north central news

the voice of the north central phoenix community

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Light rail extension opens with fanfare

Valley Metro and the City of Phoenix will host the launch of the new Northwest Extension of the light rail (from Montebello to Dunlap avenues) from 9 a.m.-12 p.m. on Saturday, March 19.

Be one of the first to ride light rail on the new extension with a free commemorative pass (good only on March 19). Commemorative passes will be available at the Montebello, Glendale, Northern and Dunlap stations.

Don't forget to check out the 19th Avenue Community Fair, held at the 19th Avenue & Dunlap Park-and-Ride lot, to celebrate and thank the 19th Avenue neighborhoods. There will be free, family-fun activities, food and entertainment. There will be an arts and crafts area, ASU's mascot Sparky, local schools and businesses with booths and activities, face painters, and a ferris wheel.

The city of Phoenix is already making plans to

please see LIGHT RAIL on page 4

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Melrose District business owners celebrating their 10-year anniversary are, from left: Jon Douglas of Figs Home & Garden, Bill Sandweg of Copper Star Coffee, and Teresa Stickler of Melrose Pharmacy (photo by Teri Carnicelli).

Melrose shop owners reflect on success

By Teri Carnicelli

Ten years ago next month, then-Phoenix Councilman Tom Simplot made a special trip to the up-and-coming Melrose District to perform a ribbon cutting for three new businesses. It was a special day not only for the shop owners, but also for an area that had battled blight, crime and vacant buildings for many years.

Flash forward 10 years, and the area is a vibrant, eclectic community that draws shoppers from around the Valley and celebrates its success with a popular annual street fair, which takes place this year on March 5.

Those three business owners—Jon Douglas of Figs Home & Garden, Bill Sandweg of Copper Star Coffee, and Teresa Stickler of Melrose Pharmacy—say they are proud of their success and the community, which only continues to get better.

"The changes in the Melrose District have been amazing," said Douglas, who buys décor and home furnishings from around the globe to sell in his store. "I think the biggest change is how the district has become an extension of the North Central corridor and with a lot of branding it has become a destination point."

Stickler's business has grown from a small shop with two employees to a much larger storefront with 13 employees. "Our loyal customers are what has helped us survive through the recession," she says. "I think of Melrose District as a small town within a big city. Everyone is connected to each other by some way. Our area is really supportive of locally owned businesses."

Part of that support comes from the Seventh Avenue Merchants Association (SAMA), which formed in 2001 for the express purpose of promoting local businesses to the larger Valley area and attracting new businesses to the Melrose community.

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COMMUNITY

Local youth organize 5K walk for refugees

By Catherine Fusillo

Thunderbird High School senior Mark Morrissey spent three weeks in Catania, Italy this past summer as a Phoenix Sister Cities Youth Ambassador. There the North Central Phoenix teen learned about the city's colorful culture and its people. Then, his host "brother" traveled from Catania to spend three weeks in Phoenix to learn about our culture.

A few months after the summer exchange, Mark read an article in *Time* agazine that described how Catania is a major port for immigrants from Syria and Africa seeking refuge in Europe (second only to Greece), and how the government has a hard time providing basic aid for all of them, especially the teens. Mark, along with all the other Phoenix Sister Cities Youth Ambassadors, wanted to do something to help these kids who have not been as fortunate they have.

The Red Cross of Italy is hoping to raise enough donations to purchase this emergency vehicle to bring supplies and other needed items to refugees streaming in to Catania from Syria and other parts of Africa. Some Phoenix students have organized a walk on March 6 to help raise the needed funds (submitted photo).

By contacting the Red Cross of Italy, Mark learned what the Catania branch needs most: blankets, clothes, basic medical supplies, and a rescue vehicle that can travel on land or in water. That way, rescue workers can reach people in the ocean and help pull them safely to shore.

To raise money for this important cause, Phoenix Sister Cities Youth Ambassadors have teamed up with the Thunderbird National Honor Society and Mountain Sky Junior High's Wake Up Club to organize the "March in March 5k Walk" on March 6, on the Thunderbird High School running

please see REFUGEES on page 4

Enter our monthly

Reader Rewards Drawing

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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 February's winner, Annette Cherow, who won four adult tickets for the Arizona Renaissance Festival

Visit our website at www.northcentralnews.net to enter for your chance to win this month's prize, a

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Deadline to enter is March 20, 2016
The winner will be announced in our April 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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Get Plenty of Zzz's for Optimal Health

By Alfredo Lim, M.D.

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

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

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

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

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

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

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

For occasional insomnia, simple lifestyle changes can help:

- Get on a sleep schedule. Go to bed and wake up at about the same time each day.
- Avoid caffeine, tobacco and other stimulants if you have trouble sleeping.
- Avoid alcohol. At first it makes you drowsy, but later it keeps you awake.
- Establish a relaxing bedroom environment. Move the television and computer out of the bedroom. Keep lighting dim.
- Maintain a cool room temperature.
- Indulge in comfortable bedding.

Here's to a good night's sleep!

Alfredo Lim, M.D., specializes in internal medicine, with a special interest in caring for the health of seniors, at HonorHealth Medical Group, 9100 N. Second St., Suite 121, Phoenix, 602-997-7331.

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COMMUNITY

MELROSE continued from page 1

"There is no substitute for being active in the community," said Sandweg, whose popular coffee shop has continued to find success event while competing against nearby national retail chains with huge marketing budgets. "I was the president of the Seventh Avenue Merchants Association, on the board of Pierson Place Historic Neighborhood, president of the Madison Heights PTO, and I'm a member of the City of Phoenix Environmental Quality Commission. Being out in the community helps me stay in touch with what people want, and it reminds them that we are here. Plus, it's just nice to give back."

A good example of that "giving back" is the annual street fair, which not only showcases businesses along the curve but also celebrates community partners such as neighborhood associations, nonprofits, and the city of Phoenix, which has invested hundreds of thousands of dollars to help improve the area.

For the street fair on March 5, 7th Avenue from Indian School Road to Campbell Avenue will be closed to all automobile traffic beginning around 8 a.m. The fair takes places from 11 a.m.-5 p.m. and includes a classic car show, artisan marketplace with over 175 local and independent crafters, food from local food trucks, and live music from great local bands including Tempe's own Pistoleros. Visitors also can partake of the craft beer and margarita garden, a Kid Zone, and a fishing tank from Sportsman's Warehouse.

"Our street fair has grown immensely and is very exciting," Stickler says.

"I am very proud of what it has become. What has stayed the same is that all the business owners really help each other out and look out for each other, and they really care about the area."

Douglas advises any business owners thinking of opening in the Melrose District to act now, as the area is only going to become more popular, especially with continued improvements like the Arizona Canal upgrades, and continued real estate investments like new condos and luxury homes amidst the historic homes and gentrified neighborhoods.

"The Melrose District has really become recognized as a hub of vintage and retro shopping," says Sandweg, whose coffee shop is inside a converted vintage gas station. "That attracts new customers and new residents. As people continue to move into the historic neighborhoods surrounding us, that density becomes attractive to other people who enjoy a more urban, cosmopolitan lifestyle."

14th Annual Melrose on 7th Avenue Street Fair

11 a.m.-5 p.m. Saturday, March 5
7th Ave., from Indian School to Campbell

- Over 175 booths of local artists, indie crafts, amazing products
- Local food vendors, food trucks
- Craft beer and margarita garden
- Main Stage featuring live music
- Kids' area showcasing rides, crafts
- Sportsman's Warehouse fishing tank
- Over 150 classic, antique and vintage cars and trucks

More info: http://m7streetfair.com

LIGHT RAIL continued from page 1

continue to the light rail north and west, to the Metrocenter Mall area. Funding was included in Transportation 2050, which Phoenix voters approved in August 2015. The anticipated opening of the Metrocenter extension is 2023.

"Because Phoenix voters made a historic investment in public transit, we're able to accelerate high-capacity transit projects to meet more immediate community and mobility needs," said Phoenix Mayor Greg Stanton. "The adjustments to the transportation plan are critically important to further the city's economic development, sustainability and accessibility goals."

For more information, visit the City of Phoenix T2050 page.

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track, 1750 W. Thunderbird Road. The walk sets off at 10 a.m.

There will be a DJ and food to make this an event that the whole family will enjoy. If you can't walk, donations are also welcome.

To register for the walk ($10 for students and $20 for adults) or donate online, go to https://march-in-march-walkathon.eventbrite.com. Those who want to register or donate onsite the day of the event are advised to arrive by 9 a.m. Wear proper walking shoes and comfortable clothes.

For more information, e-mail Charlotte Morrissey at morrissey3@cox.net.

Editor's note: Catherine Fusillo, a student at Veritas Prep Academy, is a Phoenix Sister Cities Youth Ambassador alumna.

COMMUNITY

Celebrating the donation of $10,000 to Homeless Youth Connection from Phoenix Rotary 100 are, from left: Steve Sussman, president of Homeless Youth Connection; Dawn Bogart, executive director of HYC; Howie Simon, past president of Phoenix Rotary 100; and Tony Kakar, president of Phoenix Rotary 100 (submitted photo).

Rotary 100 gives grant to HYC

Phoenix Rotary 100 recently awarded a $10,000 grant to Homeless Youth Connection (HYC), a nonprofit organization that serves the needs of homeless youth in the West Valley. The funding will be used to support HYC's Empowering Youth For The Future program, which provides basic necessities, resources and programs to ensure homeless youth stay in school and graduate.

"The generous funding from Phoenix Rotary 100 will be used to enhance and strengthen the Empowering Youth For The Future (EYFTF) program by offering additional case management, program supervision, counseling, community outreach, and community inclusion," said Dawn Bogart, Executive Director HYC. "In the coming year, HYC hopes to serve 260 homeless teens through its EYFTF program."

Phoenix Rotary 100 has been a leading business and civic organization since 1914 and is comprised of more than 200 of Phoenix's most prominent leaders in business, legal, government and not-for-profit sectors.

"We are pleased and proud to be a supporter of the humanitarian mission of Homeless Youth Connection," said Phoenix Rotary Past President Howard Simon. "Phoenix Rotary 100 has focused on the youth in our community for more than 100 years. Our members have been making a positive difference in our community and the world throughout our history."

For information on Phoenix Rotary 100, visit www.rotary100.org.

Easter event still needs donations

Phoenix Rescue Mission is seeking donations, sponsorships and volunteers for its largest community event of the year, its annual Easter Outreach Celebration, Saturday, March 19, featuring food and carnival-style activities for more than 300 struggling families with children.

"We encourage the community to join us in this celebration, either through volunteering, sponsoring or providing event materials," said Phoenix Rescue Mission CEO Jay Cory. "In fact, we still need 1,200 plastic candy-filled eggs, egg dye kits, plastic spoons, disposable cups, confetti, paper towels, wet wipes and more."

The Mission also needs 1,500 filled Easter baskets, 300 plush Easter animals, 500 Easter holiday food bags (bags provided), 300 bibles, and devotionals for teens.

Donations for the Easter celebration can be dropped off at the Mission's Donation Center Warehouse, 1468 N. 26th Ave., Monday through Friday between 8 a.m. and 4 p.m. Donations will be needed by Wednesday, March 16. For large donations, contact Gail Engstrom at 602-346-3372 to schedule a pick-up.

For more information about for the Easter Outreach Celebration, call 602-346-3363.

HOLY WEEK WORSHIP SCHEDULE
at Our Saviour's Lutheran Church

Maundy Thursday, March 24
7:00 pm Worship with Holy Communion

Good Friday, March 25
7:00 pm Worship

Easter Sunday, March 27
7:00 am Sunrise Outdoor Worship
9:30 am Worship with Holy Communion
10:45 am Children's Easter Egg Hunt
Breakfast served from 8-9:15 am & 10:30-11:30 am

Our Saviour's is located at 1212 E Glendale Ave, Phoenix, 85020 www.osleonline.org

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Spring festivals and family events

The weather is heating up and so are the outdoor events around Phoenix. Check out these events coming up in March:

25th Annual Blues Blast

10 a.m.-7 p.m. Saturday, March 5
Margaret T. Hance Park
1202 N. 3rd St.
602-516-8870

Featuring several blues bands, music workshops, an art project for kids, food and merchandise vendors, and more. Admission is $30, kids 15 and younger 16 free when accompanied by an adult. Visit http://www.phoenixblues.org.

Annual Indian Fair & Market

March 5-6
Heard Museum
2301 N. Central Ave.
602-252-8840

Featuring more than 600 of the nation's top Native American artists, lively music and dance performances, book signings, artist demonstrations, a raffle of donated artwork, and more. Enjoy a variety of Native foods for purchase. Hours are 9:30 a.m.-5 p.m. Saturday and 9:30 a.m.-4 p.m. Sunday. General admission tickets for ages 17 and older are $20. Visit http://www.heard.org/fair.

My Nana's Salsa Challenge

10 a.m.-6 p.m. March 5-6
Steele Indian School Park
300 E. Indian School Road
602-955-3947

A fundraiser for the Hemophilia Association. Featuring 90-plus competitors preparing fresh salsa on-site. Visitors can vote for their favorite entry. Enjoy margaritas, live bands, a food court, KidsZone, cornhole tournament, a maragarita mix-off, and more. General admission is $15 at the gate, children 12 and under are free. Find discount tickets at Fry's grocery stores or online at www.salsachallenge.com.

St. Patrick's Day Parade and Irish Faire

10 a.m. Saturday, March 12
Margaret T. Hance Park
1202 N. 3rd St.
602-280-9221

The parade will feature Irish dancers, dignitaries, bagpipers, floats, the famous DeLorean cars, a Cardinals float with Grand Marshall Michael Bidwell, Big Red and cheerleaders, and more. The fair includes three stages of Irish rock, traditional and mixed music, dancers, a kids area, food, crafters and tours of the McClelland Irish Library. The parade and fair start at 10 a.m. Fair admission is $10 for adults, 13 and older, $8 for seniors and military, and free for children 12 and younger. The parade starts at 3rd and Sheridan streets and concludes at 3rd and Moreland streets. Visit www.phxirish.org.

McDowell Mountain Music Festival

March 11-13
Margaret T. Hance Park
1202 N. 3rd St.

The three-day festival celebrates its 13th year of combining music, arts, food, and charities. A diverse and pack lineup of performers makes this a can't-miss event for true live music fanatics. A full lineup listing and tickets (single day or full festival) can be found at www.mmmf.com/line-up.

Phoenix Festival de España

12-5 p.m. March 19-20
Phoenix Center for the Arts
1202 N. 3rd St.

The event will feature live Flamenco performances, workshops for youth and adults, Spanish food, culinary demonstrations, presentations on Spanish culture, and more. Dance and music groups will perform throughout the day on the festival's outdoor stage. The festival will also feature art exhibits, costumes, jewelry, and a beer and wine garden. Admission is free. For an updated list of performers, presenters, and workshops, visit www.phoenixcenterforthearts.org.

Arizona Scottish Highland Games

March 19-20
Steele Indian School Park
300 E. Indian School Road
602-431-0095

Presented by The Caledonian Society of Arizona featuring competitions, demonstrations, Highland dancers, ancient athletic events, children's games, clan booths, food, artifact & clothing vendors, reenactment groups, massed pipes & drums, and more. Tickets are $17 in advance, $20 at the gate for adults 13 and older; $15 for seniors and military; and $10 for children ages 6-12. Visit www.arizonascots.com.

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Real Estate Corner

Bobby Lieb

Your North Central and Biltmore residential real estate specialist

My dad ... a Phoenix icon

I wrote the following article five years ago when my dad passed away. I was brainstorming to write another tribute to my dad but decided that this article stands the test of time. I miss you, dad.

My dad, Herb Lieb, passed away on Feb. 24, 2011, after just celebrating his 91st birthday. Dad was born in Chicago, left to fight in WWII and actually landed on Normandy Beach. After the war, he met my mom, Sharon. They lived in several locations before they divorced. My brother Michael and I moved with our mom to Atlanta and dad moved to Phoenix in 1965. Dad became partners with Geri Kagel in Kagel's ladies' store in Park Central Mall. In 1970, he opened Herb's Underground at Central and Clarendon avenues, which was Phoenix's first disco. He sold the Underground after three years and then had Jerry Hassett build the Jockey Club Nightclub in 1976, which was located at 20th Street and Camelback and was the first private disco in Phoenix. I graduated from college in 1978 with visions of playing professional baseball but instead I was hired to manage the Jockey Club at 22–and what a run it was. I met so many great people through my dad and even hired a disc jockey from another club, MaryAnn Ortiz, who worked for me (I mean I worked for her) for five years. In 1986, MaryAnn and I got married and now we have two college-age kids, Sean and Juliann.

In 1989, Burt Lewin, Mal Straus and Mike Hayes worked with dad to open another Jockey Club and we opened at Central and Camelback. Once again, I met wonderful people and we enjoyed this club until 1996 when we sold it to Sweet Tomatoes. My dad then retired and started to enjoy his life without the burden of a business to run.

Michael and I really enjoyed visiting dad twice a year when we were younger and it was truly amazing how many people my dad knew from going to Rocky's Hideaway, Bobby McGee's (where dad had a booth reserved for him at every location) and the other places where all the Phoenicians used to hang out. I also remember how wonderful dad's friends were to Michael and me. Instead of treating us like the little punks we were they always treated us respectfully, like we were adults.

As my dad grew older, the respect his friends had for him just grew stronger. They all had stories about dad and they all used to tell me how he always had time for them no matter what the situation was. He was like a second father to many people out there.

The greatest tribute to my dad was the more than 275 people who attended his funeral and the more than 100 cards that my brother and I have received over the past four weeks. My kids and my brother's kids, Stephanie and Jeffrey, gave eulogies about what a great grandpa dad was and there were eulogies from his friends. A special thanks to the many people who were there the past few weeks to make my dad's last few days comfortable: Rabbi Herring, Bill Saul, Mike Davis, Bob Sikora, Jan and Wendall Chapman, Arlene Copley, Sherri and Sandy Germaine, Shannon Lieb and his grandkids.

There will never be any more stories *from* dad but there will be hundreds *about* dad for the years to come. We also have CDs of his numerous birthday roasts. Dad, I wish I could hear one last story from you but just know that I love you very much. Your legacy is the many friends that you left behind and also the wonderful family that loved you dearly. Guess what, dad? You now have a new captive audience to tell your many stories to.

WE MISS YOU.

Bobby Lieb

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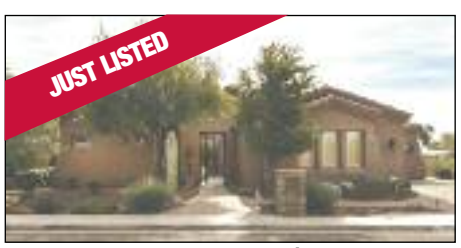

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COMMUNITY

Dresses, accessories collected for prom

The East Valley Women's League (EVWL) is collecting new and gently used prom dresses and accessories at various locations in Phoenix, to be given away for free during the 15th annual Cinderella Affair.

