ARCADIA NEWS

VOL. 34 NO. 3 — ARCADIA • BILTMORE • CAMELBACK CORRIDOR — JUNE 2026



A FAMILY AFFAIR

The Nuss family volunteers regularly, turning community service into a meaningful tradition of giving back.

PAGE 20

THAT'S A THREE-PEAT

Veritas Prep's Mock Trial secured its third consecutive State Championship, finishing among the nation's top teams.

PAGE 12

HOPI'S ART PARTY

Hopi's annual Arts Fair brought families together for a night of creativity, music, and interactive activities.

PAGE 22

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Arcadia News

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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arcadianewsonline.com (for archives)

Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Mailed subscriptions $36 annually for Continental U.S. Contact office for details. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2026) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Audited by:

CIRCULATION VERIFICATION COUNCIL

Monthly circulation: 19,000.
Primary distribution by U.S. Postal Service.

acp Association of Community Publishers MEMBER PUBLICATION

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JUNE

Arcadia News' editor, Mallory, with her dad, John, at her fourth birthday party in 1992.

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The neighborhood dessert scene has a new name as Baked by Grace brings heartfelt, custom-crafted treats to local markets and celebrations.

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36 Run like the wind!
High school track and field programs at Arcadia, Veritas, Xavier, Brophy and Phoenix Country Day School closed the 2026 season with standout performances.



Jennifer, Tyler, Michael, Lauren and Kate Nuss.
PHOTO COURTESY OF MICHAEL NUSS



EDITOR'S NOTE



School is officially out, swimsuits are officially on, and dads are standing dutifully by the grill waiting for the barbecues to commence. Picture it: the white tee; the jean shorts; the apron that states, "That's what I do. I grill and I know things." I jest… but I'm not far off, right? Happy Father's Day!

Our June edition is really about the doers and the makers. Iowa transplant Grace Cahill creates custom desserts (like cookies for a certain dude who might have a sweet tooth, hint, hint) for the moments that need a little treat. Valley sisters Nicole Larsen and Katlyn Miller debuted Rose Marie Apothecary, creating soaps and skincare products inspired by the desert.

Father's Day meal deals are aplenty, but this time around we collected a few things for dads to do – whiskey and wine tastings, fishing competitions, spa days… whatever your pops likes to do, we have a few options! If you're anything like Tyler and Michael Nuss, volunteering is the name of the game. The father-son duo started volunteer shifts at St. Vincent de Paul through Boys Team Charity a few years back. They enjoyed it so much that they've become regulars in the halls.

We also need to shoutout a few awesome students – Veritas' Mock Trial team won its third straight state championship; one student made the top three in a poetry competition; yet another competed in a challenging steeplechase run. We're excited to see what they do when classes resume in August!

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 is August 14. Stay cool out there, and thank you, as always, for reading the Arcadia News,

Mallory

– Mallory Gleich

UPCOMING THEMES:

JULY	AUGUST	SEPTEMBER
Summer II	*Back to School*	*Fall Sports Preview*

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"My father didn't tell me how to live; he lived and let me watch him do it." *– Clarence B. Kelland*



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VOTED BEST LOCAL BURGER IN THE EAST VALLEY TRIBUNE 2020, 2022
VOTED BEST SEAFOOD IN THE WEST VALLEY VIEW 2021, 2025
VOTED BEST TAKEOUT IN THE WEST VALLEY VIEW 2023, 2025
VOTED BEST LOCAL BURGER IN THE WEST VALLEY VIEW 2025
VOTED BEST OF THE BEST SEAFOOD AND TAKEOUT IN THE WEST VALLEY VIEW 2025
VOTED BEST SEAFOOD IN THE GLENDALE STAR 2020, 2023, 2025
VOTED BEST SEAFOOD IN LOVIN' LIFE 2023, 2024, 2025
VOTED BEST LOCAL BURGER IN LOVIN' LIFE 2024
VOTED BEST SEAFOOD IN THE MESA TRIBUNE 2025

ARCADIA'S PETS



Mighty has been my best friend for five years. He loves his walks even in the hot summers, because of his mixed Australian cattle dog breed. He barks at the coyotes, snakes, bobcats, and javelina that visit our neighboring wash. He also chases away two ducks that visit our pool occasionally. His favorite thing to do is ride around in our convertible and feel the wind in his face and ears.

– Jay R.



Teddy is our sweet, spirited, seven-year-old Cavapoo who we've had since birth. He keeps our family laughing! He loves sleeping between our legs, protecting the yard from birds and squirrels, and joining the chaos of family life. He's loyal, cuddly, and full of personality – our first baby.

– Carina R.



Klaus is an 8 year old Main Coon mix. Over the years Klaus has grown a small but loyal fan club, many of whom have dubbed him 'the most beautiful cat in the world.' Since his adoption he has rarely left my side, always sleeping next to me during remote working hours, in a mini cat tree at bedtime, or under a blanket watching movies. More dog than cat, he is very vocal about his needs, which usually involves treats or Churus.

– Jamie B.

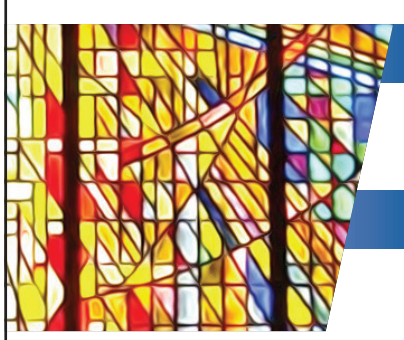


Cleo is a 10 year old calico who knows what she wants and when she wants it. Her morning "catio" sessions, uninterrupted naps, and rolling around in her enrichment box (a pizza box with different tissue paper and fun textiles). She is also known for her midnight howls and zoomies, opening up cupboards and drawers in the kitchen and bathroom, and always has a little touch of 'tude.

– Lauren B.

Would you like to share your pet? Send a photo and a description (50 words max) of your pet to editor@arcadianews.com or text it to 602.840.6379. Include your pet's name and age, along with any fun facts about them you'd like to share. All animals are welcome!

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Xavier junior turns pet portraits into purpose

By Kylie de Best

When she is not balancing a demanding schedule of AP classes, Reese Terveen can often be found painting. During her sophomore year, Reese learned that Camp Not-a-Wheeze – a sleep-away camp for children with asthma and allergies – was in need of art supplies. Inspired to help, she combined her love of art with service and created the nonprofit "Art for Art."

To raise money for the camp, Reese began selling hand-painted watercolor pet portraits, ultimately raising more than $1,000. The nonprofit's name reflects its mission: using her own works of art to provide art opportunities and supplies to children in underserved communities. Reese also designed an art curriculum for the camp and was later hired to teach the children herself, giving her the chance to make a direct impact.

The experience showed Reese just how meaningful art can be for children, leading her to partner with Welcome to America, an organization serving refugee families throughout the Valley. Through the partnership, Reese created and distributed art kits filled with supplies.



Reese Terveen

During her junior year, Art for Art officially became a 501(c)(3) nonprofit and has since raised nearly $10,000 – enough to provide around 200 art kits to underserved children. Reese also established an Art for Art leadership board, which now includes around 15 members, with hopes of eventually expanding the nonprofit through additional chapters across the region.

Because Reese's watercolor pet portraits have become such a meaningful part of the organization, she wanted to create a fundraiser that celebrated dogs and their owners.

PHOTOS COURTESY OF REESE TERVEEN





Art for Art members Magee Dumlao, Grace Miller, Lily Thach, Reese Terveen, Baylor Wand, Sophia Decara, Emily Wermers, Abbey Smith, Jaina Bhatnagar and Lauren Conley. The Dog Walk-a-Thon helped raise $7,500 for the Welcome to America Project.

That idea inspired the Dog Walk-a-Thon, held April 25 at the home of Arcadian Jan Sapanaro. Sponsors from across the community helped create a fun-filled event for attendees and their pets.

Guests enjoyed a photo station sponsored by Scooptacular, dog water stations sponsored by the Grove family, and a café featuring donated Einstein Bros. Bagels, blueberry and chocolate muffins, lattes, and coffee sponsored by the Seoane family. The event also included a raffle table, registration area showcasing a sample art kit, and a dog bandana station sponsored by the Grove and Conley families.

Many Arcadians recognize Jokake Road as the site of the neighborhood's annual Fourth of July parade, and the walk-a-thon followed that very same route. At the halfway point, participants stopped at another dog water station sponsored by the Grove family while music kept everyone energized along the course.

The event concluded with raffle prize announcements, photos, refreshments, and plenty of time for attendees to relax and play with their dogs.

Raffle prizes included a free Art for Art pet portrait, five $50 Scooptacular gift cards, a Petco Sherpa bag with toys, a Sparkle Grooming Co. package featuring three months of free grooming, a $100 OHSO gift card, and two complimentary pedicures from Lele's Nails.

Art for Art raised $7,500 at its first event that was donated to the Welcome to America Project.

"I want to give a huge thank you to Jan Sapanaro for hosting on her beautiful lawn, the Grove, Seoane, and Conley families, Scooptacular, Lele's Nails, Petco, Sparkle Grooming, and OHSO!" Reese said. "I also want to thank attendees and the Art for Art board. This event was successful because of all of you!"

artforart.shop



WHAT'S HAPPENING, *ARCADIA?*

BRIEFS

Join the Phoenix community as it celebrates **602 Day** on June 2, 2026. The City of Phoenix has partnered with local businesses and organizations to offer special discounts and deals, and host events and activities that promote community spirit and honor 602 as the city's most historically significant area code.

investinphoenix.com

The Brokery opened a new North Scottsdale office through a strategic partnership with Jay Jasper, formerly of Arizona Sunset Realty. Jasper and 30 agents joined the firm, which already operates locations in Arcadia, Biltmore, Old Town Scottsdale, and North Central Phoenix.

thebrokery.com

Guests attending meetings at Hotel Valley Ho or Mountain Shadows Resort can support area women through the new **Leave a Power Suit Behind** initiative. Visitors are encouraged to donate gently used professional clothing, shoes or accessories, which will be distributed through Dress for Success Arizona to help people prepare for future career opportunities.

dfsphoenix.org



Four Peaks is kicking off its 15th annual **Four Peaks for Teachers Program**. Ten area teachers will receive a $1,000 grant for their classroom. Nominations will be accepted through June 14. Teachers with a valid ID will receive $3 pints at the Four Peaks in Tempe every Tuesday until July 30.

fourpeaksforteachers.org

The Greater Phoenix Chamber is accepting nominations for its 2026 **ATHENA Awards**, honoring outstanding businesswomen across the region. Open through June 26, the program celebrates excellence in leadership, community service, and mentorship. Awards span private sector, public sector, and young professionals under 40.

phoenixchamber.com

Phoenix Rescue Mission launched its annual **Code: Red Summer Heat Relief Campaign** to help the homeless population and at-risk individuals during the summer. Through September 30, PRM asks the public to start water and food drives and for assistance with monetary donations. Water and all other heat relief donations can be dropped off at the warehouse (2515 N. 34th Dr., Phoenix). The Mission is also in need of volunteers at its Hope for Hunger Food Bank in Glendale.

phoenixrescuemission.org



Southwest Human Development is launching its annual **Back-to-School Drive** from June 1 through July 6 to support families facing rising costs. The nonprofit is collecting essential supplies like backpacks, notebooks and clothing for children in its programs. Community donations and online contributions help ensure kids start school prepared and confident, benefiting more than 140,000 children statewide each year.

swhd.org

EVENTS

WEDNESDAY 6/3

Midweek Miles

6:30 p.m. at Biltmore Fashion Park, 2502 E. Camelback Road, Phoenix. Join the Phoenix Run Club for a free community run that welcomes all ages and experience levels. Attendees will jog through Biltmore Fashion Park – make sure to bring plenty of water and good shoes. For those interested in more, the club also offers a paid membership with benefits like discounts, training opportunities, and team events.

reddevelopment.com

FRIDAY 6/5

Sonoran Sippin'

6-9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy. Kick start the weekend with a drink, live music and an evening in nature. This Friday's event allows guests to tee up for an evening of mini golf and sip on a refreshing welcome drink as they navigate three different 9-hole LED courses with challenging obstacles. Tickets are $19 for non-members, and reservations are required.

dbg.org

SATURDAY 6/6

Feed the City

8:30 a.m. at Fate Brewing, 1312 N. Scottsdale Road, Scottsdale. Feed The City, hosted by Tango Charities, is a monthly volunteer event where community members gather to prepare meals for those in need. Volunteers bring supplies for sandwiches, fruit and chips and assemble lunch kits using those ingredients. This event is free.

tangocharities.org

Haunted Jails, Rails & Grave Tales

8 p.m. starting at Maricopa County Sheriff's Office, 550 W. Jackson St., Phoenix. Ghost hunters, this one is for you. Explore Phoenix's Warehouse District on a dark walking tour of haunted jails, railways, and forgotten graves with Get Ghosted Phoenix. Attendees will stop by the Maricopa County Sheriff's Office, Ice House, Phoenix Union Station and more. Tickets start at $44.

getghostedphx.com

FRIDAY 6/5 – SUNDAY 6/7

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 John Cena, Jared Padalecki, Jamie Campbell Bower, Kevin Smith and more. Tickets range from $50 to $2,000.

phoenixfanfusion.com

TUESDAY 6/9

Watercolor Unleashed

1 p.m. at Shemer Art Center, 5005 E. Camelback Road, Phoenix. This class, taught by Julie Gilbert Pollard, will teach students about fresh, clean color, intuitive negative painting, incorporating gouache or acrylic, and stronger composition & design. Attendees will paint a landscape and the only thing you need to bring is your excitement! All levels are welcome. Registration is $190 for five sessions.

shemerartcenter.org

THURSDAY 6/11

Art 360: A Bad Bunny

6 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. Feel the rhythm of reggaeton and Latin music as Bad Bunny's infectious sound pulses across the Dorrance DOME. Audiences will experience vivid visuals and electrifying beats during this dance party. The program will include a 10-minute pre-show walk-in experience followed by a 30-minute program featuring original immersive visuals and 360-degree cinematography set to the music of Bad Bunny. Tickets are $25.

azscience.org

FRIDAY 6/12

Candlelight: Tribute to Carlos Santana

6:30 p.m. at Phoenix Art Museum, 1625 N. Central Ave., Phoenix. Candlelight concerts latest gig transforms music into a multi-sensory experience. The Listeso string quartet will perform Santana's greatest hits under a warm candlelit glow. Get ready to hear Black Magic Woman, Oye Como Va, Smooth and more during this 60-minute, all-ages show. Tickets start at $41.50.

phxart.org

SATURDAY 6/13

Contemporary Dance Class

10 a.m. at Phoenix Center for the Arts, 1202 North 3rd St., Phoenix. Contemporary dance is all about freedom, and at this class – hosted by Upward Spiral – attendees will experience a mix of technique and release, strength and softness, structure and play. Beginners will explore flowing movement, floor work, and dynamic shifts of weight, guided by music and emotion. Registration is $24.

upwardspiraldance.com

Let it Snow!

10 a.m. at Heard Museum, 2301 N. Central Ave., Phoenix. Cool off at one of the Heard's most popular summer traditions. Let It Snow brings Alaska-inspired fun to the desert with hands-on activities that invite kids to play, create, and imagine life in Alaska. Snap a photo inside an inflatable snow globe, join in on a snowball fight, build you own mini snowman and more. This event is free with add-ons available.

heard.org

SUNDAY 6/14

Melrose Vintage Market

10 a.m. at The Duce, 525 S. Central Ave., Phoenix. This morning's pop-up market is supporting AZ nonprofit one·n·ten. The event is family-friendly, with over 45 vendors selling their wares: vintage, handmade and upcycled furniture, decor, clothing, knick-knacks, handmade jewelry, and arts and crafts. There will be live music, plus brunch and cocktails available for purchase. Admission is $5.

melrosevintagemarket.com

Juneteenth Celebration

10 a.m. at the Embassy Suites, 4400 S. Rural Road, Tempe. The Arizona Historical Society invites guests to its fifth annual event: "We've Come This Far," which will highlight local historians, storytellers, and community members dedicated to preserving and sharing Arizona's black history. There will be dance and musical performances, storytellers, and a discussion panel. Admission is free, but registration is required.

arizonahistoricalsociety.org

WEDNESDAY 5/17

Open Mic Night

7:30 p.m. at Tempe Improv, 930 E. University Dr., Tempe. Those looking

WHAT'S HAPPENING, *ARCADIA?*



Melrose Vintage Market *at The Duce in Phoenix.*



Juneteenth Celebration *at the Embassy Suites in Tempe.*

to sharpen their comedy skills may find some practice time here. This improv show is open to all experience levels. Guests can sign up via email and on the night of the show, they'll have five minutes on stage – no topic is off-limits, which is why this event is grown-ups only. Registration is $12.

tempeimprov.com

FRIDAY 6/19

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

A Taste of Italy

6 p.m. at Jamie's Bottle Shop, 7033 E. Main St., Scottsdale. Join Jamie's Bottle Shop – a boutique from the owner of Wrigley Mansion that offers 700 labels from across the world – for its Taste of Italy class, an expert-led journey through Italy's wine regions. Students will receive a beverage flight, charcuterie plate, and class materials. Enjoy some vino and learn something new. Tickets are $75.

jamiesbottleshop.com

FRIDAY 6/19 – SATURDAY JUNE 20

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 20, featuring a three-course meal prepared by Chefs Russell LaCasce and Bernie Kantak. 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

SATURDAY 6/20

Glow Up @SMoCA

7 p.m. at the Scottsdale Center for the Performing Arts, 7374 E. 2nd St., Scottsdale. Glow Up is a series focused on self-care and wellness. Each month features sound baths and gentle yoga inside SMoCA's exhibitions, led by Melinda Milton, a skilled practitioner, who will guide guests through meditative techniques. Need a breather? Look no further. Tickets are $25.

scottsdalearts.org

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY 6/20

Summer Learning Series

2 p.m. at Sanctuary Camelback Mountain, 5700 E. McDonald Dr., Paradise Valley. Fully embrace the summer with a learning experience – cocktails included. Jade Bar mixologists will explore the history of tiki drinks as guests enjoy a hands-on experience crafting and tasting three different tiki-inspired cocktails. This class is for grown-ups only. Registration is $75 per person and reservations are required.

sanctuaryaz.com

SUNDAY 6/21

Jam Session: Stan Sorenson

6 p.m. at The Nash, 110 E. Roosevelt St., Phoenix. The Nash's jam sessions take place every Sunday, welcoming student and pro musicians to play together, unrehearsed, in different combinations. Student musicians are welcome, with house band, piano, guitar and bass, drum set and sound all provided. Are you a singer? You can join in, too. These events are all ages and cost $10.

thenash.org



Beauty and The Beast *at Gammage Theater.*

THURSDAY 6/25

Dear Evan Hansen

7:30 at Phoenix Theatre Company, 1825 N, Central Ave, Phoenix. A Tony Award-winning musical, Dear Evan Hansen is "a journey through the fragile threads of human connection." Evan is a high school senior struggling with social anxiety, loneliness, and a distant relationship with his mother. He writes letters to himself to focus on positive aspects of each day – and this is where our story unfolds. Tickets start at $60.

phoenixtheatre.com

SUNDAY 6/28

Beauty and The Beast

6:30 a.m. at Gammage Theater, 1200 S. Forest Ave., Tempe. Be Our Guest at Disney's 30th anniversary production of Beauty and The Beast, a musical that's as enchanting and timeless as this tale as old as time. Belle offers herself to save her father and discovers that true love and compassion can transform even the most monstrous into a noble prince. Tickets start at $50.

asugammage.com

SUNDAY 6/30

Dinner and a Movie

5:30 p.m. at Marcellino Ristorante, 7114 E. Stetson Dr., Scottsdale. Guests are invited to Marcellino for date night, girl's night out or if you just feel like Italian for dinner! Attendees can enjoy a three-course summer special meal and watch a classic film – on the screen tonight is *The Big Night*, starring Tony Sholub and Stanley Tucci as owners of an Italian restaurant. Dinner starts at $50 per person.

marcellinoristorante.com





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A Strong Start to 2026

Thank You, Arcadia

The first half of 2026 has been exceptionally strong for our team at The Brokery. Together, we have now surpassed more than $400 million in residential sales across the Valley this year!

