



# north central news

the voice of the north central phoenix community

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www.northcentralnews.net

## Local demand up for luxury homes

By Teri Carnicelli

The real estate market has seen some interesting changes this year, including new-home buyers looking to a much higher-end market thanks to more lenient loan managers.

A recent report from the W. P. Carey School of Business at Arizona State University showed that the luxury market is finally booming back, now that more banks are willing to finance jumbo loans.

“Access to finance at the high end of the market has improved recently with more lenders offering jumbo loans,” says the report’s author, Mike Orr, director of the Center for Real Estate Theory and Practice at the W. P. Carey School of Business. “Along with good returns from the stock market, this has strengthened a recovery in the luxury market, where sales volumes were back to 2007 levels in June.”

That’s good news for custom and luxury home-builders in the North Central Phoenix area, who have seen the demand for their higher-end residences rise and who are stepping up production to fill that demand.

### Porchlight Homes

Porchlight Homes recently broke ground on the model for its new luxury home gated community, dubbed “Claremont Estates,” located on 5.5 acres at

*please see HOMES on page 6*



Jake Willison, left, an instructor with Happy Tails Service Dogs, watches as student Robert Westfall commands his 3-year-old yellow Labrador retriever, Molly, to “touch” his hand, while Robert’s wife, Dorothy, looks on. The “touch” command can be used to teach a dog to do everything from turning on a touch lamp to pushing open a door (photo by Teri Carnicelli).

## Program turns pets into service animals

By Teri Carnicelli

At first glance it looks like an adult education class, were it not for the various dogs lounging on the cool linoleum floor under the tables of where their attentive owners sit.

“It’s not just what you say to your dog, but how you say it,” explains instructor Jake Willison, adding that “no matter what you think, dogs don’t speak English, but they do react strongly to the tone of how you’re saying something. So if you’re trying to correct your dog, don’t speak sweetly or in a high voice like you do when you praise him.”

The students, ranging in age from mid-20s to nearly 80 years old, listen attentively—because this isn’t just about training a well-behaved pet. It’s about turning their own dogs into certified assistance animals.

Willison is an instructor with Happy Tails Service Dogs, a nonprofit organization that teaches people with physical disabilities and those who are deaf or hard of hearing how to train their own dog to be a service dog as defined by the Americans with Disabilities Act. Willison has been with the organization since 2003; prior to that, he was a veterinary technician and also owned an animal hospital for a short time.

His fellow instructor on this particular day is Leigh Cain, a certified obedience instructor who has worked with Happy Tails for five years.

Students and their dogs come to class at the Legacy Foundation Chris-Town YMCA once a week for approximately 15 months. Besides the classroom, instruction is also provided to the students both during group outings in the community as well as one-on-one instruction in the student’s home.

One of the current students is North Central resident Robert Westfall, 79, who has Parkinson’s Disease and is nearly deaf. He and his 3-year-old yellow Labrador retriever, Molly, attend class each week

*please see SERVICE on page 10*

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COMMUNITY

## North Central man is 101, like the state

By Deanne Poulos

“I’m the same age as Arizona,” announces Vaughn Sears. His birthday was Aug. 16, and he’s now 101 years old—still living on his own in his North Central Phoenix home of 50 years.

He moved his family to Phoenix in 1959 because his wife had emphysema. They moved a few blocks to his current house in 1963.

“This out here was in the county, not the city yet,” he recalls. “Indian School was the edge. The streetcars ran there.”

For 17 years, Sears worked for the city of Phoenix. “A lady from Social Security is coming to prove my age,” he says. “I’ll show her my driver’s license and my army discharge.”

His car remains in the carport, though he ceased driving a few years ago, in his late nineties.

“We used to go to the drive-in over there at 7th Street and Missouri, Cinema Park,” he reminisces. “The girls used to sit out on the hood of the car and have popcorn.”

His two daughters went to Madison No. 1 and to Camelback High. Both graduated from Arizona State University. Debbie is retired from teaching, living in Tucson, and is the mother of his two grandchildren, Joel and Sarah. Mary Ann, an artist, lives in Prescott.



North Central resident Vaughn Sears celebrated his 101st birthday on Aug. 16 (submitted photo).

They stay close to their father. “The girls trade off coming every other week,” he says.

His sister, Lois, his only living sibling, says longevity is on their mother’s side. When she comes to visit from Denver, they’ll dine at Beckett’s Table, the restaurant of his next-door neighbors, Justin and Michelle Beckett.

Sears also likes to eat at Jordan’s Mexican Food. The matriarch, Mary Jordan, has lived a few houses down since 1959. She turned 100 this past May, he says.

Sears is still planning ahead. “I’ve been wondering how long I’ll live,” he muses. “They say you live till you die. I just take it as it comes.”

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*Central High’s “Class of 1973” is holding a reunion party on Fri. and Sat., Oct. 11th-12th.*

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*More info [www.bobcatcentral1973.org](http://www.bobcatcentral1973.org)*



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HOMES

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## COMMUNITY

### Wal-Mart Market coming to the 'Slope

By Teri Carnicelli

Sunnyslope residents who have long mourned the loss of a grocery store at Central and Dunlap avenues are ready to rejoice as Wal-Mart has announced plans to put one of its new Wal-Mart Market concepts in the anchor space vacated several years ago by Food City.

According to a statement released by Wal-Mart officials, "Adaptive re-use of the former Food City store provides an opportunity to bring activity back to a dormant property while providing Wal-Mart with a ready-made location in the Sunnyslope area."

The space currently is being remodeled and when open in early 2014 it will include a full-service grocery store with produce, meats, deli and bakery, and dairy products offered at the same low prices that are generally found in the Supercenters. The market also will include a pharmacy, health and beauty section, and some household items.

"The Wal-Mart Market provides customers an opportunity to take care of all their errands at a single stop," says Clare Abel of Burch & Cracchiolo, P.A., representing Wal-Mart Market. Abel herself lives in the area and had two sons graduate from Sunnyslope High School, so she knows how much the area has missed a "walking distance" grocery store since Food City shut its doors.

"Marketplace at Central was at one time a vibrant center," Abel says. "It is

currently undergoing a transformation and the opening of a grocery store in this center will assure its revitalization. By occupying this existing facility, Wal-Mart will bring activity back to this center that supports the retail and service businesses in the area."

While the market will sell packaged liquor, Wal-Mart's policies for its Neighborhood Markets prohibit on-premises consumption of alcohol. Although the store will be open 24 hours, liquor will be marketed only during lawful selling hours, 6 a.m. to 2 a.m. Monday through Saturday and 10 a.m. to 2 p.m. Sundays.

The Phoenix City Council is set to make a recommendation on the Series 9 liquor license transfer request at its Sept. 18 meeting. Those objecting to the liquor sales can attend the 3 p.m. meeting in the Phoenix Council Chambers, 200 W. Jefferson St., and voice their opinions, or submit written arguments in opposition to the Director of the Department of Liquor no later than 15 days after the City Council votes upon this application. Letters in support also are accepted.

Call the Arizona Liquor Department at 602-542-5141 with any questions about their procedures.

### Register now for G.A.I.N. event

G.A.I.N. is Arizona's answer to National Night Out (NNO), which is held in August. Because of the soaring temperatures we experience in August

### north central news

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**COMMUNITY**

and because October is also Crime Prevention Month, communities statewide decided to observe NNO in October and call it G.A.I.N.

G.A.I.N. stands for "Getting Arizona Involved in Neighborhoods" and will be celebrated throughout Phoenix on Saturday, Oct. 19. Members of the Phoenix Police Department, the mayor and Phoenix City Council members, the Phoenix Fire Department, Neighborhood Services Department and countless others will be visiting registered G.A.I.N. events throughout that day.

Registrations for your G.A.I.N. event must be completed by Oct. 2 to be eligible for a visit and a crime prevention tote. Download the registration form and planning tips at <http://phoenix.gov/police/gain.html>.

For more information, contact Officer Deb Iodice at 602-495-0597 or [deborah.iodice@phoenix.gov](mailto:deborah.iodice@phoenix.gov).

**Community garden comes to MV park**

Phoenix's Mountain View Park, 9901 N. 7th Ave., will soon be home to a community garden that will allow nearby residents an opportunity to grow their own fruits and vegetables, get outdoors and improve a vital neighborhood park.

Residents can join a volunteer day of service and celebration 7-11 a.m. Friday, Sept. 6 to showcase the completion of the garden plots and to kick off garden preparation and planting. Attendance is not required for participation in the garden.

The morning's events include a ceremonial tree planting, cooking instruction from Kitchen on the Street, gardening lessons, and more.

Phoenix Parks Foundation will partner with the Parks and Recreation Department, the Sunnyslope Village Alliance, neighboring businesses, households, and local gardening groups to develop and grow the garden as a collaborative community service and wellness project. There will be a variety of plots available for residents.

Those interested can find more information on the Sunnyslope Village Alliance website at [mysunnyslope.com](http://mysunnyslope.com) or by calling the alliance at 602-944-0941 or sending an e-mail to [info@mysunnyslope.com](mailto:info@mysunnyslope.com).

**NCPHA schedules Annual Meeting**

The North Central Phoenix Homeowners Association's Annual Meeting is set for 6:30-8 p.m. Thursday, Sept. 26, at All Saints' Episcopal Church, 6300 N. Central Ave., in Manning Hall, located west of the main parking lot. Doors open at 6 p.m.

The NCPHA's boundaries are 7th Avenue to 7th Street, and Missouri to Northern avenues. Come meet your neighbors and hear about issues affecting the community.

Guest speakers include Mayor Greg Stanton, Councilman Sal DiCiccio, State Rep. Kate Brophy McGee and members of the city's Police and Public Service Departments.

The North Central neighborhood committee is continuously planning and executing measures to maintain and improve the quality of life for all residents. Learn more at: [www.ncpha.org](http://www.ncpha.org).

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COMMUNITY

**HOMES** continued from page 1

7th Avenue just south of Maryland Avenue. The property is best known in the neighborhood as belonging to the Mahoney family for several generations; the neighborhood itself was established in the 1920s.

“We completed a small development last year at 3rd and Maryland avenues called Madison Meadows, so we knew the area and could see a great need for new home opportunities for North Central buyers,” explains Ryan Larsen, vice president of Operations for Porchlight Homes. “It isn’t often that you have a chance to design an infill community in North Central.”

Larsen says Porchlight made an effort to be sensitive to the integrity of the area by incorporating real brick, siding, front porches, and grass front yards for its Claremont Estates development. “We hired a professional color consultant to study the area and create rich color schemes that are appropriate for the area.”

There are only 15 lots total in Claremont Estates and Porchlight already has sold two homes just from



Porchlight Homes is building a new luxury home gated community, dubbed “Claremont Estates,” near 7th and Maryland avenues. The homes are single-story and range in size from 2,811 to 3,529 square feet (rendering courtesy of Porchlight Homes).

the posted signage at the site. The homes are single-story and range in size from 2,811 to 3,529 square feet.

He attributes the growth in demand for luxury homes in part to savvy homeowners who survived the real estate meltdown.

“Demand is strengthening in part because people are now more likely to have equity in their current home, which enables them to make a move,” he explains. “In addition to this, we are seeing buyers who may have gone

through a short sale or foreclosure during the downturn, but enough time has passed to allow them to qualify to purchase again.

“Add historically low interest rates into the formula and it makes sense why the best properties aren’t lasting long on the market.”

The first home should be complete in late October, but new build opportunities are available now. Sales are through Bobby Lieb of HomeSmart Realty, 602-761-4646. To view renderings and spec-

ifications of the homes available, visit <http://porchlighthomes.com>.

**Starion Custom**

If you’ve drive north on Central Avenue in the last couple of months, you could not have failed to notice a large, French-style home slowly going up on the east side just south of Glendale Avenue.

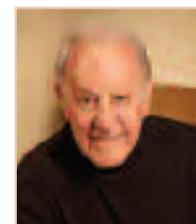
That 5,000-square-foot luxury residence is the future home of Rick Stark, owner of Scottsdale-based Starion Custom Residences. It will shortly be joined by a neighboring custom home to the immediate north, at the corner of Central and Lamar, which Starion also is constructing—and this one has already sold. It will be similar in design to his French country home, but it will be only one story.

Stark lives just a few miles away from his future home, and his wife is a Central Phoenix native who attended Xavier College Preparatory. Their children attended St. Francis Xavier and Brophy College Preparatory. “So we kind of think of this as ‘our neighborhood,’” Stark laughs.

*please see HOMES on page 8*

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An 18-home infill luxury development at 33rd Street and Campbell Avenue features a variety of architectural styles including: Spanish Colonial, Spanish Mission, Ranch Hacienda, Craftsman and Traditional Manor (rendering courtesy of Rosewood Homes).

### HOMES continued from page 6

As a custom homebuilder, Stark says he's seen more demand of late in the Central Phoenix area, though his company also specializes in renovation and remodeling, particularly in the city's historic neighborhoods. As for the property at Central and Lamar, "I bought the 1-acre lot and split it because the market was so bad for so long, I was looking for the higher, best use for that property. It wasn't my intent to keep the home, but we kind of fell in love with it."

He says building new custom homes in Central Phoenix can be challenging because there are increasingly fewer

vacant pieces of land. "You typically have to knock something down," he says.

For more information about Starion, visit [www.starioncustomresidences.com](http://www.starioncustomresidences.com).

### Magee Builders

A few years ago this home development company focused primarily on higher end remodels of existing homes in the North Central area, replacing older systems, adding square footage and putting in those "luxury" items like granite countertops and wood floors that are so popular these days.

"Our finished product would be worry free for a buyer and have all the amenities of a new home," explains

Randy Rochford, a principal with Magee Builders. "As market demand and prices have increased, we have shifted to building new semi-custom spec homes on scattered vacant lots throughout North Central. We have found a big demand for 3,000-4,000 square foot homes in the \$650,000 to \$900,000 price range."

He attributes the demand for higher-end new homes in the North Central area to families seeking quality homes in good neighborhoods.

"There has been a resurgence of existing Phoenicians and newcomers to the Valley wanting to live in city core," he says. "Families want good schools, good shopping and great neighbor-

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COMMUNITY

hoods. North Central Phoenix is the best place to find all these amenities.”

Magee Builders has more than a dozen infill home projects in the planning stage at the moment, ranging in price from the high \$600,000s to the high \$800,000. But Rochford is confident the homes will sell, and fast.

“Our buyers love the way our homes are planned and designed to compliment historic Phoenix and are not worn out ‘McMansions’,” he points out. “We design a significant porch element on all of our homes to help encourage families to interact with their neighbors. It is very exciting to see the neighborhoods filling back in and children and families playing and socializing in their front yards.”

Magee Builders is working with Bobby Lieb of HomeSmart Realty’s Central Phoenix office, at 5225 N. Central Ave. For more information, call 602-761-4646 or visit [www.centralphx.com](http://www.centralphx.com).

**Rosewood Homes**

One infill project that has such demand its homes are sold in a lottery draw is located at 33rd Street and Campbell Avenue. Built by Scottsdale-based Rosewood Homes, the 18-home development is called, appropriately, 33 Campbell Place. The homes range in price from \$489,990 to \$576,990 for the base model, which does include generous standard features like granite countertops.

“We’re always looking for special places, where there’s tremendous

demand for new housing but very limited supply,” says David Kitnick, president of Rosewood Homes. “You have to find a piece of property that is being underutilized or used for some other purpose. Originally this was an older neighborhood house of worship whose membership base dropped off.”

Kitnick says he started to see the real estate market improve in late 2011, and his company approached the owners of the now-vacant land and made an offer. “It was an expensive property, but we knew there would be tremendous demand for a new home development in that part of town,” he recalls.

Kitnick was excited about the location because of its proximity to the Biltmore Fashion Center, and neighborhood hotspots like La Grande Orange and Postino Wine Café.

“One of the best things about infill locations is you already have the built-in infrastructure and amenity package,” he points out. “You have major employers, great restaurants and shopping, schools, churches, retail and more—right in the heart of the city.” Thirteen of the 18 lots already have sold, and the first families were scheduled to move in last month. More home sites will be released this fall.

