



# north central news

the voice of the north central phoenix community

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www.northcentralnews.net

## Woman changes life with help from B2H

By Teri Carnicelli

When she was 19 years old, Marlene K. became addicted to crystal meth. She got pregnant when she was 21 and worked hard to get sober and find a stable job. But six years later, she slipped and was back on drugs. She eventually lost her home and her daughter, and was in and out of jail.

Marlene once again decided to try to get her life back on track, and agreed to enter a 30-day, in-patient rehabilitation program. Before she completed the 30 days, her drug counselor gave her an application to a program called Bridge To Hope. Marlene was skeptical and more than a little reluctant—but she knew she'd have a better chance of success with the support of a team behind her. So she filled out the application.

After two in-person interviews, Marlene was accepted into the Bridge To Hope (B2H) program, which is a faith-based ministry that works outside of

*please see BRIDGE TO HOPE on page 6*



From left: Natasha Turra and Michelle Bocchino, two of the three women behind the new Original Gravity bar and restaurant, chat with regular customers Jen Macarenas and Corey Krebs. Krebs, originally from Florida, says “OG” has the best key lime pie he has had outside of his home state (photo by Teri Carnicelli).

## A cool building with even cooler tenants

By Teri Carnicelli

An aging strip center at the northwest corner of 12th Street and Highland Avenue that formerly housed addiction counseling services, a smoke shop and a debt-collection call center has seen a complete overhaul—inside and out.

The original designer of this two-story, L-shaped building was architect Bennie Gonzales, an Arizona native who left his mark around the Valley with more than 200 eye-catching structures, many of which still stand today. The building was completed in 1963. More than 50 years later, the façade had seen better days, and what businesses there were housed inside it left something to be desired, according to residents of the adjacent neighborhoods.

Enter Bill Tonnesen, a design-build developer and artist/sculptor, who was talked into investing into this commercial redevelopment project by a friend. Tonnesen had always admired the designs of Gonzales, in this particular case, his use of steel, and cement floors and beams for the structure, rather than the overabundance of wood seen today. As an artist, Tonnesen also liked the modernist geometry of the design. “I’m interested in the raw look of the materials themselves,” he explains. “I guess you could call it a kind of ‘deconstruction.’”

Tonnesen and his then-partner closed escrow on the building at 4700 N. 12th St. in December 2014, and work began almost immediately. And a lot of work it was—all the plumbing and electrical had to be replaced, linoleum had to be scraped off the aging floors, the outside had to be sandblasted back to the bare concrete.... and then there was the asbestos.

Tonnesen’s partner had to bow out for personal reason, giving him the option to buy out his share. Tonnesen and his wife, Pilar, who own Tonnesen Inc., jumped at the chance. Even though they were investing a lot of money in the renovation, they knew it would be something special when it was done, not just architecturally, but also for what it could bring to

*please see COOL on page 4*

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**COMMUNITY**

**Shopping extravaganza aids young women**

Florence Crittenton’s upscale resale store, Flo’s on 7th, presents its 9th Annual Heels for Healing and Diva Dash on Saturday, Sept. 30, in the store’s parking lot, 4116 N. 7th Ave. The event will benefit Florence Crittenton, with all proceeds contributing to the agency’s life-changing programs for girls, young women and their families in the community.

The event delivers a one-of-a-kind shopping experience, which starts at 10 a.m., with incredibly low prices on popular designer heels and handbags and is preceded by the well-renowned Diva Dash beginning at 8 a.m. Check in for the Diva Dash is at 7:15 a.m., with food and beverages available for competitors and attendees.

In teams of up to four, the Diva Dash challenges participants to slip on a pair of heels, 1 inch or higher, and race in an outdoors obstacle course.



Put on your fun and funkier outfit and 1-inch or higher pumps and race for prizes during the 9th-Annual Diva Dash, set for Saturday, Sept. 30 at Flo’s on 7th (submitted photo).

Dashers will compete in lanes with a tricycle and hula-hoop challenge for the chance to win a Diva Dash trophy and gift certificate to Flo’s on 7th. Registration costs \$25 per person and includes early access to the event’s

shopping and a special tote that takes 20 percent off all heels purchased at Flo’s on 7th for an entire year starting Monday, Oct. 2.

For more information about the 9th Annual Heels for Healing or to reg-

ister for the Diva Dash, visit [www.flocrit.org](http://www.flocrit.org) and scroll down to the Events tab.

Leading up to Heels for Healing and the Diva Dash, Florence Crittenton will accept donations of new and like-new designer, formal, casual and vintage shoes and handbags until Friday, Sept. 15. Tax receipts available upon request. Donations can be dropped off at the thrift boutique.

**City is recruiting fire dispatchers**

The Phoenix Regional Dispatch Center is recruiting for Fire Emergency Dispatchers. This will be an on-going recruitment process. Individuals interested in this position must complete the testing process through National Testing Networks by Sept. 24 to be considered for the next training class.