Accessories including shoes, evening bags and costume jewelry also are accepted, and Cinderella Affair organizers are in particular need of larger-sized dresses.

This year, the dresses will be given away to juniors and seniors with valid IDs beginning on March 26. Last year, nearly 1,300 dresses were given away to students from throughout the Valley and around the state.

"The biggest part of the Cinderella Affair is making the girls feel special," said East Valley Women's League President Christina McNamara. "It's more than a dress and an outfit for one night. We're there to help these young women find the perfect dress, give them hugs and tell them how pretty they look."

Phoenix drop-off locations include: Xavier College Prep, 4710 N. 5th St. (602-277-3772); Cancer Support Community, 360 E. Palm Lane (602-712-1006); and Scottsdale Christian Academy, 14400 N. Tatum Blvd. (602-992-5100).

Since the Cinderella Affair first launched in 2002, more than 9,000 dresses have been given away. For more information, visit www.cinderellaaffair.org.

Day of Service at Westwood

The ASU College of Public Service invited the community to join its volunteers in cleaning up the Westwood Neighborhood, on Saturday, March 19. The area is located between Indian School and Camelback roads, and 19th Avenue and the I-17. This is a great opportunity to help out neighbors, get some exercise, and tackle blight and trash.

The volunteer breakfast and check-in begins at 7:30 a.m. at 4535 N 23rd Ave. There will be some opening remarks at 8 a.m., and volunteers set off at 8:15 a.m., with work wrapping up around 11:30 a.m.

Volunteers will receive a free ASU T-shirt and breakfast after checking in. The use of public transit is encouraged, as parking is limited at the check-in site. To pre-register, visit: http://tinyurl.com/jnyyzj4.

Downtown stroll benefits symphony

The 6th Annual Downtown Music Stroll, presented by the Phoenix Symphony Young Professionals, returns 2-5 p.m. Saturday, April 2, at various venues in downtown Phoenix.

Stroll to great restaurants and enjoy live music, selected appetizers, and one half-pour drink (wine or beer) at each location. If you make it to five or more of the nine total locations, you will receive a free voucher for a Symphony Classics Pops Concert.

Tickets are $30 plus fees. Participating venues include: The Arrogant Butcher; Squid Ink; Gypsy Bar; Tom's Tavern; Icon, and more. For more information, call 602-495-1999 or visit www.phoenixsymphony.org. Proceeds benefit the Phoenix Symphony's Education and Community Engagement programs.

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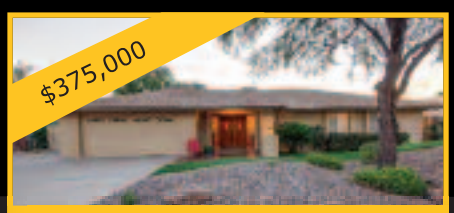

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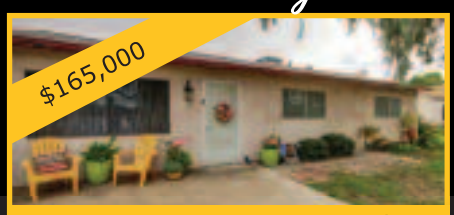

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IRC holds raffle for car, trip to Ireland

The Irish Cultural Center in Phoenix is holding a prize raffle that includes a chance to win a trip to Ireland for two, or a 2-year lease on a Nissan Versa Note from Avondale Nissan. Other prizes include $100 gift certificates to a local pub, and annual family memberships to the IRC.

Tickets are $10 each or three for $25 and are available through noon on March 18. The drawing will be held no later than April 1. You must be 18 years or older to enter the raffle. Winner does not need to be present.

For more information, call 602-258-0109 or visit www.azirishlibrary.org.

Legislators visit public gathering

Phoenix City Councilman Bill Gates will hold a special "Legislative Update" edition of his monthly coffee chat, 7:30-9 a.m. Tuesday, March 22, at the Sunnyslope Senior Center, 802 E Vogel Ave.

Joining Gates will be guest speakers from the Arizona State Legislature to discuss current policy issues facing Arizona. In order to accommodate these speakers, and the unique topic, this coffee chat will be a half hour longer than normal.

Confirmed legislators include Sen. Nancy Barto and Rep. Heather Carter from District 15; Rep. Anthony Kern from District 20; and Rep. Kate Brophy McGee and Rep. Eric Meyer from District 28.

No RSVP is needed. Complimentary coffee will be provided.

Truck raffle aids local nonprofit

Boys Hope Girls Hope, 3443 N. Central Ave., is a nonprofit that provides scholarships to underprivileged kids in both community-based and residency-based programs, ensuring a good start towards a college education. The Active 20-30 Club of Scottsdale is hosting fundraising events to benefit the local charity, including selling raffle tickets to win a new 2016 Toyota from Valley Toyota Dealers (cash-out option available at $15,000). Each ticket is $25 or five raffle tickets for $100. The drawing will take place on April 8; need not be present to win.

For more information or to purchase raffle tickets, visit www.scottsdale2030.org/brokers-for-kids/raffle/.

Volunteers sought for vision event

VisionQuest 20/20, whose purpose is to raise awareness of the need for vision screening and the early detection of preventable blindness, seeks volunteers to help at its Hope Fest event, 8 a.m.-3 p.m. Saturday, April 16 at Chase Field, 401 E. Jefferson St.

Hope Fest is the largest collaboration of organizations, nonprofits, agencies and individuals who will come together to provide free medical, dental, vision, food, housing, haircuts, clothing, personal care products, child safety information and more. VisionQuest 20/20 needs 30 volunteers age 16 and older for this community event; volunteers need to commit to at least a four-hour shift.

If you would like to volunteer, indicate first shift, 8-noon, or second shift, 11 a.m.-3 p.m. Contact Catrina Frost at 602-663-7978.

Navy Week brings sailors to science center

Phoenix Navy Week takes place March 21-26 with events and activities scheduled throughout the Valley, most coinciding with spring training games.

On March 21, the Arizona Science Center hosts Navy Day, with Explosive Ordnance Disposal and dive teams, the USS Constitution crew, and local sailors who will interact with center visitors, from 9 to 11 a.m. and again from 1-3 p.m. In between the events, the Navy rock band, The Destroyers, will perform a free concert from 11 a.m.-1 p.m. in the Heritage Square Plaza outside the science center, 113 N. 6th St.

During a Navy Week, dozens of outreach events are coordinated with corporate, civic, government, education, media, veterans, community service and diversity organizations in the city. For more information, visit http://outreach.navy.mil/Navy-Weeks/Phoenix.

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Grants help refresh local neighborhoods

Five neighborhood groups in the city of Phoenix are the first to receive $1,000 Love Your Block mini-grants, designed to foster resident-driven neighborhood revitalization. The awardees will use their mini-grants to purchase supplies and tools to implement a neighborhood improvement project that mobilizes community volunteers to transform blighted areas into community assets.

Among the spring grant recipients are Community Alliance of Seventh Avenue (CASA), the Pasadena Neighborhood Association and the Woodlea-Melrose Neighborhood Association.

CASA volunteers will beautify the Melrose District by installing flower planters to businesses. The project vision is to encourage shopping, dining, and recreation by making 7th Avenue an attractive spot for residents and merchants. Some local merchants have agreed to help in the form of matching funds so more flower planters can be installed.

Pasadena volunteers will install two Free Little Libraries to increase community interaction through the power of sharing stories. The neighborhood plans to host reading events to gather neighbors, and has already begun collecting donated books and magazines. Woodlea-Melrose volunteers will repaint weathered and tagged irrigations boxes all in the same color. By revitalizing this feature, the project aims to beautify the neighborhood to garner neighborhood pride and community involvement.

Love Your Block is made possible thanks to a grant from Cities of Service and support from the Corporation for National and Community Service. Partners include Helping Phoenix Neighborhoods, HandsOn Greater Phoenix and Keep Phoenix Beautiful.

For more information, visit www.phoenix.gov/volunteer, email loveyourblock@hpnphx.org or call 602-495-7195.

Police Use of Force discussed at program

According to the National Institute of Justice (NIJ), the use of force by law enforcement officers becomes necessary and is permitted under specific circumstances, such as in self-defense or in defense of another individual or group. There is no single, universally agreed-upon definition of use of force.

Curious about the Phoenix Police Department's Use of Force policy? A presentation will be made as part of the Coffee With A Cop event scheduled for 6-8 p.m. Wednesday, March 9, at the Fraternal Order of Police Lodge No. 2, 12851 N. 19th Ave.

The International Association of Chiefs of Police has described use of force as the "amount of effort required by police to compel compliance by an unwilling subject." Yet no two situations are the same, nor are any two officers. Given these facts, officers receive guidance from their individual agencies, but no universal set of rules governs when officers should use force and how much.

Learn more at this free program that is open to the public. No RSVP required.

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CAMBRIDGE PROPERTIES

This gray tabby kitten named Fuzz Light-Year is ready to play to infinity and beyond. The Arizona Humane Society's unexpected influx of kittens last month are all looking for their forever homes (submitted photo).

Pet of the Month

This kitten is out of this world

Fuzz Light-Year is only a few months old but the tiny gray tabby will play to infinity and beyond. This little thrill seeker is always ready for an adventure, whether he's traveling through portals found in open cabinets, pouncing on toy mice and other unknown life forms, or exploring intergalactic cat condos. Chasing down the red light saber is one of his greatest feats. He also has a cuddly side and boasts a purr that is out of this world.

Meet Fuzz at the Arizona Humane Society's Sunnyslope Campus located at 9226 N. 13th Ave. His adoption fee is $100 and includes his neuter surgery and first vaccination. For more information call 602-761-2972 and ask for animal ID number A527884.

Fuzz may have been adopted by the time you visit the shelter but thanks to an early spring, there are many other kittens who are in need of a home. You can see them at www.azhumane.org.

Pets, owners get pampered at event

Pets and their families can enjoy a beauty treatment as they help raise money for RESCUE (Reducing Euthanasia at Shelters through Commitment and Underlying Education), 10 a.m.-2 p.m. Sunday, March 6 at Mane Attraction Salon, 3156 E. Camelback Road.

Mane Attraction Salon is joining forces with RESCUE for the 16th Annual Beauty to the RESCUE event to help find loving homes for the more than 45,000 unwanted pets dropped off at shelters across Arizona.

For a minimum donation ($30 for haircuts, $20 for blow dry style and $10 for deep conditioning masque), anyone can partake in a day of personal pampering—or even treat your pet to a stylish new look including on-site mobile grooming and then make a memory to last forever inside the animal photo booth. Enjoy complimentary beverage and food from Bobby-Q and music by DJ Blake Ascension as you browse a variety of boutique vendor booths. There also will be a raffle and silent auction.

Other offerings include chair massages, healthful vitamin B-12 shots and professional psychic readings, for both you and your pet. Donations accepted.

All services are first-come, first served. For more information about RESCUE, visit www.azrescue.org.

Free spay/neuter surgeries in March

The Arizona Humane Society is offering free spay/neuter surgeries for dogs and cats on March 17 at the Sunnyslope Public Veterinary clinic, located at 1311 W. Hatcher Road.

Check in is at 6 a.m. but space is limited, so arrive early. Pre-surgery instructions are available at www.azhumane.org.

COMMUNITY

Benefits Central

English High Tea

12 p.m. Saturday, March 5
St. Stephen's Church
8141 N. 16th St.

Arizona State University's acclaimed acapella troupe, the Pitch Forks, will be featured at Lura Turner Homes' annual fundraising event. Cost is $30 per person, with all proceeds benefitting the Lura Turner Homes for Adults with Developmental Disabilities. To RSVP, call 602-943-4789.

Cocktails & Clothes

4:30-7 p.m. Tuesday, March 8
Adobe Golf Club,
Arizona Biltmore Resort
2400 E. Missouri Ave.

Donate new or gently used clothing to restock the Arizona Women's Education & Employment (AWEE) free Clothing Boutique. The event includes a raffle, a live auction, cocktails and hors d'oeuvres. Individual tickets are $65. Advance tickets can be purchased at www.awee.org or on the day of the event.

Teaming Up for Girls Luncheon

11:45 a.m. Thursday, March 10
Arizona Biltmore Resort
2400 E. Missouri Ave.
602-288-4555

Florence Crittenton's annual luncheon hosts kidnapping survivor and author Jaycee Lee Dugard as keynote speaker. This year's HOPE Award recipient is Julie Johnston, centerback for team USA in the 2015 FIFA Women's World Cup. The event includes a VIP meet and greet, a silent auction, raffle and award presentation. Individual tickets are $275, VIP tickets are $575. A general reception and raffle begins at 10:30 a.m. Visit http://www.flocrit.org/ events.html.

Xavier Scholarship Fashion Show

10:30 a.m. Saturday, March 12
JW Marriott Desert Ridge Resort
5350 E. Marriot Drive

The event will begin with a reception, followed by a luncheon and fashion show at noon featuring Dillard's models and Xavier/Brophy students from the class of 2016. Proceeds raise scholarship funds for the more than 40 percent of Xavier students who receive financial assistance. Visit http://xcpmg.org/ or contact Bobbi Holcomb at bholcomb@xcp.org.

Breakfast for All Ages

8 a.m. Wednesday, March 30
Phoenix Country Club
2901 N. 7th St.

Learn more about the Foundation for Senior Living's 40-year commitment to providing for the most basic needs of Arizonans. Free and open to the public. Donations welcome. Registration opens at 7:30 a.m. RSVP to Megan Word at 602-285-0505, ext. 327 or e-mail donations@FSL.org

For a complete listing of local benefit events, visit www.northcentralnews.net

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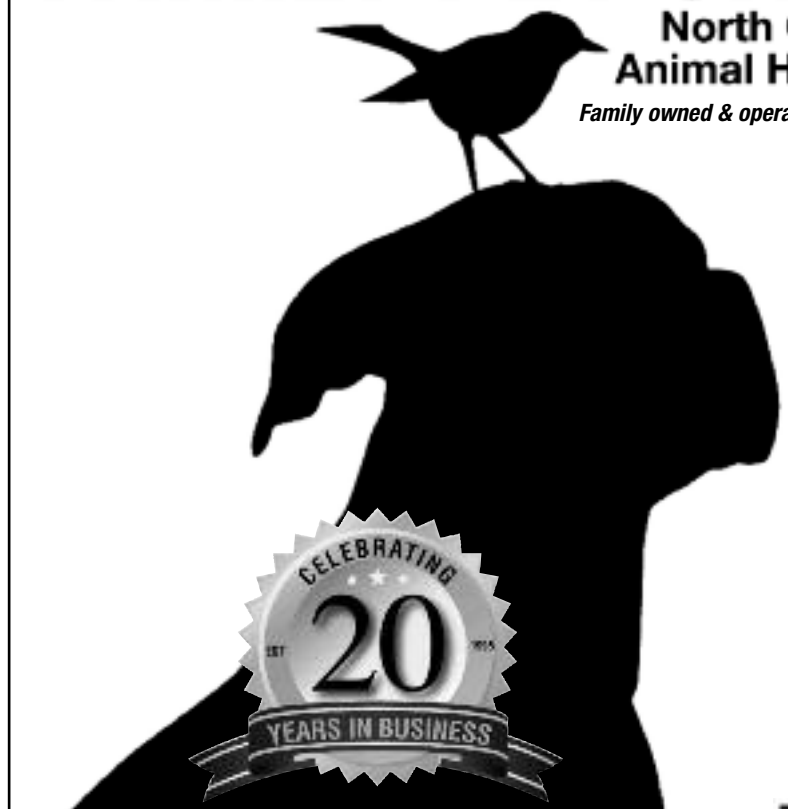

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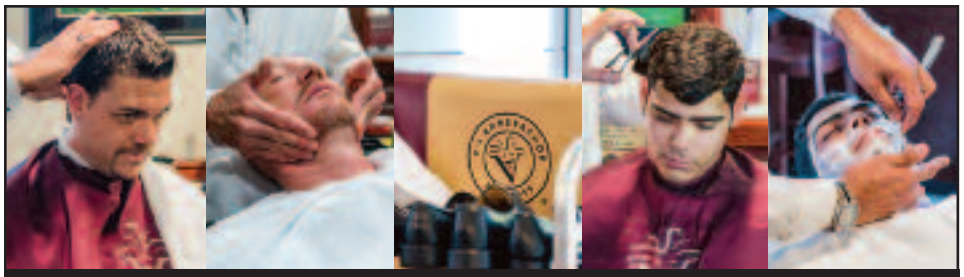

COMMUNITY

Community Calendar

PUHSD Teacher Recruiting Fair

8 a.m.-2 p.m. Saturday, March 5
Metro Tech High School
1900 W. Thomas Road

Openings are available in all subject areas. Screening interviews will be conducted from 8-10 a.m. Bring resume, transcripts, teacher certification, letters of recommendation and a copy of a fingerprint clearance card. Complete a Phoenix Union application prior to the fair at www.phoenixunion.org. Arrange for a pre-screening interview prior to March 5 by contacting Alvina Turman at 602-764-1519.

'The Young Messiah' Screening

7 p.m. Thursday, March 10
AMC Arizona Center
400 E. Van Buren St.

Catholic Charities hosts a premiere of a religious film that depicts the life of Jesus as a child. A portion of ticket sales will benefit Catholic Charities programs that support veterans, foster care, victims of domestic abuse and sex trafficking, and homelessness. Tickets are $15; purchase online at CatholicCharitiesAZ.org/YoungMessiah. A VIP experience that includes a reception, meeting the movie's producer, food and wine, red carpet entrance to the premiere and photos also is available for purchase.

City Lights/Movie Nights

Second Friday of the Month
CityScape
Downtown Phoenix

A free movie series runs from approximately 6:30 to 9 p.m. Bring blankets and chairs to watch a film on the big screen at Patriots Park. There will be giveaways, special-themed contests and prizes. Upcoming movies include: "Pitch Perfect" on March 11, and "The Sandlot" on April 8. Both events will close Central Avenue between Washington and Jefferson streets for special activities. Visit http://cityscapephoenix.com/events/.

'North Mountain Flora'

12 p.m. Saturday, March 5
North Mountain Visitor Center
12950 N. 7th St.

This free brown-bag event is presented by Cass Blodgett, co-president of the Phoenix Chapter of The Arizona Native Plant Society. In 2013 the Central Arizona Conservation Alliance began the first of several floristic inventories of Phoenix's mountain preserves at North Mountain Preserve. Blodgett will discuss the findings from the study including unexpected species, exotics, and other interesting discoveries. Visit www.northmountainvisitorcenter.org.