“I don’t like to build too many at one time,” Kitnick says. “We really manage the construction of each home carefully; we don’t want to rush through it.”

The sales office and models are open seven days a week. For more information, call 602-252-0088 or visit [www.rosewoodhomes.com](http://www.rosewoodhomes.com).

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## Central United Methodist Church

**Sunday Worship**  
8:00 am  
Sermon with Holy Communion

**Open Hearts**  
9:00 am  
Jesus, Java and Jazz

**Open Minds**  
10:00 am  
Enrichment Time

**Open Doors**  
11:00 am  
Liturgy with Sanctuary Choir

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find Christ! 

**COMMUNITY**

**SERVICE continued from page 1**

along with Robert's wife, Dorothy. Molly is eager to learn and please her owner, who sometimes has trouble speaking loudly and enunciating clearly.

Willison explains that Westfall must say the command clearly and wait for the dog to respond, and then reward her when she does. But Molly knows there's a cookie in that outstretched hand and is sometimes too eager to get her treat—without obeying the command first. It's something that all the students run into, but Willison advises they be patient and consistent, and don't give the treat until the task is complete.

If all goes well, when the 15 months are up the student's dog will have learned necessary skills that provide increased opportunities for the person with the disability to function more independently in his or her own home as well as in the community.

Some of the dog owners have mobility issues, while others have vision or hearing loss. The dogs are training to do things like turn on touch

lamps, open and close doors, carry objects, and brace all four legs so that the owner can use the dog's back as leverage when standing up from a seated position.

Dogs who participate in the Hearing Dog classes, which are held at the Devonshire Senior Center, learn skills such as alerting their owner to the sound of a smoke alarm, a knock or doorbell, an alarm clock, and a phone ringing.

"Learned tasks are based on individual needs of the owner," explains Joyce Weber, executive director of Happy Tails, which she helped to establish in 1993; the organization received its nonprofit status in 1996. Weber's son, Willison, has been with the program for 15 years.

Weber was inspired to create Happy Tails when she learned that there was an average waiting list of 3 to 7 years for someone to receive a professionally trained service dog, and the cost could reach into the thousands of dollars for the disabled person to acquire the dog. What makes Happy Tails so unique in the service dog arena is that all training

services are provided free of charge to the students, Weber says. And they are training their own pets, many of whom have been adopted from local shelters. The costs to raise and train a guide dog through a professional agency can exceed \$40,000 and take up to two years.

The dogs themselves have to be no younger than 12 months and no older than 4 years old, must be spayed or neutered, licensed with the county, up to date on their immunizations, and must show no aggression since they will be in class with other dogs.

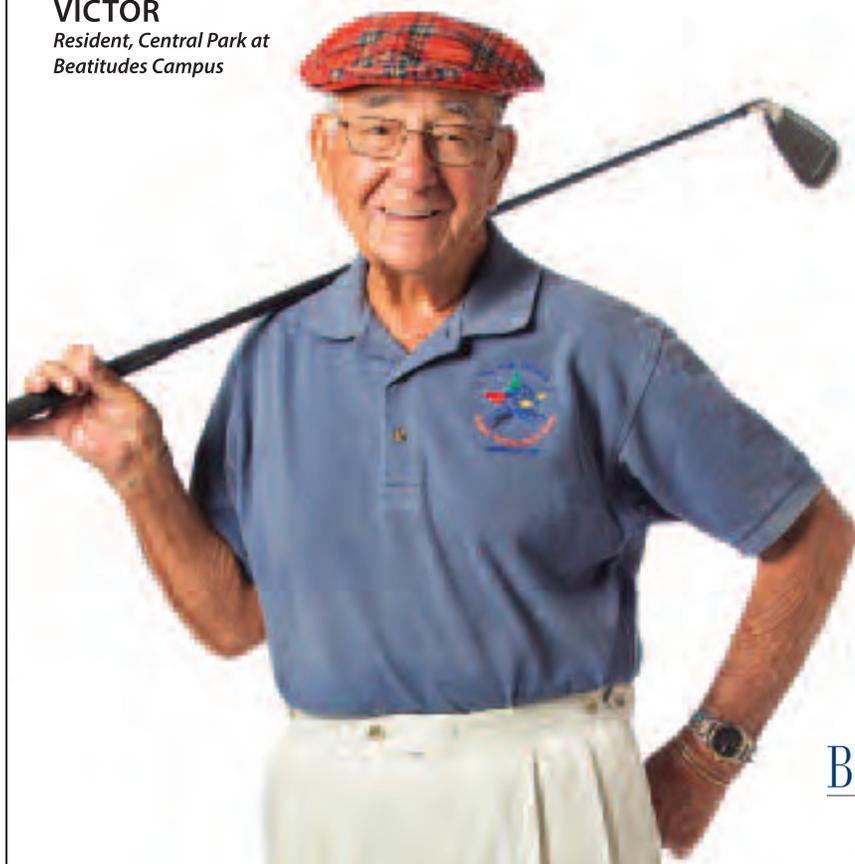
Their owners must be Arizona residents, have a physical disability as recognized by the Americans with Disabilities Act, be willing to commit to two hours a week of classroom training as well as home training for approximately 15 months, and be able to provide essential care of a dog.

Since its inception, the program has graduated nearly 50 service dog teams.

If you would like to learn more about Happy Tails Service Dogs, Inc. call Joyce Weber at 623-580-0946 or visit [www.happytailsservicedogs.com](http://www.happytailsservicedogs.com).

**"This is the perfect place for a golf nut like me."**

**VICTOR**  
Resident, Central Park at Beatitudes Campus



It's funny how living a rich life has so little to do with money and so much to do with pursuing your passions and enjoying the people around you. Like the fascinating friends at Beatitudes Campus:

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He's not just a "golf nut." He's a five-time gold medal winner in Arizona's Senior Olympics and has qualified for the 2013 national competition. That takes a lot of practice – at least three times a week – plus strength building and conditioning on the off days. The Fitness Club at Beatitudes Campus comes in quite handy. So does the full service lifestyle that frees up their time for both Victor and his wife, Dorothy. She balances being his biggest fan with rarely missing an opportunity to get involved in campus life. Living here is a "win-win."

Victor and Dorothy invite you to discover how living at Beatitudes Campus can enrich your life, too. Schedule a private tour: (602) 995-6100.



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Beatitudes Campus is a continuing care retirement community and a not-for-profit ministry of the Church of the Beatitudes.

*Celebrating community. Enriching lives.*

## COMMUNITY

## Get exercise inside air-conditioned mall

The newly formed Metrocenter Mall “Walk ‘n Talk” walking club held its kick-off celebration in the mall’s food court on Aug. 20.

Walk ‘n Talk is provided access to the mall seven days a week, via the Harkins Theatre entrance. The group meets and begins walking at 7 a.m. Monday through Saturday, and at 9 a.m. on Sundays.

“Metrocenter has always welcomed walkers, and we appreciate that support,” said Frank Steinmetz, a founding member of the group. “They’ve allowed us to create a fun framework for exercise in a safe, convenient and climate-controlled environment—something that means a lot in Arizona.”

Mall management also has pledged to host regular, health-related educational programs in its Community Room.

“This partnership speaks to the heart of our core values,” said Metrocenter Mall Marketing Director Deb Jacupke. “We are here to provide a quality experience for our shoppers and to always be that dependable resource that the community can count on. It will be exciting to see these principles reflected through the Walk ‘n Talk program.”

For more information, visit the Metrocenter Mall events page at [www.metrocentermall.com/events/](http://www.metrocentermall.com/events/) and watch for updates on Facebook and Twitter.

## Charitable group has successful first year

Phoenix Suns Charities announced that “Suns Charities 88,” a network of emerging and established community leaders, raised \$125,000 in its inaugural season. The funds will benefit local nonprofit organizations that focus on aiding Arizona children in need.

“Hundreds of children throughout the Valley will be helped due to the commitment and collaboration of these individuals,” said Robin Milne, Phoenix Suns Charities executive director. “I am excited to see all of the great things that will be accomplished in the upcoming year.”

“Suns Charities 88,” named after Phoenix Suns Charities’ inaugural year, 1988, is a partnership with presenting donor Wells Fargo Bank and focuses on three main principles: professional development, collaborative partnerships and philanthropy. In addition to

offering its members the opportunity to network and grow as professionals, the group raises funds for Phoenix Suns Charities, which has granted more than \$13 million to Arizona youth and their families since 1988.

For more information, contact Phoenix Suns Charities Director Sarah Krahenbuhl at [skrahenbuhl@suns.com](mailto:skrahenbuhl@suns.com) or 602-379-7559.

## Taking a fresh look at God’s story

Longview Community Church, 1301 E. Whitton Ave., on Sept. 15 will begin a 36-week program based on the book, “The Story,” that is designed to take a fresh look at scripture.

All ages, children, teens, adult Bible Study group, and those attending Sunday services at 10 a.m., will study the same material using age-appropriate material, DVDs, textbooks and workbooks.

For more information, call 602-424-1655 or 602-266-9240, and visit [www.TheStory.com](http://www.TheStory.com). Longview is an RCA – Reformed Church in America.



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**Wednesday, Sept 25 at 6:00 PM**  
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**Thursday, Sept 26 at 9:00 AM**  
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## Global Rabies Prevention Initiative World Rabies Day on September 28, 2013

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- Rabies is a preventable disease.

### Protect yourself, your pet, and your community:

- Vaccinate all dogs, cats, and ferrets against rabies
- Avoid contact with wildlife and stray animals
- If bitten, wash the wound thoroughly and see your doctor

Read the Pet Primer Article online at  
NorthCentralAnimalHospital.com.

Protect your pet and family today.

Rabies vaccines \$5 for dogs, cats, and ferrets.  
Working Together To Make Rabies History!

## COMMUNITY



This senior fella is looking for a place to live out his Golden Years. He still has plenty of life left to live and affection to give, and his adoption fee is only \$35 (submitted photo).

### Pet of the Month Remember his funny face ... Jett!

Yes, Jett looks as if he has bed head. But that's part of the territory for a Shih Tzu/Yorkie mix.

This small pooch is a bundle of spunk and has a brisk outlook on life. The problem was that Jett's new roommate was more into wiggling and crawling—quite natural for an infant—and the dog's owners decided that the scruffy pooch no longer fit in.

Despite being 11 years old, Jett will hustle around the house, following you like a shadow and he insisting on lending a helping paw (or at least shoving his nose into everything). He gladly volunteers to join you for a last minute car ride to the grocery store

and will happily be your date at the local coffee shop. He is an excellent cuddle buddy, sitting quietly beside you on the couch should you decide to stay in for a movie night.

Most of all, he promises to be your loyal companion in exchange for a good home and place to spend his Golden Years.

He is available now at the Sunnyslope Adoption Center located at 9226 N. 13th Ave. His adoption fee is only \$35. For more information, call 602-997-7585, ext. 2045 and ask for animal ID number A452274.

### Chase Field opens to welcome canine fans

Grab your favorite furry friend, or two, and enjoy America's favorite pastime at Bark in the Park, set for Sunday, Sept. 15 at Chase Field, 401 E. Jefferson St. People and pup tickets range from \$18-\$25 and can be purchased at [www.dbacks.com/barkinthepark](http://www.dbacks.com/barkinthepark). Five dollars of every ticket for Bark in Park will be donated to the Arizona Animal Welfare League and Society for Prevention of Cruelty to Animals (AAWL & SPCA).

Come early to participate in a pre-game "Puppy Rally" and pet-vendor fair beginning at 11 a.m. Following the rally, participants and invited to join the Puppy Parade to take a stroll around the warning track at Chase Field at 11:45 a.m. The game begins at 1:10 p.m.

The Puppy Rally, Parade, and Diamondbacks game will take place inside air-conditioned Chase Field.



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**COMMUNITY**

Water will be provided for your pet during the event, but owners should provide their own dog food. All dogs must be at least 6 months of age, registered and show proof of vaccination.

Garage parking and skywalk over to the stadium are available. Doggie foot protection, such as booties, is encouraged if walking on the hot pavement.

**Program 'fixes' pet cats for free**

The Fix.Adopt.Save. campaign is a comprehensive plan that tackles Maricopa County's homeless animal problem while helping animals and communities in the process. One of the goals of the three-year campaign is to reduce unwanted animals by providing spay/neuter surgeries to residents in specific geographical areas of Maricopa County.

In conjunction with the Fix.Adopt.Save. campaign, Maricopa County Animal Care & Control (MCACC) will offer free spay/neuter surgeries for owned cats in 85020 and 85021 zip codes. This particular component of the program does not apply to dogs or feral cats.

Residents of the targeted zip codes can get an application at MCACC's Under One Woof adoption center, which is located inside Metrocenter Mall at 9617 N. Metro Parkway. Under One Woof is open Monday through Saturday from 10 a.m. to 9 p.m. and Sunday from 11 a.m. to 6 p.m.

Completed applications must be mailed to MCACC and it will take several weeks for processing. Applicants will receive a voucher in the mail that is valid for a free spay/neuter surgery at any of 65 participating veterinary clinics; applicants will receive a list of par-

ticipating clinics with their voucher.

For more information about the Fix.Adopt.Save. campaign, visit [www.fixadoptsave.org](http://www.fixadoptsave.org).

**Gain confidence, learn self-defense**

The Sunnyslope Community Center, 802 E. Vogel Ave., is introducing a Fuji-Kai/Self-Defense Course for adults ages 18 and older, 4:30 to 5:30 p.m. Mondays, from Sept. 9 through Oct. 14. Students will learn escapes, counters from grabs, choke holds, strikes and eventually escapes from attacks with weapons. Students also will cultivate and observe the rules of courtesy and respect.

Cost is \$32 for the entire course. Register in person at the center or online at [www.phoenix.gov/parks](http://www.phoenix.gov/parks), select "Classes and Programs," and look for Course #97262.

**Historical society hosts fall opening meeting**

The Sunnyslope Historical Society will celebrate its fall opening with a special presentation 12:30-3 p.m. Saturday, Sept. 21 at the The Sunnyslope Community Center, 802 E. Vogel Ave. The free event will be followed by tours of the museum, 737 E. Hatcher Road, from 3 to 5 p.m.

The special presentation, "Early Hispanic Families of Sunnyslope," will look at how these early families became an important part of the Sunnyslope community. Enjoy complimentary refreshments, door prizes and music following the presentation. Vice Mayor Bill Gates is expected to attend.

For more information, call the museum at 602-331-3150 and leave a message.

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# Home Sweet Home ...



I want to share information this month with the North Central community about an

upcoming event in December called Home Sweet Home. The 4th Annual Home Sweet Home event benefits Neighborhood Housing Services of Phoenix (NHSPhoenix). NHSPhoenix was established over 37 years ago and has been dedicated to the revitalization of Phoenix neighborhoods by providing a full range of programs and services that encourage, create and support homeownership. Some of those services include Post-Purchase Housing Counseling and Education, Loan and Grant Funds and new/rehabbed affordable single family homes.

The Home Sweet Home event is a signature event, featuring dozens of gingerbread houses created by local community members, artists, architects, celebrities and others. The houses are then displayed for public viewing at the RED CityScape office tower in downtown Phoenix December 2nd-6th from 7:30 a.m. to 6 p.m. Bid night and auction occurs the evening of December 7th. This year's Honorary Chair of the Home Sweet Home Event is Dr. Lattie Coor. Tickets for the Home Sweet Home event run \$20 online, or \$25 at the door. Children 12 and under are free.

Chicago Title Agency participated in the Home Sweet

Home Event for the first time in 2012. We located a castle pattern online and hired a baker to bake and assemble. Employees of CTA then decorated with candy, pretzels, royal icing, coconut and whatever else our imaginations could drum up. The event was a great way to launch into the holiday spirit. It was a unique experience and one we will look forward to every year.



