



First steps begun to update lake's north shore

By Madeline Bates
INDEPENDENT NEWSMEDIA

The city of Tempe has begun the first steps to changing the north shore of Tempe Town Lake in a project called the Rio Salado North Shore Plan after hearing over 1,000 comments from the public about what priorities residents have for the future of the area.

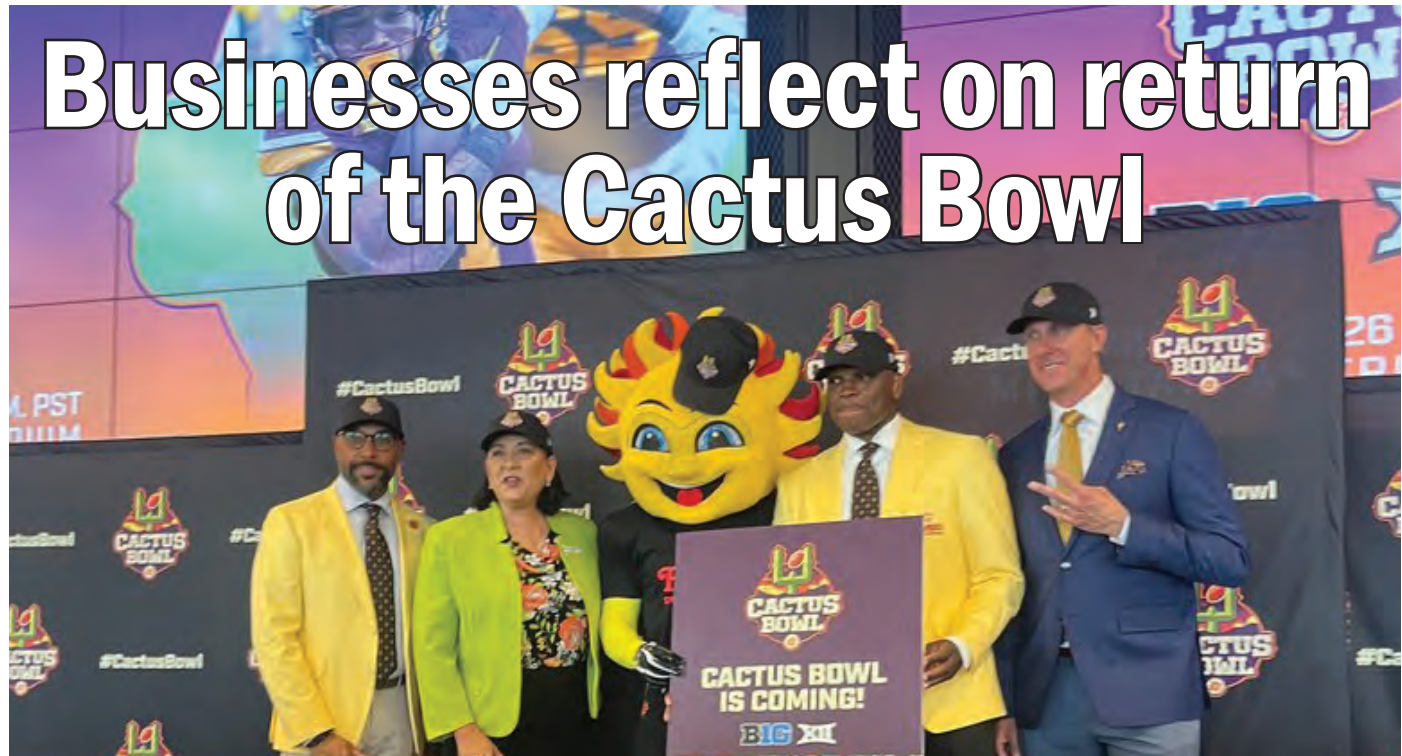
On a Zoom meeting, preliminary plans for the area include a skatepark, benches, public art, shade areas and ecological spaces to help create a lasting green space for the area.

"There's a lack of ecology in the area but a lot of room for potential and opportunities for views and recreation," said Brandon Sobiech, principal landscape architect and founder of Dig Studios.

Dig Studio and Holly Street Studio have partnered with the city to create a plan for the space that makes room for pedestrians, cyclists and boaters. The discussion with the public included a play water feature, nontraditional playground equipment, an amphitheater and a small space for retail.

• See **Shore** on page 21

Businesses reflect on return of the Cactus Bowl



Fiesta Sports Foundation Executive Director and CEO Erik Moses, Tempe Vice Mayor Doreen Garlid, Fiesta Bowl mascot Spirit, Fiesta Sports Foundation Board Chair Nick Smith, and Sun Devil Athletics Director Graham Rossini announced June 3 the Cactus Bowl return to Tempe. (Independent Newsmedia, Madeline Bates)

Tempe owners look forward to traffic, tourists

By Madeline Bates
INDEPENDENT NEWSMEDIA

The Cactus Bowl will return to Tempe from Phoenix, with Arizona State University's Mountain America

Stadium gaining a high-profile game set to be televised on ABC, according to The Fiesta Bowl Foundation.

Many Tempe residents and business owners reflect on over a decade ago when Tempe's Mill Avenue Block Party used to follow the Cactus Bowl with food and festivities on New Year's Eve.

