

ARCADIA NEWS



VOL. 33 NO. 3

ARCADIA • BILTMORE • CAMELBACK CORRIDOR

JUNE 2025



HAPPY FATHER'S DAY!

Arcadia dad Ray Artigue's new book weaves quotes with personal reflections on life, family, and growth.

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GAME, SET, MATCH

Arcadia, Brophy, Xavier, and Veritas tennis teams showed State Championship worthy performances in 2025.

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THANKS, TEACH!

Our area PTOs celebrated Teacher Appreciation Week with great fanfare, including gifts and lots of snacks.

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Sarah Bendok and Maryam Al Qaderi were named to Junior Achievement's 18 Under 18 list for their impactful work in sustainable agriculture and community service.

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Gallery Andrea is a women-owned business founded by artist Andrea de Kerpely-Zak and her daughter; their spring exhibit showcases a mix of local and international talent.

30 Determination on the field

Arcadia, Brophy, and Xavier wrapped up their lacrosse seasons with impressive achievements and growth that hopes to shape the future of the sport.



Three generations of Artigues:
Ray with his son Joey and
granddaughter Palmer.
PHOTO COUTESY OF JOEY ARTIGUE

ENGAGE IN FUN!

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AGES 4.5 – 14

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EDITOR'S NOTE

Every day during the month of June, I step out my front door in the morning feeling like it's summer vacation – even though I'm a grown up and am usually headed to work. In my world, June carries three birthdays and Father's Day, so I get to celebrate some of my favorite people, four times. Almost as fun as a vacation!

This month, we tip our hats to the dads – the fixers, advice givers, the amateur interior designers, grill masters, storybook readers, the coaches, mentors and kings of all dad jokes: Happy Father's Day!

This is also the month we share stories about our 2025 graduates, letting readers know what some of our high school athletes and go-getters are up to now that senior year is officially over.

Madison Highland Prep's Sage Schaffer had big plans to utilize her ROTC scholarship until another opportunity presented itself – now, she's headed to Kyrgyzstan to immerse herself in the Russian culture.

Big news in the sports world as the Titans, Falcons and Gators played hard in the sand before Arcadia and Xavier headed to the beach volleyball State Championships in Divisions I and II. Both teams finished runners-up, but not before declaring that next season is going to be THE season – they're ready to get back to work and claim that championship win.

Our Summer Vacation Photo Spread is happening this year, so send photos to editor@arcadianews.com for a chance to be in the September issue. Your photo might be on the cover! The deadline to send in photos is August 11. Stay cool out there, and thank you, as always, for reading the Arcadia News,

Mallory
– Mallory Gleich



UPCOMING THEMES:

JULY

Summer

AUGUST

Back to School

SEPTEMBER

Autumn

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"The older I get, the smarter my father seems to get." – Tim Russert

WANTED: SUMMER VACATION PHOTOS

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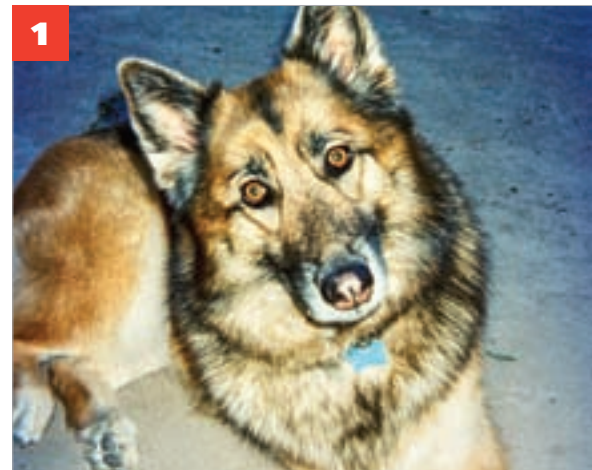
Send your photos to editor@arcadianews.com
Be sure to let us know the names of the family or people
in the photo, where you went and what you did!

DEADLINE: MONDAY, AUGUST 11

ARCADIA'S PETS

1. Little Lee, baby girl, love dog...she is known by many adorations, but mostly, she is our sweet **Leela**. She's a six-year-old German Shepherd and Husky mix who is fluffy and soft. Leela loves walks, tummy rubs and staring down cats. Watch out – she often gets the zoomies and loves to give kisses.

– Holly B.



2. This is **Clem** (short for Clementine). We rescued him off the street at four weeks old and now, at six months old, he is thriving! He loves blueberries, going on walks, and playing fetch – we think he may be part dog. He is very chatty and always right by our sides. We couldn't love him more!

– Tori H.



3. **Louie** is a four-year-old American tabby who has been in our family for four years. He's a curious cat that loves the outdoors just as much as his food. **Teddy** is an eight-year-old Main Coon who has been with our family for eight years. He's a stunning cat that loves bird watching and sleeping.

– Howard N.



Would you like to share your pet?

Send a photo and a description
(50 words max) of your pet to
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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.
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The Roaring '20s: Hospice of the Valley hosts senior prom

By Mallory Gleich

At the Dementia Care and Education Campus in Arcadia, the spirit of the Roaring '20s came to life as Hospice of the Valley hosted its second annual senior prom. With pearls, feathers, vintage flair, and a whole lot of heart, this unforgettable evening was more than just a dance, it was a joyful celebration of life, connection, and music.

Around 80 guests – a mix of Adult Day Club members, assisted living residents, spouses, family members, staff, and volunteers – attended the soiree. From the start, the event buzzed with anticipation and excitement. For many, this was a chance to relive a moment they had missed, or rewrite one that had fallen short in their youth.

"Prom was wonderful. I was never a professional dancer or anything, but I loved the dancing. My favorite part was taking the photos," shared Sheila, a Day Club member.

Another prom-goer, Rich, summed up the evening simply: "I had a good time. I enjoyed the dancing with my wife. This was fun."

The idea for a campus prom was sparked by Adult Day Club Manager Sara Meins during a group conversation about high school memories. As members began to reminisce, many revealed that they had never attended their prom or hadn't enjoyed the experience. The staff saw an



Jim Murphy and wife Mary Margaret Magee.



Connie Zook and her partner Bill Quigg.



Rich Goldsmith and his wife Susan.

opportunity to give their community a do-over; one filled with laughter and celebration.

Music and movement are central to the mission of Hospice of the Valley's Dementia Care and Education Campus.

"We're all about living well with dementia," Education Specialist Shari Ast-Martin said. "Music is an important way to connect with individuals living with every type of dementia. Even those in advanced stages can still feel powerful emotions and connection when they hear a song they love."

Martin explained that dancing is great for circulation, balance, coordination, and mood, and the socialization aspect has a wealth of benefits.

"We are constantly looking for fun ways to bring these therapeutic elements together. Sometimes it's super special, like this prom.

However, even favorite songs put into a playlist can enhance quality of life for people living with dementia," Martin said.

Preparations began weeks in advance, with Hospice of the Valley's White Dove Thrift Shoppes providing donated dresses, ties, handbags, and jewelry for guests to create their dream looks. Volunteers crafted pearl and white satin rose corsages and decorated the space with feathered centerpieces and vintage suitcases under a balloon canopy.

Attendees were greeted by a table of party favors like bowler hats, feathered headbands, and flickering tea lights before enjoying hors d'oeuvres, mini cakes, and mocktails served in champagne flutes.

As the music began to play, the dance floor was quickly filled. Couples waltzed, friends

slow-danced, and laughter echoed through the space as conga lines formed and twirled across the floor. Rather than crowning a traditional prom king and queen, each guest received a personalized award celebrating their unique personality.

The highlight for many was seeing friends dressed to the nines and moving to the beat, surrounded by joy and camaraderie. As photos were snapped, the evening captured a timeless truth: celebration, music, and memories are powerful, no matter your age or diagnosis.

The Adult Day Club at Hospice of the Valley's Dementia Care and Education Campus serves individuals with mild to moderate dementia and is designed to keep brains and bodies engaged through meaningful daily activities.

hov.org

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WHAT'S HAPPENING, ARCADIA?

BRIEFS

ProjectUmbrella provides care packages that include hygiene kits and seasonal essentials for the unhoused. Water bottles, sunscreen, cooling towels, and informational cards about heat stroke prevention and hydration are included. Those wishing to contribute water or other cooling supplies can reach out to projectumbrellaorg@gmail.com to arrange a pickup or drop-off.

projectumbrella.org

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

Giggles and Grace Play Dates is a group for moms and children (5 and under) to come together for friendship and community. The group offers opportunities to explore the world with little ones while forming meaningful connections with other moms. Events will be held throughout Scottsdale, Phoenix and Mesa and include a mix of free and paid gatherings like splash pads, libraries and play spaces.

Learn more on Facebook at Giggles and Grace Play Dates – Phoenix

Skintimate Med Spa has joined forces with Mind To Body Healing to offer facials, body treatments and hot stone massages to clients. Located in the Heritage Plaza (3104 E. Indian School Road, Phoenix), the skincare business has introductory offers available: \$70 for a customized facial; \$70 for a hot stone massage and \$70 for cupping.

skintimate.glossgenius.com

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

Bricks Studio (4550 E. Indian School Road, Phoenix) is offering dance camps for kids ages 3 to 10. Each camp features dancing, crafts, snacks, and social time. For younger children aged 3 to 6, the Moana Dance Camp takes place on June 4 and 18, while the Inside Out Dance Camp is on June 11. Kids aged 7 to 10 can join the Totally Wicked Dance Camp on June 4 and 18, or the Swifty Eras Dance Camp on June 11. All camps run from 9:30 to 11:30 a.m.

bricksstudio.com

Western Spirit: Scottsdale's Museum of the West is hosting the second annual "The Cool Frontier," a summer event series offering exhibits, live artist demonstrations, and classic Western films. Highlights include the "Women of the Southwest" exhibit, rare Hopi pottery, John Clymer paintings, and the "Artist Tuesdays" live painting sessions. A buy one, get one free admission deal runs through September 30, 2025.

westernspirit.org

Arizona Science Center's (600 E. Washington St., Phoenix) latest exhibit, **The Power of Poison**, is brought to life with help from the American Museum of Natural History. Attendees can learn about plants and animals that use poison for defense and survival or how studying poison's effects on human cells can help scientists figure out how to protect, repair and heal our bodies. Surprises await! This exhibit is open until August 24.

azscience.org



Phoenix Fan Fusion at the Phoenix Convention Center.

EVENTS

SUNDAY 6/1

Arizona Wedding Show

8:30 a.m.-3 p.m. at the Phoenix Convention Center, 33 S. 3rd St. The 31st annual event will feature more than 200 of the Valley's top wedding experts. Find resources for venues, photographers, honeymoons, dresses, flowers, and music – and the first 50 couples to attend will receive a gift. There will also be bridal gown fashion shows, giveaways and workshops. Tickets are \$12 per person.

arizonaweddingshow.com

MONDAY 6/2

Fire & Fairways Charity Golf Tournament

7 a.m. at the Biltmore Golf Course, 2400 Biltmore Estates Dr., Phoenix. At this event, golfers will compete for prizes while supporting Alice Cooper's Solid Rock Teen Center, an organization providing a supportive environment for teens. There will be hole-in-one contests, a putting contest, lunch, cocktails, raffles, and prizes. Tickets are \$175 per golfer.

fireandfairways.com

MONDAY 6/2 – FRIDAY 6/5

A Week in Paris

2-5 p.m. at Paula Jacqueline Cakes and Pastries, 4151 N. Marshall Way, Scottsdale. *Bonjour jeunes amis!* Hello friends! If you're a fan of flaky croissants, macarons, eclairs and tarts, this camp is for you. Attendees aged 8+ will learn the recipes along with kitchen etiquette while baking all of those delicious French treats. Camp starts at \$350.

paulajacqueline.com

FRIDAY 6/6

Phoenix Fan Fusion

Hours vary; at the Phoenix Convention Center, 100 N. 3rd St. Prepare to fully geek

out at the annual Phoenix Fan Fusion event. Don your costume and get ready for contests, movie screenings, merchandise booths, prizes, exhibits, discussions and the best part – photo ops with actors, authors and comic book creators like Jason Lee, Simon Pegg, Andy Belanger and more. Tickets range from \$50 to \$395.

phoenixfanfusion.com

Candlelight: 90s Unplugged

9 p.m. at Warehouse215, 215 E. Grant St., Phoenix. Candlelight concerts, presented by Fever, are bringing the magic of a live musical experience to Phoenix. This evening's show will highlight the music of the 90s – think Britney, Backstreet, Coolio, The Verve... all the genres we know all the words to! Tickets start at \$30.

feverup.com

Silent Disco

4 p.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. Imagine a room full of people dancing to a top notch DJ – except the room is completely silent. This silent disco asks patrons to wear provided headphones to dance the night away with the sounds and rhythms of local Indigenous DJs Miz Skoden, Neon Navajo and IIWAA. The museum and Coffee Cantina will be open late for attendees. Admission is free.

heard.org

FRIDAY 6/6 – SUNDAY 6/8

Phoenix Heritage Mineral Show

10 a.m.-4 p.m. at the El Zaribah Shriners Auditorium, 552 N. 40th St., Phoenix. Get ready to rock – literally – with the fifth annual Phoenix Heritage Mineral Show. Guests will find vendors with various minerals available for purchase, raffles, exhibits, kid's activities, a spinning wheel, a geode cracker and music. Admission is \$5 per person.

msaaz.org

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WHAT'S HAPPENING, ARCADIA?



Juneteenth Festival at the DBG.



You Should Be Dancing at the Marquee Theatre.