NHSPhoenix is looking for Sponsors for the Gingerbread House Show and Auction. If you or someone you know may be interested in receiving sponsorship or ticket information, contact Lisa Capes at Chicago Title Agency at 480.695.3136.

## Lisa Capes

Lisa Capes  
AVP, Sr. Account Manager/  
Sales and Marketing  
777 E. Missouri Ave. Suite 112  
Phoenix, AZ 85014  
480.695.3136 Direct

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Office: 602.667.1080

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2425 E. Camelback Rd.  
Ste. 200  
Phoenix, AZ 85016  
Office: 602.667.1046

## COMMUNITY

### Community Central

#### Duet's Caregivers

#### Support Group

10-11 a.m., Sept. 4 & 18  
Devonshire Senior Center  
2802 E. Devonshire Ave.  
602-274-5022

This bi-monthly support group is for individuals who are caring for an aging parent, friend, partner or relative. The group offers a safe and supportive environment to share their feelings and experiences about caregiving while supporting each other and learning coping strategies for dealing with the toll that caregiving can take. Free.

#### Kiwanis Host Huppenthal

12 p.m. Thursday, Sept. 5  
Sunnyslope High School Auditorium  
35 W. Dunlap Ave.

John Huppenthal, Arizona superintendent of Public Instruction, will be the guest of the Sunnyslope Kiwanis Club. Doors open at 11:30 a.m. A question-and-answer period will follow his presentation. The meeting is free and open to the public. Park in the visitor lot on the east side of the school.

#### Safer Social Networking Workshop

6-8 p.m. Thursday, Sept. 12  
Burton Barr Central Library  
1221 N. Central Ave.

Are you lost when people refer to tweets, hash tags, "like me" or "follow me" on Facebook and Twitter? Are you

concerned about your privacy and safety online? Then this workshop is for you. Bring your laptop, tablet or smart phone and learn from the pros. RSVP at 602-534-4444 or online at phoenix.gov/nsd/neighborhoodcollege.

#### Arizona Archaeology Society Meeting

7 p.m. Thursday, Sept. 12  
Pueblo Grande Museum  
4619 E. Washington St.

The guest speaker is Carolina Butler, a Scottsdale author, who will talk about her book, "Oral History of the Yavapai." The meeting is free and open to the public. For more information about the program or the society, contact Nancy at nferth@aol.com.

#### Hands-on Paint Sprayer Training

8-10 a.m. Saturday, Sept. 14  
NSD West Facility  
3325 W. Flower St.  
602-534-4444

If you see graffiti in your neighborhood and are willing to take the time to remove it, you can borrow Neighborhood Services' paint sprayer for free. Sign up for a free class to learn how it works. Call or visit phoenix.gov/nsd/neighborhoodcollege to register.

#### Dennis DeConcini Visits AAUW

6:30 p.m. Tuesday Sept. 17  
Beatitudes Luther Life Center  
1616 W. Glendale Ave.

The Phoenix Branch of AAUW (American Association of University

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## COMMUNITY

Women) hosts Sen. Dennis De Concini, secretary, Arizona Board of Regents, who will explain the role of the Board of Regents, provide insight on the state of education in Arizona and the U.S., and discuss the rising costs of higher education. Visitors are welcome. An optional dinner (\$14) will be served at 5:30. RSVP for the dinner to Mary Beth at 602-510-1544 by noon Sept. 13.

**Phoenix Writers Club**

**Noon-2 p.m. Saturday, Sept. 21**  
**Bluewater Grill**  
**1720 E. Camelback Road**

Wink Blair will discuss her recent publication, "Conversations with my Grandfather," a Civil War memoir honoring her grandfather, Judge L.B. Claiborne. The cost is \$15 for members and \$20 for guests. Reservations must be made by Sept. 19. RSVP to neelie publ@aol.com with Phoenix Writers Club in the subject line. Members and the public are welcome.

**Coffee with Kate**

**8-9 a.m. Monday, Sept. 23**  
**Eye Opener Family Restaurant**  
**524 W. Hatcher Road**  
**602-926-4486**

Monthly meet-and-greet with State Legislative District 28 Representative Kate Brophy McGee. Arizona Commission on the Arts Executive Director Bob Booker joins her to explain the state agency's role in providing access to arts and arts education for Arizona's citizens and school children. Flamenco del Sol Spanish dance and other artists will demonstrate their work. Open to the public. Coffee is free.

**Blight Buster Training**

**6-8 p.m. Tuesday, Sept. 24**  
**NSD West facility**  
**3325 W. Flower St.**  
**602-534-4444**

Residents 18 years and older are invited to attend an orientation session on the city's Blight Buster Volunteer program. Walk-ins welcome. The session will offer a comprehensive overview of the volunteer training program. Attendees also will be fingerprinted as part of the security screening background check process. The rest of the training program includes two separate modules on Oct. 8 and 15, which will educate residents on how to address a variety of blight-related issues in their community. Upon completion, gradu-

ates will receive identification by the city, a uniform and other resources to help carry out their assignments. E-mail neighborhood.college@phoenix.gov.

**SupportOurSchoolsAz A 2 Z Community Sale**

**8 a.m.-3 p.m. Saturday, Sept. 28**  
**Mountain Sky Jr. High School Gym**  
**16225 N. 7th Ave.**  
**602-686-5338**

Featuring items from four estates plus numerous donated rummage items, as well as craft and boutique vendor spaces. This event benefits Support Our SchoolsAz, a public education advocacy organization, comprised solely of volunteers, whose goal is to have an informed and engaged citizenry on behalf of public education. Vendors interested in renting spaces should contact Mimi at 602-881-1789. For questions, e-mail info@SupportOurSchoolsAz.org.

**'Rock Art of the Grand Canyon Region' Book Signing**

**10 a.m. Saturday, Sept. 28**  
**Pueblo Grande Museum**  
**4619 E. Washington St.**  
**602-495-0901**

Join author Steven Freers for a free book-signing presentation. Freers will discuss the rich photography and narrative of the book, which presents an overview of approximately 5,000 years of Native American rock, painted and carved on the canyon walls and boulders within the greater Grand Canyon region. The authors and their associates have recorded and documented more than 450 rock art sites within the region over the past 25 years. These enigmatic images are placed within their environmental and archaeological context, essential in deriving potential clues as to their function and significance. The event is free and open to the public. Visit [www.pueblogrande.com](http://www.pueblogrande.com).

**Coffee with a Cop**

**8 a.m. Friday, Oct. 4**  
**Fraternal Order of Police Lodge #2**  
**12851 N. 19th Ave.**

This is a special program featuring officers from the Desert Horizon Precinct, as well as the Cactus Park Precinct in midtown Phoenix and the Black Mountain Precinct in far north Phoenix. A great opportunity to discuss business issues, home safety, crime statistics and more. Free and open to the public; coffee with be provided.

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**Real Estate Corner****The Lieb Group****Exciting new North Central homes**

I really appreciate the response last month regarding the passing of my dog. I received around 10 emails from you animal readers out there and most importantly I am appreciative that you take the time to read my monthly column.



I am very excited to announce that Porchlight Homes has hired me to market and sell 15 new homes located on 7th avenue between Bethany

Home Road and Maryland Avenue. The project is called Claremont Estates and is a gated community. Buyers have the choice of three single-family homes to choose from: 2,800 square feet, 3 bedrooms/2.5 baths/3 car garage at a base price of \$589,900; 3,150 square feet, 4 bedrooms (can be 5 bedrooms)/3.5 baths/3 car garage at a base price of \$629,900; and 3,500 square feet, 4 bedrooms, 3.5 baths/3 car garage at a base price of \$669,900. The base prices are subject to change based on sales demand. We are not even on the market yet and we have sold two homes. There is a 3,500 square foot model being built that can be purchased for \$733,420 and is loaded to the max with options. There also is a spec of the 2,800 square foot home being built. The lot sizes range from 12,150 to 13,300 square feet and lot premiums range from 0 to \$15,000. The HOA fee is \$168 per month.

Our floor plans and plat map can be viewed on my web page at [centralphx.com](http://centralphx.com). This is a very exciting new project and once it hits the market and the multiple listing service, we feel there will be a great demand for the new homes. Don't be left out!

We also are working with another NEW home builder, Magee Builders, who are creating 12 new North Central homes ranging from 3,000 square feet to 3,400 square feet and priced from the low \$700,000s to

the mid \$800,000s. One home that will be ready around late October is located at 6111 N. 2nd Place and will be priced around \$850,000. The home will be situated on a 15,000 square-foot lot and is 3,400 square feet with 4 bedrooms/3.5 baths a 3 car garage. It is not currently listed for sale on the MLS but can be purchased before the home is completed. We just sold and closed two brand-new Magee Builders located at 316 W Claremont (\$717,800) and at 727 W Seldon (\$727,700).

These are exciting times to live in North Central and you have the opportunity to purchase a new home and choose between 30 new home sites in the corridor. Please let me know if you would like to meet and discuss these new sites or talk about listing and selling your current home.

These builders are searching high and low (or is it low and high) for new properties to buy in the corridor. There are numerous properties that were used for horses and that would be the most in demand because the acreage could be split and multiple homes can be built. They are your best buyer and will pay you and your family the most money for your property. The larger the lot the better but they will look at anything that you are interested in selling. They are cash buyers and will close quickly. Even if you are not ready to sell today, they would wait a year or so to close on your property. Give me a call today to discuss your situation.

Have a great September. My oldest son Sean will be 24 on 9/11. That is a day we will all never forget!

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## COMMUNITY



North Central resident Becky Hewitt, head coach for the Phoenix Superstar Twirling Team, took her two young granddaughters to this year's 68th Annual World Open Baton Twirling Championships. Madysin Hewitt, left, age 6, won three medals in her solo events, and sister Alaina, 9, won six individual medals in her solo events (photo courtesy of Becky Hewitt).

### Spotlight On ... Local sports Talented twirlers take 42 medals in competition

Arizona's youth were on parade to strut their stuff at the 68th Annual World Open Baton Twirling Championships held Aug. 3-4 at Notre Dame University in South Bend, Ind. This was a new experience for three of the 13 members of the Phoenix Superstar Twirling Team, but not for their coach, North Central resident Becky Hewitt. She has been coaching and taking Arizona twirlers to compete for the past 38 years.

The girls trained once a week during the school year with the Arizona Twirling Athletes, a nonprofit youth organization, and then attended a four-day twirling camp in Prescott and commenced with daily practices in the gym for four hours during June and July.

The rigorous schedule paid off as the team came home with 42 medals for individual events, placing the girls in the top 10 in the country—which included a World National title in the Senior Small Twirling Team category.

In addition, 14 of Phoenix Superstar's twirling and dance teams also placed in the top 10 in the United States.

Hewitt, who is now coaching her two granddaughters, will offer a program for interested beginning twirling

students between the ages of 6 and 16 in September in five different local school districts. For registration information, call 602-997-0522.

### Girls soccer club captures national title

Phoenix-based Sereno Soccer Club on July 15 captured the U-16 Elite Club National League National Championship in Richmond, Va., by defeating Newport Beach-based Slammers FC. This is Sereno's second national championship in its 34-year history and only the fourth major national championship for an Arizona based club.

Coached by Sereno Director of Coaching for Girls, Paul Taylor, the teams include the best 15- and 16-year-old players in the Phoenix Metro area and train year-round, competing in the Elite Clubs National League (ECNL). The ECNL is recognized as the top women's youth league in the country and consists of 76 of the nation's top soccer clubs. It was Sereno 97 ENCL that took first place.

The majority of the team has played together for the last seven to eight years. Among the team members are North Central residents and Xavier College Preparatory students Kelly Harris, Hannah Hudson, Amanda Lane, Bette Poblete and Shelby Roberts.

The girls train year round, three to four nights per week, at Phoenix's Reach 11 Soccer Complex, Sweetwater

## COMMUNITY



The Sereno 97 ENCL soccer team members who captured the U-16 Elite Club National League National Championship include, from left: standing, Goalie Coach Danielle Shaw; Natalie Stephens; Julia Taffuri; Lily Brown; Brooke Denesik; Kelly Harris; Bette Poblete; Kalyn Kennedy; Emma Lavelle, and Coach Paul Taylor; kneeling, Haley Adams, Shelby Roberts, Holli Schuitema, Michelle Mahoney, Hannah Hudson, Amanda Lane, Allison Ranieri and Morgan Morano; and sitting, Jalen Tompkins (submitted photo).

Park and the Scottsdale Sports Complex. The girls also are trained in the gym by Athletic Performance Training Center in Phoenix.

Team members are committed to giving back to their communities. This past year, the players volunteered more than 750 hours of community service—even volunteering during their training time on the road to nationals. The team also spent a weekend together moving refugee families into their new housing through the Welcome to America organization.

For more information, visit [www.serenosoccer.com](http://www.serenosoccer.com).

### Lacrosse club has high hopes for season

Face-offs, groundballs, riding, and attack. Those familiar with lacrosse understand these terms in describing the game's fast-paced action.

Arizona's original lacrosse league, the Arizona Youth Lacrosse League ([www.azlax.org](http://www.azlax.org)), dates back to 1996. This season there will be 14 middle school lacrosse teams participating in the sport that many liken to a hybrid of soccer, football, hockey, and basketball.

Phoenix Patriots Lacrosse Club, established in 2007, will enter the 2013-14 season in the boys middle school division in which sixth through eighth-grade student athletes participate. Under the leadership of Coach James Fishman, the Patriots are coming off a successful 2013 season but graduated 15 players.

Central Phoenix schools have provided many players, including Madison Meadows, All Saints, and St. Francis

Xavier. Recruiting new players is always a priority and there are numerous opportunities to take up the sport.

Those interested in learning more about the "fastest game on two feet" are encouraged to visit the Patriot's website [www.PhxPatriotsLax.com](http://www.PhxPatriotsLax.com) or e-mail [patriotlax08@yahoo.com](mailto:patriotlax08@yahoo.com).

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When you prepare a power of attorney, you are referred to as the "principal." A power of attorney is "durable" if it remains effective even if the principal becomes incapacitated. In order for a power of attorney to be durable, A.R.S. §14-5501 requires that it provide similar language to the following: "This power of attorney is not affected by subsequent disability or

incapacity of the principal or lapse of time." The principal can still revoke and change the power of attorney at any time, as long as the principal has capacity; i.e., he understands the consequences of his actions and his finances.

The person you name to assist you with finances is your "agent." The durable power of attorney should list an alternate agent in case the person you list first cannot serve. For example, if you list your spouse as your agent, but your spouse is ill too, then you need an alternate agent.

Durable powers of attorney can be made contingent upon your incapacity. For most people, they will need an agent's help before they are incapacitated. Therefore, if the durable power of attorney is immediately effective, then the agent can be of assistance during

short term illnesses or simply to deal with difficult billing departments when you might not have the strength to do so.

Durable powers of attorney are necessary even if a person holds his assets in trust. For example, access to retirement plans, like an IRA, can only be obtained by an agent under a power of attorney, not a trustee. Also, the providers of services for health or personal care needs often require the signature of an agent and not a trustee. The durable power of attorney is normally limited to finances when a person is living, so in addition to this document, a health care power of attorney and Will is needed.

*Sharon Ravenscroft, Esq. of The Cavanagh Law Firm, P.A. With office in Phoenix and Sun City, she can be reached at (623) 815-7451 or [sravenscroft@cavanaghlaw.com](mailto:sravenscroft@cavanaghlaw.com) or her website at*

*[www.sharonravenscroft.com](http://www.sharonravenscroft.com). Sharon's practice focuses on simplifying family legal issues through the preparation of Wills, trusts, Premarital Agreements, Cohabitation Agreements, LLCs, probate and trust administration.*

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## COMMUNITY

### Benefits Central 27th Annual Lincoln Guild Invitational

Friday, Sept. 20

Wildfire Golf Club, JW Marriott  
Desert Ridge  
5350 E. Marriott Drive  
602-331-7860

More than 250 golfers will play Wildfire's championship courses, compete for prizes and enjoy an awards luncheon that recognizes event supporters and celebrates John C. Lincoln Health Network's commitment to helping others. The day starts with a 6:30 a.m. registration and breakfast, followed by a 7:30 a.m. shotgun start. Lunch and awards follow at noon. Registration is \$350 each. Register at [JCL.com/golf](http://JCL.com/golf) or e-mail [brooke.edelman@jcl.com](mailto:brooke.edelman@jcl.com).

