



north central news

the voice of the north central phoenix community

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www.northcentralnews.net

Delivery services offer convenience

By Patty Talahongva

Many Phoenicians already are accustomed to using such services as Lyft or Uber to get where they need to go; and now they have a few choices when it comes to having what they need delivered to them, on the same day.

PikFly, which launched earlier this year, specializes in delivering products from locally owned businesses. Customers can go to the website and select the category they need and add their zip code to search for nearby participating merchants. They purchase the item online and then a navigator is assigned to make the delivery. They are not called drivers because they don't carry people, only products. Each navigator must pass a criminal background check.

Mike Auger, PikFly CEO, dreamed up the business when he helped develop e-commerce software for small businesses. Auger says he noticed there was

please see DELIVERY on page 4



Seeing their fully remodeled home for the first time after being away for a month are the very happy residents of the Boys Hope home, operated by Boys Hope Girls Hope of Arizona. Alyisse, far left, checks out the sports memorabilia inside the new rec room while Julio, Diego, Roberto and Josue are all smiles as they see the new projector TV screen, video game console, sectional couch, exercise/weightlifting area, musical instruments, and more (photo by Teri Carnicelli).

Group homes get complete makeovers

By Teri Carnicelli

Two youth residential homes operated by the nonprofit Boys Hope Girls Hope of Arizona (BHGH) were completely revamped over a five-week period this summer, thanks to local builders Robson Communities and Camelot Homes, along with their partners and subcontractors.

The work on the two Boys Hope and Girls Hope homes began on June 20 and wrapped up on July 31. The young residents of the homes traditionally spend the month of July with relatives so the timing was perfect to give each residential home a thorough refresh. The boys came back on Aug. 6 and were stunned by the results, as were the girls when they returned on Aug. 7.

Robson Resort Communities signed on to revitalize the Boys Hope home, while Camelot Homes focused its efforts in revitalizing the Girls Hope home. A sort of friendly competition ensued; when one builder heard about something the other was doing on their work site, then that same upgrade had to be added to their own project site.

Upgrades at the Boys Hope home includes new cabinetry in the kitchen and baths, new stainless steel appliances, new and additional lighting, new furni-

ture, new windows, new paint and flooring, new beds and bedding, a new HVAC system complete with ducting, and more.

A fully refurbished rec room, which already had a pool table, saw the addition of a projection TV screen, video game consoles, a weightlifting area, new musical instruments, a large sectional couch, and walls adorned with sports memorabilia, comic book art and more.

Essentially, each home looked brand-new and show ready by the time the contractors were finished. Susie McArdle, residential counselor for the Boys Hope home, said, "It far exceeded any of our expectations"

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COMMUNITY

Madison campaign gets boost from Realtors

The Madison Education Foundation has found a new “partner” to help promote the Madison 125 Endowment Campaign.

Madison 125, which kicked off on March 5, is an effort to raise \$125,000 to support fine arts educational opportunities throughout the district’s eight schools. It is being held in conjunction with Madison’s 125th anniversary.

Nearly a dozen real estate agents have signed on to help promote the fundraising campaign, by adding something extra to their “for sale” wooden signs. The “partnership” was instigated by Shelly Dunlop of HomeSmart Elite Group, who is donating the riders that are being placed on the bottom of “for sale” signs. The wooden riders say, “Keep Arts Alive. Support Madison 125.”

Other real estate agents in the community who have joined the effort to help by donating \$125 of every sale



Shelly Dunlop of HomeSmart Elite Group not only started adding the riders “Keep Arts Alive. Support Madison 125” on all her for-sale signs in the North Central community, she also is offering them for free to any other real estate agents in the area who want to support the Madison Education Foundation (submitted photo).

closed this school year include Linda Boatwright, The Caniglia Group, Rick Krause, Krista Lawcock, James Plotnick, Denise Sharp and Mike Weeks. Bobby Lieb of HomeSmart Elite Group will donate his postcard mailers for the next few months so that

the Madison Education Foundation can get the word out to residents of the area about the campaign.

Each year, the foundation pays for Art Masterpiece classes, a field trip for one grade level from each school to the

please see BOOST on page 8

Enter our monthly Reader Rewards Drawing

for a chance to win a great prize!

At *North Central News*, we LOVE our readers! To show our appreciation for your loyalty, we will hold a drawing for one great prize every month, thanks to our advertisers and prize sponsors.

Congratulations to August’s winner, Liz Haley, who won a \$100 Gift Certificate for North Italia

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The winner will be announced in our October issue.

One name will be drawn from all submissions and awarded the prize indicated. Entry is limited to one per person. Winners will be notified by phone or email by a representative of *North Central News*. Winners agree to have their name and likeness published in the *North Central News*. All prizes are final - no substitutions allowed; prizes have no cash value. Visit www.northcentralnews.net for contest rules and additional details.

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Notice of the North Central Phoenix Homeowners Association Annual Meeting

All Phoenix residents living in the area between 7th Street and 7th Avenue from Missouri Avenue to Northern Avenue are cordially invited to attend the upcoming NCPHA annual meeting:

Date: Thursday, September 17, 2015

Time: 6:00 p.m. to 8:00 p.m.

(meeting will begin at 6:30 p.m.)

**Location: All Saints Episcopal Church
and Day School**

**Manning Hall (on the school campus)
6300 North Central Avenue**

**Our guest speakers will include Mayor Greg Stanton
and the City of Phoenix Police Department.**

This gathering will allow you to learn about current issues affecting our neighborhood and meet others who share your concerns for maintaining our quality of life.

The mission of NCPHA for the past 40 years has been to protect the beauty, charm and history of our neighborhood from inappropriate commercial and residential development. Lately, an improving housing market and the growth of the downtown business core have combined to make North Central a much more desirable place to live. This has created pressure to increase the density and change the character of development in our neighborhood. Changes like this can have both positive and negative impacts on our quality of life, depending on how the development is accomplished and how it affects the continuity of our existing ambiance. Without the ongoing hard work of NCPHA's volunteer board, dedicated neighbors, conscientious developers and neighborhood-friendly realtors, North Central and its beauty could eventually become a thing of the past.

Please come to the annual meeting to learn more about current issues and how you can help keep North Central one of the most attractive neighborhoods in Phoenix.

If you are a homeowner within our borders and would like to become an official NCPHA member, please log onto www.ncpha.org, where you can sign up to be on our confidential email list and use PayPal for the requested minimum donation of \$25. See you on September 17!

COMMUNITY



Paul Jones delivers a burger and shake from The Stand to a hungry customer. The Postmates bag keeps hot food hot and cold food cold (submitted photo).

DELIVERY continued from page 1

a market for delivering goods that would be too expensive for the small business owner to undertake. That's when he came up with the idea of starting a same-day delivery service just for products.

There are 118 locally owned businesses signed up with PikFly (<https://pikfly.com>). The introductory rate for merchants is \$9.95 for one month to test the service. If they sign up they will pay \$99 a month. Some of the businesses that have signed up are Noble Beast, Rosy's Pharmacy, Urban Cookies, All About Books and Comics, Liquor Basket and Peanut Butter Americano.

"We have such dynamic personalities working here," says Auger. And that helps when a rush order is placed, like the one where someone forgot to buy steaks for a cookout and had hungry guests in his backyard. That night a PikFly navigator drove 30 miles to deliver eight steaks.

Auger says there is "significant e-commerce" that is in need of a one-day, and in some cases, one-hour delivery service. Delivery rates are based on distance—zero to 10 miles will cost \$6.95, more than 10 miles and the rate is \$12.95. Each merchant receives free window stickers to help advertise. PikFly also is on Facebook, Twitter and Instagram.

The other same-day delivery service is Postmates, which is headquartered in San Francisco and has offices in 30

cities now. The Phoenix location has grown steadily since the delivery company started earlier this year.

The delivery fee is \$5, unless there's a discount promotion. Customers download the app and sign up with a debit or credit card. This allows the driver to pay for items with a special debit card that is filled every time a customer places an order.

Paul Jones first worked for Postmates while staying in Chicago. There the couriers get around on bicycles. But that's not practical for Phoenix in the summertime, so Jones uses his trusty Subaru.

Among his more unique deliveries was picking up the belongings of an ex-girlfriend at the boyfriend's house. He's even picked up air conditioning filters for one customer, and he once delivered 60 pounds of ice on his bike in Chicago.

Jones was nominated for Postmate of the Month in July, and that's out of thousands of drivers nationwide. "It's kinda funny, cheesy bragging rights," he laughs.

Like all Postmates drivers, Jones decides his own schedule and works around 30 hours a week. "I try to engage with everyone throughout my day," he says, adds that since he's on the road so much he sees things people have dropped or left behind. "I've returned a Red Box movie I found on the street," and he recalls helping a young lady find a ring she dropped in a parking lot at night.

COMMUNITY

Customers can rate the driver and the delivery, such as the attention to detail. That's why Jones makes sure there is plastic ware in the bag before he leaves a restaurant. He says he was curious about delivering 20 plastic spoons to a nightclub for someone wishing to do some sort of dance. "I didn't know anything about dancing with spoons. I think that makes it more fun." He is allowed to deliver prescription medications but not alcohol, cigarettes, gasoline or live animals. Priority deliveries can be scheduled in advance, and general deliveries are the ones that are called in each day. Participating merchants also receive window stickers to help get the word out about their instant delivery operation. "We're here to help make your life easier," says Jones. You can schedule a delivery by visiting www.postmates.com/phoenix.

MAKEOVERS continued from page 1

tations. It's been amazing." John Eldean, senior real estate relationship manager for Alliance Bank of Arizona, also serves on the board of BHGH as part of the bank's program of community outreach. He says that when the idea of refurbishing the two aging homes came up, he immediately knew what to do. "My contacts through the bank are home builders, so it was a no-brainer to approach them," he explained.

Eldean contacted Ed Robson, founder of Robson Communities, who then "ran with it," contacting all of Robson's trade partners. Camelot similarly came on board with a great deal of excitement and enthusiasm. Eldean estimates the total value of the remodel at the Boys Hope home to be in the neighborhood of \$250,000-\$300,000.

"This would not have been possible without our trade partners, who really stepped up and took time out of their busy schedules to get this done," said Chris Harrison, senior vice president of Construction Operations, Robson Communities. "In a short period of time, they did an incredible job." (To see a full list of participating vendors, view this article at www.northcentralnews.net).

Amy Caffarello, executive director of BHGH, said, "Thanks doesn't even begin to say it. Thanks for the new homes, thanks for the new future. Countless, endless good things are

going to happen in these homes for years to come."

Boys Hope Girls Hope (BHGH), established in 1989, is a privately funded nonprofit agency that helps academically capable and motivated children-in-need, through college. The program provides educational scholarships, academic support, enrichment opportunities, and the resources youth need to reach their full potential, which sometimes includes housing.

The Boys Hope Residential Home in North Central Phoenix opened in 1989. Currently it serves eight boys, who attend various parochial schools in the community including Brophy, St. Mary's and Bourgade. The Girls Hope Home opened a short distance away in 1998 and serves eight girls, who attend Xavier, St. Mary's and Bourgade.

The non-residential Community-Based Program began in 2004 to increase the number of children served.

BHGH of Arizona currently serves 90 youth: 16 in residence, 42 in the community-based program, and 32 in college. For more information, visit www.bhghaz.org.



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COMMUNITY

Local resident touts the business of barbering

By Teri Carnicelli

North Central resident Sam Barcelona grew up around hair. Lots and lots of hair.

He came from a family of barbers; both mom and dad knew how to cut with the best of them, and older brother Frank, who helped Barcelona sweep up in the family's basement barbershop, also is savvy with the shears.

But Barcelona decided to take a different route, first serving five years with the U.S. Navy Band, then graduating from the University of North Carolina School for the Performing Arts in Winston Salem, N.C. After he received his degree, he traveled around the country doing stage and commercial work, but didn't find it as satisfying as he had hoped.

Barcelona still had a little money left in his VA educational account and was told he could either go to a welding school or barber school. "Barber school seemed like an easier fit seeing as how I pretty much grew up in a haircutting environment," Barcelona pointed out.

After Barcelona finished his barber training almost 40 years ago, he worked in a few shops learning his craft, again by watching the pros—"how they cut, how they related to people with good customer service and also how they ran a business," he explains. "I felt that these are the real tools of the trade—any trade." He eventually opened his own business and also continued his pursuit of knowledge, receiving a master's degree in education.

"I am a proponent of quality education and standards and thought that I could make a difference if I were working as a government regulator with the State Board of Barbers, to continue raising the bar in barbering. When a part-time position became available I interviewed and got the position as a regulatory investigator."

That was 10 years ago, and not only is Barcelona now the assistant director of that board, one year ago this month he was inducted as the 2015 president of The National Association of Barber Boards of America (NABBA).

The NABBA works with State Barber Boards in serving more than 350,000 barbers and shops throughout the country. There also is a large continuing education component, provided through a national conference—



Sam Barcelona is this year's president of the National Association of Barber Boards of America, which will hold its annual conference in Phoenix this month (submitted photo).

which, as luck would have it, is in Phoenix this month at the Embassy Suites-Biltmore Sept. 20-24.

Right in President Barcelona's back yard.

It's also the first time that Phoenix has been the host city for a national NABBA conference since the organization's inception in 1926. So Barcelona is feeling the pressure to put on a great event.

"This will be a wonderful opportunity for these state delegates who come from all around the country to experience what our great state has to offer," Barcelona said.

Barcelona also hopes the public will continue to support the traditional small-business local barber. "Over the years I have been asked why, with so many other grooming options today, should the public support barbershops. A barber's specific training focuses not only on the specialized traditional hot lather shave, but also on the visual imagery and the creative ability to achieve a particular look with cutting shears over comb and clipper work to achieve that custom desired look," Barcelona says.

"Even today, there is no greater spoiled feeling than a professional hot lather straight-razor shave, the smell of bay rum in the air and the conversation that can still only be found in a true traditional barbershop. Barbering is still one of the oldest professions in existence today and is also as American as Apple Pie."

For more information on the National Association of Barber Boards September conference in Phoenix, go to www.nationalbarberboards.com.

ADVERTISEMENT

Real Estate Corner

Bobby Lieb

Your North Central and Biltmore residential real estate specialist

Changes don't stop in North Central!

I have said in previous monthly articles that it is very exciting to see all the changes in North Central. Many new restaurants, many new homes under construction--at last count there will be



over 325 new homes constructed over the next three years...and new businesses. One new business is TOPS Physical Therapy. I asked one of the owners, Chad Bohls, to write a

few paragraphs on his new business:

Dreams really do come true!! One year ago, TOPS Physical Therapy started in our local community at the southeast corner of 16th Street and Missouri inside Madison Square. TOPS, The Orthopedic & Performance Specialists, is an outpatient orthopedic clinic that strives to provide the highest level of care to each patient individually. Their staff is very highly trained and has significant experience in various treatment options, including manual work, ASTYM, dry needling, spinal manipulations, and corrective exercises, with the overall goal of decreasing your pain and helping you to return to your active lifestyle and daily routines. Their clinicians provide individualized, hands on, full body physical therapy techniques designed to maximize muscle and joint function, core stabilization, and sports rehabilitation.

TOPS Physical Therapy was established by a physical therapist, Dr. Amy Brannon, an athletic trainer, Chad Bohls, and an office manager, Naomi Kelley. Amy, Chad and Naomi created their friendship and bond while working at Fischer Sports Physical Therapy for more than seven and a half years. More recently they have been able to add physical therapist, Dr. Matt Zanis, to their dynamic team. This power

squad has not only established a successful small business, but they have excelled in their first year! They have become a well-recognized name in the community, and have also branched out to teaching. TOPS is currently teamed up with HeartFit for Duty to teach the Health and Wellness Module for the entire Phoenix Police Department over the next two years. They have created a police-specific screening evaluation and treatment plan to help those who serve our community. Thank you, TOPS!

You can call for an appointment, or request one online. They accept all major insurances. TOPS is also very active on social media, so follow them to see what the latest classes or activities that are being offered!! Please help to welcome TOPS to the growing small business sector of the central valley!

Contact TOPS PT at 602-826-0037 or www.topsphysicaltherapy.com.

Speaking of changes, I am excited to add another half page in the *North Central News*. This paper far and away is my best marketing tool and I feel that adding another page was essential for my listings. This month my extra page will help market my Luxury Home Listings. I have been fortunate to have sold more than 85 homes in 2015, including three homes over \$2 million. Our neighborhood is very stable and will only continue to add more luxury homes since there is a strong demand for homes over \$900,000 in North Central.