To apply, visit [www.phoenix.gov](http://www.phoenix.gov) and then go to JOB POSTINGS for further information.

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## Enter our monthly Reader Rewards Drawing for a chance to win a great prize!

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

**Congratulations to Lucia Kiesel, August's winner of a \$100 Gift Certificate from the Shops on Camelback!**

Visit our website at [www.northcentralnews.net](http://www.northcentralnews.net) to enter for your chance to win this month's prize, a

**\$100 Gift Certificate for a Bliss Facial or Diamond Dermabrasion from April Gaybreal's Wellness**

**Deadline to enter is Sept. 20, 2017. The winner will be announced in our September 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](http://www.northcentralnews.net) for contest rules and additional details.



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## COMMUNITY

### COOL continued from page 1

the surrounding community.

The upstairs was completed in December 2015, and the work downstairs was mostly wrapped up by February 2016. The upstairs already is fully leased, and the downstairs has only two vacant suites remaining.

Rebranded "The Strip," the building attracts the eye with its mix of raw concrete and brick, with steel accents in both silver and a rust-like finish. He added matching concrete patios and attractive landscaping, include date palms, jasmine, and a row of repurposed 55-gallon drums with potted coffee trees. But beyond first blush, the real attraction is what lies inside.

Here you will find an eclectic mix of tenants, from real estate companies and architectural firms, to a popular personal training studio (Pamela Young Fitness) and a trendy hair salon (Kami Sori). Inside, the metal and concrete themes continue through most of the suites, which each have their own unique twist. Tonnesen even designed and fabricated some of the metal accents in the Kami Sori salon, which

gives it a cool, funky and unique vibe. The latest additions downstairs are two new eateries that are as fun as they are different from each other.

Phoenix residents Glen Nielsen and Liza Asbury started DK Dogs on a whim after visiting Glen's family in Denmark in the fall of 2014. By February 2015, they had a cart on the streets of the Phoenix Metro area.

The business has expanded to two hot dog carts and their first storefront, which opened in May at The Strip, at the far north corner.

Glen was born and raised in Denmark and has lived in the United States for more than 20 years. For the last several years, he had the idea to bring the European-style hot dog to the Valley. He thought it would be popular with those who were bored of the standard hot dog fare offered here—and so far, he's been proven right.

"The Danish Style hot dog is our most popular item, it is topped exactly how you would get it on the streets in Copenhagen," Liza says, including mustard, catsup, Danish remoulade, fried onions, raw onions and pickled cucumbers. The eatery's remoulade is imported

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## COMMUNITY

from Denmark, and fresh pickled cucumbers are made weekly. Traditional “American” hot dogs are available as well, including one with chili.

DK Dogs serves only 100-percent beef franks that are nitrate-free and gluten-free. They also contain no by-products, corn syrup or “fillers.” Delivery is available via UberEats, GrubHub, Postmates, and DoorDash. For more information, call DK Dogs at 602-831-4878.

Three Valley women joined together to open a niche wine bar at the far west side of The Strip, dubbed Original Gravity.

Original Gravity is a concept created by Natasha Turra, Michelle Bocchino and Holly Knudsen, who all left their previous jobs to pursue this passion.

“We have been working on this concept for almost two years,” Turra says. “We came together over numerous conversations about ‘if I had a bar I would ... .’ We all have diverse backgrounds and wanted to partner to utilize our strengths.”

Turra says the goal was to create a fun, casual, modern vibe in a space where you felt comfortable with friends, co-workers and dates, while enjoying happy hour, a special occasion, etc.

Original Gravity, which opened in May, offers beer, wine and wine cocktails, with a menu of fairly substantial salads, sandwiches and a whole lot of smothered French fry selections (Turra is originally from Canada). The fries are crispy on the outside and tender on the inside, and must be accompanied by the “secret sauce,” which is magical.

The bar is in the process of updating the menu to add more food selections, particularly to the happy hour menu. Happy hour is 3-6 p.m. Tuesday through Friday, and includes \$1 off pints and tap wine. You can keep up-to-date on the rotating selections of tap beers by using the app, Untappd, and finding Original Gravity in the list of member bars (for use with iOS, Android and Windows).

This month, a weekend brunch will be added, along with opening Monday nights for NFL games (currently closed), and Saturday mornings at 10 a.m. for college football games (limited menu of snacks served). Look for any upcoming changes on Facebook@OriginalGravity Phoenix or Instagram @ogphx.

While parking wraps around three sides of the building, it is only single-space pull-in spots. Tonnesen has

penned cross-parking agreements with two neighboring businesses across the street to help with the issue. Visitors coming after 5 p.m. weekdays and anytime on weekends can park behind the Southwest Network behavioral health services building at the northeast corner of the intersection, and in front of Artisan Prosthetics, across the street from Original Gravity.

