

Women Who Move the Valley 2017

Written by Melissa Larsen

Whether they are providing much-needed support for families of a loved one with pediatric cancer, working endlessly to diminish the rate of animal euthanasia in Phoenix or sparking a dialogue about healthy body image with young female athletes in the Valley, these nine outstanding women have devoted their lives to leaving a long-lasting mark on our community. We present the 2017 Women Who Move the Valley.

BY MELISSA LARSEN | PHOTOGRAPHED BY KAYLA FISHER

SHOT AT OMNI SCOTTSDALE RESORT & SPA AT MONTELUCIA



Carey Peña

Any local who has ever turned on the news will recognize Peña, the Emmy-winning journalist who most recently founded Inspired Media 360, a media company that strives to “inspire, motivate and move” people. This inspirational mom of twins encourages those around her with her desire to help the community via acts of grace and love.

What impact do you hope to have on the Valley? “I came to the Valley from Los Angeles to attend Arizona State University with my sights set on the Walter Cronkite School. The plan was to head back to Los Angeles or maybe move to New York City when I finished. Then a strange thing happened—the sun, fun and friendliness of the Valley stole my heart. As a news anchor and now the CEO of Inspired Media 360, I strive to inspire, motivate and move people through the stories we cover, the shows and content we create, and the events I emcee. Although my background is hard news (and politics), I see the good, so that’s where I choose to shine the light with my media company. My hope is that the work we do inspires people here in this great Valley, and beyond, to live their own best life.”

Local Loves:

Restaurant: Café Monarch

Annual event: Phoenix Heart Ball

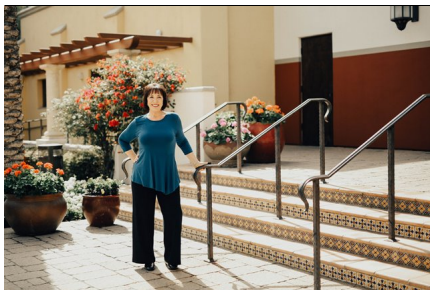
Spot to unwind: Gateway Trailhead or The Spa at Camelback Inn

Hidden gem: Hana Japanese Eatery

Place to work up a sweat: The Bar Method and Crossfit Back On The Bar

Staycation spot: Enchantment Resort in Sedona

Way to give back: Families Giving Back, Global Family Philanthropy, Phoenix Children’s Hospital Foundation Leadership Circle...to name a few!



Pat Christofolo

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For more than 30 years, Christofolo has been a Tempe-area business leader—and she has been one of the foremost females in the Valley food industry since opening Out to Lunch in 1981. Today, she is best known as the owner and CEO of beloved local landmark, The Farm at South Mountain, and Santa Barbara Catering Company.

What impact do you hope to have on the Valley? “It is more important than ever for the food industry in Phoenix to be noticed on a national level. I strive on a daily basis to impact this by helping to develop Phoenix as a culinary scene in a sustainable way. By introducing seasonal, delicious, unique and handcrafted foods at The Farm’s restaurants, I hope to transcend the way Phoenix residents eat and how out-of-town guests perceive our culinary scene and Arizona food and wine products. I also hope to create lasting memories through food experiences, education and events at The Farm at South Mountain. With my business Santa Barbara Catering, I showcase that caterers can serve restaurant-quality food off-premise. I want our catering to create an experience for an event’s guests. Through our catering company, I also hope to impact the Valley’s tourism by capturing out-of-state companies and conferences as clients.”