Have a great and healthy September.

Bobby Lieb

Bobby Lieb
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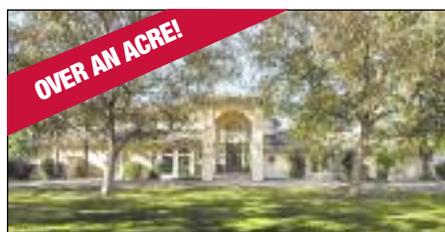
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COMMUNITY

BOOST continued from page 3

Musical Instrument Museum, an all-school assembly from the Phoenix Symphony, a pass to the Phoenix Art Museum at each school that families can check out for free, and many more programs.

“I just think it is so special that the Realtor community is supporting our efforts to ensure additional arts and music education for the students in our district,” said Suzanne Treviño, a volunteer board member of the Madison Education Foundation. “It is truly a winning partnership.”

Currently, the campaign has raised about 10 percent of its goal. Donations can be made at www.madisoneducationfoundation.org. “North Central Phoenix residents know the importance of a quality education and I would encourage everyone to think about making a tax-deductible contribution so we can ensure that today’s students, as well as the next generations, are guaranteed these special additions to their school experience,” Treviño said.

Realtors who are interested in par-

ticipating, either through the rider sign or the \$125 pledge, can get more information on the foundation website or by contacting Shelly Dunlop at 602-796-6000 or Dunlop.shelly@gmail.com.

Chile Pepper Festival heats up downtown

Prepare your palettes—it's going to be a spicy September! The 4th Annual Chile Pepper Festival returns to downtown Phoenix 4-11 p.m. Saturday, Sept. 26 at the Phoenix Public Market, 721 N. Central Ave.

Taste an eclectic mix of the finest chile pepper cuisine the city has to offer from more than 25 local restaurants and chefs, and wash it down with craft beer from Deschutes Brewery and sweet and spicy margaritas from 3 Amigos Tequila. Visitors also will enjoy live music with local bands and performance groups, pick up some hot moves with local salsa dancers, and vote for the best dish in the Chile Pepper Challenge.

Bags of roasted chiles, chile pepper wreathes and more will be available for

purchase. There also will be cooking demonstrations and a Kids Zone with craft activities.

Admission is free, however, all tastings will cost you a ticket or token—generally, \$2 for food and \$5 for a beer or margarita. Save a little money and buy your tasting and drink tickets in advance online at www.chilepepperefest.com. Follow Chile Pepper Festival on Facebook.

Ben's Bells opens studio downtown

Ben's Bells Project is opening a downtown studio in the Roosevelt Row Arts district with a Grand Opening Celebration is set for 6-9 p.m. Friday, Sept. 18 at the studio, 417 E Roosevelt St.

Ben's Bells was founded in 2003 after the sudden death of Tucson resident Jeannette Maré's 2-year old son, Ben. The simple, everyday acts of kindness following his death helped Maré survive and begin to heal. She was inspired to establish the Ben's Bells Project as a way to recognize and continue the kindness shown to her.

On the first anniversary of Ben's death, 400 bells were hung in public places in Tucson for strangers to find. To date more than 46,936 bells have been hung in Tucson and beyond. In addition to bell distributions, Ben's Bells Project provides kindness education programming for more than 320 schools, reaching more than 180,000 students.

The Grand Opening Celebration will feature Ben's Bells kindness-themed activities, temporary tattoos, refreshments and giveaways. Meet the Ben's Bells staff including Phoenix Studio Manager Christy Brown and Founder/Executive Director Jeannette Maré.

“We wanted to find a place with a lot of character and soul and we couldn't be happier with the space Greg Esser and Cindy Dach offered,” Maré said. “The studio space is beautiful and the perfect environment for groups of all kinds to gather to work on Ben's Bells and to engage in kindness education activities.”

For more information, call 602-374-5523 or visit <http://bensbells.org>.



“The opportunities available to residents here are amazing!”

JOE
Maintenance Technician,
Beatitudes Campus

It's funny, how living a rich life has so little to do with money and so much to do with helping people you care about. Like the friends you make among residents and staff of Beatitudes Campus.

MEET JOE.

When you're trained in construction and maintenance, the idea that working for a retirement community could be the best job you ever had is not likely to cross your mind. But, that's what friends are for – in particular, one who works there and sings its praises in an all-out effort to recruit you. That's how Joe found his way to Beatitudes Campus two years ago and he's so glad he did. Any given day finds him and other members of the maintenance team updating apartments for new residents, working on full-scale renovations, or making service calls to apartments or garden homes. For Joe, doing his part to keep Beatitudes Campus in top shape is work to be proud of. Even better, is getting to know the residents and being part of the community of people who live here and work here – it's the people that make this such a special place.

Joe invites you to discover how living at Beatitudes Campus can enrich your life, too. To schedule a private tour, call (602) 995-6100.



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COMMUNITY

Student receives a 'dorm room' shower

The Sunnyslope Kiwanis Club recently “showered” a Central High School graduate, first with a scholarship for \$1,200, and then with a surprise “dorm room shower” to help supply Wendy Alanis’ living quarters at the Arizona State University West Campus. Wendy began classes there last month, and is majoring in elementary education.

Wendy was the special guest at the Kiwanis Club’s Aug. 6 luncheon at North Mountain Brewery, where she received a carload of goods including pillows and bedding, a gently used flatscreen TV and DVD player, desk lamp, laundry bag and supplies, towels and bath products, a printer, desk organizer, \$50 in Target gift cards, and more.

Kiwanis club member Betsy Durkin, who organized the dorm room shower for Wendy, learned of the financial struggles of Wendy’s family and broached the idea of the “shower” to her fellow club members, who not only agreed but came through in a big way. After the meeting, Durkin loaded all the donated items into



Central High School graduate Wendy Alanis, center, was surprised with a “dorm room” shower from the Sunnyslope Kiwanis Club during its Aug. 6 lunch event. The shower was the brainstorm of Kiwanis member Betsy Durkin, left, who learned more about Wendy’s family’s financial struggles in conversations with her, and broached the idea to club president Glenn Gormley, right, who whole-heartedly supported the idea (photo by Teri Carnicelli).

her personal vehicle and later delivered them to the dorm room.

Wendy wrote a thank-you note to the club expressing her gratitude and pledging to one day “pay it forward.”

The Sunnyslope Kiwanis is a service club comprised of small business owners and corporate managers, school district officials, retired business owners and others who are actively involved in

the Sunnyslope community. The club’s mission is to serve the youth in Sunnyslope through several service projects, including two annual high school scholarships that are available to Sunnyslope and Central High School students. For more information, visit Sunnyslope Kiwanis on Facebook.

Get a job at the botanical garden

The Desert Botanical Garden, 1201 N. Galvin Parkway, will host a job fair 9 a.m.-12 p.m. Saturday, Sept. 12. Job seekers are invited to learn more about the employment opportunities in support of the upcoming exhibition, “Bruce Munro: Sonoran Light.”

Hiring will begin in September for positions that range from admissions and call center to member services associates and event set-up assistants. Full and part-time day, evening, and weekend schedules will be available through the exhibit duration. Bring your resumé.

Information on volunteer opportunities also will be available. For more information, visit: www.dbg.org.



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Is your child a mouth breather? Does your child snore?

Mouth breathing can cause a child's face to grow vertically instead of the more balanced horizontally. Different types of treatment can straighten teeth but several pull the teeth back instead of expanding the arches. Often times, treatment includes extraction of teeth to make room for their straightening which creates even less room.

BENEFITS OF PROPER EXPANSION CAN INCLUDE:

- Optimal facial growth
- Less time in braces
- Proper tongue and cheek balance
- Reduces the risk of ear infections
- Proper airway development
- Reduces the risk of headaches
- No need for extractions with braces
- Reduces the risk of a recessed chin
- Reduces TMJ issues
- Reduces the risk of sleep apnea

Mouth breathing is not healthy and can negatively affect the entire body. Correcting airway issues is vital to overall health and development.

COMMUNITY

Volunteer tutors sought for program

As children gear up for their second semester of school, volunteer tutors are needed to help them finish out the year successfully.

The OASIS 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 elementary 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 train-



Volunteer tutor Maggie Kraft works with student Erik Bautista on his reading skills as part of the OASIS tutoring program. The program currently seeks literacy tutors (submitted photo).

ing will be held at Madison Camelview, 2002 E. Campbell Ave., from Sept. 28-30, 9 a.m. to 12 p.m.

For more information, contact Kim Gullo at 602-664-7285 or e-mail her at kgullo@msd38.org.

Merkaz Ha-Iyr moves to new home

One of the Valley's most progressive synagogues has moved to a larger, inspiring space. Merkaz Ha-Iyr, which

means "Center of the City," has a new home in North Central Phoenix.

The new location at 12861 N. 8th Ave., just south of Thunderbird Road, is part of the Shadow Rock United Church of Christ campus. Staci Mayer, Merkaz's president, explained, "We have the wonderful problem of growth and we are excited to have found a beautiful and spiritual space."

The new home is ideal for members' continued desire to experience Arizona's magnificent natural setting. As part of Merkaz's organic approach to Judaism and traditions, the campus has many indoor and outdoor spaces that are perfect for services, holiday celebrations, child and adult education, and the teen "Jewth" group. The inspirational new space will add to the camp-like, once monthly Friday night Shabbat services.

Limud, the religious school, teaches Hebrew and Jewish values for youth ages 4-13 years and will also benefit from the new setting.

Information about services and High Holidays can be found on the website: www.congregationmerkaz.org.

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Beautiful 2013 home in Arcadia - 2800sf, 4 bed/2.5 bath, plus a den, 3 car garage, hardwood floors, granite counter tops, custom cabinetry, wainscoting. Hopi Elementary school, walk to LGO and Kachina park!



**39 E. Kaler
\$579,000**

Completed updated in 2013, 3 bed/3 bath, wood tile floor, spacious and open kitchen with custom cherry wood cabinetry, granite countertops and center island. Living room, dining and family room. Generous bedrooms with walk in closets. Large covered patio and expansive grassy back yard with endless possibilities!



7514 N. 6th Place

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Kitchen features cherry cabinets, granite countertops, S/S appliances and travertine flooring. Master Suite, generous spa like bathroom with private atrium. Inside laundry, ample storage, and updated pool in just the right spot!



For more information on these and other properties, contact

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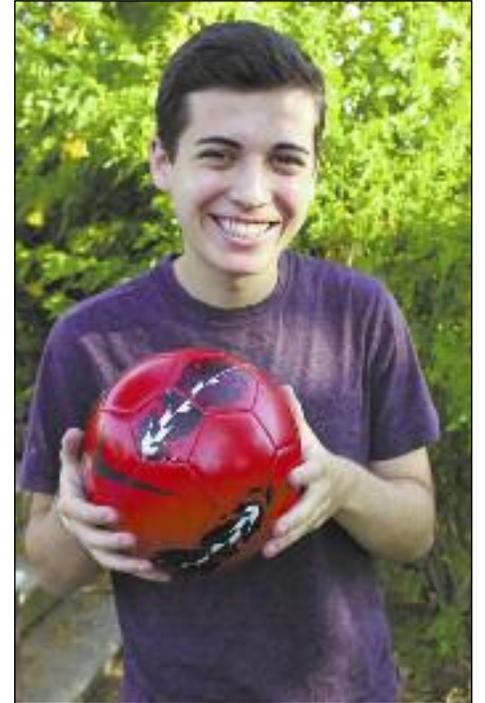
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Spotlight On ...
Local youth named a national 'ambassador'

North Central teen Josh Kaplan has been selected to serve as a National Child Awareness Month Youth Ambassador. As one of 51 Youth Ambassadors selected from a nationwide pool, Josh will receive funding and training to lead an initiative to create the first soccer program in the greater Phoenix area for youth with and without intellectual disabilities.

Josh's work begins in September—National Child Awareness Month—when he travels to Washington, D.C., for leadership training and meetings with members of the state's congressional delegation. He then returns home to launch a campaign to overcome the stigma of children with intellectual disabilities through his soccer program.

Josh's program, entitled GOALS (Giving Opportunities to All who Love Soccer), involves youth ages 8 to 14, where each athlete is partnered with a buddy, who play together as a unit.



Josh Kaplan, a North Central resident, has been selected to serve as a National Child Awareness Month Youth Ambassador (submitted photo).

This program creates positive peer-to-peer interaction while spreading the value of sports in everyday life.

Josh, 16, was selected through a competitive application process, and chosen based on the quality of his project proposal and its potential to create substantive, large-scale change on behalf of young people in Arizona.

Now in its eighth year, National Child Awareness Month is a program spearheaded by Festival of Children Foundation, in collaboration with YSA (Youth Service America), to raise awareness about issues affecting children. The 51 Youth Ambassadors will work in their communities, and form a collective network to raise awareness around issues important to young people. Youth Ambassadors receive a national-level platform for their cause; a \$1,000 grant to develop a service project in his or her home state; ongoing training and project guidance; and networking opportunities with other Youth Ambassadors across the country.

Josh is a junior at Rancho Solano Preparatory School and has been an avid soccer player since he first joined a team at age 7. He has been playing club soccer ever since. Last year, he created GOALS after his younger brother's teammate, who had Down Syndrome, was unable to play on a regular soccer team.

GOALS is a Unified soccer program in Phoenix that partners youth with and without intellectual disabilities for small field scrimmages, and is



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COMMUNITY

set to launch in the upcoming months. For this program, Josh recently attended the Special Olympics Social Impact Summit, a week-long training program in Los Angeles, where he joined 100 other youth from 30 different countries, all of whom have projects that generate inclusion for children with intellectual disabilities.

Mulligan does internship in Budapest, Hungary

Kathleen Mulligan, a North Central Phoenix resident, recently completed a two-month International Internship Program through Princeton University working as a molecular biology researcher at Semmelweis University Medical School in Budapest, Hungary.

The IIP is a highly competitive program that places Princeton students in internship placements in different fields through the world. During her internship, Mulligan focused on researching the Von Willebrand factor in blood clotting and Von Willebrand disease. She also studied the secondary structure and behavior of the titin muscle protein, and the surgical ramifications of complement activation-related pseudoallergies (CARPA).



Kathleen Mulligan

Founded in 1769 as the Medical Faculty of the University of Nagyszombat, Semmelweis University is the oldest medical school in Hungary. The Faculty became an independent medical school after World War II and has developed into a university that teaches medicine, dentistry, pharmacy, health sciences, health management, as well as physical education and sport sciences.

IIP internships with Semmelweis University Medical School provide access to different laboratories at the university to learn about ongoing research, help in the experiments and carry out mini-projects.

Mulligan is a 2013 graduate of Xavier College Preparatory, where she was a National Merit Finalist, and a member of the National Honor Society and National Spanish Honor Society. At Princeton University, Mulligan is majoring in Ecology and Evolutionary Biology.

Local youth is a Kohl's Cares winner

North Central youth Seamus Simmons, 12, was named a Regional Winner in the annual Kohl's Cares Scholarship Program.

Three years ago, Seamus traveled with his parents and younger brother to a school in the township of Soweto, South Africa, and saw firsthand the lack of basic supplies for the school children. It made such an impression on him, that when he returned home he started fundraising to buy supplies and send them to the school.



Seamus Simmons

Seamus created the RePack Project to continue to collect and donate used school supplies to benefit the school in South Africa. He has collected more than 10,000 school supplies and personally delivered them to the school.

Seamus was first named a local winner and received a \$50 Kohl's Gift Card. As a Regional Winner, he also received a \$1,000 scholarship for higher education.

Since the program began in 2001, Kohl's has recognized more than 24,000 youth, including the 2015 winners, with nearly \$4.7 million in scholarships and prizes. The Kohl's Cares Scholarship Program is part of Kohl's Cares, Kohl's philanthropic program focused on improving the lives of children. For more information about Kohl's community involvement, visit www.kohls.com/cares.

Smallwood makes the Dean's List

Melissa Irene Smallwood of North Central Phoenix has been named to the Dean's List for the 2015 spring semester at Trinity University. The Dean's List honors Trinity students who maintained a grade point average of 3.65 or better while enrolled in a minimum of 15 semester hours. A total of 321 students earned this distinction in the spring.

