The ancient Mayans believed that the hummingbird was really the sun in disguise, appearing as a hummingbird to court a beautiful woman, who was the moon.

Hitzilopochtli, the Aztec deity of the sun and war, actually means "hummingbird on the left." He wore a bracelet of hummingbird feathers on his left wrist. Aztecs believed that if they died in battle they would be reincarnated as a hummingbird.

The Inca believed that the hummingbird was a messenger from heaven. The condor was known as "king of the skies" and conceded its status as the primary spiritual messenger of the "upper world" to the hummingbird. Incan legend tells that there was a contest between the condor and the hummingbird to see who would be king.

The condor said he could fly to the edge of the sky and the hummingbird said he could fly beyond the edge, to the center of heaven. When it came time for the contest, the hummingbird didn't show up. The condor flew to the edge of the sky, at which point the hummingbird emerged from the condor's feathers and flew beyond to the center of the upper world.



Banana & Foster by Deborah McMillion Nering
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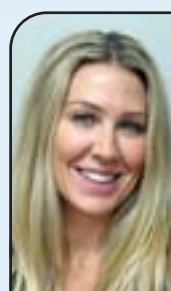


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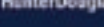
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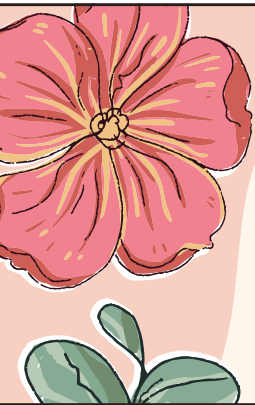
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Titan Times

VOL. 2 NO. 08

MAY 2025

From the students of Arcadia High School

Meet the names behind the Titan Times

By Ahva Ghazanfari

My name is Ahva Ghazanfari. I am a senior at Arcadia and the creator of Titan Times. I love writing (obviously!), but I'm also passionate about science and math. Getting involved in my community is super important to me, which is one of the main reasons I wanted to start Titan Times. This experience has been full of learning and fun, and I definitely feel as though I am closer to those in the Arcadia area, especially at school.

My time at AHS has been more than fulfilling; I have met so many amazing people and have been presented with amazing opportunities. I especially love how connected everyone is here; it's hard to walk the halls without a friendly smile to one of your peers. I have been part of the varsity girls tennis team for three years and I've always emphasized the importance of joining a sport. It's another great way to become closer to the community.

Although I've thoroughly enjoyed my time in high school, I'm excited to move on to bigger things. This fall, I will be attending the W.A. Franke Honors College at the University of Arizona and majoring in biology. Bear down!

Amelia Guzman

I'm Amelia and I am a senior at AHS. Along with writing for the Titan Times I'm also president of the National Art Honor Society and a member of National Honor Society. I enjoy writing for the newspaper because it allows me to connect with my community and gives me a chance to talk to interesting people.

I've always enjoyed reading, so writing came to me naturally after that. The Titan Times has given me a chance to flex my writing skills in a non-academic setting. My favorite thing about Arcadia is the community and the people in it, along with the versatility of classes and programs



Ahva Ghazanfari



Amelia Guzman



Brooke Waddle

offered. I feel as though I've gotten to try out a lot of different interests and meet a lot of people.

In my free time I like hanging out with my friends, reading and rock climbing. I also enjoy going to museums, concerts and movies. I love anything art related. Next year I'll be attending Bard College in New York, and I plan on studying architecture or visual arts and culture.

Brooke Waddle

My name is Brooke, and I was fortunate enough to write a few articles for Titan Times. A little bit about myself: I am a dancer, I work at Dutch Bros, and my favorite food is pasta.

I have been in Arcadia's dance company since my sophomore year, and it has given me incredible opportunities to connect with a community of dancers through education and movement. My favorite

thing about being on Arcadia's team is the opportunity to perform our dances twice a year in the auditorium. Catch us on stage May 1-3 for our last dance show!

Along with dancing I have enjoyed the opportunity to further my professional career through part time jobs. I was employed at two different dance studios before becoming a barista. I love my job because it is a casual environment with a rich culture. My favorite thing about my job is being able to meet all sorts of people, whether that be coworkers or customers.

For college I plan to attend ASU at the Tempe campus to complete a four-year degree. I will be majoring in business law with a pre-law track.

My goals for the future are to get into a great school, graduate, pass the bar, and eventually have a professional career as a pioneer of the law.



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