Now, the Cactus Bowl is back and ready to show more people what

Tempe has to offer outside of football.

"Anytime there's a big event it makes a huge difference in the success of the businesses in Tempe," said Downtown Tempe Authority CEO Lori Foster. "Some of the businesses can make rent in just a day, which helps the city as a whole."

The Downtown Tempe Authority encompasses businesses on Mill Av-

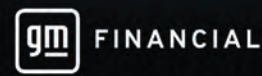
• See **Cactus Bowl** on page 21

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"Edibles often have multiple doses of THC in a single food item. Accidental marijuana ingestions by young children often result in severe effects. Kids sometimes need to be placed on a ventilator (breathing machine) in the ICU." - Daniel E. Brooks MD, Medical Director; Banner Poison & Drug Information Center, Banner University Medical Center-Phoenix, Department of Medical Toxicology

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SPONSORED CONTENT

How Arizonans Can Support the Cancer Community This Month

By Dr. William Troutt

MEDICAL DIRECTOR AT TRULIEVE

June is Cancer Survivor Month, a time to honor the strength, resilience and courage of the millions of individuals and families whose lives have been impacted by cancer. In Arizona, where cancer continues to affect communities across the state, this month is also an opportunity to reflect on the importance of compassionate care, meaningful support systems and ensuring survivors have access to resources that help them heal long after treatment ends.

At Trulieve, we believe supporting our communities means showing up for patients and families in ways that extend beyond our dispensary doors. Throughout June, all 22 Trulieve locations across Arizona will participate in a register roundup donation program benefiting two organizations that are making a meaningful difference for cancer patients and survivors: The Singletons and Young Adult Survivors United (YASU). These organizations provide emotional support, practical resources and community connection for individuals navigating some of life's most difficult moments.

Cancer affects far more than a person's physical health. It impacts mental wellness, financial stability, family dynamics and emotional resilience. That's why organizations like The Singletons and YASU are so critical. They remind patients and survivors they are not alone. Their work helps provide meals, support networks and resources that offer comfort during treatment and beyond.



Dr. William Troutt

Our Arizona Trulieve team is proud to deepen that commitment through volunteerism as well. During June, team members will volunteer in The Singletons kitchen to help prepare meals for cancer patients who are single parents. Something as simple as a prepared meal can provide relief to someone overwhelmed by appointments, treatments and ex-

haustion. Community support matters, and small acts of compassion can have an enormous impact on someone's healing journey.

As a naturopathic doctor and Trulieve's medical director, I have seen firsthand how cancer survivors benefit from continued support after treatment ends. For many survivors, the physical and emotional effects of

cancer do not disappear once chemotherapy ends. Anxiety, chronic pain, sleep disturbances, stress and lingering side effects can persist for months or even years. Medical cannabis may provide some patients with an additional tool to help support their overall wellness and quality of life throughout survivorship. Every patient's journey is different, and treatment decisions should always be made in consultation with healthcare professionals, but we continue to see how cannabis can become part of a broader wellness regimen for many individuals after treatment.

Cancer survivorship is about more than remission. It is about helping people reclaim their lives, restore their sense of normalcy and feel supported physically and emotionally every step of the way. That requires healthcare providers, nonprofits, businesses and communities working together.

This Cancer Survivor Month, I encourage Arizonans to support the organizations doing meaningful work for cancer patients and survivors in our communities. Whether through volunteering, donating or simply offering compassion to someone facing a difficult diagnosis, we all can make a difference.

At Trulieve, we remain committed to supporting Arizona communities not only through patient care, but through partnerships and programs that uplift those who need it most. Cancer survivors demonstrate extraordinary strength every day, and they deserve communities that stand beside them long after treatment ends.

Tempe businesses, individuals honored for business excellence

By Madeline Bates
INDEPENDENT NEWSMEDIA

The Tempe Chamber of Commerce recently honored several Tempe businesses and individuals who proved to stand out in the field in Tempe's business community.

Awards like the Spirit of Tempe, won by Harvey Gibson; and First Responder of the year, won by Detective Jordan Larson with Tempe Police, were presented to individuals for their work in the community at the event June 11 at Culinary Dropout in Tempe.

Other awards included Best Large Business, given to Aurora Behavioral



• See **Honored** on page 8 Aurora Behavioral Health employees pose for a photo after winning Best Large Business Award. (Independent Newsmedia/Madeline Bates)