Phoenix Corral of Westerners International

5:30 p.m. Wednesday, March 9
Spoke & Wheel Tavern
8525 N. Central Ave.
602-242-3022

Guest speaker will be Robert Kolbe, who will interview a southwestern Arizona resident whose family settled in the Patagonia area after moving from the Midwest. Socializing begins at 5:30 p.m., followed by dinner and a program. The cost of dinner is $20, payable at the door. Reservations requested by March 7; e-mail bjsmith5@cox.net.

4th Annual North 32nd Bike Event

8:30-11 a.m. Saturday, March 12
Northeast corner of 32nd Street and Shea

There will be a family-friendly bike ride setting off at 9:30 a.m. There also will be a bike rodeo for kids, bike registration from the Phoenix Police Department, city of Phoenix booths, community booths, a prize raffle, and more. Free and open to the public.

Rummage Sale

7 a.m.-3 p.m. Saturday, March 12
Church of the Epiphany
8433 N. 12th St.
602-870-5290

Shop collectibles, clothes, retro items, jewelry, baked goods and more during this 19th-annual event presented by the Epiphany Women's Group. Admission is free; all sale proceeds benefit the building fund for a new church.

Classified World of CIA Exposed

Monday, March 14
Arizona Biltmore,
The McArthur Room
2400 E. Missouri Ave.

The Goldwater Institute luncheon features national security expert Marc Thiessen the New York Times best-selling author of "Courting Disaster: How

please see CIA on page 18

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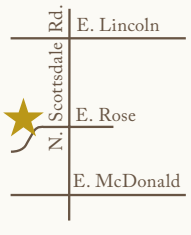

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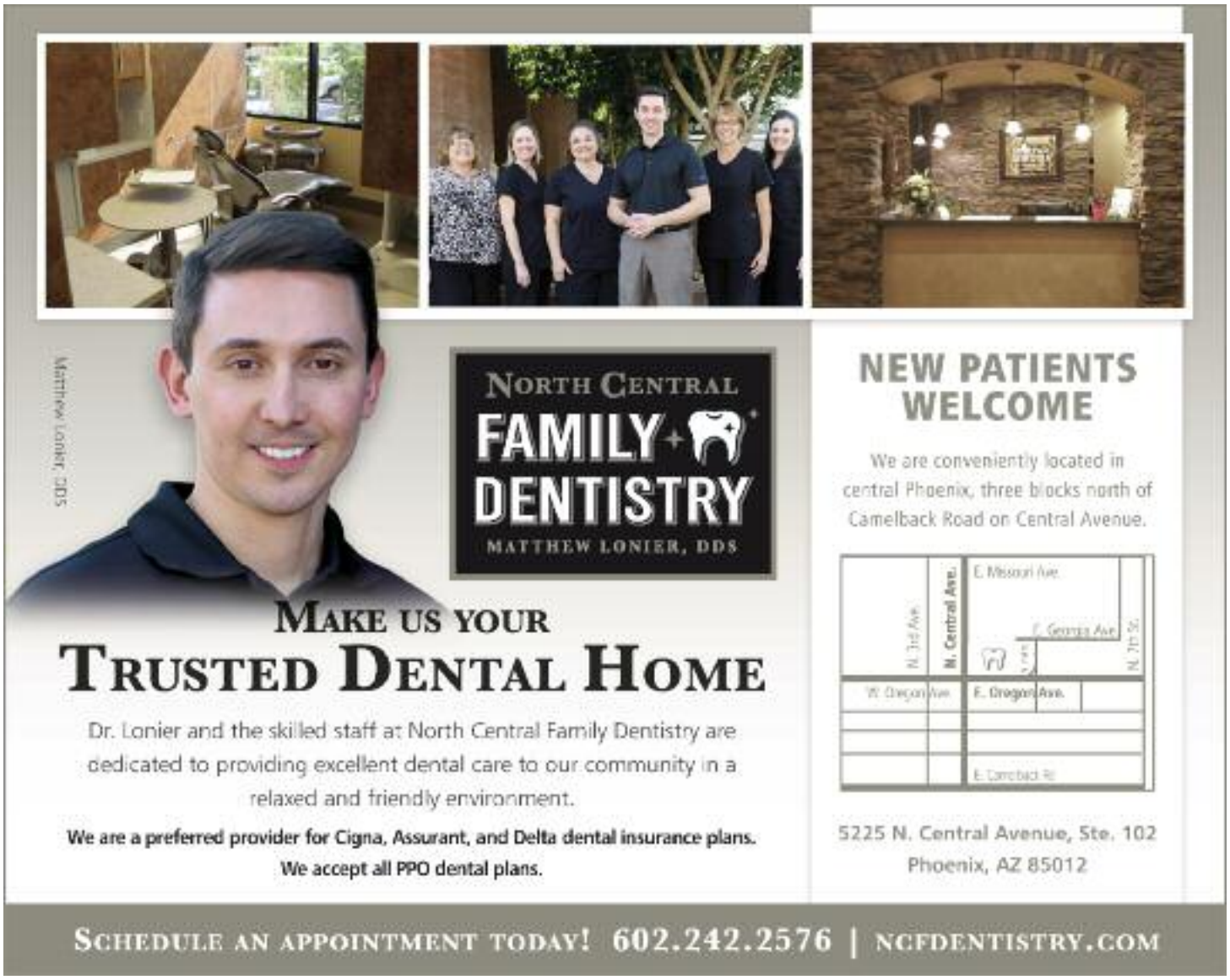

COMMUNITY

CIA continued from page 16

the CIA Kept America Safe and How Barack Obama Is Inviting the Next Attack." Thiessen will explain the country's most secretive measures and clandestine interrogations that brought down the world's most wanted terrorists—and argue that the CIA methods were not only effective and lawful, but morally just. Tickets are $75. Visit http://goldwaterspringluncheon.org.

Fiscal Issues in Arizona

6:30 p.m. Tuesday, March 15
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) hosts ASU Economics Professor Dennis Hoffman. He will present "An Economic Update on Fiscal Issues in Arizona." An optional dinner ($15) will be served at 5:30 p.m. RSVP for the dinner to Sue at 602-992-8145. Visitors are welcome. Enter the Beatitudes at the gate by the flag at Glendale Avenue.

Coffee & Conversation

10-11 a.m. Saturday, March 19
All Saints' Episcopal Church
6300 N. Central Ave.
602-550-1050

Guest speaker is Nick Pstross, coordinator for the Osher Lifelong Learning Institute (OLLI) at Arizona State University. OLLI offers a diversity of college-quality classes to adults ages 50 and older. No grades, no homework—just for the love of learning. Classes are offered at the ASU Downtown campus. Learn more about OLLI and how you can be part of this lifelong learning community. This event is free and open to the public. Reservations are not required.

Phoenix Writers Club

12-2 p.m. Saturday, March 19
Bluewater Grill
1720 E. Camelback Road

Join us for lunch and speaker Ellie Hutchison with Arizona Humanities. Hutchison is a poet and educator who is the founding director of a Phoenix-based literary organization, la Phoenikera Writers' Guild. Hutchison enjoys writing collaborative poetry and helping others discover their voices and identity through creative writing. Cost is $17 members/$20 guests. RSVP to navissak@hotmail.com with Phoenix Writers Club in subject line.

Community Square Dance

6-8 p.m. Saturday, March 26
Desert Song Healing Arts Center
3232 N. 20th St.

Haven't square-danced since the third grade? Don't worry, it's easy, fun and all dances are taught in advance. Old time music provided by Pick & Holler; calling by Grace Rolland. Cost is $10, free for children ages 11 and younger. For more information, visit DustyBootsSquareDances on Facebook.

Bike Prom

7-11 p.m. Saturday, April 2
Phoenix Ale Brewery
3002 E. Washington St.
602-275-5049

Was your first prom not-so-perfect? High school not your favorite time in general? Here's your chance at a redo surrounded by bicycle-riding misfits and craft beer! Prom-goers can head straight to the venue, or join a ride departing from Civic Space Park around 7 p.m. Kitschy prom attire is appropriate. Cost is $12 per person, or $20 per couple. Register online at www.psp.bike/prom.

NOVA HOME LOANS

Happy Hour with Hersch

FEAR - what an amazing emotion and state. It is absolutely needed to warn us of impending danger and doom. However, it is just as powerful in keeping us from obtaining our goals. What a perfect example of the double edged sword. It surely seems to permeate a lot of our environment now and I worry as a father how to properly teach my children to respect their instincts but more importantly not to cave into unjust fear. We all struggle with fears, mine is flying. Even though I understand how infinitesimal my chances are of being hurt in an airplane incident, I still get a rapid heartbeat and panic ensues. I recently decided that unwarranted fear is a waste of energy and hopped on a plane to New York. It went better than expected, of course I did have some medicinal help, and am venturing on a plane again in March. I am nervous but I will conquer this. I must do this to show my boys that living life with unwarranted fears is a waste of one's opportunities and squashes the concept of endless possibilities. If you have a fear or fears, I wish you the best in figuring out the tools you may need to conquer them and understand it can be a scary path, but one so worth it!

If you have a mortgage need and would like to talk to someone who will be a fearless advocate for you, call me. I guarantee you will get the unique and individual service you deserve.

Trivia Contest

What in my opinion is the scariest movie ever made?

First to email me the correct answer will win a $100 gift certificate to the Ghost Lounge at the Hotel San Carlos.

Trivia Winner for Last Month
Weird Uncle Pete DeMangus

Last Month's Answer:
Darnell Dockett with 3 sacks

Eric Herschede
Vice President / Branch Manager
Direct: 602.689.2588
eric.herschede@novahomeloans.com
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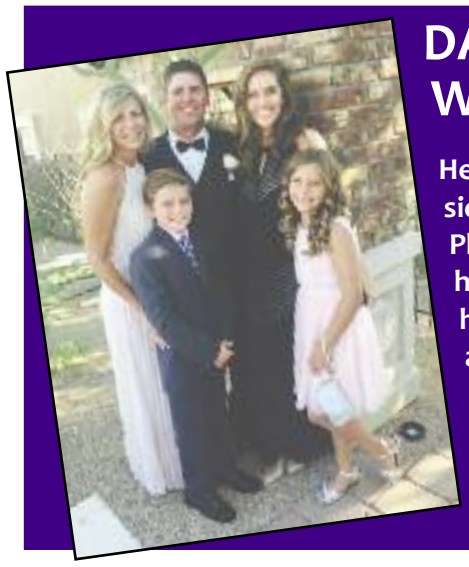

DANG, THAT MIKE WEEKS IS GOOD!

He's the consummate professional, and knows the Central Phoenix Market extremely well, having lived here for most of his life. My mom has been an agent in Tucson for 30+ years, and was consistently blown away by his professionalism.

Todd & Susie Daoust

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HOME & GARDEN

Steve and Beth Postma's house at 248 E. Orange Ave. is on this year's Windsor Square Home Tour. It is one of the first homes built in the area in late 1929. Living across the street and admiring this home since 1993, the Postmas purchased it in February of 2012 and restored much of the home to its original glory (submitted photo).

Windsor Square opens doors for home tour

Windsor Square, a historic North Central Phoenix neighborhood of charming mid-century cottages, will throw open its stylish doors on Sunday, April 3 from 11a.m. to 4 p.m. for the Windsor Square Historic District's 2016 Home and Garden Tour.

Presented by the Windsor Square Historic District, the 10th biennial Historic Home and Garden Tour is a self-guided walking event allowing home and design enthusiasts to get a glimpse of architectural features and styles in 12 homes and gardens, constructed in the 1930s and '40s, in the neighborhood bordered by Central Avenue, 7th Street, Pasadena Avenue and Oregon Avenue.

Beer gardens, a tree house, personal libraries, horticultural, only-in-Phoenix architectural flourishes and a zip line are all part of the self-guided fun during which walking participants can learn about their architecture, history, and decoration.

Home tour explorers also will be able to check out offerings of fine arts and crafts from street vendors, enjoy some of the Valley's best food truck fare and listen to live music from local musicians. The cost for this year's 10th biennial tour is $15, and children 11 and younger are admitted free.

Tickets are available for purchase online in advance at www.windsorsquarephoenix.org as well as day-of-tour at Orange and 2nd Street, which is located one block east of Central Avenue and just north of Camelback Road. Free parking and bike racks available.

Free landscape watering workshops

The city of Phoenix Water Services Department hosts a free landscape watering workshop 6:30-8 p.m. Thursday, March 10, at the Burton Barr Central Library, 1221 N. Central Ave. Learn how to properly water your landscape to save time and increases the health and beauty of your plants. Participants will receive a copy of "Landscaping By the Numbers." This class is repeated on Saturday, April 23 at the Cholla Library, 10050 Metro Parkway E.

In addition, a "Rain Gardens" class will take place 6:30-8 p.m. Thursday, March 24, also at the Burton Barr Library. Learn from a Certified Water Harvesting Practitioner how to design an Earth-friendly yard using simple earthworks and planting to passively cool your home.

The programs are free and open to the public. To RSVP for either class, e-mail tina.sleeper@phoenix.gov or call 602-534-3950.

Model train members hold open houses

Enjoy an opportunity to see working model trains running through the landscapes of three Central Phoenix homes during the Spring Open House of the

please see TRAINS on page 22

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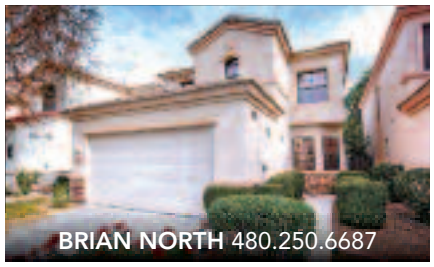
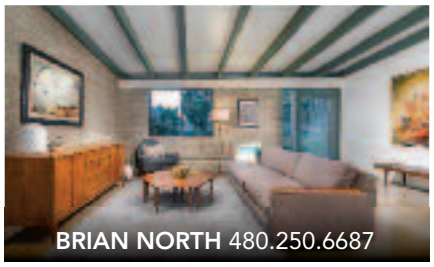


6505 N. 14TH PL | 85014

2,131 Sq Ft / 4 Bed / 2.5 Bath
Low maintenance home in one of the hottest neighborhoods in Central

$330,000



5745 N. 10TH ST | 85014

1,150 Sq Ft / 2 Bed / 1 Bath
Perfectly remodeled by THE DISTRICT PHX, LLC, this Marlen Grove Haver home is a must see!

$339,000

330 W. NORTHERN AVE | 85021

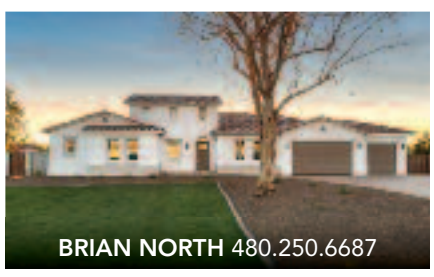
2,384 Sq Ft / 3 Bed / 2.5 Bath
A City Oasis – 17,000+ sf lot with an immaculate updated 1930 Pueblo Revival home

$500,000

5041 E. LAFAYETTE BLVD | 85251

3,011 Sq Ft / 4 Bed / 5 Bath
The tallest home in Arcadia Proper, own a piece of Arizona history!

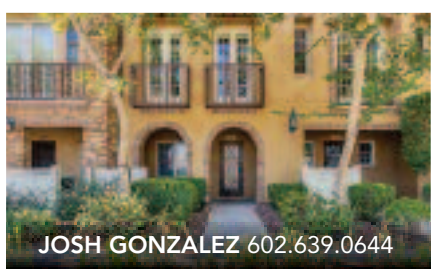
$975,000



4325 E. KINGS AVE | 85032

3,494 Sq Ft / 4 Bed / 3 Bath
Brand new on a 30,000 sf lot, built by Regal American Homes – Welcome to Manor 44 Estates.

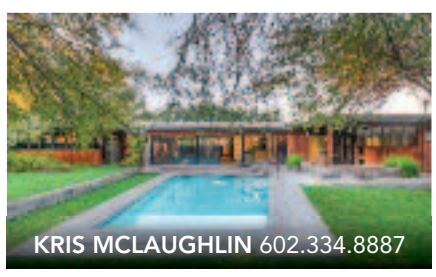
$725,000



4357 N. 24TH WAY | 85016

2,140 Sq Ft / 3 Bed / 3 Bath
Biltmore Jewel | Urban Living at its Finest!

$410,000



4342 E. STANFORD DRIVE | 85018

2,515 Sq Ft / 3 Bed + Office / 3 Bath
Mid-Century Modern in Marion Estates

$699,000

4201 E. CAMELBACK RD. UNIT 74 | 85018

1,135 Sq Ft / 2 Bed / 2 Bath
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TRAINS continued from page 20

Arizona Big Train Members, April 2-3.

The public is invited to see all of the detail as the trains speed across the countryside of each layout. Members of the club are eager to show their creations in the beautiful spring weather.

The open houses take place from 10 a.m.-2 p.m. For more information or to find a map with locations of the Spring Open House events, visit http://azbigtrains.org.

Shop and learn at grower's market

Uptown Farmers Market hosts its Spring Growers Market through April 2016. This seasonal market runs alongside the farmers market and acts as a "pop-up" neighborhood nursery, where you can purchase items needed to cultivate your homestead and take classes from the experts, for a $10 suggested donation.

The schedule of classes includes:

• March 5: Top 10 Edible Trees & Top 10 Super foods with Jake Mace of Longevity Gardens, 9 a.m.; Container Gardening with Kari Spencer of The Micro Farm Project, 11 a.m.

• March 12: Natural Pest Control with Troy Albright of True Garden, 9 a.m.; Garden Layout and Design with Christal Blessin of Kitchen & Garden Chronicles, 11 a.m.

• March 19: Heavenly Herb Gardening with Christal Blessin of Kitchen & Garden Chronicles, 9 a.m.; Picking the Perfect Rose Bush with Anja Taschner of Ludwig's Roses, 11 a.m.

• March 26: Getting Started with Chickens with Kari Spencer of The Micro Farm Project, 9 a.m.; Holistic Chicken Care with Sena Kassim of vermilove.com, 11 a.m.

Chef Joe Hobson, center left, and Executive Chef Jeremy Pacheco of Lon's at the Hermosa Inn help celebrate the Uptown Wednesday Market's first anniversary with a special demo and tasting that highlighted ingredients available at the market (photo by Teri Carnicelli).

Uptown Farmers Market recently celebrated the first anniversary of its Uptown Wednesday Market, which runs from 8 a.m.-1 p.m. The regular Saturday market hours are 9 a.m.-1 p.m. Both markets take place in the northeast parking area of North Phoenix Baptist Church, 5757 N. Central Ave.

For more information, visit www.uptownmarketaz.com.

Spring plant sale at botanical garden

Visit the Desert Botanical Garden's Annual Spring Plant Sale, March 19-20, to view the largest variety of desert-adapted plants in one location.

The plant sale is open to the general public from 7 a.m. to 5 p.m. Saturday and from 7 a.m. to 3 p.m. Sunday in the garden parking lot, 1201 North Galvin Parkway.