## Sign ups begin Sept. 5 for fall softball leagues

Looking for a fun family or work team-building activity? Want to get some exercise in the cooling outdoor fall weather? The city of Phoenix Adult Softball League Registration opens Tuesday, Sept. 5, at 6:30 p.m.

This is a great chance to get your co-workers, friends, family and church members together for a fun time. League games are played at three sites, including the Rose Mofford Sports Complex,

Visit <https://www.phoenix.gov/parks/sports/softball> to find your park and pick your night. Click on the “Current Adult League Flyer.” Then create a team of your own, or join a team that has a few spots open. Register online at [activenet.active.com/phoenix](http://activenet.active.com/phoenix). Walk-in registrations also will be accepted beginning Wednesday, Sept. 6 at any of the city’s community centers and at the Rose Mofford Main Office.

## Volunteers sought to install smoke alarms

The American Red Cross is seeking volunteers to help with next month’s Sound the Alarm campaign, where an anticipated 1,000 free smoke alarms will be installed in at-risk homes within the Pendergast School District boundary, which is south of Glendale Avenue to approximately McDowell Road, and west of 83rd Avenue to approximately 117th Avenue.

Fire experts agree that you may have as little as 2 minutes to escape a burning home before it is too late to get out. Smoke alarms cut the risk of death from a fire in half.

Volunteers will be going door-to-door installing the free smoke alarms from 8 a.m.-12:30 p.m. on Saturday, Oct. 14. The goal is 500 volunteers to visit 4,000 homes.

For more information or to register, visit [www.redcross.org/local/az-nm-el-paso/home-fire-safety](http://www.redcross.org/local/az-nm-el-paso/home-fire-safety).



North Central Phoenix  
HOMEOWNERS ASSOCIATION

# Notice of the North Central Phoenix Homeowners Association Annual Meeting

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

**Date: Thursday, September 28, 2017**

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

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

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

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

**Our guest speakers will include Mayor Greg Stanton,  
District 6 Council, the City of Phoenix Police  
Department, Planning and Zoning, and Transportation.**

**Please come to the Annual Meeting to learn more about  
current issues and how you can help keep North Central  
one of the most desirable neighborhoods in Phoenix.**

**If you are a homeowner within our borders and would  
like to become an official NCPHA member or renew your  
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## AUTO CARE RIP-OFFS? GO ON!



Nobody wants to feel like they're being taken advantage of. Shahe Koulloukian, owner of Mazvo Auto Care Center, gives us advice for feeling empowered – not intimidated – at your repair shop.

Honesty, loyalty, and trust: they're the most important qualities in any relationship. But we're not talking about relationships of the romantic variety – we're talking about your relationship with your mechanic. And if you don't have one, it's time to seek out the perfect partner to keep the vroom in your vehicle.

Luckily, we know just the right place to get the proverbial "hook-up" with a mechanical match made in heaven: Mazvo Auto Car Care Center. When it comes to being trustworthy, loyal, and truthful, owner Shahe Koulloukian has you covered – especially where honesty is concerned. "You're never going to feel good about spending your money on your car, because it sucks," he says frankly. "But being a confident car owner will make you feel better."

Let's face it – few people enjoy taking their car to a mechanic. It can be a daunting experience, particularly for women, who often get looked down upon, intimidated, or treated like they're not intelligent enough to understand what their car requires. We've all heard of (or been through!) the scenario of going in for a simple oil change and being told that your car needs extensive, expensive repairs ... and the resulting feeling of helplessness as you realize you might be getting ripped off. Because of this, we sometimes approach car repairs with a defensive attitude and automatically assume they're going to be taken advantage of. It's an understandable reaction, but Shahe has some tips for anyone – male or female – who find themselves needing auto care.

"You can knock the legs out from under that fear and intimidation by asking questions," he advises. "Providing as much information and asking as many questions as you need will help the repair shop understand that you know what you want, and you're not going to put up with any unnecessary fluff or scare tactics." And above all, trust your instincts; Shahe emphasizes to his clients that if they don't feel comfortable with a mechanic's recommendations, it's perfectly acceptable to seek a second opinion.

People get nervous about car repairs, says Shahe, because they don't know enough about their car to know what it needs. "It's easy for a mechanic to take advantage of a lack of car knowledge and you just end up paying, because what else are you going to do, right?" he says. "You have no choice but to believe them." The solution? Familiarize yourself with your car's owners' manual. It's a wealth of information (and, adds Shahe, a lot more accurate than Google).

Of course, no matter how well-versed you are when it comes to your car, it's still important to find that "special someone" who embodies all the qualities you'd ever hope to find in a mechanic – and that's where Mazvo Auto Care comes in. Mazvo blends technologically-advanced training with the old-fashioned values of trust and transparency, so clients are always assured they're getting only what their car needs, at precisely the right time. Man or woman, expert or novice, everyone gets the honest car repair experience they deserve.