Local Loves:

Restaurant: FnB for creative, ethnic flavors; Buck & Rider for oysters; and, of course, Quiescence for cured meats

Annual event: Devoured and AZCentral Food & Wine Experience

Spot to unwind: The patio at The Royal Palms Resort and Spa

Hidden gem: Restaurant Mexico

Place to work up a sweat: Mack Newton

Staycation spot: Omni Scottsdale Resort & Spa at Montelucia

Way to give back: The Learning Garden at The Farm



Marlise Karlin

After surviving a traumatic childhood and teenage years, Karlin founded The Simplicity of Stillness, or the SOS Method, which is meditation reinvented—a science-based technique that marries mindfulness and music for peace of mind, clarity and rapid relief from stress. Plus, the mindfulness pioneer’s nonprofit, SOS Method Foundation, is dedicated to creating a kinder, more conscious world by offering relief, hope and empowerment to victims of abuse, depression and PTSD.

What impact do you want to have in the Valley? “I have what you might call a colorful past; I went from being a teen runaway on drugs to an award-winning film producer to developing a mindful technique that has empowered people’s lives globally. Because of the trauma in my past, and the relief and empowerment I got practicing the SOS Method, I love helping people shift out of pain into newfound hope and courage. I want everyone to realize how extraordinary they are—that’s why I’ve worked with people of all ages and cultures; from stressed-out millennials in the United States to victims of abuse in Africa, from overworked professionals in Asia to wellness-seeking seniors in Europe. By April of this year, people will be able to experience these soothing and uplifting SOS meditations and programs on their mobile phones and tablets. I hope this helps enrich many people’s lives throughout the Valley to become happier and healthier.”

Local Loves:

Restaurant: North Italia in Kierland Commons. Sitting outside is fabulous!

Annual event: Las Noches de las Luminarias at Desert Botanical Garden

Spot to unwind: My backyard oasis, watching sunsets of Camelback Mountain

Hidden gem: Concerts at Musical Instrument Museum

Place to work up a sweat: Fitness studio at Omni Scottsdale Resort & Spa at Montelucia

Staycation spot: Omni Scottsdale Resort & Spa at Montelucia for great food, spa, swimming and views.

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Way to give back: SOS Method Foundation would love to set up partnerships with Valley foundations to help veterans, youth at risk, women's shelters and LGBT groups.



Misty Hyman

Hyman first made the Valley proud during the 2000 Olympic Games in Sydney when she won the 200-meter butterfly race, breaking the American record. She went on to be a 28-time All-American with several NCAA national titles. Today, she makes waves as a mentor for young athletes as the assistant swim coach at ASU and has made it her mission to spark a dialogue about healthy body image among young female athletes after revealing her past struggles with an eating disorder.

What impact do you hope to have on the Valley? "It is a true honor to be a part of what Arizona is becoming. I am a second-generation native, and I am so proud to see the Valley coming of age in the last 10 years. I am equally proud that I can be a part of shaping its future. I was privileged to learn through swimming that I could accomplish a lot more than I could ever imagine. As a coach, I serve as a positive role model to young women and men to help them reach their full potential both in and out of the pool. As an inspirational speaker, I strive to embolden organizations to overcome obstacles to get solutions and results. As a member of this community, I aim to use the platform that swimming has provided to make an impact on people's health, fitness and aspirations."

Local Loves:

Restaurant: The Mission

Annual event: Las Noches de las Luminarias at Desert Botanical Garden

Spot to unwind: jade bar

Hidden gem: Nobuo at Teeter House

Place to work up a sweat: Sumits Yoga

Staycation spot: Sanctuary on Camelback

Way to give back: Sharing my Olympic story with kids



Chrisie Funari

When she was only 18 months old, Funari's daughter Ava was diagnosed with Stage 4 Neuroblastoma. After years of treatment, sweet Ava died at the age of 5. Though her baby girl was gone, Funari's hope was not and she founded Arizona Cancer Foundation for Children in 2013. The mission of the nonprofit is to provide much-needed social, emotional and financial support for families of a loved one with pediatric cancer.