As one of the only true local real estate companies still operating, we appreciate all of the support and referrals you have sent our way over the years. We are truly living out our why and grateful for the opportunity to serve so many of you.

As Summer arrives, we hope everyone has a chance to enjoy time with family, travel, pool days, late dinners, and everything else that makes summers in Arizona memorable.

Thank you again for your continued support, referrals, and trust in our team.
Enjoy your summer, Arcadia.



THE BROKERY

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

FRIDAY 6/5 – SUNDAY 6/7

REACH – Teen Camp

6:30 p.m., at Spirit in the Desert Retreat Center, 7415 E. Elbow Bend Road, Carefree. This overnight camp is designed for teenagers 13-18 who have experienced the loss of a loved one. REACH is a traditional, fun, high-energy camp focused on activities to support self-discovery, enhance communication skills, build trust and promote sharing in a safe environment. Registration is $75 per person.

steppingstonesofhope.org

FRIDAY 6/5 – SATURDAY 6/6

Williams Historic Car Show

Times vary, show starts at 9th Street and Monument Park on Route 66, Williams. Do you love classic cars? What about being up north? Then this event is right up your alley. Attendees will find a mix of vintage classics and muscle cars, customs, trucks, and one-of-a-kind builds, plus vendors, activities, shops, food and drink, music and an awards show at the finale. This event is free for all ages.

williamshistoricroute66carshow.com

SATURDAY 6/6

Margarita Championship

6 p.m. at The Westin La Paloma Resort, 3800 E. Sunrise Dr., Tucson. Raise a glass for the World Margarita Championship, where top chefs and mixologists bring their creativity to life. Attendees will sip and vote for their favorites while snacking on bites from Tucson Originals Restaurants (Amelia's Mexican Kitchen, Redbird Scratch Kitchen, El Rustico and more). Tickets are $80 with VIP options available.

artstateaz.org

SATURDAY 6/6 – SUNDAY 6/7

SoulSearch Scottsdale

10 a.m.-6 p.m. at Hilton North Scottsdale, 7963 E. Cavasson Blvd. The SoulSearch Scottsdale Enlightenment Expo & Psychic & Healing Fair returns for a weekend centered on connection, self-discovery, and holistic wellness. Attendees can explore psychic and astrology readings, energy healing, chakra balancing, and bodywork, alongside workshops and talks led by spiritual teachers and wellness experts. Admission is free if you register online - $15 at the door.

soulsearch.io

Flagstaff Hullabaloo

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



Flagstaff Hullabaloo *at Wheeler Park in Flagstaff.*



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THURSDAY 6/12

Worlds Revealed Speaker Series

7 p.m. at Lowell Observatory, 1400 W. Mars Hill Road, Flagstaff. Route 66 is one of the most storied roadways in North America, but did you know that along its course lies training grounds for Moon-bound astronauts, the site of a famous UFO sighting and more? In honor of the centennial of the opening of Route 66, Lowell Observatory Historian Kevin Schindler will lead a virtual trip along the Mother Road and explore this space heritage during this speaker series. Admission is $35 for adults, $20 for kids.

lowell.edu

Corn Roast

5 p.m. at the Queen Creek Olive Mill, 25062 S. Meridian Road. Celebrate the flavors of summer at the annual Corn Roast. There will be live music from Makayla Forbes, assorted street corn flavors, fresh watermelon, baked cornbread, drinks for all ages and lawn games set throughout the grove. Admission and parking are free.

queencreekolivemill.com

SATURDAY 6/13 – SUNDAY 6/14

Flagstaff Folk Festival

10 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, an artisan marketplace and the inaugural Route 66 Centennial songwriting competition and teen showcase. Tickets are $20 per person, per day.

flagfolkfest.org

Asparagus and Garlic Festival

7 a.m. at Mortimer Farms, 12907 E. State Route 169, Dewey. This festival invites guests to experience a full day of farm-inspired fun with hands-on asparagus and garlic harvesting, cowboy demonstrations, live cooking tastings and guided farm tours focused on sustainable agriculture. Visitors can also explore the market, pony rides and face painting, and farm-to-table dishes at the on-site deli. Admission is $15 per person.

mortimerfarmsaz.com

TUESDAY 6/16

Wood & Epoxy Class

9:30 a.m. at Rockler Woodworking, 4626 E. Thunderbird Road, Phoenix. A fun and educational activity for those interested in woodworking, this class teaches students how to create their own wooden and epoxy "mini river" table. Students will cut their own unique "river" shape, learn how to properly seal the mold, mix their own epoxy and choose from the many colors of pigment provided. Registration starts at $163 and this class is for ages 18+.

rockler.com

THURSDAY 6/18

Salute to Service Dinner

6 p.m. at the Martin Auto Museum, 4320 W. Thunderbird Road, Glendale. Soldier's Best Friend is an organization that provides military veterans living with combat-related PTSD or traumatic brain injury with service dogs from local shelters. This dinner will showcase testimonies from Veteran graduates and share the mission of SBF. Proceeds will support the nonprofit's programs and services. Tickets are $50.

soldiersbestfriend.org

SATURDAY 6/27

Glow Flow

7 p.m. at Westin Kierland Resort, 6902 E. Greenway Pkwy., Scottsdale. Celebrate after sunset at Glow Flow, a glow-in-the-dark poolside party featuring the FlowRider® Surf Simulator and a dive-in movie night under the stars. Guests have full access to the simulator and movie (tonight it's *Cars*!), plus pickleball play, s'mores stations, sweet treats and food options, lawn games and more. Family four packs are $150, or $50 per person.

marriott.com

Tucson Urban Wine Tour

11 a.m.; starting address provided after registration. Join Arizona Winery Tours for a Tucson jaunt, visiting top tasting rooms and vineyards like Arizona Wine Collective, Vertigo Wines, and Old Pueblo Cellars (featuring Wilhelm Wines). Guests can sip various vinos, have lunch, meet fellow wine lovers and enjoy snacks and water throughout the day. Tickets start at $180.

arizonawinerytours.com

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Mock Trial participants Ronak Kapadia, Amiel Beyo, Danny Rubenstein, Henry Powers, Cassandra Klain, Mila Mestaz, Callie Interiano, and Manoli Kapadia.

Mock Trial celebrates third straight State Championship

By Rachael Bouley

Veritas Prep has gone from strength to strength, winning the Arizona High School Mock Trial State Championship for the third consecutive year and booking a spot at nationals.

Mock Trial pits two teams of three lawyers and three witnesses against one another in a jury trial, with each presenting one side of a case, such as prosecution/defense for criminal or plaintiff/defense for civil. Each side presents an opening statement, three direct examinations, three cross-examinations, and a closing argument, and teams must prepare both sides of the case.

Attorney and Head Coach Bill Klain, who is also the director of the Fennemore Law Firm in Phoenix, led the Falcons through preparation starting at the end of October when case materials were released. With three competitions during the season – regionals, states, and nationals – practices increased in frequency and duration, with the team rehearsing five days a week leading up to the Arizona-wide tournament at Sandra Day O'Connor U.S. Courthouse at the end of March.

The Falcons' hard work and practice paid off, as they needed to win or place highly at each level to be invited to compete at the next event.

"We start by analyzing the case to identify the issues and evidence supporting each side," Klain explained. "We then begin preparing witness examinations and portrayals before finally turning our attention to opening statements and closing arguments."

Competitions last a single day and consist of four trials, with the top two teams advancing to a fifth and final championship round at the end of the day. In their final practices before competing, the team goes through full trials to fine-tune their various presentations.

"Apart from gaining an understanding of our justice system and trial practices and procedures, a Mock Trial helps students develop their critical thinking and public speaking skills," Klain added. "Our students learn to work as a team and to appreciate the value that the differences among them are a strength when collectively working to achieve a goal."

> ***Our students learn to work as a team and to appreciate the value that the differences among them are a strength when collectively working to achieve a goal.***

At state, they won their first three trials but lost a close fourth trial. Based on the number of ballots and points awarded, Veritas advanced to and ultimately won the championship round.

Klain shared in the students' joyful reactions and excitement when they were announced as finalists and state champions.

"I am most proud of how the young men and women on our team dedicated themselves in pursuit of a shared objective and achieved it through their efforts and by the way in which they learned to set aside their differences and work together in a supportive fashion," Klain said.

Two juniors were named to the All-State Team, a great achievement for Cassandra Klain and Mila Mestaz, who have been part of Mock Trial for two and three years, respectively. It's also a testament to the team's talent and depth. Mila said winning state was extremely gratifying after so many hours of work.

"To receive the All-State Award was an incredible honor, especially after such a long season of dedication. It makes me feel confident about wanting to pursue a career in criminal defense law," she said. "I've learned how to work with others on a team. You have to walk a fine line between being critical and supportive."

Cassandra was also proud to help achieve success on the state stage. In addition to All-State honors, she was awarded the Justice Ryan Award for Outstanding Performer in the Championship Round.

"If I had been told I would receive two awards at the beginning of the season, I would have been in absolute disbelief," Cassandra said. "It was such an incredible moment, and I couldn't be more grateful for my amazing team and coaches who helped me achieve these accomplishments."

She focused on properly explaining what the burden of proof is and how it affects the evidence they present.

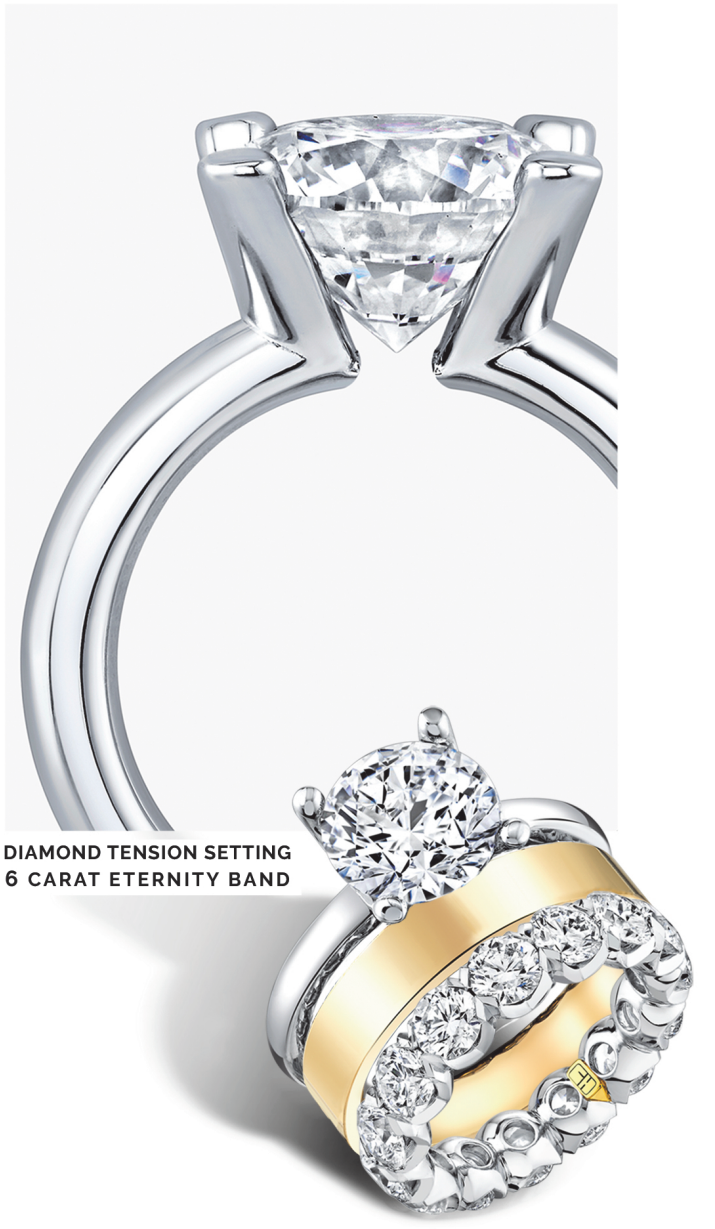
"Mock Trial has taught me how to properly relay information in a confident way. This is a skill I will carry with me for the rest of my life in everything I do," she said. "I will continue to participate in the Mock Trial program where our entire team will work tirelessly to hold our record. After graduation, I would love to pursue a career where I can use the public speaking skills I gained."

"The students competed fiercely and acquitted themselves, Veritas, and Arizona very well," Klain added.

Veritas went on to compete in nationals held in Iowa at the start of May, finishing 2-2 and in the middle of the pack in 24th place. They faced the number two team, losing by one point on one of three ballots in a split decision, and the number four team, losing by one point on one ballot and two points on another.



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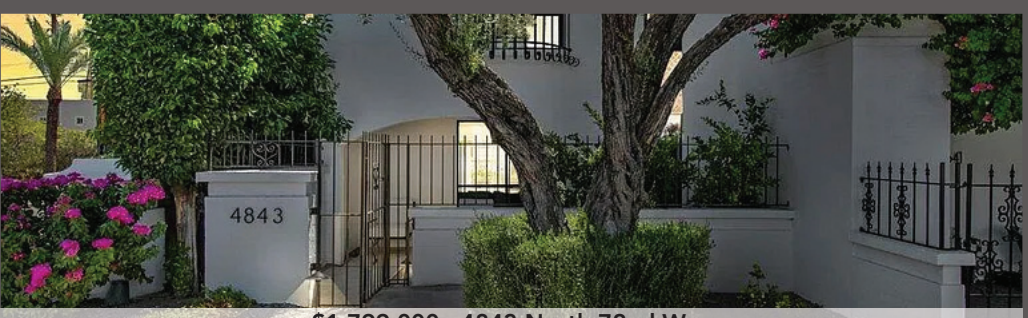
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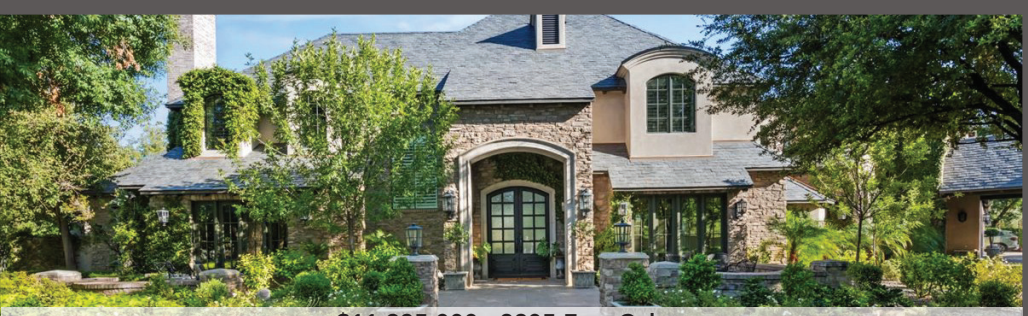


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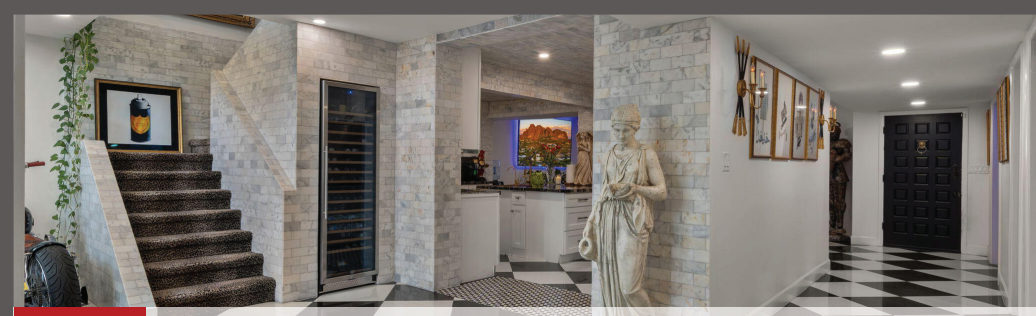