SATURDAY 6/7

A Taco and Street Art Adventure
2 p.m. starting at 110 E. Roosevelt St., Phoenix. Spirit of Arizona Tours welcomes residents and visitors on a journey through the city’s most colorful neighborhoods while also delighting in delicious tacos. Guests will learn about various murals and their artists, plus a bit of Phoenix’s history and of course, a spotlight on pollo, carne and al pastor tacos. Tickets art \$70 for adults, \$50 for kids.
spiritofarizonatours.com

Sip & Shop
9 a.m. at Williams Sonoma, 2502 E. Camelback Road, Phoenix. Those in the market for new kitchen supplies can make a day out of shopping with Williams Sonoma. On June 7, head to the store to enjoy coffee (made from the store’s coffee bar machines) and a pastry while getting personalized help from an associate. Coffee, snacks and shopping? The perfect Saturday!
reddevelopment.com

TUESDAY 6/10

Juneteenth Festival
6-9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. This year’s theme is “Reclaiming the Past, Remembering Black Voices, Reshaping the Future.” The evening will be a blend of culture, entertainment and family-friendly fun. Kids can enjoy interactive games and activities, while adults can browse a vendor market, live music, performances, food and more. Admission is free with Community Day reservation.
dbg.org

THURSDAY 6/12

Full Moon Meditation
7:30 p.m. at the Japanese Friendship Garden, 1125 N. 3rd Ave., Phoenix. Instructor Jude Luth of Biophilia will lead

guests on a guided moon meditation in the peacefulness of the Japanese Friendship Garden while chimes and ocean drums play in the background. If you’re in need of a calm space to take a beat, this is the perfect spot for it. Don’t forget your water and a yoga mat or blanket. Tickets are \$50 per person.
japanesefriendshipgarden.org

FRIDAY 6/13

Summer Wine Series
5:30 p.m. at Phoenix City Grille, 5816 N. 16th St. PCG is launching its Summer Wine Series with a Wine 101 course on Friday the 13th. This event caters to beginners looking to learn wine basics and seasoned enthusiasts interested in advanced tasting techniques. The event includes a bottle of wine to take home and the series continues throughout September. Tickets start at \$40 per person.
phoenixcitygrille.com

SATURDAY 6/14

Juneteenth Block Party
7 p.m. at Centerpoint Plaza, 660 S. Mill Ave., Tempe. There’s so much to do at this year’s celebration, it might be hard to decide where to start. Live DJs will have the tunes going and Urban Poet will deliver spoken word performances; there will be dance lessons and dance battles, food trucks, drinks, a cigar lounge, photo ops, interactive art, activities for kids, and the semifinal round of the Downtown Tempe Barber Battle. This event is free.
downtowntempe.com

You Should Be Dancing
1 p.m. at the Marquee Theatre, 730 N. Mill Ave., Tempe. If the title of this event wasn’t enough of a hint, we’re here to explain: this show is all about the music of the Bee Gees. Guests will go back in time and may hear hits like Stayin’ Alive, Night Fever, More than a Woman, and – of course – You Should Be Dancing. This is an 18+ event. Tickets start at \$40.
bayareabeegees.com

SUNDAY 6/15

Sad Songwriter Funeral Performance
5 p.m. at The Womack, 5749 N. 7th St., Phoenix. Don’t let the name of the event fool you – although, this is a concert with sad songs. Attendees will find an opening ceremony, drink specials and performances from local talent like Marcus Rushmore, Ellie Fern, Izzy Mahoubi, Luigi Leone and more. There’s a ‘funeral dress code’ so wear your best black outfit. Cover charge is \$5 and this event is 21 and up.
thewomack.us

FRIDAY 6/20

Ms. Holmes & Ms. Watson
7:30 p.m. at Tempe Center for the Arts, 700 W. Rio Salado Pkwy. Modern-day adventure awaits with this iconic detective duo. American divorcee Dr. Joan Watson moves in with the carefree Shirley Holmes, only to find themselves entangled in a series of mysteries, all related to a supervillain who remains one step ahead of them. Tickets start at \$33.
atc.org

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WHAT'S HAPPENING, ARCADIA?

FRIDAY 6/20

Sip and Swing

6-9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Tee up for an evening of mini golf. Guests can sip on a welcome drink as they try their hands at three different, 9-hole LED courses with challenging obstacles. Putters, scorecards and pencils will be provided on a first-come, first-served basis. There will be live music and food options available for purchase. This event is for grown-ups only. Tickets start at \$17 per person.

dbg.org

Wine Scavenger Hunt

4 p.m. starting at LDV Winery, 7134 E. Stetson Dr., Scottsdale. LDV is celebrating National Selfie Day with a wine-themed scavenger hunt in Old Town. Participants will receive a selfie sign and scavenger form, then explore the area taking selfies to complete tasks and earn points. Registration is \$20 per person and includes a glass of wine or wine flight and snacks.

ldvwinery.com

Forbidden Broadway

7:30 p.m. at Hards Theatre, 1825 N. Central Ave., Phoenix. A show that skewers clichés, idiosyncrasies, and over-the-top moments from Broadway's biggest hits with razor-

sharp wit and spot-on impersonations. This fast-paced, vaudeville-style parody delivers humor and clever social commentary – and might be inappropriate for the youngsters. Tickets start at \$59.

phoenixtheatre.com

FRIDAY 6/20 – SATURDAY 6/21

Sip + Shop Summer Market Series

6 p.m. Friday, 10 a.m.-2 p.m. Saturday, at Hotel Valley Ho, 6850 E. Main St., Scottsdale. The Summer Market Series is back with a celebrity chef dinner on June 21, featuring a three-course meal prepared by Chefs Russell LaCasce, Lee Hillson and Matthew Hobbs. Saturday's market will feature samples, live music, vendors, tastings and a voucher for ZuZu. The market is free to attend, but registration is required. Dinner is \$159 per person.

hotelvalleyho.com

MONDAY 6/23

Baking Across America Book Signing

6:30 p.m. at Changing Hands Bookstore, 6428 S. McClintock Dr., Tempe. B. Dylan Hollis, New York Times bestselling author, is making his way to Tempe to share his latest cookbook, *Baking Across America*. Hollis will share tales of his journey and recipes from the coffee-crazed creations of the Pacific Northwest to the sheet cakes of Texas. Tickets are \$46 per person.

changinghands.com



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Tariffs Are Back— *And Homebuilding Might Feel It*

**New tariffs are on the table so if you're building, renovating, or just shopping for your next project...
now's the time to pay attention.**

The Trump administration has proposed a fresh wave of tariffs aimed at imported goods, especially from China. But the ripple effect could extend beyond just one country. Items from Vietnam, Mexico, and even parts of Europe could also see price pressure due to changes in trade dynamics and retaliatory measures. I recently felt the impacts of the tariffs first hand after being charged an additional 10% on lighting fixtures and had to change our window package to keep our budget in line. It seems like every day brings a new supply disruption or price change that we are juggling to make work within our design.

So what does that mean for your home?

China is a major source for lighting fixtures, plumbing parts, cabinets, tile, flooring, and essential electrical components. Vietnam and Malaysia produce a large share of engineered wood flooring and lower cost cabinetry. Mexico manufactures a surprising amount of HVAC components, doors, and hardware. Even some higher-end European imports like appliances, stone, or specialty fixtures may see delays or price hikes depending on how trade relations unfold.

Add it all up, and it's clear: tariffs aren't just a headline. They could directly affect your bottom line.

At The Brokery, we're always tracking how global trends show up in our local markets. If you're planning a build or renovation, now might be the right time to review your plans, confirm vendor timelines, and possibly lock in pricing before more volatility kicks in.

We'll keep our ear to the ground and help you navigate these shifts because smart timing and solid information still make all the difference. In the meantime, don't hesitate to reach out with any questions or concerns about your next project.

Tucker Blalock



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OUT OF THE AREA, BUT WORTH THE DRIVE

SUNDAY 6/1

Beautiful: The Carole King Musical

2 p.m. at the Arizona Broadway Theatre, 7701 W. Paradise Lane, Peoria. This jukebox-style musical tells the story of singer-songwriter Carole King’s rise to fame. The performance follows a young aspiring songwriter in Brooklyn who becomes one of the most successful solo acts in history while touching on details from her personal and professional life. Tickets start at \$62 per person for show only; \$80 with dinner. VIP seating is available.

azbroadway.org

FRIDAY 6/6

Celebrate Jazz

9 a.m.-5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Open your mind and get ready to explore the world of jazz! There will be live music and dancing, costumes, hands-on activities and crafts, discussion, and when you get hungry, the café has plenty of options for breakfast and lunch. Admission is \$20.

mim.org

SATURDAY 6/7

Cruz’n The Rim Car Show

9 a.m. at Frontier Field, 650 N. 9th Pl., Show Low. The Cruz’n the Rim Car Show will feature a kickoff with the National Anthem. Then, attendees can stroll through the show until 3 p.m. There will also be a poker walk, awards show, games and activities and an auction. This event is free for all ages.

cruzntherim.com

SATURDAY 6/7 – SUNDAY 6/8

Flagstaff Hullabaloo

10 a.m.-9 p.m. on Saturday, 11 a.m.-6 p.m. Sunday, at Wheeler Park, 211 W. Aspen Ave., Flagstaff. Raising money for northern AZ nonprofits, the Flagstaff Hullabaloo will kick off with a bike parade on Saturday morning. The weekend is full of live music,



Summer Day Camp at the Fairmont Scottsdale Princess.

a food court, kid’s games and activities, plus puppets and clowns, costume contests, vendor markets and more. Tickets are \$20 for general admission, with VIP packages available.

flaghulla.com

WEDNESDAY 6/11

Pizza Date Night

6:30 p.m. at Queen Creek Olive Mill, 25062 S. Meridian Road. Get ready to enjoy date night – DIY-style. Chef Vaughn will provide techniques for making the perfect pizza: dough, crust, toss and enjoy while sipping paired wines with each of the three courses. Attendees will also receive discounts on retail items or an autographed cookbook. Registration is \$95 per person.

queencreekolivemill.com

FRIDAY 6/13

Salute to Service Dinner

6 p.m. at Soldier’s Best Friend, 14505 N. 75th Ave., Peoria. Join Soldier’s Best Friend – a nonprofit that pairs service dogs with Veterans – at its annual Salute to Service dinner. Guests will hear testimonies from graduates and learn more



Flagstaff Hullabaloo at Wheeler Park in Flagstaff.

about the nonprofit’s mission while enjoying a good meal. All proceeds from this event go toward continuing to provide life-changing services to eligible veterans. Tickets are \$50.

soldiersbestfriend.org

SATURDAY 6/14 – SUNDAY 6/15

Flagstaff Folk Festival

9:30 a.m.-4 p.m. and 6 p.m. at the Coconino Center for the Arts, 2300 N. Ft. Valley Road, Flagstaff. If folk music is your go-to, you won’t want to miss this festival. More than 150 musicians will grace five different stages, with group acts, fiddlers, string bands, you name it! There will also be workshops for instruments and song writing. Tickets are \$15 per person, per day.

flagfolkfest.org

SUNDAY 6/15 – THURSDAY 6/19

Sonoran Epicurean Escape

Times vary, at Castle Hot Springs, 5050 N. Castle Hot Springs Road, Morristown. “Immerse yourself in a culinary escape” at Castle Hot Springs. Guests can choose a four-day or two-day itinerary and check out hands-on workshops, demonstrations, and exclusive tastings. The resort has partnered with Fresh Start, with 100 percent of proceeds benefiting the foundation. Additions start at \$250 per person, per stay.

castlehotsprings.com

MONDAY 6/16 – FRIDAY 6/20

Summer Day Camp

8:45 a.m.-5:30 p.m. at the Fairmont Scottsdale Princess, 7575 E. Princess Dr. Kids ages 6-12 can check out this brand-new day camp, where activities like lagoon fishing, scavenger hunts, gold panning, sand castle building, swimming, and rubber duck races abound. Lunch is included each day, and camps are available until August 2. Cost is \$600 per week with discounts for added weeks.

scottsdaleprincess.com

SATURDAY 6/21 – SUNDAY 6/22

Prescott Bluegrass Festival

11 a.m.-7 p.m. at the Yavapai County Courthouse Plaza, 120 S. Cortez St., Prescott. This festival is celebrating its 44th year with all the tunes. There will be national, regional, and local musical groups – and headlining this year’s show are the High Plains Tradition. Guests will find a raffle prize giveaway, vendors, a food court and camping spots available. This event is free for all ages.

prescott.org

FRIDAY 6/27

Artisan Alley

6-10 p.m. at Westgate, 6770 N. Sunrise Blvd., Glendale. Westgate’s outdoor market features homegrown makers, creators, artists and more. Attendees can mingle with locals and learn about independent small businesses. This season’s vendors include a mix of products, textiles, fashion, jewelry, unique gifts, self-care and sustainable items – and you can bring your pups! Admission is free.

westgateaz.com

SATURDAY 6/28

Valley Jazz Cooperative Alumni Band

7 p.m. at Ravenscroft, 8445 E. Hartford Dr., Scottsdale. The Valley Jazz Cooperative Alumni Band returns to Ravenscroft Hall for an event featuring two big bands of talented former VJC members performing under the direction of founder Russell Schmidt. Established in 2022, the Alumni Band allows graduates of the VJC – a free jazz education initiative for middle and high school students – to reunite and showcase their artistry. Tickets are \$20.

theravenscroft.com





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Arcadia resident and founder Scott Jagodzinski

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Featured in the January 2025 Arcadia News

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Local events to kick off this year!

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Charlotte, Danielle, Henry and Josh Bronfman.

Catch some zzzs thanks to these dream-building dads

By Cliff Summerhill

The idea behind The Dreamer began simply: with a pencil, paper, and a sleepless night.

After Arcadia dad Joshua Bronfman and his family of four found themselves wide awake in the middle of the night due to a broken and unfixable sound machine for their newborn, he knew there had to be something better.

“Nobody would get any sleep until the sound machine was fixed,” Bronfman said. “Easier said than done because it took a bunch of batteries and the world’s smallest screwdriver to fix it.”

Bronfman’s family has just moved into a new rental and had no idea where the tools, let alone batteries, might be.

“We started looking for a replacement, but to our surprise, there wasn’t anything better on the market,” Bronfman said.

After some research and countless designs, Bronfman and business partner Nik Wogen decided to take matters into their own hands and created The Dreamer, a new sleep machine that benefits babies and, well, anyone who utilizes a machine to help them sleep through the night.

Bronfman and his wife Danielle are the parents of two-year-old Henry and eight-month-old Charlotte. They’ve lived in Arizona for 25 years and called Arcadia home for the last 15 of them.

“We love it here and can’t imagine raising our family anywhere else,” Bronfman said.

Wogen, an engineer and professional photographer and cinematographer has two children with his wife, Olivia: 11-year-old Zeke and seven-year-old Zoe.

The daddy duo wanted to ensure they adapted the right technology for hands-free usage and safety. The outside of the machine is made from food-grade, BPA-free silicone, so it’s soft and safe for teething toddlers, durable, and easy to clean. The product is also equipped with a magnetic strap and can



The Dreamer features curated dreamscapes that incorporate healing frequencies.

be attached to strollers, car seats, cribs, or diaper bags.

“We wanted something reliable and incorporated modern technology to suit our needs better as parents,” Bronfman shared. “We wanted something that parents could take on the go, whether you’re on a road trip or navigating a grocery store meltdown.”

The Dreamer features curated dreamscapes that incorporate healing frequencies, which have been shown to help lower heart rates and promote deeper sleep. Wogen also incorporated natural frequencies based on scientific research.

Parents can control The Dreamer from their phones via a mobile app that allows users to adjust volume, switch sounds, set timers, and receive firmware updates to improve performance. According to Bronfman, several doctors and psychologists have endorsed the machine, and some hospitals have approached him to use the product in hospital rooms.