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## COMMUNITY



Marlene K., second from left, celebrates her recent graduation from the Bridge To Hope with some of her "team" members, from left: Case Manager Sallie Jarboe; Program Director AmySue Seiser; and Pastor Joe Gee (ret.) from Faith Bible Church (photo by Teri Carnicelli).

**BRIDGE TO HOPE continued from page 1**

and across denominations to end homelessness, one family at a time, by working with a partner Christian church to take a vested interest in a single mother and her children in crisis. The program is based in North Central Phoenix, at 1815 W. Missouri Ave., #105.

Marlene started the program in June 2015, and celebrated her graduation with friends, family and other supporters at a dinner event on Aug. 17 at Bethany Bible Church, 6060 N. 7th Ave.

"I have a job, I have a home, I have a checking account, and I've paid off most of my debt," Marlene said at the dinner. "And, I have my family back."

Bridge To Hope found a new partner in the program with Faith Bible Church in Glendale, which agreed to be matched with Marlene during her journey. It was a rough start for both sides; Marlene admitted she was difficult to work with a first, and members of the Faith Bible team were still finding their footing in what was a new ministry for them.

Her B2H case manager, Sallie Jarboe, said Marlene was definitely a challenge as she had built up walls of mistrust over the years, and was used to being on her own. It took time for Marlene to learn to trust and work with others, but when she did, it was a joyous moment for everyone.

"Our goal was to meet her where she was before her life fell apart, and pick up the pieces and move forward," Jarboe says. "We worked with her to set goals, and then helped her in meeting those goals."

The "help" came in the form of temporary housing, drug counseling, vocational training, budgeting, and monthly activities with her Faith Bible Church team members, who also provided rides to and from B2H as well as

fun, family-building activities with Marlene and her 11-year-old daughter.

"I have made lifelong friends and have grown my relationship with God and with myself," Marlene said. She hopes to eventually come back to the program—as a mentor to another mother who is struggling to get her life back on track.

Currently the B2H program can only serve four single mothers at a time. Some complete the program sooner than others. But the limitation comes from partner church teams. Currently there are only four Valley churches that have partnered with the program. If more churches stepped up with a ministry team to work with a mother (generally a two year commitment), B2H could serve more single moms who are struggling to get their lives back on track.

"We get a handful of calls every single day from social workers and counselors hoping to place someone in our program, and we have to turn them away," says AmySue Seiser, director of the program. "It's truly heartbreaking. We know the program works, we know we can end the cycle of drugs and homelessness for these moms—one family at a time."

Pat Harter, a B2H board member, said, "The transformation you see in these women is just amazing. It takes a lot of courage to say you need help. But if you do, great things can happen."

Valley churches that want to learn more about partnering with the Bridge To Hope program should contact AmySue Seiser at 602-589-5556 or amy-sue@b2hope.org. Additionally, members of the community who would like to help can find a list of ongoing needs, such as toiletries, diapers and women and children's clothing, on the organization's website at www.b2hope.org, under the "Get Involved" tab.

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**Real Estate Corner**  
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## The secret of my success

Welcome back, everybody, from your summer vacation destination. Hopefully it was fun and relaxing. Remember, it's back to school time, so watch out for the kids!

The most difficult part of my job is remembering to write an article here every month and to make it interesting enough for you to enjoy reading it. I have been doing these monthly articles for more than eight years and I truly appreciate all the compliments, especially the ones I get from memories of my dad, Herb, who moved here in 1964 and owned Kagels ladies store at Park Central (1964-1979), the first disco in Phoenix, Herbs Underground (1970-1973), at Central/Clarendon, The Jockey Club nightclub, a private club with 2000 members (1978-1985), located at Town and Country shopping center, which is where I worked initially moving to Phoenix, and, finally, another Jockey Club at Uptown Plaza (1987-1995), where the Whitney Houston movie, Waiting To Exhale was filmed.

I also married my disc jockey, Mary Ann, from the first Jockey Club and we are still together 30 years later with two beautiful kids, Sean and Juliann. I am often asked to what two things I owe my real estate success and number one clearly is the people that I met through my dad over the years, especially at the Jockey Club. Number two is when I go on listing appointments and if one of the spouses was a member of the Jockey Club, I will tell them in private they better hire me to sell their home or I will tell their spouse about all the times they were slow dancing with certain people that they don't want their spouse knowing about!! Sometimes you have to do whatever it takes to list a home ...

My dad loved living in Phoenix until he passed away six years ago and he also enjoyed seeing the many changes from when he moved here in 1964 until his death in 2011. He could never understand why people would fight growth and I support that belief 110 percent. I am fortunate to have sold 105 homes in 2017

and have averaged 130 sales per year in North Central the past 17 years. I owe all my success to my dad and if was still alive he would say, " Son, it is your turn to pay for dinner." I would have been okay with that! Cherish the time you spend with your family, especially your parents. I wish they both were still around but I still have great memories from both of them.