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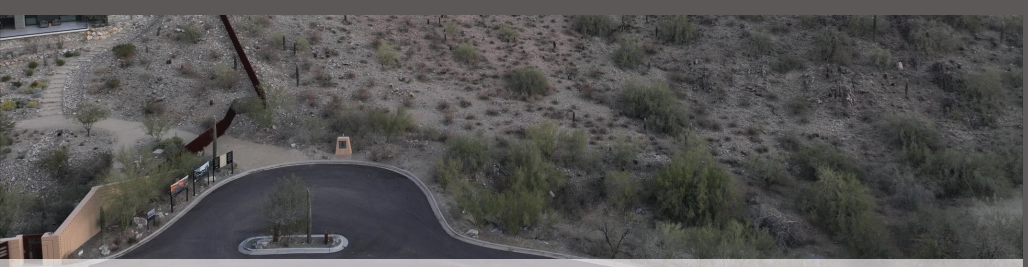


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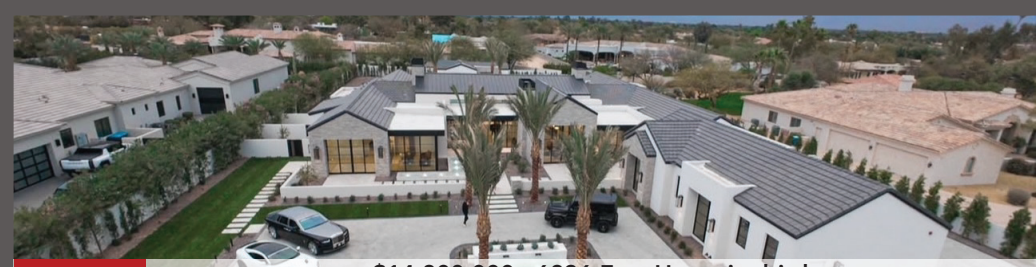
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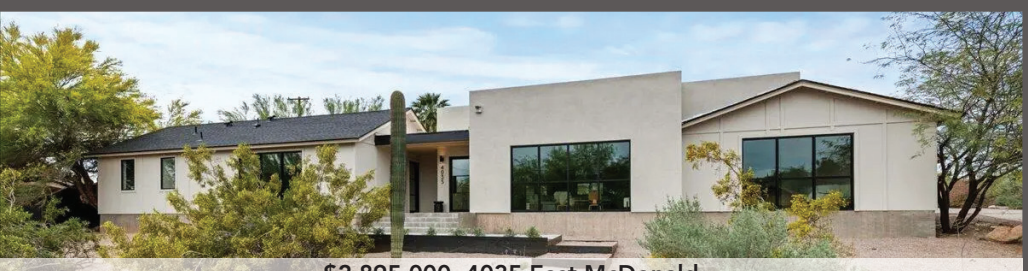


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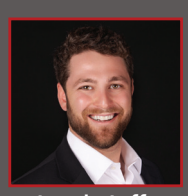
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In the Kitchen

In the Kitchen with Chef Josh Winters of Flint by Baltaire

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At the helm of Flint by Baltaire, Chef Josh Winters brings decades of passion and hands-on experience to the kitchen. From growing up in Wisconsin and discovering his love for cooking alongside his nonna to leading kitchens across Arizona, Winters has built a career fueled by curiosity, relentless work ethic and a deep appreciation for the camaraderie that comes with the industry.

Where are you from?

I grew up in Kenosha, Wisconsin. I've been out here for about 15 years and I've been cooking since I was 18. I moved out here to get a piece of paper *[laughs]*. I was working at a country club and applied for the chef de cuisine position and they asked for my credentials. I had no idea what they meant. 'I already work here? You want my birth certificate?' They wanted my culinary degree and I didn't have one – and that lit a fire.

I was sick of being in Wisconsin – at the time I was in college studying psych and hurt myself pretty bad playing football, so I dropped out and found Arizona Culinary Institute. It was a 12-month program, and I'd already done the technical courses, and at ACI it was really hands-on, small classes, so it was great.

How did you go from studying psych to becoming a chef?

My mother and father owned an electrical company, so I was pulling wires by the time I was six. I didn't know what I wanted to do but I wanted to try a bunch of different things. I was a mason, I've laid concrete, framing… I always also had a kitchen job at some point. Once you start, it pulls you in. We're all gluttons for punishment *[laughs]*, with the hours and stress that come with the job.

I didn't really care for school, so I left and moved around a couple times and worked at a few mom-and-pops. The whole country club thing was the impetus for researching culinary schools and moving out here. My girlfriend at the time wanted to move somewhere warm so we came out to Phoenix. She was here for a year and moved back, so I buried myself in work at Olive and Ivy.

Where else have you worked?

I worked at Bourbon Steak at the Fairmont Scottsdale. Resorts had a big appeal for me at the time but then I got burned out on cooking the same food every day. There's a big hierarchy there and the menus don't change. I started working at Noca (where Matt's Big Breakfast is now) and that was extreme fine dining, menu changes every day, you're working sixteen hours a day, six days a week… I learned a tremendous amount.

I opened the Montelucia and moved up to Executive Sous Chef; from there I went to The Boulders, then Valley Ho, and then I helped open Francine. That was a very interesting time, right in the midst of the pandemic. I transitioned to private events and cheffing for around a year but I missed restaurants. I missed the camaraderie. I found Flint and I've been here for about a year.

What's the first thing you remember cooking?

My nonna was a great chef but she hated cooking. I would be the veggie cutter when she was in the kitchen. She was a huge influence on me, and everything she made was amazing. Dinner was a huge production. Watching her and my parents – my dad thinks he's the best grill master in the world – was influential. We weren't the wealthiest family, and we made do with what we had – but there was always dinner on the table.

Cooking is something you can always fall back on. If you have passion, drive, a talent, you can do this. Growing up, I would try to elevate dishes, like… how do you elevate tater tot hotdish? You make your own tater tots, grind the seasonings, 'I'm going to make this a white tablecloth dish,' but I need to play with it. That's part of the fun.

What's one of your favorite parts of the industry?

I love to build people up and coach them and pass them on. It's not that I want to lose anyone, but you're ready to go, ready to keep growing, you know? The coaching and teaching – I feel like I wear so many hats – but I feel like that's one of my driving forces. I enjoy the science of food. I've dedicated a lot of my life to 'okay, what can I learn, how can I push myself?' I spent three years teaching myself pasta and different doughs that I can create by hand.

The little moments where you can see that a guest is enjoying their meal are so worth it. In the middle of the rush and everything is chaotic, fires are going, people are communicating, I love it.

…your least favorite parts?

Some people act like we're saving lives, but all we're doing is feeding people. Yes, we have to push things out in a timely manner, but I feel like sometimes guests don't realize, 'hey, you're being fed by professionals,' and the dining room is full, it takes time, what can we do so you enjoy your experience?

Especially since we're an open kitchen and you can see what's going on behind the glass. It's interesting to watch people, and I've met so many in this industry.

This is a passion, and if you're not passionate about it, and realize that you'll most likely be working 80 hours a week, this isn't for you. I think people don't realize how demanding this industry is. Make sure you know what you're getting into.

Tell us about your food travels.

When I got married, we had plans to go to Italy for our honeymoon but then the world shut down, so we had to wait. Last summer we flew over and I just kept extending our stay *[laughs]*. My wife is a pastry chef at The Phoenician – that's where we met!

She had a bunch of connections in Europe so after Italy, we went to Barcelona for a week. I'm telling you I was ready to buy a house. It was spectacular. This summer we're thinking about going to Albania because I have a truffle guy who lives there and he said we can come stay with him. He's an amazing guy, too.

I've been to a lot of states but there's inspiration everywhere. I can find inspiration from locations but there's also inspiration from chefs who are from different places, if that makes sense?

What can people find on the menu?

Think of us like a Mediterranean steakhouse. All proteins are center-of-the-plate, and we're seafood driven: branzino, salmon, swordfish, tuna, plus ribeye, bone-in, wagyu hangar steak and of course, a filet. Everyone loves a filet. Wood-fired pizzas, hummus – there are three variations that take three days to make – and we have a kid's menu, too, so you can bring the kids! The burger is one of the most popular items on the menu. Every time a ticket comes in, the grill guys are betting on how many burgers there will be *[laughs]*.

What about the wine dinners?

I have done wine dinners throughout my whole career – when I was at The Boulders I would do 12-14 wine dinners a year! But the community up there loved the events, so I wanted to bring that to this community. I'd like to do one a month, but the summer is pretty sparse, you know?

We did restaurant week, we wanted to get ourselves out there and share our food. We also host events for the complex – doesn't matter how silly they are, I'm in. I want to make this place as busy as I possibly can, at the highest level I can.

What is your favorite kitchen utensil?

A cake tester and a pair of tweezers. It helps if I want to move something around or fixing a plate without having to manhandle it. It's my security blanket *[laughs]*. A palette knife, tweezers and spoons are my secret weapons. On a personal note, I collect knives and spoons.

Spoons?

Yes *[laughs]*. My wife is always asking if I'm going to use them, like, absolutely! I'll stop at rummage sales – even on the way to work – and if I see a set of spoons, I'll buy them. Her best friend went to an estate sale and the guy was a woodworker and had wooden spoons, so she bought them and gave them to me for Christmas!

How do you handle the chaos of a kitchen?

Well, it's organized chaos. There's always going to be moments where you have to push through. My thing is consistency. Make sure stations are set up for success. We have pre-shift meetings every day so everyone is on the same page. When I was younger, I would lose my mind, but that never got me anywhere. I want to be as supportive as possible, and nonstop communication is key. Every day is different and I love it. The cooks love it. Kitchens are families!

Who are some other chefs that inspire you?

That is a tough question. Francis Mallman is very successful and very rustic – he cooks outside, and I like that. Thomas Keller – everyone knows his name. Grant Atkins and gastronomy is cool; Heston Blumenthal and The Fat Duck; Chris Curtis is a local and he's awesome.

I don't think there's one specific person, though. I find inspiration from lots of people. I've been very fortunate in my career to meet some of the best chefs – and you might not even know their names. The Arizona food scene is really good and super talented.

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

When is that? *[laughs]* My wife and I always try to take Sunday off together. I don't have a glorious life outside of work; it's shopping and errands and doing all the stuff. We just bought a house so there's always something to do there. On Sunday nights, though, we make it a point to sit down and have dinner together. I love being outdoors, I like to hunt and fish. Go to the gym, you know, the usual!

What restaurants would you recommend to newcomers?

Filthy Animal and Cleaverman are great. Glai Baan. Gallo Blanco has an epic brunch. Bad Jimmy's for the burger. It's so good. Welcome Diner, Fire at Will, Hush, Vecina – James is actually my neighbor!

What's next for Chef Winters?

Time will tell! This company is growing exponentially; there are a lot of things in the works. I'm ever pushing myself as hard as I can. I'm always going to be in a kitchen – this is my life, my kitchen, my craft. I'll continue to teach people about food. That's who I'll always be!

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"Meet Mr." | Ray Artigue

Richard Ross

If Richard Ross had just owned and operated an information systems consulting firm, that would be quite something. If he were simply an accomplished brand manager for Kraft Foods, managing a $1 billion product portfolio, that would be impressive as well. And if he were merely running venture capital-driven start-ups, that too would have been something to applaud.

These corporate jobs, though financially rewarding, didn't hold his attention or capture his heart. He was more interested in working directly with people. In 2008, Ross earned all the required licenses and became a financial advisor, beginning his practice with Edward Jones in Chicago.

"I love working with people one-on-one and helping them achieve their goals. Having taught economics to eighth graders, I'm an educator at heart – but with a collaborative approach," he said. "Twenty years later, many of my clients are like family and I can't tell you how many of their birthdays, graduations and weddings I've attended."

> ***I'm an educator at heart – but with a collaborative approach.***

Ross found his way to Phoenix just in time for the Great Recession, bought a house in Arcadia and then acquired his sister's Edward Jones practice, growing it substantially.

He and his two sisters grew up in Woodbury, New York, a small town on Long Island. As a youngster he thought about becoming an archeologist and attributes those interests to "all the museums my parents took us to." He graduated from Emory University and then earned an MBA from the University of Michigan, a solid foundation for what he is doing today.

Ross has as many personal interests and aspirations as he does professional achievements. Travel, food and the arts are among his passions. He has already been to 50 countries on five continents and claims he plans to visit at least that many more before he's done seeing the world.

"I love experiencing different cultures and seeing the amazing sights the world has to offer," he said.

Lately the only thing that Ross loves as much as travel is ceramic making, and he admits it has become a bit of an addiction. After taking classes at Shemer Art Center and then again at NAU, he was hooked.

"When I'm not working or sleeping, I am usually thinking about ceramics. I have actually done a TEDx-type talk called *Confessions, Insights and Lessons of a Pot Addict*," he said with a laugh.

He hopes to study with ceramic masters around the world one day and then eventually open his own art studio. Not surprisingly, he has already formulated a five-step business plan.

"I'll start by making nice gifts and hopefully end up by making great pieces that actually sell," he said.

In Arizona, Ross has never lived anywhere but in Arcadia and he gushes about the iconic neighborhood. "Arcadia is simply the best and what makes it so are the people living here, the neighbors…it's a real neighborhood."

Ask Ross about his proudest achievement and you won't hear a word about career or hobbies. It's about caring for his centenarian parents.

"My sister and I took care of our elderly parents and



that was a real honor, giving back just a little bit of what they did for us," Ross reflected.

Richard Ross is a man of many pursuits; he is thoughtful, talented and expressive. Were he able to chisel his own tombstone, he'd hope it simply reads: *He helped people and did good.*

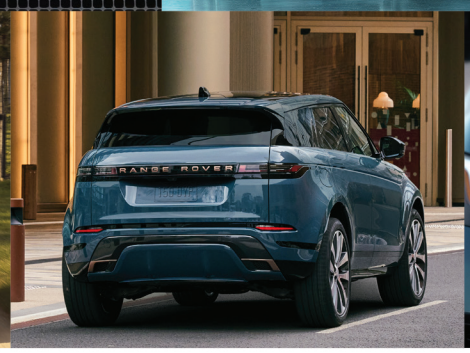


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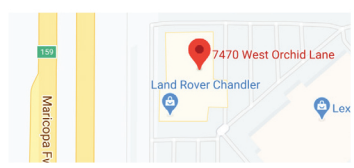
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Like father, like son: Valley duo give back to SVdP

By Mallory Gleich

Giving back has become a family tradition for one Michael Nuss and his son, Tyler, whose connection to Society of St. Vincent de Paul began through a service group and has since grown into a meaningful way for the entire family to support the community.

Tyler first became involved with SVdP through Boys Team Charity (BTC), an organization he participates in alongside his father. BTC is focused on instilling a spirit of philanthropy in young men through collaborative projects with their parents. Boys in grades 7-12 aim to strengthen community ties, promote personal growth, and develop leadership skills.

Through the group, Tyler and Michael were introduced to SVdP's Hearts and Hands opportunities, which quickly became a regular part of their service calendar. Hearts and Hands takes place every first Saturday of the month and offers a variety of opportunities for all ages.

What started as a father-son activity soon became a family effort. Today, Tyler, his mom, his dad and his sister often volunteer through the National Charity League, helping support the programs while also earning volunteer service hours. Their responsibilities vary depending on the day's needs.



PHOTO COURTESY OF MICHAEL NUSS

Tyler and Michael Nuss have become regulars at St. Vincent and help with the Hearts and Hands program.

"Activities include making craft projects or creating blessing cards – which is what we do most of the time," Tyler said. "Occasionally we are able to work in the kitchen area when they need our help, but we enjoy being flexible and open to new experiences." For Tyler, the most rewarding part of giving back is knowing the work directly benefits people in need.

"Knowing that what we're doing is going toward a greater cause, and that it will truly make a substantial difference, is my favorite part," he said.

Volunteering alongside his father also makes the experience especially memorable.

"I think just the dynamic he always brings is the best part," Tyler said. "He always manages to make our volunteer opportunities much more exciting than I expect them to be."

The Nuss family said they'll continue to support SVdP because of the organization's commitment to helping vulnerable populations across the Valley.

"St. Vincent de Paul does excellent work supporting the most defenseless people in our community," Michael said. "It's a pleasure to be part of the organization."

Outside of SVdP, the family volunteers through other Boys Team Charity opportunities, including Saving Amy, a philanthropy focused on giving underprivileged children opportunities to visit fun and exciting destinations.

Through their continued service, the family hopes to inspire others to find meaningful ways to give back and strengthen their community.

Innovation shines at inaugural AZ Tech Week

By Michael P. Murphy

Though we may hate to admit it, we love technology. In many ways it enhances our lives and makes the world a better place. This is why AZ Tech Week, held in April, was so vital in raising the profile of technology, not only across the world, but especially in Arizona. To say it was a big success would be an understatement.

"We had over 18,000 people attend the inaugural event," said Katie Sieker, Senior Vice President of Venture Partnerships with the Arizona Commerce Authority (ACA). "Thirty-nine states and 26 different countries were represented, making it the largest inaugural tech week on record."

One of the goals of the ACA was to tell the story of Arizona throughout AZ Tech Week. As a result, 419 tech events were held in 29 cities, offering a variety of programs, demonstrations and lectures. Events included a drone show, a tour of the Amazon warehouse, even a robot rodeo in Chandler. There were also creative things like concerts, hiking, yoga and running events.

"Anyone can hold a Tech Week event," Katie said. "Our role at ACA was to help convene the state by spreading the word and hosting the platform for the website and the application, called Particle, that allows people to sign up for events. We convene on this model to help support people, and then you can do anything."

One event was led by Chantel Newman, a junior at Xavier Prep. She recognizes Artificial Intelligence is everywhere in our lives, so she set out to learn how it affects her generation. After performing an essay study with a group of students, the result was a 41-page AP research project, *How GenAI Impacts Teen Curiosity,* that she presented to a group in Scottsdale during AZ Tech Week.