Garden volunteers, horticulturists, and professional landscape designers are all hand to answer questions, assist in plant selections, and offer advice. A large selection of specimen-sized plants will be available and delivery services are offered.

There is no admission charge for the plant sale area. For more information call 480-941-1225 or visit www.dbg.org.

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- A private, gated community located at 7th Avenue and Butler
- Ten home sites
- Floor plans starting at 2800 SF

BRIDLEWAY On Central

- An exclusive community located at Central Avenue and Frier Drive
- Four custom home sites

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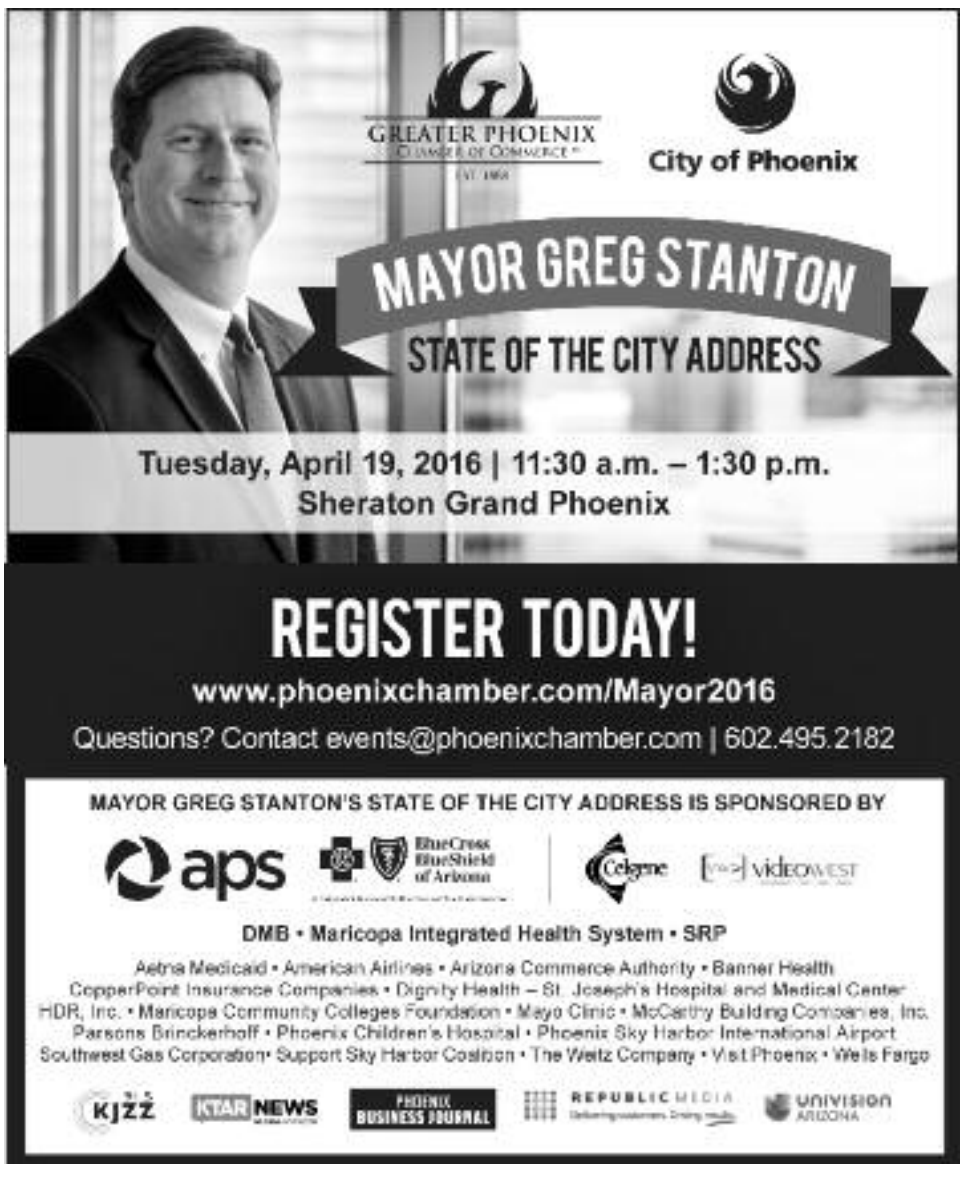
Tenant is responsible for utilities and janitorial • Wired for networking • Telephone system in place • Some furniture available
Contact Don Duncan at 602-717-5051
Visit 4004n7thstreet.com for photos and more information



TAKING CARE OF BUSINESS

Brandon Wells (far right) and his wife, Shannel, admire a painting created by artist Jim Covarrubias during last year's Car Care for Vets Event. Wells, owner of Big B's Family Automotive, started the Let's Roll Foundation last year to help former and current service members with their car care needs (submitted photo).

Local business helps vets with car care

The Let's Roll Foundation, a non-profit organization that was developed to assist veterans with their car care, has announced that its second-annual Car Care for Vets Event will be held 8 a.m.-5 p.m. Saturday, March 5 at North Mountain Car Company, located 10029 N. Caver Creek Road.

Big B's Family Automotive is coordinating the event as well as providing free oil changes and multi-point vehicle inspections for those with military IDs. Baxter's Cigars will be onsite handing out cigars; CC's Mesquite Broiler will dish out free breakfast burritos; and Classic Crust Pizza will provide pizzas for lunch. Many other local businesses will be donating items to provide a fun and entertaining day.

In addition to automotive care, there will be entertainment courtesy of a DJ and artist and Vietnam vet Jim Covarrubias, who specializes in military-themed artwork, will be at the site creating paintings.

The Let's Roll Foundation was started in 2015 by Brandon Wells, owner of Big B's Family Automotive, to provide a way to thank veterans and military personnel for their service. Big B's regularly offers a 10-percent discount to those who show a military ID.

"We are very excited to host the second-annual Car Care for Vets event this year," said Wells. "Last year we were able to provide over 75 oil changes and multi-point checks. And we're hoping that this year, we will be able to service even more. This is just our way of giving back to those that put their lives on the line for us and made it back home to their families.

"We hope that the Let's Roll Foundation can provide more events throughout the year to honor members of the military."

In order to reduce wait time, Wells suggests calling in advance to schedule a service time. Call 602-997-1040.

For more information about the Let's Roll Foundation, visit www.letsroll foundation.com.

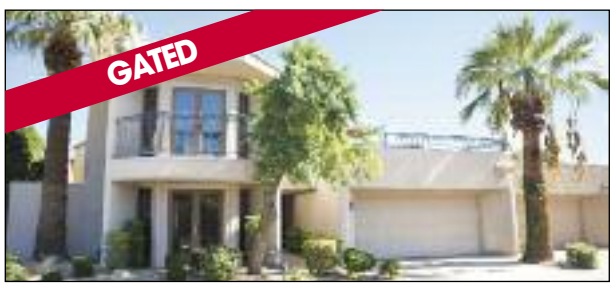
Business Briefs

Animal hospital seeks to expand

North Central Animal Hospital, which celebrated its 20th anniversary in 2015, is looking to add a grooming and boarding business next door to its clinic at 20 W. Dunlap Ave.

please see HOSPITAL on page 26

When Experience Matters, Call Rodney Coty

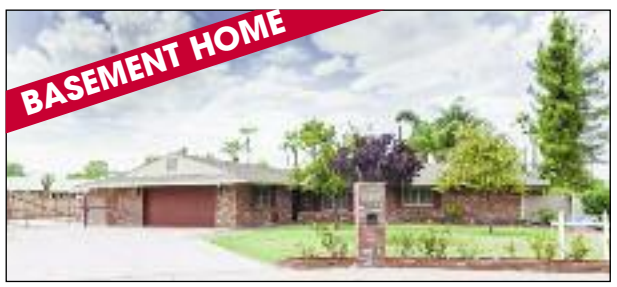


8915 N. Drey Lane • $424,900

3 bdrms • 3 baths • 2510 SF • Pool • Spa • 2 car garage

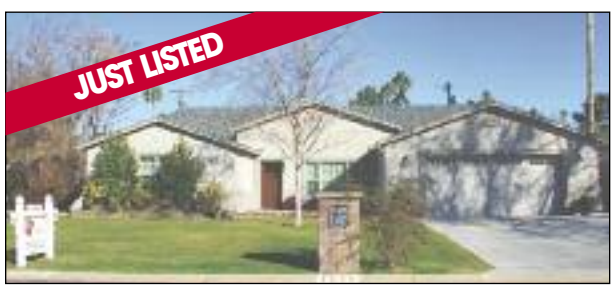
531 W. Claremont Ave. • $549,900

3 bdrms • 2 baths • Office 2364 SF • Pool • Fireplace • Remodel



8522 N. 15th Drive • $680,000

5 bdrms • 2.75 baths • 2947 SF • Guest qtrs • Basement • 2 car garage



1018 W. State Ave. • $679,900

5 bed • 3.75 bathS • 3001 SF • 2.5 car garage • Complete renovation

1008 E. Manzanita Drive • $379,000

3 bdrms • 1.75 baths • 1508 SF • Corner lot • Remodel

838 W. Glenn Drive • $489,900

4 bdrm • 2.75 baths • 2223 SF • 2 car garage • Updated

For more information about these and other properties, contact

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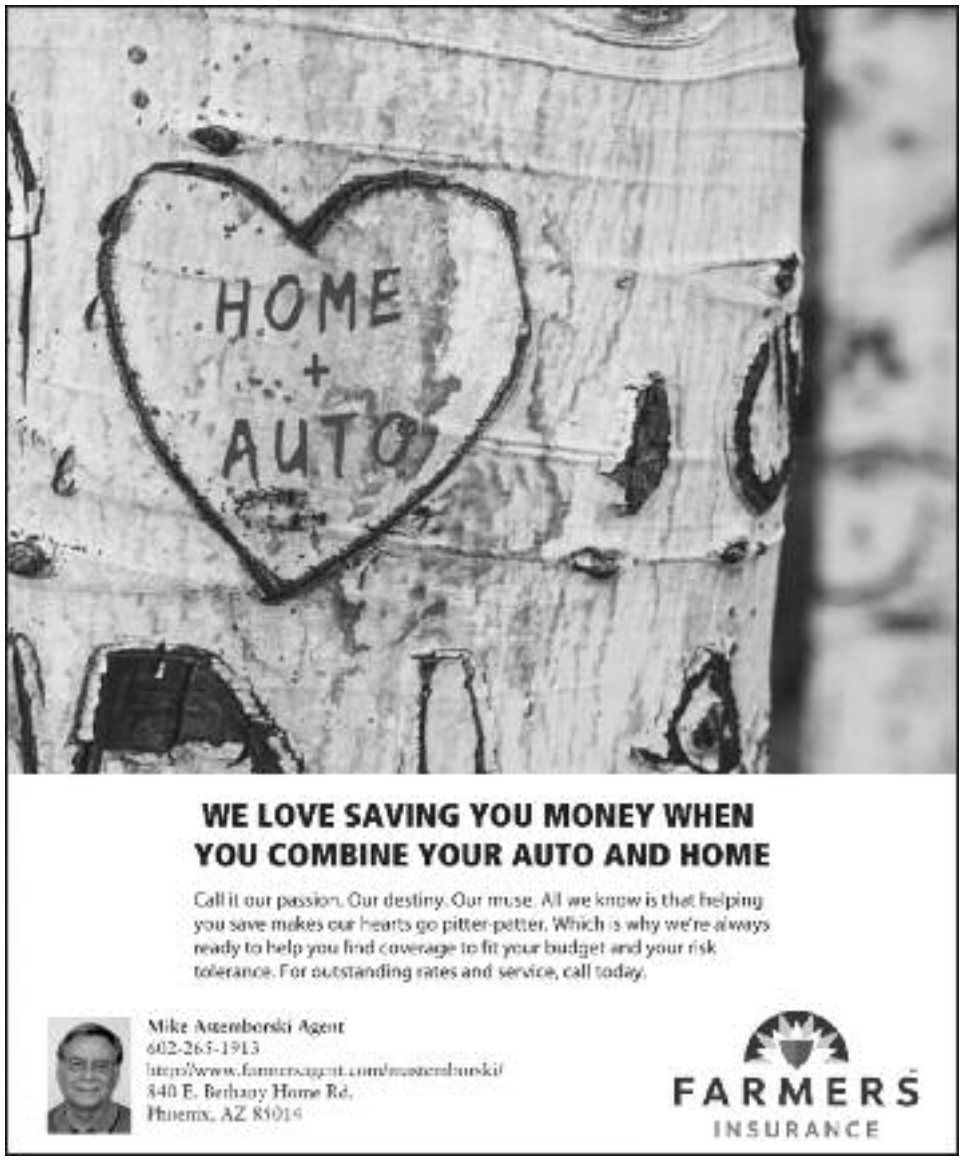

TAKING CARE OF BUSINESS

HOSPITAL continued from page 24

Hillary Frank, DVM, purchased the building next door several years ago but was waiting until the market was right and her finances were in place to expand her business. She will bring on additional, professional staff for grooming services and longer-term boarding. Right now the only boarding offered at the animal hospital is for pets that require daily medications and special care while their owners are out of town. The new facility will be open to all pet families.

Frank is seeking to rezone the property, which is a total of .74 acres, from commercial office and residential, to C-1 commercial neighborhood retail. The vacant building on the site was previously used as an office.

According to the site plan submitted by Frank, the total percentage of the kennel area to board animals is 8 percent of the gross floor area, far under the 25 percent allowed under the C-1 zoning district.

A hearing is scheduled before the Phoenix Planning Commission at 6 p.m. on Thursday, March 3, and the City Council will make its final determination on the rezoning request at 2:30 p.m. Wednesday, April 6. Comments can be sent to City of Phoenix Planning Department, Zoning Section, 200 W. Washington St., 2nd Floor, Phoenix, AZ, 85003. Reference case number Z-80-15.

Lifestyle Pilates hosts Trunk Show

The Lifestyle Pilates studio at 1321 E. Northern Ave. hosts a spring line-up Trunk Show Extravaganza 11 a.m.-4 p.m. Saturday, March 26. Browse apparel selections by Diva and Lorna Jane.

The Lorna Jane Company was started by Lorna and Bill Clarkson 25 years ago. Their team of designers continuously provides high-quality activewear that features bright colors and a fashion-forward designs.

The Trunk Show will feature some of the newest and best-selling styles and a signature discounted item available for purchase. You will have an opportunity to win a $500 shopping spree at Lorna Jane.

In addition, a Rodan+Fields consultant will offer free facials and a drawing for Rodan+Fields products. Lifestyle Pilates also will introduce attendees to the PowerPlate and some of the cutting-edge Pilates equipment.

Lifestyle Pilates offers certified training classes in Power Plate, TRX Suspension and Reformer Pilates. The instructors can focus on specific sports fitness training and specialty training to fit your lifestyle. For more information, call 623-910-1314 or visit http://www.lifestyle-pilates.com.

Furniture Affair relocates to Bell Road

After nearly 14 years at its 7th Street and Coral Gables location, Furniture Affair is going back to its roots by moving to a location near where it all started, on Bell Road.

The brainchild of President and CEO Nancy Rhodes, the company officially opened on 12th Street and Bell Road in 1989 in a mere 1,200 square feet. Word spread rapidly and Rhodes took over an additional 3,500 square feet. At 8,000 square feet, the company sales hit $1 million.

More and more builders were added to her list of vendors and the company

please see RELOCATION on page 28

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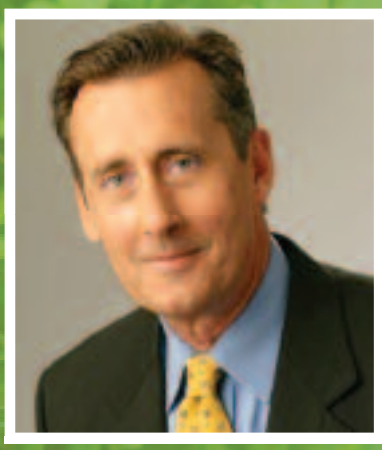

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HomeSmart Elite

TAKING CARE OF BUSINESS

RELOCATION continued from page 26

expanded to keep pace with the enormous growth of the Valley's new home sales. In October 1997, Furniture Affair relocated to a 12,000-square-foot space, which eventually led to its most recent 28,000-square-foot facility located at the northwest corner of 7th Street and Coral Gables, where the business moved in 2002.

In March this local business will go back to its roots by relocating to the Fountains Square shopping center at the northwest corner of 7th Street and Bell Road. With this move, Rhodes plans to introduce a new concept to home décor buyers in the Valley.

Long known for its trove of unique home décor items showcased in a mixture of beautiful vignettes and a mix of fine furnishings from previous relationships, Furniture Affair has added in quarterly themed markets with extravagant visuals and a party-type atmosphere. Rhodes plans to bring those concepts together and turn the inventory and the visuals over on a weekly basis.

"We'll be open through the weekend and then close our doors and when we re-open it will be a new store with exciting new vignettes and new product every week," she explains.

For more information, visit www.furnitureaffair.com, call 602-863-9955, or e-mail jenifer@furnitureaffair.com.

The Shops on Camelback has something for all

Nancy Mata, owner of The Shops on Camelback, knows that what's old is "new" again. That's because the modern look may appeal to some, but by far she has seen more of the 20-somethings coming in to her business to give that vintage and shabby-chic look to their living spaces.

The Shops on Camelback, 1030 E. Camelback Road, is a home and garden store featuring fine antiques and new selections. The mix of vintage pieces, unusual finds, sophisticated new furnishings, accessories, and gifts is made possible through the shop's exclusive group of talented designers and dealers who are continually finding treasures and looking for the best products.

The newly remodeled Shops on Camelback offers furnishings that blend timeless pieces with current trends to create your own personalized look. The selection available can accommodate any budget and style. And there are five designers on staff to assist shoppers in mixing and matching.

Business hours are 10 a.m.-5 p.m. Monday through Saturday, and 11 a.m.-4 p.m. Sundays. For more information, call 602-277-1030 or visit www.theshopsoncamelback.com.

Men's consignment store opens in Central Phoenix

There's finally a resale boutique that caters to the fashion-forward man. "If I Were A Rich Man" is a men's premium resale consignment shop that recently opened at 1576 E. Bethany Home Road. This unique men's clothing store also features artful handmade accessories, sports and rock memorabilia, and high-end brands at resale prices.

The business is the brainchild of husband-and-wife team Bob and Terri Briggs. Both are seasoned architects with a successful practice in Phoenix. The inspiration for this business started while Terri was helping to manage the ladies consignment store next door for the last five years. "Many people would ask why there was not a men's store that offered high quality consignment," Bob explains. "We agreed and came up with the concept for Rich Man that would serve that niche."