“We’re grateful for the response,” Bronfman said. “The Dreamer is the first product we have made, the first idea that we felt passionate about, and we can’t wait to develop more products to help parents and kids.”

sleepwithdreamer.com

JUNE DAYS

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OldTownScottsdaleAZ.com



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NEW LISTING \$10,295,000 9790 North 56th Street
4 bedrooms, 5 baths, 8,000 square feet



JUST SOLD \$4,195,000 4001 North 65th Place
4 bedrooms, 5 baths, 3,873 square feet



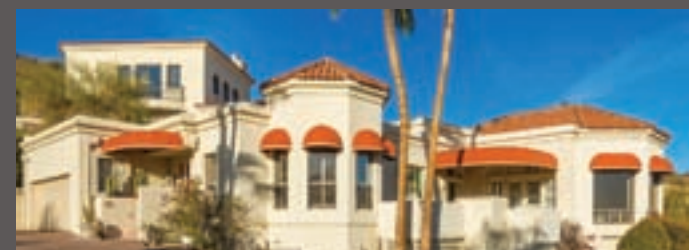
SALE PENDING \$6,495,000 34 Biltmore Estates
6 bedrooms, 8 baths, 8,973 square feet



SALE PENDING \$4,997,000 4423 North Camino Allenada
4 bedrooms, 5 baths, 5,682 square feet
4423caminoallenada.com



\$6,480,000 or lease \$25,000 per month
4350 North Jokake
6 bedrooms, 7 baths, 6,750 square feet



\$2,498,000 3800 East Lincoln #54
3 bedrooms, 3 baths, 4,025 square feet



SALE PENDING \$2,995,000 12075 North 76th Court
4 bedrooms, 5 baths, 3,902 square feet



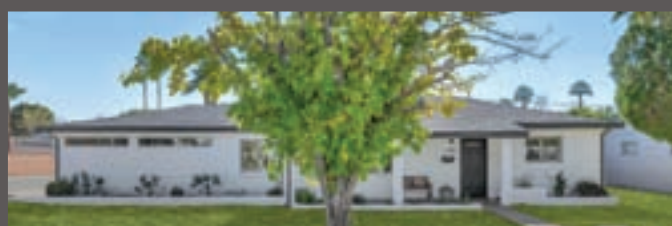
\$7,990,000 6216 North 38th Place
5 bedrooms, 7 baths, 11,097 square feet
6216north38thplace.com



\$5,995,000 6850 North Joshua Tree
4 bedrooms, 7 baths, 5,988 square feet



SALE PENDING \$4,395,000 6102 East Calle del Norte
4 bedrooms, 5 baths, 4,270 square feet



\$775,000 1043 East Oregon
3 bedrooms, 2 baths, 1,835 square feet
1043oregon.com



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



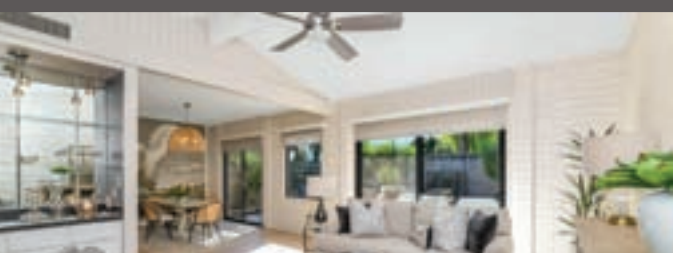
SALE PENDING CALL FOR PRICING 8436 North Golf Drive
6 bedrooms, 7 baths, 8,216 square feet



\$1,895,000 7157 East Rancho Vista 4001
3 bedrooms, 2 baths, 2,213 square feet
7157ranchovista4001.com



\$1,300,000 7295 North Scottsdale Road #1004
3 bedrooms, 4 baths, 3,161 square feet



NEW LISTING \$397,000 or lease \$3,600 per month
4525 North 66th Street #10
2 bedrooms, 3 baths, 3,002 square feet



JUST SOLD \$2,500,000 3511 East Orange
4 bedrooms, 4 baths, 3,002 square feet
3511orange.com



NEW LISTING \$2,995,000 4035 East McDonald
5 bedrooms, 5 baths, 4,365 square feet
4035mcdonald.com



\$1,400,000 7039 East Main Street A206
2 bedrooms, 2 baths, 1,865 square feet



\$17,900,000 6836 East Hummingbird
6 bedrooms, 9 baths, 10,095 square feet
6836hummingbird.com



NEW LISTING \$2,995,000 8108 East Del Cristal
4 bedrooms, 4 baths, 3,136 square feet
8108delcristal.com



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\$3,895,000 12201 North 65th Street
5 bedrooms, 7 baths, 6,151 square feet



\$4,595,000 5335 East Exeter
4 bedrooms, 5 baths, 5,119 square feet

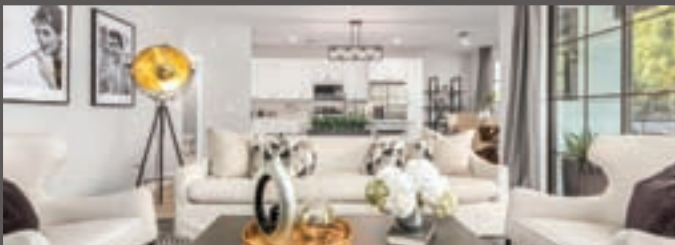


\$2,995,000 4601 East Solano
4 bedrooms, 3 baths, 4,367 square feet



JUST SOLD

\$3,295,000 6228 East Calle del Media
4 bedrooms, 3 baths, 3,472 square feet
6228calledelmedia.com



\$589,000 or lease \$3,150 per month
2604 North 27th Street #4
3 bedrooms, 3 baths, 1,681 square feet



\$2,399,950 6920 East 2nd Street
3 bedrooms, 4 baths, 3,014 square feet
Oldtown5.com



JUST SOLD

\$995,000 8337 East Minnezona
3 bedrooms, 2 baths, 2,133 square feet
8337minnezona.com



\$2,595,000 4450 North 53rd Street
.78 acre lot with superb mountain views



SALE PENDING

5115 East Exeter
CALL FOR PRICING AND INFORMATION



\$1,119,000 3730 East Cat Balue
4 bedrooms, 4 baths, 3,522 square feet



\$413,000 11260 North 92nd Street #1060
2 bedrooms, 2 baths, 1,298 square feet



\$1,295,000 4642 North 31st Street
3 bedrooms, 2 baths, 2,050 square feet
4642north31ststreet.com



FOR LEASE

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



SALE PENDING

\$2,165,000 4511 North 38th Place
6 bedrooms, 5 baths, 3,545 square feet



JUST SOLD

\$1,595,000 3801 North Goldwater #301
3 bedrooms, 3 baths, 3,443 square feet



\$2,449,950 6914 East 2nd Street
4 bedrooms, 4 baths, 3,014 square feet
oldtown5.com



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



SALE PENDING

\$2,589,500 6916 East 2nd Street
4 bedrooms, 4 baths, 3,014 square feet
Oldtown5.com



Robert Joffe



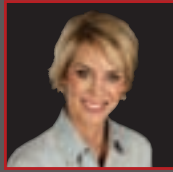
Andrew Mehlman



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Z. Jawanmardi



Ben Mehlman

See more TJG listings on back cover

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In the Kitchen

with **Phil Rubino**, Executive Chef at Élephante

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Executive Chef Phil Rubino's culinary journey covers Michelin-starred kitchens, family traditions, and a deep-rooted love for Italian cuisine. With a background shaped by his Chicago upbringing and years in fine dining, Chef Rubino brings passion and personality to every dish he creates.

Tell us about the restaurant and Wish You Were Here Group.

There are two locations – one in Santa Monica, and one in Scottsdale. Wish You Were Here group has restaurants in New York, Vegas, Los Angeles and now Arizona. Élephante opened in 2018 as a coastal Italian restaurant where everything is made in-house.

In New York is a concept called Ruby's, which is an all-day Australian café. That was the first restaurant Nick Mathers launched before Wish You Were Here came about. He opened the café because he couldn't find any good coffee in the neighborhood he was in [laughs] – that's how the group started, and now there are eight Ruby's.

Dudleys has a more neighborhood-y corner pub and bistro vibe. There's Belles, in Venice, which is a Hawaiian tiki bar; Leoncito is in Vegas at the Red Rock, that one is more Mexican themed – fajitas, tacos, things like that.

Kassi Beach House in The Virgin Hotel in Las Vegas is the closest to Élephante as far as the menu goes, but it's more Mediterranean, less Italian.

What was the inspiration for choosing Scottsdale?

Scottsdale has a little bit of the Los Angeles and Santa Monica feel, and the same kind of demographic. Outside of being a beautiful city, it's very up-and-coming so there's a lot of great companies and restaurants opening here. We saw that happening and wanted to get ahead of it.

Did you always know you'd be in the restaurant industry?

From a pretty young age, yeah. I grew up in a bakery that my dad owns in Chicago. It's been in the family since 1956 and my dad bought it from his uncle in 1983. I grew up there, never had a 'real job' in high school and I was accustomed to the industry.

I knew that I wanted to be a chef. My younger brother is a baker, he runs the family business now. As a child, my grandmother would sit me in front of the TV and we'd watch *Yan Can Cook* and *The Frugal Gourmet*. She'd set up a tray with some dried beans or something and I'd cook along with the chefs.

In high school, cooking and working in restaurants was all I thought about. There was a moment when I wanted to be a history teacher, but going to a four year college for the certificate wasn't for me. Right out of high school I went to culinary school and my journey started there.



Which restaurants did you gain experience from while in culinary school?

I worked at a three Michelin Star restaurant called L20 under Laurent Gras, at a two Michelin Star restaurant called Acadia; Spiaggia, which was a very famous Italian restaurant in Chicago that's now closed; I worked for master sommelier Alpina Singh as the executive chef at Boarding House; for Jared Wentworth of Longman & Eagle and Dusek's – both Michelin Star restaurants.

I have a fine dining background, but Italian food has always brought me comfort. It's something I've always been interested in, regardless of where I was working or what I was cooking. When I started finding my own way in cooking, Italian was a natural fit.

How did you come to be in Scottsdale?

When I left Chicago, I was working for the Kimpton hotel group. I decided to move to Los Angeles to

help open a hotel called The Everly in Hollywood and I just... didn't really enjoy my time there. I met Thomas Lim [chef partner for Wish You Were Here] and he told me about Élephante and showed me the space. It was right up my alley, all the stuff I'm good at and enjoy cooking, so it was a natural fit.

I left LA in 2021 and went back to Chicago to spend time with my parents; right around 2023 is when we started talks about opening Élephante in Scottsdale.

What can guests find at the restaurant?

Southern Italian, coastal cuisine. We use more olive oil than dairy; a lot of citrus and vinegar. The food is lighter and brighter. It's not a 'heavy' menu. The pizzas are not a thick, doughy crust. They're like a hybrid between a New York slice and a Napolitana pizza. We use a 25-year-old starter that gives the dough a sourdough taste. Our pasta is the same way.

Talk to us about the drink program.

Our VP of beverage is Julien Calella. He's been with the company as long as I have and oversees the beverages at all the company's restaurants. We juice orange, lime and lemon juice daily. The bar program represents the kitchen in the aspect that they make garnishes in house and the drinks aren't super fancy or crazy, they're all straightforward. We looked at the Mediterranean 'cocktail world' and added some tequilas and mezcals. Light, refreshing, citrusy.

What's Bar Bambino?

It's next door; it's our version of a speakeasy cocktail lounge. It's more beverage forward but there's a small food offering with a few items that aren't on the regular menu. It's open nightly Wednesday through Sunday. On the weekends it's open a bit later with a DJ and bottle service, and it's geared toward grownups only. We want it to be a cool little date spot.

What, in your opinion, makes Élephante a popular spot?

A lot of things. I think it's the décor, the cocktails, the vibe. When you walk in, there's a certain energy in the room, whether it's the early part of the evening or later when we're busy. The music, the employees, the patrons – it's not just food and drinks that make Élephante, Élephante.

What is the most popular item on the menu?

Hands-down the whipped eggplant – and that came about accidentally. I'd used the dish previously in Chicago. It was always a recipe I had in my back pocket. When we were developing the Santa Monica venue, I'd made the whipped eggplant for some other reason, I can't remember why, but we were testing pizza dough at the same time. Thomas decided to use the dough to dip into the cold eggplant puree, looked at me and said, 'this is a thing we're going to do.' Now we're known for it. And after more than seven years of making it – I love it – but I never want to eat it again [laughs].

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

Hanging out with my dog or riding my motorcycle – but not for much longer. I learned the hard way that summer gets a little hot here [laughs].

After 20 plus years in the industry, how do you stay calm when things get crazy?

I have my moments, as all chefs do. I think as you grow and mature, you realize that those moments don't solve any problems. You see situations for what they are, and regardless, you're going to get out of that situation at some point.

What's your favorite thing to cook?

I don't really cook at home, but if I do, it's chicken cutlets. As a good Italian American boy, I grew up on cutlets, so they hold a lot of good memories. There's always chicken in the freezer and breadcrumbs and seasonings within arm's reach at my house.

What advice do you have for a novice chef or restaurateur?

Don't get discouraged. Good things come, but you must work really hard at it, especially in this industry. I've worked for a lot of great people and learned so much, and sometimes I've had to take a step back and reflect on that. Patience is the game, and knowing that this industry has something for everyone.

Where's your go-to spot for a night out?

Trevor's in Arcadia. It was one of the first places I went when I moved here. I have an extensive bourbon and tequila collection at home, so I love Trevor's for that. Outside of the liquor selection, the pizza is fantastic. The white pizza with the sausage and caramelized onions... so good!

What's next for Wish You Were Here?

We're working on a Dallas location and hoping to have that up and running next summer. After that, we'll see where we end up!

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"Meet Mr." | Ray Artigue

Ray Artigue

Written by Joey Artigue, in honor of his father

If you had the chance to interview your father, what would you ask him? I'm blessed – I get to sit down with mine every week over coffee at The Henry, and ask him about everything from family to big ideas. But for this project, I didn't ask him any questions. Normally, he's the one writing this column, clipping it out each month to mail to the person he's profiled, always with a handwritten note. This time, the subject is him. Surprise, dad!

The story's been told before that this column is part of our family's legacy. My grandfather wrote the original "Meet Mr." column for the *Phoenix Gazette*. My dad carried it forward in the *Arcadia News*. And now, just for this issue, I get the honor of adding a third generation of Artigue to its byline. I think my grandfather would be proud of my dad – I know I am.

He is the son of two journalists who met at the *Arizona Republic*. Growing up, print journalism put food on the table. He followed that lineage to ASU's Cronkite School of Journalism, where he graduated and was later inducted into the school's Hall of Fame; a well-deserved honor for someone who's dedicated his life to storytelling, truth, and human connection.

Over the years, in his home office, he's authored

multiple books: a respected marketing textbook, a book of poetry, a thoughtful book on marriage, and most recently, *Wisdom and Wonderment* (find that story on page 20). He spent over 20 years working in professional sports, authoring everything from press releases to marketing taglines for our favorite Valley teams.

Beyond the bylines and accolades, he's a loving husband, father and friend. He's been married to my mom for nearly 47 years – a partnership that's equal amounts of love, humor, and unwavering support. In 1980, they bought

her childhood home in Arcadia from my grandparents, and they've treasured living here ever since.

If you know my dad, you know how much he gives. He's generous with his time, his words, and his wisdom.

He has a deep love for people and a gift for making them feel seen and heard. Whether he's writing a column, serving on a local civic board, or bumping into a colleague at The Henry, he shows up with his full heart.

My dad's journey in life included attending 15 different primary schools as he was passed around homes and cities to live with relatives. His parents and brother fought demons that are common in our world, but not often spoken about. Out of this chaos and dysfunction, he found Jesus and it's that guiding light that produced

Whether he's writing a column, serving on a civic board, or bumping into a colleague, he shows up with his full heart.



Ray's son Joey (left) is the author of this month's Meet Mr.

the man so many of you know. Kind, loving, selfless and a model citizen – nothing short of a miracle.

This Father's Day is especially meaningful for us both. It's my first as a dad, and his first as a grandfather. Watching him step into his new role with the same warmth and wonderment he's always brought to fatherhood is something that I already cherish. He's the greatest man I'll ever know, and I'm honored to be his namesake.

Dad, thank you for your example, your encouragement, and endless lessons, told with stories. It's your turn in the spotlight, and I couldn't be prouder to be your son.

Happy Father's Day!



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PHX to Kyrgyzstan to NASA?

By Michael P. Murphy

It was a lot of hard work for 18-year-old Sage Schaffer to fulfill the fitness requirements and impress an officer in a 30-minute interview to earn a Navy ROTC scholarship. Then...she withdrew it.