"There really haven't been any studies on this because it's so new," Chantel said. "I had three statement groups. No AI, Ethical AI, which is AI for brainstorming, and Full AI, where they can just generate the essay. There was just a minor correlation between curiosity and AI use. Overall, I found there wasn't a strong relationship between the two."



PHOTOS COURTESY OF AZ TECH WEEK

Attendees and presenters Jonathan Cohen, Sandra Watson, Bill Gross, Governor Katie Hobbs, Cristian Rabiti, Allen Morgan, and John Schreiber.

After analyzing the data further, she found the students were asking questions to discover what AI has to tell them. The bottom line was they wanted to know how to use it better.

"I want to learn more about how AI impacts curiosity and students overall," Chantel said. "I want to encourage healthy use and show how it can be used for good."

The subject was a major thread that ran throughout AZ Tech Week, as was venture funding with Venture Capital. It was a perfect opportunity for small businesses to participate in economic development. Global attention was invaluable, with many outside companies coming to see how they can engage and take advantage of the growth in Arizona.

"AZ Tech Week was a massive success," Katie said. "I felt a real sense of pride because we've been a fragmented market over the last decade while we've been trying to figure out the industries that are going to take hold. It was amazing to feel proud of what we've been holding together over the last decade."

Despite not knowing most of the attendees at her presentation, Chantel came to appreciate their questions and comments.

"Just being in a community of people to interact and discuss technology with was what made AZ Tech Week so special," she said.

AZ Tech Week 2027 is already being planned. Don't be surprised if Chantel has more to say about AI by then.

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End of an era: Echo Canyon school closes its doors

After years of declining enrollment, Echo Canyon School closed its doors at the end of the 2025-26 school year, marking the second time the campus at 62nd Street and Camelback has gone quiet. In December 2025, the Scottsdale Unified School District Governing Board voted to close the school after enrollment fell below 300 students, a significant drop from the bustling K-8 it once was.

The story of the campus stretches back to 1958, when SUSD opened Kaibab Elementary during the post-war boom that shaped much of Arcadia. The district's one-mile school grid was designed so children could walk from the growing neighborhoods around Camelback Mountain. Kaibab (1958), Tavan (1955), Kachina (1955), Ingleside (1956), and Hopi (1960) formed the original cluster of SUSD elementary schools serving the area as Arcadia filled in.

Kachina, located at 44th Street and Campbell, closed in 1979 as enrollment dipped across south Scottsdale. Part of its former campus later became Kachina Park, a neighborhood favorite that still hints at the school footprint that once sat there.

Kaibab met a similar fate in 1980, closing alongside several other campuses. The district attempted to sell the property but found no takers, ultimately leasing it to groups including the YMCA, Greasepaint, and an artist's school.

A surge in enrollment in the early 1990s brought the campus back to life. Arcadia Neighborhood Learning Center — then just 85 students squeezed into four classrooms at the Tavan annex — outgrew its britches and moved into the Kaibab campus in 1991. Within a decade, the school grew to roughly 600 K-8 students.

The campus was rebuilt in 2011 and renamed Echo Canyon in 2017, adopting a new identity centered on gardens, outdoor learning, and hands-on "Exploration Friday" programs that families came to love.

With enrollment now at historic lows, students and staff will shift to other SUSD campuses next year, and the district plans to relocate the early childhood program to Tavan. The property will remain in district hands as officials explore future leasing or community-use options.



Echo Canyon started as the Arcadia Neighborhood Learning Center, rebranding in 2017.



PHOTOS COURTESY OF KRISTEN GUERIN

Kaibab Elementary was active from 1958-1980.



The Chef in the Garden program was a staple at Echo Canyon, teaching its students how to plant seeds, the importance of soil and how to sustain a thriving garden.



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Arcadia sisters create suds and smiles

By Kylie de Best

Nicole Larsen and Katlyn Miller, like many others, have long been dissatisfied with conventional body care products and even high-end soaps and washes not delivering the promised results of hydration and nourishment. In fact, they often found those soaps left their skin feeling drier than before. Determined to create something better, they crafted their first bar – and, loving the results, soon founded Rose Marie Apothecary.

The business debuted in 2023 with a mission to be more intentional about the ingredients people use both inside and outside of their bodies. While first starting as a hobby, they were encouraged to keep going after receiving overwhelmingly positive feedback from family and friends they gifted to and finding how much everyone loved incorporating the soaps into their daily routine.

In 2024, the vision officially came to life, and Rose Marie Apothecary grew into the woman-owned, sister-owned small soap batchery it is today. The inspiration for the name came from a combination of Nicole and Katlyn's middle names, paired with the word "apothecary" to show the thoughtful and intentional care these products bring.

The body and bath essentials are created in small batches, which began in Nicole's kitchen and soon expanded into a dedicated home workspace. Today, the duo is building a full studio where each product is carefully made and every new design is dreamed up with intention.



PHOTOS COURTESY OF NICOLE LARSEN

Nicole Larsen and Katlyn Miller are the duo behind Rose Marie Apothecary.

While conventional products are often formulated with high water content and minimal amount of highlighted ingredients like shea butter, Rose Marie believes in using high quality, sustainably sourced ingredients while keeping the formulations simple and purposeful. Every oil, butter and clay is selected with care to bring hydration and benefits to the skin.

Many of their artisan soaps are inspired by the beauty and spirit of the Valley, featuring designs like Arcadia Orange, Valley of the Sun, Arizona Monsoon, and Sonoran Bloom. They are constantly creating new designs inspired by landscapes, moments, and people around them.

"We love the creative outlet it provides and the opportunity to share that creativity with others who value handmade products," Nicole said. "There is something meaningful about turning simple ingredients into something beautiful and then seeing those products become part of someone's daily routine or a gift shared with intention."

Nicole and Katlyn are excited to grow the product line, prepare for the launch of their subscription-based soap service, expand new retail spaces, and create even more designs inspired by the people, places, and moments that bring joy and connection into everyday life.

Rose Marie Apothecary products can be found online and in-person at boutiques Sip and Shop and 85 Local.

rosemarieapothecary.com



Baked by Grace prepares custom cupcakes and desserts with its small-batch "bakery" kitchen.

Bringing homemade charm to every celebration

By Mallory Gleich

If you've spent time strolling through Valley farmers markets or scrolling Instagram feeds lately, you may have spotted a new name making waves in Arcadia's dessert scene: Baked by Grace.

Run by a baker whose roots began in Iowa, Baked by Grace started with a simple idea: create delicious desserts that help people celebrate life's big and small moments. From custom cakes to cupcakes and cookies, everything is crafted with a focus on quality ingredients and flavor.

"I love baking anything, especially orders that I know the purpose behind. I am grateful for all of the lives I have gotten to be a part of through the baked goods I make," Owner Grace Cahill said. "From weddings to multiple years of birthday parties, or even the baked goods being sent to those needing to be thought of on a special occasion."

While there's no storefront just yet, that hasn't slowed Grace down. The company operates through custom orders and a growing presence at neighborhood pop-ups and markets around Scottsdale and Phoenix.

Grace only recently decided to turn her longtime passion into a business after settling in Arizona. The move itself was inspired by the state's lifestyle and strong sense of community – something she says she's already felt in full force since arriving.

"I love how supportive and connected everyone is. There's a strong appreciation for local businesses, and people really show up for each other," she said.

That sense of connection is also what fuels her favorite part of the job. It's not just about baking, it's about being part of people's stories. Whether it's a wedding cake, birthday cupcakes, or a box of cookies sent to brighten someone's day, each order carries meaning. And for Baked by Grace, that's what makes the work so rewarding.



Grace Cahill

Of course, running a business comes with its challenges. Building a name in a new city and juggling the behind-the-scenes demands of entrepreneurship can be tough. But with each satisfied customer and repeat order, the foundation continues to grow stronger. Grace said that custom orders are a major focus, and flexibility is key.

Looking ahead, the goal is simple: keep growing, keep baking, and keep connecting. With plans to expand participation in markets through summer and fall, there will be even more chances for Arcadia residents to get a taste.

Learn more on Instagram @bakedbygrace.co

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Hopi Arts Fair honors student expression with annual showcase

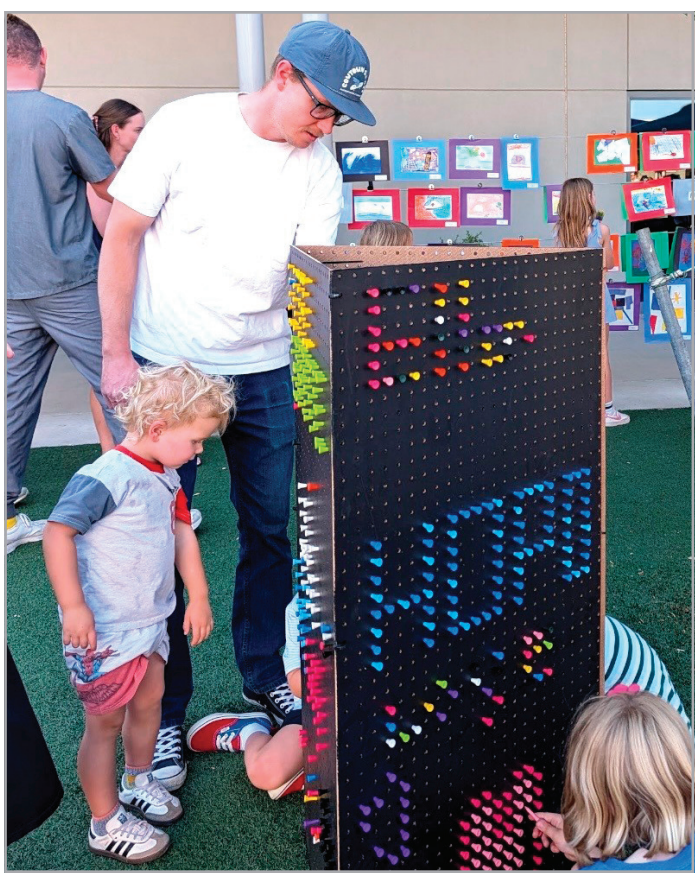


PHOTO COURTESY OF HOPI ELEMENTARY

A Lite-Bright-inspired station was the most popular addition at this year's fair.

By Madalyn Paltzik

Music performances, colorful artwork, and hands-on activities brought families together during Hopi Elementary School's annual Arts Fair this spring.

The event transformed Hopi's campus into what Principal Anne Plenkovich described as "an evening of creativity, collaboration, and talent," showcasing student work from across the school's music and arts programs.

Throughout the year, Hopi's Art Masterpiece volunteers visit classrooms to teach students about influential artists and their unique styles. The Arts Fair serves as a culminating showcase for that work, featuring a gallery walk of K-5 artwork displayed throughout campus.

"At Hopi, we truly love and celebrate the arts," Plenkovich said.

The event was organized by Chairs Kate Owensby and Cheri Pierce, alongside Art Masterpiece Chairs Jennie Baumgardner and Rachel McMahon, with support from the PTA, staff members, volunteers, and student helpers.

Hallways and outdoor spaces were filled with paintings, mixed-media projects, and colorful displays as families walked through the gallery. The artwork reflected the lessons explored throughout the year and allowed them to proudly share with friends and family.

The event also featured performances by nearly 200 student musicians involved in Hopi's band, strings, and chorus programs, creating an energetic atmosphere. Attendees gathered to watch performers as they moved between exhibits and activity stations across campus.

In addition to viewing artwork and performances, families participated in several interactive art stations inspired by famous artists and techniques. According to Pierce, students explored pop art inspired by Andy Warhol, created spin art inspired by Damien Hirst, and made bracelets from pipe cleaners.

Pierce said one of the most popular additions was "a new crowd favorite;" a Lite-Bright-inspired station built from pegboard and colorful golf tees where students designed glowing creations of their own.

The event combined visual art, music, and hands-on activities to create, as Pierce described, "an energetic and festive atmosphere."

Those attending the event also had dinner options, thanks to SoCal Vibrations, and dessert in the form of frozen treats from Frios Pops while exploring the campus exhibits and activities.

Beyond showcasing student talent, the Arts Fair also highlighted Hopi's community. Parent volunteers, teachers, and organizers worked together throughout the year to support arts programming and create an event that encouraged creativity and participation.

"The Hopi Arts Fair remains a cherished tradition that highlights student talent, encourages creativity, and strengthens the sense of community that makes Hopi so special," Pierce said.

Xavier junior takes third at State Poetry competition

By AJ Stone

Emily Kodicek is making her voice heard – earning a third-place finish at the state-level Poetry Out Loud competition. As the sole Xavier representative and one of just nine finalists from across the Valley, Emily advanced to the finals at the University of Arizona, where her powerful recitations and stage presence set her apart.

Poetry Out Loud, a national arts education program, invites high school students to learn about poetry through memorization and recitation. The competition views poetry as an oral art form, relating it to the growth of popularity in rap music over the last decade or so.

Emily found out about the competition through her English teacher Shannon Donaldson.

"I was immediately interested," Emily said. "I decided to compete, and I won the school competition and made it to regionals. I loved it so much last year that I decided to do it again and made it all the way to State, where I placed third."

She was inspired to compete through a collection of different passions, including acting, public speaking, and literature. Her love for poetry was only part of the reason she ended up pursuing this opportunity.



Emily Kodicek

"My acting and English classes, along with my prior public speaking experience – like lectoring at Most Holy Trinity Church – inspired me to enter Poetry Out Loud. It combined all of my passions into one competition," Emily said.

During the competition, three of the poems Emily performed were: *Our Own Twelve Anti-Suffragist Reasons* by Alice Duer Miller, *O Captain! My Captain!* by Walt Whitman, and *Songs for the People* by Frances Ellen Watkins Harper.

"Each of the poems is unique and tackles different themes," she said.

She described Miller's piece as a rhetorical poem that lists reasons why women should not vote while contradicting itself to convey the message that women should vote.

Walt Whitman's *O Captain! My Captain!* explores themes of grief, victory, and loss, and was written to commemorate Abraham Lincoln after his assassination. Harper's *Songs for the People*, Emily said, focuses on unity, peace, and the power of music to inspire change.

From political tensions to national mourning to the ideology behind world peace, Emily's ability to interpret and perform these complex messages contributed to her success at the state level. All poems recited in the competition are required to be a part of the Poetry Out Loud America 250 Online Anthology, making sure that students are using established works.

Whether it's acting, poetry, English, or another form of creating, Emily blends stage presence with thoughtful interpretations to demonstrate the power of spoken word poetry.

With a combination of passion and experience, she hopes to represent Xavier next year and aim for a first-place finish.

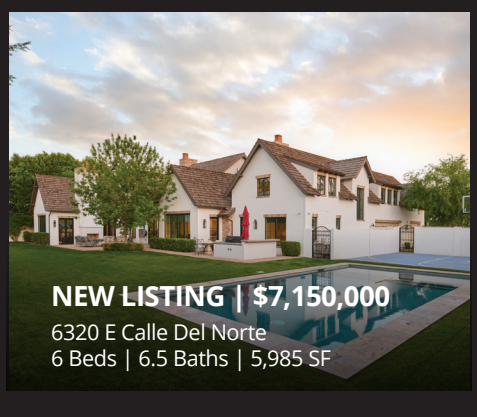


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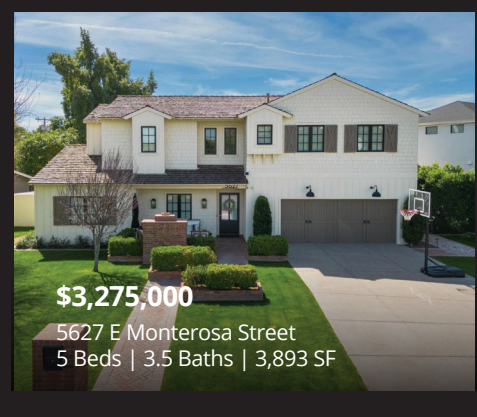
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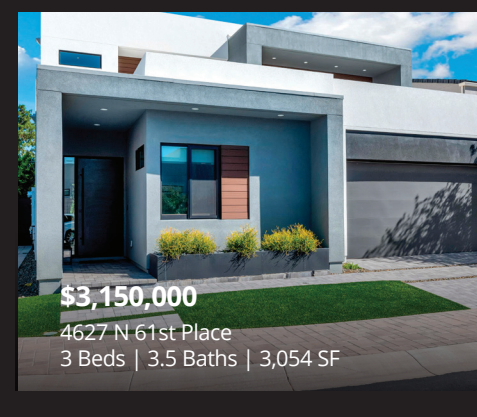
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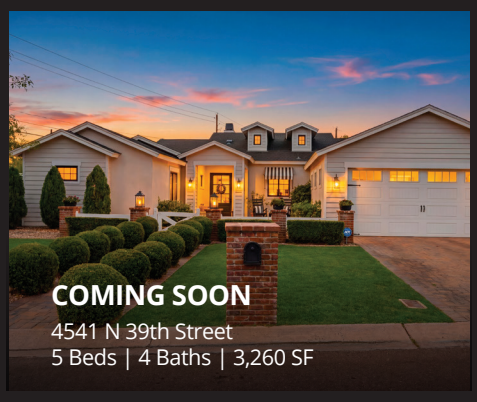
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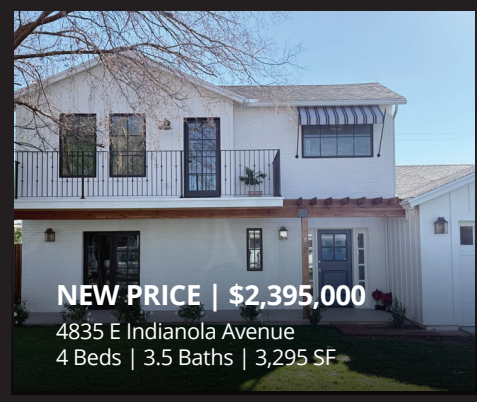




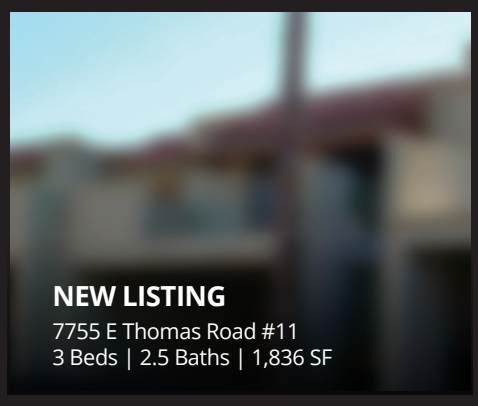


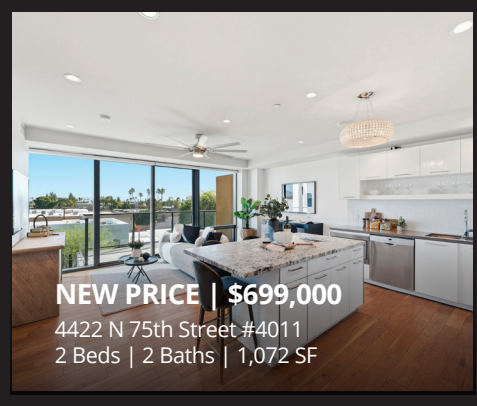


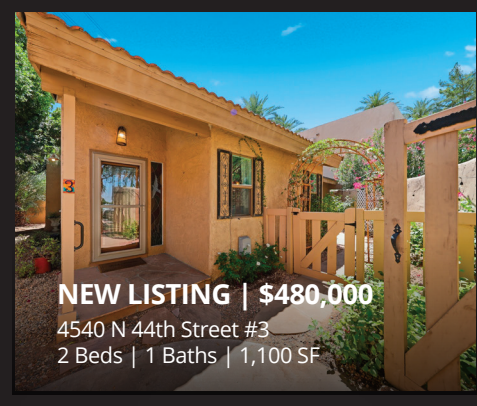












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An eatery that endures as one of Phoenix's most timeless icons

In 2007, during season four of *Arizona Highways Television*, we featured Durant's Steakhouse, capturing the mystique of one of Phoenix's most iconic dining institutions. Just a few weeks ago, we went back to interview the people behind Durant's newest chapter and to be honest, it felt less like covering a restaurant story and more like revisiting a living piece of Arizona history.