Located in San Antonio, Texas, Trinity is a nationally respected institution with approximately 2,300 undergraduate students and 200 graduate students from 43 states and 60 foreign countries.



HAPPY HOUR WITH HERSCH

As Charlie Chaplin once said, "A day without laughter is a day wasted." How mundane one's day would be without a hearty laugh or a good chuckle. The beauty of humor is that it can be generated in so many different ways from the everyday actions of a child to a funny scene in a movie or television show. Most know that laughter is good for your health by relieving stress and soothing tension. Did you know, according to the Mayo Clinic, that it also improves your immune system and stimulates your organs like the heart and lungs? My personal sense of humor runs the gamut but, more often than not, finds its home on the "blue side" of the fence. So whatever makes you laugh, be it cat videos on YouTube or that "one time at band camp" from American Pie, make sure you get your fill every day. Consider it the broccoli for your soul; doctor's order!

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Last Month's Answer: Billy Sims

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COMMUNITY

VFW Post hosts two essay contests

The Ladies Auxiliary of VFW Post 9400 once again hosts its Voices of Democracy essay contest for high school students (grades 9-12). In addition, the group presents a "Patriot Pen" essay contest for middle school students.

The topic for the 2015-2016 Voices of Democracy program is "My Vision for America." High school students who wish to enter the contest will complete the statement in both a written essay and a 3- to 5-minute recording on a CD. Judging is based on originality, content, and speech delivery on the recording. Students must speak clearly on the recording and the volume should be reasonably high enough to hear.

The essay, CD and entry form must arrive at the VFW Post 9400, 804 E. Purdue, Phoenix, Ariz., 85020, by Nov. 1. You can download the entry form at: <http://www.vfw.org/Community/Voice-of-Democracy/>.

Certificates will be presented to all entrants, and the first place winner will receive a cash prize and advance to the district competition. Winners of the district contest will receive an additional cash prize and advance to state, and that winner could receive an all-expense-paid trip to Washington, D.C., for the national competition and a chance at the \$30,000 first place prize.

The theme of this year's Patriot's Pen Contest is "What Freedom Means to Me." All sixth, seventh and eighth grade students are eligible to write an

essay of 300-400 typewritten words. The first-place winner from each state competes for national awards totaling \$50,000, with each first-place state winner receiving a minimum of \$500. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C.

Essays with accompanying entry forms must be received by Nov. 1 at the VFW. Download the entry form at: <http://www.vfw.org/PatriotsPen>.

Judging is done by the local Post, then by district, then by state judges. Cash prizes are available at all levels. National prizes are U.S. Savings Bonds ranging from \$1,000 to \$10,000.

For more information, call Ladies Auxiliary President Louise Burrell at 602-595-8779 or the Post at 602-943-9930.

Be a local hero, donate blood

Abrazo Central Campus (previously known as Phoenix Baptist Hospital) is hosting a blood drive on Wednesday, Sept. 9 at the hospital, 2000 W. Bethany Home Road. Appointments can be made from 8:30 a.m. to 12:30 p.m.

All donations are encouraged, with a special emphasis on O-Negative blood. O-negative blood type donors are universal donors as their blood can be given to people of all blood types. United Blood Services is conducting the blood drive. To sign up to donate blood, call 1-877-827-4376 or go to bloodhero.com.



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“ Randy once again is serving as a unifying figure, if he doesn't deserve a Key to the City, I don't know who does.”

- Mayor Greg Stanton

Bands and Brothers

Tim and Tom sat down with JCK Magazine to discuss our store renovations, cutting-edge technology, and custom jewelry design capabilities. The once-traditional shop now boasts a bevy of next-generation elements that highlight Schmitt's high-tech capabilities. Floor-to-ceiling glass walls inside the shop showcase designers and bench jewelers making new pieces and doing repairs. It's a space where Old World techniques coexist with cutting-edge technology, including a 3-D printer and lasers.

“ The store is really a reinforcement of who we are and where we're going.”

- Tom Schmitt



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COMMUNITY



This 12-year-old Border Collie still loves to play fetch and go for long walks. He would love to find an active and playful forever home (submitted photo).

Pet of the Month Mature Border Collie still has lots of energy

The perfect day for Jinx needs only two ingredients: a ball and someone to throw it. The agile Border Collie is a fetching machine and would benefit from an owner with a good throwing arm. He will leap in the air to catch a Frisbee and retrieve a stuffed toy or wayward tennis ball with great enthusiasm.

Location doesn't matter; he will fetch in the living room, down the hallway or catch the ball on a small porch, but he performs at his best when he's set free in a spacious yard. Loaded with energy, he'd be happy to join you for a morning jog, go swimming in the afternoon and tackle a hike later that day.

Given up because his owners were getting divorced, this smart, inquisitive and eager-to-please 12-year-old family dog is well trained and an obedient canine. Even after a day of activity, this active dream-

er is still running in his sleep.

Bring the family to the Arizona Humane Society's Sunnyslope Campus located at 9226 N. 13th Ave. to meet Jinx. His adoption fee is \$110. For more information, call 602-997-7585 and ask for animal ID number A517271. Jinx may have been adopted by the time you visit the shelter but you can see all the pets in need of a home by visiting www.azhumane.org.

Learn how to rescue pets from emergencies

The Arizona Humane Society's EAMT Academy, Sept. 14-Oct. 12, is your chance to experience firsthand how AHS' heroic Emergency Animal Medical Technicians serve and protect the animals in the community.

EAMTs are essentially pet paramedics who are trained to rescue and stabilize sick and injured stray animals on scene. Those who attend the academy will learn the skills needed to provide emergency treatment to stabilize sick and injured pets. Skills include how to give IV fluids and rescue pets from all sorts of situations such as being stuck in canals or trees, as well as after being hit by a car.

You must be at least 18 years old to attend the academy, which takes place every Monday from 8 a.m. to 5 p.m. Tuition is \$500. For those who plan to become a vet technician or veterinarian, it's a great training opportunity; graduates also can apply for any job openings in the EAMT department. For more information or to register for the EAMT Academy, visit www.azhumane.org.



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COMMUNITY



Gabor Vajda, center, owner of the new ServePets multi-service pet facility, says that your canine companions will be treated like family there. Pictured with him are groomer Jennifer Stiner, left, and her Shih Tzu, Weedo; groomer Tina Hemby; and Prissy, one of the two staff dogs at the North Central News (photo by Teri Carnicelli).

Pet facility to celebrate grand opening

A new grooming, doggie day camp and obedience school opened last month in the North Central community.

ServePets is a multi-service pet facility located at 2605 W. Northern Ave. There you can wash your dog yourself, take advantage of grooming services, drop your dog off for a day of play at doggie day camp, and more.

ServePets is the creation of Dr. Gabor Vajda who, with his family, has been a North Central resident since 1962. He was a well-respected veterinarian during his 50-plus years of practice in the Valley. He is now retired, but cannot divorce himself from his love and passion: animals. This passion is what led him to start ServePets.

“ServePets is a reflection of our lifelong love of and commitment to our pet companions,” Vajda explains. “We will treat our guests as if they were our very own.”

The day “play camp” allows for a maximum of 20-25 pets in an open and airy space where pets can interact and socialize. In addition, staff will supervise the dog area at all times and a variety of toys will be available for the dogs to play with.

As an added feature, if you don’t have time to get to ServePets yourself, for a fee you can have your pet picked up and later dropped off after their day of pampering and play is complete.

Obedience training classes will be offered by internationally renowned trainer Christine Filler (www.obedientbuddies.com).

A grand opening event is set for Saturday, Oct. 3, featuring several pric-

ing specials and giveaways. You can also pick up information about obedience training and grab a treat from pet bakery.

Hours are 7 a.m.-6 p.m. Monday through Friday, and 7 a.m.-4 p.m. Saturdays. For more information, visit www.servepets.com or call 602-841-1700.

MCACC reduces fees for dogs, cats

Since July 1, Maricopa County Animal Care and Control (MCACC) shelters have averaged an intake of 121 animals per day and the agency is asking the public for assistance. MCACC will extend its Dog Days of Summer adoption promotion through Sept. 30 in the hopes of finding homes for shelter pets.

All dogs (any age) are \$20, kittens (under 6 month of age) are \$20 and the adoption fee has been waived for cats over six months.

The adoption special is available at the West Valley Animal Care Center, 2500 S. 27th Ave. For more information about MCACC, visit www.maricopa.gov/pets.

Home Fur Good uses grant for adoptions

Home Fur Good Animal Rescue & Placement, 10220 N. 32nd St., was one of only 15 animal welfare organizations nationwide to receive a grant from The ASPCA (The American Society for the Prevention of Cruelty to Animals) to help fund a “Clear the Shelters” adoption event on Aug. 15.

Home Fur Good is a nonprofit organization formed by a group of animal advocates in 2009 to reduce the rate of euthanasia of adoptable animals in Maricopa County by finding the animals forever homes.

The “Clear the Shelters” nationwide dog and cat adoption effort was sponsored by the NBCUniversal-Owned Television Stations division of NBC Universal and Telemundo. A total of \$114,000 was distributed to the 15 participating organizations. Home Fur Good received \$8,000, which it will share with five other Arizona shelters that participated in the event.

Home Fur Good adopted out two cats and 11 dogs during the event, with one additional dog adopted out the next day. For more information about Home Fur Good, visit <http://homefurgood.org> or call 623-252-2434.

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Global Rabies Prevention Initiative World Rabies Day on September 28, 2015

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- Rabies is a deadly disease transmitted in saliva.
- Cats & dogs are infected with rabies by wild animals every year.
- Foxes, bats, raccoons, and skunks are the most common wildlife to become rabid.
- Bites from unvaccinated pets & stray animals cause many human exposures.
- 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
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COMMUNITY

Community Central Info Meeting for Prospective Docents

11 a.m. Friday, Sept. 4
Heard Museum, Encanto Room
2301 N. Central Ave.

Be the portal through which Heard Museum visitors view its many fascinating exhibits by becoming a qualified member of the Heard Museum's docents, called Las Guías (or "The Guides"). To be eligible for Las Guías, one must first be enrolled as a member of the Heard Museum Guild. The \$225 class fee also covers the cost of a required criminal background check. Training classes begin in October. The informational session is free. To learn more about Las Guías, visit www.heardguild.org/museum-guides.

Wine & Cheese Open House
6-7:30 p.m. Thursday, Sept. 10
Beth Ami Temple, inside the Palo Cristi Church Sanctuary
3535 E. Lincoln Drive
602-956-0805

Beth Ami Temple invites the community to attend its Open House and discover more about the "small temple with a big heart." Established in 1978, Beth Ami is a boutique temple for active adults seeking a spiritual and social connection with their Jewish roots. The open house will offer the public the opportunity to meet Rabbi Arthur Abrams and Cantorial Soloist Pam Beitman, learn about the congregation's many social groups and enjoy complimentary wine and cheese. For more information, visit www.bethamitemple.org.

'Fun Facts and the Dirty Truth about Arizona Ballot Measures'
6:30 p.m. Tuesday, Sept. 15
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) hosts Eric Ehst, who has served as an officer or board member for multiple organizations, including the Valley Citizens' League

and the Arizona Advocacy Network. He has many years of experience in Arizona elections as a candidate (state senate and U.S. Congress), campaign manager, and treasurer for multiple campaigns. Ehst will present, "Behind the Scenes: Fun Facts and the Dirty Truth about Arizona Ballot Measures." The program will begin after an optional dinner (\$15) is served at 5:30 p.m. RSVP for the dinner to Sue at 602-992-8145. Visitors are welcome. Enter at the gate by the flagpole.

ALP Membership Coffee
10 a.m. Wednesday, Sept. 16
ALP Philanthropic Center
9224 N. 5th St.
602-944-7636

Assistance League of Phoenix is seeking individuals who want volunteer opportunities, personal growth, leadership skills, and camaraderie. An informational coffee will be held as part of an ongoing commitment to introducing ALP to individuals in the community. This informal event gives potential volunteers an opportunity to learn about the organization and meet enthusiastic members. Members set their own volunteer schedule, and many volunteer opportunities are available. For questions, call or e-mail info@alphx.org.

North Central Phoenix HOA Annual Meeting
6 - 8 p.m. Thursday, Sept. 17
All Saints Episcopal Church and Day School
6300 N. Central Ave.
www.ncpha.org

The North Central Phoenix Homeowners Association invites all residents living in the area between 7th Street and 7th Avenue from Missouri to Northern avenues to attend to learn about current issues affecting the neighborhood. Guest speakers will include Phoenix Mayor Greg Stanton and members of the Phoenix Police Department.

2015 Lincoln Invitational
6:30 a.m. Friday, Sept. 18
Camelback Golf Club
7847 N. Mockingbird Lane
602-331-7860

Proceeds benefit Desert Mission and the work it does in the community. In 2014, the Food Bank provided 42,940 emergency food bags to families, the Community Health Center had 4,063 healthcare visits, and the Children's



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COMMUNITY

Dental Clinic saw 3,363 dental patients. Registration for the Lincoln Invitational and breakfast start at 6:30 a.m., with a shotgun start at 7:30 a.m., followed by lunch and award presentations at noon. Cost is \$350 per golfer. Visit www.jclhealthfoundation.com/golf.

Phoenix Writers Club
12-2 p.m. Saturday, Sept. 19
Bluewater Grill

1720 E. Camelback Road

Guest speaker is Marshall Shore, Arizona's "Hip Historian." Cost is \$15 members and \$20 guests. Reservations must be made by Sept. 16. RSVP to navissak@hotmail.com with Phoenix Writers Club in the subject line. Members and the public are welcome.

Shred-A-Thon

9 a.m.-12 p.m. Saturday, Sept. 19
Catholic Charities
4747 N. 7th Ave.
602-781-3962

For each attendee, the first two boxes (file box size) are free, with all additional boxes costing \$5. The funds raised will go to Catholic Charities programs in foster care, domestic violence, sex trafficking, veterans and others.

Book Festival

12:45-6 p.m. Sunday, Sept. 27
Irish Cultural Center
1106 N. Central Ave.
602-312-4004

Presented by the Phoenix Sister Cities, Ennis Committee. The day will include author readings, book signings, tours of the ICC and an opportunity to meet the authors. There also will be live Irish music and refreshments. Cost is \$45 for advance registration, \$55 at the gate; high school and college students pay a \$20 flat rate. Gates open at Noon. For more information or to register, visit www.phoenixsistercities.org.

Historical society hosts fall opening meeting

The Sunnyslope Historical Society will host an Open House 2-4 p.m. Sunday, Sept. 13 at the Sunnyslope History Museum, 737 E. Hatcher Road. It's a chance to reconnect after the summer hiatus and invite new visitors and new members.

The first regular meeting is set for 10 a.m. Saturday, Sept. 19, at the museum. The special guest speaker is David Lincoln, youngest son of John

C. Lincoln, who will speak about the history of the Lincoln family and his own accomplishments, schooling and work he did in both the for-profit and for nonprofit sectors. The program is free and open to the public.

For more information, call the museum at 602-331-3150. Regular museum hours for the fall are 10 a.m.-3 p.m. Thursday through Sunday.

Parade entries sought for Oct. 10 event

Native American Connections (NAC) is encouraging school groups, veterans groups, other nonprofit agencies, local businesses, and more to submit an entry for its upcoming annual parade, set for Saturday, Oct. 10 in Central Phoenix. This year's theme is "The Beauty of Native American Culture."

The entry fee is \$30 if submitted by 5 p.m. Friday, Sept. 4, and \$50 if submitted by 5 p.m. Friday, Sept. 25. Parade applications can be found at: www.nativeconnections.org. For more information, call 602-254-3247.

Religious school adds classes for fall

Faith Ecumenical Institute, a new venture in nondenominational religious studies for mid-life students, successfully concluded its first year of operation and is set to expand its course offerings for the fall semester, beginning Sept. 19.

FEI offers non-credit, college-level courses in contemporary theology; adults 18 and older are invited to enroll. Four new courses are offered, including: "Religious Art Through The Centuries," "The Gospel of John," "Building An Inclusive Church" and "Where Faith and Activism Intersect."

All FEI classes are held on Saturdays and Sundays, Sept. 19 to Dec. 13 in the Chapel at Faith Lutheran Church, 801 E. Camelback Road. There are no grades, term papers or final exams. Tuition is \$100 per semester course; parking is free onsite.