Sage, a recently graduated senior at Madison Highland Prep, had good reason. As a student with a passion for science, she had another opportunity that would put her on the path to fulfill her dream of becoming an astronaut. And as she sees it, space is cool.

"I Googled 'what does it take to be an astronaut,' and I learned there's a Russian requirement, so I wanted to join a program where I would become fluent in Russian," Sage said.

She joined the National Security Language Initiative for Youth, a State Department program that supports students spending extended time overseas for further education in a foreign language.

This August, she will begin the next year of living with a host family in Kyrgyzstan, where she will further her study of the Russian language and be in a culture that speaks it.

"I also want to see if I can be involved in a service project," she said. I'd like to identify a problem with the community and see if I can contribute to the solution."

To know Sage is to know a real go-getter. This year, she was one of 36 Flinn Scholarship



Sage Schaffer

finalists. She authored the essay on her phone and turned it in mere minutes before the deadline.

She is also one of 33 Advanced Placement scholars with honors. Her project for Polygence, an online research program for middle and high school students, earned second place in the Arizona Science and Engineering Fair.

Sage has a heart for service; a big part of that is in the spirit of giving back. She started the Science Society, a club to help students apply to competitive programs, prepare for Olympiad competitions, and pursue independent research, especially in unrepresented fields.

"I wanted to make students aware of opportunities," she said. "I didn't realize the National Security Language Initiative for Youth was even a thing. There are so many opportunities for high school students that are completely free but not so well known."

After Kyrgyzstan, she will attend Georgia Tech this fall and hopes to be in the honors program, where she will study aerospace engineering. She will reapply for that ROTC scholarship with the Navy or Space Force. For Sage Schaffer, pursuing the final frontier is a journey worth traveling.



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‘Wisdom & Wonderment’ offers reflection and inspiration

By Sherry Sklar

From early childhood, author Ray Artigue collected phrases and sayings the way other kids might roam the beach, gathering colorful seashells as mementos from summer vacations.

Instead of squirreling his treasures in a shoebox, he saved them carefully, not knowing why he felt compelled to do so. These sayings were kept in files, folders, desk drawers, and gloveboxes, becoming touchstones of his life’s hidden corners.

Over the years, he would return to them in moments of grief and reflection, drawing on their quiet strength as he built a life and career grounded in words.

A lifelong Arizonan, Ray is a veteran marketing and PR executive and a former professor at ASU’s W.P. Carey School of Business. He and his wife, Martha, have lived in Arcadia for 35 years, where they raised two children.

He discovered a love of writing early on, a passion foundational to his career. He believes in the power of words to guide, ground, and connect people, both in business and life.

“You can make anything happen by writing,” he shared, quoting C.S. Lewis. This enduring faith in words led him to write *Wisdom & Wonderment: A Collection of Timeless Quotations for Modern-Day Reflection and Growth*.

The book, drawn from Ray’s personal archive and written over seven years, is organized into 17 themed chapters, followed by a thoughtful conclusion, *Author’s Musings & More*, and a closing invitation to the reader.

Each chapter pairs quotations with personal reflections that may seem unrelated at first glance, yet together, they build a theme exploring human emotions, such as joy, fear, grief and personal growth, from creativity to knowledge and adventure. He acknowledges that each individual brings unique experiences to interpreting a text.

“In high school, we’d read a poem, maybe Robert Frost, and everyone had a different take,” he recalled. “Then the teacher would say, ‘Here’s what it means.’ I always thought, *how do you know?* Literature speaks to each of us differently,” he said.

Paraclete Press, a Massachusetts-based publishing house, published *Wisdom & Wonderment*. Ray collaborated closely with the art director throughout the 18-month process that he describes with pride. This was not only a heartfelt project, but a bucket-list achievement.

“One of my favorite quotations is from



Ray Artigue

Benjamin Franklin: ‘If you don’t like to be forgotten as soon as you’re dead, either write something worth reading, or do something worth the writing,’” he said. “I love that. It speaks to me about legacy. While it’s true that very few will remember us in 50 or 75 years, it doesn’t keep me up at night! I did my utmost to leave behind something worthwhile that someone might pick up and find value in the future.”

Ray turned to the chapter’s opening, which resonated deeply. He writes about the nature of grief and the weight of losing so much at such a young age.

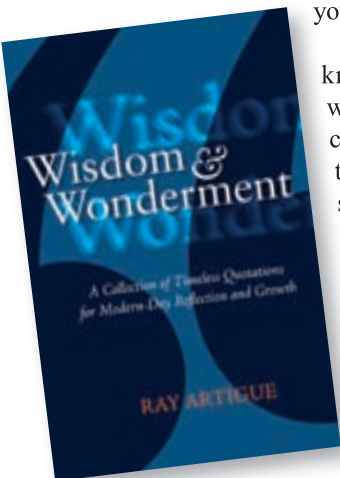
“Although none of us knows this road unless we have walked it, I take comfort in words because to grieve means we cared somewhere along the way, and that someone cared back,” he said.

With *Wisdom & Wonderment*, Ray hopes readers will more fully contemplate their life’s meaning, role, and impact on others.

A fan of immersive storytellers like Stephen King and J.K. Rowling, he is working on his next book, a thrilling revenge tale with a working title of *Payback*. He expects to complete the first draft by Labor Day, promising a page-turner that keeps readers on edge.

Having called Arcadia home for 35 years, Ray sees family and community as inseparable. That foundation of love, care, and connection guides his writing. With each word, he’s crafting a legacy rooted not only in reflection but in hope.

Wisdom & Wonderment is available on Amazon.



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18 Under 18: Turning sunlight and service into lasting change

By Mark Hays

Sarah Bendok, a Phoenix Country Day School junior, and Xavier graduate Maryam Al Qaderi started their summers off with honors as part of Junior Achievement of Arizona’s prestigious 18 Under 18 list, which recognizes youth that are making meaningful contributions to their communities.

Sarah was recognized for her work in agrivoltaics, a sustainable agriculture practice that combines solar panels and farming to increase crop yield, reduce irrigation needs, and supply clean energy.

This passion stems from summers spent in Lebanon working alongside farmers in her grandmother’s village. Back in the Valley, she applied the innovation to serving underprivileged areas with Growing Green, a nonprofit Sarah created to bring Phoenix’s first grid-connected agrivoltaics system to life.

The project has reduced Spaces of Opportunity’s (community garden) carbon

footprint by 200 tons and cut irrigation needs by 20 percent.

South Phoenix is known as a food desert where access to fresh produce remains a daily challenge. Spaces of Opportunity donates its produce to food banks, farmers markets, and school cafeterias in other underserved areas.

Sarah has extended her efforts to education, co-developing an agrivoltaics curriculum that is now used in 17 schools through partnerships with ASU and the University of Arizona. She’s also presented her work nationally and participates in the Governor’s Youth Commission, her school’s robotics team, and the Environmental Club.

“Working with younger students was inspiring and a great way to continue serving the area. The seed you initially plant, with time, effort, and action, will turn into this thing you dreamed of,” she said.

She plans to study chemical engineering in college, continuing her work of providing



Maryam al Qaderi



Sarah Bendok

food, power, and innovation in any way she can.

Maryam was commended for her leadership in service, medicine, and research. She said the award reflects her personal journey and the value of giving back.

“I felt honored to be named one of JA’s 18 Under 18. It showed how hard work, dedication, and commitment are really important to me and my community,” she said.

As president of her school’s National Honor Society, Maryam led a four-week canned food drive that collected over 690,000 cans for St. Vincent de Paul, breaking a 40-year school record.

She also led a team in the Leukemia & Lymphoma Society Student Visionaries campaign, helping raise over \$100,000 in seven weeks and volunteering with TGen, conducting research on pediatric brain tumors. She’s a state champion in original oratory through the AIA speech and debate tournaments and will attend Harvard University as a pre-med student this fall.

As members of Junior Achievement’s 18 Under 18, Sarah and Maryam are proving that bold ideas can drive real change. With roots in service and eyes on the future, they’re not just imagining a better world, they’re building it.

jaaz.org

Flipping the script: Phoenix author debuts YA novel

By Kylie de Best

Navigating high school as a teenage girl often means walking a social tightrope. Be too quiet and you’re invisible; too outspoken and you’re labeled “annoying.” It’s a balancing act Phoenix native Sabrina Grimaldi remembers well, and one she channels into her debut novel, *We Are Not the Same*.

Drawing loosely from her own experience, Grimaldi revisits the emotional fallout of betrayal and insecurity. A classmate who pretended to be her friend in order to get closer to her boyfriend left a lasting impression. She did something everyone goes through at some point during high school – comparing herself to everyone else, questioning her worth, and wondering if she measured up.

These relatable feelings helped shape the characters in her novel, which follows two teen girls, Madi and Aspen,



Sabrina Grimaldi

caught in a love triangle. But instead of focusing solely on the romantic stakes, Grimaldi looks at each side with a feminist lens, exploring how societal pressures pit young women against each other, and how healing begins when they recognize shared struggles.

Readers from Arizona will recognize familiar scenes set in Phoenix and Flagstaff, a nod to

Grimaldi’s roots. A graduate of Northern Arizona University, where she studied journalism, she’s built a career as a freelance writer and book editor. Her work has appeared in *Arizona Daily Sun*, *Flag Live!* and *Arcadia News*.

In 2024, she decided it was time to tell her own story. Committing to a weekly writing schedule at a



nearby coffee shop, she completed the novel and self-published it in a year. Now, she’s focused on promoting the book and reaching readers who see themselves in her story.

Grimaldi is also the founder of *The Zillennial Zine*, a digital lifestyle magazine that has earned international attention, including features in *CNN*, *USA Today*, and *The New York Times*. Last year, she was named to the *Phoenix Business Journal*’s Inno 25 Under 25, recognizing local innovators in media and entrepreneurship.

With *We Are Not the Same*, Grimaldi hopes to not only entertain, but also empower young readers who are learning to define themselves on their own terms. Find the book on Amazon.



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Spring wildflowers take center stage at Gallery Andrea

By Sherry Sklar

Known for its uplifting floral paintings, vivid landscapes and sculptures, Gallery Andrea's art greets visitors at every turn.

The women-owned business in Scottsdale's arts district was founded in 2004 by Hungarian-born artist Andrea de Kerpely-Zak and her daughter, Andrea Zakrzewski. It showcases expressive floral works alongside a curated selection of local and international artists.

The eponymous space – a Main Street staple for more than two decades – is currently presenting its Spring Wildflower Show through June 15. It's a visual balm to counter the increasingly hot days of early summer.

Several featured pieces, such as Spring Garden and Healing Springwildflowers, reflect the gallery's signature blend of expressive color and emotional uplift. Many of the paintings were created outdoors and feature native wildflowers like African daisies and Mexican gold poppies, bringing the vibrancy and resilience of the desert landscape to canvas.

Zakrzewski is not only Andrea's daughter and business partner – she's also an artist in her own right. She showcases her floral paintings alongside her mother's along with a fashion line of hand-painted and screen-printed wearable art suited to Arizona's relaxed lifestyle and climate.

"It's for the lady who doesn't want to reveal too much skin; flowy, forgiving pieces," Zakrzewski shared. Her wearable art dress, *Abundance*, features her mother's silk-screened flowers on an easy-to-wear silhouette.

Andrea studied with still-life painter Janos Nagy in Hungary before fleeing her homeland during the 1956 Hungarian Uprising to escape the communist regime. She then moved to Canada to study with landscape artist Arthur Lismer, a member of Canada's famed Group of Seven.



Owners Andrea Zakrzewski and Andrea de Kerpely-Zak.



Superstition Mountains by Rusty Walker.

Eventually moving to the Midwestern United States, she married and raised her family while continuing to paint. After her husband's job transfer to Hawaii for two years, she knew their next move would be to Arizona, a place she had briefly visited years earlier and felt drawn to.

"I was very inspired by Arizona. It was nothing like anywhere else because of the cacti and the flowers," Andrea recalled.

Known for her bright impressionistic florals, Andrea's art represents her escape from oppression through her compositions.

"My mother's flowers are a symbol of freedom. That's why they're not enclosed in vases," Zakrzewski said.

In the late 1980s, Andrea was commissioned by the Polish Congress to complete two floral paintings for Pope John Paul II, whom she met during his 1987 stateside visit. A copy of one of her commissioned paintings hangs in the gallery.

The space reflects the mother-daughter bond and creative partnership between Andrea and her daughter, who refers to herself as her mother's protégé. They've been creating side by side for decades,



Spring Poppies by Andrea de Kerpely-Zak.



Spring Garden by Andrea de Kerpely-Zak

sharing a table beneath a skylight in their home.

A graduate of ASU's Cronkite School of Journalism, Zakrzewski knew her media education and her mother's artistic talent could lead to a successful collaboration. Andrea had been showing work in other galleries when the idea of opening their own space began to take shape.

Zakrzewski's passion and mission are to promote her mother's artistic legacy.

The gallery continues to grow through the natural balance of artistic legacy and thoughtful stewardship. It also offers

visibility and support to emerging and established artists.

With the Spring Wildflower Show on view through June 15, the duo will share the stories behind the artworks and artists, and let guests experience the optimism and color that are signature notes of Gallery Andrea.

Whether you are a long-time collector or a first-time visitor, this is a welcoming space. You may find something that speaks to your heart and perhaps take a little beauty home with you.

artandrea.com

Summer has begun! Here are some notable items for June

DISTRICT 6 UPDATE

Last month, I had the privilege of attending Interim Chief Orender's swearing-in ceremony – a moment that marked a significant milestone in his career and symbolized the continued strength and unity within our public safety leadership. It was inspiring to witness the immense support from his colleagues, community leaders, and loved ones, all standing together in recognition of his dedication and service.

Interim Chief Orender has earned the respect and trust of those around him, and there is no doubt he will lead with integrity, wisdom, and compassion.

I have full confidence and look forward to seeing the positive impact he will continue to make in Phoenix.

Celebrate community and culture on 602 Day: June 2

Phoenix is gearing up for its annual 602 day celebration. Named after the city's historic area code, this event brings

residents together with a variety of deals, discounts, and community-centered activities. Businesses and organizations will join in promoting civic pride and neighborhood spirit. For more details, visit investinphoenix.com.

Phoenix Parks & Rec Pass: Unlock the city

Your gateway to hundreds of programs and citywide recreation, the Phoenix Parks and Recreation Pass is now available online and at neighborhood centers. Enjoy access to those centers, fitness rooms, game areas, and admission to an array of free and paid classes. Rates are \$20 for adults (\$40 for non-residents), \$5 for 17 and under (\$10 for non-residents) and day passes can be secured for \$2.

Global connections: District 6 welcomes Israeli Delegation

As part of the U.S. Department of State's International Visitor Leadership Program, a delegation from Israel visited Phoenix to study community-based crime prevention strategies. The exchange highlighted efforts to build trust between law enforcement and communities, promote youth civic



KEVIN ROBINSON

Councilman
District 6

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engagement, and address the root causes of crime. It was a valuable opportunity for cross-cultural learning and collaboration in public safety reform.

Water conservation workshops for educators

This June, Phoenix Water Services is offering Water Smart workshops designed for high school educators. These interactive sessions equip teachers with classroom-ready tools and lessons on water conservation, aiming to

inspire students to be stewards of our environment.

As we celebrate new leadership, community pride, global partnerships, and educational opportunities, it's clear that Phoenix continues to grow stronger through connection and collaboration.