Robin's Adventures

BY ROBIN SEWELL

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

From the moment you walk through the well-known kitchen entrance, Durant's still feels suspended in time. The red leather booths, dim lighting, bustling bar, and old-school atmosphere transport diners back to a different era, a place where martinis feel timeless, stories linger in the walls, and dinner feels like an occasion.

I've eaten many lunches and dinners at the steakhouse over the years, and it's a great place to go before theater performances, for celebrations with friends, or simply on nights when you want to feel like you've stepped into another era for a few hours. Returning now, after the restaurant opened under Prime Steak Concepts, I wondered what might feel different. Surprisingly, not much.

The same crimson booths still invite guests to settle in. The bar still glows with old-school elegance. The bathrooms, the atmosphere, even the feeling of walking through the kitchen somehow remain untouched by time.



During filming, it was impossible not to think about all the people who had occupied those same seats over the decades. Maybe Marilyn Monroe once ordered a martini from the very same booth. That sense of history is exactly what Durant's has always represented.

Long before Phoenix became a sprawling metro filled with freeways, luxury developments, and sports arenas, Durant's stood at the center of the city's social and political life. Opened in 1950 along Central Avenue, the steakhouse became a gathering place for celebrities, politicians, business leaders, and generations of locals.

"This was the restaurant," Chief Brand Officer Oliver Badgio said. "This was the steakhouse that was in the center of it all."

Longtime patron Bill Dougherty remembers coming to Durant's as a child with his father and recalls the magnetic personality of founder Jack Durant, who famously walked from table to table, greeting guests personally.

"He had a velvet touch," Dougherty said. "Everybody knew your name."

Over the years, Durant's became known as a powerbroker destination where politicians made deals over lunch and Hollywood stars casually filled the booths. Some of the stars that graced these premises were Dean Martin, Sammy Davis Jr., Dick Van Dyke, Doris Day, and Shirley Jones. Today, that legacy still lives inside the restaurant's walls.

One of the most striking additions is a photo wall blending family photographs with images connected to the new ownership group's own family history, a symbolic passing of the torch that feels less like a corporate acquisition and more like stewardship of an Arizona institution.

"When I told people what we were doing, they'd ask, 'Are you going to change the name?'" said Jeffrey Mastro, Prime Steak Concepts founder. "Are you kidding?"

Instead of reinventing Durant's, the new ownership has focused on preserving the experience generations fell in love with while carefully polishing it for the future. Maybe that's the magic of Durant's. Not that nothing has changed, but that the restaurant still knows exactly what it is.

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Phoenix Symphony's inaugural Exeter event

On a warm spring evening in April, roughly 400 neighbors gathered together for a first-of-its-kind event in Arcadia. The inaugural "Symphony on Exeter: An Amazing Arcadia Night" offered an outdoor take on classical performance, right in one neighbor's front yard.

Presented by The Phoenix Symphony, the free concert featured a brass ensemble of 10 musicians performing a lineup of film scores. Selections ranged from Disney favorites to iconic themes by John Williams, whose work on films like *Star Wars* and *Indiana Jones* has shaped generations of moviegoers. The familiar melodies made the evening appropriate for all ages, blending classical technique with pop culture nostalgia.

"I grew up with the symphony as my sister was a concert pianist and I want to expose my grandson to it, but without ruining it for others in a big theater setting. This was the perfect opportunity to do that," attendee Margarete Nasir said. "Shepherd is 18 months old and he absolutely enjoyed the evening! We sat all the way in the back in case we needed to make a quick escape, but I'm pleased to say we made it all the way through! I'm excited to say I already bought tickets to take him to another performance."



PHOTO COURTESY OF THE PHOENIX SYMPHONY

Phoenix Symphony musician Ben Ngyuen, event co-host Jason Rose and Peter Kjome, president and CEO of The Phoenix Symphony.

Attendees spread out blankets and lawn chairs. Hosts Jason Rose and Jessica Pacheco provided refreshments and snacks. Jason and Jessica helped guide the evening with commentary, adding a local feel to the program. The pair also underwrote the event, highlighting a shared interest in supporting accessible arts programming.

"On a perfect Arcadia evening on the front lawn at our home, we were so happy to welcome 400 neighbors and friends together for the first ever Symphony on Exeter that ended up resembling an idyllic picnic or wonderful summer night in Coronado," Jason and Jessica said. "Most importantly, the evening benefited The Phoenix Symphony and brought people together in a unique way, celebrating music, friendship, and the special sense of community we share here in Arcadia. It may be an annual tradition in the making!"

Leaders from Paradise Valley also took part. Mark Stanton addressed the crowd alongside Town Council member Julie Pace, highlighting the role of the Symphony as Arizona's only full-time professional orchestra.

For Symphony leadership, the event represented part of a larger push to expand access to live classical music. President and CEO Peter Kjome noted the importance of meeting audiences where they are, particularly in informal, outdoor environments that feel welcoming and familiar.

Judging by the turnout and energy, "Symphony on Exeter" struck a chord. The combination of recognizable music, community support, and an easygoing setting offered a reminder that classical music doesn't have to stay confined to concert halls.



PHOTO COURTESY OF NATALIE MESZAROS

The Charity Ball is known as an elegant evening of dinner and dancing while raising funds for Valey nonprofits.



BOV leadership: Courtney Buck, Natalie Meszaros, Amy Hall, Shannon Jones. Not pictured is Christie Frakes.

Board of Visitors celebrates 111 years with Charity Ball

By Kylie de Best

The Board of Visitors is the oldest women's charitable organization in Arizona. Established in 1908, every woman involved serves as a volunteer to support healthcare needs for women, children, and the elderly in the greater Phoenix area. In April, the nonprofit hosted its 111th annual Charity Ball.

Held at the JW Marriott Scottsdale Camelback Inn Resort and Spa, the evening celebrated 40 high school seniors from Arcadia, Biltmore, Central Phoenix, Paradise Valley and Scottsdale. They were affectionately presented as Flower Girls, a title that dates back to the early years of the tradition. Members invited their daughters to attend the event and sell flowers to guests, with proceeds benefitting St. Luke's Hospital.

The ball is similar to many of the Valley's premier black-tie fundraising events, offering an elegant evening of dinner and dancing while raising funds for nonprofits**.** The Flower Girls are taught the waltz the evening of the event and traditionally dance with their fathers or another meaningful family member or close friend.

"Being part of The Board of Visitors connected me to my mom and dad so much," Arcadia senior Claire Christensen said. "My dad was my mom's escort at the Charity Ball in 1996 and being able to share an experience they once had through my own event was so special."

Since its inception, The Board of Visitors has granted $30 million to nonprofit organizations in Phoenix – and beyond – that serve the healthcare needs of women, children and the elderly. Earlier this year, the board funded 26 grants totaling $1,150,000 at the annual Grants Celebration.

Throughout the year, the BOV Ambassadors (another title for Flower Girls) participate in three events: Care Card, which is Arizona's largest retail shopping and fundraising program, the Annual Fashion Show Luncheon each December, and the Annual Charity Ball each spring. Funds raised through Care Card are directed to a single grant recipient.

In 2026 and 2027, the beneficiary is Banner Health Foundation's Big Pink Bus, which provides free 3D mammograms to women throughout the Valley.

"Being part of The Board of Visitors has been such a meaningful experience that helped me grow in confidence and leadership," Xavier senior Layla Vanderhoff shared. "It gave me the opportunity to connect with new people, represent my community, and be part of something rooted in tradition and service."

Alongside service projects, these high school seniors learn about philanthropy, nonprofit leadership, and the grantmaking process, with the goal of inspiring others to stay involved in their communities throughout their lives and possibly even explore careers in the nonprofit field.

boardofvisitors.org

Father's Day fun around the Valley

By Bridget Edgell

The month of June is a time to honor the men we look up to and admire. Father's Day takes place on June 21, and Phoenix and surrounding cities are full of events dedicated to dads. From barbecue smoke outs and pickleball tournaments to special screenings and scenic landscapes, there are plenty of ways to celebrate.

Arizona Biltmore Golf Course (2400 Biltmore Estates Dr., Phoenix) invites fathers and families to enjoy a tee time before heading to the club's weekly Sunday Smokeout barbeque that's also paired with whiskey tastings. Dads do love golf, but they might love barbecues even more.

azbiltmoregc.com

Camelback Village Racquet & Health Club (4444 E. Camelback Road, Phoenix) is offering a Father's Day package that includes lunch, a 60-minute signature massage and a Gentlemen's Special Facial Treatment with microdermabrasion and a brow clean-up for $240.

villageclubs.com

The **Musical Instrument Museum** (4725 E. Mayo Blvd., Phoenix) is hosting fathers for a backyard inspired barbecue cookout. From 10-11:30 a.m., the brunch includes smoky favorites, seasonal sides, and indulgent desserts, crafted to celebrate the dads in your life, all set in the museum's Founders Room.

mim.org

The **Arizona Diamondbacks** are up against the St. Louis Cardinals on June 21. The first 15,000 dads in attendance will receive a special D-backs Father's Day polo.



PHOTO COURTESY OF THE ARIZONA DIAMONDBACKS

Play Catch on the Field at Chase Field.

VIP packages are available for a pregame "Play Catch on the Field" experience, including tickets and a commemorative baseball.

mlb.com

Self-care lovers might like to check out a **Sound Healing** session before they head out to the golf course or out to brunch with the fam. Taking place on Sundays at Mountain Shadows Resort (5445 E. Lincoln Dr., Paradise Valley), this soothing sound healing experience is designed to restore balance and calm. Featuring crystal singing bowls and a resonant gong that create gentle vibrations to help relax the body, dads will leave feeling refreshed and recharged.

mountainshadows.com

Chicken N Pickle (9330 W. Hanna Lane, Glendale) is offering up some friendly competition at their Pickleball with Pops tournament at 10 a.m. Dress in your best dad uniform (you know, cargo shorts and tucked-in tees) and team up with your faves for prizes. All proceeds benefit Shriners Children's, a nonprofit healthcare system. Tickets are $75 per team.

chickennpickle.com



PHOTO COURTESY OF DBG

Flashlight Nights at DBG.

Rosie's House (919 E. Jefferson St., Phoenix) will present its third annual "Make Music Day," a festive event with live music and performances throughout the day. The event is open to all ages, welcoming families to celebrate dads through music.

rosieshouse.org

Celebrate with a scenic adventure aboard the **Verde Canyon Railroad** (300 N. Broadway, Clarkdale) where families can enjoy a four-hour round-trip journey through Arizona's red rock canyon June 20-21. Departing from the historic depot at 11 a.m., 1 p.m. or 5:30 p.m., the experience travels alongside the Verde River, across historic trestles and through a 734-foot tunnel carved through solid rock. Tickets are $139 and include climate-controlled seating, access to open-air viewing cars, a gourmet charcuterie box, a champagne or sparkling cider toast and a special keepsake.

verdecanyonrr.com

Desert Botanical Garden (1201 N. Galvin Pkwy., Phoenix) is hosting Flashlight Nights, where dads can attend for free with a paid child ticket. Taking place on June 20 from 7-9:30 p.m., the experience includes glowing desert trails, local craft beers for dads, and hands-on activities for the kids, including a garden-wide scavenger hunt.

dbg.org

Whiskey-favoring dads can check out **Outlaw Distillery** (2125 E. 5th St., Tempe) and its guided bourbon tasting experience for two. One ticket includes both tastings, allowing dad + one to sample a curated selection of bourbons while learning about the flavor, craft and process behind each pour in a laid-back setting.

outlawdistillery.com

810 Entertainment (50 W. Jefferson St., Phoenix) is part sports bar, part family-friendly entertainment. The Father's Day package includes a two-hour lane rental for up to eight people, shoes, a party platter, and unlimited soda, for $150.

810bowling.com

Queen Creek Botanical Gardens (25002 S. 206th St., Queen Creek) will host a "fishing with dad" competition. Starting at 7 a.m., attendees can head out and wet a line, win prizes, check out field games and the summer kindness program for kids, and shop for veggies at the market. Once you've had your fill of fish, head over to **Pecan Lake** to challenge dad in a game of laser tag, mini golf, axe throwing and more.

qcgardens.org

The executive dad's guide to a smoother newborn transition

Today's fathers are more involved in caregiving than previous generations, participating in feeding, soothing, and daily routines, according to The Newborn Care Solutions Agency, a Valley-based company that provides services during the newborn stage.

However, many fathers report feeling less confident in the early weeks, particularly if they lack prior experience with newborns. Access to clear, evidence-based guidance can help bridge this gap. When fathers understand what is normal – frequent waking, cluster feeding, or periods of inconsolable crying – they are better equipped to respond calmly and effectively.

For many high-performing professionals, the transition into fatherhood is meaningful, but it can also be disruptive. The newborn stage introduces a completely different rhythm – one not driven by schedules, deadlines, or predictability.

Newborns require frequent feeding, often every 2-3 hours, and their sleep patterns are biologically immature. According to the American Academy of Pediatrics, irregular sleep and frequent waking are normal and developmentally appropriate in the early weeks. This adjustment period can challenge even the most disciplined and structured individuals.

One of the most overlooked aspects of the newborn phase is decision fatigue. From feeding choices to sleep environments



PHOTO: NEWBORN CARE SOLUTIONS AGENCY

to recognizing early signs of discomfort, new parents are constantly processing information and making decisions – often while sleep-deprived.

Research consistently shows that sleep deprivation impacts cognitive function, reaction time, and decision-making ability. For professionals who are used to operating at a high level, this can feel particularly disorienting.

Understanding this cognitive load is important. It reframes early parenting challenges not as a personal shortcoming, but as a normal response to an intense and temporary phase. A common misconception is that structure must come immediately in the newborn phase. In reality, early stability comes from understanding patterns, not enforcing schedules.

Evidence-based newborn care focuses on following feeding cues rather than strict timing, supporting safe sleep environments, responding to infant needs in a timely and consistent way and gradually introducing gentle rhythms as the baby develops.

Postpartum support can help new parents provide structured, evidence-based guidance during this transition. Families receive guidance on normal newborn sleep patterns and safe sleep practices, feeding expectations and cues, soothing techniques and more. The goal is to reduce uncertainty while helping parents build confidence in their own decision-making.

Every family's needs, schedules, and support systems look different. Taking time to evaluate what support may be helpful can provide clarity before the baby arrives. For executive dads, success during this transition often comes from shifting expectations, reducing unnecessary pressure, and relying on accurate, evidence-based information.

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PICAZZO'S HEALTHY ITALIAN KITCHEN

The Dining Scoop

Dining out with the whole family can add up quickly, but several Valley restaurants are making it easier – and more fun – to bring the kids along. From taco nights and pancake breakfasts to pickleball and line dancing, these Valley spots offer free kids meals on select days throughout the summer.