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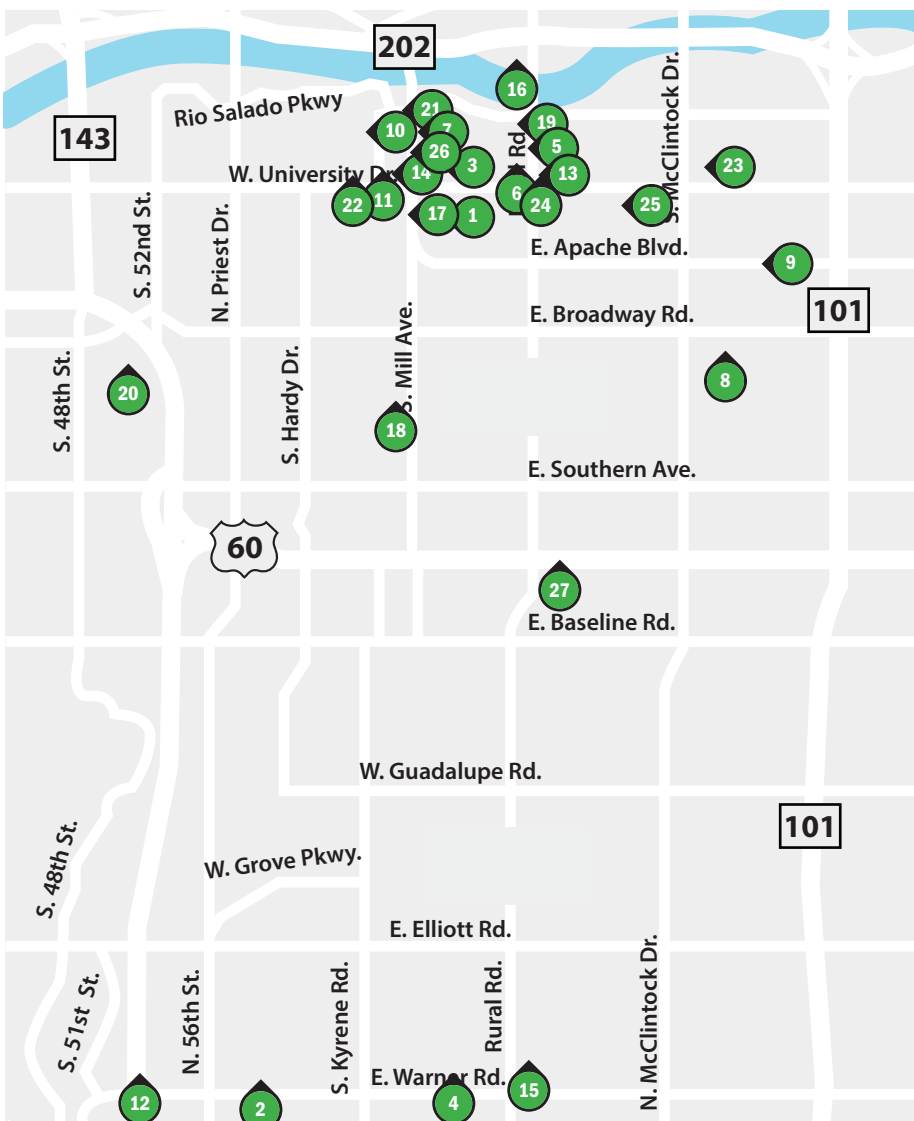


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BUSINESS MOVES



Compiled by Richard H. Dyer

IN THE NEWS

1 **Arizona State University** is launching a new semiconductor training program with support from Taiwan Semiconductor Manufacturing Co. Arizona to fill more than 100 technician position over the next year. The free training program is being funded by TSMC Arizona and by grants received from the federal government.

2 **Super Star Car Wash**, a car wash

chain with multiple locations in Arizona including Tempe, is holding a fundraising campaign to benefit Feed the Children at the end of the month of June. The campaign will take place from June 26 to June 28 at participating locations. Every purchase of a retail car wash will result in a \$1 donation from Super Star to Feed the Children, as part of its effort to address summer hunger among children and families. Funds raised will help support Feed the Children's efforts to provide food and essential items to children and families experiencing hard-

ship and hunger during the summer. For information, visit <https://tinyurl.com/47r4b5t8>.

Reconnect with your inner foodie and become a regular on Tempe's vibrant dining scene this summer with Taste in Tempe. From July 12–26, participating restaurants will offer specially crafted prix-fixe menus. Go to <https://www.tempetourism.com/taste-in-tempe/> for the list of restaurants including:

- 3** • **Alter Ego Kitchen & Cocktails**, the Canopy hotel's signature restaurant at 108 E. University Drive.
- 4** • **Bar Capri**, 1730 E. Warner Road No. 10
- 5** • **Blanco Cocina + Cantinain Tempe**, 717 S. Novus Place
- 6** • **Blue Sushi Sake Grill**, 690 S. Novus Place Suite No. 183
- 7** • **Caffe Boa**, 398 S. Mill Ave.
- 8** • **Catalyst Crafted Ales**, 1845 E. Broadway Road Suite No. 106
- 9** • **Cocina Chiwas**, 2001 E. Apache Blvd.
- 10** • **Culinary Dropout**, 149 S. Farmer Ave.
- 11** • **Drop Dead Gorgeous**, 740 S. Mill Ave, Suite No. 140
- 12** • **Electric Pickle**, 8688 S. Emerald Drive
- 13** • **Eureka!**, 690 S. Novus Place Suite No. 173
- 14** • **Filthy Animal**, 740 S. Mill Ave. Suite No. 140
- 15** • **Ghost Ranch Modern Southwest Cuisine**, 1006 E. Warner Road
- 16** • **Hundred Mile Brewing Co.**, 690 N. Scottsdale Road