Thank you!

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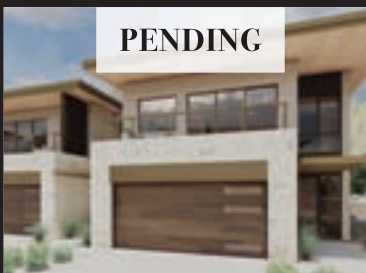
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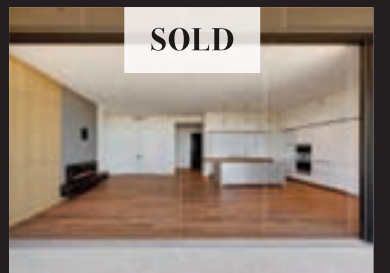
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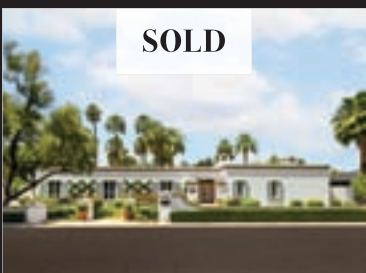
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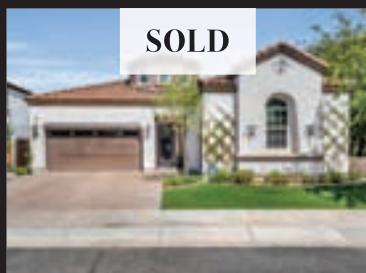
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\$1,750,000 - 6508 N 28th Street
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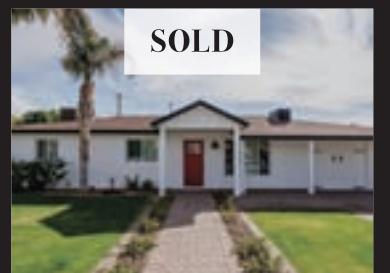
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\$1,425,000 - 4639 N 29th Street
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\$865,000 - 4307 E Turney Avenue
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In this town, music flows and everyone knows your name

From historic warehouses to 125-year-old saloons and brisket that smokes for sixteen hours, Globe is a town full of character, where stories cling to every brick and everyone knows your name – even after one visit.

Pickle Barrel Trading Post is a sprawling, 7,000-square-foot wonderland that’s part antique mall, part museum, and part modern-day trading post. Two decades ago, Kelly and Jim Moss, former educators who once lived and taught on the Hopi reservation, drove past the empty warehouse, and couldn’t shake it.



Robin's Adventures
BY ROBIN SEWELL

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

What began as a curiosity turned into a mission to preserve history, support Indigenous artisans, and create a place where every item has a soul.

“We didn’t want to just sell antiques,” Jim said. “We wanted to include the Native art and supplies that reflect this region’s true history.”

They now supply ceremonial materials to the San Carlos Apache, and work with Native artisans who create jewelry, moccasins, and more. The result is an experience as layered as the

town itself, one that draws visitors from all over the world and still feels like home.

Down the road, Silver Tap .928 is humming with a different kind of energy. Music spills out from inside, blending with the sounds of laughter, clinking glasses, and



Salinas Smoke Street BBQ serves brisket, pulled pork, and ribs. (right) Pickle Barrel Trading Post is a sprawling antique mall.



heels on hardwood. Inside, the vibe is cozy and cool, with brick walls, twenty-six beers on tap, and live music nearly every night of the week.

Co-owner Dawn Michelle Caldera and her husband Jess opened the bar with a vision of celebrating Globe’s roots and its future.

“Silver because the town was founded on it. Tap for the beers. And .928 is the area code,” she said with a grin.

The couple’s attention to detail goes beyond the name. From acoustic nights to full-stage performances, a specialty cocktail honoring a hometown Black Hawk hero, and a staff that feels more like family, Silver Tap .928 has quickly become the beating heart of Globe nightlife.

And when your day (or night) calls for a little smoky indulgence, Salinas Smoke Street BBQ is the place to be. Erica and David Salinas started their journey with a tent, a smoker, and a dream.

Today, they’re serving up brisket, pulled pork, and ribs

that fall apart with a fork and a side of community with every plate.

“We smoke everything fresh for that day,” David said. “It’s not coming from the freezer. It’s mesquite or pecan wood, and it’s all about taking our time.”

What began as a food truck quickly became a local sensation. Their Mexican-inspired sauces, smoky mac and cheese, and a cornbread casserole that requires a fork have created a devoted fan base. And it’s not just the food, it’s the space.

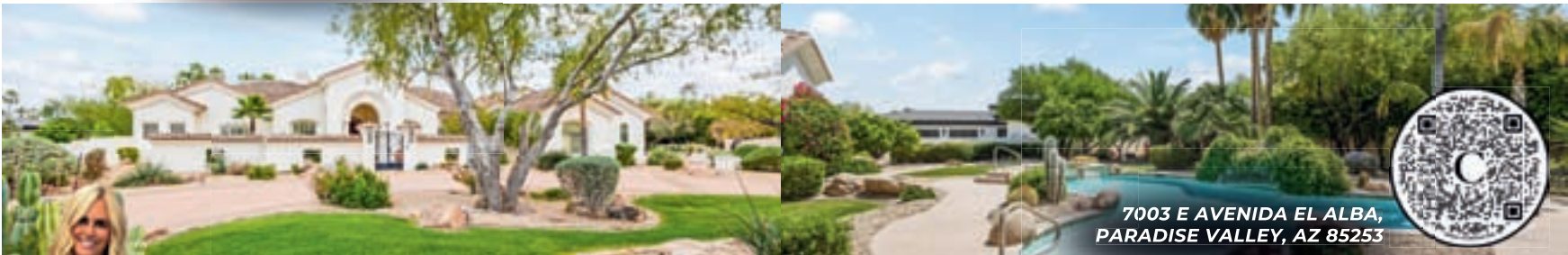
There’s room for families, games for kids, and enough backyard charm to turn dinner into an event. Locals rave about the brisket, but what stands out most is the sense of belonging.

What ties these places together isn’t just location. It’s pride. It’s people pouring their hearts into spaces that feed you, welcome you, and make you want to stay a little longer. Globe may be small. But its spirit? That’s as big as the Arizona sky.

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Soledad's winning artwork represents the need for renewable and clean energy sources, something she feels passionate about.

Road trip inspiration earned this teen a 'cool' award

By Cliff Summerhill

Xavier sophomore Soledad Tumialán has been named a 2025 Cool Science Award winner for her original artwork promoting environmental sustainability through clean energy.

Her poster, inspired by windmills and solar panels seen on road trips to California, was selected for a national competition that merges science education with artistic expression.

The Cool Science initiative, supported by the National Science Foundation and led by researchers from UMASS Lowell's School of Education, challenges K-12 students to create art conveying climate science and community solutions.

At Xavier, Computer Science Department Chair Leon Tynes introduced the contest as an optional project. Tynes, a doctoral student at UMASS Lowell and advocate for STEM education, saw the competition as an opportunity to bridge creativity with critical thinking and believed the program aligned perfectly with Xavier's commitment to innovation and social impact.

"I'm incredibly proud of Soledad's achievement. Her work exemplifies what we strive for at Xavier – empowering young women to combine technical understanding with artistic vision to address real-world issues," Tynes said.

The Cool Science program provided a perfect canvas for Soledad.

"Her success is a testament to her initiative, thoughtfulness, and growing voice in STEM advocacy," Tynes continued.

The winning poster features vibrant images of clean energy sources and various power outlets to connect the uses of energy and the possibility of reusable energy. At the center of the poster is the image of a smiling girl – a symbol, Soledad said, that carries deeper meaning.

"I highlighted the happiness of our nation through the girl," she explained. "Her smile points to the fact that clean energy is the answer. It's about showing that the future can be hopeful if we make the right choices."

Soledad's work stood out among hundreds of submissions for its bold imagery and clear message.

"I didn't think this would even lead to anything," she said. "It excites me that my piece shares my opinion about our environment. I feel like this is an extension of the image in my brain that I always wished I could convey, and with Cool Science, I was finally able to do that."

Soledad's winning work will be showcased on public transit vehicles in Massachusetts and Kansas and

"I feel like this is an extension of the image in my brain that I always wished I could convey, and with Cool Science, I was finally able to do that."



Soledad Tumialán.

displayed at national Community Art Exhibitions. She also received a \$50 gift card.

In addition to her interest in environmental advocacy, Soledad has her sights set on a future in medicine and becoming a doctor. Right now, she isn't set on a specific field of study, but she believes that makes the process more exciting.

"Now I have the chance to learn everything I want to know. In college, I want to take advantage of the academics, learn what I love, and do that," she said.

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Passion for peace takes Arcadia native across the pond

By Rachael Bouley

Riley Novak, a graduating senior at Washington University in St. Louis, has been named a recipient of the Hillary Rodham Clinton Award for Peace and Reconciliation.

Novak, who grew up in Arcadia, will receive a full tuition-fee waiver to pursue a Master's in Global Security and Border at Queen's University Belfast. The award, created in the former Senator's name, honors her contributions to reconciliation throughout the Northern Ireland peace process, including the "inclusion of women's voices in peace talks."

Novak wanted to pursue a master's degree abroad before going to law school, and thanks to this award, she can now make her dream a reality.

"I have always been passionate about the importance of peacebuilding in my community and between countries," Novak said. "Receiving this award will allow me to continue my research and learn from professors and peers who share my belief."

After learning about the scholarship, Novak was inspired to apply while majoring in global studies and Spanish in Arts & Sciences. She had to be admitted to the master's program before sending a supplemental application showcasing her commitment. In March, she was invited to an interview with a panel and received word of her success a few days later.

"I was so surprised. Novak recollected. "As soon as I found out, I called my mom, and we were both crying. It is an incredible opportunity and something I have been working toward for years."

From a young age, the Arcadian has been intrigued by history. She started at Shepherd of the Hills and then attended Hopi.

"My teachers were amazing and encouraged me to read. I spent as much time as I could in the library, and I think that helped foster my love for research and writing," Novak said.

She was also a member of Arcadia Kids, a now-defunct family volunteer group, and the Hopi Girl Scout troop, which offered her many opportunities to help others.

Novak also attended Arizona School for the Arts, where she experienced a mix of arts, academics, and volunteerism that inspired her for future studies and career paths.

Working with a refugee community in Phoenix particularly sparked her interest, and she volunteered with The Welcome to America Project throughout her teen years. As a high school sophomore, Novak founded



Riley Novak

HeartBEATs, an organization that connects volunteers and refugees through music.

"It helps build bridges across often disconnected communities, with the hope of bringing together newly arrived immigrants and individuals who have lived in the U.S. for their whole lives," Novak explained.

There have been many highlights of her college years, from defending her honors thesis for Global Studies to volunteering with the International Institute of St. Louis and getting to know the community better.

The prestigious Queen's University awaits, with Novak heading to Northern Ireland in September to begin the year-long master's program.

"While I was writing my senior thesis, I came across so much research done by professors and students at Queen's," Novak said. "I can't believe I am going to have the opportunity to learn from those very same scholars."

As she looks forward, Novak has high hopes for the future. Upon her return, she plans to attend law school while continuing to give back to underserved populations in her community.

Lacrosse season wraps with records, rivalries, and rising stars

By Kylie DeBest

As the final whistles blew on lacrosse fields across the Valley, three Arcadia-area programs closed their seasons with record-breaking performances and strong finishes in some of Arizona's toughest leagues.

ARCADIA

The Titans finished in the top six this season and played in the Grand Canyon Conference, a top conference in Arizona. They had unique opportunities to increase the program's exposure by playing out-of-state teams Bishop Gorman and Palo Verde from Nevada. Arcadia also hosted two teams from Washington State and another from Las Vegas.

A memorable moment was their first regular-season game against Salpointe, in which they scored 20 goals, a program record for a regular-season game.

Coach Dustin Kowell mentioned that one of the team's biggest strengths had to do with the fact that there were 20 seniors.

"This brought a lot of leadership skills and helped build up players during hard times through injuries and hurdles," Kowell said.

"I love the team so much; everyone has each other's backs," teammate Andrew Nickle shared. "The chemistry so unique and so special. The culture we strive for in this program embodies a 'beat the guy next to you' mentality, which pushes me daily."

Three players will continue their lacrosse careers at the collegiate level: Davis Witherspoon (Berry College), Kaden Thomas (University of Alabama in Huntsville), and Cael Christiansen (Howard College).

The team set a program record with seven All-State selections: three First Team (Luke



Jordan Hidalgo, Brady Baltzell, Rex Richardson, Kathan Cherukuri, Mathew Hawkins, Zack La Coss, and Brady Eastep celebrate their fourth consecutive Arizona State Lacrosse Championship win.

Mellen, Kaden Thomas, Andrew Nickle), two Second Team (Davis Witherspoon, Drew Smith), and two Honorable Mentions (Gavin Fuller, Jordan Gortarez-Nelson). This achievement reflects the dedication and hard work of the players.

"My favorite memory of the season was definitely being able to celebrate our victories with all of my teammates; my brothers," Davis Witherspoon said. "Those moments of shared success and camaraderie are what make it all worthwhile."

With resilience and hard work, the team's goal is to continue putting Arcadia lacrosse on the map and showcasing their talent in and out of Arizona.

BROPHY

The Broncos defeated Chandler High with a score of 12-5 to win the Arizona Lacrosse League State Championship at Desert Vista High School at the end of the 2025 season.

This is their fourth consecutive and 10th overall state honor, making them the first

team in Arizona lacrosse history to win four straight titles.

"The first quarter was tough, but we rallied and kept the foot on the pedal in the second half," teammate Eli Friedman shared. "Jack Grisoni did a great job on faceoffs that set the tone for us offensively. We were super excited to bring home another title."

The team finished the regular season with impressive achievements: a 10-0 record in the state, winning the Grand Canyon Conference title, and a 17-7 overall record.

They outscored their opponents 47-10 in three postseason games and extended their winning streak in Arizona league regular and postseason play to 38 games, which began after a 12-9 loss to Chandler at the beginning of the year.

Brophy has four seniors signed to play after graduation: Harrison Yu at Colorado, Taub Baldyga at Mercer, Ben Geist at Oberlin College, and Josh Buse at Queens University. They also have two juniors signed to play Division I: Eli Friedman at Marquette and Ryan Peitzmeier at Utah.

XAVIER

A season of greats, perhaps the most exciting was a comeback when the Gators beat Higley High in their first of three matchups this season – a friendly rivalry that's taken a few years to win.

The team finished in the Top 5 in the league, made it to the Arizona Girls Lacrosse Association (AGLA) Quarterfinals, had four AGLA First-Team All-State Selections, and teammate Keegan Packer was named Lacrosse Association Defender of the Year.

Coach Diana Oduho said the team's strengths were its balanced offense and multiple players who could score and move the ball.

However, the team was relatively young since nine seniors graduated last year. A lot of sophomores and juniors had to take on bigger roles.

"Xavier's goal was to get back to the state semifinals. While they lost in the quarterfinals, they have a strong foundation and are ready to pick up from where they left off," Coach Oduho said.

Mackenna Packer had 38 goals and 13 assists, finishing the regular season in the top five in points among attackers. Amelia Busch had 23 goals, 25 draw controls, and 97 draw wins. Her 97 draw wins ranked No. 2 in the entire league this season.