Pita Jungle (4340 E. Indian School Road, Phoenix) is bringing back its popular Kids Eat Free promotion for June and July. Available Tuesdays at participating locations, children 12 and under can build their own nutritious meal – complete with a grain or carb, protein, vegetable, fruit, and drink – for free with the purchase of an adult entrée. Vegan, vegetarian, and gluten-free options are also available.

pitajungle.com

Over Easy (4730 E. Indian School Road, Phoenix) is making summer mornings more affordable with free kid's meals every Tuesday throughout June and July. Kids 12 and under can choose from fun breakfast favorites like waffles, chocolate chip pancakes, grilled cheese with tots, and the restaurant's signature Waffle Dog. The dine-in-only offer is available at all 19 Arizona locations with the purchase of an adult entrée.

eatatovereasy.com

A longtime Valley staple since 1964, **Manuel's Mexican Restaurant** (2820 E. Indian School Road, Phoenix) serves Sonoran-style favorites in a welcoming, family-oriented setting. On Wednesdays, kids eat free with the purchase of an adult entrée, making it an easy midweek stop for enchiladas, tacos, and classic Mexican comfort food.

manuelsaz.com

Chompie's (9301 E. Shea Blvd., Scottsdale) brings classic New York deli vibes to Scottsdale with oversized sandwiches, breakfast favorites, and traditional comfort dishes. On Tuesdays, kids eat free with the purchase of an adult entrée. Options include breakfast, lunch and dinner faves like pancakes, bagels, grilled cheese and hot dogs. Meals come with a side and a cookie.

chompies.com

Sweet Paris Creperie (15147 N. Scottsdale Road, Scottsdale) offers one of the more elevated takes on the kids eat free trend. Every Wednesday, children 12 and under receive a complimentary crêpe with the purchase of an adult entrée. This Parisian-inspired café serves sweet and savory crêpes, coffee, and brunch.

sweetparis.com

Sunday afternoons are extra family-friendly at **Dynamite Beer Co.'s** Uptown Plaza location (100 E. Camelback Road, Phoenix), where kids eat free – choose between a pita pizza or a hot dog meal – and adults can enjoy $6 Dynamite pints.

dynamitebeer.com

Electric Pickle (8688 S. Emerald Dr., Tempe) combines dinner with built-in entertainment thanks to its pickleball-centered atmosphere. During Taco Tuesdays, kids eat free while adults can take advantage of two-for-one taco specials and discounted margaritas.

electricpickle.com

At Foley Ranch (21001 N. Tatum Blvd., Phoenix), family dinners come with a side of entertainment. The restaurant serves up favorites like chicken tenders, sliders, and mac & cheese, all paired with fries, and on Tuesdays, kids eat free with the purchase of an adult entrée.

foleyranch.com

Lakeside Bar & Grill (9980 W. Happy Valley Pkwy., Peoria) keeps things casual and family-friendly with Kids Eat Free Tuesdays. With the purchase of an adult entrée, kids can choose between a burger or cheeseburger, grilled cheese, macaroni and cheese, corn dog or chicken tenders – all served with fries, of course.

lakesidebarandgrillaz.com

Red, White & Brew (6740 E. McDowell Road, Mesa) hosts Family Tuesdays, offering free kids meals with the purchase of an adult entrée. Classics like chicken quesadilla, grilled cheese, chicken tenders with ranch, hamburger, cheeseburger, pizza slice and penne or linguini with marinara, butter or meatball are all up for grabs. Kids meals are served with a choice of apple sauce, fries, broccoli or side salad, a soft drink and ice cream for dessert.

rwbaz.com

AND FOR THE DADS, PERHAPS A MEAL DEAL?

Rack (3636 N. Scottsdale Road) has beer bucket specials, pool tables, wall-to-wall sports, and pub fare at the ready. Buckets include five beers with the fifth complementary, priced at $26 for domestic and $30 for imports. Guests can also upgrade by reserving a premium Diamond pool table for $100 per hour, which includes skip-the-line access.

theracklounge.com

At **32 Shea** (10626 N. 32nd St., Phoenix) dads can start Father's Day morning with comfort food. From 6 a.m. to noon, the neighborhood café is serving biscuits and gravy for $7, alongside a complimentary drip coffee for dads throughout the day.

32shea.com

Red, White & Brew (6740 E. McDowell Road, Mesa) is celebrating with limited-time specials available Friday-Sunday. Featured dishes include slow-roasted prime rib, surf and turf with lobster tail, tempura California halibut, and a grilled shrimp Caesar salad.

rwbaz.com

Picazzo's Healthy Italian Kitchen (4669 E. Cactus Road, Phoenix) is adding a little extra incentive this year. Dads and father figures who dine at any Picazzo's location on Father's Day will receive a $20 gift card to use on a future visit while supplies last.

picazzos.com

Roaring Fork (4800 N. Scottsdale Road) is turning Father's Day into a full steakhouse-style celebration with its popular Steakhouse Sunday experience. The three-course meal includes a salad, sides, dessert, and steaks inspired by the restaurant's signature wood-fired cooking style. Guests can also enjoy happy hour specials including BBQ baby back ribs, rotisserie chicken, and pulled pork sliders.

roaringfork.com

Miracle Mile Deli (4433 N. 16th St., Phoenix) is keeping Father's Day casual and affordable with seasonal specials running throughout June. Guests can choose from three signature wraps for $15, each served with a side and kosher dill pickle, while the popular Summer of Shakes & Floats promotion offers milkshakes and ice cream floats for $6 through August. The deli is also running a gift card promotion through June 21, where customers can purchase $100 in gift cards for $77.

miraclemiledeli.com

WHAT'S NEW?

This June, Frasher's BBQ & St. Louis Pizza is celebrating its 11th anniversary with a new chapter, rebranding from Frasher's Smokehouse to **Frasher's BBQ & St. Louis Pizza** (3222 E. Indian School Road, Phoenix). Along with the new name comes an updated menu, revamped bar and refreshed patio. Diners can celebrate the anniversary with $11 pulled pork sandwiches all month, and just in time for Father's Day, the restaurant is also introducing steaks to the menu.

frasherssmokehouse.com

DISTRICT 6 UPDATE

Phoenix launches summer initiatives

As summer begins, the City of Phoenix is highlighting a series of programs aimed at supporting residents through business engagement, youth opportunities, environmental planning, and public services.

One of the city's most recognizable annual celebrations, 602 Day, is encouraging residents to shop local and support Valley businesses on June 2. The community-driven event celebrates Phoenix pride while shining a spotlight on restaurants, retailers, and organizations.

Last year, more than 250 businesses and entities participated, with many reporting increased sales and record-setting foot traffic. Organizers are encouraging businesses interested in joining this year's festivities to register through 602 Day's website.

Families looking for summer activities for children and teens also have a new opportunity through Camp Colley, an outdoor experience located on 30 scenic acres near the Mogollon Rim, roughly 50 miles north of Payson. Operated as an affordable summer option, the camp includes lodging, meals, and recreational activities designed to immerse campers in nature while building friendships and life skills. City officials say the program is intended to provide families with an accessible way to introduce children to outdoor experiences during the summer months. Learn more at campcolley.org.



KEVIN ROBINSON
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Phoenix leaders are continuing long-term planning efforts centered on food accessibility and sustainability. The City of Phoenix Office of Environmental Programs is currently developing the 2030 Phoenix Food Action Plan, which will guide the city's food systems work over the next five years. The initiative focuses on improving access to healthy, affordable, and culturally relevant food for residents.

Planning for the initiative began in March 2025 and has included collaboration with residents, nonprofits, farmers, and businesses. Officials say the process is intended to create strategies that help communities grow, access, and enjoy nutritious food while strengthening food systems throughout Phoenix.

Residents will also begin seeing changes to solid waste rates following a recently approved adjustment by the city's Public Works Department. After reviewing customer feedback and identifying operational efficiencies, the city reduced its original proposal from a $17 increase over three years to a $14 increase over the same period. According to city officials, the adjustment is designed to help offset rising inflationary costs, prepare for future growth, and maintain essential waste collection and management services citywide.

The city announced the launch of the Federal Enforcement Complaint Reporting Portal as part of its Community Transparency Initiative. The online portal is intended to give residents a centralized way to report concerns related to federal enforcement activity. Together, the programs and initiatives reflect the city's continued focus on community engagement, public services, sustainability, and quality-of-life improvements as Phoenix enters the summer season.

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arcadiaNEWSBEAT

Getting ready to take off on your summer getaway? Be sure to check out all the helpful hints and interesting articles in this month's issue.

Father's Day is almost here. If you're stumped as to what to do for *your* Dad, don't miss Dana's great ideas on Page 11

and...

Annette wraps up her 5-part series on Weddings and Romance Page 13

Here's to You, Dad

Dr. Steve Nelson, his wife Jane, and their four kids (l to r) Aaron, age 8, Emily, age 3 1/2, Anne, age 1 1/2, and Julie, age 6, have been Arcadia residents for two years. Dr. Nelson is an Arizona native and an OB/GYN at Arizona Physicians

Photo by: Photography by Leanna

WHERE ARE THEY NOW?

Steve is retiring after 40 years of being an OB/GYN at Camelback Women's Health – and he is very excited! He will continue his workouts, reading, and catching up on sleep. Jane caught pickleball fever and enjoys "laughter, friendships and trying to avoid injuries." She started taking piano lessons, but her real passion is teaching people how to train their dogs.

Anne lives in Salt Lake City where she works as a postpartum nurse at the University of Utah Hospital. She loves hiking with her dog Sadie. She finished her first two sprint triathlons and is looking forward to competing again.



Emily lives in Rome with her husband and two kids. She stays busy exploring and works part time as a marriage and family therapist. Her family is getting ready to move to Mexico City and are so excited to be closer to home.

Julie graduated from Arcadia in 2008, and received a Bachelor's Degree from Brigham Young University in 2013. She and her husband Cameron live in Idaho with their four children. This month they are celebrating their 14-year wedding anniversary.

Aaron and his wife Bree live in Gilbert with their four kids. Aaron is a periodontist who enjoys playing pickleball, hiking Camelback and swimming with the kids.

ARCADIANEWSARCHIVES.COM

Passing the torch at Xavier Prep

By Michael P. Murphy

It's no secret that Carol Ann Michaelson has a passion for education. She boasts an impressive list of academic accomplishments, each one leading to the place in life where she is now as interim principal at Xavier Prep. Next year the interim title will be dropped, and she will serve as the school's new principal.

"My passion for education began in high school," she said. "I'm a Xavier alum, graduated in 1989. Boston College, a Jesuit university, attracted me because it was one of the top schools in the country. I finished my master's degree in higher education administration, and that's where I thought my path would lead."

But that path brought her back to Phoenix, and she returned to Xavier as a volunteer while applying for a position related to her education. Sister Joan Fitzgerald, Xavier's principal at the time, put Michaelson to work in the development office, where she worked on the school's first Blue Ribbon Awards application and helped digitize the school library.

"From there I got involved with a lot of different things," Michaelson said. "By the end of that year a teaching opportunity opened in the theology department. Sister Joan encouraged me to apply. The next year I was teaching theology to freshmen, which was wonderful."

In 1998 she received an intriguing opportunity to shift to an administrative position and held the title of Director of Student Records for the next 27 years. She stayed in that position after being named interim principal.

The sisters encouraged her to pursue the permanent principal position, and after a lengthy application and interview process she learned she got the job while watching the beach volleyball team. It didn't take long for the news to get around the campus, as faculty and students were genuinely excited for her. Now, it's time to look ahead.

"My first year will be to talk, listen, and discern how the students, faculty and parents feel about the school and what they're hoping for. Taking it slow, to see where I can make an impact but not make any major changes," she said.



Carol Ann Michaelson



Sister Lynn Winsor

As this new chapter begins, another ends. The extremely popular and beloved Sister Lynn Winsor has retired after 52 years on staff. She began her long association with the school as a student in 1958. Her impressive 49 years as athletic director includes 163 state championship titles and 73 state runners-up honors, but there was so much more to this sister.

"She really is the heart and soul of Xavier," Michaelson said. "She's the biggest Gator fan out there. She truly loves the school. If you were to go back and ask any student who's been here who they remember, Sister Lynn would be at the top of the list."

Michaelson continued, saying that Sister Lynn is one of a kind, a real ideas person, with an energy and enthusiasm that is unmatched.

"A real extrovert who loves talking with people and getting to know them. She has a genuine interest in people's lives, and she's very caring," she said.

Sister Lynn will retire to the Mount Carmel Motherhouse in Iowa, but she leaves Xavier Prep with an unmatched legacy and a motto she impulsively uttered during announcements many years ago. *LBF, Let's Be Friendly*, a reminder to be welcoming to people outside the campus and be kind to one another.

Looking forward, Carol Ann Michaelson's path to being principal has led to the firm foundation of excellence in education and athletics that Sister Lynn Winsor will leave behind.

A legacy of service: Anne Stupp and the mission of Power Paws

By Sherry Sklar

Anne Stupp was not just a loyal friend and philanthropist but a force of nature, someone who made the seemingly impossible look effortless. A catalyst for good, she quickly marshaled resources and brought people together to achieve ambitious goals. After she passed, she left a lasting legacy that will carry on.

Her work with Power Paws Assistance Dogs, a nonprofit that provides service dogs to children and adults with disabilities, helped raise critical funds to support training, programs, and the organization's mission.

Elaine Starks, executive director, recalls the first time Anne proposed hosting a charity dinner in August, the dog days of summer, with just two weeks to plan and promote the event.

"I reacted like that kid from 'Home Alone,' when he put his hands to his face and was screaming," Elaine said with a laugh. "After I got off the phone, I'm like, 'Oh God, how are we going to do this?'"

Organized by Anne, with assistance from Carolyn Ellis (owner of Arcadia Farms Café in Scottsdale), the Dog Days of Summer Paw-ty dinner sold out in seven days, drawing approximately 100 guests and raising more than $10,000 for the organization. The proceeds helped Power Paws hire its first marketing director in 25 years.

This would not be the only time Anne gave her time and resources to Power Paws.

"Anne started as a client but quickly became a friend and a very engaged community supporter," Elaine said.

She worked with major organizations around the Valley and served as a board member of Ability360, a nonprofit resource center in Phoenix. Power Paws joined the Ability360 campus in 2023, a move that streamlined operations and strengthened connections with other organizations serving individuals with disabilities. Anne chose the smaller nonprofit because it held a personal meaning for her as a person with a disability.

Elaine met Anne in 2019 after she adopted her companion dog, Coco, a 2-year-old goldendoodle placed by the agency. During their first meeting, Coco placed her head on Anne's lap, sparking an instant connection. Power Paws provides both companion dogs and service dogs.



PHOTO COURTESY OF ELAINE STARKS

Before her passing, philanthropist Anne Stupp (left) and Power Paws Assistance Dogs founder Elaine Starks (with dog) worked together with trained service dogs to support the organization's mission.

"Companion dogs may have social skills that exceed the focused temperament that a service dog requires," Elaine said. Coco and Anne were inseparable, often seen together in the community, at lunch or meetings.

The organization primarily uses labs and retrievers as service dogs, though other breeds may be placed as companion animals following careful evaluation.

Power Paws relies on volunteers to help train and care for the dogs. Mike and Cindy Sturgill have been part of that effort for nearly seven years.

"We started as sitters for two-week stints while their puppy raisers were on vacation," Mike said. "Our love for the dogs and the mission has kept us going."

Training typically lasts around 24 months, depending on the dog. While giving them up can be difficult, seeing them placed with someone in need makes it easier.

"We may love them, but we don't need them the way these patients do," Cindy said.

"We thought we were doing this for two weeks. Seven years later, here we are," Mike added.

Their volunteer work helps reduce costs and expand access. A fully trained service dog can cost between $30,000 and $50,000; through Power Paws, the cost is significantly lower.

Their current dog, Penny, is a 15-month-old collie with a sweet temperament and a knack for snagging socks or unrolling toilet paper. Dogs like Penny may be placed in a range of roles, including mobility support, PTSD assistance, and diabetic alert work.

Power Paws depends on volunteers and community support to serve individuals with disabilities across Arizona. As demand grows, the organization continues to expand its programs and outreach.

Elaine sees that work as a direct extension of Anne's legacy. Her ability to bring people together, move quickly from idea to action, and give generously of her time and resources helped shape Power Paws in ways that will continue to be felt for years to come.

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Bella Vista makes Arizona history with national title

By AJ Stone

Bella Vista Prep, a small high school basketball program tucked near 40th Street and Osborn, made a national statement in April. The team won the Chipotle High School Basketball Nationals, becoming the first boys' high school squad from Arizona to bring home a national postseason title.

The team secured the championship with a 69-65 victory over Florida's Montverde Academy in a tightly contested final that showcased defensive intensity, depth, and late-game execution on both sides.

Tournament MVP Miles Sadler led Bella Vista with 23 points and nine assists in the championship, guiding the offense and managing key possessions down the stretch.

Director Matt Gordon noted that the championship game reflected the team's growth and resilience over recent years, including a period when the program nearly shut down. He described several turning points as the result of defensive stops, transition scoring, and unselfish ball movement that helped the team separate from opponents in key moments.

Bella Vista's roster had several key contributors. Sadler controlled the pace from the point guard position with steady decision-making. Center Amadou Seini, a West Virginia University commit, provided interior defense, rebounding, and rim protection. Forward Paul Osaruyi contributed versatility on both ends of the floor, while guards Vaughn Karvala and Lyris Robinson added scoring, physicality, and effort plays in important situations.



PHOTO: ISAIAH STRONG

(front) Amoi Dutt, Miles Sadler, Liam Mitikaro, Lyris Robinson. (back) Gildas Gimenez, Vaughn Karvala, Aliou Dioum, Amadou Seini, Paul Osaruyi, Jalen White, Mohammed Ndao.

Gordon emphasized that the team's depth was one of its defining strengths, allowing different players to step up depending on the matchup and game flow. He also credited the group's composure under pressure, particularly in close games late in the tournament.

"The team's ability to stay organized and execute in critical moments stood out," Gordon said, adding that Sadler's leadership and overall performance were central to the team's success.

Programs like Bella Vista operate outside the Arizona Interscholastic Association, instead competing on national schedules against top prep academies across the country. This structure allowed the team to face high-level competition throughout the season, preparing them for the intensity of the national tournament.

Defensively, the squad leaned on size, versatility, and communication, often switching effectively across multiple positions. Offensively, the team emphasized ball movement and tempo control.

"The program is built on developing complete student-athletes – young men who are prepared for college, life, and leadership," Gordon said. "Basketball is the platform, but the goal is to build young men who succeed long after the game. The championship is a result of that culture, not the starting point."

With the national title secured, Bella Vista concludes its season with a historic achievement for Arizona basketball and a strengthened profile on the national prep stage.

Running, jumping and water? No problem for this Arcadia tween

By Mallory Gleich

At 13 years old, Arcadia-area athlete Steven Slattery is already pushing past expectations – both in distance running and in determination. Competing in the demanding steeplechase, a race rarely seen at the middle school level, Slattery tested himself against older athletes at a meet hosted this spring by Grand Canyon University.

"The steeplechase is a 3,000-meter race with four 36-inch barriers and a water jump each lap," Steven explained.

The event requires endurance, strength, coordination and fearlessness as runners leap barriers and splash through water obstacles lap after lap. For Steven, the preparation reflects the intensity.