This month I also want to tell you about a great local nonprofit group, Assistance League of Phoenix. Known for its member volunteer workforce, Assistance League has been helping children in the Valley since 1962 through sales from the Thrift Boutique, located at 7044 N. 7th Street. According to Brenda Sperduti, CEO and Executive Director, "Thrifters celebrate smart shopping, reusing, up-cycling and thrifty fashion. By shopping at the Thrift Boutique, shoppers have an even greater impact because they are helping children in need enter the classroom ready to learn. Last year, 8,200 children received brand new school uniforms, clothing basics and hygiene items, preparing them for school so they can focus on learning."

Open Tuesday through Saturday from 10 a.m. to 4.p.m., the store will celebrate its 55th year of service with a special store-wide sale on Saturday, September 30. Proceeds from all sales benefit children in our community. Donations of gently used clothing, accessories, and household items may be dropped off during regular business hours – look for the "donations door." Many volunteer opportunities are available to support the work of Assistance League at the Thrift Boutique, from coordinating incoming donations to testing and repairing electronics to sales floor assistants. For more information call Assistance League at 602-944-7636 or visit [www.alphx.org](http://www.alphx.org).

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**COMMUNITY**



The Phoenix Writers Club has evolved from a group of newspaper women, shunned from the National Press Club, to an organization welcoming all genders, ages, and areas of writing (submitted photo).

**Writers group marks 91 years in Phoenix**

Wordsmiths have been gathering at the Phoenix Writers Club since 1926, when a feisty group of newspaper women weren't allowed to join the National Press Club—and so started their own networking and support group.

The members of the newly formed club drew up the first constitution and bylaws, opening membership to all categories of women writers who submitted published works that met standards set by the membership committee.

Since that time, Phoenix Writers Club has been an integral part of the Phoenix community. During World War II, the members held a silver tea to raise money for British relief. In 1955, National Poetry Day was signed into being by Gov. Ernest McFarland, with the assistance of PWC President Marguerite Graper. At that time, many of PWC's members were poets.

More recently, the history of one of Phoenix's long-standing restaurants, Durant's, was brought to life by PWC member Mabel Leo. Her books were

made into a play and later into an independent feature film.

As Phoenix has evolved since 1926, so has Phoenix Writers Club and in 1994 the bylaws were changed and the membership opened to include men. Now in the 21st Century, PWC welcomes all who are interested in writing—established authors, beginning writers, and those who dream of being writers. Club members share knowledge and experiences, and encourage each other to continue their quest for good writing.

"PWC consists of awesome men and women as diverse in personalities as well as writing genres," said Marge Elza, long-time PWC member and president emeritus. Member Diane Steele added, "[It's] a group of like-minded people, regardless of genre. Members are welcoming and encouraging in all areas, beginning to end—from drafts to published."

Now in its 91st year, Phoenix Writers Club meets every third Saturday of the month at Bluewater Grill, 1720 E. Camelback Road. For further information on the club and its members, visit [www.phoenixwritersclub.com](http://www.phoenixwritersclub.com).



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COMMUNITY

## Volunteer tutors sought for schools

A local tutoring program is seeking Phoenix adults to go back to school and donate their time to make a significant impact on early literacy.

The OASIS Intergenerational Tutoring Program is for community members who are interested in sharing a love of reading with a child. By becoming a literacy mentor, you will support a student once a week for an hour during the school day to experience enjoyment and success in the skills of reading, writing, and communication. The program is as rewarding for adults as it is for children.

OASIS is a nonprofit organization that partners with the Madison School District to pair adults, who may or may not be retired, with students needing literacy support. This program serves kindergarten through fourth-grade children in four of the district's elementary schools: Heights, Camelview, Rose Lane and Simis.

Tutors receive training by a reading specialist along with a tutor handbook,



Volunteer tutor Karen Crowe works with student Adrianna Gallegos on her "word bingo" at Madison Camelview as part of the OASIS literacy support program (submitted photo).

bag, and materials. The next tutor training will be held Sept. 25-27 from 8:30 a.m. to 12 p.m. at Camelview Elementary, 2002 E. Campbell Ave.

For more information or to register for the training, contact Kim Gullo at [kgullo@madisoned.org](mailto:kgullo@madisoned.org) or 602-664-7285.

## NCPHA holds annual meeting

The North Central Phoenix Homeowners Association's Annual Meeting is set for 6:30-8 p.m. Thursday, Sept. 18, at All Saints' Episcopal Church, 6300 N. Central Ave., in Manning Hall, located west of the main parking lot. Doors open at 6 p.m.

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

Guest speakers include Mayor Greg Stanton, a representative from City Council District 6, and members of the city's Police, Planning and Zoning, and Transportation Departments.

The NCPHA is continuously planning and executing measures to keep North Central Phoenix one of the most desirable neighborhoods in the city. Learn more at: [www.ncpha.org](http://www.ncpha.org).