### X Breakfast 2013

7:30-8:30 a.m. Tuesday, Sept. 24

Xavier College Preparatory  
4710 N. 5th St.

Featuring keynote speaker Barbara Barrett, former U.S. Ambassador to Finland, and speaker Andrea Sutton, a member of Xavier's Class of 2009 and a recent graduate of New York University. The event is free; however, guests are encouraged to support the school with a financial contribution. All proceeds will benefit Xavier's Legacy of Leadership Capital Campaign, which continues to fund Xavier's Chapel of Our Lady, Founders Hall and Petznick Field.

### Moon Valley

#### Grasshopper Bridge 5K

7 a.m. Saturday, Sept. 28

Moon Valley Park  
502 W. Coral Gables Dr.

This USATF-sanctioned event includes a 5K run or walk, and a two-person relay. Cost is \$25 until Sept. 14, and \$30 after until the day of the event. The relay is \$35 per team until Sept. 14 and \$40 after. Children ages 10 and younger can walk for free with a paying adult in the walk only. Visit <http://mvgrasshopperbridge5k.com>.

### 'Heels for Healing'

#### Fundraiser

10 a.m.-6 p.m. Saturday, Sept. 28

Flo's on 7th  
4116 N. 7th Ave.  
602-288-4575

Flo's on 7th, a resale boutique, will offer a huge selection of designer, vintage, casual and dressy shoes and hand-

bags for one day only, with 100 percent of the net proceeds supporting Florence Crittenton's programs for at-risk girls. Donations of gently used shoes and handbags will be accepted at Flo's on 7th through Sept. 3. All donations are tax deductible. Visit [www.floson7th.com](http://www.floson7th.com).

### DFG Pink Ribbon Golf Tournament

8 a.m. Monday, Sept. 30

Arizona Biltmore Resort  
2400 E. Missouri Ave.

Susan G. Komen Central and Northern Arizona (Komen CAN AZ) present this first-annual golfing event. Attendees will compete for prizes and enjoy a complimentary 19th Hole celebratory dinner at Del Frisco's Grille, located at the Camelback Esplanade. Tickets to this 144-player tournament are available for \$125 by calling the restaurant at 602-466-2890.

### Shover to be honored with 'lifetime' award

100 Club of Arizona Founding Father Bill Shover will be presented with the Jason Schechterle Lifetime Achievement Award for his dedication to the Phoenix community and Arizona's public safety at the 100 Club's 7th Annual Jason Schechterle Scholarship Ball on Sept. 28.

The Lifetime Achievement Award recognizes an outstanding person who has made exemplary contributions to their local community as well as the public safety community in Arizona.

Shover worked with several Phoenix businessmen in the mid-60s to bring the "100 Club concept" from Detroit to Arizona. For more than 45 years, the 100 Club of Arizona has been dedicated to standing behind the men and women who stand behind the badge. The creation of this public safety non-profit is just one on a long list of accomplishments that Shover has achieved in his lifetime.

After 40 years at *The Arizona Republic*, Shover retired in 1998 and continues to support many cultural and youth organizations.

The Annual Jason Schechterle Scholarship Ball will take place at the Arizona Grand Resort on Saturday, Sept. 28, beginning at 5:30 p.m. with a social hour. Tickets are \$125. For more information, visit [www.100club.org](http://www.100club.org) or call the 100 Club office at 602-485-0100.

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COMMUNITY

## Bike share program on track for December

By Teri Carnicelli

A popular mode of public transportation in Europe and a select few U.S. cities is coming to Phoenix later this year.

The Phoenix City Council on June 5 awarded a contract for a new bike share program. The winning bidder, CycleHop LLC, will begin the process of implementing a system of short-term rentable bicycles, which is expected to be in operation by December.

Mayor Greg Stanton announced the proposal for the Phoenix BikeShare program at his State of the City address in late February. "Creating an enhanced multi-modal transportation system in our city requires options that go beyond roads and public transportation," he said.

"These options must also include bicycle and pedestrian improvements. A bike share program, where residents and visitors rent a bicycle to complete a trip, is a critical improvement to our city's overall transportation network."

During the first year of the con-



Milan, Italy is just one of several European cities in which an automated bike rental system has been in place for many years, serving residents and tourists alike. This increasingly popular trend in public transportation will make its way to Phoenix by the end of 2013 (photo by Teri Carnicelli).

tract, CycleHop will establish and operate a bike share network that will include up to 500 bicycles throughout the city of Phoenix. Access to the network can be obtained by making a reservation via the Internet or a mobile device. Short-term bike share users will pay about \$5 to access the system for the first hour and then pay \$2 for each additional half-hour period, with a

daily maximum rate of \$25.

Annual members will pay less to access the system, with similar rates after the first hour of use.

"Phoenix deserves to be one of the most bike-friendly places in the country, and this new partnership is a great next step," Stanton said. "By developing this BikeShare program, we're reminding residents and visitors alike

that traveling on two wheels is a great way to see what Phoenix has to offer." The city's BikeShare system will have the flexibility for other cities, potentially including Tempe and Mesa, to join if they choose, "ensuring our BikeShare can become part of our regional transportation system," Stanton added.

The bicycles provided as part of the bike share program will use a GPS-enabled locking mechanism designed to connect with special hub locations. The bikes also will be able to lock at traditional bike racks if necessary.

Additional benefits to the city are the potential cleaner air, with more trips being completed with zero carbon emissions, and the overall health benefits in providing a means for the city's residents and visitors to be more active.

The city also hopes to maximize the investments in its bus and light-rail system by furthering its reach. Some people will only walk a particular distance to utilize public transit, but BikeShare could extend the distance someone is willing to travel to reach a transit stop, extending the reach of the transit system to more residents and businesses.



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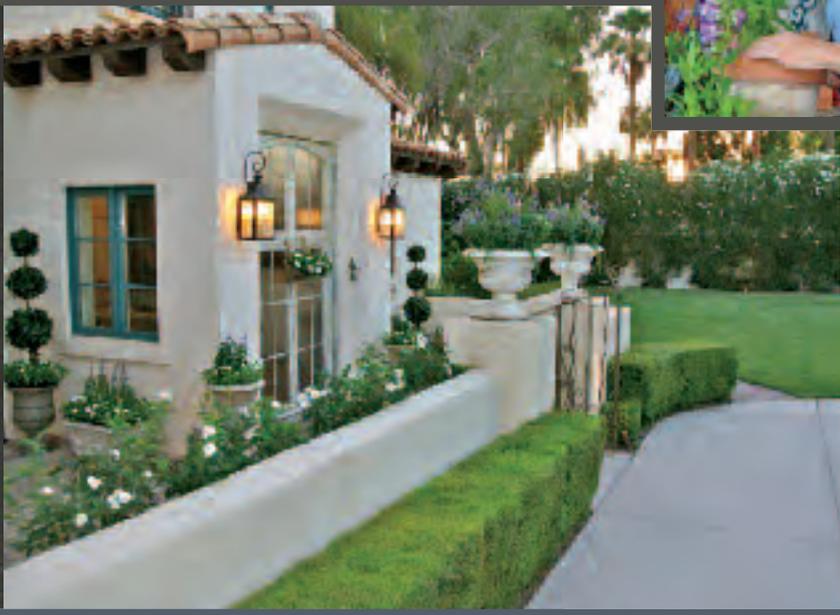
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## TAKING CARE OF BUSINESS



### MONEY MATTERS

## Benefits of business vehicles

By Harvey Amwake, C.P.A.

You plot the fastest route to your client's office with an on-board navigation system. You use a hands-free cell phone to leave last-minute instructions for your staff on the way to the meeting. Your computer, presentation materials, and an extra shirt are in the back seat. In short, your vehicle is your office on wheels.

It's also a tax deduction.

Here's what you need to know to reap the benefits.

Overview: You can deduct auto expenses when you own or lease a vehicle and use it for business. Deliveries to customers, traveling to business meetings, and trips to the office supply store qualify as business use. Commuting generally doesn't, even if you discuss work on your phone while stuck in traffic.

The rules: You have two alternatives for calculating the deduction: actual costs or the standard mileage rate. If you choose standard mileage in the first year you use a vehicle you own for business, you can usually switch to actual costs in later years. Choosing standard mileage for a leased vehicle locks you in to that method for the term of the lease.

What's deductible? Under the actual cost method, deductible costs include depreciation, maintenance, gasoline, taxes, insurance, parking fees, and interest expense.

The standard mileage rate for business use during 2013 is 56.5 cents per mile. In addition, you can deduct the business portion of parking fees, tolls, certain taxes, and, if you're self-employed, interest on your vehicle loan.

How to benefit: Maintain a log of business and personal mileage and keep receipts. Having both lets you pick the method that generates the largest tax deduction.

Talk with your financial adviser or call us if you would like more information on taxes and business driving.

*This article is for general information only and does not constitute financial advice. If you have any questions about financial matters, consult a professional tax adviser. Harvey Amwake, CPA, is a tax and*

*small business consultant with the accounting firm of Harvey E. Amwake, PLLC., at 6232 N. 7th St., Suite 105. He can be reached at 602-753-0377 or by e-mail at Harvey@AmwakeCPA.com.*

## Business Briefs

### Purple Lizard

#### marks anniversary

Purple Lizard Boutique, 2827 N. 15th Ave., celebrates 15 years of providing Valley residents with a great place to find fun and unique home and gift items. To mark the anniversary, the shop will offer a 20-percent discount storewide from Sept. 16-21.

Purple Lizard is filled with an eclectic mix of artist-inspired clothing, handcrafted silver jewelry, local and Mexican art, fashion accessories, handmade candles, Mexican furnishings, gifts, Dia de los Muertos items, Mexican dresses, tin work, vintage purses and oilcloth by the yard.

Nestled in the Encanto-Palmcroft Neighborhood Historic District, *please see ANNIVERSARY on page 22*

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## TAKING CARE OF BUSINESS



Employees at Phoenix law firm Jaburg Wilk were able to wear jeans to work in exchange for making a donation to the 100 Club of Arizona, to benefit the families of the 19 firefighters who were killed while battling the Yarnell Hill Fire (submitted photo).

### ANNIVERSARY *continued from page 21*

Purple Lizard opened in September 1998 and has survived all the ups and downs of the economy thanks to its unique offerings.

“I started with a dream of a boutique where there would be something for everyone,” recalls owner Marguerite Tram. “This includes clothing, unique handmade items, and found treasures that are not carried in chain stores. Our selections are continually changing and allow shoppers to search, find, and sometimes laugh in their discovery of unique items.”

For more information, call 602-728-0980.

### Law firm’s casual Friday raises funds

Employees of Phoenix business law firm Jaburg Wilk recently asked management to have a “Jeans for Charity” day to raise money for the 19 firefighters who were killed while battling the Yarnell Hill Fire.

Employees were able to wear jeans to work if a donation was brought in for the 19 firefighters. Various attorneys then matched the total amount of money brought in by the firm. The total raised was \$1,603.00.

The money was sent to the 100 Club of Arizona, a nonprofit organization dedicated to standing behind the men and women who stand behind the badge.

“We are honored to contribute to the families of the brave men that lost their lives working to save the people and property of Arizona,” said Jaburg Wilk Managing Partner Gary Jaburg.

Jaburg Wilk, 3200 N. Central Ave., is an AV rated Phoenix law firm, the highest level of professionalism accord-

ing to the Martindale-Hubbell. For more information, visit [www.jaburgwilk.com](http://www.jaburgwilk.com).

### Phoenix Chamber hosts Economic Outlook 2014

As our economy continues to grow, what challenges and opportunities lie ahead? Economic Outlook 2014, presented by the Greater Phoenix Chamber of Commerce and Cox Communications, provides the latest research and expert analysis on the financial climate. It will take place 7-10 a.m. Friday, Sept. 27 at the Arizona Biltmore Resort & Spa, 2400 E. Missouri Ave.

In its 31st year, this program offers insight from local, national and global perspectives. Economic Outlook 2014 will feature presentations by international and national experts Dr. Paul Thomas of Intel Corporation, Jim Huntzinger of BOK Financial and Elliott Pollack of Elliott D. Pollack & Company.

Early bird pricing until Sept. 6 is \$75 for chamber members and \$85 non-members. After Sept. 6, prices increase by \$10. Registration closes 5 p.m. Sept. 23. To register, visit [www.phoenixchamber.com/eo2013](http://www.phoenixchamber.com/eo2013). For more information, e-mail [events@phoenixchamber.com](mailto:events@phoenixchamber.com) or call 602-495-2182.

### Yap receives Allstate award

Allstate Insurance Company has recognized Christine Yap of Phoenix with its Agency Affiliation award for reaching an important milestone as an exclusive Allstate Insurance agency owner. Yap is celebrating five years of helping area residents protect their property and prepare for the future through her office located at 9303 N. 7th St., #5.

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## TAKING CARE OF BUSINESS

“It feels like just yesterday when we opened our doors,” said Yap, who has owned and operated the Allstate agency since 2008. “This milestone with Allstate is very important to me. I have enjoyed working with so many families in Phoenix and thank each and every one for supporting my business.”

Yap provides auto, home, life and commercial insurance plus a variety of financial products. The office telephone number is 602-371-0581.

### Goodmans honored for business ethics

The Better Business Bureau of Central, Northern and Western Arizona has selected Goodmans Interior Structures as a winner of its 2013 BBB Business Ethics Award for its commitment to ethics and trust.

“Goodmans Interior Structures is being recognized for their commitment to ethical practices in leadership, community and communication,” said Felicia Thompson, BBB vice president of Communications.

Goodmans’ No. 1 corporate value is, “There is nothing more important than the welfare of our people.”

Goodmans won for the category of 51 to 150 employees. Founded in 1954, Phoenix-based Goodmans Interior Structures is a third-generation, family-owned and-operated office furniture dealer. For more information, visit: [www.goodmans.info](http://www.goodmans.info).

### Wal-Mart donation aids online learning

The Wal-Mart Foundation recently donated \$50,000 to Valley of the Sun YMCA in support of its i-Learn Program. The supervised, online curriculum provides education to students who are struggling in traditional

classroom settings.

The YMCA i-Learn Program holds students accountable for making time for their education by offering a flexible, e-Learning system that meets state attendance requirements. In 2012, 635 Arizona youth benefitted from the education alternative. Offered onsite at most Valley of the Sun YMCA locations, the program seeks to intervene with youth who are struggling in their learning environment and are at risk of dropping out of school.

The donation helped to fund technology and peer support for students. For more information about the YMCA, call 602-404-9622 or go to [www.valleyymca.org](http://www.valleyymca.org).

### Grant named president of IABC Phoenix chapter

North Central resident Barby Grant, owner of Barby Grant Communications, has been named president of the 2013-14 executive board of the International Association of Business Communicators (IABC) – Phoenix chapter.

The IABC Phoenix is the Valley’s most comprehensive resource for communications professionals. Named the world’s best chapter five times, IABC Phoenix is part of a global not-for-profit network designed to provide industry practitioners with a full menu of resources—from networking and professional development to sharing best practices and recognizing award-winning work.

For more information, visit [www.iabcphoenix.com](http://www.iabcphoenix.com).



Barby Grant

## ARIZONA BRIDGE TO INDEPENDENT LIVING (ABIL)

### HOME MODIFICATION PROGRAM SOLICITATION FOR CONTRACTORS

Arizona Bridge to Independent Living (ABIL) is seeking small business contractors who are licensed, bonded, insured & experienced to perform residential accessible home modification work for persons with disabilities. This agreement would be for two (2) years with the possibility of one (1) additional year added.

Contractors must be current and in good standing with Arizona Registrar of Contractors with no debarments. Applicants who have at least 3 years experience with ABIL’s Home Modification Program will receive additional points.