So clean out those closets and garages and bring in your gently used men's sportswear, athletic wear, casual and dress clothing, suits, shoes and accessories. Or, come shop a wide selection of apparel and accessories—remember, prom is coming and your son needs a suit!

A special Grand Opening event will take place 10 a.m.-6 p.m. Saturday, March 5 with complimentary snacks and beverages, and trunk shows featuring Jeff Klein with his sterling silver and copper creations, and Amber Reed with jewelry created from natural, meaningful and healing stones. In addition, Pat Cernich will have more than 100 autographed sports and rock memorabilia on display.

Find them online at ifiwerearichmanresale on Facebook and Instagram, or call the store at 602-687-7552.

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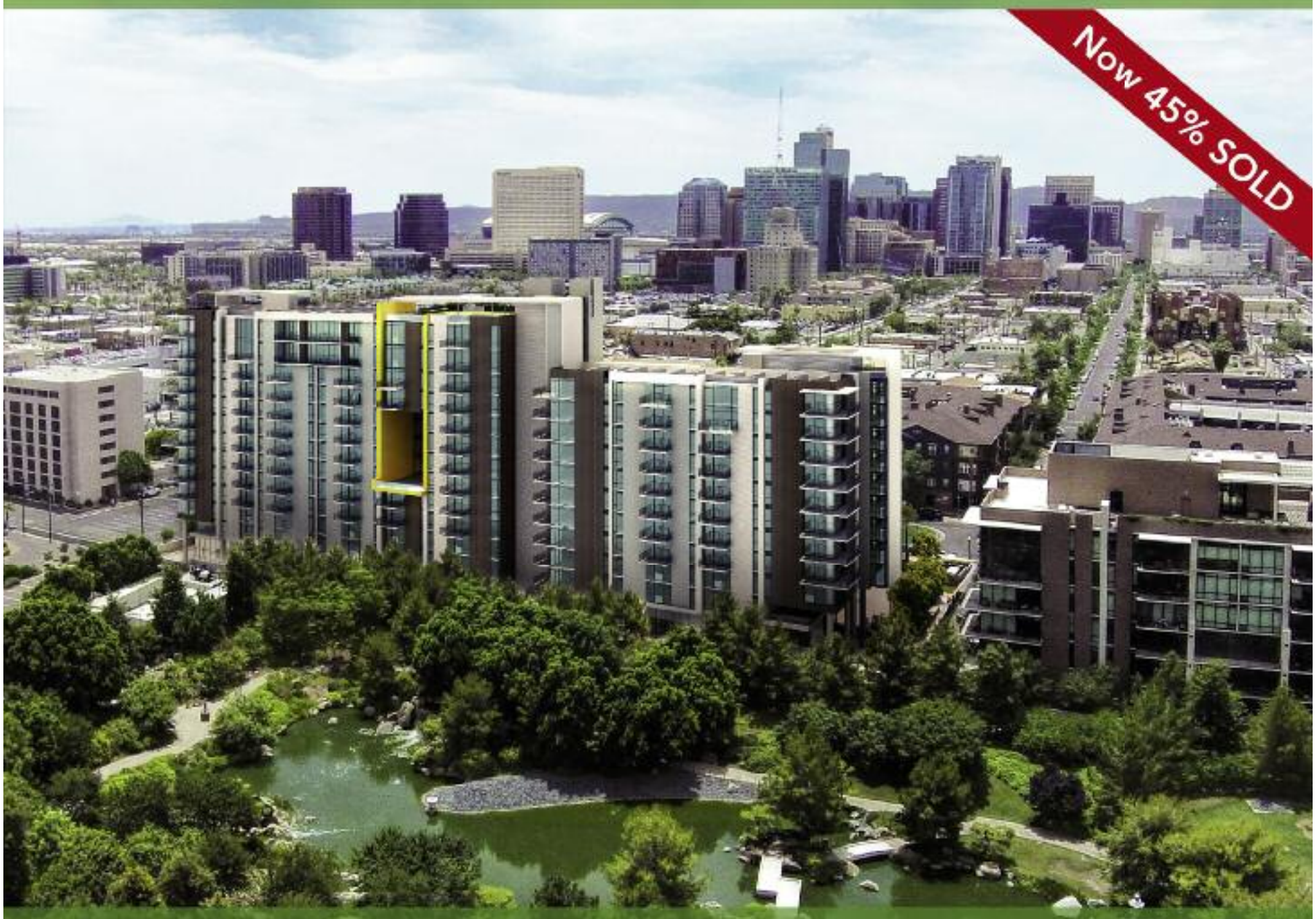

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(North Central homes in bold)

6019 N. 20th St.	IN ESCROW	10,943 SF	6BR/6.5BA	$1,995,000
6050 N. Paradise View Dr.		8901 SF	6BR/8.5BA	$1,950,000
130 E. Missouri Ave.	IN ESCROW	4774 SF	4BR/4.5BA	$1,875,000
6012 N. Central Ave.	NEW PRICE	4486 SF	4BR/3BA	$1,750,000
600 W. Berridge Ln.	JUST LISTED	5239 SF	5BR/4BA	$1,495,000
35 E. Myrtle Ave.	IN ESCROW	5150 SF	4BR/5BA	$1,475,000
25 E. Myrtle Ave.	NEW PRICE	5054 SF	4BR/5BA	$1,449,000
3814 E. Mountain View Rd.	NEW PRICE	5138 SF	5BR/5.5BA	$1,290,000
1721 E. Myrtle Ave.	JUST LISTED	3936 SF	4BR/3.5BA	$1,025,000
7602 N. Central Ave.	NEW PRICE	4064 SF	4BR/3.5BA	$ 975,000
123 W. Frier Dr.	IN ESCROW	4540 SF	5BR/3.5BA	$ 975,000
1316 W. Myrtle Ave.	IN ESCROW	Lot		$ 975,000
26 W. Kaler Dr.	NEW PRICE	4221 SF	5BR/4BA	$ 949,500
5323 N. 2nd St.	IN ESCROW	4058 SF	4BR/3.5BA	$ 921,768
1819 E. Palmaire Ave.	NEW CONSTRUCTION	3415 SF	4BR/3.5BA	$ 839,900
1811 E. Palmaire Ave.	IN ESCROW	3415 SF	4BR/3.5BA	$ 839,900
5319 N. 2nd St.	IN ESCROW	3501 SF	4BR/3.5BA	$ 734,900
105 E. Lamar Rd.	NEW PRICE	4200 SF	5BR/5BA	$ 729,000
5314 N. 2nd St.	IN ESCROW	3501 SF	4BR/3.5BA	$ 724,900
2737 E. Arizona Biltmore Cr. #30	NEW PRICE	3250 SF	3BR/3BA	$ 700,000
209 E. Myrtle Ave.	NEW PRICE	3500 SF	4BR/3.5BA	$ 699,900
5310 N. 2nd St.	NEW CONSTRUCTION	2863 SF	3BR/2.5BA	$ 694,900
5315 N. 2nd St.	IN ESCROW	2863 SF	3BR/2.5BA	$ 675,000
5311 N. 2nd St.	IN ESCROW	2863 SF	3BR/2.5BA	$ 675,000
550 W. Las Palmaritas	IN ESCROW	2935 SF	4BR/3BA	$ 675,000
13227 N. Joan D Arc Ave.	NEW PRICE	4123 SF	4BR/3BA	$ 649,500
600 W. Las Palmaritas	NEW CONSTRUCTION	2935 SF	4BR/3BA	$ 625,000
77 E. Missouri Ave. #74	NEW PRICE	3184 SF	3BR/2.5BA	$ 615,000
7627 N. 11th Ave.	JUST LISTED	2978 SF	4BR/3.5BA	$ 599,000
131 W. San Juan Ave.	IN ESCROW	2275 SF	4BR/3BA	$ 539,000
521 W. Las Palmaritas	IN ESCROW	2003 SF	4BR/3BA	$ 499,000
33 E. Butler Dr.	NEW PRICE	3146 SF	3BR/3BA	$ 474,900
77 E. Missouri Ave. #16	JUST LISTED	2431 SF	3BR/2.5BA	$ 450,000
14818 S. 13th Pl.	NEW PRICE	3010 SF	5BR/2.5BA	$ 369,000
717 E. Palmaire Ave.	NEW PRICE	2132 SF	4BR/2BA	$ 355,000
5402 E. Pinchot Ave.	IN ESCROW	1624 SF	3BR/2BA	$ 349,000
125 E. Echo Ln.	JUST LISTED	1712 SF	3BR/2BA	$ 299,000
550 W. Maryland Ave. #114		1315 SF	2BR/2BA	$ 265,000
550 W. Maryland Ave. #112		1323 SF	3BR/2.5BA	$ 265,000
1613 W. Verde Ln.	JUST LISTED	1458 SF	2BR/2BA	$ 259,900
550 W. Maryland Ave.#136		1323 SF	2BR/2.5BA	$ 250,000
1026 E. Wagon Wheel Dr.	IN ESCROW	1879 SF	2BR/2BA	$ 249,500
3010 E. Corrine Dr.	IN ESCROW	1620 SF	4BR/2BA	$ 195,000
1715 E. Turney Ave.	IN ESCROW	1158 SF	3BR/1.65BA	$ 194,500
10004 N. 1st Dr.	NEW PRICE	Lot		$ 157,000
750 E. Northern Ave. #1093	IN ESCROW	1220 SF	3BR/2BA	$ 145,000
750 E. Northern Ave. #1046	IN ESCROW	1220 SF	3BR/2BA	$ 145,000

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1502 E. Berridge Ln. ▪ $315,000

7601 N. Central Ave. #31 ▪ $625,000

5801 N 22nd Pl. ▪ $650,000

8726 E. Monterey Way ▪ $305,000

18 W. Medlock Pl. ▪ $325,000

229 W. Vista Ave. ▪ $985,000

1515 W. Lewis Ave ▪ $650,000

1219 W. Rovey Ave. ▪ $320,000

7319 N. 6th Pl. ▪ $423,000

5523 N. 2nd St. ▪ $515,000

14 E. Laurie Ln. ▪ $450,000

7145 N. 11th Pl. ▪ $418,000

3800 E. Lincoln #12 ▪ $610,000

5718 N. 24th St. ▪ $795,000

9202 N. 52nd St. ▪ $1,850,000

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5718 N. 24th St.	$ 795,000	3103 E. Hazelwood St.	$ 445,000	739 E. Orangewood Ave.	$ 250,000
7539 N. 21st Pl.	$ 787,500	1307 W. Rose Ln.	$ 350,000		
15223 N. 12th St.	$ 750,000	1219 W. Rovey Ave.	$ 320,000		

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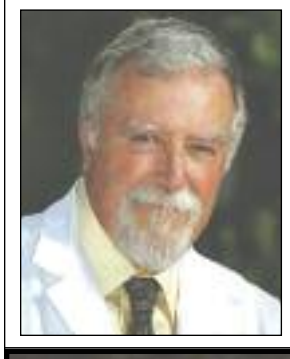
In Phoenix this year the official transition from winter to spring occurs at 9:30 PM MST on March 19 – the Vernal Equinox. The ancient Romans named the month after the god Mars and, adopting an agrarian perspective, made it the first month of the year. The new year in Rome signaled the onset of the season for planting and for military campaigning. (Apparently the Romans thought of agriculture as a war against hostile nature; victory yielded good crops). And since carbohydrates made up about 80% of a Roman soldier's diet, agriculture was a major enterprise of the empire. It is estimated that every year each Roman soldier consumed a third of a ton of grain, supplemented with a pound of bacon a day.

In the era of low fat, low carb or Paleo diets, it's hard for us to imagine consuming a diet of bread, bacon and bad wine while trying to conquer Europe in hand-to-hand combat. There is also no evidence that obesity was a major health problem in the ancient world, and diabetes was considered a rare disease. How did the Romans do it?

Part of the answer is that while nutrition is very important, it's not the sole ingredient in maintaining good health. Those ubiquitous FDA Nutrition Facts labels list a "percent daily value" for nutrients that is based on a 2,000 calorie diet. But a Roman legionnaire burned 3,500 calories a day in camp and up to 6,000 calories/day when fighting.

Ancel Keys (the father of K-rations) studied the effects of starvation conscientious objectors during World War II. Starving relatively sedentary volunteers, however, can't tell us about the health of people who eat a lot and then exercise like crazy. Both optimized nutrition and physical activity are necessary for good health; we just don't understand enough about their interactions and relative contributions.

The takeaway message is that we might do better to avoid focusing on what is "the best diet" if it means ignoring the question of "the best ways to move our bodies." Studies show that any Mediterranean-style diet has health benefits; arguments over whether French or Italian or Spanish food is "better" are based on national pride and personal preferences rather than on nutritional science. Perhaps we also need to advocate for a Mediterranean physical activity plan and a Mediterranean mindset plan. Certainly a good Mediterranean diet is more than bread and bacon, and a healthy lifestyle includes more than debates about food groups.



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Happy Ides of March (sorry, Julius)!

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HEALTHY LIVING

Abrazo Arizona Heart Hospital patient Michelle Dean and her son, Alex (behind her), gave a grateful thanks to the Phoenix firefighters from Station 17 who saved her life and kept her heart beating after she collapsed on Jan. 25 (photo courtesy of Abrazo Community Health Network).

Residents offers thanks to firefighters

Phoenix resident Michelle Dean last month gave a grateful thank you to the Phoenix firefighters from Station 17 (1531 E. Missouri Ave.) who saved her life after collapsing outside TEXAZ Grill, where she works as a server.

"I have no recollection of what happened and I wanted to meet the firefighters who helped me," Dean said. "The paramedics and the Abrazo Arizona Heart Hospital nurses and doctors are the reason why I'm still around."

This reunion had special significance not only because it was on Valentine's Day, but it was Dean's oldest son's 18th birthday. Alex has wanted to be a firefighter since he was a little boy and he encouraged his mom to meet the firefighters who helped her survive.

Dean, 48, said she didn't experience any pain before she collapsed outside the restaurant on Jan. 25. Her supervisor performed CPR until paramedics arrived. Her heart stopped on the way to Abrazo Arizona Heart Hospital and four more times at the hospital.

"I woke up on Feb. 3 and didn't know where I was or why I was here," she said. "My heart stopped five times and I'm lucky to be here."

In early February, Dean had a stent placed in her heart and a pacemaker defibrillator was implanted as part of her treatment at Abrazo Arizona Heart Hospital, 1930 E. Thomas Road.

"I know it is very gratifying for our firefighters to celebrate this important occasion with Michelle," said Phoenix Fire Chief Kara Kalkbrenner. "Early CPR and activation of the 9-1-1 system absolutely saves lives. This is a great example."

Health Briefs

TGen scientist speaks at meeting

The monthly MRM 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, March 17, in the meeting room inside Bluewater Grill, 1720 E. Camelback Road.

The guest speaker is David Duggan, Ph.D., a leading scientist from the Translational Genomics Research Institute (TGen), with 25 years of scientific expertise. His topic is: "Precision Medicine in Oncology: Unlocking the Potential for Patients."

Admission is free. Complimentary refreshments will be served. An RSVP is requested by Monday, March 14. To RSVP, call Terry Ratner at 602-527-3776 or e-mail info@terryratner.com.

For more information about the Michael Ratner Memorial (MRM) Community Cancer Support Association, visit www.mrmcancersupport.com.

HEALTHY LIVING

Proper stretching for your fascia

Join instructor Stephanie Cantu to find the answer to "What is Fascia?" 1-2:30 p.m. Saturday, March 12, at Kinesphere Center for Movement Education.

Your internal fascial network connects every part of your body, and working with it is the key to achieving optimal mobility, decreased pain, and greater wellness. Explore this dynamic system through interactive demonstrations, stretches, and movement, and learn how it applies to your daily movement practice. Cost is $35 in advance, $40 after March 11.

Plantar fasciitis, shin splints, tight calves, knee pain, ankle mobility problems—be gone! Join the "Heel Your Sole Workshop" with Isabelle Barter, 1-2:30 p.m. Saturday, March 19. Learn self-care strategies for your body from your knees down to your toes. Discover how to use The Roll Model® Method therapy balls to release tension and restore your body, from the ground up. Your $35 registration fee ($40 after March 18) includes a pair of therapy balls.

Kinesphere is located at 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or email info@kinesphere-studio.com to register.

Finding a healthy work-life balance

Alisa Gray and Jim Fassold bring their program of cutting-edge brain science and ancient wisdom to help you tame the demons of stress, manage workflow, and rediscover your joy during a special class 1-4:15 p.m. Saturday, March 12, at Desert Song Healing Arts Center, 3232 N. 20th St.

Topics include: Taming the Toxic Trickle: The physiology of stress; The Precocious Puppy: Brain science and workflow; Beyond Good and Email: Discover the joy of an empty inbox; and Mindfulness Matters: Meditation, yoga, and breathing. Cost is $60.

This seminar may qualify for three hours, ethics credit, for the State Bar of Arizona, or continuing education for other professions. Check with your own governing or regulatory body for details.

Gray and Fassold are founders of Gray Matters Seminars, which provides stress management and wellness training to attorneys and other professionals.

To register, 602-265-8222 or visit http://www.desertsongyoga.com/ events.

Relationship expert hosts local workshop

Francine Epstein, author and nationally recognized relationship expert from San Francisco, offers a workshop in Phoenix April 1-3 to those seeking to improve their relationships of all kinds.

The "Trusting You Are Loved; Creating Extraordinary Relationships" workshop will take place at Kharma Life Center, 700 W. Campbell Ave. #1.

Epstein's practices have been proven effective in enhancing functional relationships, as well as in restoring relationships that are broken. Epstein uses her expertise to maximize the potential to propel any relationship to a new level of trust and understanding.

The workshop is open to all—singles, families, teens (age 14 and older), couples, etc. Hours are 7-11 p.m. Friday; and 9 a.m.-7:30 p.m. Saturday and Sunday. Ample breaks and mealtime allowances are made. Early registration discount is $295 per person or $500 per couple. To register, visit www.kharmalife.com or call 602-795-9767.

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SCHOOL DAYS

Sunnsylope High School Volleyball Coach Amber LeTarte, who was named the Division 1 Coach of the Year for 2015, congratulates her student athletes on their future college careers, from left: Skyler Wine, Sarah Marinez, Emma Wright, and Katie Oleksak (photo by Teri Carnicelli).

SHS honors athletes at its first LOI event

By Teri Carnicelli

Sunnyslope High School hosted its first-ever student athlete Letter of Intent (LOI) signing event on Feb. 3 in the Media Center. Families, friends, coaches and teachers were on hand to celebrate college-bound athletes from soccer and volleyball as well as the school's first triathlete.

Rebecca Meyerson is the first student in the state to receive a triathlete scholarship from the NCAA. She was a club swimmer most of her life and also swam for Sunnyslope for three years and ran cross country and track all four years, clocking in at a less-than 6-minute mile. She was named to GUHSD's 2nd Team All Section for Cross Country, and received the school's Viking Award for excellence in athletics. She also takes a heavy AP course load and has at 4.2 GPA.