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**COMMUNITY**



These two bonded kitties found themselves without a home after their owners moved and couldn't take the duo with them. They are now looking for a together-forever home (submitted photo).

They are a package deal and you can adopt them both for just \$40 at the Arizona Humane Society, located at 9226 N. 13th Ave. Their adoption fee includes vaccinations and microchips. For more information call 602-997-7585 and ask for animal numbers A564726 and A564725.

Panda and Sweet Bea may have been adopted by the time you visit the shelter, but there are hundreds of other pets just like these two who are in need of a loving home. See them all by visiting [www.azhumane.org](http://www.azhumane.org).

**Free nail trim  
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Everyone loves a pedicure, and the grooming experts at Puff & Fluff want to help keep your pup's nails all trimmed up.

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**Pet of the Month**

**Bonded pair need  
to stay together**

Panda and Sweet Bee are two life-long friends, but when their owner had to move, the two found themselves sharing a kennel at the Arizona Humane Society. Never apart, the two enjoy the simple things—basking in patches of sunshine near windows, bug hunting, chin rubs, and taking long naps together.

When you rattle the bag of Temptation cat treats, the two come racing down the hall like kittens. They even do tricks for treats. The 5- and 3-year-old pals enjoy playing with various toys and an occasional catnip dusting but for the most part, they are low-key and mellow house cats. They are even good with other pets and kids.

**Furry Friends Fine Arts  
Festival set for Sept. 16**

A large selection of Valley artists will showcase animal-themed works at the Furry Friends Fine Arts Festival, set for 8 a.m.-2 p.m. Saturday, Sept. 16 on

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COMMUNITY

the lawn at the Shemer Arts Center, 5005 E. Camelback Road.

Among the animal-themed artists booths will also be neighborhood business sponsors, plus pet adoptions by the Arizona Humane Society and its Waggin' Wheels adoption trailer. There will be pet readings, pet performances, live music, and food and beverage vendors.

Art will be available for purchase in categories of all types, including paintings, drawings, photography, ceramics and more.

Admission to the festival is \$5 per person or \$10 per family, and well-behaved furry friends are free (must be controlled on a leash).

### Get your female cat fixed for \$20

In celebration of Labor Day, Altered Tails, Arizona's largest nonprofit spay/neuter clinic, is kicking off its "Prevent Labor Day Pains" \$20 spay campaign for female owned cats at the Altered Tails' Barnhart Clinic, 950 W. Hatcher Road. Funding for this program was granted through the Nina Mason Pulliam Charitable Trust.

Spaying and neutering is safe for kittens as young as 3 months of age, according to the American Veterinary Medical Association. Spaying a female cat before the first heat cycle can be beneficial, improving the health of the pet by reducing the risk of certain reproductive cancers and infections.

"Female cats can have as many as three litters a year, and kittens can breed as young as 4 months old," said Susan Della Maddalena, Altered Tails executive director.

This special \$20 rate also includes rabies, DA2PP and Bordetella vaccinations, and is available to all residents of Maricopa County beginning Sept. 2.

Female cat parents who wish to take advantage of this offer must mention the "Prevent Labor Day Pains" campaign when they schedule their appointment. Appointments are limited. Visit [www.AlteredTails.org](http://www.AlteredTails.org) or call 602-943-7729 for more information or to schedule an appointment.

### 'Good Samaritan' law now in effect in AZ

Earlier this year, the Arizona Legislature supported Arizona's leading animal-welfare organizations and passed a bill that aims to end hot-car

deaths and allows Good Samaritans to take action without risk of civil liability if they rescue a child or a pet from a hot car. That law went into effect on Aug. 9.

If you see a child or pet in a hot car and believe they are in imminent danger of physical injury or death: Call 911; determine if the vehicle is locked; if unlocked, open a door to enter the vehicle; if locked, you may break the window. Do not use more force than is necessary; and remain with the child or pet until the authorities arrive.

"Every year, local police and our Emergency Animal Medical Technicians respond to dozens of calls of children and pets left in hot cars," said Dr. Steven Hansen, CEO of the Arizona Humane Society. "This law allows us to be able to direct the caller to take action, immediately, without exposing the Good Samaritan to liability for breaking a window and potentially saving a life."

Help spread the word about the importance of not leaving pets or kids in hot cars. For more information, visit [www.azhumane.org/nohotdogsaz](http://www.azhumane.org/nohotdogsaz).