For more information about FEI and its schedule, call Dr. Arlo Nau at 602-908-3321 or visit <http://faithecumenical.weebly.com/>.

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7th
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Find designer shoes and handbags at a fraction of the price while helping our agency—now that's guiltless shopping for a worthy cause!

Calling all Diva Dashers...

In addition to shopping, grab a group of your friends and come join us for the Diva Dash sponsored by Picnic Specialties. The Diva Dash is a fun, high-energy and fabulous high heel race.

Register yourself or team online at FlosOn7th.org. \$25/participant

For sponsorship opportunities, please call 602.288.4555.

8AM — Diva Dash | 9AM — VIP Shopping Hour | 10AM — Open to the Public

Flo's on 7th | 4116 N. 7th Ave. | Phoenix, AZ | FlosOn7th.org | 602.254.7861



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COMMUNITY

Shoe shopping event aids Florence Crittenton

Florence Crittenton's seventh-annual Heels for Healing is set for Saturday, Oct. 3, when new and like-new designer heels and handbags will be available for purchase at incredibly low prices during a special one-day shopping event.

This one-of-a-kind shopping experience at the Flo's on 7th resale boutique begins at 8 a.m. with the Diva Dash, a fast-paced, high-heel relay race where community members have the opportunity to create a team, dress up and race to the finish line (entry fee is \$25 per person).

Following the Diva Dash is a special VIP shopping hour, beginning at 9 a.m. Cost is \$25 to get in on the early shopping event. Heels for Healing opens to the public at 10 a.m.

The proceeds from the relay race and purchases from Flo's on 7th will support the organization's mission and essential programs such as the Girls Ranch Group Homes, the Therapeutic Group Home, transitional living and community-based services. Proceeds will also support the Girls Leadership Academy of Arizona, a Florence Crittenton initiative, and the state's first and only single-gender public school. These programs help girls and young women ages 10 to 21 discover their self-worth and empower them to become successful adults in the community.

Through Sept. 14, Flo's on 7th will collect donations of new and like-new designer, formal, casual and vintage heels and handbags for the special shopping event. All donations can be dropped off at the resale boutique, 4116 N. 7th Ave., or at Florence Crittenton, 715 W. Mariposa St. For more information, call Amanda at 602-288-4555.

Fall cooking classes at Classy Kitchen

If you love cooking, but don't love paying full price for all those high-end kitchen items such as KitchenAid mixers or Le Creuset cookware, then The Classy Kitchen is cooking up something just for you.

Housed inside a charming former home at 7118 N. 7th St., this stylish boutique and consignment store sells the finest in cookware, china, barware, tableware and small kitchen appliances, making it the perfect place to shop for

students, newlyweds and more. But that's just a taste of all the fun offered at this award-winning specialty shop, which also includes BYOB cooking classes, helpful seminars and even design-your-own custom classes for up to 12 people, hosted at the in-store demonstration kitchen.

See the full calendar of upcoming events at www.theclassykitchen.com/class-schedule, including: "Wake Up Your Vegetables" with caterer and rum cake wizard Cathy Bua on Sept. 14; a "spirited" Cocktails & Cupcakes class featuring Ross Simon, owner of Bitter & Twisted Cocktail Parlour, on Sept. 28; and An Evening with Barb Fenzl, owner of Les Gourmettes Cooking School, on Sept. 29. All classes are \$35 per person.

The Classy Kitchen offers a Sizzling Summer Special of 20- to 50-percent off storewide, through the end of September. For more information call 602-870-3530 or visit The Classy Kitchen online at www.theclassykitchen.com or www.facebook.com/theclassykitchen.

Workshop helps find affordable housing

Trellis, formerly Neighborhood Housing Services of Phoenix, a non-profit dedicated to making stable homes and communities possible by educating, building and lending, is offering a free Homebuyer Education (HBE) workshop this month.

The class takes place 8 a.m.-5 p.m. Sept. 12 at the Trellis Phoenix Office, 1405 E. McDowell Road. This class satisfies the HUD Homebuyer Education class requirement.

For more information or to register, call 623-242-8931.

Learn more about Navajo Codetalkers

Laura Tohe, professor of Indigenous Literature at ASU, brings to life the Navajo Codetalkers of World War II during a free program 2-3 p.m. Thursday, Sept. 3 at the Saguaro Branch Library, 2808 N. 46th St. See how these brave men devised and used their unbreakable code, and how Navajo spiritual beliefs helped them heal from the horrors of war.

This program is made possible by the Friends of the Phoenix Public Library, Saguaro Chapter.

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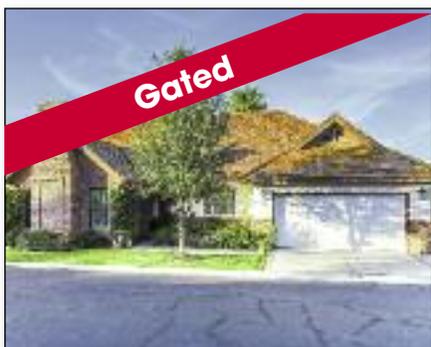
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The Growing Together ... A Giving Garden at 2nd Street and Glendale Avenue boasts a list of more than 250 volunteers, many of who show up each Saturday to tend the garden. Garden board members are in search of a new home, but are confident the volunteers will follow, wherever the garden winds up (submitted photo).

Garden needs to pull up roots and move

By Teri Carnicelli

In 2005, a North Central family purchased a property at 2nd Street and Glendale Avenue that had an old home and a duplex on it. They planned to build a spec home on it to improve the neighborhood, and to make a profit. But then the real estate market hit its big dip, and the land sat vacant.

The owners got into a discussion with a friend who suggested they allow the neighborhood to use the plot of land for a community garden. That idea took root, and in November 2009 the Growing Together ... A Giving Garden was born.

“Our original mission was to provide healthy food to local charities but it has evolved in to creating a place where our community can come together to share their time, talent and treasure to help others,” explains Ronda Cronin, one of the garden’s original founders. “It has become a place for kids to come to learn about gardening, healthy foods and giving back to others.”

Boy Scouts have volunteered, as have high school and primary school groups, church groups, corporate volunteer teams, and more. And over the years, the garden has grown. And grown.

“We started with three small vegetable beds and through the efforts of the community expanded to grow food on just about every inch of the 15,000-square-foot lot,” Cronin says.

But now the real estate market has picked up again, and the owners are

ready to try for that spec home. It’s neither a surprise nor a shock to the garden’s executive board members, who knew that day would come eventually.

“They have been very supportive of the garden and have been gracious in allowing us to invite the community to volunteer on Saturday mornings to grow it into what it is today,” Cronin points out. “As the real estate market continues to improve the opportunity for the property owners to sell the land or develop it is becoming a reality. They have graciously given us one more growing season before we have to move the garden to a new location.”

But there is quite a bit to move. A ramada. A tool shed. Several raised beds of produce. A composting area. It’s a daunting task, but the garden’s board and the steady stream of volunteers wouldn’t dream of just letting the garden go.

“We deliver fresh produce to several charities that serve those in need including Living Streams food pantry, The Lighthouse and the Dream Center,” Cronin says. Additionally, anyone in need of food is welcome to visit the garden and harvest what they need.

“We have delivered over 15,000 pounds of fresh fruits and vegetables to those in need,” Cronin adds. And with close to 250 regular volunteers, “we never anticipated the community to support us in such an amazing way.”

And now the garden founders are seeking the community’s help once more, this time in locating a new place to plant roots and call home by spring 2016. Needed is at site at least 10,000-

HOME & GARDEN

square-feet in size with a dedicated water source. The executive board hopes to have several options to consider before making a final decision.

“It is important that we keep the garden going as it serves so many facets of our community including feeding the hungry, teaching children the love of gardening and developing friendships with people whose paths may have never crossed if not for the garden,” Cronin says.

The founders are grateful to the family that allowed the garden to grow and flourish for so many years, at a lease price of just \$1 a year. But now it’s time for both to move on.

If you have a potential new site for the Growing Together ... A Giving Garden, contact Ronda Cronin at ronda@rondacronin.com. For more information about the garden, visit www.growingtogetherphx.org.

Donate to Arbor Day group, get free trees

Everyone from Arizona who joins the Arbor Day Foundation in September will receive 10 free Arizona cypress trees as part of the foundation's Trees for America program.

The trees will be shipped postpaid at the right time for planting between Oct. 15 and Dec. 10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions are enclosed with each shipment of trees.

To receive the free Arizona cypress trees, send a \$10 membership contribution to Ten Arizona Cypresses, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by Sept. 30, or join online at <http://arborday.org>/september.

Food bank hosts gardening class

The Desert Mission Food Bank, 9229 N. 4th St., hosts a free Gardening Class 8-10 a.m. Saturday, Sept. 12 that is open to the public.

Learn gardening basics specific to Arizona, such as what grows best during the cooler fall and winter seasons. The class also will present the health benefits of gardening and offer a hands-on activity.

Space is limited to 30 people. RSVPs required by no later than Sept. 11. Call 602-870-6062.

Summit teaches you how to grow food

Greg Peterson of The Urban Farm, Kari Spencer of The Micro Farm Project, and the Uptown Farmers Market host the GrowPhx Fall Summit, 8 a.m.-5 p.m. Saturday, Sept. 26 at North Phoenix Baptist Church, 5757 N. Central Ave.

The first 100 people to register will get their ticket for this one-day event for as low as \$15. This event is separate from the weekly farmer’s market, which is free to attend.

The Fall Summit features practical, in-depth information about growing your own organic food, becoming more sustainable, saving money at the grocery store and being stronger ecological members in the community.

Arrive early to check out the market and the grand opening of the Uptown Grower’s Market. Stay for lunch and support the market vendors and food trucks that will offer a variety of tasty options.

For tickets and more information, visit www.growphx.com.

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TAKING CARE OF BUSINESS



AAA Arizona employees and members volunteered on Aug. 8 to fill more than 500 food bags that provide weekend meals for needy children, which are distributed through the Valley of the Sun United Way partner schools in Phoenix (photo by Sharon Price).

AAA volunteers gather to stuff food bags

About 82,000 households in Maricopa County experience chronic hunger—meaning they may not know where their next meal will come from. School breakfast and lunch programs help provide a reliable source of food during the week, but many are left without regular meals during weekends.

AAA Arizona invited its members and staff to help mitigate this issue on Aug. 8 at its first Pack Away Hunger event, held at the Valley of the Sun United Way offices at 1635 E. Indian School Road.

AAA Arizona employees and member volunteers assembled more than 500 much-needed food bags. The bags, called WeekEND Hunger Backpacks, are distributed to seven United Way partner schools in Phoenix each week. The food bags provide weekend meals to help nourish children during this vulnerable time, which allows kids to return to school Monday ready to learn.

Volunteers also assembled more than 1,000 snack packs to be distributed at United Way's Project Connect, a one-day outreach event that brings together more than 30 human service providers in a central location to help people experiencing homelessness or on the brink of it take that next step toward stability and independence.

"AAA was founded on the mission of helping people, and has had a long-standing relationship with Valley of the

Sun United Way," said Mike Tully, president and CEO of AAA Arizona. "We're proud to support this event and would love to engage our members in becoming involved in our efforts to help eliminate hunger and help youth succeed in our communities."

The AAA Serves program demonstrates AAA's commitment to making a positive impact in the community in several ways including hands-on service, in-kind donations and charitable giving. For more information, visit AAA.com/AAAServes.

Business Briefs

Two more infill projects on the way

Cashen Realty Advisors recently completed two transactions for infill projects in the North Central community, including the execution of a 20-year ground lease by Cold Beers and Cheeseburgers Restaurant at 5625/5621 N. 7th St. The property is directly across from The Yard and will be re-developed by principal Barrett Rinzler of Square One Concepts into a 6,500-square-foot restaurant with patio and ample parking. The lease value is in excess of \$3 million.

The other transaction was the purchase of property located at 6101 N. 7th St. by developer Rick Cordova for \$560,000. Cashen Realty Advisors was the broker in the transaction. The property is a drive-through retail building

please see INFILL on page 26



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Uptown Growers Market is an exciting new extension of the Uptown Farmers market. We have partnered with Greg Petersen of Urban Farm, Kari Spencer of The Micro Farm Project and Jim Dennis of Farm Phoenix to offer our community a place to celebrate gardens and learn how to grow your own food.

Our Uptown Growers Market will be open Saturdays and will operate seasonally, with our first session running from Sept 5 through Oct 31, 2015 and our second session from February 6th through April 30th. The Growers Market will be placed directly alongside the Farmers Market on Saturdays while in Season.

The Uptown Growers Market will be here to help you with all aspects of your urban farm and garden cultivation!

- Choosing a space to grow
- Selecting soil, seed, fertilizer and seasonal transplants
- Learning how to grow seasonally in Arizona
- Composting
- Adding to and caring for livestock on your homestead
- Growers Market Classes on a wide variety of subjects (free with an \$8 suggested donation)
- Q&A Booth for gardening advice
- And so much more!

Stay in touch on Facebook, Insta and Twitter:
@UptownGrowersAZ

Mark your calendars for these upcoming Growers Classes!

SEPT 5

Fruit Tree Extravaganza

SEPT 12

Jump Start Your Fall Garden & Urban Fruit Trees

SEPT 26

Grow Your Own Food Summit

COMING UP!



SEPT 12

Uptown Chef Series
with Chef Matt Taylor
of Gertrudes

- Beginning October 3rd our Saturday market hours change to 9a-1p
- October 7th marks the re-opening of our Wednesday market from 8a-1p

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TAKING CARE OF BUSINESS

INFILL continued from page 24

with a 1,200-square-foot building on 14,000 square feet of land. Cashen Realty Advisors recently represented Cordova in his acquisition of the adjacent building located at 6107 N. 7th St. That 10,000-square-foot building was purchased for \$827,000 and Cordova plans to re-develop the two buildings into an infill restaurant destination.

This project represents another step in the rapid urbanization of the 7th Street Corridor, which has been undergoing a dramatic transformation. The area between Missouri Avenue and Bethany Home Road has evolved into a highly sought-after urban restaurant row with more than a half-dozen new restaurants on the way.

Imágery moves to more intimate space

After 28 years of helping women with their skin care and beauty needs inside her 1,800-square foot studio at 12th Street and Missouri Avenue, Imágery Skin Care and Cosmetics owner Denise Nahat made the decision to scale down after long struggles to find the right staff.

Instead, what Nahat says she has found is the perfect new location right around the corner inside the Camelot Square complex at 1110 E. Missouri Ave., Ste. 110. Inside the intimate space, Nahat will continue to offer dermal infusions, enzyme treatments, LED enhancements, hair removal, brow design and tinting, eyelash tinting, Reiki with body balance, massage therapy, and more.

The full-service day spa and salon also offers an array of products for home care, including Epicuren, Oxygen Botanicals, Coola Sun Care,

Mineral Makeup, and Imágery’s Spa Line of paraben-free products.

For more information or to make an appointment, call 602-264-5915 or e-mail imageryskincare2@aol.com.

Muse moves to Uptown Plaza

After 10 successful years in the Madison Village center (7th Street and Glendale), Muse Apparel has moved into a new location at Uptown Plaza between AJ’s Fine Foods and the future Flower Child restaurant, located at Central and Camelback.

The revamped Uptown Plaza brings a new energy to midtown, going back to its red brick roots with a modern flare. With a new mix of restaurants, shops, and entertainment going into the plaza, Muse could not pass up the opportunity to become a part of the excitement.

The boutique caters to the community by offering a selection of contemporary designers with an emphasis on wear-ability. Current trends are offered in a more classically inspired sense. The owner, Victoria Lindley, describes herself as a “total Bohemian at heart,” incorporating her passion for all things bohemian and classic.

To celebrate the move, Muse will have several grand opening events and parties in September and October. To stay on top of these events and all things Muse, follow them on Instagram @muse_apparel, Facebook, or Twitter.

Jiffy Lube collects donations for MDA

The Muscular Dystrophy Association (MDA) and Jiffy Lube have once again partnered up for the fourth-annual MUSCLE UP! campaign. As part of the program, Jiffy Lube invites drivers to visit participating Jiffy Lube

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TAKING CARE OF BUSINESS

service centers through Sept. 7 to make a \$3 donation to MDA to help kids and adults fighting muscular dystrophy, ALS and related life-threatening diseases that severely limit muscle strength and mobility.