> ***I turned 13 the week after the race so I wanted to go for it!***

"You need to have good endurance to run 3,000 meters – that's just under two miles. You also need to be very athletic to be able to hurdle the barriers and water jump," he said.

A cross-country runner and a member of the So Swift track club, he has built both speed and skill, recently adding hurdle training to his routine.

That training paid off, when Steven competed in an open meet at GCU against high school and college athletes. Despite battling illness in the days leading up to the race, he delivered a performance that left a lasting impression.

"I felt exhausted but proud. I had the flu the week leading up to the race, so I was coughing a lot, and it felt really hard. I turned 13 the week after the race so I wanted to go for it even though I was sick," he said. A fitting birthday gift for the athlete!



PHOTO COURTESY OF SARA SLATTERY

Competitors Joshua Nicholson, Steven, Jack Sindt and Cade Brenner.

"I am really proud," mom, Sara, said. "He showed a lot of determination still going for it not feeling 100 percent!"

Steven is no stranger to competition. He was a back-to-back champion at the Scottsdale Unified School District middle school cross country championships, held at Chaparral Park, and also plays multiple sports, including football, baseball, basketball and swimming.

While football remains his favorite – he plays wide receiver and linebacker for the Central Phoenix Colts, who won a state championship in 2025 – he said that track is quickly gaining ground.

Outside of sports, Steven enjoys hanging outdoors with his family, from hiking Mount Humphreys to biking and off-roading. In the classroom, he gravitates toward math, crediting a supportive teacher for helping fuel his interest.

Eventually, he'd like to compete at the collegiate and professional levels in either football or track and field, before eventually pursuing a career in business. For now, though, Steven is focused on the next race – and proving that age is just a number when it comes to chasing big goals.

Track and field teams finish with records, titles, state wins

By Mark Hays

Another successful spring for area high school track and field programs resulted in championship performances across multiple divisions. From district sweeps and historic State titles to nationally ranked individual marks, Arcadia, Brophy, PCDS, Veritas and Xavier closed the 2026 season with strong showings at the AIA championships and beyond.

ARCADIA HIGH

The Titans swept the Scottsdale Unified School District Championships, winning both the boys and girls team titles behind a dominant distance program.

"The most significant moment was undoubtedly securing the SUSD District Championship for both the boys and girls' teams," Head Coach Tyler Moore said. "It's a rare double that speaks to the depth of the entire program."

Senior Chase Braden delivered one of the season's top performances at the Northeast Valley Championships, narrowly missing a long-standing school record in the 3200 meters. Moore credited team captains Sam Gagnon and Brady Lord, along with junior Evra Therien, for helping establish the culture that carried Arcadia through injuries and lineup changes during the season.

"Our absolute engine this year was our distance group," Moore said. "From the 800m up to the 3200m, those runners consistently delivered the points needed to secure our titles."

Arcadia qualified 17 athletes for the Division III State Championships.

VERITAS PREP

Veritas sent one of its largest State contingents ever, qualifying 15 athletes across 20 individual entries and two relay teams.

"The 2026 Falcons had a terrific track and field season," Head Coach Sawyer Koops said. "We built real depth this year – athletes competing in sprints, distance, hurdles, jumps, and throws – and the team got better as the season progressed, which is the goal."

Sophomore Ana Liles emerged as one of the State's top all-around performers, setting school records in the 100, 200 and triple jump. She placed second in the triple jump and sixth in the 200 at State after also finishing ninth in the 100.

The boys 4x800 relay, comprised of Ethan Heil, Santiago Soto, Kingston Travis and Declan Travis, set a school record. They finished sixth at State, and the boys 4x400 team placed 10th.

Junior Mila Stege broke school records in the javelin and shot put and finished seventh in the shot put at State. Koops also praised the program's depth and development throughout the roster.

"End-of-season personal bests, competitive mindsets, and State qualifiers are the measuring stick, and this group delivered," Koops said.

XAVIER PREP

Head Coach Jarret Eaton pointed to team chemistry and growth as defining themes of the season, especially after the annual trip to the Tiger Invite in California. The team closed out the State Division I Championships at Red Mountain with strong performances across the board.

The Gators' 4x400m relay team of LilyGrace Anderson, Nina Rao, Avaani Lallian and Claire Hertzberg improved on its preliminary time, running a 4:01.10 to place seventh overall and add two points to Xavier's team score. Senior Kennedy Frakes earned eighth place in the 1600m final, capping an impressive week that also included a third-place finish in the 3200m.

Freshman Avaani Lallian continued her solid postseason by running the second-fastest 800m time of her season at 2:20.27, finishing as the second-fastest freshman in the field. In field events, junior Susannah Root narrowly missed a personal-best clearance in the pole vault after several strong attempts at 10-6.

Junior Kate Callahan recorded the second-best triple jump of her career at 34-6.5. Junior Maggie Raddatz added a solid 32-6 jump. In the javelin, sophomores Addie Bandura and Evelyn McGuire both turned in top performances, with Bandura throwing 97-5 – the third-best mark of her career – and McGuire recording a 93-4 throw in just her first season competing in the event.

BROPHY PREP

Brophy placed 12th at the AIA Division I Championships at Red Mountain with 22 points, highlighted by elite field-event performances and a record-setting freshman.

Senior Tanner Bice took third in the high jump with a personal-best 6-6, becoming the third-best performer in school history in the event, while sophomore Henry O'Riley placed fifth at 6-3. Garrett Larsen added a sixth-place finish in the 400 meters in 48.53 seconds, and the 4x800 relay team of Colin St. Hilaire, Spencer Nick, Shane Smith and Josiah Colburt placed eighth in 8:08.86. Freshman Hudson Hensley threw a 191-5 to win the AIA State javelin title and push the Broncos to an 18th-place finish with 16 points in the final event of the season at Mesa Community College.

The mark moved him to second all-time in Brophy history behind Darius Alberty.

PHOENIX COUNTRY DAY SCHOOL

Phoenix Country Day School made history as the girls track and field team captured the Division IV State Championship, the first title in program history. Emma Butler won the 3200 meters, Abby Roth claimed State titles in the 200 and 400, and the 4x800 relay team of Rachel Coviello, Elsa Termansen, Adeline Ward and Butler also took first. For the boys, Turner Ashby placed third in the 3200M, Caleb Sosnowitz seventh in high jump, and the 4x800 relay team finished eighth.


ARCADIA HIGH


BROPHY PREP



PCDS


VERITAS PREP


XAVIER PREP

The ultimate summer side dish

The best meals are the ones that feel effortless to pull together. That is where fresh summer salads come in. They do all the work for you, and they show up looking like you spent way more time putting them together than you did. June 5 is National Veggie Burger Day, and if you are firing up a plant-based meal this month, these three salads are exactly the kind of sides that belong on the table with it. Bright, satisfying, and substantial enough to hold their own, they turn a simple weeknight dinner into something worth sitting down for.

The French potato and green bean salad is a classic that feels right at home on a summer table. Tossed warm with grainy mustard and sherry vinegar dressing, it is the kind of side dish that disappears fast.

Next up is the roasted cauliflower spring salad with tahini dressing, packed with quinoa, asparagus, peas, and brussels sprouts – this one is hearty enough to stand alone. The crunchy za'atar chickpea salad with vegan tzatziki drizzle is our nod to National Cucumber Month. Roasted chickpeas, fresh veggies, kalamata olives, and a cool homemade tzatziki drizzle make this one seriously hard to put down.

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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

Crunchy za'atar chickpea salad Serves 2-4



• INGREDIENTS •

- 1 can chickpeas, drained and rinsed
- 1 tbsp. olive oil
- 1 tbsp. za'atar

• DRESSING •

- 1 cup plain dairy-free yogurt
- ½ cup grated English cucumber (skin on)
- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1 garlic clove, finely minced
- 1 tbsp. chopped fresh dill
- ½ tsp. salt
- ¼ tsp. black pepper

• SALAD •

- 1 cup chopped English cucumber
- 1 cup halved grape tomatoes
- ¼ cup thinly sliced red onion
- ¼ cup crumbled dairy-free feta cheese
- ¼ cup kalamata olives
- 2 tbsp. chopped fresh parsley

• DIRECTIONS •

1. ***Preheat the oven to 400 F. Line a sheet pan with parchment paper.***
2. ***Pat the chickpeas very dry with a clean towel.***
3. ***Add them to a bowl and toss with olive oil and za'atar.***
4. ***Lay on a sheet pan in a single layer and roast for 20-25 minutes until golden and slightly crisp.***
5. ***In a blender, combine the cucumber, yogurt, olive oil, lemon juice, garlic, dill, salt, and pepper.***
6. ***In a large bowl, combine the chopped cucumber, tomatoes, red onion, feta, olives, and parsley. Add the roasted chickpeas to the bowl. Toss and enjoy!***

French potato & green bean salad Serves 6



• INGREDIENTS •

- 2 pounds red potatoes (all similar in size)
- 12 oz. green beans
- ¼ cup sliced or diced red onion
- ½ cup chopped Italian parsley
- ½ cup chopped dill

• DRESSING •

- ⅓ cup olive oil
- 2 tbsp. sherry vinegar
- 2 tbsp. grainy mustard
- ½ tsp. each: garlic granules, salt, pepper

• DIRECTIONS •

1. ***Bring a pot of water to boil then drop whole potatoes in the water for 12-15 minutes.***
2. ***Chop the potatoes into bite size pieces.***
3. ***Add the green beans and blanch for the last 1-2 minutes.***
4. ***Mix up dressing and pour over the warm potatoes and green beans. Mix to incorporate.***
5. ***Now add the remaining ingredients. Serve warm or chilled.***

Roasted cauliflower spring salad Serves 4



• INGREDIENTS •

- 1 cup cooked quinoa
- 1 head cauliflower, chopped
- ½ tsp. smoked paprika
- 1 bunch asparagus, woody stems removed and chopped
- 2 cups frozen peas
- 3 cups shredded brussels sprouts
- ¼ cup chopped dill
- ½ cup toasted pumpkin seeds or pistachios

• DRESSING •

- 4 tbsp. tahini
- 2 tsp. maple syrup
- 1 tsp. Dijon mustard
- Juice of ½ -1 lemon
- 2 tbsp. olive oil
- 2 tbsp. water
- ½ tsp. salt
- ¼ tsp. pepper

• DIRECTIONS •

1. ***Preheat oven to 425 F. Lay the cauliflower on a sheet pan.***
2. ***Spray or toss with avocado oil, then sprinkle with salt, pepper, and smoked paprika***
3. ***Bring a pot of water to boil and drop in asparagus and peas and cook for one minute, then drain.***
4. ***Mix up dressing.***
5. ***Add everything to a bowl and toss with dressing.***

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DID YOU KNOW? CHEESE

WHAT COUNTRY? FRANCE



France is the world's top country for cheese consumption per person, with an average of about 58-60 pounds of cheese consumed annually. This means each French person eats more cheese than residents of any other country. What's more, the country has over 22,000 cheese producers. According to the Wisconsin Economic Development Corporation, the average U.S. citizen only eats around 39 pounds – which means we need to catch up!

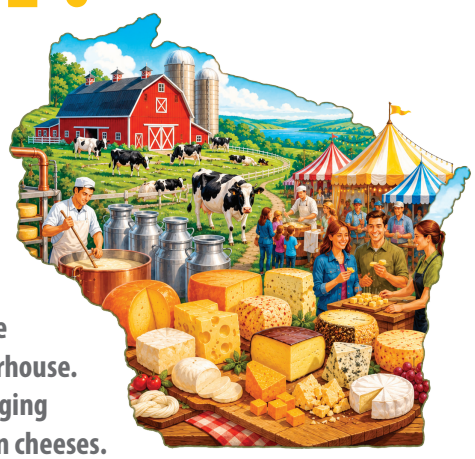
HOW EXPENSIVE? $1,360 LB.



Pule cheese, produced in Serbia from the milk of rare Balkan donkeys, is considered the most expensive cheese in the world, costing roughly $450 to $1,360 per pound. Its high price comes from the process: the donkeys are hand-milked twice daily, yielding small quantities that are carefully curdled and aged for at least a year to develop a rich, nutty flavor and creamy texture.

With only a few farmers still making it using centuries-old methods, Pule remains a rare delicacy. Other cheeses have also reached remarkable prices, including Spain's Cabrales blue cheese, which once sold for over $42,000 at auction.

HOW MANY? 2.8B



Wisconsin, also known as "America's Dairyland," produces more than 2.8 billion pounds of cheese each year, with about 90 percent of its milk supply dedicated to cheese-making. Home to over a million dairy cows (roughly one for every five residents) the state has built a reputation as a cheese powerhouse. The state creates more than 600 varieties ranging from classic cheddar and mozzarella to artisan cheeses.

It's so serious that throughout the year, festivals like the Great Wisconsin Cheese Festival and Cheese State Fair bring enthusiasts together for tastings, competitions, and demonstrations.

HOW BIG? 1,300 POUNDS



The largest sheep's milk cheese ever officially recognized was a massive block of Pecorino made in Italy, in July 2020, that weighed about 1,319 pounds. The wheel measured roughly five feet in diameter and was almost a foot tall. It required around 1,200 gallons of milk and was produced using traditional methods. The previous record holder was also made in Italy and weighed just over 1,178 pounds.

Even larger cheeses have existed – there was once a 6,000-pound "Big Cheese" made in Minnesota in 1911 – but that was formed from combined curds rather than a single solid wheel.


Kitty with dad, Duke Maloney and mom, Mary Maloney

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DID YOU KNOW? CHEESE

The last week of June is National Cheese Week.

A turophile is someone who loves cheese.

Cheese is the most frequently stolen food in the world. It is stolen more frequently than alcohol or junk food.

Cheese has been made as far back as 8000 BC, about the same time sheep were first domesticated. Ancient cheese was found in an Egyptian tomb – probably as a snack for the afterlife.

The earliest types of cheeses were probably sour and salty, similar to feta or cottage cheese.

Speaking of, cottage cheese is considered fresh cheese, which means it's not aged or ripened like cheddar or parmesan.

In 1840, Queen Victoria was given a 1,000-pound cheese wheel, made from the milk of 750 cows.

The world's smelliest cheese is Vieux-Boulogne. In France, it is banned from public transportation.

Scientists originally believed that the holes of Swiss cheese were caused by carbon dioxide bubbles; they're actually caused by little pieces of hay in the milk.

Cheese can be made from a variety of animals' milk, such as reindeer, moose, donkey, horse, alpaca, camel, and human.

There are over 2,000 different types of cheese.

New York chef Daniel Angerer made cheese from breast milk. It had a hard, crumbly, cheddar-like texture and according to him, tasted delicious.

The bacterium that causes smelly feet is also responsible for smelly cheese.

It's a myth that mice love cheese. They prefer other foods, such as cookies, grain, candy, and peanut butter.

WORD SEARCH

N	L	A	A	R	T	I	S	A	N	V	E	L	I	H	P	O	R	U	T
I	Q	Q	E	G	U	O	A	A	T	X	F	R	K	F	N	P	Y	O	O
S	Z	Z	N	D	P	M	F	T	M	N	U	L	A	O	G	I	A	X	M
N	O	C	N	J	S	C	V	B	A	H	E	Q	A	J	I	L	U	C	I
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C	Z	W	H	Z	O	G	I	T	X	I	G	G	Q	R	J	G	T	W	K
S	C	Q	C	W	R	T	G	E	Z	A	U	Y	P	E	A	N	L	S	A
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G	Z	M	V	P	E	U	E	K	S	S	K	S	H	T	V	C	P	W	D
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ARTISAN
CAMEL
CHEDDAR
CHEESE
COW
MILK
MOZZARELLA
PECORINO
PULE
SHARP
SHEEP
TANGY
TUROPHILE
VICTORIA
WISCONSIN

SAY WHAT?

THE 'GROSSEST' CHEESE IN THE WORLD



Casu Marzu, a traditional cheese from Sardinia, is widely regarded as one of the most "extreme" cheeses in the world... because it contains live maggots. It begins as Pecorino Sardo, a sheep's milk cheese, but takes a dramatic turn when cheese fly larvae are intentionally introduced. As the eggs hatch, the maggots burrow through the cheese, breaking down fats and creating an ultra-soft, almost spreadable texture. The result is a pungent, intensely flavored cheese with a sharp, tangy, and earthy profile, sometimes accompanied by a liquid known as làgrima, or "teardrop."

Casu Marzu is considered risky to eat. The live larvae can survive in the human digestive system, potentially causing illness, and may carry harmful bacteria. Because of these concerns, its sale has been banned in Italy and across the European Union, though some locals still seek it out as a delicacy.

WANTED: SUMMER VACATION PHOTOS

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THE MAGIC OF GARDEN GAZPACHO

One can't overlook the fact that gardening was the first "job" assigned to humanity. Gardening is a personal experience, and when you immerse yourself, it becomes more than a hobby. It becomes a lifestyle that awakens you; a pathway to flourishing. I garden because it's play disguised as work, and as an adult, I can think of no other way to justify spending so much time outdoors.

A garden must start with plants that feel manageable and fit the allotted space. How it begins trying to grow food eventually ends up adding color to your life, the way you think about food, how you cook, and in broader terms, the way in which you look at the world. Vegetable gardens have the potential to feed us on a soul-deep level. They can serve as the anchoring center point of a life rich and satisfying from the joys of growing food with our own two hands. If we approach our gardens with the idea that they're our retreat and oasis from everyday life, we are encouraged to ask more from them, seek experimentation and embrace innovation by way of variety, flavor, beauty and adventure.

Audrey Hepburn's quote comes to mind: "To plant a garden is to believe in tomorrow." The satisfaction of nurturing life is deeply fulfilling by way of cultivating a plant from seed to harvest, experiencing the full circle of life, and tending to a "living" project. Gardening offers peaceful solitude, allowing us to connect with the earth.