SUPER STAR CAR WASH

- 17** • **Lucero Rooftop Lounge and Terrace** at the Omni Tempe Hotel at ASU, 7 E. University Drive
- 18** • **Night Owl Pizza & Drinks Tempe**, 2700 S. Mill Ave.
- 19** • **North Italia – Novus Place**, 697 S. Novus Place
- 20** • **On the Rocks Lounge** at Marriott Phoenix Resort Tempe at The Buttes, 2000 W. Westcourt Way
- 21** • **Pedal Haus Brewery**, 730 S. Mill Ave. No. 102
- 22** • **Snakes & Lattes**, 20 W. Sixth St.
- 23** • **Social Hall Restaurant and Event Venue**, 715 S. McClintock Drive
- 24** • **Society Tempe**, 920 E University Drive No. 204
- 25** • **Sushi 101 Bar and Grill**, 1435 E. University Drive C-112
- 26** • **Terra Tempe Kitchen & Spirits**, 11 E. Seventh St.
- 27** • **Urban Craft** at Embassy Suites Tempe, 4400 S. Rural Road

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Honored

• From page 5

Health; Best Small Business, won by Mulberry Health; and Best Nonprofit, won by Tempe Community Action Agency. Crest Insurance won the Cool Place to Work award for its office amenities and employee culture.

“For 118 years, the Tempe Chamber has helped shape relationships, partnerships, citizens and peers that continue to move. And that’s exactly what we’re going to continue to do,” said Robin Arrendondo-Savage, CEO of the Tempe Chamber of Commerce.

Good Night Arizona anchor Nicole Crites announced the awards while also honoring members of the Tempe Chamber of Commerce Board and others who have contributed to Tempe’s changing economy.

Harvey Gibson, the recipient for the “Spirit of Tempe” award, credited his work to his community and



Harvey Gibson gives a speech after winning the Spirit of Tempe award. (Independent Newsmedia/Madeline Bates)

his wife, whom he met at a Chamber event more than 20 years ago.

“It is nice to win this award, but I

got the better part of the deal because I got to serve on the Tempe Chamber and because of that I met my beautiful

wife,” he said after he accepted.

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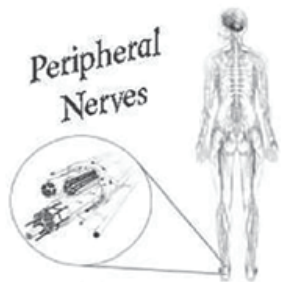


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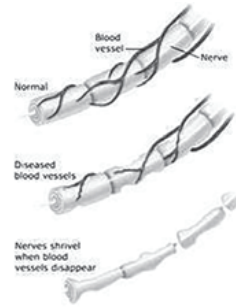
PERIPHERAL NEUROPATHY AND CHRONIC PAIN WARNING!

Mesa, AZ — The most common method your doctor will recommend to treat your chronic pain and/or neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

Chronic pain and/or peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.



As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up which causes the nerves to not get the nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms. The main problem is that your doctor has told you



to just live with the problem or try the drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in Mesa that offers you hope without taking those endless drugs with serious side effects.

(See the special neuropathy severity examination at the end of this article) In order to effectively treat your neuropathy three factors must be determined.

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A year after the first hearing, the Marshall on Spence project continues

By Madeline Bates
INDEPENDENT NEWSMEDIA

After over a year of planning and input from the public, the Tempe City Council voted 6-1 recently to continue discussions with the Marshall on Spence project for an additional six months before voting on the project.

To the dismay of Mayor Corey Woods, who was the sole dissenting vote June 4 on the continuation, the applicant will have six months to improve upon the council's critiques.

"We spoke at the last council meeting and one of the motions that we voted on as a group was that this would be the last time we approved a continuance and we pledged that to the public and I would feel much more comfortable following through with what we told our residents," Woods said.



The site at 1034 E. Spence Ave. is currently occupied by a multifamily residential complex known as the Tempe Palms apartments, which was constructed in 1970. (City of Tempe)

CHA Consulting is presenting the project and requesting rezoning for a mixed-use, high-density area. The complex will have 105 units on over 0.8 acres.

Civil engineers Anthony Vitale and Ben Harrell presented the project and shared that there would be various unit sizes from studio up to five-bedroom units, with 269 total bedrooms, but only 89 parking spaces with an exit on Apache Boulevard. There would also be secure bike storage and dedicated on-street parking for residents and visitors.

Formerly Tempe Palms apartments, a complex built in the 1970s with two floors. Marshall will have seven floors with an eighth-floor penthouse. The frontage that faces Spence Avenue will have four floors, with pedestrian access to the lobby and commercial space.

Councilmember Arlene Chin noted that it had been a year since the first hearing and asked what the plans were for the retail space on the first floor and

was disappointed to hear that only 120 square feet was allotted for an ATM.

Some members of the public supported the development, with one homeowner saying that "this is exactly the development that aligns with Tempe's plans for growth," William Rodriguez, who owns a home in the area, said virtually.

"I bought this house because I saw cranes and thought 'this is where I want to be because of all of the development happening,'" he said.

Others did not support the change. Christian Curry, a former Tempe resident and government relations staff member for Maricopa County, also opposed the development.