From Arcadia's explosive offense and Brophy's championship legacy to Xavier's balanced team play and rising talent, this spring showcased the grit, growth, and determination that define the sport. While the 2025 season may be over, its impact will echo into the future through the players, records, and legacies to grow on.

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Serving aces and chasing titles: 2025 tennis recap

By Lucia Sugich

Arcadia area tennis teams wrapped up an exciting season marked by resilience, growth, and impressive victories. Whether it was a first-year coach stepping in, a title defense underway, or a program climbing the ranks, Arcadia, Brophy, Veritas, and Xavier each carved out a unique story on the court.

ARCADIA HIGH

“Gritty, disciplined, and focused” – that’s how Head Coach James Vercellino described the Arcadia boys’ tennis team in his first year at the helm. Adjusting to new systems and practice structures while building a new team identity was a challenge, but one he believes will pay off long-term.

“Our goal is to compete, mature, and grow – not just as tennis players, but as ambassadors of our community and future leaders,” Vercellino said.

Heading into the final matches in April, the Titans faced tough losses against Saguaro and McClintock, but also notched dominant wins over Buckeye Union, Central High, and Marcos de Niza. They finished the season ranked 5th in Division II.

The Lady Titans delivered an exceptional 12-2 season, earning a trip to the State Championships before falling in a hard-fought 0-5 match against powerhouse Catalina Foothills. They finished third in Division II.

Coach Dean Lamppa highlighted battles against Gilbert and Notre Dame Prep as defining moments of the season.

“Those matches, even the losses, were



Brophy's 2025 State Championship tennis team: Brendan Linstrom, Tyler Woo, Ryan Zerbib, Logan Phillips, Naren Gudavalli, Arin Gupakumar.

incredible opportunities for growth,” he said. “We’re excited for what’s next.”

“Being part of this team has enriched my life in so many ways. I gained new friends and have only grown closer to those I already knew,” graduate Ahva Ghazanfari said. “I’m so proud of these girls and what we’ve accomplished together. I know I’ll especially miss Arcadia tennis.”

BROPHY PREP

Brophy ranked second in Division I Premier league at season’s end – but that’s not all.

The Broncos swept top-seeded Hamilton 5-0 to win their second straight AIA Division I State Championship and a state-record 24th title.

With key plays from both seniors and underclassmen, the Broncos avenged an early-

season loss to the same school and closed out their year with a 21-4 overall record.

“Hamilton is an amazing tennis team,” Head Coach Chris Campbell said. “They were undefeated and region champs until we came along. It served as a bookmark and I am so happy that so many seniors who gave four years to the program can leave as state champs.”

XAVIER PREP

The defending State Champions returned strong. After last year’s narrow 5-4 win over Desert Mountain, Xavier Prep followed up with a dominant 13-1 record.

“We’ve learned how to block distractions off the court,” Co-Head Coach Khristen Vanderway said.

Ranked first in Division I Premier, the Gators rolled through May’s State tournament

with wins over Chaparral, Corona del Sol, and AZ College Prep until the fourth round, where they were bested by Desert Mountain 0-5.

VERITAS PREP

Veritas Prep built something special this season. With a young roster and first-year coach Juan Gomez Vitta, the boys’ and girls’ teams significantly improved against tough competition.

“We may not have won every match, but watching our players take sets or push tiebreakers against top teams showed real growth,” Vitta said. “This season was an exciting step forward. Coaching the boys’ and girls’ teams, I saw firsthand how much each player grew in confidence, skill, and teamwork over the course of our 14-match season.”

The girls finished with a 5-8 record, while the boys ended the season 2-10 in Division III.

A special highlight was the championship tournament, where players Lily and Cate made a strong run as a doubles team, winning two matches before a hard-fought loss in the quarterfinals.

“Everyone contributed this season, whether on the court or supporting from the sidelines. What is just as impressive is how well they balanced this commitment with their academics,” Vitta said. “They excelled in the classroom as much as on the court. I am proud of the resilience, integrity, and joy they brought to the game, and I am excited for what is ahead.”

Beach volleyball records? No problem for these schools!

By Rachael Bouley

As the sun set on spring sports, beach volleyball teams were still shining – making history, smashing records, and serving up fierce competition. From Arcadia High’s first-ever trip to the state finals to Xavier Prep’s dominant playoff run and Veritas Prep’s best season yet, these squads showed that grit, teamwork, and a whole lot of sand can go a long way.

ARCADIA HIGH

The Titans took their season all the way to the 2025 AIA Beach Volleyball Division II State Championships, ultimately finishing runners-up and ending with a 14-2 team record.

“We had a historic season, advancing to the state final for the first time in school history and falling just short to Estrella Foothills 3-2,” Coach Adrian Chang said.

Their journey to the title game included an epic win over six-time defending champs Salpointe Catholic, who had not lost in 82 matches dating back to 2019.

Arcadia returned most of the varsity lineup from last season, allowing veterans to build on their chemistry. Junior Alexa Helms (last year’s pairs event champion) returned to lead at the ones pair this year and also won Defensive Player of the Year for her section.

Returning juniors Priya Jain and Brenna Satran played in the twos and earned a bid to the pairs tournament, finishing ninth overall in the state with First-Team All-Section honors.

“We had two dynamo freshmen join us this year. Alitza Turley and Jade Smith played together at the fours and went undefeated all season – 16-0 in match play, 32-0 in sets,” Chang said. “Their enthusiasm was a welcome jolt of energy to push the veteran squad to new heights.”

Junior Chloe Herwig and senior Sydney Fouts also impressed as alternates on the playoff lineup, who had to jump in with a new partner during the postseason run. Their positivity and season-saving wins fueled Arcadia’s march toward finals.

The Titans showed grit, according to Chang, and always put the team first. They now have their sights set on going one step further next season and bringing home a state title.

“One of our greatest strengths this year was our team unity,” Chang said. “Not only were the athletes all very talented, but they were adept at playing with whatever partner they might end up with on the court.”

VERITAS PREP

The Falcons played in the Division II Skyline Conference against schools from around the Valley and fought hard all season long.

“We had our best season ever, finishing the spring with a school record eight wins,” Coach Brooks Dockter said. “The support our athletes have for each other really makes this a special group.”

With many first or second-year players, strong team chemistry was important to mask some of that inexperience throughout the season. Watching athletes improve was incredibly rewarding for the coach.

“Our ones pair, Taylor Nicks and McKenzie Perrault, became our first team to qualify for the state tournament, winning their first-round match,” Dockter said.

Six seniors graduated this year, including McKenzie, who signed her letter of intent to play beach volleyball at Concordia University Irvine. The younger Falcons have a

chance to step up and lead the way next season, and Dockter feels the future is bright.

“Our athletes are the best part of coaching,” he added. “They are incredible people in the classroom and on the court.”

XAVIER PREP

The Gators are ranked second in Arizona after finishing runners-up in the 2025 AIA Beach Volleyball Division I State Championships. They had a fantastic run, riding a 10-match winning streak headed into playoffs, where they won 10 straight sets before a close semi-final matchup.

Xavier came back to beat Notre Dame Prep 3-2 to advance to the final, where O’Connor ultimately proved too strong. Both losses came at the hands of the No. 1 ranked Eagles.

Overall, the Gators were tough competitors, with an 11-1 regular record and eight 5-0 shutouts in 12 matches. The ones and twos made it to the AIA Division I Pairs State Championship.

The unseeded twos pair, juniors Kylie Barr and Emma Robescu, won their first-round match-up vs. Arizona College Prep to advance to round two, which they lost against No. 4 seed Millennium High.

Xavier senior Holly Matchinsky and junior Kate MacDonald were seeded third, earning a first-round bye before winning the second round and quarterfinals. It was a close battle against No. 1 seed Notre Dame Prep in the finals, but ultimately, the Gators finished runners-up to close out a great season.

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Roaring Fork



Four Peaks 8th Street Pub

The Dining Scoop

FOR THE DADS

Father’s Day is the perfect chance to show appreciation for the dads, granddads, and father figures who mean so much to us. Whether you’re planning a day full of adventure or something low-key and heartfelt, here are a few activities and meal deals around the Valley that can help make this Father’s Day the best one yet.

Camelback Village Racquet & Health Club (4444 E. Camelback Road, Phoenix) is offering a Father’s Day package that includes a 60-minute signature massage and a Gentlemen’s Special Facial Treatment with microdermabrasion, steamed towels, a cooling mask, a brow clean-up and lunch. Price is \$240 plus \$10 in bonus cards for every \$100 in gift card purchases until June 15.
villageclubs.com

Over Easy (4730 E. Indian School Road, Phoenix) is treating dads to a complimentary cold brew coffee at all Arizona locations. Dine-in only; limit one per dad.
eatatovereasy.com

Hash Kitchen (4315 E. Indian School Road, Phoenix) is partnering with Happy Dad to offer a complimentary “brown bag special.” On June 15, dads dining in will receive a complimentary Happy Dad hard seltzer served in a custom HK-logo brown bag with any purchase while supplies last.
hashkitchen.com

Celebrate with a fine dining experience at **J&G Steakhouse** (6000 E. Camelback Road, Scottsdale) on June 15. There will be a prix fixe dinner including a black truffle amuse bouche, choice of two starters (salad or corn ravioli), and entrées like slow-cooked salmon or grilled flat iron steak starting at \$65. Complimentary parking included.
jgsteakhousescottsdale.com

For a casual celebration, **The Phoenician Tavern** (6000 E. Camelback Road, Scottsdale) has a \$25 burger

and beer special on June 15. Choose from eight burgers, with tater tots or salad, and pair them with a beer, margarita, wine, or soda.
thephoenician.com

Royal Palms Resort and Spa (5200 E. Camelback Road, Phoenix) and T. Cook’s will be delighting dads with two specials: a \$28 K4 Ranch ribeye cheesesteak and a \$60 surf & turf ribeye + prawns dish served with whipped potatoes and asparagus. During June, fathers + friends can also sip a \$28 Uncle Nearest Bourbon & Rye Whiskey Flight at Mix Up Bar.
royalpalmshotel.com

At **Desert Botanical Garden** (1201 N. Galvin Pkwy., Phoenix), dads get in free with paid child on June 14. Starting at 6 p.m., families can participate in Flashlight Nights, where grown-ups can check out the garden’s newest spirit, Gertrude’s Founders Bourbon, created with SanTan Spirits. Use promo code DADS25 at checkout.
dbg.org

At **Royale Kitchen & Cocktails** (635 W. Glenrosa Ave., Phoenix) dads can enjoy a signature “Mark Daddy” cocktail for just \$10 with the purchase of any sandwich, entrée, brunch entrée, or salad (limit two per person). Offer available June 14 and 15.
royalekitchenphx.com

This Father’s Day, **Twin Peaks** (2135 E. Camelback Road, Phoenix) invites dads to enjoy a \$14 cheeseburger with a 22 oz. Peaks Signature Tap. Kids can get a cheeseburger with soda or tea for \$12.
twinpeaksrestaurant.com

Roaring Fork (4800 N. Scottsdale Road, Scottsdale) is offering menu items at discount prices for dads on June 15. Starting at 4 p.m. diners can choose items like a New York strip, shrimp and grits, Cedar Plank salmon, chicken wings, steak sliders and more.
roaringfork.com

From June 13-15, treat dad to fun at **810 Entertainment** (50 W. Jefferson St., Phoenix). The \$150 Family Bowling Bundle includes two hours of

bowling for up to eight guests, shoe rentals, unlimited soft drinks, and a party platter. Enjoy billiards, darts, and sports on big screens. Gift card bonus: Buy \$50, get \$10; buy \$100, get \$25 (walk-in only).
810bowling.com

Miracle Mile Deli (4433 N. 16th St., Phoenix) has a limited time gift card deal: purchase \$100 in gift cards for only \$75 – so you can treat dad and save the rest for yourself or another loved one!
miraclemiledeli.com

The Sicilian Butcher (15530 N. Tatum Blvd., Phoenix) has a limited-time Papa’s Day menu available from June 13-15. Dishes include the Chef Tomaso Salad with fennel and lemon vinaigrette, Paccheri Alla Norma with eggplant and ricotta salata, pork rollentini stuffed with prosciutto and fontina, and halibut Francese in a lemon caper sauce.
thesicilianbutcher.com

Chompie’s (9301 E. Shea Blvd., Scottsdale) will have a free donut for every dad who dines in on June 15. 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.
chompies.com

Four Peaks 8th Street Pub (1340 E. 8th St., Tempe) is hosting Sunday brunch from 10 a.m. to 1 p.m. Lunch and dinner will also be available until 10 p.m. for dads who are late-nighters. Until June 8, Four Peaks is also running the “Four Peaks Father’s Day Sweeps” on Instagram, where followers can enter to win a \$100 gift card and other surprises by commenting why their dad is great.
fourpeaks.com

Ling & Louie’s (9397 E. Shea Blvd., Scottsdale) is firing up the grill for their “Grill & Chill with Dad” special featuring Asian-inspired entrées like soy-marinated short ribs and ginger-lime shrimp paired with sides like watermelon salad, Asian slaw and chilled noodle bowls. Bonus: Dad gets a \$10 certificate to use on his next visit.
lingandlouies.com



Salt + Lime



Picazzo's



Rainbow Ryders

At **El Camino** (7133 E. Stetson Dr., Scottsdale), dads can order a double smash burger paired with a pint of Busch for just \$12.

elcaminoarizona.com

La Fogata at **The Scottsdale Resort & Spa** (7700 E. McCormick Pkwy., Scottsdale) will offer a steak and sip special for two: a 32 oz. Tomahawk served with charred almond broccolini and garlic herb-roasted potatoes and one signature TSR Old Fashioned. All dads will receive a complimentary one-hour golf simulator experience at a date of their choice, and there's an add-on cigar option, too! Reservations required.

lafogataaz.com

Attendees can join a Drumming Workshop at the **Musical Instrument Museum** (4725 E. Mayo Blvd., Phoenix) at 11 a.m., 1 or 3 p.m. Instructor Frank Thompson will teach the basics of hand drumming, including a group jam session; tickets are \$12. From 11 a.m. to 3 p.m., Café Allegro will have a dad-themed brunch available for \$48 per person and in the evening, Lisa Fischer and Grand Baton will perform two shows with tickets starting at \$49.50.

mim.org

Rusconi's American Kitchen (10637 N. Tatum Blvd., Phoenix) has a special three-course menu on June 14 and 15. Guests can begin with a choice of tomato gazpacho or a tomato and burrata salad. Entrée options include

a pecan wood grilled prime flat iron steak with or a slow-cooked pork shank osso bucco. For dessert, there's the brûlée banana split or a dark chocolate crème brûlée. The meal includes a glass of wine, beer or non-alcoholic beverage.

rusconiskitchen.com

At **Salt + Lime** (9397 E. Shea Blvd., Scottsdale – with a location opening in Arcadia soon!) dads eat free with the purchase of one entree on June 15.

saltandlimeaz.com

On Father's Day, dads who dine at **Picazzo's** (4669 E. Cactus Road, Phoenix) will receive a \$20 gift card. Just let your server know you're a dad and receive a card, while supplies last, to use on a return visit.

picazzos.com

Rainbow Ryders (715 E. Covey Lane, Phoenix) is celebrating with a limited-time gift certificate of just \$165 per person to enjoy a hot air balloon ride. This bucket list experience is available to purchase through June 15, redeemable starting June 16. Valid for sunrise flights only.

rainbowryders.com

Golf loving dads can check out the **Hilton Sedona** (90 Ridge Trail Dr., Sedona) Golf Stay and Play Package, which includes one round of golf per registered guest at the award-winning 18-hole Sedona

Golf Resort. The package also includes a \$50 per night food and beverage credit, and on Father's Day weekend, ShadowRock will offer a special "surf and turf" menu of grilled classics with a whiskey flight and live music.

hilton.com

At **Copper & Sage** (1975 N. Globe Dr., Goodyear) and **Haymaker** (8706 W. Thunderbird Road, Peoria) dads can get a cold beer and handheld combo for \$20.

westsideconcepts.us

WHAT'S NEW?