On the simplest level, I enjoy being outdoors because there's something so beautiful and ineffable about the half-light of evening, those final moments when a long day dies and the night is born. In the early morning when it's 'relatively cool' and everything is new and green, the bistro table and chair await and together we savor that first cup of coffee while catching a glimpse of delicate rose buds, hear the buzz of the first sleepy honeybee on the Mexican oregano, and watch for the hummingbirds to come check out their feeders. What better way to greet the day?



Thyme in My Kitchen

BY SHERRY KLUSMAN

thyme.in.my.kitchen

Gardening is about the play of things – of light and form and growth and decline. When the garden comes alive, I want to be an intimate part of it. By pausing and observing, intentional moments to engage and connect are created. Gardening is an art, it's tangible, inclusive and an empowering tool that brings vision to life. Making fresh salsa and meals with vegetables I've picked fills me with overwhelming satisfaction.

The truth must be divulged that only over the past 30 years has the word gazpacho entered my vocabulary. Much like French *vichyssoise*, Polish *chlodnik*, Jewish *schav*, and my ancestral Danish *koldskal*, did Ukrainian *borscht* grab my attention after harvesting a basket of Detroit red beets. To this day I question why my inquisitive nature failed to research the merits of these soups and permitted me to settle for arranging their letters phonetically. The pleasure of savoring cold soup had all but forsaken me while the art of making ceviche, also served cold, captivated me. Life is all about growing through experiences.

There's no greater sensory adventure than walking into someone's kitchen while they're busy making an item that fills the air with the pungent aroma of raw summer vegetables. The scent of ripe, juicy tomatoes along with crisp, green cucumbers balanced perfectly with sharp notes of raw garlic and onion instantly catch my attention and make my mouth water. In my world smell is the prelude to



taste! What was this mysterious bowl of soup that I was being offered? My quizzical stare gave my mindset away, of course, it was Spanish gazpacho.

Now that summer is upon us, there's little appeal for turning on the stove or the oven and there's nothing better than feeling a "cool summer day" from a delicious bowl of gazpacho. It's not clear exactly where the origins of this soup lie, but in history terms, it's very old. It's mentioned in Greek and Roman literature and was a peasant soup made by hand with a mortar and pestle.

Garlic was pounded and soaked with stale bread, olive oil, salt and vinegar to make a soup-like consistency. If Columbus is credited with introducing tomatoes, peppers, corn, and potatoes to the New World, imagine how colorless this soup must have appeared. Not until 1824 did the first gazpacho recipe get published in the cookbook "The Virginia Housewife" by Mary Randolph.

It's thought that the most recognizable gazpacho originated in Andalusia in Southern Spain in the 19th century, encompassing a profusion of tomatoes, peppers, cucumbers, garlic and sherry vinegar, made with bread in the soup base. There are also several variations, such as white gazpacho made with grapes, almonds and bread, green gazpacho made with tomatillos and avocados, and yellow gazpacho made with a plethora of yellow vegetables. Cold soups are unique and there are a million non-traditional ingredients and twists to work with. Depending on your taste buds, these soups can be served smooth or chunky.

The key to making gazpacho is using fresh, not canned, ingredients. Quality matters! It's the quintessential summer soup because everything is in season. The tomatoes can be a bit of a problem due to their combination of sweetness and acidity. The joy of growing your own comes from being able to select ones bred for flavor rather than shape and shipping qualities.

You can't rely on the color to know when they're ready to harvest because many need a couple of days to complete the ripening process. Tomatoes should come off the vine easily. If two hands are needed to separate the stem and the fruit, leave them be. A ripe tomato won't be too firm or too squishy, instead it'll feel supple and slightly soft like a ripe peach or nectarine. Don't be tempted to pick a dull powdery looking tomato, wait and pick ones that are noticeably shiny and glossy.

A mix of Roma, beefsteak and cherry tomatoes give the best results. At preparation, the vegetables must be their optimum stage of ripeness to ensure superb overall taste.

When zucchinis are growing out of control, onions are popping out of the ground, and the tomatoes are begging to be picked, it's time! Fragrant herbs can be added to enhance gazpacho which is already hearty and healthy on its own. Onions and garlic cloves are vital. They lend indescribable deliciousness so don't be tempted to skip over them by using dried, powder or ground spices.

Prepping your ingredients is as easy as pulling out a cutting board and enjoying the purist method of chopping. Though it's a breeze to reach for a blender or food processor, the vegetables become unrecognizable. Because the pieces are consistent in size and shape, they will not only retain their individual flavors but also set off the tomato broth beautifully. Gazpacho gets better as it ages so let the flavors develop and meld overnight in the refrigerator then adjust with salt and pepper if needed.

When serving this tantalizing soup that's bursting with vitamin C and antioxidants for an appetizer, side dish or all by itself, remember that it needs to be ice-cold. It's traditionally served with crusty bread, either in the form of croutons or slices. Gazpacho will stay fresh refrigerated in an airtight non-reactive container for three to four days. Resist being tempted to freeze this mixture as fresh tomatoes do not freeze well. Enjoy!

Garden Gazpacho

INGREDIENTS

- *5 cups, ¼ inch chopped tomatoes*
- *½ cup red bell pepper, stemmed, seeded and diced*
- *½ cup green bell pepper stemmed, seeded and diced*
- *½ cup celery, destringed and diced*
- *½ cup cucumber, seeded and diced*
- *½ cup zucchini, seeded and diced (yellow and green if available)*
- *½ cup sweet banana peppers, stemmed, seeded and diced*
- *1 large garlic clove, peeled and minced*
- *½ cup sweet onion, diced*
- *¼ cup shallot, diced*
- *1 medium poblano pepper, stemmed, seeded and diced*
- *2 tbsp. sherry wine vinegar*
- *¼ cup Olorosa sherry wine*
- *1 juice of lime*
- *½ cup lemon juice*
- *1 tsp. Worcestershire sauce*
- *46 oz. tomato juice, chilled (avoid using V-8)*
- *¼ cup cilantro, chopped*
- *2 tbsp. parsley, chopped*
- *¼ cup basil, chopped*
- *½ tsp. dried Mexican oregano*
- *1 tsp. dill leaves, chopped*
- *1 tsp. sugar*
- *½ tsp. sea salt*
- *¼ tsp. ground black pepper*
- *¼ tsp. cumin*
- *1 avocado, peeled, pitted and cut into small dice*
- *¼ cup Spanish extra virgin olive oil (extra for drizzling)*

DIRECTIONS

1. *Combine vegetables.*
2. *Add the sherry vinegar, sherry wine, garlic, Worcestershire sauce, sugar, cumin, dill, oregano, salt and black pepper in a large bowl.*
3. *Stir and let stand until the vegetables begin to release their juice. Marinating the mixture balances the flavors before adding the liquid components.*
4. *Gently combine remaining ingredients, cover and refrigerate at least four hours or overnight.*
5. *Serve gazpacho in individual bowls with a drizzle of olive oil and a scattering of herbs like chives, avocado and basil leaves. Top with goat cheese croutons.*

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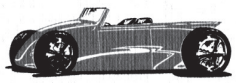
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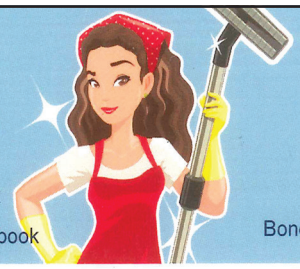
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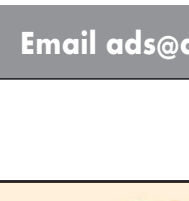
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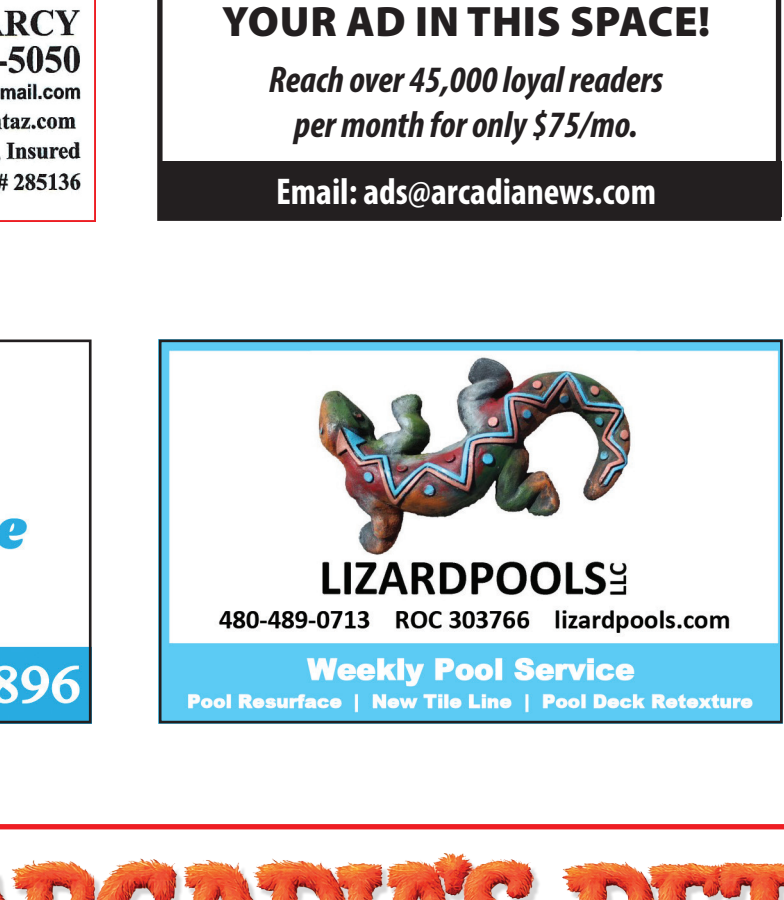
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An affordable option for small businesses looking for targeted exposure. *Arcadia News* readers trust our advertisers, and utilize the services and classified section of our paper like a local phone book.

IT WORKS: Many of our small business customers have been advertising with us for more than 10 years; some more than 20! Residents in the affluent Arcadia and Biltmore Corridor invest in their homes and hire services to help them with their busy lives. Our readers are in their prime spending years and have an average net worth of more than $1 million. (See our media kit demographics for more.)

FREQUENCY: Repetition is key. It takes time for readers to see an ad. If a business advertises for one month to try and get customers, it's not likely to be successful. Your advertisement needs to be there when the customer needs you, not when you need the customer. If your business was on a heavily traveled road, you wouldn't put a sign out and then bring it in after a month if no one came in. Potential customers want to know they are calling on a stable and trustworthy business, so consistency is important.

For more info: ads@arcadianews.com | call/text: 602-840-6379

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- Featuring original and compelling content.
- A go-to guide for Arcadia's discriminating homeowners.

2026 Home & Design Guide
FALL ISSUE

Release date: November 1
Deadline: October 16 @ Noon

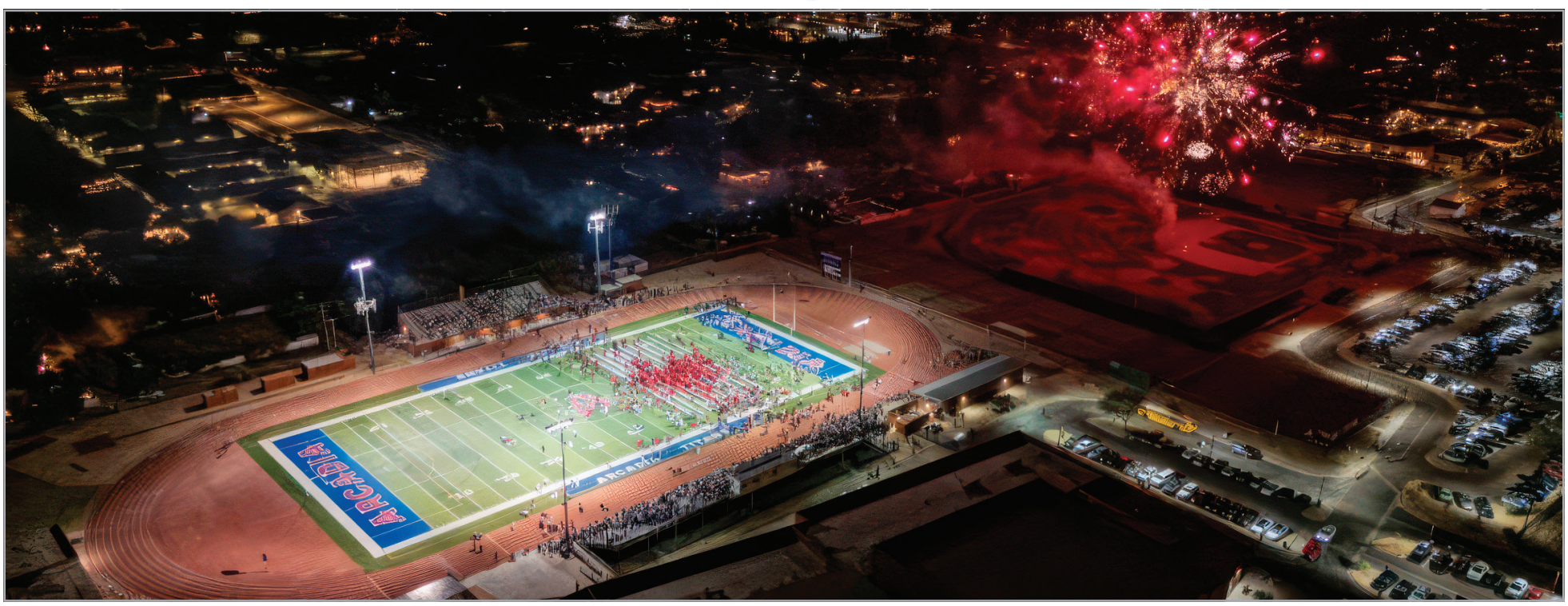
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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

Titan Times

VOL. 3 NO. 8 — JUNE 2026

From the students of Arcadia High School



Arcadia's 2026 commencement took place in May.

A letter to the Class of 2026

First of all, congratulations! High school is no easy feat, and we're all so proud of you for making it through. Here at the Titan Times, we've had the opportunity to observe and document so many of your accomplishments, and we're in awe of all that you have achieved.

This year, your senior year, has been one for the books: we are basketball state champions, the football team made it to finals, Arcadia cheer is eighth in the nation, our performing arts programs put on record breaking shows, our marching band is also a state champion…we could go on and on!

We hope that high school has transformed you for the better. As you continue to grow into adulthood and go off to college, the military, or anywhere else life takes you, we hope your time at Arcadia High School holds a special place in your heart.

Again, congratulations, and best of luck!

– Titan Times staff

THE TRUTH ABOUT ARCADIA'S DRINKING WATER

The myth that Arcadia High School water is 'bad' runs rampant among students, but does it have any merit? Cultivate Science Opportunity (CSO), an AHS club, sought to uncover whether there was value behind this concern. When students buy vending machine water or put off filling their water bottles, is it out of preference or necessity? CSO tested the school water to determine its true quality.

Using the Hychek Drinking Water Test Kit, they examined the levels of metals, pH, and inorganic substances in the water. Their samples included water from the school bottle fillers and sports water jugs. To perform the tests, CSO members filled water bottles and used multiple test strips to compare results.

It's important to note that although the experiment was repeated, care was taken to prevent sample contamination, and a highly recommended test was used. The club is not a professional group, and this experiment was done for observational and informative purposes. Therefore, these findings aren't 100 percent reflective of AHS drinking water.

The test strips measured water quality in parts per million (ppm), assessing amounts of the most common substances found in water. The values for hardness, free and total chlorine, lead, zinc, manganese, mercury, quaternary ammonium compounds (QACs), hydrogen sulfate, and alkalinity all measured well within safe ranges. Most notably, both lead and manganese were measured at 0 ppm, which is significant because the presence of these metals can have negative impacts on brain development and function.

Some components (iron, copper, monopersulfate, carbonate, and pH) were slightly elevated but remained within safe drinking levels. For instance, iron levels averaged around 1 ppm, which is higher than the recommended .3 ppm, but lower than the safe threshold of 10 ppm. Additionally, the pH measured about 8.2, near, but not above, the upper limit of 8.5.

The fluoride levels were recorded between 1-2 ppm, which is considered safe for most people. However, it can be harmful for children under age 7 if prolonged exposure occurs. Moreover, the carbonate levels measured 240 ppm, placing them at the highest end of the normal range.

Nevertheless, even when carbonate is as high as 300 ppm, it is still safe to drink (in fact, it's actually better for you)! Lastly, the sodium chloride measured at around 100-150 ppm, which is well within the normal range.

Based on these findings, Arcadia High School's water fountains are perfectly safe to drink from. While it's important to note that the testing was not conducted in a professional lab, the results suggest that students do not need to rely on bottled water from vending machines for safety reasons. Students can feel confident using water fountains, which may also help reduce Arcadia's plastic waste and save money.

— By Evra Therien

Arcadia News
Health & Wellness
A Directory of local providers

REACH 45,000 POTENTIAL PATIENTS OR CLIENTS...

JULY 2026

DEADLINE: WEDNESDAY 6/15

The Arcadia News Health & Wellness Guide is the perfect way to promote your practice or business to the affluent, educated and health-minded readers of the *Arcadia News*.

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4136north64thplace.com

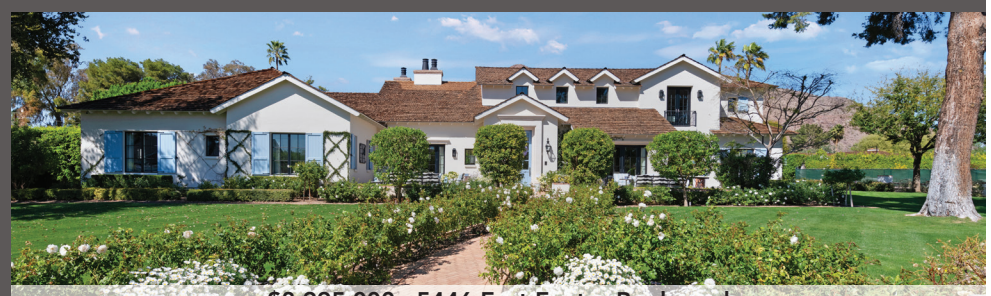


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