"Pointing to a 120 square foot ATM space, which quite frankly there are closets bigger than that, is a joke

• See **Project** on page 11

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COMMUNITY

Council member requests data after questions about county elections

By Madeline Bates
INDEPENDENT NEWSMEDIA

Tempe Councilmember Randy Keating has demanded that Maricopa County Recorder Justin Heap preserve all records for litigation following a video of two employees allegedly removing a tabulation machine on March 12 while ballots from the city council election were being counted.



Randy Keating

The Maricopa County Board of Supervisors stated two employees were caught via closed-circuit security cameras moving a tabulation device out of the Maricopa County Tabulation Center and putting it into an unmarked pickup truck, where it left the property for approximately 50 minutes before returning.

Maricopa County Recorder Justin Heap filed a lawsuit after the Maricopa County Sheriff's Office opened an investigation of the incident. Keating is seeking to hold those involved accountable.

"The footage raises very serious concerns regarding the security and transparency of our election process," said Keating. "The County Recorder's chief responsibility is to protect and administer local democracy. Instead, Recorder Heap appears more interested in peddling baseless conspiracies, creating confusion, and using his elected office to sow doubt in the very system he purports to protect."

Heap denies the accusations and claimed the office is being targeted.

Project

- From page 10

for calling it commercial space," he said.

Chin also noted that she was disappointed with the little retail space offered and called it "disrespectful," as the residents would need more services like a coffee shop or a store to walk to.

"There are a lot of things about this project that I really like, but there are too many issues for me to support it," Chin said before the vote.

Councilmember Jennifer Adams and Randy Keating said they approved of the project, citing a need for housing.

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PLAN GENERAL

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Infórmese sobre la Proposición 415.

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EDUCATION



Arizona State University has drawn attention for DEI. Photo taken on ASU's Tempe campus on Monday, March 17, 2024. (Sydney Lovan/Cronkite News)

ASU responds to federal DEI investigation

By Madeline Bates
INDEPENDENT NEWSMEDIA

The Justice Department on June 3 announced that it would begin an investigation into Arizona State University for its diversity, equity and inclusion practices after a viral video of staff discussing admissions practices.

The school said that it is complying with federal law and does not discriminate in admissions, as it would violate not only ASU policy, but also the Arizona Board of Regents provisions.

"ASU is aware of the Department of Justice's press release regarding an investigation and of the 'recent viral videos' referred to in it. The university has no comment on these videos, as ASU does not comment on secret video recordings of its employees who are not authorized to speak on behalf of the university," a spokesperson for

the university said via email on June 4.

Federal officials claim the university has hidden illegal admissions practices that have led to discrimination.

"No student should be denied access to opportunities or resources because of race, color or national origin," said Assistant Attorney General Harmeet K. Dhillon of the Justice Department's Civil Rights Division. "The United States is committed to keeping universities free of unlawful discrimination — especially when they try to hide illegal conduct to avoid oversight and compliance," the DOJ published in a statement on June 3.

ASU has over 150,000 students across numerous campuses and on-line enrollment.

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EDUCATION

Kyrene approves 4% raise for teachers, lower hike for other staff

By Madeline Bates
INDEPENDENT NEWSMEDIA

The Kyrene Elementary School District governing board approved a 2% raise for classified staff and a 4% raise for teachers during its May 12 regular board meeting.

Chief Financial Officer Chris Hermann presented the new compensation plan to the board and explained the total cost of unfilled positions is about \$2.4 million.

The district has increased compensation by \$4 million district-wide. It was paid for through about \$7.5 million it got back through budget reductions. The district also factored in \$3.5 million in enrollment cuts from state funding, meaning the raises and

cuts balanced out.

"This is how I stand before you now and show you something that's sustainable and fiscally responsible," the Hermann said.

A 2% increase for administration and assistants and 4% increase for certified employees was proposed to the board. The board passed the 4% raise for certified staff unanimously.

"Our base pay for teachers is falling behind, which is making it hard to be competitive for certified staff," said Assistant Superintendent Lisa Gibson.

A 2% pay hike for classified staff, also passed by the board, would bring up the minimum pay to \$15.98 per hour. This is slightly above the state minimum wage of \$15.15 per hour and will help with competitive rates, officials said.

Kyrene updates instructional model to reflect remote work

By Madeline Bates

INDEPENDENT NEWSMEDIA

After a second hearing, the Kyrene Elementary Governing Board voted unanimously recently to adopt a remote instructional model for students with extenuating circumstances that would otherwise disqualify them from completing the required coursework.

Amy Gingell, director of academic equity and engagement for grades 4-8, presented the model and explained that the instructional model would cover students who are expected to be absent for 10 days or more to attend class asynchronously to complete the same assignments as their peers attending in person.

Additionally, a teacher may as-

sign work to the student and will give them at least ten days following the first day of absence to have it all turned in.

Karine Inoue, a parent of three boys at Mariposa Elementary, said in a May 12 meeting that her boys are actors and have opportunities to act in Los Angeles next year. Inoue and her children would prefer not to homeschool and to continue attending Mariposa, but understand that missing school can create gaps in education.

"We have a lot of pressure to homeschool, we don't want to homeschool our kids, so this gives us flexibility," she said.

To voice your opinion on this story, connect with us at AzOpinions@iniusa.org.