What's probably most remarkable twas that she qualified to compete with her future college team from Queens University (Charlotte, N.C.) at the NCAA Women's Sprint Triathlon National Championship on Nov. 7, 2015, in Clermont, Fla. Rebecca came in 41st overall after swimming 750 meters, biking 20 kilometers and running 5 kilometers.

Brynn Moga has accepted a soccer

Rebecca Meyerson is the first student in Arizona to receive an NCAA scholarship as a triathlete (photo by Teri Carnicelli).

scholarship to play in the PAC 12 with the nationally ranked University of Arizona Wildcats. Brynn has been on the high school All State team, was named 1st Team All District and 1st Team All Section for 2015, and was Division Player of the Year last season and again for 2016. She also plays for the SC Del Sol Soccer Club and was one of the club's team captains this season.

Junior Gonzalez will be a fighting Artichoke at Scottsdale Community College this fall. His soccer awards include Honorable Mention, All District for 2015 and 2nd Team All

SCHOOL DAYS

Mike Fenton, soccer coach at Sunnyslope High School, congratulates his college-bound student athletes, clockwise from his right: Brynn Moga, Junior Gonzales, Sebastian Arellano, and John Kanner (photo by Teri Carnicelli).

District for 2016.

Sebastian Arellano will play soccer for Phoenix Community College in the fall. His awards include 1st Team All District, Section Player of the Year for 2015, and District Player of the Year for 2016.

John Kanner will head to Yavapai Community College to play soccer this fall. His awards include 1st Team All District, 1st Team All Section for 2015, and 1st Team All District for 2016.

Note that none of the section results had been released for 2016 at press time.

Four volleyball players also were on hand to sign their Letters of Intent.

Skylar Wine has been accepted to the University of the Pacific in Stockton, Calif. According to her coach, Amber LeTarte, not only was Skyler the No. 1 outside hitter for most of her years on varsity, she also was an offensive leader as well. She has won numerous athletic awards including 1st Team All Section Hitter, Division 1 2nd Team, and 2014 All Arizona Team. Skylar is a member of the National Honor Society, the yearbook senior editor, and volunteers at the Arizona Humane Society.

Sarah Marinez will attend Aurora University. Sarah was on the varsity team at Sunnyslope all four years. She fires her team up with her competitive attitude and with a great work ethic. Her awards include 2nd Team All Section Libero, 1st Team All District, Division 1 Honorable Mention. She wants to become a speech pathologist.

Emma Wright will play volleyball for Wichita State University. Emma shuts people down with her huge block and is an offensive threat. Her coach says Emma always has a positive attitude and words of encouragement for her teammates. Her awards include 1ar Team All Section Hitter, 2nd Team All

please see ATHLETES on page 36

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ATHLETES continued from page 35

State, and Sunnyslope High School's Biggest Block. She plans to study environmental and physical science.

Katie Oleksak will attend Colorado State in the fall. She served as captain her junior and senior years. Katie was lauded by her coach for being consistent, calm and controlled, as well as having "uncanny court awareness." Her awards include Under Armor All American Third Team, All Arizona Team, Sunnyslope High School Most Valuable Player (MVP), Division I 1st Team, and United Dairymen All American. She plans to major in health and exercise science.

All four young women were members of Sunnyslope High School's 2013 and 2014 State Championship teams.

Students can apply for summer program

The W. P. Carey School of Business at Arizona State University offers an opportunity for high school students to experience the excitement and rigor of

The first championship girls basketball team from Madison Traditional Academy includes, from left: back row, Erin Ross, Sofia Lovesy, Katie Blessington and Christie Miracle; front row, Sam Klein, Katie McCarthy and Elliot Smith (submitted photo).

attending one of the top business schools in the nation.

The Business Scholars Institute (BSI) is a selective, one-week residential summer program for high-achieving students who are currently juniors in high school (graduating in 2017) and are interested in pursuing business education and career opportunities.

BSI provides exposure to business careers, access to top business faculty, connections to collegiate honors programs, and information on postgraduate education. Attendees are surrounded by ambitious peers, experience challenging business projects and begin building a network for their future.

Applications are currently being accepted with a priority deadline of March 21 and a final deadline of April 25. Interested students are encouraged to apply early. Applications are available at wpcarey.asu.edu/BSI or by calling 480-965-5187 or e-mail wpcsummerprograms@asu.edu. The cost is $750.

Nominate a crossing guard for AAA award

AAA Arizona is calling for nominations for its ninth annual Crossing Guard of the Year. Each winning school and guard will receive $500. The deadline to submit nominations is Friday, March 11.

AAA encourages students, parents, school administrators, faculty, staff and community members to nominate candidates whom they believe deserve the Crossing Guard of the Year designation. Self-nominations also are accepted.

AAA's traffic safety experts will evaluate nominations to select finalists for the award based on dedication, friendliness, professionalism and safety.

The winner will be announced on Crossing Guard Appreciation Day, April 29, and will receive a recognition plaque and a $500 gift card. AAA Arizona also will award $500 to the winning school in honor of its efforts to emphasize safety.

Nomination forms can be downloaded at: https://goo.gl/68gNp3.

SCHOOL DAYS

School Briefs

MADISON ELEMENTARY SCHOOL DISTRICT

MTA team wins championship

Madison Traditional Academy's girls basketball team recently won its first-ever championship. On Feb. 8, the No. 1 ranked MTA Owls defeated the No. 2 ranked Kings Ridge Roadrunners in the Varsity Girls Basketball Finals to win the Valley Athletic Conference 4A Division.

The win concluded an undefeated season for the Owls (13 wins and 0 losses) and gave MTA its first ever Girls Basketball Championship. In the Finals, MTA jumped out to a quick 10 to 1 lead and never looked back on the way to a 36 to 14 victory.

Guard Katie McCarthy led the way with 11 points, followed by backcourt teammate Sam Klein, who had 9 points. Center Katie Blessington and forward Sofia Lovesy combined for 12 points and more than 20 rebounds; however, it was their defense on the Roadrunners front court that sparked the Owls to victory.

Jeff Hancock of Good Tech America and his daughter, Kierstyn, distribute free refurbished computers to families from Osborn Middle School (photo by Teri Carnicelli).

OSBORN ELEMENTARY SCHOOL DISTRICT

Families receive free computers

One hundred families living in the Osborn School District received free, refurbished computers from Cox Communications in exchange for those families signing up for Cox's Connect2Compete initiative, designed to bridge the digital divide between students who have Internet in their homes and those who can't afford it.

Connect2Compete ensures that families with a child who qualifies for the National School Lunch Program can get Cox high speed Internet in their homes for just $9.95 per month.

Forty-five refurbished computers, keyboards and monitors complete with Windows 7 and Office 2007 were given to families on a first come, first served basis at Osborn Middle School on Jan. 28. At this event, volunteers from Good Tech America, which supplied the refurbished computers, gave out the computers/accessories while members from Cox signed families up for the Connect2Compete program.

The remaining computers were distributed at a second event on Feb. 23 to families from Solano, Longview and Clarendon Elementary Schools.

"We have seen studies that show that more than 80 percent of teachers in middle and high school assign homework that requires doing some kind of work online," said Roxanne Wingate from Cox Communications. "This means students who do not have computers or the Internet at home have to go elsewhere, such as the library, multiple times a week just to get their work done. Cox is committed to helping close that digital divide for lower-income students."

As of 2015, more than 15,000 families have enrolled in Cox's Connect2Compete program.

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PHOENIX, RIVERVIEW & PEORIA

Camelback marketing students, from left, Olivia Higuera, Alejandra Alvarez, Sila Fraye and Maria Molina, created a prize-winning app for a Verizon contest (submitted photo).

PHOENIX UNION HIGH SCHOOL DISTRICT

Camelback students win app contest

Four Camelback marketing students think they have an easier way to shop and they have an app for that. The students won a statewide Verizon Innovative App Challenge.

Juniors Sila Fraye, Olivia Higuera, Alejandra Alvarez and sophomore Maria Molina won Verizon tablets and a $5,000 donation to Camelback's DECA Marketing and Entrepreneurship Club creating the SHOPEASY app that takes a shopping list, and works as an indoor GPS for grocery stores, finding product locations, coupons, and sales. The app inventors say your shopping time can be cut in half, and you'll get the most value for your money.

"Once you enter your grocery list, according to your items, the app will recommend the best grocery store based on the sales and coupons that match the products on your grocery list," Sila Fraye said. "Once you are at the store, the app will guide you through the store to find every item on your grocery list with coupons and managers specials available for scanning at checkout."

There were more than 1,200 entrees nationwide for the 50 junior high and high school state winners. The experience has already been educational for the girls.

"The girls utilized a Design Thinking process to observe, brainstorm, identify a challenge and come up with solutions," teacher Maria Abrams said. "After winning, they had to step up, create a video, develop a communications plan and make contacts."

ASL students enjoy peer-to-peer activity

Second year American Sign Language (ASL) Honors Dual-Enrolled ASL students at Metro Tech High School organized and hosted the Peer-to-Peer Partnership kickoff activity on Jan. 20, with Phoenix Day School for

SCHOOL DAYS

the Deaf (PDSD) students who take Career and Technical Education classes at Metro Tech.

The only sound you could hear was the laughter of 50 teenagers. Thirty-four ASL students and 16 PSDS students signed all day, introducing one another, participating in teambuilding games and eating lunch together.

Not only is this partnership practical application for the ASL students, but a great way to help connect with the PDSD students who come to Metro Tech daily for the vocational block classes.

The Metro ASL students also visited the PDSD campus on Feb. 10 to set up presentation booths of Metro Tech CTE classes, promoting the courses and school.

"This service project for the ASL students is an effort to better communicate and encourage the Phoenix Day for the Deaf sophomores to choose one of Metro Tech's CTE programs," instructor Craig Visqueny said.

He teaches American Sign Language to 100 students at Metro Tech. ASL is considered a World Language, just like Spanish, French and other offerings at Phoenix Union.

DECA students earn 40-plus medals

Camelback High's DECA Marketing and Entrepreneurship club took more than 90 students to the DECA Regional Competition on Jan. 20 and came home with a big win. The students won more than 42 medals in high test scores, role plays and overall winners in their area.

They competed with seven other area high schools with more than 600 students in attendance at the Downtown Convention Center. The regional is a warm-up to the state competition later this spring, where top winners qualify for nationals.

Students make All-Region bands

Thousands of Arizona students performed difficult audition music for judges across the state on Jan. 23 to compete for limited spots in their Region Band, Choir, or Orchestra.

North High had eight band and orchestra students selected for its Region Band or Orchestra. North had the most musicians of any Phoenix Union school. Jackson Carpenter, clarinet; Elizabeth Garcia, percussion; and Jacob Mota, percussion made West Region Band. Isaiah Herrera, bassoon; Jean Munoz, cello; and Samuel McTGier, string bass made West Region Orchestra.

Central High had a choir member and a band member earn Region placement following auditions. Josh Troyani, tenor, will be in the West Region Choir, and Clarissa Duran-clarinet, made the West Region Band.

After spending two days of rehearsals, the students performed a concert at Corona del Sol High School on Feb. 20. They will then compete one more time for the chance to become members of the Arizona All-State ensembles. Auditions for state take place in March.

Film projects impress ACTEAZ

The Metro Tech film program sent 10 entries to the 2016 Association of Career and Technical Education (CTE) Month PSA video contest and two of the entries were among the three top winners.

please see PROJECTS on page 40

PROJECTS continued from page 39

Jose Moreno took first place, and will win $500 and have his video publicized on ACTEAZ media outlets, and shown at the ACTE Summer Conference. Third place went to Savanna Gastelo and Evelyn Salto Carvajal. The theme of the contest was "Opportunities for Career Success." These students are part of Bob Marquis' film program at Metro Tech.

Natalie Torres of the film department submitted a video for CTE teachers in the state to use to address the workplace and employability standards that all CTE teachers teach. She not only won the contest, but the CTE Arizona Curriculum Consortium hired her part-time.

Jade Frazier OF Funergy leads a group of students from Desert View Elementary in a fun cheer that includes the principles of 5-2-1-0: eat 5 fruits and veggies a day, spend 2 hours a day or less of screen time, get 1 hour of physical activity every day, and consume 0 sugary drinks (photo by Teri Carnicelli).

WASHINGTON ELEMENTARY SCHOOL DISTRICT

Walk On! Day teaches healthy habits for kids

Arizona Gov. Doug Ducey proclaimed Feb. 1 as Walk On! Day. To celebrate, Blue Cross Blue Shield of Arizona hosted the first Walk On! Day special event at Desert View Elementary School, 8621 N. 3rd St.

The event involved nearly 200 fourth and fifth grade students, who participated in a pep rally and four different activity stations to learn the principles of the Walk On! Challenge's 5-2-1-0 goal.

The goals include encouraging participants to eat 5 fruits and veggies a day, spend 2 hours a day or less of screen time, get 1 hour of physical activity every day, and consume 0 sugary drinks. The event took place outside on the main ballfield. Participants received Walk On! Day T-shirts and a take-home bag full of healthy and fresh produce.

The goal of the Walk On! Day was to get students and teachers excited about participating in Blue Cross Blue Shield of Arizona's month-long health education program that is free to schools and takes place in February.

As the largest health care provider in the state of Arizona, the company's goal is to educate and inspire fourth- and fifth-grade students, their teachers and their families to focus on healthy choices that can be made daily with the 5-2-1-0 goal.

Teachers who registered in October 2015 received a toolkit from Blue Cross Blue Shield of Arizona with in-class materials, including curriculum developed by Mollen Foundation experts. The program is all-inclusive, making it seamless for teachers to incorporate into their regular school schedule.

Additionally teachers who complete the Challenge in February can apply to win one of five $5,000 grants. The application process is simple and grant monies can help teachers continue the Walk On! objectives all year long.

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- 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.

SCHOOL DAYS

Herrera named to ASBA board

Washington Elementary School District Governing Board Member Larry Herrera has been elected a county director of the Arizona School Boards Association (ASBA). He will serve a two-year term on the ASBA Board of Directors, which is responsible for oversight of the association, including financial management, and meets at least four times a year.

Larry Herrera

Herrera was elected to the WESD Governing Board in 2014. He is an Arizona native and works as a traffic engineer for the City of Tempe. He holds a Bachelor's Degree in Public Administration and is pursuing a Master's Degree in Civil Engineering at Arizona State University.

Herrera is a member of the Valley Leadership Class 36, Phoenix Suns Charities 88 and Valle del Sol Hispanic Leadership Institute Class of 2014, and a recipient of the Valle del Sol/Univision 40 Hispanic Leaders Under 40 Award. He mentors high school youth through the Be A Leader Foundation. He is an executive board member of the Lincoln Downtown Family YMCA and a member of the North Mountain Village Planning Committee. He has three children who attend WESD schools.

From left: Cathie & Allie Chavez, Kate & Tammy Brink, and Ryan & Judy Wentworth play a board game that the sixth-grade students at St. Francis Xavier School created as part of their Jesuit education (submitted photo).

PRIVATE AND CHARTER SCHOOLS

Students create board games

St. Francis Xavier School is the only Jesuit elementary school in Arizona. As part of the school's religious education program, students learn about their Jesuit history. Sixth grade religious education teacher, Kelsey McKone says, "The Jesuit unit is one of my most favorite lessons I do with my sixth graders. It is so fun to see the student apply what they have learned and transform them into informative clever and creative board games."

The students create board games that help the players learn and review information about the lives and ministries of St. Ignatius of Loyola and St. Francis Xavier. Students also took a journey through the history and creation of Society of Jesus (Jesuits). After the students have created their board games, their parents and loved ones are invited to join them on campus to share in the fun and play the games.

For more information, call 602-266-5364 or visit http://school.sfxphx.org.

Student artists' work appears in magazine

The artwork of Xavier College Preparatory senior Maddy Reeves and junior Carolyn Blake is featured in the winter edition of *National Art Honor Societies News*. Both young women are

please see ARTISTS on page 42

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SCHOOL DAYS

ARTISTS continued from page 41

from North Central Phoenix. An update on the accolades and accomplishments of Xavier's National Art Society Chapter also appears in the publication.

Lee makes Honor Band

Brophy College Prep senior Tyler Lee earned a tenor saxophone position at the Arizona Music Educators Association (AMEA) North Central Regional Honor Band auditions. Approximately 680 band students from 23 high schools auditioned in January.

Tyler Lee

Tyler, a North Central Phoenix resident, is one of six Broncos selected for the regional festival held at Camelback High School on Feb. 19, culminating with a concert performance on Feb. 20 at Corona del Sol High School in Tempe.

Bessesen visits All Saints'

Children's author-illustrator Brooke Bessesen visited All Saints' Episcopal Day School on Jan. 29 to speak to students in lower school and share her popular picture books, including "Look Who Lives in the Ocean."

As part of the author visit, students spent one month researching a list of not-for-profit conservation organizations and voted for their favorite. The students chose the Humane Society of the United States and Bessesen then wrote the winning organization a check, donating her $800 speaking fee to the cause of the students' choice. The donation was given in honor of All Saints' Episcopal Day School.

As the founder and director of Authors for Earth Day, Bessesen joined participants in "supporting conservation through literacy." Every year a team of award-winning authors and illustrators schedule special school visits uniquely designed to mentor young readers. To date, these participants have connected with tens of thousands of students around the world, allowing them to direct over $44,000 for conservation. For more information, visit http://www.AuthorsForEarthDay.org.

Great Hearts to construct campus

Great Hearts Academies has announced plans for its newest campus in Phoenix with a ground-up build at the northwest corner of 32nd Street and Hearn Road. The campus will serve as a new home to two of the network's growing academies, Archway North Phoenix and North Phoenix Prep, which opened in 2011 and currently reside in space leased at a local church. The new campus will open in the 2017-18 school year.

The new campus will accommodate students in grades K-12 on the same property. It will include upgraded classrooms, science labs, student libraries, art studios, music and drama rooms and a full-size gymnasium.

Great Hearts provides a liberal arts curriculum incorporating advanced math and science, a focus on the arts and foreign language, and a range of extracurricular activities and athletics. Parents interested in having their student attend a Great Hearts academy can apply online at www.greatheartsaz.org.

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SCHOOL DAYS

Xavier College Preparatory seniors Kristen Largay, left, and Callie Jones were named First Team Volleyball All-Americans (submitted photo).

Xavier lauds its student athletes

Xavier College Preparatory seniors Kristen Largay and Callie Jones, both North Central Phoenix residents, were named First Team Volleyball All-Americans by the Dairy Council of Arizona and the Arizona Coaches Association for their academic and athletic achievements. Both young women have earned college scholarships—Kristen to American University and Callie to Santa Clara University—and will play volleyball for their new colleges next year.

In addition, North Central resident Amanda Grifol will play soccer for Scottsdale Community College.