Interested parties can get a packet at either: [darrelc@abil.org](mailto:darrelc@abil.org) or stop in at: ABIL, 5025 E. Washington St, Ste 200, Phx, AZ 85034 by 5:00PM September 17, 2013.



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Associate Broker

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Volume for 2011**  
by the  
*Phoenix Business Journal*

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for 2003"**  
by the  
*Phoenix Business Journal*

Runner up for  
*Broker/Agent Magazine*  
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in 2003**

Winner  
**Double Diamond Award  
2003, 2004,  
2005, 2006,  
2007, 2008,  
2009 and 2010**

Winner  
**Diamond Club  
1999 - 2002**

**Kathy Wright**  
Licensed Assistant  
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2001 - 2010  
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2012**

# Bobby Lieb

Associate Broker

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## Current Listings/Escrows

(North Central homes in bold)

5225 N. 23rd St. ....	<b>JUST LISTED</b>	...5097 SF	.....	4BR/4.5BA	.....	\$2,250,000
3958 E. Northridge Cr. ....	<b>JUST LISTED</b>	...10,384 SF	.....	6BR/6.5BA	.....	\$1,725,000
6445 E. Calle Del Media ....	<b>IN ESCROW</b>	...4167 SF	.....	4BR/4.5BA	.....	\$1,099,000
2444 E. Lincoln Cr. ....		...5064 SF	.....	3BR/3.75BA	.....	\$ 950,000
5844 N 2nd Ave. ....	<b>JUST LISTED</b>	...5126 SF	.....	6BR/3.5BA	.....	\$ 949,500
327 W. San Juan ....	<b>JUST LISTED</b>	...3605 SF	.....	4BR/3.5BA	.....	\$ 875,000
2317 E. Gardenia Dr. ....	<b>NEW PRICE</b>	...3887 SF	.....	6BR4.5BA	.....	\$ 850,000
27 W. Sierra Vista ....	<b>IN ESCROW</b>	...4068 SF	.....	4BR/3.5BA	.....	\$ 825,000
7726 N. 4th Ave. ....	<b>NEW PRICE</b>	...3594 SF	.....	5BR/3BA	.....	\$ 699,500
711 W. Claremont St. ....	<b>NEW CONSTRUCTION</b>	3529 SF	.....	4BR/3.5BA	.....	\$ 669,900
2626 E. Ariz Biltmore Cr.#10 ..	<b>JUST LISTED</b>	...2913 SF	.....	4BR/3BA	.....	\$ 649,000
1128 W. Northview Ave. ....	<b>JUST LISTED</b>	...3135 SF	.....	4BR/2.5BA	.....	\$ 649,000
715 W. Claremont St. ....	<b>NEW CONSTRUCTION</b>	3167 SF	.....	4BR/3.5BA	.....	\$ 629,900
725 W. El Camino ....	<b>NEW PRICE</b>	...4920 SF	.....	4BR/3BA	.....	\$ 625,000
115 W. Morten Ave. ....	<b>NEW PRICE</b>	...3552 SF	.....	3BR/3.5BA	.....	\$ 599,000
710 W Claremont St. ....	<b>NEW CONSTRUCTION</b>	2811 SF	.....	3BR/2.5BA	.....	\$ 589,900
8205 N. 3rd Ave. ....	<b>JUST LISTED</b>	...3398 SF	.....	5BR/3BA	.....	\$ 525,000
7023 N. 2nd St. ....	<b>IN ESCROW</b>	...2332 SF	.....	3BR/2.5BA	.....	\$ 525,000
320 W. Bethany Home Rd. ....	<b>NEW PRICE</b>	...4099 SF	.....	4BR/5BA	.....	\$ 525,000
6014 N. 3rd Ave. ....	<b>IN ESCROW</b>	...2470 SF	.....	4BR/3BA	.....	\$ 495,000
1017 W. Claremont St. ....	<b>NEW PRICE</b>	...2657 SF	.....	3BR/2BA	.....	\$ 475,000
77 E. Missouri Ave. #40 ....	<b>JUST LISTED</b>	...3575 SF	.....	3BR/2.5BA	.....	\$ 460,000
3800 E Lincoln Dr. #30 ....	<b>IN ESCROW</b>	...2824 SF	.....	3BR/2.5BA	.....	\$ 410,000
347 E. Hayward Ave. ....	<b>IN ESCROW</b>	...2126 SF	.....	3BR/2BA	.....	\$ 399,000
202 W. Turney Ave. ....	<b>NEW PRICE</b>	...2186 SF	.....	3BR/2BA	.....	\$ 349,000
1040 E. Osborn Rd. #203 ....	<b>IN ESCROW</b>	...1981 SF	.....	2BR/2BA	.....	\$ 325,000
1104 W. Seldon Ln. #1 ....	<b>JUST LISTED</b>	...Lot	.....		.....	\$ 325,000
1252 E. Edgemont Ave. ....	<b>IN ESCROW</b>	...1919 SF	.....	3BR/2BA	.....	\$ 264,500
5629 N. 8th Dr. ....	<b>JUST LISTED</b>	...1532 SF	.....	3BR/2BA	.....	\$ 229,000
7003 N. 11th Way ....	<b>NEW PRICE</b>	...1260 SF	.....	3BR/2BA	.....	\$ 199,000
26316 N. 53rd Ln ....	<b>IN ESCROW</b>	...1871 SF	.....	3BR/2.5BA	.....	\$ 185,000
2246 E. Virginia Ave. ....	<b>IN ESCROW</b>	...1371 SF	.....	4BR/3BA	.....	\$ 160,000
8412 N. Central Ave. #C ....	<b>JUST LISTED</b>	...1308 SF	.....	2BR/1.5BA	.....	\$ 150,000
750 E. Northern Ave. #1034 ...	<b>IN ESCROW</b>	...1248 SF	.....	3BR/2BA	.....	\$ 150,000

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# Bobby Lieb

Associate Broker



## Featured Homes for September



327 W. San Juan Ave. ■ \$875,000



6111 N. 2nd Pl. ■ \$850,000



2626 E. Az Biltmore Cr. #10 ■ \$649,000



725 E. El Camino ■ \$625,000



8205 N. 3rd Ave. ■ \$525,000



77 E Missouri Ave. #40 ■ \$460,000



8430 N. 15th Ave. ■ \$300,000



8412 N Central Ave. #C ■ \$150,000



7212 N. 15th Ave.

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**SOLD Homes in 2013**

9427 E. Sonoran Sunset	\$ 915,000	6022 N. 3rd Ave.	\$ 580,000	1151 E. Ocotillo Rd.	\$ 400,000	6159 N. 9th Ave.	\$ 317,500	1042 E. Myrtle Ave.	\$ 257,500	6517 N. 10th Pl.	\$ 170,000
2211 E. Camelback Rd. #805	\$ 900,000	77 E. Missouri Ave. #37	\$ 524,250	1738 E. Myrna Ln.	\$ 400,000	26427 N. 42nd Pl.	\$ 317,000	77 E Missouri #37	\$ 250,000	9432 N. 17th St.	\$ 155,000
2359 E. Brown St.	\$ 900,000	6828 N 3rd Place	\$ 520,000	803 W. Rancho Dr.	\$ 395,000	77 E. Missouri Ave. #8	\$ 302,000	5741 N. 4th St.	\$ 245,000	2 W. Northern Ave. #3	\$ 145,000
5750 N. Central Ave.	\$ 875,000	7743 N. Dreamy Draw Dr.	\$ 500,000	1325 E. Ludlow Dr.	\$ 395,000	421 E. Locust	\$ 300,000	6120 E. Evans Dr.	\$ 235,000	5136 N 31st St. #662	\$ 136,500
540 W. Kaler Dr.	\$ 805,000	721 E. Circle Rd.	\$ 485,000	338 E. Orange Dr.	\$ 375,000	2 W. Beryl	\$ 295,000	635 W. Coral Gables	\$ 230,000	15178 W Taylor St.	\$ 128,000
6899 N. Central Ave.	\$ 760,000	7739 N. 11th Ave.	\$ 475,000	10257 N. Central Ave.	\$ 375,000	529 W. Las Palmaritas Dr.	\$ 295,000	723 W. Cactus Wren	\$ 224,000	8434 N. Central Ave. B	\$ 111,000
5034 E. Lafayette Blvd.	\$ 750,000	6838 N. 3rd Ave.	\$ 457,500	4925 E. Cordia Way	\$ 375,000	1315 E Gardenia Dr.	\$ 295,000	848 N. 54th Cr.	\$ 210,000	817 E. North Ln. #3	\$ 100,000
727 W. Seldon Ln.	\$ 727,700	6805 N. 18th St.	\$ 425,000	7142 N. 14th St.	\$ 365,000	201 E. Georgia Ave.	\$ 294,000	2319 E. Glenrosa Ave.	\$ 210,000	3516 E. Everett Dr.	\$ 97,500
306 W. Claremont Ave.	\$ 717,800	316 W. Glendale Ave.	\$ 410,000	501 E. Colter St.	\$ 365,000	3828 S. Vermeersch	\$ 280,000	1545 W. Glenn Dr.	\$ 195,000	225 E. Orchid Ln.	\$ 90,100
5961 E. Whitehorn Pl.	\$ 715,000	312 W. Stella Ln.	\$ 410,000	6409 N. 11th Dr.	\$ 349,500	1844 E. Hazelwood	\$ 277,000	7362 E. Rovey Ave.	\$ 192,000	833 E Echo	\$ 70,000
25 W. Frier Dr.	\$ 685,000	105 W. Harmont	\$ 405,000	1254 S. Nassau Dr.	\$ 341,000	102 W. Seldon Ln.	\$ 275,000	1124 E. Rose Ln. #10	\$ 185,000	1545 E. Sahuaro Dr. #2	\$ 58,000
6106 N 2nd Ave.	\$ 630,000	1511 E. Villa Theresa Dr.	\$ 402,500	14033 N. 10th Pl.	\$ 340,000	7633 N. 7th St.	\$ 271,000	207 W. Clarendon #22E	\$ 181,000		
8702 N. 7th Ave.	\$ 615,000	601 W. Moon Valley Dr.	\$ 400,000	307 W. Herro Ln.	\$ 325,000	6135 N. 16th Pl.	\$ 267,500	18402 W. Maui Ln.	\$ 172,000		



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HEALTHY LIVING

TO YOUR HEALTH

Get plenty of zzz's for optimal health



By Alfredo Lim, M.D.

Are you getting enough sleep? If not, you may be putting your health at risk.

Getting quality sleep—and enough of it—is critical. While you're sleeping, your body is performing many important tasks vital to good health. Sleep:

- Allows you to produce hormones that help your body fight infection, repair damaged cells and regulate its use of energy, which can impact your appetite and weight.
- Helps the brain learn and creates memories.
- Helps you stay sharp, think clearly and react quickly in situations that depend on it, such as driving.
- Is closely tied to mood. If you're not getting enough sleep, you're more likely to be irritable, struggle with relationships and even become depressed.

Insufficient sleep is linked with an increased risk of many health issues, including high blood pressure, heart disease, diabetes and an increase in migraine headaches.

While individual needs may vary, most adults require between seven and eight hours of sleep. For some, this can be challenging. Insomnia is a common sleep disorder that makes it difficult to fall asleep, stay asleep, or both. Insomnia can be an acute, short-term issue or a chronic problem.

Sleep aids such as Ambien, Lunesta and a variety of over-the-counter options may seem like an easy way to beat insomnia, but they have their drawbacks. They may leave you feeling drowsy in the morning, and some are habit-forming.

Try natural ways to coax your body to sleep. Talk to your doctor about cognitive behavior therapies that use relaxation techniques, biofeedback and other tools.

For occasional insomnia, simple lifestyle changes can help:

- Get on a sleep schedule. Go to bed and wake up at about the same time each day.
- Avoid caffeine, tobacco and other stimulants if you have trouble sleeping.

- Avoid alcohol. At first it makes you drowsy, but later it keeps you awake.

- Establish a relaxing bedroom environment. Move the television and computer out of the bedroom. Keep lighting dim.

- Maintain a cool room temperature.

- Indulge in comfortable bedding. Here's to a good night's sleep!

*Alfredo Lim, M.D., specializes in internal medicine, with a special interest in caring for the health of seniors, at North Phoenix Medical Clinic, part of the John C. Lincoln Physician Network, at 9100 N. 2nd St., Suite 121, 602-997-7331, JCL.com/practices. The information in "To Your Health" is provided by John C. Lincoln Health Network as general information only. For medical advice, please consult your physician.*

Health Briefs

A noontime

T'ai Chi class

Spend your lunchtime learning the 20 gentle repetitive movements of T'ai Chi Chih, all the while improving your balance and strength.

Offered twice a week on Tuesdays and Thursdays from 12-1 p.m. in Asbury Hall at First United Methodist Church, 5510 N. Central Ave., this class is taught by certified teacher, Robin Spencer.

Dates are Oct. 1 through Nov. 21. All movement is done while standing. The first class is free; the remaining series is \$75 per person. Contact robin@firstchurchoncentral.org or 602-263-5013, ext. 1107 for more information.

Flu season is upon us again

According to the Center for Disease Control (CDC), everyone 6 months of age and older should get their yearly flu vaccine, ideally by October.

Children age 6 months through 8 years old should have two doses, four weeks apart as per CDC guidelines. Other vulnerable populations who are advised to get flu shots include the elderly, those with chronic lung conditions including asthma, those with metabolic disorders including diabetes, those who have suppressed immune systems, pregnant women, and children and teens who are receiving long-term

Rhayne has always sought unique treasures.

At John C. Lincoln, she discovered a priceless gem.

A self-proclaimed "antique junkie", Rhayne is no stranger to the rare and remarkable. So when she was diagnosed with breast cancer, she knew she found something truly unique at the John C. Lincoln Breast Health and Research Center. From the most advanced technology to a personal care team to guide her to

recovery, it's a treasure Rhayne is thankful she discovered...every day.

To read Rhayne's story, visit JCL.com/Rhayne.



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Based on laboratory wear simulation testing, the LEGION Primary Knee System with VERILAST Technology is expected to provide wear performance sufficient for 30 years of actual use under typical conditions. The results of laboratory wear simulation testing have not been proven to predict actual wear and performance in people. A reduction in total polyethylene wear volume or wear rate alone may not result in an improved clinical outcome as wear particle size and form are also important factors in the study of the potential for wear caused by loss of calcium from bone and implant loosening. These other factors were not studied as part of the testing.

There are potential risks with knee replacement surgery such as loosening, fracture, dislocation, wear and infection that may result in the need for additional surgery. Do not perform high impact activities such as running and jumping unless your surgeon tells you the bone has healed and these activities are acceptable. Early device failure, breakage or loosening may occur if you do not follow your surgeon's limitations on activity level. Early failure can happen if you do not guard your knee joint from overloading due to activity level, failure to control body weight or accidents such as falls. Knee replacement surgery is intended to relieve knee pain and improve knee functions. Talk to your doctor to determine what treatment may be best for you. Additional information available at www.RediscoverYourGo.com or 1-866-867-6040.

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## HEALTHY LIVING

aspirin therapy and who might be at risk for experiencing Reye's syndrome after an influenza virus infection.

Allied Clinic at 1147 E. Glendale Ave. will offer low-cost flu shots without appointments beginning in mid-September. The hours of operation are Monday through Friday from 8 a.m. to 8 p.m., Saturday and Sundays from 8 a.m. to 6 p.m. For more information, call 602-279-3800 or visit [www.alliedclinic.com](http://www.alliedclinic.com).

### Acu-Yoga, QiGong classes at PIHMA

Phoenix Institute of Herbal Medicine & Acupuncture (PIHMA), College & Clinic will offer community movement classes this fall at its facility at 301 E. Bethany Home Rd., Ste. A-230.

Acu-Yoga and QiGong classes are taught by Certified QiGong Instructor and Registered Yoga Teacher, Kat Myers. Classes are ongoing through Dec. 20.