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SPORTS



Recent Arizona State graduate Sydney Lindon-Lake poses with Sparky at Mountain America Stadium. (Photo courtesy of Sydney Lindon-Lake)

ASU's second woman 'Sparky' reflects on time in Tempe

By Alex Swift
CRONKITE NEWS

Sydney Lindon-Lake walked up to a fundraiser, duffle bag stuffed with equipment in hand, excited to work one of the first events with her new job.

She approached the person coordinating her appearance and unzipped her bag to reveal its contents: the head, pads and jersey of Sparky, Arizona State's mascot.

Instead of excitement, the response Lindon-Lake received from the person working the fundraiser was disappointment.

"So you do Sparky's laundry," they said.

She did not do Sparky's laundry. She was Sparky.

Lindon-Lake recently wrapped up her final semester of college, revealing to the world that she was the second woman in ASU history to put on the suit.

Although the laundry comment might have discouraged others, Lindon-Lake didn't allow it to affect her.

"I've never let it define me," Lindon-Lake said. "I've never been like, 'Oh, that hurt my feelings,' or 'Oh, I feel defeated.' It just goes to show, I need to break some barriers. I deserve

to be here. It gives me more fuel to work harder."

Her four years are a testament to belonging. Although she has faced adversity as a woman in a mascot suit, Lindon-Lake refuses to have her spirit broken.

"They don't know me, they don't know how hard I work, they don't know how passionate I am about what I do, so I can't let that define me," Lindon-Lake said. "I just laugh about it now and now it's just a funny memory that makes me more proud of where I am and what I'm doing, like proving people wrong."

The mindset that drives Lindon-Lake has a very apparent source: her upbringing. Growing up with her two moms, Barb Lindon and Dawn Lake, she had a positive mindset instilled in her at a young age. When they look back at the woman their daughter has become today, they swell with pride and emotion.

Read the full story at <https://tinyurl.com/2s4kjsvm>.

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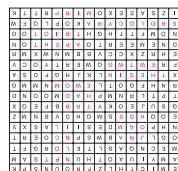
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I	Z	S	A	S	E	X	O	M	I	R	P	R	T	T	K

The letters of the movies or TV shows with an American presidential theme are hidden below. They are connected by tiles on top, below, right, or left, but not diagonally. Find them all.

“PRIMARY COLORS”



56 men signed the Declaration of Independence



Names like John Adams, Benjamin Franklin, Thomas Jefferson, and, of course, John Hancock might instantly come to mind when pondering the men who signed the Declaration of Independence in 1776. But what about the remaining signatories to the founding document of the United States? According to the National Archives, 56 men signed the Declaration of Independence, and even historians and armchair history buffs might be hard pressed to name all 56 signers of the pivotal document. Some might even be surprised to learn that various notable figures from the era were not among the 56 signers on the Declaration of Independence, a list that includes Alexander Hamilton, John Jay and George Washington. George Mason, another influential figure of the era, also decided against signing the Declaration of Independence, citing its lack of a "Bill of Rights" as motivation for keeping his pen to himself.

America's Birthday



July 4, 1776, is an important date in American history that is widely considered the birthday of the United States of America. But some people argue that August 2 should actually be America's birthday, since that was when the Declaration of Independence was signed. The National Archives says that the Second Continental Congress adopted the United States Declaration of independence on July 4, 1776, formally severing ties with Britain. The approved Declaration was printed on July 5. On July 19, Congress ordered that the document be engrossed on parchment, which is a process of copying an official document in large hand. It is surmised that the engrosser was Timothy Matlock, an assistant to Charles Thomson, secretary to the Congress. It was nearly a month after the Declaration was adopted before the document began to be signed by delegates. The signing of the Declaration of Independence occurred primarily on August 2, 1776, at the Pennsylvania State House in Philadelphia, a building later renamed Independence Hall. John Hancock, who was the President of the Congress, was the first to sign the engrossed copy. Signatures were arranged by states from northernmost to southernmost. Fifty-six delegates eventually signed the document, although not all were present to sign on August 2. Some delegates never managed to sign the Declaration, including Robert R. Livingston of New York, who was a member of the Declaration's drafting committee.

PRESIDENTIAL WORD SEARCH



WORDS

M	N	N	H	F	W	T	E	J	J	U	S	V	W	P	M	S	N	W	V
L	K	V	I	J	B	I	R	R	E	W	O	H	N	E	S	I	E	B	N
N	U	V	F	O	R	D	R	B	H	N	E	L	C	Y	E	Y	R	U	J
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FORD
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HARDING
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HAYES
HOOVER
JOHNSON
KENNEDY
MCKINLEY
NIXON
OBAMA
REAGAN
ROOSEVELT
TAFT
TRUMAN
TRUMP
WILSON

Find the words hidden vertically, horizontally, diagonally, and backwards.

AMERICA@250

Events in Tempe to celebrate America's 250th anniversary

INDEPENDENT NEWSMEDIA

As part of the nationwide celebration of America's 250th anniversary of the signing of the Declaration of Independence, two events are set in July in the city of Tempe.

Celebrate America's 250th birthday with a patriotic dinner and a game show at 7 p.m. Friday, July 3 at Social Hall Tempe, 715 S. McClintock Drive in Tempe.