Amanda Grifol

Thus far, a total of 19 Xavier seniors have signed national collegiate letters of intent during the 2015-16 school year, committing to play their respective sports at 19 different U.S. colleges and universities that extend from Princeton University in the east to the University of Southern California in the west.

Brophy hosts Special Olympics athletes

The Brophy freshmen class hosted its 8th annual Special Olympics Game Day on Feb. 5. More than 175 Special Olympic athletes enjoyed partnering with a Brophy freshman while participating in relay races, board games, basketball, football and a dance party, all held on the Brophy campus. The morning began with a sing-a-long and mini cheer camp hosted by Student Council.

"The day is win-win for the athletes and Brophy students … so much joy and camaraderie everywhere you look," said Paul Fisko, Brophy assistant principal for Ministry. "The freshmen class takes the lead that day and makes wonderful memories for all of us."

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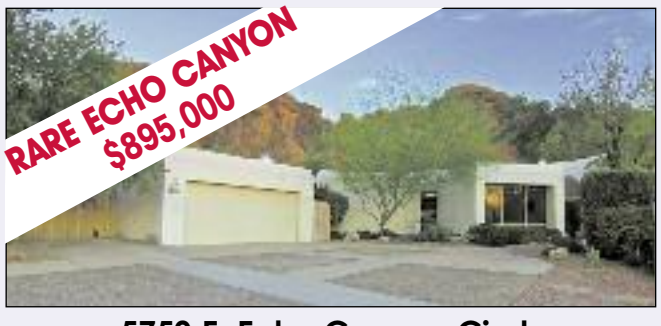

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GENERATIONS

Senior Living

Free health fair for seniors

HonorHealth John C. Lincoln Medical Center hosts a morning of informational talks and health screenings focused on aging adults, specifically those ages 60 years and older, during its "Aging Adult Health and Wellness Fair," set for 8:30 a.m.-1:30 p.m. Friday, March 25.

Topics include normal versus abnormal aging, fall prevention, home safety, nutritional considerations, effects of multiple medication use, and others. This event will be held at the Cowden Center, 9202 N. 2nd St.

Health screenings will be available from 8:30 to 9:30 a.m. and 12:30 to 1:30 p.m., with informational talks every 20 minutes from 9:30 a.m. to 12:30 p.m. Family members, caregivers and friends welcome. No RSVP required.

'Loaner closet' helps with medical needs

The Foundation for Senior Living (FSL) has opened a new Activate Loaner Closet inside St. Joseph's Hospital, located at 350 W. Thomas Road. The Activate Loaner Closet is open Monday-Friday from 9 a.m. to 4 p.m.

The newly created program is made possible by a grant from Dignity Health. The loaner closet will give patients who are uninsured or underinsured access to items they may not be able to receive through Medicare or Medicaid. Items such as shower benches and chairs, bedside commodes, seated walkers, adult briefs, toilet seat risers, gait belts, Roho cushions, blood pressure monitors and scales.

"We're really pleased to be offering this new service," said Kira McClinton, FSL transitional care supervisor. "They are so many patients who simply can't afford the medications or equipment they need."

Members of the community can donate medical equipment and supplies or make a cash donation that will help purchase new supplies, provide patients with transportation to and from doctor's appointments and assist with their prescriptions.

To schedule an appointment or make a donation, call 602-406-1190.

Tips on how to 'age gracefully'

Learn more about "Aging Gracefully" during a free program 2-3 p.m. Wednesday, March 23 in Barb's Conference Room at the HonorHealth Cowden Center,
9202 N. 2nd St.

Join HonorHealth Medical Group provider, Jenny HO, M.D., as she discusses what happens during natural aging, popular products available to slow aging and what medical science has to say about it. Seating is limited, registration is required.

For more information or to register, call 623-580-5800 or visit http://HonorHealth.com/events.

Kids & Family

Arts, music festival features work by kids

Enjoy art, music, food and fun during the fourth-annual Madison Bash, set for noon to 4 p.m. Saturday, March 5, on the campus of Madison No. 1 Middle School, 5525 N. 16th St.

The Madison Bash is a celebration of music and the arts in the Madison schools and community. It will showcase artists and musicians from all eight Madison schools. Guests will also have the opportunity to purchase products from a wide variety of vendors, win great items from the Bash Raffle, and participate in art demonstrations facilitated by Madison students, parents and teachers. Gourmet food trucks also will be on site.

The first 200 children in attendance will receive free bicycle helmets courtesy of the city of Phoenix. Phoenix Police will be on hand to provide free car seat checks in the District Office parking lot, just north of the school.

In addition, Madison Highland Prep will display the Madison ESD Archives. Managed by Madison Highland Prep students, the Madison ESD Archives website allows alumni to view and comment on pictures, audio interviews and videos. Students at the MHP booth will seek interviews, photos and documents from alumni, faculty and staff. Visit the Madison ESD Archives website at http://madisonarchive.tumblr.com.

All proceeds from the Bash Raffle and sponsorships will benefit the Madison Education Foundation, which

GENERATIONS

enhances arts opportunities for students in the Madison Elementary School District.

For more information, visit http://madisoneducationfoundation.org/events/.

'Uncle Gerry' pays visit to kids museum

Phoenix-based Music Together is bringing children's recording artist Gerry Dignan, aka "Uncle Gerry," to town for a special free concert at the Children's Museum of Phoenix, 10 a.m. Saturday, March 19. The family music event is part of Music Together's "Sing With Your Child" Month.

"Uncle Gerry" has been traveling the world bringing communities together with music. Participants will join "Uncle Gerry" in singing cherished songs from the Music Together collections.

Admission to the concert is free, with paid admission into the Children's Museum of Phoenix, 215 N. 7th St. Also, nonperishable food items will be collected to donate to a local food bank. For more information, call 602-363-8202.

Free swim, gym event on March 12

Hubbard Family Swim Schools and The Arizona Sunrays Gymnastics & Dance Center are teaming up to host their 7th-annual Swim & Gym Festival from 2:30 to 6 p.m. Saturday, March 12, to raise much-needed money for Phoenix Children's Hospital.

Children of all ages will get to enjoy free family swim and water play at Hubbard Family Swim School, 13832 N. 32nd St. There will also be free gymnastics and dance classes, arts & crafts, a bounce castle, food vendors, local vendors, music, Phoenix fire truck tours, and more, held in the Kino Plaza, the parking lot between the Hubbard Family Swim School and the Arizona Sunrays Dance Center. Admission is free, but donations to Phoenix Children's Hospital are encouraged.

For more information, call 602-992-5790 or visit www.hubbardswim.com or www.arizonasunrays.com.

Get hands-on with 'ancient' technology

Try your hand at throwing an atlatl (spear), weave your own cloth, and sample roasted agave slow-cooked the traditional way, in an earthen oven, during the Pueblo Grande Museum's 16th Annual Ancient Technology Day, 9 a.m.-3 p.m. Saturday, March 12, at the museum, 4619 E. Washington St

Artists will be on hand to demonstrate how the Hohokam people used various technologies such as flintknapping (making of arrowheads), pottery, shell jewelry, weaving and more. Experts in historic technologies will demonstrate skills from the Pioneer Days of Arizona such as cotton spinning and adobe brick making.

In addition to hands-on demonstrations, families can enjoy free craft activities and games where they can practice their new ancient and historic technology skills. Tour the prehistoric platform mound, watch archaeology preservation demonstrations, and walk through the Park of Four Waters, an area with the remains of prehistoric Hohokam canals not regularly open to the public. Fry bread will also be available for purchase.

Admission is free all day and includes the event, museum admission, and all tours Visit www.pueblogrande.com or call the museum at 602-495-0901 for more information about this event.

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Take a step back in time as you hear the Marty Robbins songs you know and love, including "I Walk Alone", "The Same Two Lips", and of course, his Number One Hit Song from 1976, "El Paso"!

Big Iron Band has been keeping the music of Marty Robbins alive for over a decade!

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Admission is $10. There will be a reception following the show.

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ARTS & ENTERTAINMENT

Young performers sought for showcase

The Herberger Theater (HTC) is accepting registrations for the 17th Annual Arizona Young Artists' Competition to be held on Saturday, April 2. This scholarship competition showcases the diverse talent of young Arizona performance artists (ages 15-19), and introduces them to the audition process with arts professionals. Applicants may enter in one or more of the three disciplines: Acting, Dance and Voice. The winner of each will receive a $1,000 scholarship to help further their education in the arts.

Early bird registration is $25 per discipline if received by midnight on March 4. Registration is $35 if received March 5 through the deadline of midnight on March 20. The registration form is available at http://herbergertheater.org/young_artist_competition. For more information, contact Mary Robinson at 602-254-7399, Ext. 104.

Applicants will be contacted the week of March 21 to audition for a panel of judges. The top four finalists in each discipline will be selected to participate in the Finals on Saturday, April 2 in front of a live audience at the Herberger Theater.

For more information, visit http://www.herbergertheater.org/calendar/arizona-young-artists-competition/.

A & E Briefs

'American Folk'

Phoenix Chorale
March 5-6
Various Locations

Drawing on the country's folk roots and pop power. Experience America's musical evolution over the centuries, from timeless sea chanteys like "Shenandoah" and the Wild West hallmark "Home on the Range" to songs from today's classic singer-songwriters Pete Seeger, James Taylor and Dolly Parton. Concerts take place 7:30 p.m. Saturday, March 5 at Trinity Episcopal Cathedral, 100 W. Roosevelt St.; and 3 p.m. Sunday, March 6, at Camelback Bible Church, 3900 E. Stanford Drive. Tickets to "American Folk" are $13-32 and can be purchased online at www.phoenixchorale.org.

'Vision For Peace'

Phoenix Boys Choir
7 p.m. Saturday, March 5
Camelback Bible Church
3900 E. Stanford Drive
602-264-5328

The program features Haydn's majestic "Timpani Mass," written as war ravaged his homeland of Austria; "I Never Saw Another Butterfly," a musical tribute to the children lost in World War II; and "Verleih uns Frieden (Grant Us Peace)" by Heinrich Schütz, based on Martin Luther's poignant text: "In these our days so perilous, Lord, peace in mercy send us." Tickets are $23-$28 general admission, and $18 for seniors and children age 12 and younger. Visit www.PhoenixBoys Choir.org.

'You Can't Take It With You'

Xavier/Brophy Theatre
March 3-5
Virginia G. Piper Performing Arts Center,
Xavier College Prep
4710 N. 5th St.

The play, which premiered on Broadway in 1936, is the story of a Bohemian family and a few days of their exuberantly chaotic life. Recently revived on Broadway, it is a three-act comedy by playwrights George S. Kaufman and Moss Hart. Show times are 7 p.m., with an additional matinee performance on Saturday at 2 p.m. Tickets are $10 each and may be purchased online at www.xcp.org or at the door.

Southwest Vocal Competition

2 p.m. Sunday, March 6
Phoenix Orpheum Theatre
203 W. Adams St.
602-262-6225

Presented by Phoenix Opera, showcasing singers from Utah, Nevada and New Mexico in addition to those living in Arizona. The 10 finalists from the second round will perform in the Final Vocal Competition/Concert in front of a live audience with the Phoenix Opera Orchestra under the baton of Maestro John Massaro. Judges for this competition are New York agent, Neil Funkhouser, Metropolitan Opera coach, Gildo DiNunzio and former Artistic Director of the Dallas Opera, Jonathan Pell. Cash prizes will be

ARTS & ENTERTAINMENT

awarded. Concert tickets for the Final Vocal Competition/Concert are $15-$35 and are available through the Orpheum Box Office or at https://phoenix.ticketforce.com.

Portrait Artists of Arizona's 2016 Members Juried Fine Art Exhibition and Sale

March 8-April 22
University Club of Phoenix
39 Monte Vista Road
928-202-2226

Portraiture—the art of creating portraits—has mesmerized humanity from the earliest times. . The 2016 exhibition is comprised of 51 works of art by 25 PAOA artists. An Artists' Reception is set for 5:30-7:30 p.m. Friday, March 11, with Awards Presentation at 6:30 p.m. The exhibit is available Monday through Friday from 9 to 11 a.m. and from 2-4 p.m. Admission is free.

'The Ultimate Collection Iconic Baseball Cards from the Diamondbacks Collection'

March 9-April 24
Phoenix Art Museum
1625 N. Central Ave.
602-257-1880

A specially ticketed, limited-engagement exhibition of some of the rarest and most important baseball cards in the history of the sport. Carefully and painstakingly amassed by Ken Kendrick, longtime collector and managing general partner of the Arizona Diamondbacks, the collection features 16 of the top 20 rated sports trading cards in the entire world, along with an additional 25 highly-valued and prized baseball trading cards. Included is a T206 Honus Wagner trading card, once owned by hockey legend Wayne Gretzky. Tickets for the exhibition are $8 plus required General Museum Admission, which varies according to age and student status. Visit www.phxart.org.

Fine Art in the Garden

9 a.m.-4 p.m. Saturday, March 12
Shemer Art Center
5001 E. Camelback Road
602-262-4727

The event features 20 local artists working in a variety of mediums. A raffle of their works and surprises are planned. Live music will be performed 11 a.m.-2 p.m., and there also will be food vendors on site. Admission is free. Visit www.facebook.com/FineArtinTheGardenSale.

'Lady Day at Emerson's Bar & Grill'

March 16-April 3
Phoenix Theatre's Hormel Theatre
100 E. McDowell Road

In a small bar in South Philly, in 1959, Billie Holiday, the icon dubbed Lady Day, put on a show that unbeknownst to the audience, let them witness one of the last performances of her life. Through her poignant voice and moving melodies, she shared her loves, her losses, her demons and her angels. Enter the intimacy of this singular night in music history and feel the presence of a legend reborn. Tickets are $36-$76 plus fees. Visit http://phoenixtheatre.com.

'Legends of Folk' Concert & Sing-Along

7-9 p.m. Thursday, March 17
North Mountain Visitor Center
12950 N. 7th St.

Featuring the songs of Woody Guthrie, Pete Seeger, Utah Phillips, Leadbelly, Jimmy Driftwood, The Clancy Brothers and more, performed by Rik Palieri and Rick and Donna Nestler. Cost is $10 at the door.

'The Competition'

7 p.m. Wednesday, March 23
Phoenix Center for the Arts, Third Street Theater
1202 N. 3rd St.
602-254-3100

A documentary movie constructed as an almost uncomfortable but intensely fascinating account of how some of the best architects in the world, design giants like Jean Nouvel or Frank Gehry, toil, struggle and strategize to beat the competition. While nearly as old as the profession itself, architectural competitions became a social, political and cultural phenomenon of the post-Guggenheim Bilbao museums and real estate bubbles of the recent past. Taking place at the dramatic moment in which the bubble became a crisis, this is the first competition to be documented in excruciatingly raw detail. Presented by No Festival Required. Tickets are $8 in advance online, $12 at the door, $10

please see COMPETITION on page 48

ARTS & ENTERTAINMENT

COMPETITION continued from page 47

for students with ID. Doors open at 6:30 p.m. No-host beer and wine available. Visit www.thecompetitionfilm.brownpapertickets.com.

Elena Eros Solo Exhibit

Through March 24
Olney Gallery, Trinity Episcopal Cathedral
100 W. Roosevelt St.
623-826-9912

A free First Friday reception will take place 6-9 p.m. March 4. Eros was a fashion designer and illustrator in Europe. This exhibition features her vibrant color palette depicting realistic work, as well as expressionistic paintings with a spiritual theme. Free parking available in the garage. Regular gallery hours are 9 a.m.-4 p.m. Monday through Friday.

'Of Mice and Men'

Arizona Theater Company
March 31-April 17
Herberger Theater
222 E. Monroe
602-256-6995

John Steinbeck's classic follows two friends—Lennie and George—as they drift from job to job across the fields and farms of Central California during the hardship of 1920s America, in a time when dreams seemed a thing of the past. A timeless tale of friendship, loneliness, loyalty, sacrifice and the human connections that are the bedrock for survival. Tickets are $28-$68 plus fees. Visit www.arizonatheatre.org.

'Pinkalicious: The Musical'

April 8-24
Valley Youth Theatre
525 N. 1st St.
602-253-8188

A musical based on the book by Victoria Kann and Elizabeth Kann, live on stage. Pinkalicious can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkititis, an affliction that turns her pink from head to toe—a dream come true for this pink loving enthusiast. But when her hue goes too far, only Pinkalicious can figure out a way to get out of this pink predicament. Matinees take place Saturdays and Sundays, with one evening performance on Friday, April 8. Tickets are $18 general admission, plus fees. Visit www.VYT.com.

Shostakovich Symphony No. 7, 'Leningrad'

MusicaNova Orchestra
4 p.m. Sunday, April 10
Central United Methodist Church
1875 N. Central Ave.

The orchestra is joined by over 20 guest players from partners Tempe High School, the Arizona School for the Arts, and the Phoenix Youth Symphony in this tribute to the courage of the citizens of Leningrad and their endurance during a 900-day Nazi siege during World War II. Tickets are $20 general admission, $15 seniors/students (17 and younger free with paid adult admission). Visit http://www.musicanovaaz.com.

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FOOD FOR THOUGHT

Rob and Candy Berkner stand amidst the giant fermenting tanks in the building just behind their popular Sunnyslope brew pub, North Mountain Brewing Co., which celebrates its third anniversary this month (photo by Teri Carnicelli).

Café Chat

Brew pub celebrates anniversary in March

By Teri Carnicelli

Like many young people trying to earn money while in high school and college, Rob Berkner did his time at a pizza place and a national breakfast restaurant chain, even being offered an assistant manager position at one point. But even then, Rob knew he didn't want to spend his life working for someone else. The son of self-employed parents, Rob's dream was to own his own business. He just wasn't sure what kind of business … yet.

Rob met his wife, Candy, while living with a friend in Los Angeles for a short period of time. They moved back to the Phoenix area, where Rob was born and raised, and eventually married and started a family. Rob tried his hand at a couple of different businesses—medical uniform supplies, and custom vinyl signs—and Candy eventually became a registered nurse. All the while, they were both passionate home brewers.

Rob came to a point in his sign business where he'd have to commit 100 percent and try to grow it, or move on to something else. At that point, he and Candy decided to draw up a business plan for a small eatery that served small-batch craft beer.

Rob's father agreed to co-sign on a loan. They were already familiar with the Sunnyslope area, as Rob loved to mountain bike in the North Mountains. And in 2010 they bought a property in the heart of the community, at 522 E. Dunlap Ave. But it would be three more years before they could open the doors. Asbestos in the ceiling meant a major remodel, and a new building with high ceilings that could accommodate the large fermenting tanks had to be constructed.