The refined and healing practice of Acu-Yoga, a blending of yoga, acupressure, QiGong, foot fitness, sound and centering, will strengthen bones, nourish joints and move qi.

QiGong focuses on the philosophy of aligning breath, physical activity and awareness for mental, spiritual and corporeal health. Combined with gentle stretching, those who attend the QiGong class will unwind, center and relax.

Acu-Yoga classes are offered Mondays from 11 a.m. to 12 p.m. for \$10, and QiGong classes are offered Fridays from 3:30 to 4:30 p.m. for a donation applied toward local Arizona charities. Both classes take place in Classroom E. These classes are open to the public and taught to all levels.

For more information, call 602-274-1885 or visit [www.pihma.edu](http://www.pihma.edu).

### Good news for JCL's heart disease tests

John C. Lincoln North Mountain Hospital, Phoenix, has been granted a three-year term of accreditation in Echocardiography in Adult Transthoracic care by the Intersocietal Accreditation Commission (IAC).

Accreditation by the IAC means that a panel of national experts has thoroughly reviewed and approved the operational and technical components of the services performed by the Echocardiography Department at John C. Lincoln North Mountain Hospital. Echocardiograms are a key procedure

for the diagnosis of heart disease. Cardiovascular diseases are the No. 1 cause of death in the United States. On average, one American dies every 39 seconds of cardiovascular disease—disorders of the heart and blood vessels.

Early detection of life threatening heart disorders and other diseases is possible through the use of echocardiography procedures performed within hospitals, outpatient centers and physicians' offices.

IAC accreditation is a "seal of approval" that patients can rely on as an indication that the facility has been carefully critiqued on all aspects of its operations considered relevant by physicians, sonographers and other medical experts in the field of echocardiography.

### Get a massage for a good cause

Massage Envy Spa has joined forces with the Arthritis Foundation to host Healing Hands for Arthritis, a one-day national event to build awareness and raise funds to fight arthritis.

From 8 a.m. to 10 p.m. on Sept. 18, the Phoenix Massage Envy Spa Co-Op will donate \$10 from every one-hour therapeutic massage session and facial to the Arthritis Foundation's Phoenix Chapter. Prices for facials and massages are \$49 and \$39, respectively.

Reservations for appointments will be accepted by phone or in person. You do not have to be a Massage Envy Spa member to make an appointment.

Reservations will be accepted on a first-come, first-serve basis. Visit [www.massageenvy.com](http://www.massageenvy.com) to find the nearest location.

### Ideal Physical Therapy opens in midtown

Ideal Physical Therapy on Aug. 19 opened its newest clinic in the Phoenix metro area, the Midtown Phoenix Clinic, at 333 E. Osborn Road.

The clinic is scheduling new patients for treatment and will be managed by partner and physical therapist Nick Papania, PT, MPT, ATC. A few of the clinic's specialties include manual therapy, physical therapy, sports therapy, spine manual therapy, general orthopedics, vertigo, post-operative rehabilitation, and spinal decompression & traction.

To learn more about the clinic or to schedule a new appointment, call 602-795-8441 or visit [www.idealphysicaltherapy.com](http://www.idealphysicaltherapy.com).

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SCHOOL DAYS



Children enjoy painting—and some beautiful spring weather—as part of Beth El Center for Early Childhood Education’s “Nature Explore Classroom” (photo courtesy of Beth El Center for Early Childhood Education).

**Kids explore studies, nature in outdoor class**

Beth El Center for Early Childhood Education, located at 1118 W. Glendale Ave., has earned national certification as a Nature Explore Classroom from Dimensions Educational Research Foundation and the Arbor Day Foundation.

Beth El Center is the second site certified in the state of Arizona and now joins a growing network of organizations and institutions that have created effective nature-based outdoor learning environments for children.

“Our goal is to create a nurturing outdoor learning environment where nature becomes part of the children’s daily lives and inspires them to create new learning opportunities,” says Sari Topper-Romberg, director of the school.

Nature Explore Classrooms are part of the Nature Explore program (nature-explore.org), a collaborative project of the Arbor Day Foundation and Dimensions Educational Research Foundation developed in response to the growing disconnect between children and nature. Certified Nature Explore Classrooms help fill the void



fig. 1 - knight

PRO DEO DOMO ET PATRIA **SAINT MARY’S** *Catholic High School*  
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est. 1917

OCTOBER 25TH, 2013 8TH GRADE DAY #1  
NOVEMBER 15TH, 2013 8TH GRADE DAY #2  
NOVEMBER 17TH, 2013 OPEN HOUSE  
DECEMBER 3RD, 2013 INFORMATION NIGHT

[WWW.SMKNIGHTS.ORG](http://WWW.SMKNIGHTS.ORG)

# Welcome Home

Wherever you are on your spiritual journey, let First United Methodist Church be your home. We are an accepting, engaging church with programs designed for all ages and stages in life. Whether you’re a longtime believer looking for a church, a curious skeptic wary of organized religion, or someone who just wants a place to belong, First Church will greet you with open doors, open hearts, and open minds. We know that true spiritual growth comes from within but is nurtured by support from without, and we are willing to provide the support you need to deepen your spirituality and to live with a renewed sense of purpose and wonder.

Welcome home.

Join us for Sunday Worship: 9 a.m. (Contemporary Service); 10 a.m. (Sunday School classes for children and adults); 11 a.m. (Classic Service)



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**SCHOOL DAYS**

by integrating research-based outdoor learning opportunities into children's daily lives.

"Beth El Center for Early Childhood Education has shown tremendous leadership in growing the next generation of environmental stewards," said Susie Wirth, Nature Explore Outreach director. "Their commitment to providing research-based and nature-rich learning offers a wonderful example to educators throughout the country."

The classroom offers interactive elements such as musical instruments made of natural materials, garden or pathway areas, and natural materials for building and creating art. Learn more about the school's outdoor classroom at <http://www.natureexplore.org/certified/BethElCenterforEarlyChildhoodEducation.cfm>.

Beth El Center for Childhood Education strives to create an environment of comfort, security and a family-like atmosphere that integrates Jewish traditions and values into its daily programming. All faiths are welcome.

**'Teacher of Week' contest returns**

For the 14th consecutive year, Fulton Homes' "Teacher of the Week" program returns to honor Valley school teachers. Throughout the school year, the program showcases teachers who inspire their students. Both students and parents can nominate their favorite educator each week for that teacher's chance to win \$300 from Fulton Homes and other prizes.

The chosen educator will be announced each Friday from 6:20 to 7:20 a.m. on KNIX's Ben and Matt in the Morning Show, heard at 102.5 FM. Students and parents can nominate their favorite teacher each week by visiting [www.knixcountry.com](http://www.knixcountry.com), and submitting a brief form describing why their teacher deserves the title.

In May, a 'Teacher of the Year' will be chosen from the list of weekly winners, and they will be presented with a \$1,000 check at a ceremony honoring all the weekly winners. Based on the entries submitted, a panel of judges will select a winner and the teacher will be announced at the May banquet.

**School Briefs**

**MADISON ELEMENTARY SCHOOL DISTRICT**

**Literacy tutors Sought for kids**

Madison's volunteer tutoring program is for community members who are interested in sharing the love of reading with a child. By becoming a literacy tutor, you will support a student once a week for an hour in the skills of reading and writing.

The program is sponsored by Madison School District and OASIS. OASIS is a nonprofit organization that partners with school districts to pair adult community members with students needing literacy support. This tutoring program serves children in Madison School District's four elemen-

*please see TUTORS on page 30*



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**SCHOOL DAYS**



Volunteer tutor Paula Sherman works with Israel, a student at Madison Heights Elementary School as part of the OASIS tutoring program. The next volunteer orientation is set for Sept. 23-25 (submitted photo).

**TUTORS** continued from page 29

tary schools (Heights, Camelview, Rose Lane and Simis) and targets children needing additional academic support in literacy.

Tutors will receive training by a reading specialist along with a tutor handbook, bag and supplies. The training will be held at Madison Heights Elementary, 5601 N. 16th St., from Sept. 23 through Sept. 25, 9 a.m. to 12 p.m.

For more information, contact Maggie Kraft at Madison Heights Elementary 602-664-7839 or e-mail her at [mkraft@msd38.org](mailto:mkraft@msd38.org).

**PHOENIX UNION HIGH SCHOOL DISTRICT Teachers, staff receive awards**

Camelback Principal Chad Gestson and the district's Dropout Programs Specialist Cyndi Tercero were among those presented with Phoenix Union High School District 2013 Employee of the Year awards by Superintendent Kent P. Scribner and Governing Board President Randy Schiller at the District's Opening of Schools Convocation on July 30.

Gestson, the Administrator of the



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**SCHOOL DAYS**

Year, has transformed Camelback's culture in his four years as principal, engaging students, staff and community. He implemented an Advisory Period, an initiative that has been adopted by most of the schools in the district. He requires all students to join a club or sport, complete community service and attend a certain number of campus events a year.



Chad Gestson

He has steadily increased Advanced Placement and Honors classes, instituted extended library hours and piloted a credit-recovery virtual evening school. This year, Camelback had among the highest increases in the district in AIMS Reading, Writing and Math. This year, he was the only high school principal to be named an Exemplary Principal by the Rodel Foundation, one of seven leaders in the state.

Tercero, the Special Achievement Employee of the Year, oversees school community liaisons and student-parent liaisons, providing student support services. She connects the community with Phoenix Union, developing and maintaining partnerships with agencies, organizations, colleges and universities.



Cyndi Tercero

She also coordinates the many volunteers who support the district's students and schools. Tercero works with parents and students to improve college preparedness and address the challenges

associated with dropping out.

She is involved in dozens of community organizations, including ASU Hispanic Mother-Daughter Program, Friendly House, Degree Phoenix, Healthy Mothers, Healthy Babies Coalition, and COPE (Community, Outreach, Prevention and Education Coalition.)

**Camelback alumni inspire students**

More than 30 former Camelback High students came back to their alma mater on Aug. 13 to speak to current students about their personal stories of college, career and life after Camelback.

Each year, volunteer Jeff Stephens, a local architect, gathers Camelback DECA alumni students from 1988-2012 to speak to the DECA students. The activity usually takes place in the marketing classroom, but so many came back this year that they moved to the school's auditorium.

"These amazing alumni motivate our present marketing students to work hard in school so they too can attain their personal goals," marketing teacher Julia Bourdo said.

**Fashion students are guests of Phoenix Suns**

Central High fashion students were invited to a unique fashion show on Aug. 15 as guests of the Phoenix Suns at the public reveal of their new uniforms at Fashion Square Mall in Scottsdale.

Central and the Suns Charities have a partnership called Suns-Central, that includes academic assistance, career exploration, mentoring and more. The fashion students of Mary Swierceski's class were treated to dinner, attended a

*please see FASHION on page 32*

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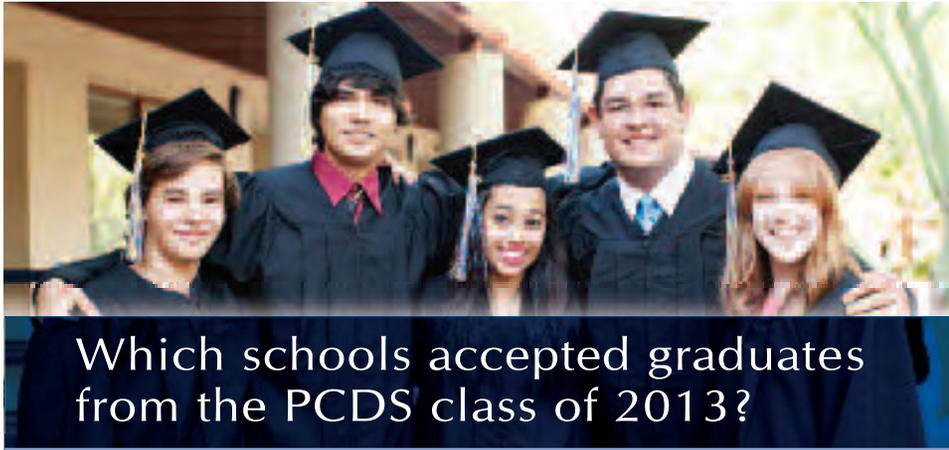
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|----------------------------------|----------------------------------|
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| B. NYU                           | F. Cornell                       |
| C. Parsons New School for Design | G. Rhode Island School of Design |
| D. Duke                          | H. U Penn                        |

Answer: **All of the above.** Our 62 well-rounded graduates will attend 42 different colleges and universities in the fall. For their complete list of acceptances, visit [www.pcds.org/acceptances2013](http://www.pcds.org/acceptances2013).

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### SCHOOL DAYS

#### FASHION *continued from page 31*

dress rehearsal to learn more about the behind-the-scenes aspects of the show from Suns staff, and meet the players. Twenty-seven students from Central's fashion classes attended.

#### Exchange students visit from Japan

Central High's Global Studies magnet program welcomed 10 students and their teacher-chaperone from Himeji, Japan, Aug. 20-26.

The Japanese students from Kotogaoka High School arrived for a welcome reception with Central faculty and staff, host families and community members. The Central students will become the visitors in October, when they travel to Himeji during fall break.

#### Metro Tech's Partida takes first place

The one-man team of "Thrive," comprised solely of Metro Tech student Andres Partida, placed first at the Virtual Business Management Challenge at the Future Business

Leaders of America (FBLA) National Leadership Conference in Anaheim, June 26-July 1.

Metro Tech had two of only eight teams nationally that qualified to compete in the finals of the Virtual Business Management Challenge, an online contest that began with more than 500 teams and competitions in October and March.

The other Metro Tech team of Crystal Loza, Kevin Parra and Edgar Robles, named the "Dreamers," took fifth place. Robles and another student placed fifth nationally in this event last year, as well.

Partida, who graduated from Metro Tech this year and is now attending Phoenix College, earned a \$1,000 scholarship for his first-place finish.

The contest is intended to help teach high school students entrepreneurship, management and supervision. Students use Virtual Business software to experience the virtual management of a warehouse distribution center. Students must incorporate a variety of decision-making strategies and execute scheduling, planning, organizing, and financing of their business.

#### Peters featured in art exhibit

Behind every successful art student is a dedicated and influential art teacher. North High Art Teacher Julie Peters is one of five Valley teachers and their students' art that will be highlighted at Inspire at the Scottsdale Museum of Contemporary Art this fall. The exhibit kicks off Friday, Sept. 27 with an Opening Reception, and runs through Jan. 5, 2014.

Peters is a National Board Certified teacher, and has been teaching drawing, painting and advanced art for North's International Baccalaureate program for seven years.

#### WASHINGTON ELEMENTARY SCHOOL DISTRICT

#### District welcomes new administrators

The Washington Elementary School District introduces several new school administrators for the 2013-2014 school year.

Heidi Keefer is the new principal at Royal Palm Middle School. Keefer began her career in the WESD and even taught at Royal Palm. Most recently, she was an assistant principal

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**SCHOOL DAYS**

in the Peoria Unified School District.

As a student, Keefer said her favorite subject in school was math and her least favorite was social studies. She said this experience shaped her as an educator.

“Unfortunately, most of the teachers I had in Social Studies were those who like to lecture and give a lot of notes,” Keefer recalls. “This experience has always made me very sensitive to student engagement and encouraging teachers to use a variety of strategies to present information and make the content come alive. Educators need to inspire students so hopefully they don’t have a ‘least favorite’ subject in school.”

Rebecca Potavin is the new principal at Maryland School. Potavin began her career in the WESD nine years ago as a first-grade teacher at Sahuaro Elementary. Most recently, she was the assistant principal at Ocotillo Elementary.

Potavin said she is ready to begin this next chapter of her professional career and hopes to make a difference in the community. “I would like for the Maryland School community to feel welcomed and know that they are an integral part of the success of our students. If the school community knows at the end of the year that all of our decisions are based on what is best for kids, I will know that I have done my job.”