It is to have America-themed trivia, word games, picture puzzles and prizes with a night of interactive games, theatre and comedy for all. Enjoy a three-course meal with your choice of entrée with vegan options available. The meal also includes nonalcoholic drinks with beer and wine sold separately. Everyone gets a prize at the end, with the three top scorers getting a chance to take the stage for a TV-style game show. Tickets at <https://tinyurl.com/y4dx2nek> start at \$44 per person, and ages 13 and over are welcome to join.

The annual Independence Day event is to be July 4 at Tempe Town Lake, 80 W. Rio Salado Parkway.

The Fourth of July event in Tempe will be a family-friendly event with food, drinks and fun. The event will also have live music, merchandise and fireworks around 9 p.m.

It starts at 4 p.m. July 4 at Tempe Beach Park. Tickets are \$5 for children and \$10 for adults. Buy tickets at <https://www.tempefourth.com>.



The annual Independence Day event is set for July 4 at Tempe Town Lake, 80 W. Rio Salado Parkway. (Independent Newsmedia Arianna Grainey)

Tempe Coalition.org

to reduce underage drinking and drug use
Tempe Coalition is a grant-funded project of Tempe Community Council, a 501(c)(3) nonprofit

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THINGS TO DO

Local pastry chef hosts summer group cooking classes

By Madeline Bates
INDEPENDENT NEWSMEDIA

After almost 15 years in the kitchen, Tracy Dempsey is once again spending the summer teaching.

Dempsey was a teacher when she first started cooking. After spending several years teaching French and English, she decided to pursue her dream of becoming a chef.

She then went to culinary school at Scottsdale Community College, where her certificate catapulted her to different parts of the Valley, from wholesale to catering to resorts and restaurants, where she learned from other chefs, but also brought her own ideas to the table.

"I enjoy knowing that my cooking nourishes people's souls," she said. "It's a great creative process, and I love hearing about when someone is

really happy with something they had."

Dempsey worked for years at several restaurants and resorts like the Hermosa Inn and the Cottonwood, which is now the Andaz Resort in Scottsdale.

In 2012, she and one other employee moved into the a shop on 1323 W. University Drive in north Tempe where she had both a retail space and a commercial kitchen. Today she sells wine, baked goods and art from artists around the Valley.

But Dempsey isn't new to teaching and has had years of preparation from her time at Sweet Basil Cooking School in Scottsdale.

Now, Dempsey works every day to create original recipes just blocks from Arizona State University, where

• See **Cooking** on page 19



Khamari Jones and Tracy Dempsey finish milk buns before they go in the oven. (Independent Newsmedia/Madeline Bates)

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Cooking

• From page 18

she once spent her summers in the classroom.

In addition to her knowledge of cooking and food science, Dempsey offers wines from across Arizona and from around the world to pair with almost any dish.

Wine pairings can be booked along with select classes and wines are available for purchase during shop hours.

Dempsey's assistant, Khamari Jones, has been with her for almost a year and makes many of the dishes, including the Milk Bread rolls sold at the shop.

"I had so many assistants try working for me and do a stage period, but Khamari was the only one who lasted," she said. "He has so much passion for baking, and I'm glad he's stuck around."

Dempsey's work has gained recog-

nition as she was given a proclamation in 2023 by Mayor Corey Woods where she was "D'Eclairied," a Tempe Treasure by the city for her work in the community, supporting other small businesses and volunteering her talents for those in need.

"The city of Tempe is thankful to Tracy Dempsey for her involvement in the Tempe community and for being a great resource to other local, small businesses," the proclamation in the front of the store reads.

The retail space is open 10 a.m.-3 p.m. on Thursday, Friday and Saturday. Dempsey sells baked goods, local art and other goods from small makers around the Valley.

Classes start at \$85 per person and are held on Saturdays 11 a.m.-2 p.m. monthly. Those interested can email Dempsey at tracy@tracydempsey-originals.com to reserve their spot.

To voice your opinion on this story, connect with us at AzOpinions@iniusa.org.

JULY 12, 19, 26

The Circus Farm

A 60-minute air-conditioned family circus with games, balloons, juggling, unicycle stunts, a hula hoop, LED lighted props, a giant robot and Aerial Lollipop is at Mesa Arts Center, 1 E. Main St.

To purchase tickets, visit mesaartscenter.com or call the box office during business hours at 480-644-6500.

JULY 25

CPR, AED certification class

When someone's heart stops, every minute matters. Nationally, only about one in 10 people survive an out-of-hospital cardiac arrest.

Immediate CPR can double or even triple a person's chance of survival while professional help is on the way.

Tempe Fire Medical Rescue is offering a 9-11 a.m. class designed to help more residents gain the confidence to step in and help when every minute matters.

Fee charged. Register at <https://tinyurl.com/9nubmses>

AUG. 29

Street League

Skateboarding takeover

The event will transform Mullett Arena, 411 S. Packard Drive in Tempe, into a celebration of Arizona skate culture, featuring globally recognized talent, community roots, and desert-inspired design. It is to have a unique course and fan experience tailored for the skateboarding hub.

The roster features skateboarding icon and Chandler native Dashawn Jordan; Jagger Eaton, who developed his skills at his family's Mesa-based training facility, Kids That Rip (KTR), and representing Team USA earned bronze in street skateboarding at the Tokyo Olympics before capturing silver at the Paris Games. Also featured is Paige Heyn, the Tempe-born professional skateboarder and 2024 Paralympian who emerged as one of Team USA's youngest competitors.