Consumers can make a \$3 donation to MDA through the MUSCLE UP! campaign and, in return, donors will receive a MUSCLE UP! savings book containing more than \$100 in savings from Jiffy Lube as well as coupons from national retailers such as Brookstone, Famous Footwear, Aeropostale and Buca di Beppo.

Since 2012, Jiffy Lube has raised more than \$3.5 million nationally for MDA through the MUSCLE UP! program. “We’re proud to team up with MDA again this year to help make a difference in the communities where we live and work,” said Steve Ledbetter, president of Jiffy Lube International.

For updates on the MUSCLE UP! Campaign, visit www.jiffylube.com/mda.

Chamber adds Molera to public affairs team

Jaime Molera has been named the new Public Affairs chair for the Greater Phoenix Chamber of Commerce. Molera will spearhead the chamber’s efforts to bring a results-oriented approach to public affairs and ensure that the voice of business is heard with elected officials.



Jaime Molera

“ [J a i m e] brings a wealth of political experience which has helped him earn a national reputation as a trusted, results-oriented leader and a major force for civic and social progress,” said Todd Sanders, president and CEO of the Greater Phoenix Chamber of Commerce. “In addition to his extensive knowledge of the Legislative process, Jaime’s achievements in education, government affairs and business, as well as his and strong connections with members and staff, make him a valuable addition to the chamber.”

Molera has held a variety of high-level state positions including president of the Arizona State Board of Education under Gov. Jan Brewer (2011-2013), senior consultant and spokesperson during U.S. Senator Jon

Kyl’s successful 2006 re-election campaign, superintendent of Public Instruction (2001-2003), and leading advisor on Policy and Legislative Affairs to Gov. Jane Dee Hull (1997-2001).

Molera is a founding partner of Molera Alvarez, a government relations and public affairs firm in Phoenix.

Spectrum Video holds Open House

Spectrum Video & Film will hold a Happy Hour Open House from 5-7:30 p.m. Thursday, Sept. 24 to mark its 10-year anniversary in North Central Phoenix.

Owner and North Central resident Ken Liljegren will give tours of the facility, which includes a fully equipped studio, sound booth and three edit bays. Several experts will be on hand during the open house to share their industry expertise—from how to correctly pitch an idea for a TV news story to showing off the latest professional video cameras. Liljegren will share tips on search engine optimization for web videos.

At 7 p.m., Tiffany Allison, chef and co-manager at Aunt Chilada’s, who is shopping her own reality show, “Blood Sweat & Salsa,” will share the truth of being on the set of a reality show and the drama that goes into trying to get your own show on TV.

There will be a raffle drawing for various prizes. Aunt Chilada’s will provide refreshments for the event.

Spectrum Video is located at 1747 E. Morten Ave., Suite 101. The public is invited to the open house and can RSVP to Kathi@spectrumvideoandfilm.com.

Chumley to oversee two Carrington sites

Joshua Chumley has been appointed executive campus director at Carrington College’s North Phoenix and West campuses, respectively. In his new role, Chumley will oversee optimal student experience, operational excellence and site operations.

The two campuses offer either Certificate of Achievement or associate degrees in medical assisting, medical laboratory testing, pharmacy technology, physical therapy technology, registered nursing, respiratory care, dental assisting, medical billing and coding, medical office management and veterinary technology.

For more information, visit <http://carrington.edu>.



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Current Listings/Escrows

(North Central homes in bold)

4320 E. Rose Ln.	NEW PRICE7518 SF6BR/6.5BA	\$2,599,990
6019 N. Central Ave.	JUST LISTED7472 SF7BR/7.5BA	\$2,150,000
4346 N. 40th St.5449 SF6BR/5.5BA	\$1,995,000
4101 N. 65th St.	NEW PRICE3900 SF4BR/3.5BA	\$1,595,000
5600 N. 4th St.5731 SF6BR/6BA	\$1,595,000
35 E. Myrtle Ave.	JUST LISTED5150 SF4BR/5BA	\$1,525,000
25 E. Myrtle Ave.	JUST LISTED5054 SF4BR/5BA	\$1,499,000
10 W Vista Ave	JUST LISTED5464 SF5BR/5BA	\$1,075,000
8513 N. 13th Ave.4052 SF3BR/3BA	\$ 950,000
2211 E. Camelback Rd. #302	NEW PRICE3000 SF3BR/3BA	\$ 899,000
15223 N. 12th St.	NEW PRICE5568 SF5BR/6.5BA	\$ 849,000
2732 E. Friess Dr.4293 SF4BR/4.5BA	\$ 799,000
320 E. Maryland Ave.3882 SF5BR/3BA	\$ 750,000
41 W. Marlette Ave.	IN ESCROW5640 SF6BR/5.5BA	\$ 700,000
3800 E. Lincoln Dr. #41	IN ESCROW2824 SF3BR/3BA	\$ 699,500
6309 N. 4th Dr.	NEW PRICE3260 SF4BR/2.75BA	\$ 659,000
109 E. Tuckey Ln.	IN ESCROW2142 SF4BR/2BA	\$ 625,000
10012 N. 1st Dr.	NEW PRICE3302 SF4BR/3BA	\$ 619,000
6501 N. Central Ave.3041 SF3BR/3BA	\$ 599,000
7032 N. 2nd Ave.	IN ESCROW3075 SF4BR/3BA	\$ 595,000
4613 N. 31st St.	JUST LISTED2148 SF3BR/3BA	\$ 535,000
6520 N. Central Ave.2079 SF3BR/2BA	\$ 495,000
1125 E. Ocotillo Rd.	NEW PRICE2457 SF4BR/3BA	\$ 479,000
7915 N. 16th Dr.	NEW CONSTRUCTION	2483 SF3BR/3.5BA	\$ 459,000
125 W. Las Palmaritas	NEW PRICE2542 SF5BR/3BA	\$ 459,000
7145 N. 11th Pl.	IN ESCROW2790 SF4BR/2.75BA	\$ 449,000
307 W. Herro Ln.2457 SF4BR/2.5BA	\$ 400,000
25 E. Butler Dr.2154 SF2BR/1.75BA	\$ 399,000
6159 N. 9th Ave.	IN ESCROW1699 SF3BR/2BA	\$ 345,000
507 W. Campbell Ave.	IN ESCROW1781 SF4BR/2.75BA	\$ 310,000
104 E. Echo Ln.	IN ESCROW1725 SF3BR/2BA	\$ 295,000
926 E. Vermont Ave.	IN ESCROW1744 SF4BR/2.75BA	\$ 275,000
4147 N. Westview Dr.	JUST LISTED1685 SF3BR/2BA	\$ 250,000
1102 W. Peoria Ave.#12	IN ESCROW1493 SF2BR/2.5BA	\$ 199,000
207 W. Clarendon Ave.	IN ESCROW852 SF1BR/1BA	\$ 118,500

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Featured Homes for September



6309 N. 4th Dr. ■ \$659,000



6501 N. Central Ave. ■ \$599,000



4613 N. 31st St. ■ \$535,000



6520 N. Central Ave. ■ \$495,000



7915 N. 16th Dr. ■ \$459,000



125 W. Las Palmaritas ■ \$459,000



7145 N. 11th Pl. ■ \$449,000



307 W. Herro Ln. ■ \$400,000



507 W. Campbell ■ \$310,000

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SOLD Homes 2015

4909 N. 45th Pl.	\$2,240,000	6833 N. Central Ave.	\$ 607,000	3845 E. Glenrosa Ave.	\$ 428,000	18 W. Medlock Dr.	\$ 325,000	1313 W. Rose Ln.	\$ 262,500	7004 N. 11th Way	\$ 180,000
6035 N. Central Ave.	\$2,200,000	331 E. Tuckey Ln.	\$ 577,500	110 E. Lamar Rd.	\$ 420,000	328 E. Rose Ln.	\$ 325,000	1690 W. Venus Way	\$ 258,000	1237 W. Vista Ave.	\$ 179,900
7110 N. Central Ave.	\$2,050,000	9139 N. 82nd St.	\$ 575,000	909 E. Kaler Dr.	\$ 413,500	717 E. Harmont Dr.	\$ 323,000	5508 N. 5th Ln.	\$ 255,000	1237 E. Vista Ave.	\$ 179,900
334 E. Glenn	\$1,163,250	5710 N. 10th Ave.	\$ 565,000	219 E. Winter Dr.	\$ 401,000	77 E. Missouri Ave. #41	\$ 320,000	4043 E. Gail Ct.	\$ 250,000	6047 N. 9th Ave.	\$ 165,000
229 W. Vista Ave.	\$ 985,000	77 E Missouri Ave. #45	\$ 542,500	1250 W. Solano Dr.	\$ 395,000	6621 N. 10th Pl.	\$ 315,000	1410 E. Verlea Dr.	\$ 245,000	2725 S. Azalea Dr.	\$ 158,000
7339 N. 2nd Dr.	\$ 845,000	7619 N. 11th St.	\$ 520,000	739 E. Palmyra Ave.	\$ 387,500	1502 E. Berridge Ln.	\$ 315,000	514 W. Townley Ave.	\$ 240,000	750 E. Northern Ave. #1141	\$ 155,000
936 W. Why Worry Ln.	\$ 810,000	201 W. Palmyra	\$ 489,250	131 W. San Juan Ave.	\$ 379,000	8726 E. Monterey	\$ 305,000	1133 E. Gardenia	\$ 240,000	3023 E. Palm Ln.	\$ 129,900
14838 N. 15th Ave.	\$ 740,000	6310 N. 7th Ave.	\$ 484,500	11109 E. Mercer Ln.	\$ 366,000	323 E. Pierson St.	\$ 305,000	846 E. Lamar Rd.	\$ 237,100	4131 E. Camelback Rd. #29	\$ 103,000
405 E. Montebello Ave.	\$ 695,000	40 E. Lawrence	\$ 480,000	7533 N. 8th St.	\$ 365,000	310 W. Oregon Ave.	\$ 300,000	6529 N 10th Pl.	\$ 230,000	1145 E. Orangewood Ave.	\$ 65,000
1117 W. Tuckey	\$ 690,000	8 Biltmore Estates #102	\$ 475,000	6317 N 10th Pl.	\$ 365,000	130 E. El Caminito	\$ 300,000	6508 N. 10th Pl.	\$ 221,500		
1515 W. Lewis	\$ 650,000	1818 E. Palmyra Ave.	\$ 465,000	7755 N. 7th Ave.	\$ 360,000	1641 E. Aurelius Ave.	\$ 295,000	7339 N. 11th Pl.	\$ 217,500		
5801 N. 22nd Pl.	\$ 650,000	7919 N. 16th Dr.	\$ 463,500	1113 W. Stella Ln.	\$ 358,500	6640 N. Chatelaine Pl.	\$ 292,000	8150 N. Central Ave. #15	\$ 198,500		
5302 N. 6th St.	\$ 610,000	7911 N. 16th Dr.	\$ 449,000	2735 S Kenneth Pn.	\$ 344,000	6337 N. 14th St.	\$ 285,000	3850 E. Crocus Dr.	\$ 185,000		
6316 N. 7th Ave.	\$ 608,000	4427 E. Montecito	\$ 438,500	9409 N. 17th Way.	\$ 340,000	1523 E. Hatcher	\$ 265,000	6542 N. 5th Ave.	\$ 183,000		

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HEALTHY LIVING

Health Briefs

Lung cancer treatments discussed at meeting

The monthly Cancer Support Group offers support for patients, families and community members dealing with all types of cancers. The next meeting is set for 6-7:30 p.m. Thursday, Sept. 17, in the meeting room inside Bluewater Grill, 1720 E. Camelback Road.

The guest speaker is Elbert Kuo, M.D., MPH, MMS, FACS, director of the Lung Cancer Screening Program at the Heart and Lung Institute at St. Joseph's Hospital. Kuo will discuss "Changing the Face of How We Treat Lung Cancer."

Admission is free. Complimentary refreshments will be served. An RSVP is requested by Monday, Sept. 14. To RSVP, call Terry Ratner at 602-527-3776 or e-mail info@terryratner.com. For more information about the Michael Ratner Memorial Community Cancer Support Association, visit www.mrmcancersupport.com.

It's all about the spine in September

For many, the prospect of aging carries with it fusions, degenerative disk disease, osteoporosis, and other spinal injuries that make life more challenging. Because of our mostly sedentary lifestyles, our spines do not get the movement or the alignment they need in order to function properly.

Kinesphere Center for Movement Education offers Ageless Spine with Alex Papazian, 12-1:30 p.m. Saturday, Sept. 12. This workshop is designed to introduce gentle, healthful movement to your spine and back, thereby providing a basic understanding of correct alignment so that you can begin to take better care of your body, and mitigate pain. Cost is \$35 if prepaid before Sept. 8, \$40 after.

Then on Sept. 19, "Restore Your Spine's Design" with Isabelle Barter. Learn how better breathing mechanics, improving spinal alignment, and awakening abdominal and hip musculature can restore your spine's design. The class takes place from 1 to 2:30 p.m. and includes a pair of Yoga Tune Up Therapy Balls. Cost is \$35 if reserved by Sept. 15, \$40 after.

Kinesphere is located at 711 E. Missouri Ave., Suite 180. For more information, visit www.kcme-az.com or call 602-532-3111.

Take a Tai Chi intro class for free Sept. 22

Get yourself moving while you learn the 20 graceful forms of T'ai Chi Chih. A free Introductory Class will take place 3:30-4:30 p.m. Tuesday, Sept. 22 at First United Methodist Church of Phoenix, with a 12-week series to follow every Tuesday afternoon.

These classes will help improve your balance, strengthen your muscles and provide a sense of well-being. There is no floor work; wear clothes that are comfortable for moving and socks, if desired.

Classes are taught by certified teacher, Robin Spencer, R.N. Cost for the entire series is \$90. The classes are held in Room 114 at the church, located at 5510 N. Central Ave., at the northwest corner of Central and Missouri avenues. Pre-register for the free Introductory Class by contacting robin@firstchurch.church or 602-263-5013, ext. 1107.

Take control of your diabetes

Do you or someone you love have diabetes? The Saguaro Branch Library, 2808 N. 46th St., offers a six-week series of programs beginning Sept. 14 that will help you learn how to manage diabetes through better nutrition and physical activity.

Enjoy the benefits of a healthier, more energetic lifestyle by registering today. Call 844-472-4284 to sign up for the workshops, which take place 1-3 p.m. Mondays in the meeting room on the following dates: Sept. 14, 21 & 28, and Oct. 5, 12 & 19.

Lean about power of healthful grains

Whole grains can be a great way to fill your plate and your belly in a healthy fashion. Chef Larry Canepa will offer simple recipes and tips on where to find and how to cook grains, and explore a few of the most versatile during a free program 2-3 p.m. Saturday, Sept. 19 at the Century Branch Library, 1750 E. Highland Ave.

HEALTHY LIVING

Grains are loaded with complex carbohydrates and turn into energy. If your grain IQ is lacking and you find yourself serving pasta and potatoes far too often, maybe a lesson in grains is in order. No registration required.

Nurse receives leader award

Nurse Joy Dilley, director of stroke coordination at Abrazo Central Campus (formerly Phoenix Baptist Hospital), received the first Outstanding Community Health Leader Award presented by the Phoenix Division of the American Heart Association/American Stroke Association.

“Joy ... epitomizes the true meaning of an Outstanding Community Health Leader by advancing the objectives of the American Heart Association and for being a stroke champion as she is personally and professionally invested in improving medical care for stroke patients and raising stroke awareness in Arizona,” said Ron Loomis, senior regional director of quality and systems improvement for the American Heart Association.

In addition, Dilley, a board-certified neurovascular registered nurse and a stroke-certified registered nurse, has championed AHA/ASA initiatives such as Sodium Pledge, Go Red For Women and World Stroke Day. She has played a key role in the success of AHA/ASA Stroke Support Network and continues to look for opportunities to speak about AHA’s mission during community events, Loomis said.

Dilley also secured a \$15,000 sponsorship for the “Miracle Mile” Stroke Walk from Abrazo Central Campus, which offers comprehensive stroke services and is a certified Primary Stroke Center by The Joint Commission.

Sloan joins team at AZ Oncology

Board certified radiation oncologist, Devin Sloan, M.D., has joined the cancer care team at Arizona Oncology.

Sloan will provide state-of-the-art cancer treatment at two of Arizona Oncology’s Phoenix centers located at Bethany Home Road and 19th Avenue, and Highland Avenue and 24th St.