Mike Waters returns to the WESD as the new principal at Mountain View School. Waters is a product of the WESD, having attended Sunburst, Sweetwater and Desert Foothills Junior High as a student. Most recently, he was the assistant principal at Copper Canyon High School in the Tolleson Union High School District.

Waters said the best advice another educator has given him is to learn what he can control and what he can’t. “You can’t control the socio-economic status of your students. You can’t control parents taking a genuine interest in their child’s education. You can’t control how the legislature funds education, etc. However, you can control your attitude. You can control the way you interact with every child. You can control the way you teach. You can control the perspective you bring into the classroom. You can control how much you care.”

**Kyrsten’s Kids brings in donations**

Students throughout the Washington Elementary School District were the recipients of hundreds

of donated school supplies thanks to the efforts of U.S. Congresswoman Kyrsten Sinema.

“Kyrsten’s Kids” Back to School Drive ran the first two weeks of August. Community members were encouraged to drop off supplies and backpacks at any WESD school or one of several local businesses, including Karl’s Bakery and the Bakers Daughter, Bikram Yoga, Bookmans, El Bravo Mexican Food, The Eye Opener, Grinders, North Mountain Brewing and the Sunnyslope Senior Center.

Supplies were distributed to students in need by school social workers following the drive that ended on Aug. 16.

**PRIVATE AND CHARTER SCHOOLS**

**Mulligan makes All-American list**

Recent Xavier College Preparatory graduate Kathleen Mulligan of North Central Phoenix was named to the National Interscholastic Swim Coaches Association / Speedo Girls High School Swimming All-America List.

*please see ALL-AMERICAN on page 34*

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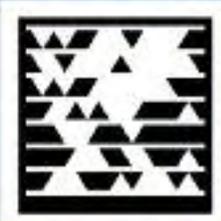




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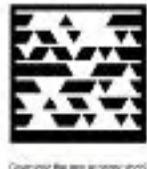
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### SCHOOL DAYS

#### ALL-AMERICAN *continued from page 33*

Mulligan made the list both individually as one of the top backstrokers in the nation, and as part of a relay team that included Xavier teammates Madeline Brandt, Hayden Walker and Madeline Wells.

She also is the recipient of many academic awards and recognition, including National Merit Finalist honors, the President's Award for Outstanding



Kathleen Mulligan

Academic Excellence, and National Honor Society and National Spanish Honor Society memberships. Mulligan will begin her freshman year at Princeton University this fall.

#### Brophy foundation gets big financial boost

The Brophy Community Foundation, an independent nonprofit school tuition organization (STO) supporting low-income Arizona families

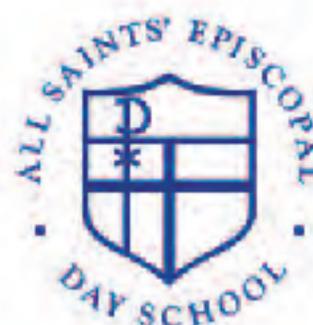
with K-12 tuition assistance, announced it had received the first installment of a three-year, \$300,000 donation from New York Life.

"All of Arizona's youth, regardless of financial constraints, deserve an excellent education leading to achievement in grade school, graduation from high school, and preparation for college," states Genny Matteucci, executive director, Brophy Community Foundation.

The impact of corporate support is best summarized by Sabino Vargas of The Vanguard Group, who graduated from Brophy College Prep in 2004. "If it wasn't for the financial aid I received through the Brophy Community Foundation, I would not be where I am today," Vargas says. "And my younger brother, who also attended Brophy, has now graduated and is going to college. Brophy is really about building a legacy ... for us it started a legacy as an immigrant family here in the United States." "New York Life supports the Brophy Community Foundation's mission to provide high-quality education to economically challenged youth through



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## SCHOOL DAYS

Arizona's Private Education Tax Credit program," said Maria Collins, corporate vice president, New York Life. "Education is the cornerstone to success in life and we're pleased to help Arizona youth on their path toward achievement."

New York Life donated to the Brophy Community Foundation under the state's Private Education Tax Credit program, which allows a dollar-for-dollar tax credit to businesses that make a contribution to certified school tuition organizations.

### Skinner takes helm at GLAAZ

The Girls Leadership Academy of Arizona (GLAAZ), the only all-girls public high school in the state, has announced the appointment of Debra Skinner as the new chief academic officer. Skinner will oversee the academic progress of 130 GLAAZ students.

"I am thrilled to welcome Dr. Skinner as we move into our third year of the Girls Leadership Academy of Arizona," said Dr. Kellie Warren, CEO of Florence Crittenton, which holds the charter for GLAAZ. "This past

May, we celebrated our first-ever graduating class, and 100 percent of those young ladies are prepared for and planning on attending college. We are confident



Debra Skinner

Dr. Skinner will build on this foundation to create similar opportunities for current and future students."

Skinner brings more than 21 years of experience in local education and academic leadership to GLAAZ. She is a certified principal and teacher with ESL (English as a Second Language) and reading endorsements. Skinner also is a certified trainer for Common Core State Standards and Structured English Immersion through the Arizona Department of Education.

Most recently Skinner served as a principal and field specialist for the Maricopa County Regional School District (MCRSD), a position she held for three years. She earned her Ph.D. in Curriculum and Instruction from Capella University and serves as an adjunct professor for Ashford University.

To learn more about GLAAZ and

its unique approach to education, visit [www.GLAAZ.org](http://www.GLAAZ.org).

### Two reasons to celebrate at CCS

Christ Church School had two reasons to celebrate on Aug. 19. It was the first day of the new school year, and the first day of the second decade of the school's existence.

Christ Church School opened in August 2003 with a staff of 12 teachers and 33 preschool students. Teaching and administrative staff now number 35 and there are 175 students who range from age 16 months in the parent-toddler Play & Learn program, preschool classes for children ages 3 to 5, and a Differentiated Learning Community from kindergarten through third grade.

Students, parents and grandparents gathered for the annual Opening Day Chapel service to sing "Morning Has Broken," to welcome the Reverend Alison Lutz—who is the newest member of the clergy at Christ Church of the Ascension Episcopal Church—and

*please see CELEBRATION on page 32*



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Saturday, Sept 14th at 9:30am  
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It occurred to me this scene was a far cry from the sweatshops (gyms) I had become accustomed to as a youth; harsh atmospheres in which we were pretty much left to fend for ourselves.

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SCHOOL DAYS

**CELEBRATION** *continued from page 31*

to enjoy a visit from the Rt. Reverend Kirk S. Smith, Bishop of the Episcopal Diocese of Arizona.

**Schnell heading to nuclear power school**

Valley Lutheran High School graduate and North Central resident Johnathon Schnell, 18, has been selected for the prestigious U.S. Navy Nuclear Power Training Command in Goose Creek, S.C.

Schnell gained acceptance into the highly competitive program based on a score of 98 percent on the ASVAB (Armed Services Vocational Aptitude Battery) exam and outstanding scholastic achievements in high school. He will receive an education that will teach him how to run the U.S. Navy’s nuclear



Johnathon Schnell

plant operations on its formidable fleet of submarines and aircraft carriers in worldwide locations.

Upon completion of an education at what's known as “the toughest school in the military” and serving his country at the top level of national security, Schnell will receive a \$180,000 scholarship to attend the university of his choice.

Schnell credits his science teacher, Joe Richter, with “great science classes, including chemistry and physics,” and motivating his interest. “He taught me about discovery and problem solving,” he said.

Schnell entered his senior year with aspirations of pursuing a career in meteorology. However, after acing the ASVAB exam, he was intrigued by the military option. “It's a challenging opportunity. You can go places and see the world,” he said. “Plus, I get to serve my country and do something really cool.”

**Xavier ladies lauded for acting abilities**

Four Xavier College Preparatory students—Frances Mayasich, Paige Michelet, Emma Van Der Linn and Hannah Zieser—each captured “Outstanding Lead Actress” honors in the 8th Annual National Youth Arts Awards competition. They will be honored at an awards ceremony at Phoenix’s Herberger Theater Center at 7:30 p.m. on Wednesday, Sept. 25.

In addition, Xavier/Brophy Theatre’s productions during the 2012-13 season garnered a total of 13 nominations, including Mayasich and Van Der Linn’s “Outstanding Lead Actress” wins.

The awards were as follows:

- Outstanding Lead Actress in a Musical: Frances Mayasich as Maria Rainer in “The Sound of Music” (Xavier/Brophy Theatre).
- Outstanding Lead Actress in a Musical: Paige Michelet as Cat in the Hat in “Seussical the Musical” (Desert Stages Theatre).
- Outstanding Lead Actress in a Musical: Hannah Zieser as Mrs. Lovett in “Sweeney Todd” (Greasepaint Youtheatre).
- Outstanding Lead Actress in a Play: Emma Van Der Linn as Madame Celeste in “Cursing Mummies” (Xavier/Brophy Theatre).

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**GENERATIONS**



Getting ready to head out with their “cool” gifts are, from left: Nina Louis, Skilled Nursing Facility administrator; John Wenzlau, executive director; and Donna Anderson, Community Relations director, of Emeritus Senior Living’s Chris Ridge facility (submitted photo).

**Senior Living**  
**Helping seniors**  
**weather the heat**

With summer’s hot temperatures still weeks away from dropping, efforts continue to assist those who are among the most susceptible to its dangers: senior citizens.

According to the Centers for Disease Control (CDC), 40 percent of heat-related deaths occur in those 65 and older. And according to the US Census, more than 1 of every 12 Phoenix residents is a senior, making the summer heat especially risky for the 65 and older population.

Chris Ridge, 6250 N. 19th Ave., has deployed its Shade Brigade to help local seniors weather the high temperatures in coming weeks. Chris Ridge is part of Emeritus Senior Living, and is one of largest continuing care communities in the Greater Phoenix area.

The Shade Brigade, comprised of Emeritus staff, will fan out to seniors’ homes to bring coolers filled with water, popsicles, fruit and juice. The team also will check on the seniors’ wellbeing, provide heat-related safety tips and invite the seniors to Chris Ridge for a free meal and time to cool off in the air conditioning.

*please see SHADE on page 38*

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If your company is interested in supporting the next Madison Bash on April 5, or any of our other arts initiatives, please contact us at 602-664-7964 or rhonda@madisoneducationfoundation.org.

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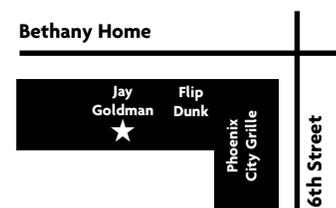
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**GENERATIONS**



Visiting Angels offers guidelines for assembling safety kits to help protect elderly loved ones from suffering ill effects of the heat (submitted photo).

tain hydration; copies of all prescriptions and health insurance cards; phone numbers of health care providers and information concerning chronic health problems; and an ID bracelet with personal information and emergency contact numbers.

Other key items to add to the kit are a broad-spectrum sunscreen, at least SPF 30, to prevent serious burns, misting fans that require no electricity in case of a power outage, and a pre-paid cell phone for seniors to use in an emergency.

For more information, visit [www.visitingangels.com](http://www.visitingangels.com).

**SHADE continued from page 37**

To suggest a senior for a visit by the Shade Brigade, contact Chris Ridge at 602-433-6300 or by e-mail at: [ChrisRidge-ED@emeritus.com](mailto:ChrisRidge-ED@emeritus.com).

A study shows the elderly often ignore heat warnings because they don't think of themselves as "older."

That's why Visiting Angels, one of the nation's largest in-home senior care companies with an office in the Phoenix area, advises families to protect their aging relatives by assembling Senior Summer Safety Kits. These kits include vital, yet inexpensive tools to make sure elderly loved ones have the protection they need to stay safe during hot summer days—especially when family members aren't around.

Seniors often don't realize their bodies can't handle heat like they used to so they fail to take extra precautions, according to Visiting Angels CEO Larry Meigs. Seniors also can dry out because their body water content decreases and medications can dehydrate them, he adds.

A Summer Safety Kit should include a reusable water bottle to main-

**Class helps families adjust to memory loss**

Banner Alzheimer's Institute is offering MAPS (Memory Assistance and Planning Session), a full-day class to help families to learn new skills to provide care during the moderate stage of illnesses that cause memory loss.

The workshop will take place 8:30 a.m. to 3:30 p.m. Tuesday, Sept. 17 at the Foundation for Senior Living, 1201 E. Thomas Road.

Caregivers will learn how to improve communication and avoid arguments, find help as the disease progresses and provide "hands on help" through practicing new skills. A \$60 fee covers the cost of instruction, materials, breakfast and lunch.

To register, call 602-839-6850 or email [baiinfo@bannerhealth.com](mailto:baiinfo@bannerhealth.com).

**Senior Safety Event at Devonshire center**

The Phoenix Parks and Recreation Department will host a Senior Safety Event 9-11:30 a.m. Friday, Sept. 13 at the Devonshire Senior Center, 2802 E. Devonshire.



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## GENERATIONS

## Kids & Families

### New MOPS group holds open house

MOPS (Mothers of Preschoolers) is open to women who are pregnant or have a child age newborn through kindergarten; desire new friends; want to share the challenges and joys of motherhood; are looking for opportunities for personal growth from trusted resources; and enjoy giving back to the community.

The Central Phoenix group will host an Open House 9-11:30 a.m. Thursday, Sept. 12 at North Phoenix Baptist Church, 5757 N. Central Ave.

At meetings moms can socialize with other moms, listen to speakers, and participate in activities. Children are cared for in a preschool-like setting. Meetings are the first and third Thursday of each month.

For more information, contact npbcmops@gmail.org.

### Hours change at some libraries

Beginning Sept. 3, nine Phoenix Public Library locations will change hours of service on Tuesdays, Wednesdays and Thursdays. Among them are Cholla Library, 10050 Metro Parkway E., and Yucca Library, 5648 N. 15th Ave., which will be open from 10 a.m. to 8 p.m. Tuesday through Thursday.

For more information, call 602-262-4636 or visit phoenixpubliclibrary.org.

The Phoenix Fire and Police Departments, the Arizona Attorney General's office, Adult Protective Services, CareMore Health Care and Duet are among the organizations that will be on hand to offer seniors tips to keep themselves, their homes and their property safe and protected.

Seniors can learn about home safety, protection and accessibility; fire safety; fraud and scam prevention; and medical emergency preparedness. Participants also can bring up to five boxes of paper documents for free shredding.

The event is free and no registration is required. Sponsor CareMore will provide free refreshments. For more information, call 602-256-3130.

### Learn to navigate Medicare plans

Learn about the components of traditional Medicare, Medicare Advantage programs and how to apply for and take advantage of this benefit during a special free presentation 9 to 10 a.m. Wednesday, Sept. 25, at the Cowden Center, 9202 N. 2nd St.

Presenters are Heather Jelonek, COO, of the John C. Lincoln Accountable Care Organization, and Dan Droen, manager of JCL Patient Navigation Services.

Free blood pressure checks will be offered the hour before and after the discussion. Refreshments will be provided.

Register in advance at JCLMedicare101.eventbrite.com or call 623-434-6265.

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**ARTS & ENTERTAINMENT**

## Yxayotl to discuss sacred, ancient music

Kenosis Spirit Keepers will bring Xavier Quijas Yxayotl to Phoenix to share Aztec and Huichol traditions of Mexico, Sept. 13-14 at Storm Wisdom, 3375 E. Shea Blvd.

The series features a Friday evening talk and Saturday afternoon circle sponsored by Kenosis Spirit Keepers, an international nonprofit organization helping to preserve the integrity of indigenous wisdom traditions.

Beginning at 7:30 p.m. on Friday, Yxayotl will present "Music and Mysticism: Making Mother Earth Sing," on the role of the ritual musician and the sacred aspect of music. Tickets are \$20 in advance.

The Spirit Keeper's Circle will be held from 10:30 a.m. to 3 p.m. on Saturday; cost is \$80 in advance. Yxayotl will share Offerings from the Ancestors, ritual and cultural knowledge on ceremonies and day-to-day living passed to him by Huichol and Tepehuan elders. He will use authentic replicas of ancient instruments.