Sushi Brokers (4419 E. Indian School Road, Phoenix) is rolling out limited-time Summer Spotlight specials like the Broker's Tuna Stack with tuna, avocado, mango, jalapeño, and red onion on a bed of sushi rice, served with a side of wonton chips for dipping, or the Mr. Brightside Nigiri, featuring salmon topped with roasted jalapeños, avocado, and tataki sauce. Try one of the Sippin' on Summer specials like a bartender's choice shot with your choice of liquor for \$6.50, or a build your own sake flight for \$20.

sushibrokers.com

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Teacher Appreciation Week makes for creative celebrations

By Rachael Bouley

The start of May marked Teacher Appreciation Week, and Arcadia schools scored an A+ on celebrations in honor of the educators who create a welcoming learning environment every day.

ARCADIA HIGH

Arcadia Appreciation Week was filled with fun for staff and students. Each day featured a creative theme and thoughtful treats to recognize the dedication and hard work teachers bring to the classroom.

"The National Art Honor Society built a paper tree mural filled with notes of appreciation, and we had snacks, a coffee cart, and an ice cream truck available," PTO President Stephanie DeHaven said.

AHS alum Sam Henderson brought Hendy's Coffee Cart for "You are Brew-tiful," which also featured Bosa Donuts and Los Cerritos breakfast burritos on Monday.

Tuesday's theme, "Teaching is a Work of Art," included sweet and salty snacks, bubbly drinks, and a special surprise unveiling of the top-secret caricature project.

"This was by far the highlight of the week. We worked with caricature artist Adam Street to create one-of-a-kind artwork representing our campus professionals," Staff Appreciation Chair Victoria Canada said. "The response was wonderful."

On Wednesday, "Rooted in Love, Growing Minds" brought heartfelt goodies and a handmade surprise crafted by Arcadia Art Honor Society members Bethlehem Gelan, Sophia Mignacca, and Jette Roat. Thursday's "Garden of Sweets" transformed the teacher's lounge into an Arcadia candy buffet before Friday wrapped up the week with "Here's the Scoop... We Appreciate You," featuring frozen treats from Leo's Ice Cream Truck.

BILTMORE PREP

The teachers and staff at BPA experienced a delightful "travel around the world" theme during their appreciation week.

Each day whisked them away to a different country, starting with a "Merci Monday" and continuing through "Mahalo Friday." The PTO provided internationally themed food, drinks, and games, so that it was "'plane' to see we have the best teachers and staff in the world."

"Students also joined in the celebration with daily activities designed to recognize teachers and staff," Principal Stephanie DeMar said. "This immersive and engaging approach highlighted the value and appreciation we have for our Biltmore Prep team."

ECHO CANYON

Echo Canyon honored their "SUNsational" staff with a week full of special activities and treats. Staff enjoyed breakfast, lunch, a custom barista bar, and a refreshing SUNdae bar. Generous support from local businesses, including Einstein Bagels, Local Donut, Scooptacular, and Eegee's – helped make the event even more special through donations and discounts. As a fun and unique touch,



teachers and staff received small succulents in pool floaties, each numbered for a chance to win exciting prizes.

"We look forward to this week where we can spoil our amazing Echo staff and show our appreciation for their hard work and dedication to our students," PTO President Jessica Scordo said.

HOPI ELEMENTARY

The Hopi Hawks shared their love through special lunches, floral bouquets, and decorated doors all week long with the theme "You are SUN-sational."

The campus was filled with bright colors as teachers enjoyed personalized messages outside their classrooms, a meaningful reminder that their passion and dedication do not go unnoticed.

"The staff was treated to lunches, drawings for raffle prizes, gifts and ice cream," PTO President-Elect Kara Goodrich said. "Students also created handmade cards."

The week wrapped up with a flower stand for students to purchase and share with faculty.

"We think our staff at Hopi is simply incredible, and we love to show our appreciation every year," Goodrich added.

INGLESIDE

"The IMS staff is the heart of our school, consistently going above and beyond to create positive experiences for students

and families," Principal Dr. Junior Michael said. "Teacher Appreciation Week is a time to collectively highlight the remarkable dedication, sacrifice, and excellence our staff brings to our learning community."

Ingleside PTO planned a food-focused celebration to show appreciation for teachers. It started with a Cinco de Mayo fiesta featuring a taquiza Mexican buffet in the teacher's lounge.

On Taco Tuesday, sugar cookies, iced tea, and lemonade were served as a sweet pick-me-up. Wednesday's "Breakfast for Champions" featured burritos and on Thursday, teachers enjoyed churros and horchata. Friday was gift card day.

Ingleside's Student Council also got involved, with Ms. Lucero and families donating thoughtful gifts like sodas, sticky notepads, pens, candy, and chips and delivering thank you letters throughout the week.

TAVAN ELEMENTARY

This year's theme was "Tavan's Teachers and Staff are Rockstars," and the Wildcats had a wonderful time rolling out the red carpet.

"We were so excited to celebrate," PTO President Kristie Austin said. "Coordinator Kristal Benton worked hard to put together exciting activities and give students the ability to get involved and show their support."

On Monday, the community decorated teachers' doors to "Set the Stage" before

families provided a Mexican food lunch. Students wrote fan mail – a.k.a. letters of appreciation – which teachers received with flowers on Tuesday, alongside a soda bar in the VIP lounge.

On Wednesday, students dressed like rockstars while breakfast was provided. Thursday's theme was "Snack like a Star," with treats and charcuterie cups during lunch. Friday was the Final Encore where teachers were showered with their favorite things.

"I like that the teachers go above and beyond and help us with extra time if needed. My teachers always encourage us to read and make learning fun," third grader Weston said.

VERITAS PREP

The Falcons were off to the races for Teacher Appreciation Week. Veritas Derby was a big hit, with families from different grade levels putting on impressive spreads to show their support.

Eleventh and 12th grade families started the week with a Southern-style breakfast. Seventh-grade families put together a charcuterie spread, while eighth-grade hosted a beverage and treat cart full of derby-style goodies.

The celebrations rounded out with delicious sweets from freshmen and sophomore families, and a chance to catch up and reflect on everything teachers do for the school community.



PHOTO COURTESY OF TAVAN ELEMENTARY

Aria Bown, Amelia Molina, Lincoln Iyamuremye, Charlotte Harkensee, Livia Roman, and the "beautiful Pearl Vickers," Mrs. Vickers name for the chicken!

Shaping brighter futures

By Wendy Fischer

When it came time to choose a school for our son, Tavan Elementary felt like coming home. My Dad attended the school in the late 1950s, when the neighborhood had more citrus groves than houses. Generations later, we were drawn to Tavan's academic excellence, diverse community and spirit of kindness.

Innovative teaching

How do you prepare children to thrive academically and in an ever-changing world?

Tavan's academic team has developed personalized learning opportunities to recognize each student's strengths and needs. As an AVID (Advancement Via Individual Determination) elementary school, students have hands-on learning opportunities to explore ideas, be creative and accomplish their goals.

From exceptional special services to enrichment programs, Tavan offers a wide range of support to meet each child's potential, all while keeping class sizes low.

The school regularly earns "A" grades from the Arizona State Board of Education – a testament to the dedicated leadership of Principal Julie Ballard and Assistant Principal Suzi Figueora.

Tenured teachers work together in accountable, collaborative teams (ACTs), continually refining their practice to ensure academic excellence. Many of these educators are longtime members of the neighborhood themselves, deepening the bond between school and public.

Community and diversity

Here, diversity is not just celebrated, it's embraced. As a "Be Kind" school, Tavan holds two simple rules: be kind and follow directions. More than just a motto, kindness is at the core and extends from administrators, teachers and staff to the engaged parent-teacher organization.

The PTO is a driving force, organizing annual, cherished events like Trunk or Treat and the festive holiday celebration Tavan Twinkles market. These gatherings are more than fun – they create lasting traditions and memories.

Welcoming future Wildcats

Open enrollment for the 2025-26 school year has begun, and we welcome all to visit the campus.

Students enjoy outdoor learning spaces like garden beds where they can get hands-on with science, a thriving chicken coop and, new this year, a sound garden where creativity and exploration are encouraged.

These spaces reflect the school's commitment to nurturing the whole child academically, socially and emotionally.

Another benefit is that the campus backs up to the Arcadia High fields, making close collaboration and mentorship opportunities between the two schools a possibility. Arcadia students are pen pals, tutors and AVID champions.

For us, choosing Tavan wasn't just about academics. It was about finding a community. Tavan Elementary is preparing its students not just for the next grade, but for a bright future.

30 YEARS AGO



WHERE ARE THEY NOW?

The Sooper Hoopers were a group of friends who played organized softball at Pierce Park, but the real fun happened on Sundays, when they would gather to play basketball from 9 a.m.-12 p.m. and then head to The Brass Rail to watch football, have a bite to eat and something cold to drink.

"It really was the perfect Sunday," Bob Shugrue said. "We are still a close knit group that stayed friends and still sees each other on occasion for a few drinks and a catch up."

Jerry, Bob, Steve, Barry and Bill were pictured on the cover of Arcadia News' June 1995 edition. The rest of the group included Jim Hardy, Kit Pierce, Ken Johnson, Tom Henschen, Steve Placek, Bob Kite, Bob Finkbine and Gary

Frazier, who were also part of the Sooper Hoopers – but Bob said he has no idea where that nickname came from.

"We didn't come up with it or call ourselves anything. That must've been the Arcadia News team's idea," Shugrue laughed.

Over the years, the group ventured into different industries. Bob worked for APS for over 40 years, while Kit founded Camelback Concrete; Ken became a professional football player; Tom is a realtor; Steve worked for Motorola; Gary owned a vegetable business and one of the other Bobs was a teacher.

"These days, most of us – who still live in the neighborhood – play golf or go hiking on Camelback Mountain!" Shugrue said.

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Summer has begun and corn is on the menu

As June arrives, family life shifts gears. Bedtimes stretch later, daily schedules loosen, and mealtimes can sometimes feel scattered or rushed. Summer is the perfect opportunity to slow down, reset, and focus on fresh, healthy habits – especially in the kitchen.

With kids at home, mealtime becomes more than just feeding the family – it’s a chance to engage them, teach them, and have a little fun. Getting kids involved in cooking can spark curiosity, build confidence, and help them develop a positive relationship with food. Let younger children wash produce or tear herbs; let older kids help with chopping, measuring, or stirring. Not only does this lighten your load, but it also gives them a sense of ownership and encourages them to try new, healthy foods.

I’m sharing three simple, plant-based recipes that celebrate one of summer’s sweetest stars: corn. With National Corn

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

on the Cob Day falling in June, it’s the perfect time to lean into this golden ingredient. Whether tossed into a fresh salad, simmered into a hearty soup, or blended into a creamy dip, corn brings sweetness, crunch, and a dose of sunshine to any meal – and it’s a great ingredient for little hands to help prepare.

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

Grilled corn and zucchini salad SERVES 6



Ingredients

- 4 ears of corn
- 2 zucchinis, cut into long quarter strips
- 2 yellow squash, cut into long quarter strips
- 1 bunch radishes, cut into matchsticks
- 1 carton grape tomatoes, halved
- 1 red pepper, chopped
- 2 avocados, chopped
- 1 chopped English cucumber, seeds removed

Dressing

- 1 garlic clove, crushed
- 3 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tbsp. lime juice
- 1 tsp. maple syrup
- ½ tsp. pink salt
- ¼ tsp. pepper

Directions

1. **Heat the grill to medium high. Brush the zucchini with a little avocado oil, salt, and pepper. Place the zucchini straight on the grill going crosswise with the grates. Place the corn cobs on the grates. Grill for about 20 minutes until you see grill marks, then flip over.**
2. **Mix up dressing.**
3. **When the zucchini and corn are done, chop the zucchini into chunks and cut the kernels from the cobs.**
4. **Toss everything together with dressing!**

Corn chowder SERVES 4



Ingredients

- 4 cups roasted corn (1 bag)
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 2 jalapeños, diced
- 1 cup cilantro, chopped
- 3 cups Yukon potatoes, diced
- 4 cups vegetable broth
- 1 tsp. cumin
- 1 tsp. pink salt
- ½ tsp. celery seeds
- ½ tsp. smoked paprika
- 4 oz. vegan cream cheese

Directions

1. **Sauté the onion, garlic, and red bell pepper in a soup pot for up to eight minutes. Add the cream cheese and mix until blended.**
2. **Add potatoes, broth, spices, and cilantro. Bring to a boil and reduce to low for five minutes.**
3. **Add frozen corn and cook for five more minutes. Test to make sure potatoes are done.**
4. **Blend half of the soup using an immersion blender or regular blender.**
5. **Top with more red onion, cilantro and jalapeños.**

Fire roasted corn dip SERVES 6



Ingredients

- 1 16 oz. bag frozen fire roasted corn
- 1 diced jalapeño
- ½ cup chopped cilantro
- ¼ cup dairy-free feta cheese
- 2 chopped scallions

Dressing

- ¼ cup vegan mayo
- ½ tsp. each: garlic granules, pink salt, and tajin
- Juice from one lime or 1 tbsp. lime juice

Directions

1. **Cook the corn according to package instructions. Cool for a few minutes.**
2. **In a small jar, mix the dressing ingredients.**
3. **Add the corn to a bowl with the jalapeño, cilantro, garlic, and feta cheese.**
4. **Toss with the dressing and top with scallions.**

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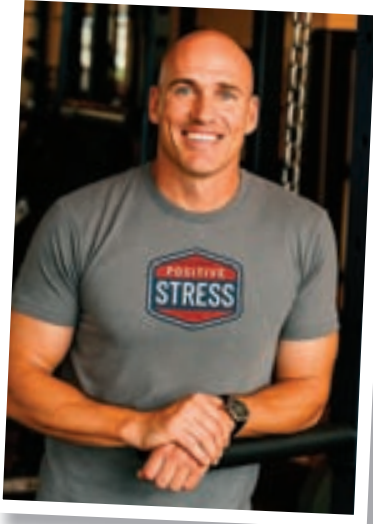
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DID YOU KNOW? JUMP ROPE



HOW MANY? 33 HOURS

The Guinness World Record for the longest time spent skipping rope in a single event is held by American endurance athlete Joey Motsay. He achieved this feat by jumping rope continuously for 33 hours and 20 minutes during a charity event at his gym, Positive Stress Workout, in Greensboro, North Carolina. This effort raised \$38,000 for Smile Train, a nonprofit providing free cleft surgeries to children worldwide.



HOW OLD? 80 YEARS

The record for the oldest competitive female rope skipper is held by Annie Judis, who was 80 years old when she competed in the Southern California Open in April 2024. Annie has held the record since 2019 but decided to break it because she was seeking a new challenge and wanted to encourage others to try the sport.