Devin Sloan, M.D.

Sloan has a special interest and extensive experience with cancers of the skin, prostate and head and neck as well as the use of modern Stereotactic Radiosurgery to various areas of the body. He has been practicing in the Phoenix area for six years.

Sloan earned his medical degree from the Keck School of Medicine at the University of Southern California. He completed an internship in general surgery at St. Luke’s-Roosevelt Medical Center in New York and residency in radiation oncology at Los Angeles County & USC Medical Center and The University of Arizona Health Sciences Center in Tucson.



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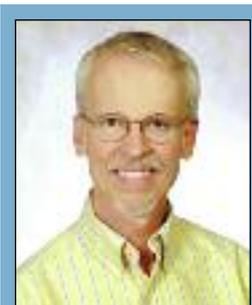
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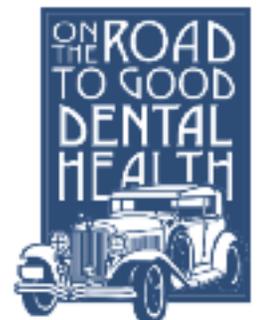
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Xavier senior soccer players (from left) Kelly Harris, Amanda Lane and Kendall Ward present Gators athletic trainer Laurie White with an autographed ball at halftime of a match against Mountain Pointe last season (submitted photo).

Xavier athletic trainer enters Hall of Fame

By Don Ketchum, XCP Sports Media

Laurie White is a humble, selfless person. She normally doesn't like the spotlight shining on her. She just does her job with kindness and a smile.

White, who recently completed her eighth season as Xavier College Prep's head athletic trainer and nearing 30 years in her field, was honored earlier this year when she became the first female to be inducted into the Arizona Athletic Trainers Association Hall of Fame.

"This is a great honor," White said during Xavier's soccer match against Phoenix Mountain Pointe on Jan. 22.

The soccer team honored White in a special way at halftime, when a handful of players presented her with a soccer ball signed by Coach Barb Chura and all of the team members. It was special in that many of her players also were her students in the two sports medicine classes and the advanced wrapping and taping course that she leads at XCP.

White's husband, Chris, has been the head athletic trainer at neighboring all-boys Phoenix Brophy Prep for nearly 30 years, and their daughter, Carly, just graduated from Xavier this year. An older son, Ian, attends college in New York City.

White grew up in Connecticut, where she was a three-sport athlete in

high school. She played field hockey, basketball and softball. She developed an interest in sports medicine during that time. One of her close friends was a cheerleader who fell during a pep rally. When a man attempted to help the friend, White blurted out, "No, don't move her!"

"I guess that's where it really started," White said.

She moved to Arizona in 1985, became certified in 1986 and got her first job in 1987. That was with a sports medicine program at Phoenix Carl Hayden and Phoenix North highs that was overseen by then-Phoenix Suns physician Dr. Paul Steingard.

She then went to Phoenix Barry Goldwater in the Deer Valley Unified School District for two years before returning to the Phoenix Union High School District at Phoenix Alhambra for a number of years.

White heard of the job opening for head athletic trainer at Xavier through a friend. She applied and was hired. "It felt like it was meant to be," she said. "I have really enjoyed my work here."

Coach Chura couldn't say enough about the job White has done. "A couple of years ago, we had eight or nine of our top players who weren't sure they were going to be able to play in the state tournament because of injuries, but Laurie put them all back together. I haven't seen anyone better at any level."



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SCHOOL DAYS

Schools invited to apply for grants

The Arizona Diamondbacks organization is accepting applications for the \$100,000 School Challenge, presented by University of Phoenix, to benefit schools across the state of Arizona.

The program is open to all Arizona public, private and nonprofit charter schools, grades K-12. Teachers and administrators are encouraged to submit an application online at www.dbacks.com/schoolchallenge by Sept. 30.

With more than 2,500 applications over the past three seasons, the D-backs have been able to help 111 schools for a total of \$550,000 since the program began. The \$5,000 grants have helped schools from across the state with innovative programs such as vocational activities for special education students, digital sculpting for animation art classes, community gardens and after school fitness classes.

Participants sought for Poetry Out Loud

The Arizona Commission on the Arts invites Arizona high schools to participate in the 2015-2016 Poetry Out Loud: National Recitation Contest, a free national program sponsored by the National Endowment for the Arts and the Poetry Foundation.

Poetry Out Loud encourages youth to learn about great poetry through memorization and performance while mastering public speaking skills, building self-confidence and learning about literary heritage.

Participating teachers receive free multimedia curriculum materials—a poetry anthology, audio guide, teachers' guide, posters and comprehensive website (www.poetryoutloud.org) all aligned to national standards—augmenting their regular poetry curriculum with poetry recitation and a classroom-level competition.

School-level recitation champions compete to advance to the regional, state and then national levels. A total of \$50,000 in awards and school stipends is awarded annually at the National Finals.

Arizona schools wishing to participate in the 2015-2016 Poetry Out Loud program are invited to visit www.azarts.gov/pol and complete a short online registration form. Online registration will be open until Oct. 30.

School Briefs MADISON ELEMENTARY SCHOOL DISTRICT

Two teachers receive grants

Two Madison District teachers have received Arizona Technology in Education Association (AzTEA)/CenturyLink Integrating Technology Grants.

Jodie Dominguez, a Madison Rose Lane kindergarten teacher, received a grant for her project "Ebooks and Beyond in the Kindergarten Classroom."

Julie Leckman, a Madison No. 1 eighth-grade math teacher, received a grant for her project to use technology innovatively by integrating 24 tablets and a charging station into her math instruction, empowering students to be able to utilize advanced graphing tools.

The two teachers were among 23 statewide who received grants based on proposals they submitted. They were recognized at the closing of AzTEA's Spring 2015 Conference: Imagine, Inspire, Innovate (I3) on May 30.

Meadows nominated as a Blue Ribbon School

Madison Meadows Middle School has been nominated as a National Blue Ribbon School. The National Blue Ribbon Schools Program recognizes public and private elementary, middle, and high schools based on their overall academic excellence or their progress in closing achievement gaps among student subgroups.

The Secretary of Education's announcement as to which nominated schools will be selected as the 2015 National Blue Ribbon Schools is tentatively scheduled for September.

Only a few schools in each state are nominated each year, making it an honor just to be nominated. In 2004, Madison Heights Elementary School was honored as a National Blue Ribbon School.

PHOENIX UNION HIGH SCHOOL DISTRICT Geston named interim super

The Phoenix Union Governing Board unanimously named Chad Geston as interim superintendent to replace Kent P. Scribner, who is the sole finalist for the Fort Worth, Texas Independent School District superintendent position.

please see INTERIM on page 34



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SCHOOL DAYS

INTERIM continued from page 33

Gestson's appointment is contingent upon Scribner's contract approval in Fort Worth. Currently the district's director of School Leadership, Gestson's interim contract will be through June 30, 2016.

School to be re-named in honor of board member

When PUHSD Governing Board member Linda Abril struggled to complete high school in her youth, the last thing she ever imagined was that a school would one day be named after her. The Governing Board has approved a recommendation to re-name Suns-Diamondbacks Education Academy to Linda Abril Education Academy, when the small alternative school moves to a newly constructed building for the 2016-17 school year.

The school opened in 2001 with one-time contributions from several companies and organizations, including approximately \$150,000 total from the Phoenix Sun Charities and Arizona Diamondbacks Charities. Over the

years, the school has helped hundreds of students at risk of dropping out, make up credits and earn diplomas through an accelerated, targeted and personalized approach.

With the success and popularity of the school, it has outgrown two leased locations, and will move into its own building located on the Metro Tech High School campus, 1900 W. Thomas Road.

Abril has been a champion of alternative schools during her 20-plus years on the Governing Board. She is the third-longest serving board member in the 120-year history of Phoenix Union, serving her sixth term. She was appointed to the Governing Board in May of 1994 and won elections in 1994, 1998, 2002, 2006, 2010 and was unopposed in 2014.

Abril was Board President in 2002, 2011 and 2012, and was the Board Clerk three times. She was named the 2011



Linda Abril

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SCHOOL DAYS

Outstanding Board Member by the Arizona Hispanic School Administrators Association. In her tenure, she has worked with five superintendents and 25 different board members.

Abril retired as child support enforcement officer with the Arizona Department of Economic Security in 2000. She attended Phoenix Union High School, as did her four children.

Metro Tech lauded as a 'safe' school

Metro Tech High School was named the safest high school in the Valley, and the second-safest in Arizona, according to Niche.com's 2015 Niche Rankings.

The site provides safety ratings for tens of thousands of schools across the United States, by analyzing data such as the number of disciplinary actions a school takes in an average year, including the number of student expulsions, suspensions and the number of school related incidents reported to police. It also takes into account survey responses.

Also making the top 100 Safest Schools list were Bioscience, Camelback, Central, Maryvale and Cesar Chavez.

University High in Tucson topped the safe school rankings in Arizona.

Two recent grads get scholarships from UTI

Two recent graduates of the Phoenix Union High School District have a passion for engines that has paid off as they both get started in career training as automotive and diesel technicians.

Eric Morales Alonso of Central High and Jonathan Mendoza of North High both received \$5,000 scholarships to attend Universal Technical Institute (UTI), located in Avondale.

Alonso has always been interested in cars and after spending last summer working at a local dealership, he knew that he wanted to continue in the industry. He hopes to open his own shop one day.

Mendoza is excited about training as a diesel technician, pointing out that "there are huge opportunities in the diesel industry right now, there are more jobs than people trained to do them."

The scholarships are part of UTI's commitment to making UTI accessible and affordable through \$15 million in sponsored scholarships in 2015.



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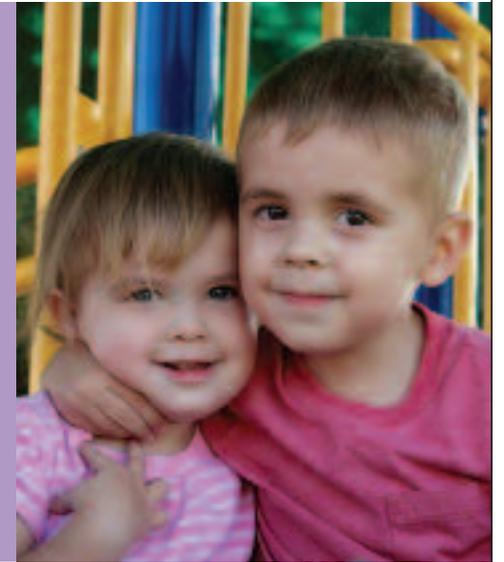
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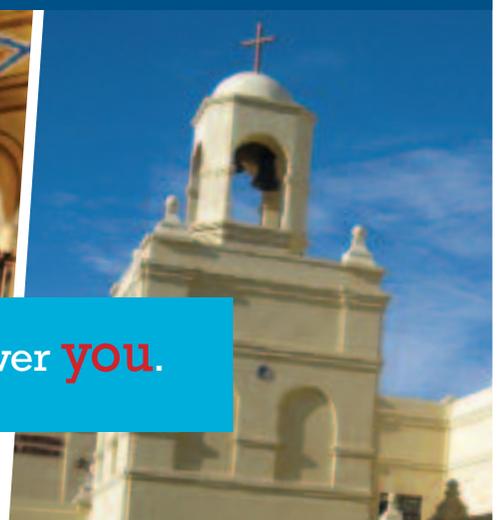
Friday, Oct. 30, 2015
9:30 am - 12:30 pm



Photo by chadwickfowler.com



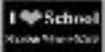
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SCHOOL DAYS



Celebrating the delivery of donated school supplies to Orangewood School are, from left: (front row) Principal Andree Charlson; Orangewood PTA President Jenny Chavez; Carla Kahn of Valley Metro; Albert Santana of the City of Phoenix; and Mike Howard of Sundt, Stacy and Witbeck; (back row) Ryan Clark of Sundt, Stacy and Witbeck; and Orangewood Assistant Principal Enoch Davis (submitted photo).

WASHINGTON ELEMENTARY SCHOOL DISTRICT Orangewood given school supplies

Orangewood School received a special delivery of school supplies on Aug. 13, thanks to a generous donation from Sundt Stacy and Witbeck, Valley Metro and the city of Phoenix.

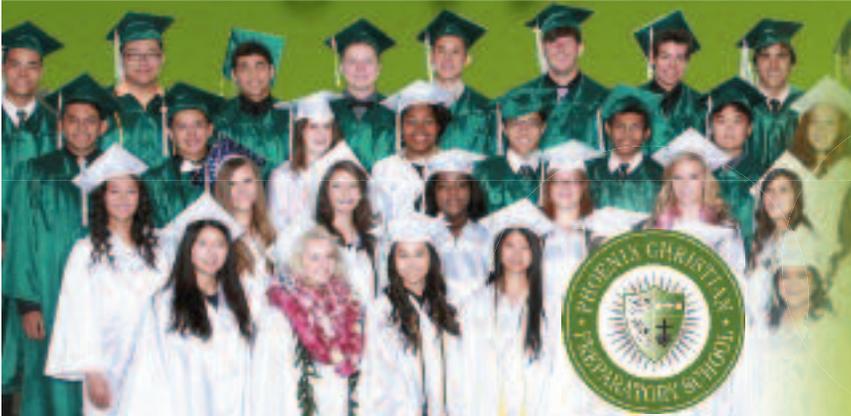
All three organizations are working together on the light rail expansion project on 19th Avenue. Since construction began, Sundt Stacy and Witbeck, Valley Metro and the city of Phoenix have been great partners to the WESD and the schools affected by the construction. Orangewood will put these supplies to good use throughout the school year.

Mountain View receives 70 violins

Students in the strings program at Mountain View School started the school year with new violins thanks to The Mr. Holland's Opus Foundation. The musicians in Bethany Farmer's strings class will have their choice among 70 new and refurbished violins, a donation valued at \$35,400.

The foundation donates new and refurbished musical instruments to schools in an effort to give youngsters the many benefits of music education, help them to be better students and inspire creativity and expression through playing music. The organization was founded by Michael Kamen, who composed the music for the 1995 motion picture "Mr.

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SCHOOL DAYS



Getting their hair shorn for a good cause last year are then-third graders Cecilia Hicks, left, and Analeese Salazar, who participated in St. Thomas the Apostle's fourth-annual Pantene's Beautiful Lengths donation program (submitted photo).

Holland's Opus." In the last 19 years, more than 18,000 new and refurbished instruments have been donated to 1,311 schools across the country.

WESD menus available digitally

Washington Elementary School District menus have gone digital. Using WESD's new online menu, parents and students can now easily view more information about what is on the school menu each day for breakfast, lunch and afternoon snack. There is a picture and description for each food item, as well as nutrient and allergen information.

This information also is available on a mobile app. To view the menu, go visit wesdschools.nutrislice.com.

Contact the WESD Nutrition Services Department at 602-896-5235 for further information.

PRIVATE AND CHARTER SCHOOLS

Haircuts benefit women with cancer

St. Thomas the Apostle students from pre-kindergarten through eighth grade, along with parents, teachers and alumni, recently donated a minimum of 8 inches of their hair to Pantene's Beautiful Lengths program. The program helps women fighting cancer receive real-hair wigs.

On Aug. 20, during the first week of school, the STA Serves kick-off rally launched the fifth year of students participating in local and nationwide service programs. The entire student body cheered as girls lined up to cut their ponytails for patients in need. Stylists

from Salon Sural (who are STA alumni) donated their time and services.

The aim of STA Serves is for students to take an active, hands-on service role throughout the school year. For more information visit www.staphschool.org.

To learn more about the Pantene's Beautiful Lengths program, visit www.pantene.com.



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SCHOOL DAYS

Two teachers work with NASA program

Xavier College Preparatory faculty members Janet Mambrino and Adrienne Hestenes were selected to participate in NASA's Stratospheric Observatory for Infrared Astronomy (SOFIA) program. They are one of 14 two-person teams that will serve as 2015 Airborne Astronomy Ambassadors.

Mambrino and Hestenes will first complete a graduate credit astronomy course and will then be paired with a team of professional astronomers conducting science flights aboard SOFIA, a highly modified Boeing 747SP jetliner carrying a 100-inch (2.5-meter) effective diameter telescope. After their flight experiences, the two educators will bring their program experience to their classrooms and community in order to share the scientific discovery process and its value to society.