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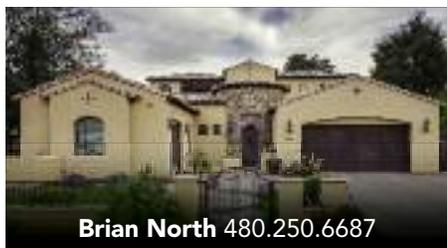
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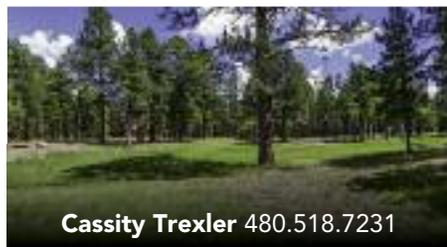


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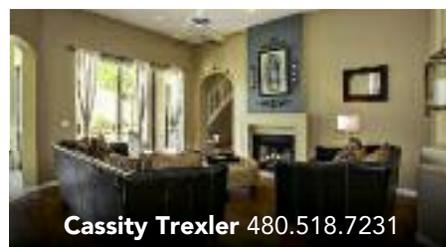


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COMMUNITY

## Girl Scouts needs more troop leaders

The Girl Scouts–Arizona Cactus-Pine Council (GSACPC) recently opened The Bob & Renee Parsons Leadership Center for Girls & Women at Camp South Mountain, an \$18 million year-round urban program center that is fully ADA accessible.

The completion of The Parsons Leadership Center has contributed to a significant interest in Girl Scouting, which means a need for more adult volunteers to serve the growing roster of local girls.

As a volunteer, local mothers and women have the chance to introduce girls to new experiences and help them unleash their inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader).

Studies have shown that those who participate in Girl Scouts develop a strong sense of self, establish and stick to a set of positive values, seek out challenges, develop healthy relationships and are better equipped to solve community problems.

Girl Scout research shows it is not

just girls who benefit from participating in Girl Scouts: 94 percent of volunteers have made new friends, 88 percent believe their life is better because they volunteer with Girl Scouts, and two-thirds believe their volunteer experience has helped them professionally.

If you can't commit to being a troop leader, extra adults are always needed for trips and special events, as well as for Girl Scout Cookie activities. All volunteers are required to complete a background check prior to becoming involved. Visit [www.girlscoutsaz.org](http://www.girlscoutsaz.org) and click "Volunteer" to get started helping out girls in your community.

## The Vig donates to local school

The Vig gives back to community elementary, middle and high schools with its "The Vig Gives" campaign through the month of September.

When guests visit the Vig Uptown for brunch, lunch and/or dinner during the month of September, The Vig will donate 15 percent of their check to the participating elementary, middle or high

school of their choice. Customers are urged to notify their server upon being seated of the school they would like their contribution to support. Participating North Central schools include: All Saints', St. Francis Xavier, Most Holy Trinity, Osborn Middle School, all of the Madison schools, and Sunnyslope and Washington high schools.

At the end of the month, The Vig will send a check to each school's PTA/PTO department. The Vig Uptown is located at 6015 N. 16th St. For more information, call 602-633-1187.

## Apply now for project mini-grants

City neighborhood leaders who have projects that need some funds to complete, be advised: the city of Phoenix's Love Your Block grant application window opens on Sept. 1.

Love Your Block is a competitive mini-grant program that engages residents in revitalizing their neighborhoods, one block at a time. Neighborhood organizations are

encouraged to identify challenges and develop volunteer-fueled solutions.

Neighborhood organizations from all over the city of Phoenix are invited to apply for a grant of up to \$1,000 to support a revitalization project. Applications are available through the online portal Award Alley. Applicants can access it through <http://www.hpnpbx.org/cities-of-service/> or via Facebook at [loveyourblockPHX](https://www.facebook.com/loveyourblockPHX).

For more information, including whether your organization qualifies to receive a grant, contact Leonard Gross at 602-495-7509 or [leonard.gross@phoenix.gov](mailto:leonard.gross@phoenix.gov).

## Burton Barr Library closed to June 2018

Phoenix City Manager Ed Zuercher last month announced that the Burton Barr Central Library, 1221 N. Central Ave., would remain closed until June 2018 due to damaged caused by a storm on July 15.

Strong winds lifted up several roof panels during the storm, and when they came crashing back down, the impact

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**COMMUNITY**

burst some aging and partially rusted emergency sprinkler pipes in the ceiling. The resulting flood caused excessive damage to the northwest quadrant of the fifth floor, and more minor damage to the floors below as the water filtered down.

About 6,000 of the library's 500,000-plus book collection was lost, but none of the rare or collectible books were damaged, according to library officials. In fact, most of the ruined books were in the library's reference section, such as encyclopedias and atlases.

But the most damage was caused to the walls and floors, including carpeting and wood.

"Our residents count on this public facility to be available to them as an asset to living in Phoenix," Zuercher said. "Reopening the library is our top priority, and we are committed to restoring service to the building."

Phoenix library officials are now working with the system's 16 branch locations to try to distribute some of the services and programs that were scheduled at Burton Barr in the next several months. More information on

those programs can be found at [www.phoenixpubliclibrary.org](http://www.phoenixpubliclibrary.org) under the Calendar link.

**Anticipating threats from the environment**

How should communities build resilience for dealing with weather and climate-related hazards in the coming decades?