What impact do you hope to have on the Valley? "The pain and heartache of seeing a loved one go through cancer treatment and, in some cases, lose a child is unimaginable for most. In Arizona alone, one child is diagnosed with cancer every day. Arizona Cancer Foundation for Children (ACFC) is a local nonprofit that works toward helping the lives of Valley families impacted by the devastating disease. When we deliver a Sunshine Pack to a patient and monetary support to the family for unforeseen expenses, it brings tears and smiles to everyone involved. It's important for Valley families to understand that they are not alone in this journey. I lost my daughter, Ava, to cancer when she was 5 years old. I felt scared, alone and overwhelmed with bills. ACFC provides emotional and financial support as well as a sense of hope to a scared parent. My mission, and the mission of the foundation, is to inspire others to give back and provide a helping hand to children in our community because

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they need our help now.”

Local Loves:

Restaurant: Hillstone

Annual event: Our annual golf fundraising event, Swing Fore Kids Cancer

Spot to unwind: In my backyard with a glass of wine

Hidden gem: The patio at El Chorro

Place to work up a sweat: The golf course

Staycation spot: Fairmont Scottsdale Princess

Way to give back: Every day in my office I feel the positive impacts of paying it forward. My family and I are also involved in various Valley nonprofits.



Kelsea Patton

Over the past three years, Patton, vice president of External Affairs for the Arizona Humane Society, has helped transform Maricopa County from the second-worst place to be a pet in the nation to one of the best. The proof is in the percentages; the fourth-generation Arizonan has helped to create an incredible 38 percent decrease in intake and 71 percent decrease in euthanasia community-wide.

What impact do you hope to have on the Valley? “The Valley is on its way to becoming the best place in the country to be a pet—and I’m so proud of the work I do on this initiative. I find resources to help save lives of homeless, sick and injured animals who were once routinely euthanized. And when I come home from a long day, my rescue dogs Bella and Curly remind me why I’m committed to this cause. Their lives didn’t start out in a home with a cozy couch or unconditional love. Thousands of pets just like them suffer at the hands of humans and in shelters in our community, and I won’t stop until we change the story for all pets. I want to connect with the many generous, compassionate animal lovers in the Valley to continue to provide second chances to homeless pets and innovative solutions to shelters in Arizona and beyond. Together, we can give every pet a good life.”

Local Loves:

Restaurant: St. Francis

Annual event: Arizona Humane Society’s annual Compassion with Fashion

Spot to unwind: My hometown of Wickenburg

Hidden gem: Vintage shops in the Melrose District

Place to work up a sweat: Being walked by my dogs on the Bridal Path

Staycation spot: JW Marriott Camelback Inn Resort & Spa

Way to give back: Community service projects with my son

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Christine Arians

For many years, Arians has been an unsung hero to foster children in need; in the past year alone, the Arians Family Foundation (which Arians founded with her husband, Arizona Cardinals coach Bruce, in 2013) donated more than \$160,000 to CASA (Court Appointed Special Advocates) to ensure foster children receive the help they desperately need. Arians is also the proud owner of The ZONE, a sensory stimulation chamber, which donates its net proceeds to youth advocacy programs throughout Arizona.

What impact do you hope to have on the Valley? “When my husband (Bruce Arians, head coach of the Arizona Cardinals) and I moved here in 2013, the first thing we did was form the Arians Family Foundation to support CASA (Court Appointed Special Advocates) in the Valley. What we quickly realized is that CASA was not a term or a concept enough folks in Arizona understood or supported. However, CASA performs a crucial job and does it with trained volunteers. CASA volunteers are advocates for kids caught in the foster care system. They are the voice that speaks for the best interests of the child and is the one consistent adult in the child’s life during his or her stay in the foster care system. Unfortunately, the CASA program in Maricopa County was overwhelmed, underfunded and inadequate to keep up with the needs of rapidly growing numbers of kids in out-of-home care. Our impact is in getting the word out and funding Voices for CASA Children, a 501c3, a second CASA program which will allow the number of volunteers to rise and more kids to be served.”

Local Loves:

Restaurant: CHoP in Chandler and Steak 44 in Scottsdale. Both are excellent restaurants and both help us raise money for CASA.