Tickets at Ticketmaster.com. For more information about the event, including a full athlete roster, go to StreetLeague.com.

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RELIGION NEWS IN BRIEF

Church volunteers help at family resource center

Members of Central Christian Church, 1805 E. Elliot Road Suite No. 112 in Tempe, volunteer at 4:30 p.m. Wednesdays at the Kyrene Family Resource Center, 1330 E. Dava Drive in Tempe.

“Volunteering at the Kyrene Family Resource Center means helping students and families overcome barriers to success by providing food, clothing, school supplies, and essential resources. Every hour you serve equips kids to walk into the classroom with confidence and hope. Your time makes an immediate and lasting impact right here in our community,” it states at <https://www.centralaz.com>.

“Activities include — but not limited to — organizing, arranging, and restocking items for families in need.”

For information, email Justice.Koch@CentralAZ.com



Churches in Tempe are hosting American Red Cross and Vitalant blood drives. (Metro Creative)

Kids baptism class slated at Grace Community

Grace Community Church, 1200 E. Southern Ave. in Tempe, is hosting a kids baptism class 12:45–1:15 p.m. July 26 in the GraceKids Elementary Building.

Register at <https://tinyurl.com/4d-c4upyc>

c4upyc

Go to <https://www.graceaz.com>.

Blood drives in June, July at Tempe churches

Churches in Tempe that are hosting American Red Cross blood drives include:

- Tempe First United Methodist Church, 215 E. University Drive in Tempe, 8 a.m.-1 p.m. Saturday, June 27.

- The Church of Jesus Christ of Latter-day Saints Tempe Stake College Ave., 2707 S. College Ave. in Tempe, 7:30 a.m.-1:30 p.m. Saturday, July 11.

- The Church of Jesus Christ of Latter-day Saints Tempe South Stake, 1111 E. Knox Road in Tempe, 8 a.m.-2 p.m. in Tempe Saturday, July 18.

Sign up for a time at <https://www.redcrossblood.org/give.html/find-drive>.

Churches in Tempe that are hosting Vitalant blood drives include:

- Desert Cross Lutheran Church in the Community center building, 8600 S. McClintock in Tempe, 7:40-11 a.m. Saturday, June 27.

Sign up for a time at <https://donors.vitalant.org/dwp/portal/dwa>.



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South Tempe



Gilbert



FROM THE COVER

Shore

• From page 1

The plans also included restrooms and seating on both entrances to the space. Sobiech said that planning team is also thinking about where to integrate public art wherever possible.

"The entry plazas on either side will be a great opportunity for art and seating and we recognize that that is very important to the community," he said. There is not yet a budget for this project as plans are still being discussed, said Community Services Director Craig Hayton. This project is also not expected to use city sales tax; however, funding discussions will not be determined until a plan is brought to the council.



The complex is to include a park with a lake. (Independent Newsmedia, Arianna Grainey)

A community survey at <https://tinyurl.com/ycywb558> is open until June 30, where the public can give input into the concerns and hopes for the area as plans continue to move forward.

To voice your opinion on this story, email with us at AzOpinions@iniusa.org.

Cactus Bowl

• From page 1

venue and the surrounding area with dozens of options for shopping, food and activities.

"Any college town would give their right arm to have a bowl game and now that we have one I'm really excited to see how it will affect Tempe and the rest of the Valley," Foster said.

Cactus Sports, a shop with ASU merchandise of all kinds, has been in Tempe for over 30 years and has seen the changes that the downtown area has undergone with

"I love it, and I love that more people and businesses want to come to Tempe," said Troy Scoma, owner of Cactus Sports on Mill Avenue.

Scoma and Foster are optimistic about Tempe's future, with Scoma saying that after more than three decades of owning Cactus Sports, Mill Avenue has changed drastically.

He also said that he is looking forward to the growth of the downtown area after several years of Mill Avenue

construction that made it difficult for patrons to access small businesses.

"It's going to take time, and we have a lot of empty space right now, but events and festivals help with the longevity of Mill and taking them away certainly didn't help," Scoma said.

Fiesta Bowl Executive Vice President Nick Smith and others on June 3 announced the Cactus Bowl would be at Arizona State University's stadium on Dec. 26, bringing back a festival that Tempe once held annually with dozens of festivities surrounding it.

The game had been held at Chase Field for more than a decade, where it had moved from then-Sun Devil Stadium. The game has rotated between the two stadiums since it moved from Tucson in 2000.

The game will be televised at 5:30 p.m. ABC local time and available on a variety of ESPN platforms. It has tie-ins with the Big 12, of which both ASU and the University of Arizona are members, and the Big Ten.

To voice your opinion on this story, email us at AzOpinions@iniusa.org.



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The Nick Bastian Team
Your Real Estate Experts



Kyrene Corridor Market Report

May 2026 Single Family Home Sales:

85283, 85284, 85226



Average List Price:
\$642,150



Average Number of Days on Market: 45



Average Sold Price:
\$631,800



Average Sold Price Per Square Foot: \$300

The market is always changing. Call us for up-to-date information on your home's value.

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