Working to expand professional development opportunities for science educators across the United States, NASA's SOFIA is fitted with instruments that collect data at infrared wavelengths. It flies at altitudes

between 39,000 and 45,000 feet (12-14 kilometers) on 10-hour overnight science missions.

Xavier welcomes two new coaches

Stephen Moss has assumed the position of head varsity basketball coach at Xavier College Preparatory. He has served as the team's interim head coach in December 2014.

Moss has more than 20 years of playing and coaching experience at the club, high school, college and professional levels. Previously, Moss was the head coach and assistant director of the Arizona Mavericks girls basketball program. He also is a former head coach of the Team Legacy girls basketball program and an assistant coach for the Phoenix Flame.

Carrie Markham is Xavier's new head varsity softball coach. She succeeds Bobby Pena, Xavier's head coach of nine years, who has accepted a coaching position at Glendale Community College.

Markham was a four-year starter as a pitcher/outfielder at Belmont Abbey College in Belmont, N.C., where she earned a bachelor's degree in sports management. She earned a master's degree in leadership and organizational change from Pfeiffer University in Charlotte and, during that time, she interned with the NBA's Charlotte Hornets.

Brophy uses grant dollars to renovate

Brophy College Preparatory is using a grant award from the Diocese of Phoenix, funded by the Virginia G. Piper Charitable Trust, to transform its Information Commons into the Innovation Commons.

The space was originally designed to allow students space to access web-based information. The Virginia G. Piper grant dollars will allow Brophy to transform the 11,500 square feet into a space that will give students access to sophisticated types of technological equipment technology professionals to pursue both assigned and independent projects.

Initially there will be three project spaces: a coding lab, a fabrication studio that features 3-D printers and other prototyping equipment, and a physical computing laboratory with an emphasis on robotics and drones. The goal is that by fall 2016, a new honors elective will be available for students to partner with outside organizations and communities to create projects and innovations that serve the common good.



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SCHOOL DAYS



Receiving their certificates from the National Fastpitch Coaches Association as All-American Scholar Athletes are Bourgade students (from left) Alexia Flores, Briana Soltero, Crystal Stokes, Rachel Hammons, Alexianne Ramirez and Marissa Heinley (submitted photo).

Lady Eagles soar with softball awards

Bourgade Catholic High School's varsity girls softball team raked in some impressive awards over the summer with six National Fastpitch Coaches Association All-American Scholar Athletes: sophomores Alexia Flores, Rachel Hammons, and Crystal Stokes; juniors Alexianne Ramirez and Briana Soltero; and senior Marissa Heinley.

Each of these Lady Eagles maintained 3.5 or better GPA during the 2014-15 school year. Soltero and

Hammons also earned AIA Division All Section first team awards and Crystal Stokes a place on the AIA All Division Second Team.

Hammons, whose standout year included a .790 batting average to accompany 76 runs and an on-base percentage of .821, received both National Fastpitch Coaches Association All-American and Max-Preps All American awards. Her 68-for-69 in stolen base attempts also earned her the NFCA Golden Shoe Award in the high school division.

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SCHOOL DAYS

Higgins named an All American

Pat O'Neill, Brophy varsity swim coach, recently announced that seven of his Brophy Broncos—including North Central resident Cal Higgins—have been named by the National Interscholastic Swim Coaches Association (NISCA) as National High School All American Swimmers.

Higgins, who graduated this year, was named an All American in the Medley Relay. He was part of the Brophy varsity swim team that won the school's 36th state championship title.

Shearim Torah school purchases a campus

Shearim Torah High School for Girls is preparing to move into a home of its own. Arizona's only Jewish high school for girls has completed the purchase of a building at 715 E. Sierra Vista, just a few hundred feet from the school's current leased location at 6516 N. 7th St.

The building features a large room to handle the entire school for assemblies and speakers. There also will be five to six classrooms, a designated

library area and a computer lab/independent study area.

School officials will work with architects and contractors to finalize plans to implement a "Phase II" expansion in the summer of 2016, which will allow the school to handle more students in the future.

Acquisition of the new building was supported by contributions from many local donors. Ongoing fundraising will help with financing for the initial purchase and planned future improvements and expansion.

For more information, call 602-324-3406 or visit www.shearimhighschool.org.

Local youth selected for poetry anthology

North Central resident Anita Sheih, a senior at Phoenix Country Day School, has been recognized in a national poetry contest for her creative work. Anita was encouraged by her junior English teacher, Sarah Driscoll, to submit creative pieces written for her class to the American Library of Poetry contest.

Anita's submission has been selected for publication in *Eloquence*, the American Library of Poetry's national collection, which will debut this fall. Only a small percentage of students who submitted their work were chosen for such an honor; the works of three students from PCDS were selected.

Midtown Primary offers blended learning model

"Blended Learning" is the addition of online learning to the face-to-face classroom at Midtown Primary School. It allows for a more personalized learning experience and more independence—even with young learners.

Midtown has added Blended Learning to its rotational model, with small groups moving among different teachers in different environments to get intense instruction in various subjects. Blended learning allows teachers more direct instructional time while also introducing the kids to vital 21st century skills.

Midtown allows teachers the freedom to choose how they will structure the use of technology in their classroom. Rather than de-personalizing their students, the teachers have found that it gives them more time for hands-on experiences, character building, and one-on-one assistance. Students are engaged and motivated.



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GENERATIONS

Senior Living Senior Safety Fair at Devonshire center

Seniors will learn how to be safe in their homes and neighborhood during a special Senior Safety Fair, 9 a.m.-12 p.m. Friday, Sept. 11 at the Devonshire Senior Center, 2802 E Devonshire Ave.

Presentations will include home safety and security, elder abuse and scams, 911, and Crime Stop. Information tables will provide many resources for seniors. Morning refreshments will be served at 10 a.m., and door prizes will be awarded throughout the free event.

Call 602-256-3130 for more information.

How to avoid scams about healthcare

Central Village presents a public Medicare seminar, "Taking Charge to Prevent Healthcare Fraud & Abuse," 10-11 a.m. Tuesday, Sept. 8, at the Devonshire Senior Center, 2802 E. Devonshire Ave.

This is important information for Medicare beneficiaries to help prevent them from becoming a victim of scams and healthcare fraud, errors and abuse. The speaker will be Larry Balboni from the Benefits Assistance Program at Area Agency on Aging. This is free and open to the public and Central Village members.

Reservations requested by calling the CV office 602-550-1050 or e-mail cvadmid@centralvillage.org. Complimentary drinks and snacks will be provided.

Charity aids families with in-home care

More than 130 families coping with Alzheimer's disease will now receive much-needed support thanks to the Hilarity for Charity and Home Instead Senior Care Alzheimer's and Dementia Care Relief Grant Program.

Hilarity for Charity, a movement established with the Alzheimer's Association, led by actors and writers Lauren Miller Rogen and Seth Rogen to inspire change and raise awareness of Alzheimer's disease, announced the partnership with Home Instead Senior Care to offer grants for in-home care services to eligible U.S. and Canadian families. In March, the first grants were awarded to Alzheimer's families in need, totaling more than 6,000 hours of care.

Grant recipients will be connected with a Home Instead franchise in their community, which provide a professional CAREGiver specially trained in how to most effectively and compassionately assist individuals with Alzheimer's disease and other dementias. Grants range from short-term grants of 25 hours to long-term care, based on the need of the family.

For more information about the Alzheimer's Care Grant Program, including how you can donate or apply for future respite care grants, visit www.HelpForAlzheimersFamilies.com.

Order a replacement Medicare care online

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GENERATIONS

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Current Social Security beneficiaries also can manage their account—change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement SSA-1099—through this portal.

Kids & Families

Drawing class for teens on Saturdays

Rosa Phoenix Art Studio in Sunnyslope offers a six-week drawing class for teens ages 12-18, on Saturday mornings from Oct. 17 through Nov. 21. The class will meet 10 a.m.-12 p.m. and is taught by Tricia Wang, who founded Rosa Phoenix Art Studio in 2014 because she saw a need for art education resources in Phoenix, especially for beginners.

Since the studio quietly opened in November 2014, Wang and other local artists have taught art classes for adults. The studio also hosts events and artist group meetings.

Wang is happy to offer a class for teens and hopes to be able to teach more classes to young people. After teaching a teen drawing class at Revival Art Collective in downtown Phoenix in 2014, Wang was saddened to learn that only one out of the 10 students in her class had art instruction in school, and some had never taken an art class before. She then realized how few opportunities exist in Phoenix for teens to learn visual arts.

"It's essential for everyone to express themselves creatively," says Wang. "It's so important for teens to have an outlet to explore their emotions and ideas."

Some materials will be provided and the cost of the class is \$115. The class is

suitable for all levels of ability and experience. Rosa Phoenix Art Studio is located at 8686 N. Central Ave., Suite 128. Parents may register their children at <http://www.rosaphoenix.com/art-classes>.

For more information, contact Wang at rosaphoenix@gmail.com or 602-903-3919.

Preparing your body for birth

Kinesphere Center for Movement Education, 711 E. Missouri Ave, Suite 180, hosts a four-week class aimed at strengthening a woman's body for before and after birth, 1:30-2:30 p.m. Saturdays, Sept. 5, 12 & 26, and Oct. 3. The class is geared toward pregnant women, women planning to become pregnant, postpartum women, and birthing professionals.

Modern living has made the physical act of giving birth more difficult for many women. Today our lives are filled with more sitting and less natural movements than our ancestors. This has resulted in a reduction of birthing space in the pelvis.

please see BIRTH on page 44

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GENERATIONS

BIRTH continued from page 43

This four-week series is geared toward increasing the birthing space. By building awareness of one's movements and postures during daily activities, the pelvis may increase its diameter and build the strength needed to support it through pregnancy and birth. Special attention will also be given to all of the body parts involved in squatting such as feet, knees, hips and abdomen.

Cost is \$60 for all four weeks (includes a half-dome for continued self care at home), or \$20 for drop-in. To register, call 602-532-3111 or e-mail Lisa.Perry@kcme-az.com.

Two free days at AZ Science Center

Arizona Science Center offers free general admission on Sept. 19-20, courtesy of Fry's Food Stores, to all that have a curious mind about science. Guests will be able to roam around all four levels of the center's hands-on science galleries.

In addition to free general admis-



Two girls beat the heat by enjoying the water play area in the interior courtyard at the Arizona Science Center, which is offering free general admission Sept. 19-20 (photo by Alexis Macklin).

sion, special discounted tickets will be offered for IMAX and Dorrance Planetarium shows. Guests will be able to see D-Day 3D: Normandy 1944, and Titans of the Ice Age in the IMAX Theater for \$5 per person per film. All shows begin at 9:30 a.m. and will play several times throughout the day.

The Science Center, 600 E. Washington St., also will host a variety of hands-on demonstrations and activities throughout the weekend (will vary per day). Hours are 9 a.m.-5 p.m. More information is available at www.azscience.org or by calling 602-716-2000.

Programs help keep kids engaged in reading

Parents who want help in keeping their infants and toddlers book-engaged can find resources in the community, including the Phoenix Public Library branches, which offer regular weekly storytime events.

For example, the Acacia Library hosts a "DIY Storytime" 5:30-6 p.m. Wednesday, Sept. 2. Share books, stories, songs, rhymes and music in a fun, fast-paced program that will delight your little ones. This program is for children birth to 5 years but older children are welcome. This program is repeated at the same time on Sept. 16. For a full list of weekly library storytime events for children, visit www.phoenixpubliclibrary.org and click on the Calendar link.

The Children's Museum of Phoenix offers storytime Tuesdays through Sundays at 1:30 p.m., during which museum staff gathers a crowd in every exhibit space to read books. The Children's Museum of Phoenix is located at 215 N. 7th St. For more information, call 602-253-0501 or visit www.childrensmuseumofphoenix.org.

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ARTS & ENTERTAINMENT

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Featuring Marshall Trimble, Arizona's Official State Historian
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Come see one of Arizona's most popular performing artists, Marshall Trimble, at First United Methodist Church of Phoenix on Sunday, October 4! Marshall is an entertainer and historian who has written more than 20 books on Arizona history. As a storyteller and singer of Arizona and the American West, he has opened for many entertainers such as Waylon Jennings and Jerry Lee Lewis. For more on Marshall Trimble visit www.firstchurch.church.



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Emerging poets to read during First Fridays

The University of Arizona Poetry Center presents emerging poets Tarfia Faizullah and Francine J. Harris during First Friday, Sept. 4, at the Phoenix Art Museum, 1625 N. Central Ave. The reading begins at 7 p.m.

Bangladeshi Texan poet, educator and editor Tarfia Faizullah is the author of *Seam* (winner of the Crab Orchard Series in Poetry) and has a forthcoming book from Graywolf Press in 2017. She co-directs the Organic Weapon Arts Chapbook Press and Video Series with Jamaal May and is a Visiting Professor in Poetry at University of Michigan.

Francine J. Harris's first collection, *Allegiance*, was a finalist for the 2013 Kate Tufts Discovery and PEN Open Book awards. Her second book is forthcoming from Alice James Books. A Detroit native, she is a Fellow at Cave Canem, a literary center dedicated to the development of African American poets, and also a Writer in Residence at Washington University in St. Louis.

Other poets scheduled to read during the 2015-16 season include Mark Doty (Oct. 2), Terrance Hayes (Feb. 5), and Marilyn Hacker (April 13). The series is co-sponsored by the ASU Creative Writing Program. The Doty and Hayes readings are also co-sponsored by *Superstition Review*, an online magazine produced by students at Arizona State University.

Admission to the Phoenix Art Museum is free on First Fridays. For more information, visit <http://poetry.arizona.edu>.

A & E Briefs

Studio Showcase
Scorpius Dance Theatre
7:30 p.m. Friday, Sept. 11
Metropolitan Arts Institute
1700 N. 7th Ave.

Scorpius has been invited back to perform its annual cult classic, "A Vampire Tale," as part of the Bram Stoker International Film Festival in Whitby, England. The showcase is a means to raise travel funds as well as give local patrons a chance to get up-close and personal with the dance troupe via an intimate evening of dance and aerial arts. Mix and mingle with the dancers, enjoy hors d'oeuvres, and



Poets Francine J. Harris (left) and Tarfia Faizullah will share their work during First Friday on Sept. 4 at the Phoenix Art Museum (submitted photos).

bid on amazing raffle items. Tickets are \$30 (plus service fee), available at www.scorpiusdance.com/shows.

'The Revival'

10:30 p.m. Saturday, Sept. 19
Space 55
636 E. Pierce St.

The Torch Theatre revives its roots at Space 55 by bringing longform improvisation back to downtown Phoenix for one night a month. Every third Saturday these two theaters join together to bring you "The Revival." The show will feature some of The Torch Theatre's hungriest groups who will create completely unscripted performances along with a few surprises in-between. Tickets are \$5 at the door. More information is at www.space55.org.

'Sex With Strangers'

Arizona Theatre Company
Sept. 24-Oct. 11
Herberger Theater, Stage West
222 E. Monroe
602-252-8497

A collaboration with Stray Cat Theatre. A new comedy about the calculations people are making to find love or fame in an age of social media, brightly-lit phone screens, and blogging. A raging snowstorm traps two beautiful strangers in a secluded cabin. Opposites instantly attract, undeniable chemistry ignites, and sex is imminent. As dawn rises, however, what could have been just a one-night stand transforms into something much more complicated. Tickets are \$28-\$61 plus fees. Visit www.arizonatheatre.org.

Ballet Under the Stars

7 p.m. Saturday, Sept. 26
Steele Indian School Park
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ARTS & ENTERTAINMENT

Arizona invites residents to spend a relaxing evening under the Arizona sky. Free and open to the public, Ballet Under the Stars allows the local community to enjoy dance in a unique outdoor setting complete with a stage, lighting, costumes and beautiful Arizona weather. In addition, Ballet Under the Stars will feature a presentation of Class Act, one of Ballet Arizona's education and outreach programs, which combines the talents and expertise of the professional dancers of Ballet Arizona with the youthful ideas and creative energies of school-age children. Free and open to the public. Bring blankets and lawn chairs; no glass containers permitted in the park.

Free Discussion on Spanish Colonial Art
6-8 p.m. Wednesday, Sept. 30
Phoenix Art Museum
1625 N. Central Ave.