Annual event: Our golf tourney, of course!

Spot to unwind: Aji Spa at Sheraton Grand at Wild Horse Pass

Hidden gem: The ZONE

Place to work up a sweat: With my trainer, Nick Johnson, at Advanced Functional Training Concepts

Way to give back: Support Voices for CASA (Court Appointed Special Advocates) children in Maricopa County through our foundation, Arians Family Foundation.



Holly Rose

Nearly eight years ago, Rose was reminded to do a breast self-exam via a Facebook notice. Soon after, at the age of 39, she was diagnosed with breast cancer. After finishing nine months of treatment, Rose founded Don’t be a Chump! Check for a Lump! to provide all women the chance at finding breast cancer in the early stages when it is most treatable. Via the Wig Out program, Rose even provides breast cancer patients undergoing chemotherapy treatment with free wigs.

What impact do you hope to have on the Valley? “I hope to impact our Valley far beyond our assistance program that provides free wigs to breast cancer patients and hosts free mammogram events. I hope to make a giant wave in breast cancer prevention education. Women--intelligent women--are often not cognizant of the facts regarding breast cancer, and the majority is unaware of the many tangible ways to lowering one’s risk of breast cancer and many other diseases. I want to empower women with this knowledge through our free presentations and magazines and make a call to action to Step Up To Prevention. My mission is to help save another woman, another mother, another wife, sister or friend from breast cancer through early detection. My dream is to motivate women and young girls to actively take steps and make lifestyle choices to lower their risk of breast cancer so they never have to go through this horrifying disease. Education and prevention are vital.”

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Local Loves:

Restaurant: Salad and Go! The first and only healthy drive-thru in town. It's awesome!

Annual event: Our Don't be a Chump! Check for a Lump! Wig Out Gala. All guests wear wigs, the crazier the better! It's one giant themed costume party for an amazing cause.

Spot to unwind: Yoga Pura, especially Mondays with Rachel.

Hidden gem: The basement of the Rokerij

Place to work up a sweat: Outside! Our weather and mountains are awesome, not to mention our majestic sunsets

Staycation spot: Pointe Hilton Tapatio Cliffs Resort is one mile away from my home, yet I feel like I'm thousands of miles away sitting under the waterfall.

Way to give back: I love to bring a home-cooked meal to someone in need. This was huge to my family when I went through breast cancer. We had meals for weeks at a time, and it made all of the difference in the world that my family could still sit together and have a home-cooked meal.



Nancy Roach

As the executive director of Ronald McDonald House Charities of Phoenix, Roach saw to it that the original house in Phoenix underwent major expansions and renovations; it now has 45 guest rooms for families to have a home away from home as their children receive medical care. She also provided funding for two successful campaigns to provide funding for Ronald McDonald Houses on the campuses of Phoenix Children's Hospital and Cardon Children's Medical Center.

What impact do you hope to have on the Valley? "In my 26 years in the Valley, I have been given many blessings from great friendships and tremendous cultural opportunities to access to world-renowned medical care. Now, my life's work centers around providing those same blessings to others who are not as fortunate. I do that by working with a remarkable team, a board of directors and an incredibly generous community at the Ronald McDonald House, where families stay while their children undergo medical treatment in the Valley, a medical destination for pediatric care. Although I cannot personally impact every family, I can be like the man who made a difference to every starfish he threw back into the ocean, by helping one family at a time with a home away from home when they need it the most."

Local Loves:

Restaurant: Hillstone, America's Taco Shop

Annual event: Ronald McDonald House's "A McNight to Remember" Gala

Spot to unwind: My favorite chair, in my house, with a good James Patterson novel

Hidden gem: The La-Z-Boy furniture outlet

Place to work up a sweat: Jazzercise

Staycation spot: Arizona Biltmore, A Waldorf Astoria Resort

Ways to give back: Volunteer with community organizations and share my expertise in nonprofit accounting and management