HOW LONG? 154 FEET

The longest rope ever jumped measured 154 feet and 10 inches, accomplished in 2020 by Yu Okamoto, Sadatoshi Watanabe, and Norihisa Taguchi in Kasuga, Japan. To put it in perspective, the rope was long enough to reach the top of the Arc de Triomphe in Paris.



WHAT CENTURY? 17th

The first documented use of a jump rope dates back to 17th century Europe. Dutch settlers are often credited with bringing rope skipping to America, which led to the term "Double Dutch"—a popular variation of the game using two ropes.



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DID YOU KNOW? JUMP ROPE



The Egyptians used vines for rope jumping over 3,000 years ago.

Just 10 minutes of jump rope can burn as many calories as 30 minutes of jogging, making it one of the most efficient cardio exercises.

Boxers often use jump rope to improve footwork, coordination, and endurance. Muhammad Ali was famously skilled at it.

Jumping rope improves coordination between eyes, feet, and hands and stimulates both sides of the brain, enhancing cognitive function.

While not an Olympic event, competitive jump rope has international championships with speed, freestyle, and Double Dutch categories.

The American Jump Rope Federation is a real thing, a national governing body for the sport of jump rope in the United States that’s backed by the International Jump Rope Union.

Double Dutch originated in the Netherlands.

Jumping rope works your calves, quads, hamstrings, glutes, core, shoulders, and arms all at once.

NASA has used jump rope as part of astronaut training because it effectively maintains bone and muscle strength in limited time.

The nursery rhyme “Bluebells, Cockleshells” is a traditional children’s skipping rhyme with origins in Scotland. Its earliest known documentation dates back to 1898.

Jump rope became a staple of urban playgrounds, particularly in cities like New York. Rhyming chants like “Cinderella, dressed in yella” became cultural icons during that era, in the 80s and 90s.

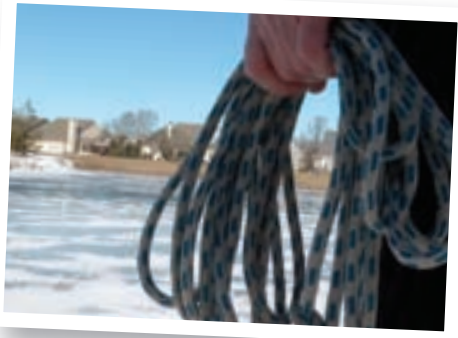
The 24Hour Television Skipping Rope Team from Japan achieved the record of ‘most people skipping rope at the same time’ with 302 participants on August 24, 2019.



SAY WHAT?

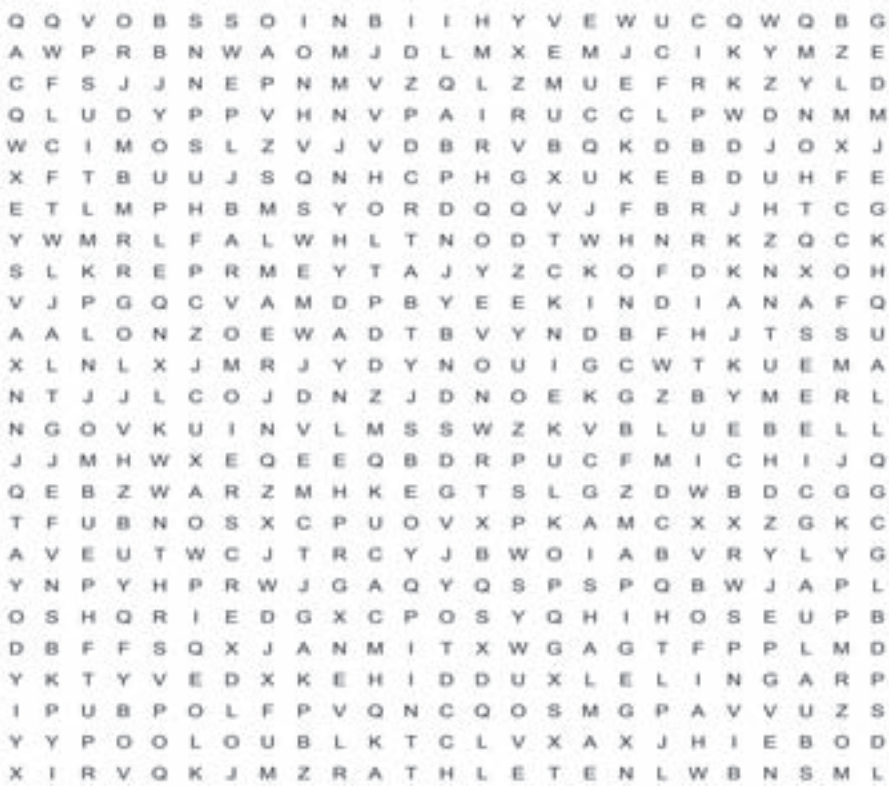
HERE’S ONE WAY TO SAVE A LIFE...

In December 2024 in Westfield, Indiana, David Fisher (a professional rope jumper and world record holder) and his son, Felix, were honored with the Lifesaving Citizen Award after rescuing a teenager and his dog from an icy pond.



Upon hearing cries for help, David used his Double-Dutch ropes to carefully maneuver onto the ice, pulling the pair to safety. Their quick thinking and bravery were commended by local officials, highlighting the profound impact of their unique skills in a life-threatening situation.

WORD SEARCH



- ALONZO
ATHLETE
BLUEBELL
DOUBLE
DUTCH
- INDIANA
JAPAN
JUMP
MUHAMMAD
NASA
- POSITIVE
RECORD
ROPE
SKIP
UNION





The allure of fragrance within the tapestry of roses

For no reason other than the obvious, roses are one of the most loved flowers in the world – so much so that June is considered their national month. Roses have been perceived as magical due to their rich history and captivating beauty. They are more than just a symbol of passion; they are a conduit for energy and a key to unlocking deeper emotional and spiritual connections.

They have graced Ancient Greece, the Roman Empire, the Middle Ages, and beyond. The appeal is undeniable and has adorned everything from historical manuscripts, porcelain and contemporary textiles. Vibrant colors, holding a palette of meanings that span from the passionate to the tranquil, speaks volumes about the flower's emotional and cultural undertones.

Roses have inspired countless poets and artists over the years with their elegant blooms and contrasting thorns. Petals, thick and fragrant, weave an intricate tapestry of culture, myth, and art, painting a picture as rich as the legends that spring from its roots.

One of the most storied visual representations lies within the rose chart by painter and botanist Pierre-Joseph Redoute in his book. This collection of art has stood the test of time, translating the flower's allure into a series of masterful illustrations.

Roses appear in accounts from all the world's major religions as a symbol of miraculous love at work in the world. In ancient mythology, they symbolized eternal love in stories of how gods interacted with each other and human beings. Pagans used them as decorations to represent their hearts. Muslims view roses as symbols of the human soul, so the scent reminds them of spirituality. Hindus and Buddhists see them as expressions of spiritual joy. Christians view roses as reminders of the Garden of Eden.

Almost everyone knows what a rose looks like and could easily pick one out of any bouquet of flowers, but there are three specific categories commonly grown today – wild, old garden and modern roses.

Wild or species roses are a mainstay in landscaping, but they also thrive in naturalized settings and are known for their showy early summer flowering (usually without repeat flushes), finger-pricking thorns, and specular petals.

Old Garden roses were hybridized to provide beauty in a garden setting and to qualify for this designation must have been introduced before 1867. If you were to harvest 50 bunches of any Old Garden variety, each

bloom would be just a bit different, with uniquely ruffled and delightfully shaded petals. Known for their heavenly fragrance, both in the garden and cut, with light citrus, floral, and even honey-scented blooms, they are extraordinary.

When you think of the standard rose sold at grocery stores and flower shops, you are thinking of a modern rose. They are grown commercially in huge quantities, and because of being hybridized for larger bloom size and prolonged vase life, they aren't picky about being picked. The reality is that they have a shorter vase life, less scent, and thicker petals. Modern Roses are technically any variety that has been introduced since 1867. That year the first hybrid tea rose was introduced, and since then over 10,000 modern roses have been introduced.

Within this classification, referred to as "garden roses," there are three varieties showcasing swirly centers and a soft romantic look. Hybrid tea roses are popular and known for their vigor, being disease resistant, having long-stemmed blooms, and producing several flushes of blooms throughout a growing season. Floribunda are characterized by their ability to produce large clusters and can bloom continually throughout the summer.

They give many more blooms, and the way they grow in loose arcs is fairy-like and magical. Grandiflora displays the characteristics of a hybrid tea and also bear clusters. The difference is that they can grow to a height of 6-8 feet, which isn't always preferred in a garden. Lastly, shrub roses are extremely hardy, vigorous, and can also produce dozens of clusters of flowers. Think of an English rose, known for their old-fashioned charm and fragrance.

Gardening can foster a connection with the natural world. It allows us to experience the rhythms of nature, observe the growth of plants, appreciate the delicate balance of the ecosystem, and can be a deeply rewarding experience by way of reducing stress and improving mental health. During the day, roses are an excellent source of nectar, attracting bees, butterflies, and hummingbirds. Come evening, bats venture closer for a sip. All rose petal varieties are edible and can be used in salads, jams, and as flavorings in cooking. Rose hips are packed with vitamin C and are the tastiest of all.

Growing them has taught me tenacity and that they do deserve a prominent spot in any landscape, but their need for sunlight, water, and good soil composition must be understood. They may grow decently in bright shade, but they will flower less and be more susceptible to attacks by mildew and thrips than when grown in full sun.

Before purchasing, you must know why you want it and where it's to be planted. The two most important criteria for any rose are its reputation for living a long and happy life and to be energetic in its rate of growth and production of blooms each year. The other criteria are – in order of importance – disease resistance, fragrance, form, bloom cycle frequency, petal count and drought tolerance.

Most roses bloom multiple times a year, often in flushes throughout the growing season. They crave sun, at least five to seven hours a day and require good drainage. For in-ground bushes, use a rich mixture of sand, silt or clay, along with compost that is rich in soil organisms. A good quality potting soil will do the trick for roses planted in containers. For continuous, healthy blooms, once a month I use one cup of custom fertilizer from Berridge Nurseries.

The volume is cut in half come the hot summer months (June-September), and all fertilizing is held back in the month of December.

After the cut back in early January – 36 inches for hybrid teas, 18 inches for floribundas and grandifloras, and shaping for shrub roses, fertilizer is once again used full strength. Alaska Fish Emulsion is used at a ratio of one tablespoon to one gallon of water.

In my garden, all are amended with Brown Banana Organics worm castings which improve leaf color, bush and bloom size, and have aided in pest control. Nothing is more rewarding than having roses without aphids.

It's important to deadhead the blooms, which removes faded flowers and encourages further growth. Cut the stem just above the first set of five-leaflet leaves on the stem, where the new growth will be. This diverts the plant's energy from developing seeds to producing new flowers. Your roses will rebloom if they're not deadheaded, but the process may be delayed.

"The life cycle of a rose can be related back to our own lives. We go through phases of growth, pruning and rough winters that can leave us bare, but in the end, we (like roses) will regrow and prosper again. It's the time that you spend on your rose that makes your rose so important. People have forgotten this truth, but you mustn't forget it. You become responsible forever for what you've tamed. You're responsible for your rose."

– Antoine de Saint-Exupery



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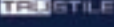
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Titan Times

VOL. 2 NO. 09

JUNE 2025

From the students of Arcadia High School

Titan Times needs new voices!

By Ahva Ghazanfari

As all four of its writers have now graduated from Arcadia High School, the Titan Times is in need of new leadership. Before we call for a new year of talented student journalists, however, we must reiterate what this student section is all about.

At its core, the Titan Times is a place for Arcadia students to shine. Though our monthly stories may be about teachers, sports, clubs, or school events, what we ultimately aim to achieve through this paper is to foster and encourage the involvement of students in journalism. We share – through the students' perspectives – details about happenings at the school and highlight those who are truly outstanding in the community.

All this to say: we are looking for new people to manage, write, and edit the Titan Times! Of course, there are some requirements that must be met: first, and arguably most important, you must be a student at Arcadia High.

Attending AHS allows our writers to get the “inside scoop” without any external research; all the research you will do is almost always within the walls of the school. Second, a genuine interest in writing and storytelling is key – this isn't about perfect grammar, it's about having something to say. Passion, curiosity, and a willingness to seek out what makes our campus unique may take you further than any resume ever could.

If you've ever felt like there was a story at Arcadia waiting to be told, or if you just want to try something new, now is your chance! Email ahvaghazanfari31@gmail.com if you're interested in joining a team that values student voice above all. The Titan Times is ready for its next chapter. Are you?

ADIOS ARIZONA

For many, the summer after senior year is a time full of endless possibilities. A liminal space in between the end of high school and the start of something new and exciting; for



Ahva Ghazanfari and her brother celebrate at grad walk.

most that means college or entering the workforce.

I'll be starting a new adventure at Bard College in the fall, so I'm trying to make the most of my summer before my family and I move to New York in July. My goal for June is to complete a bucket list consisting of some of my favorite things to do in Arizona, as well as some things that I've never done.

Those experiences include but are not limited to: A Diamondbacks baseball game, a visit to the Desert Botanical Garden, and a road trip to the Grand Canyon – I've never been although I've lived here my entire life!



Amelia Guzman

My non-negotiables before I leave are a trip to the Phoenix Art Museum, one last meal at my favorite restaurants, and plenty of movie nights with my friends.

While a part of my heart will always belong to the desert, I'm definitely not going to miss the heat. My other summer plans include exploring New York City before a graduation trip abroad to the United Kingdom.

I'll be travelling to London, Ireland, and Scotland for two weeks. Overseas, I'll be going to the National Gallery, the Churchill War Rooms, visiting castles and trying haggis. I love Arizona, but I'm excited to see what else the world has to offer!

– Amelia Guzman

A vibrant advertisement for Manuel's Mexican Restaurant & Cantina. It features a large bowl of "Burrito-full Bowls" topped with rice, beans, meat, and sauce. The text "Burrito-full Bowls" is written in a large, stylized font. Below the bowl, it lists menu items: "Choice of • Delicious Steak • Grilled Chicken • Carnitas • Grilled Veggies". The restaurant's name "MANUEL'S MEXICAN RESTAURANT & CANTINA" is prominently displayed, along with the website "www.manuelsaz.com". The address "3131E. Shea Blvd, PHX • 480-741-0947" and "2820 E. Indian School Rd. Phx • 602-957-7540" are also provided. A circular logo on the right says "FAMILIES SERVING FAMILIES SINCE 1964".

An advertisement for Christ Church Lutheran. It features the church's logo, which includes a cross and the text "Christ CHURCH LUTHERAN LC-MS". To the right, the motto "LOVE GROW SERVE" is written. Below this, the text "IN-PERSON WORSHIP" is followed by the schedule: "Traditional Worship 8:00am/10:45am", "Contemporary Worship 8:30am/10:30am", and "Teaching Service 9:30am". Further down, "ONLINE WORSHIP" is listed with the schedule: "Sunday @ 8:am/10:30am FB Live or CHRISTCHURCHPHX.ONLINE.CHURCH". At the bottom, the address "3901 E. Indian School Rd., Phoenix" and website "www.cclphoenix.org" are provided, along with the phone number "(602) 955-4830". The footer mentions "Christ Lutheran School Preschool - Grade 8 • www.clsphx.org".

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