"Painting in the New World: A Symposium of Spanish Colonial Art" is a free presentation developed in collaboration with scholars from the Herberger School for Art and Design, Arizona State University. It ties in with the new exhibit, "Masterworks of Spanish Colonial Art," which opened on Sept. 2 and continues through Feb. 28, 2016. This exhibition features a selection of paintings as well as a grouping of retablos (small-scale paintings on copper or tin) recently acquired by Phoenix Art Museum from the Estate of Gerry S. Culpepper and the Diane and Bruce Halle Foundation. The Virgin Mary, Jesus Christ, the Last Judgment, saints, and archangels conquering Satan are among the most prominent subjects of the works on display. Visit www.phxart.org for more information.

'A Vampire Tale'
Scorpius Dance Theatre
7:30 p.m. Oct. 1-3 & 8-10
Phoenix Theatre
100 E. McDowell Road
602-254-2151

This very popular original dance production evolves annually to provide a fresh take on this local cult classic. A young woman is drawn to the dark side and finds herself lured into an assorted band of bloodsuckers. Frightened yet fascinated by their shadowy showmanship and seductive transactions, the girl struggles to avoid becoming part of their underworld when she becomes infatuated with the king vampire. Tickets start at \$25 and can be pur-

chased by calling the box office or at: www.scorpiusdance.com.

Creative Photo Transfer Workshop

1-6 p.m. Saturday, Oct. 3
Shemer Art Center
5005 E. Camelback Road
602-262-4727

This one-day workshop taught by David Miller highlights four techniques for transferring your photographic or hand-drawn images onto unusual surfaces and creating beautiful, one-of-a-kind mixed media photographic pieces. The technique covered are Xerox transfer, alcohol transfer, heat transfer and cyanotype, as well as mixed media strategies for after you photograph is transferred. No experience necessary. Class fee is \$75, plus a \$25 supply fee made payable to the instructor that will cover all materials needed for the workshop. Visit <http://www.shemerartcenter.org/programming/event-registration>.

'Hershey Felder As Irving Berlin'
Arizona Theatre Company
Oct. 8-25
Herberger Theater
222 E. Monroe
602-256-6995

From the depths of Czarist Russia, to New York's Lower East Side, and ultimately all of America and the world, Irving Berlin's story epitomizes the American dream. Hershey Felder, a bravura performer, compelling storyteller, and superb concert pianist, returns to ATC in another tour-de-force. This time, Felder brings to vibrant life the remarkable story of "America's Composer." Featuring Irving Berlin's most popular and enduring songs, from "Alexander's Ragtime Band" to "God Bless America" to "White Christmas". Visit www.arizonatheatre.org.

'James and the Giant Peach'
October 9-25
Valley Youth Theatre
525 N. 1st St.

Based on the children's book by Roald Dahl, this musical follows the story of James, an orphaned boy who enters a gigantic, magical peach, and has a cross-world adventure with six magically altered garden bugs he meets. Tickets are available at www.VYT.com or by calling 602-253-8188.

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- Taco Bell, 9019 N. 19th Ave.

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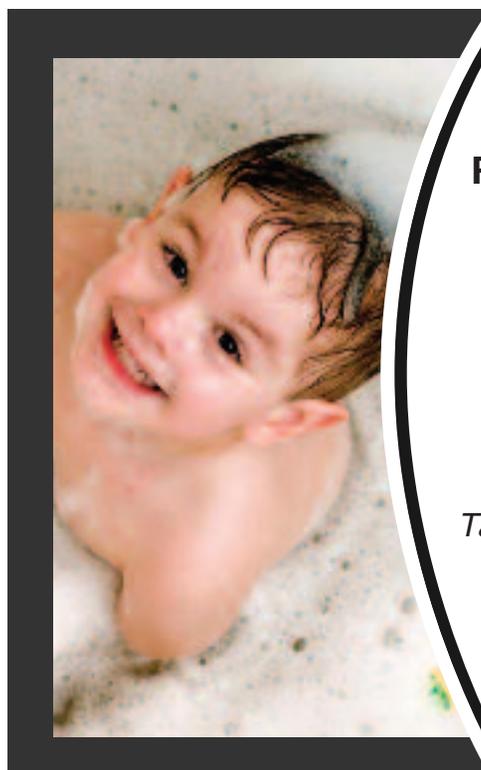
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FOOD FOR THOUGHT



Virginia Senior, co-owner of Urban Beans, pours a glass of Australian pinot grigio for Amber Manzer and her husband, Jarrod, during a five-course wine dinner held Aug. 20. The Manzers enjoy the second course of the Asian-inspired meal, a Tom Kha-Gai soup with kafir leaves. The next wine dinner, set for Sept. 17, has an Italian theme (photo by Teri Carnicelli).

Café Chat

Coffee, wine, and now dinner at Urban Beans

By Patty Talahongva

Central Phoenix is getting a three-for-one deal with the expansion of Urban Beans Bar and Café, 3508 N. 7th St., Suite 100. The longtime coffee bar recently went 24/7 and began offering community dinners every night. Now you can stop by during the day and get a cup of coffee and breakfast or lunch, or RSVP for dinner and enjoy a glass of beer or Vegan wine. Or pop in at 3 a.m. and enjoy something from the “bites” menu.

It’s all about serving the community, says Virginia Senior, the owner and driving force behind the wine bar, coffee bar and cafe. In fact, her customers are the ones who suggested she expand to a 24-hour cycle. Workers from nearby hospitals, colleges and even other service workers were looking for a casual place that catered to their late-night schedules.

“It’s more of a European model, good food all the time,” Senior explains. Now people stop in to not only have a cup of coffee but also a relaxing beer. “Business meetings happened, birthdays happen, dates happen,” she smiles.

How Urban Beans came to be is an interesting confluence of things hap-

pening as well. Senior is a licensed architect and still works during the day at One Development, creating commercial buildings, multi-family housing and restaurants. In fact the Urban Beans building was one of her and her partners’ developments.

Senior said she always had a love of food, perhaps because her father was a chef. So in 2008 the partners started to develop the space. But when no one rented it, she thought, “How hard can it be?” So she and her business partner, who prefers to stay in the background, decided to open Urban Beans. Now Senior is creating a community space she herself enjoys.

Being open 24 hours a day is what Senior calls the missing link in serving her community. “People come here by themselves and bring their sketch books or write. They like the vibe. That’s a part of our community.”

Urban Beans also serves a specific community that traditionally has limited options: the vegan crowd. Every dish at Urban Beans is vegan or vegetarian. Senior herself has been vegan for almost two years. She’s the executive chef and works with Amanda Langham, the head chef, to create the entrees.

They use jackfruit for dishes like the barbecue sandwich. The Asian fruit has the texture and flavor of pork. But Senior is quick to add, “We’re really not

FOOD FOR THOUGHT

into mock meat, it's just great food."

Senior's vegan apple pie has won numerous awards, and the vegan lasagna would please even a discerning Italian palate. In fact, you wouldn't even notice the cheese is vegan as it melts perfectly and has a soft, creamy texture. "We strive for using plant-based ingredients to make healthy food," she explains. "Healthy, nutritious and delicious."

By only offering one entree each night, Urban Beans saves on food costs plus people have to make a reservation so the chefs know how many servings they need to cook. Entrees include urban pizza melts, jackfruit tacos, Thai inspired noodle dishes, and urban burgers or empanadas.

Lunch is served daily until 6 p.m. The prix-fixe dinner is served from 6:30 to 8 p.m. and you must make a reservation. The cost is \$15 and dinner is served with a salad and soup. Add a glass of beer or wine and it's \$20.

Every third Thursday Urban Beans hosts a Wine Dinner, which is a themed five-course meal with wine pairings for \$55 (not including tax and tip). The Sept. 17 dinner features a Caprese salad, white bean potato sage soup, margherita flatbread, baked ziti marinara, and Italian lemon olive oil cake. Again, you must make a reservation, as seating is limited.

After 8 p.m. the Bar Bites Menu is available. For \$5 to \$8 a serving, you can get flatbread pizzas, pretzel chips with dipping sauces, or hummus and pita bread. Specialty drinks include the Pink Diablo, a sort of homage to the desert plants featuring prickly pear juice and habañero chile. "It's kind and sweet and then it stings you," Senior says. You can also get most cocktails alcohol free if you prefer. Local wines and beers are always available.

The house band, Police the Man, plays every Saturday. If you see a piece of art on the wall that you like, you can buy it.

Follow Urban Beans on Facebook, Twitter and Instagram. For dinner reservations, call 602-595-2244.

Dining Briefs

Fall Restaurant Week returns Sept. 18-27

The Arizona Restaurant Association's Fall Arizona Restaurant Week spans 10 days, starting Sept. 18 through Sept. 27, and diners can expe-

rience special menus at their favorite restaurants as well as have the chance to eat their way across the Valley, trying new restaurants and cuisine types.

During Fall ARW, participating restaurants offer a three-course, prix-fixe menu for just \$33 or \$44 per person, excluding beverages, tax and gratuity unless otherwise noted. ARW menus allow food lovers to experience the height of culinary talent of chefs statewide.

To view a list of participating restaurants and their prix-fixe menus, visit www.ArizonaRestaurantWeek.com.

Burgers, brews event benefits AZ Search Dogs

As the anniversary of 9/11 approaches, Half Moon Windy City Sports Grill in Phoenix announces its first Phoenix Fire Fighters Burgers, Brews & Brawn Servathon 6-9 p.m. Wednesday, Sept. 9, in remembrance and commemoration of those first responders involved in the 9/11 rescue efforts. Proceeds of the event will benefit one of Half Moon's favorite chari-

please see BENEFIT on page 50

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FOOD FOR THOUGHT

BENEFIT continued from page 49

ties, the Arizona Search Dogs (www.ArizonaSearchDogs.com).

Arizona Search Dogs trains, certifies, and develops Canine Search Specialist teams to be mobilized with USAR (Urban Search and Rescue) Task Forces. Some of the dogs were deployed to the 9/11 tragedy in 2001. Nearly a dozen of these amazing dogs will be on hand with their handlers to meet and greet guests. There will also be an agility course set up in front of the restaurant for the dogs to strut their stuff.

Reservations are required for this very special dinner in order to reserve a Phoenix firefighter as your server that evening. Twenty percent of the proceeds from sales for the entire day will go to Arizona Search Dogs as well as all the tips the firefighters collect serving tables that evening.

Half Moon Windy City Sports Grill is located at 2121 E. Highland Ave. Tickets are \$10 per person and give each guest a \$10 food credit. To reserve a seat, visit www.halfmoonsportsgrill.com. For more information, call 602-977-2700.

Irish center hosts Fall Tea Party

The Irish Cultural Center and McClelland Library's Annual Fall Tea Party will take place 3-5 p.m. Sunday, Oct. 4 at the IRC, 1106 N. Central Ave.

Presented by The Celtic Crafters, the tasty event features a variety of sandwiches, scones, cakes, soda bread, and of course tea. Attendees also will enjoy entertainment, music, dancing, games and a raffle.

Cost is \$15 per person; reservations are highly recommended. Call Patricia at 480-242-3500.

Ticoz offers new menu, bar items

Ticoz Latin Kitchen (Formerly Ticoz Resto-Bar), 5114 N. 7th St., has added several new South American influenced dishes to its already flavorful menu. New items include chipotle BBQ salmon (\$16.95), tamale stuffed pork chop (\$16.95) and a house-made black bean burger (\$9.95).

Ticoz Latin Kitchen has undergone a remodel to match its menu changes and has a several daily specials sure to chase away the summer blues, including Taco Tuesday, a sampler platter special on Wednesdays, and a new menu of signature cocktails.

Ticoz is open Monday-Friday at 11 a.m. for lunch and Saturdays and Sundays starting at 10 a.m. for brunch. Ticoz is open daily for dinner. For more information, visit www.ticozaz.com or call 602-200-0160.

Cooking classes offer health, flavor, fun

North Central resident Nancy Matsui had had a lifelong love of cooking, and during her 35 years of elementary school teaching she managed to sneak a few healthy cooking experiences into the classroom with her students.

She began teaching cooking classes at a local community college and in 2011 formed Onion Enterprises—Education in Flavor through which she offers cooking classes in her home near 15th and Northern avenues, and occasionally features guest chefs.

After the summer off, Education in Flavor returns for fall and begins with a saucy touch. The first session, from 11 a.m.-12:30 p.m. on Sept. 12, will feature "Curds & Condiments" that will be great for fall get-togethers.

The second class, from 6:30-8 p.m. on Sept. 16, features Michele

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Redmond, guest chef, who is a registered dietician and will dazzle with “Chickpea Products.”

Other classes include “Fall Salads” on Oct. 3; “A Tribute to Yotam Ottolenghi” on Oct. 10; “Holiday Appetizers & Sides” on Nov. 7; and “Confection & Dessert” on Nov. 14.

Recipes are provided and each of the dishes prepared will be served. Each session will include a raffle for assorted kitchen tools. Class fee is \$20 per session. More than half of each class fee will be donated to one of two local charities; the rest is used to purchase groceries and print recipes.

Space is limited, so RSVP quickly. Payment must be received prior to the class in order to hold the reservation. To RSVP or for more information, e-mail Nancy Matsui at onionenterprise@cox.net.

For a copy of the Education in Flavor brochure, with a full description of each class, visit the Southwest Gardener at 300 W. Camelback Road, or John’s Amish Country at the Uptown Farmers Market, 8 a.m.-1 p.m. Saturdays at North Phoenix Baptist Church, 5757 N. Central Ave.

The Refuge partners with other charities

The Refuge Café, a social enterprise of Catholic Charities Community Services located at 4727 N. 7th Ave., has launched a fundraising program to help schools, sports teams, clubs, churches and other organizations.

Restaurant fundraising nights can be scheduled Monday-Thursday any day of the year. The Refuge will donate 25 percent of food and drink sales generated (excluding alcohol) to the participating organization.

Setting up at event at The Refuge is a simple and easy process. Once your date is agreed upon, The Refuge will provide each group with a master flier to help advertise and promote the event. Attendees will bring in the flier or mention it while dining and then a portion of the money they spend will benefit the organization.

To learn more or book a fundraising event, call or e-mail John Strawn, general manager, at 602-265-1725 or JStrawn@therefugeaz.com.

For local restaurant listings, visit our Dining Guide online at www.northcentralnews.net

Urban Ale Trail returns on Sept. 12

Urban Ale Trail, like its sister event Urban Wine Walk, is a self-guided walking tour of Downtown Phoenix and light rail corridor bars and restaurants. Downtown Phoenix has emerged as a hotbed for craft beer and Urban Ale Trail allows attendees to sample a wide variety of stouts, lagers, sours and IPAs, all at wallet-friendly prices.

The Urban Ale Trail takes place from 1-6 p.m. on Saturday, Sept. 12. Sponsor restaurant District American Kitchen & Wine Bar will give away free 64-ounce Urban Ale Trail growlers to the first 300 people who line up at the trailhead, which is at the Sheraton Phoenix Downtown, 340 N. 3rd St.

Ale Trail is a celebration of all things beer, but it's also a showcase of the easy-to-use transit system. So grab a light rail pass and spend an afternoon taking in the downtown sites while enjoying tasty drinks and snacks along the way.

Urban Ale Trail is free to attend. Participating bars and restaurants will each offer three different 4 oz. beer samples, priced between \$1-\$2 each. For a map and list of participating restaurants, visit <http://dtphx.org/aletrail>.

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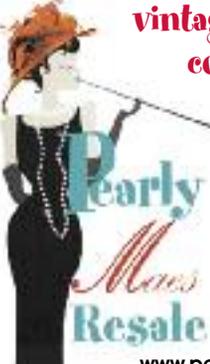


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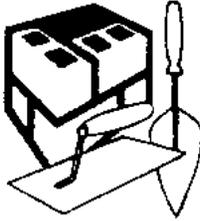
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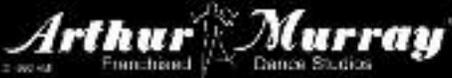
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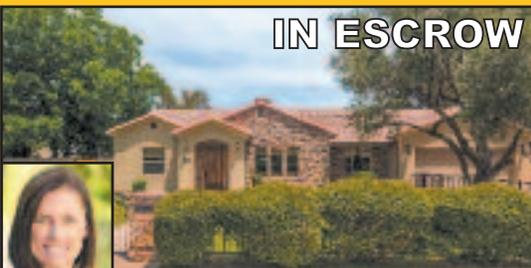
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