In March 2013, North Mountain Brewing Co. finally opened its doors. Rob was able to create some of his own beer recipes, and after much discussion and revisions, the menu was decided to be "beer-centric," with a sort of "beer foods of the world" focus. On it you'll find fish and chips, shepherd's pie, hamburgers, sausage platters, and other foods that are traditionally complimented by beer. Other selections have beer as part of their ingredients.

"Every home brewer dreams of opening a brew pub," Rob says. "I was like everyone else. Having our own brewery and restaurant had been a part of the conversation for ages."

Candy, who also earned a business degree, agreed, explaining, "I always wanted to own a restaurant. I love serving the people and learning about them."

Rob said the original plan was much less ambitious—a kind of sandwich shop with small batches of beer made in the back, and a small storefront. "It was a simple plan; I'm still not sure what happened," he says with a laugh.

FOOD FOR THOUGHT

"I love what we did here, but it's pretty ambitious for a first step. We left ourselves a lot of room for growth."

It's a family business for certain. Candy's mom helps out on occasion, and all three daughters—ages 19, 17 and 11—pitch in as well.

Rob says the cooks are encouraged to experiment, particularly with the burger of the week and the soup of the day. "I'm the brewer, and I don't want to brew the same thing all the time, so why would they want to cook the same thing all the time?"

If the chefs come up with something that proves popular, the restaurant will bring it back regularly, and it may even make the printed menu.

North Mountain Brewing recently revamped its Happy Hour menu (3-6 p.m. Monday through Friday) and added a lunch menu (Thursday-Sunday). And while the beer menu always offers the perennial favorites, such as the cream ale and the James Brown Ale, Rob does like to mix it up on occasion. For example, on March 9, North Mountain Brewing will release its anniversary beer, an imperial brown ale. On March 12 the anniversary party takes place, with food and beer specials all day and live music in the evening.

On St. Patrick's Day, there will be a corned beef and cabbage special and a stout stew. Rob has also concocted a special beer for the occasion, a bock beer—a European lager style but it the tradition of an Irish red. He's calling it his Erin Go Bock. It was actually made last year and has been aging since then. North Mountain Brewing's Neurotic—a Belgian blonde ale with a kick—comes out on Good Friday (March 25).

But if you are looking for a way to enjoy your favorite beers at home, on March 13, North Mountain is offering "GrowlerFundMe" special, from 9-11 a.m. There will be a half-price brunch menu, but the real special will be 32-ounce growlers available for sale with beers not normally sold in growlers, including the imperial pilsner, stout and brown, a dark Belgian, and the Old Ale. They are all "big beers," 9.8 percent alcohol or higher. Customers can purchase two of any variety, and a maximum of four mini growlers total, which equals a full gallon of beer. Rob advises showing up early, they will sell out fast. The proceeds will be used to buy another fermenter and maybe a few more kegs so they can build up their beer production.

Candy says that, "It's been a lot of hard work. It's the most challenging thing we've ever done. But what makes it all worth it is the fact that we are doing what we want, what we love. We plan on doing this until we retire."

For more information, call 602-861-5999 or visit www.northmountainbrewing.com.

Dining Briefs

Flower Child adds breakfast

Flower Child, Sam Fox's rapidly growing healthy fast-casual restaurant, is helping North Central residents start the weekend on the right foot by introducing breakfast at its new Uptown location, 100 E. Camelback Road.

Breakfast is served 9-11 a.m. Saturdays and Sundays, and the menu features bowls or whole wheat wraps filled with your choice of the Late Riser (eggs, quinoa, heirloom bean, avocado, roasted chile, salsa, corn, Greek yogurt and queso blanco); Vegan Hash (smoked tofu, portabella mushroom,

please see BREAKFAST on page 52

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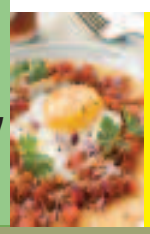

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FOOD FOR THOUGHT

BREAKFAST continued from page 51

organic potato, charred onion, avocado hummus, cilantro and fresh turmeric); Green Garden (eggs, spinach, roasted Brussels sprouts, broccoli, charred onion, Tuscan kale pesto, Greek yogurt, and prairie breeze cheddar); or the Protein Scramble (eggs, smoked turkey, gouda, organic potato, charred onion, arugula, garnet yam, and maple dijon). Flower Child uses cage-free eggs.

You can also nosh on Spiced Maple Porridge, Poppy's Parfait, whole-grain toast, and gluten-free pastries, and wash it down with organic coffee, iced & spiced almond cold brew, or a fresh-squeezed juice.

Flower Child offers a wide selection of healthy options for breakfast, lunch and dinner, with an emphasis on gluten-lite items. For diners on the go, there is a convenient pick-up area for takeout orders and a fully stocked grab-and-go refrigerator.

For more information and to view the full menu, visit www.iamaflowerchild.com.

Sauce extends its 'Wine Down' special

There is no better cure for a long work week than sharing a bottle wine and indulging in some carbs with your bestie. Sauce Pizza and Wine wants you to "Wine Down with Uptown"—every Saturday at the Uptown Phoenix location only, customers can enjoy a pizza, a salad and a bottle of wine for only $30.

Equipped with an expansive patio, Sauce's newest location at the northeast corner of Central Avenue and Camelback Road is a great spot to unwind with a friend or loved one. When you come into Sauce's uptown location, you and a friend can choose from Sauce's array of pizzas ($10 and under), and any salad ($10 and under). To top off the experience, guests also get to order their favorite bottle or red or white wine ($26 and under).

For more information or to view the menu, visit www.saucepizzaandwine.com.

Scramble open on Easter Sunday

Scramble–A Breakfast Joint will be open from 6 a.m.-2 p.m. on Easter Sunday, March 27.

To celebrate, the Easter Bunny will there giving away treats to all the kids that day. Scramble will post a special Easter 2016 album on its Facebook page highlighting everyone who visits with the Easter Bunny.

"Employees working that day were scheduled on a volunteer basis and will all be receiving extra compensation for their dedication to our customers," said Co-Owner Clay Moizo.

Scramble is located at 9832 N. 7th St. For more information call 602-374-2294 or visit www.azscramble.com.

Get your pecan on during 'Pi Day'

Pi Day is celebrated around the world on March 14 in honor of the mathematics symbol used to represent a constant. But if that is too much of a math mouthful, don't worry—TEXAZ Grill has made it easy. Enjoy a hearty slice of TEXAZ Grill's Pecan Pie for just $3.14 all day long on Monday, March 14.

A traditional Texas favorite (after all, pecan is the state tree), TEXAZ Grill's Pecan Pie is baked in a flaky crust with lots of pecans and corn syrup, plus a little something special. It is so sweet, it will make your teeth hurt—but it won't do harm to your wallet on National Pi Day.

TEXAZ Grill is located at 6003 N. 16th St. For more information, call 602-248-STAR (7827) or visit www.texazgrill.com.

Pasta Rea features fresh pastas, sauces

Creations in Cuisine Catering has launched a line of local freshly made pasta and sauces under the brand name, Pasta Rea. The company recently purchased a top-of-the-line Italian pasta machine, the La Monferrina Pasta Maker, which extrudes fresh pasta dough at a rate of 30-60 pounds per hour and produces over 100 different shapes.

Pasta Rea made its debut on Jan. 9 at the Uptown Farmers Market, held Saturdays at North Phoenix Baptist Church, Central Avenue and Bethany Home Road.

"The opportunity to buy fresh pasta is very limited in the Phoenix metro area," says Tony Rea, owner and executive chef of Creations in Cuisine Catering. "I grew up eating fresh pasta almost daily and as a professional chef I have had the desire for years to share its amazing attributes on a larger scale."

please see FRESH on page 54

UPTOWN FARMERS MARKET

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This seasonal market runs alongside the farmers market and acts as a "pop-up" neighborhood nursery, where you can take classes and purchase items needed to cultivate your garden. Let us help you turn your land into a growing homestead! Mark your calendars for these gardening classes below, taught by the professionals. There is no need to RSVP. Arrive at the red market information booth and you will be directed to the green tents for class. These are open to the public, with a suggested donation of ~$10. For more details visit our facebook events page: Uptown Growers Market. For Questions regarding classes, please contact: uptownjanis@gmail.com

MARCH 5:

9am – Top 10 Edible Trees & Top 10 Super foods with Jake Mace of Longevity Gardens

11am – Container Gardening with Kari Spencer of The Micro Farm Project

MARCH 12:

9am – Natural Pest Control with Troy Albright of True Garden

11am – Garden Layout and Design with Christal Blessin of Kitchen & Garden Chronicles

MARCH 19:

9am – Heavenly Herb Gardening with Christal Blessin of Kitchen & Garden Chronicles

11am – Picking the Perfect Rose Bush with Anja Taschner of Ludwig's Roses

MARCH 26:

9am – Getting Started with Chickens with Kari Spencer of The Micro Farm Project

11am – Holistic Chicken Care with Sena Kassim of vermilove.com

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FOOD FOR THOUGHT

FRESH continued from page 52

Pasta Rea offers fusilli, rigatoni, campanelle, conchiglie, linguine, and tagliatelle at $7-$9/lb. In addition, a selection of sauces including pesto, Bolognese, and marinara will be for sale, each one complementing specific pasta.

Fresh pasta and sauces as well as an assortment of freshly made Italian specialties will be sold every Saturday at the Uptown Farmers Market from 9 a.m. to 1 p.m. Additionally, they may be ordered in advance for pick-up at the market by calling 602 485-9924 and placing the order by noon the Thursday prior to the Saturday market. Additional information can be found at www.pasta-rea.com.

Eatery continues guest chef series

Thirteenorth Bar & Grille, the popular neighborhood restaurant at 1301 E. Northern Ave., is getting into the swing of spring with some fresh ideas.

The next segment of the Guest Chef Invitational, where aspiring chefs and accomplished cooks' favorite recipes raise money for their favorite charity, is set for Sunday, March 20. This month's guest chef is neighborhood resident Skip Peeples, who will be directing the preparation of his favorite recipe, carne adovada. It will be served with Southwest coleslaw and corn & black bean salad.

Thirty percent of sales from Skip's dish will be donated to the New Life Center, an emergency domestic violence shelter for women and children, offering shelter, safety and services to families seeking independent, violence-free lives (www.newlifectr.org).

For more information or to make reservations, call 602-795-1397. Visit them online at www.thirteenorth grille.com.

Urban Beans adds vegan bagels

In partnership with The Bagel Bandit, Urban Beans now features East Coast-style vegan bagels in plain, everything, and cinnamon raisin churro crunch. These chewy, malty, bagels are hand-stretched, artisanal, and baked local. Single bagels can be purchased as a menu item, or in packages of a half-dozen.

Urban Beans Bar and Café, 3508 N. 7th St., Suite 100, is open 24 hours offering breakfast, soups, sandwiches and salads, as well as a full coffee bar, local wines, and craft beers. Every dish at Urban Beans is vegan or vegetarian. Follow Urban Beans on Facebook, Twitter and Instagram. For more information, call the café at 602-595-2244.

Café holds educational dinner series with docs

Jewel's Bakery and Cafe, a local gluten-free eatery at 40th Street and Thomas Road, is partnering up with the Valley's best health experts to launch a series called "Talk with the Doc."

Every month the bakery will shut

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FOOD FOR THOUGHT

down for an evening of discussion on a certain health related topic. This month, Dr. Ben Taati will give an introductory presentation on the benefits of a plant-based diet, 6:30 p.m. Thursday, March 10. Tickets can be purchased online for $15, which includes a meal. Additionally, you can bring a friend and receive two tickets for $25, which includes a meal.

This new educational series is aligned with the business model of Julie Moreno, owner of Jewel's, who aims to provide a greater number of healthy, fast-casual menu options to Valley residents.

Jewel's Bakery and Café is located at 4041 E. Thomas Road. To reserve a seat for the program, call 602-714-5241. For more information, check Facebook at JewelsBakeryAndCafe.

Café expands catering services

The start of 2016 marked the Phoenix Public Market Cafe's one-year anniversary of its catering company. So it seemed like the perfect time to expand its catering business by offering more than just drop-and-go services.

The café now offers full service catering to offsite events. By the end of January the restaurant was also expected to be pushing out a "roll up and receive" service, where customers can order off the regular or catering menu and pull up to the restaurant for curbside pickup.

As a final perk of starting a new year, the cafe's catering team offers free delivery to anyone within 4 miles of the downtown Phoenix restaurant, located on the corner of Pierce and 1st streets.

For more information, contact Catering Director Kayla Burden at 480-276-5624 or Kayla@phxpublicmarket.com.

Annual PBS food fest moves to Hance Park

In its fourth year, the Check, Please! Arizona Festival benefitting Arizona PBS transforms the west end lawn of Margaret T. Hance Park (3rd Ave. and Culver St.) from 11 a.m. to 3 p.m. Sunday, March 20.

The festival presents foodies with a convergence of independent restaurants and Arizona culinary celebrities. More than 20 of Arizona's independent local restaurants will be on hand, offering bite-sized samples, craft beer and wine tastings. In addition, a panelist stage hosts Arizona's James Beard Award winners, along with two cooking demonstration stages: one showcasing some of the restaurants most recently featured on the award-winning "Check, Please Arizona" television show; the other featuring beloved "Check, Please! Arizona" show veterans and more.

General admission advance tickets are $59 from March 1 through March 19; tickets at the gate are $69. All tickets include food, wine and beer sampling as well as panel discussions, cooking demonstrations and guest lectures. Tickets are on sale at www.azpbs.org/CheckPlease/festival.

New juice bar offers healthy selections

Nekter Juice Bar, one of the country's fastest-growing juicing chains, opened in November at Town & Country, 2405 E. Camelback Road, Suite A16, in the Camelback Corridor of central Phoenix. There are now nine Nekter Juice Bars in Arizona, with more openings planned for 2016.

"Nekter's Town & Country store continues the tradition of neighborhood juice bars that enable local residents to satisfy their passion for healthier living and a plant-based diet," said Paul Ciulla, Arizona district manager. "In addition to made-to-order and cold pressed juices and smoothies, customers will find our acai bowls, cold-brewed coffees and our popular cleanse programs."

Established by Steve and Alexis Schulze in 2010 as a single store in Costa Mesa, Calif., Nekter Juice Bar has grown into a leading healthy-living advocate with 54 neighborhood juice bars in California, Arizona, Nevada, Texas and Colorado. The company continues to revolutionize the juicing industry with a constantly expanding menu. For more information, go to www.nekterjuicebar.com.

Wine and oyster deal at Yacht Club

The Yacht Club, Aaron May's newest culinary concept located at 4231 E. Indian School Road, has launched a Rose and Oysters nightly special, featuring a bottle of rosé and a half-dozen oysters for $25.

Whether you are enjoying a ladies' night out, or a date night with your honey, the Rose and Oysters is a great combo. It is available every night from 4 to 10 p.m. so it's perfect for an after-work "pick me up" or a late-night aphrodisiac.

Happy Hour is served daily from 4-6 p.m., Rose and Oysters is available every night from 4-10 p.m., and The Yacht Club serves its full menu from 4-10 p.m. nightly.

To check out the menu, or for more information about The Yacht Club, visit www.arcadiayachtclub.com.

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

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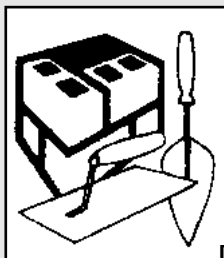

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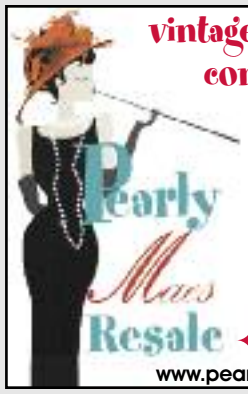
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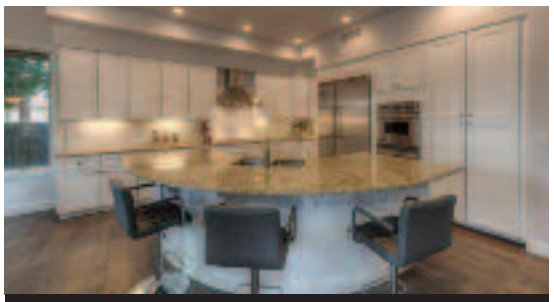

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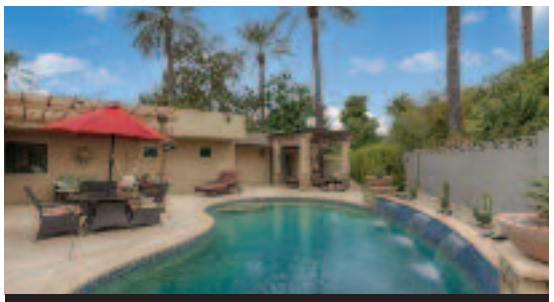

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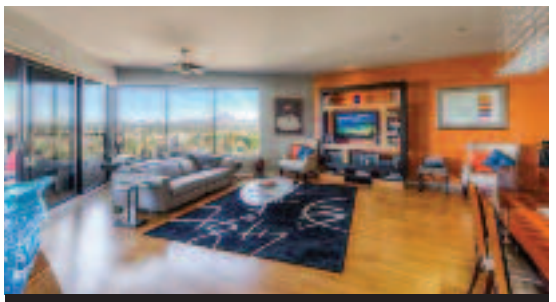

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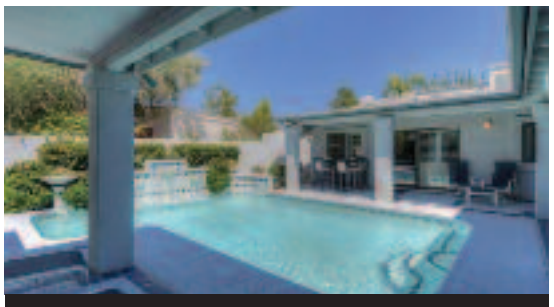

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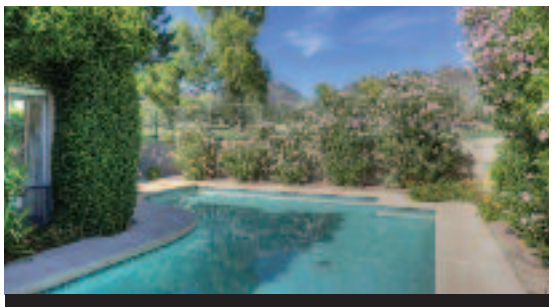

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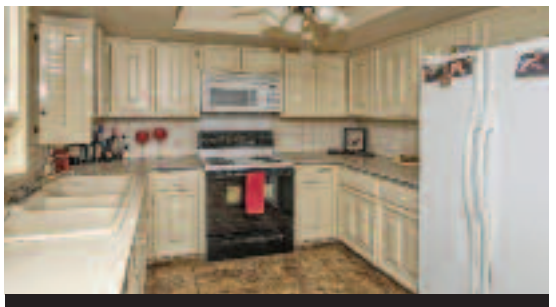

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