Advance tickets are available online. For more information, visit [www.kenosisspiritkeepers.org](http://www.kenosisspiritkeepers.org) or call 928-778-1058. Limited seating at the door.

## A & E Briefs

### 'Twelfth Night'

Sept. 6-8  
Ethington Theater,  
Grand Canyon University  
3300 W. Camelback Road

"Twelfth Night" probes the timeless themes of identity, loss and love with



Xavier Quijas Yxayotl, a seven-time nominee for the Native American Music Awards, will visit Phoenix Sept. 13-14 to share Aztec and Huichol traditions of Mexico (photo courtesy of Kenosis Spirit Keepers).

all of the humor and humanity for which Shakespeare is so revered. Tickets are \$12 general admission, \$10 seniors and \$5 children. Show times are 7:30 p.m. Friday and Saturday and 2 p.m. Sunday. Visit [www.gcu.edu/night](http://www.gcu.edu/night)

### 'Little Miss Tex-Mex Rides Again' Opening Reception

6-8 p.m. Friday, Sept. 6  
@Central Gallery,  
Burton Barr Central Library  
1221 N. Central Ave.  
602-262-4636

Artist Donna Atwood chose print-making as her favored fine art medium because it opens up possibilities for communicating her experiences of the world. Having spent the better part of her life in the Southwest, Atwood draws inspiration from the region.

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## ARTS &amp; ENTERTAINMENT

Eclectic instrumental group, The Friends Band, will perform. Free and open to the public. The exhibit will be on display through Oct. 16. Visit [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org).

### 'Grin and Beer It' Opening Reception

6-10 p.m. Friday, Sept. 6  
6th Avenue Gallery  
650 N. 6th Ave.

Local designer Erik von Weber brews up intoxicating fun with this show featuring a series of cleverly crafted, fictitious beer labels that will be enlarged as posters, coasters and T-shirts that deck the gallery's walls throughout September. All displayed items will be available for purchase. Visit [www.facebook.com/6thavegallery](http://www.facebook.com/6thavegallery), or [www.6thavenuegallery.com](http://www.6thavenuegallery.com).

### 'Dream Windows: Reflections on the Japanese Garden'

2 p.m. Sunday, Sept. 8  
Third Street Theater,  
Phoenix Center for the Arts  
1202 N. 3rd St.

A journey through some of the most remarkable gardens in the world, including Phoenix's own Japanese Friendship Garden. Filmed on location in Japan, the program reveals the secrets of both traditional and contemporary Japanese gardens. Admission \$6 at the door (\$5 for Japanese Friendship Garden members). Visit [www.nofestivalrequired.com](http://www.nofestivalrequired.com).

### Chorale Auditions

6 p.m. Monday, Sept. 9  
Camelback Seventh Day  
Adventist Church  
5902 E. Camelback Road  
602-350-8261

Arizona Masterworks Chorale will hold auditions for the 2013-14 season. There are currently openings for all parts. The 2013-14 season will include December, March 2014 and May 2014 performances in venues throughout the Valley. For more information visit [arizonamasterworks.com](http://arizonamasterworks.com) or e-mail [chorale@arizonamasterworks.com](mailto:chorale@arizonamasterworks.com).

### CircleSong Group

6-7 p.m. Wednesday, Sept. 11  
Canyon Records  
3131 W. Clarendon Ave.  
602-696-8699

CircleSongs is an improvisational process of community singing that provides opportunities for self-expression and teamwork while promoting expres-

sion, self-confidence and the opportunity to meet and connect with others who enjoy singing. Led by Phoenix singer/songwriter Krylyn Peters the second Wednesday of the month. Cost is \$15 per person. To register, visit <http://www.meetup.com/CircleSongs-Phoenix> or call the number above.

### 'Wedding Band'

Black Theatre Troupe  
Sept. 13-22  
Helen K. Mason Performing Arts  
Center  
1333 E. Washington St.  
602-254-2151, ext. 4

Julia is a black woman in love with a white man in South Carolina in 1918, near the end of World War I. Faced with the disapproval of her neighbors, Julia has been forced to move several times. While the law poses the very real threat of arrest and criminal punishment for any interracial couple who marry or live together, the condemnation of Julia's black neighbors is just as damaging and helps to reveal that racism is not only directed toward blacks but also toward whites. Tickets are \$32 general admission plus fees. Visit [www.blacktheatretroupe.org](http://www.blacktheatretroupe.org).

### 'Seussical the Musical'

Valley Youth Theatre  
Sept. 13-29  
Herberger Theater Center  
222 E. Monroe

In this original Broadway version of Seussical, the Cat in the Hat tells the story of Horton the elephant who discovers a speck of dust containing Whos. Horton must protect them from danger and guard an abandoned egg. Ultimately, friendship, loyalty, and community are challenged but emerge triumphant. Tickets are \$20-\$38, plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

### Ballet Under the Stars

7 p.m. Saturday, Sept. 28  
Steele Indian School Park  
300 E. Indian School Road  
602-381-0184

Spend a relaxing evening under the gorgeous Arizona sky as Ballet Arizona continues its annual season opening tradition with the 16th-annual presentation of Ballet Under the Stars. Enjoy classical and contemporary ballet in a casual setting for free; performance is about 1 hour long. Bring blankets, lawn chairs and snacks; note that no glass containers are allowed in the park.



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Friday, Sept. 13: **JC AND THE JUKE ROCKERS** – From old school Chicago style to West Coast Blues and everything in between. JC & The Juke Rockers will make you want to jump, jive and swing!

Friday, Sept. 20: **TOUCAN EDDY** – This great band has been entertaining Northern Arizona for three decades. Classic rock, Reggae and Santana music better than Carlos himself!

Friday, Sept. 27: **THE HAPPY DAYS BAND** – Join us for the same GREAT 50s, 60s and 70s music including a little swing and country from the same band that played for the AAIC Sock-hop.

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**FOOD FOR THOUGHT**



Ron Pacioni, owner of Coup Des Tartes, stands at the entrance of what will be his French-style eatery's new location near 17th street and Osborn Road, just a short distance from the 1932 farmhouse that his restaurant has called home for 17 years (photo by Teri Carnicelli)

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**Café Chat**  
Intimate French eatery  
finds 'new' home

By Teri Carnicelli

Coup Des Tartes, Phoenix's longest-running and most well-known B.Y.O.B. restaurant, recently had the land pulled out from under it as the property at 4626 N. 16th St. was foreclosed on and the new owners made plans to demolish the 1932 farmhouse and ancillary buildings and put in a parking lot for a nearby car dealership.

Despite the seven years remaining on Coup Des Tartes owner Ron Pacioni's lease, the quaint French-style eatery that called this location home for the last 17 years was given until the end of January 2014 to find a new home. But for Pacioni, it wasn't simply a matter of finding an available building; it had to be the right kind of space.

"This is a unique concept and it needs to find just as unique of a home, which we did," Pacioni said as he announced the new location on Aug. 14.

The 2,300-square-foot building and land located at 17th Street and Osborn Road was purchased in early August. The 1922 brick duplex, which in 1973 was remodeled into one building for the offices of Dr. Alan Abromovitz, features vaulted ceilings with wood beam accents. And just like

Coup Des Tartes' longtime digs, the new location sports hardwood floors throughout along with a large fireplace in what will be one of several intimate dining rooms.

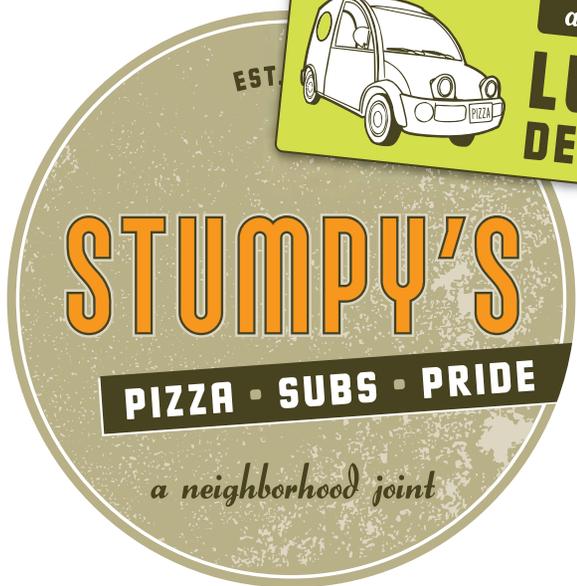
Pacioni and his design team from Candelaria Design Associates have their work cut out for them, however. A full-service bar area will be added to the new restaurant space, and an entire new adjacent building will be constructed to house a much larger kitchen area, ADA-compliant bathrooms and offices for Rendezvous Catering & Events.

Also in the new building will be the Rendezvous Room, a private meeting venue with all the high-tech amenities needed for a business meeting, yet still inviting enough for special events such as a bridal or baby shower.

The buildings will sit on more than 3 acres of property, which Pacioni says will be turned into a private outdoor patio off the main restaurant and large event space for parties, receptions and more off the new building—designed to match the warm brick appearance of the remodeled original building.

"It is our No. 1 priority to maintain the romantic look and feel of our cozy little farmhouse when we eventually settle into our new home," Pacioni emphasizes.

There is much to be excited about with this new, larger property and



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## FOOD FOR THOUGHT

space. Pacioni says in the past he's had to turn away large groups because the farmhouse simply couldn't accommodate them. That won't be an issue any longer. The addition of the full-service bar will provide a nice place for an after-work drink and bar menu nosh—something that comes courtesy of a much larger kitchen.

Pacioni explains that his talented chefs have been limited in the past because the old farmhouse kitchen did not have room for a walk-in freezer and had very little prep space.

"We have every intention of continuing to offer our seasonal menus and award-winning cuisine that you've come to know and love throughout the transition," Pacioni says, while adding that the new, larger kitchen gives his chefs an opportunity to play with new menu items, including bar munchies.

He notes there is no realistic way that they can move the restaurant from its current location to the new location without some hiccups along the way. Relocating the restaurant will require a great deal of time and planning, but Pacioni is adamant that Coup Des Tartes will only be down briefly.

"I have staff that I need to keep employed. I can't not have them work," Pacioni points out. "They have bills they need to pay. We're going to do everything we can to only be dark a couple of weeks at the most. That's my goal."

With such an ambitious remodeling and new-construction project, Pacioni says they will be hard-pressed to be move-in ready by the Jan. 31 deadline. He's hopeful that the new owners of the farmhouse land will work with him on a time extension, since Coup Des Tartes is not in the way of some major redevelopment project, but rather, a parking lot.

Updates on the status of construction will be regularly posted on the Coup Des Tartes website at [www.nicetartes.com](http://www.nicetartes.com) and also on its Facebook page.

## Dining Briefs

### Biltmore Resort offers summer Tea Service

The Arizona Biltmore is turning up the fire on summer dining this year with the resort's first-ever Summer Tea service—with a refreshing twist.

The Arizona Biltmore has served Afternoon Tea since opening in 1929, but this summer marks the first time

the resort is pouring a Summer Tea—with iced rather than hot tea. The service comprises a cold cucumber soup starter to cleanse the palate, a platter of four sandwiches, three desserts and two cakes, and a choice of six iced teas in an array of innovative and exotic flavors.

Gluten-free, vegetarian, dairy-free and vegan menu options are available with advance notice.

Seatings are from 12 to 3 p.m. The cost is \$29, or \$39 with the addition of Kir Royale or a Mimosa. An 18-percent gratuity is added. For reservations call 602-381-7632.

### It's chile fest time at Z'Tejas

With Hatch green chile season around the corner, Z'Tejas Southwestern Grill is getting ready to debut its Chile Fest Menu. The menu is available Sept. 3-16 and a dollar from every entrée item sold goes to The 100 Club of Arizona.

Some of the special chile menu items include: Adobo Steak Relleno, with roasted Hatch New Mexico chiles stuffed with seared beef tenderloin, jack cheese and caramelized onions; Chile and Herb Glazed Mahi Mahi with Hatch Chile rice; and Pork Tenderloin Sliders, served on a jalapeno roll topped with green chile pineapple chimichurri and New Mexico slaw.

For more information on the special Hatch New Mexico chile menu, visit [www.ztejas.com](http://www.ztejas.com) or call the Bethany Home restaurant at 602-680-2806.

### T. Cook's Lounge gets a 'Mix Up'

The Mix Up Bar is reinventing the original T. Cook's Lounge at Royal Palms Resort and Spa. Scheduled to debut on Sept. 9, The Mix Up will deliver the season's freshest ingredients, from garden-to-glass cocktails to new palette-pleasing pairings.

The bar program will have a strong commitment to using local ingredients and Arizona companies, paralleling the fundamental element of Executive Chef Paul McCabe's cooking style.

"I like to source as local as possible," says Kim Haasarud, founder of nationally acclaimed beverage consulting company Liquid Architecture. "The cocktails are created with products from the surrounding areas, including AZ Bitters Lab's flavored bitters, La Bella Terre's botanical sprays and vinegars from Outrageous Olive Oil & Vinegars, to

*please see MIX UP on page 44*

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**FOOD FOR THOUGHT**

**MIX UP continued from page 43**

name a few. We will also heavily incorporate fresh produce and herbs grown in the new T. Cook's garden."

Mirroring the cocktail menu, McCabe will let seasonal and homegrown ingredients dictate the daily bar menus.

"The Mix Up will be an extension of the kitchen where our focus is to design dishes that enhance the cocktails, and visa versa," said Chef McCabe. "The bar will also to showcase our New American concept while allowing us to mix up the flavor profiles a bit more."

The Mix Up Bar will be open at 11 a.m. daily and will close at midnight.

For more information, call 602-977-6458 (queue number 19 for reservations) or visit [www.themixupbar.com](http://www.themixupbar.com).

**Sangria to share at Central Bistro**

Central Bistro has taken the summer cocktail to new heights—and sizes—with its menu of 54-ounce, pitcher-sized cocktails and sangria.

Guests must have two people at the table to order a pitcher, and pitchers serve four glasses of cocktails or sangria. Selections include red, white or sparkling sangria (\$24); ginger-watermelon margarita (\$32); and Super Fruit Lemonade featuring vodka and fruit juice (\$32).

These pitchers are available for half-price during Central Bistro's Social Hour, 2 to 6 p.m. every day. Central Bistro is located at 3160 E. Camelback Road. For more information, call 480-646-8560 or visit [www.centralbistroaz.com](http://www.centralbistroaz.com).

**Luci's offers a Happy Hour menu**

Luci's Healthy Marketplace has launched a new Happy Hour menu. Get all of your favorite wine, sangria, mimosas and beer, along with great food selections, at Happy Hour prices from 4 to 8 p.m. Monday through Saturday, and 4 to 7 p.m. Sundays.

Specials include \$3 wine, sangrias, mimosas and beer, \$10 bottled house wines, \$5 bruchetta, \$5 hummus platter, and your choice of a cheese or meat board for \$6.

On Wednesdays, enjoy a bottle of house wine and a 15-inch margherita lahvosh for \$18.

Luci's features quality organic and natural products from reputable local and regional vendors, including meats, seafood, dairy, cheeses, snacks, entrees, wine and beer, supplements, cosmetics, baby care, pet care, cleaning, gifts and more. It is located at 1590 E. Bethany Home Road. Call 602-773-1339 or visit [www.lucishealthymarketplace.com](http://www.lucishealthymarketplace.com).

**For local restaurant listings, visit our Dining Guide at [www.northcentralnews.net](http://www.northcentralnews.net)**

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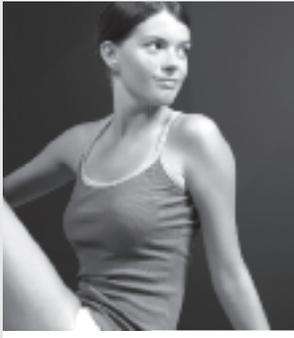


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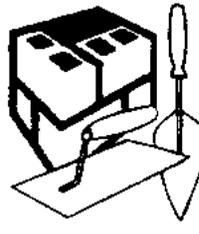
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