The Arizona Science Center, 600 E. Washington St., hosts a forum, "Drought and Heat Waves: Preparing for Metro Phoenix's Uncertain Future," 9 a.m.-4 p.m. Saturday, Sept. 16.

Participants will use visualizations to explore potential vulnerabilities to our infrastructures, social networks, and ecosystems from drought and heat wave related events, then discuss potential strategies for addressing these threats, focusing on the priorities and needs of relevant stakeholders. At the event's conclusion, participants will make recommendations for increasing Metro Phoenix's community resilience.

The event is designed to gather the opinions of a diverse range of people

from different backgrounds, experiences, and perspectives. You don't need to have knowledge about the topic to be selected. A stipend will be provided to participants who attend; participants who are selected will be notified in advance.

Recommended for ages 18 and older. Visit <http://ecastonline.org/climate/phoenix> for more information or to apply to attend.

**Carrell returns to State Bar board**

North Central resident Tyler J. Carrell, an associate at the law firm of Gallagher & Kennedy, has been elected to serve on the State Bar of Arizona Board of Governors.

Carrell was elected to a two-year term, commencing in July 2017. He previously served on the Board of Governors from 2015-16, a position he served concurrently with his role as president of the State Bar's Young Lawyers Division (YLD). As with his first term, he will be the youngest member of the Board of Governors.

Carrell also is a member of the

Maricopa County Bar Association (MCBA) Board of Directors and Phoenix's North Mountain Village Planning Committee.

In 2015, he became the first attorney in Arizona history to serve as president for both the State Bar of Arizona YLD and the Maricopa County Bar Association YLD. Carrell was recognized for his achievements earlier in 2017 when he received the Maricopa County Bar Association's inaugural Steven A. Hirsch Outstanding Young Lawyer award.

**Hospice care seeks volunteers**

Wings of Hope Hospice, 11022 N. 28th Drive, Ste. 205, seeks warm and compassionate individuals who would like an opportunity to make a difference in the lives of patients and their families.

Wings of Hope offers several patient and administrative opportunities, and all training is provided. For more information, Contact Volunteer Coordinator Michelle Shoffner at 602-971-0304 or [mshoffner@wohhospice.com](mailto:mshoffner@wohhospice.com).

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## COMMUNITY

## Community Central

### Wine & Cheese Open House & Shabbat Service

7:30-9:30 p.m. Friday, Sept. 8  
Beth Ami Temple  
3535 E. Lincoln Drive  
602-956-0805

The evening will be the official introduction of new clergy members Rabbi Allison Lawton and Cantorial Soloist Michael Robbins to members of the Reform congregation. After the reception, the community can experience the temple's Friday night services, as well as discover more information about the congregation's Speakers Series, musical concerts, community involvement and meet current members. For more information, visit [www.bethamitemple.org](http://www.bethamitemple.org).

### Chef Jeff Smedstad Book Signing

7 p.m. Monday, Sept. 11  
Changing Hands-Phoenix  
300 W. Camelback Road

602-274-0067

Chef and restaurateur Jeff Smedstad of the Elote Cafe in Sedona will host a book signing for his new cookbook, "Elote Cafe Notebook." The 280-page, 200-recipe book (\$35) is a follow-up to Smedstad's top-selling "Elote Cafe Cookbook" and features more of the innovative recipes that have made Elote Cafe one of Arizona's most popular dining destinations. No RSVP required. Visit [www.changinghands.com](http://www.changinghands.com).

### Sunnyslope Historical Society Fall Opening

10 a.m.-12 p.m. Saturday, Sept. 16  
Sunnyslope History Museum  
737 E. Hatcher Road  
602-331-3150

Phoenix City Councilwoman Debra Stark will discuss what the city can do for Sunnyslope and what residents of the community can do to aid the city's efforts. A light lunch will be served and there will be a raffle featuring items from the gift shop. There is no charge for this but donations are accepted. Stay afterward to see the new addition to the building, visit the 1945

house and browse the gift shop. You also can learn about upcoming classes and programs.

### Crafting Workshop: Pan Dulce Plushies

6:30-8:30 p.m. Tuesday, Sept. 19  
Changing Hands-Phoenix  
300 W. Camelback Road  
602-274-0067

Attendees will get super crafty with Kathy Cano-Murillo, a.k.a. "The Crafty Chica," as they use craft felt to hand-stitch plushies that look like empanadas and conchas! Kathy will bring the supplies and teach guests how to hand-sew, stuff and paint these pieces to look like the real thing. Use them as a pin cushion, a key ring, a holiday ornament, etc. Cost is \$20 per person and includes all supplies and creative business tips. Call to register.

### 'Aging in Place'

6:30 p.m. Tuesday, Sept. 19  
Beatitudes Luther Life Center  
1616 W. Glendale Ave.  
602-510-1544

The Phoenix Branch of AAUW

(The American Association of University Women) welcomes Eric Ehst, who will speak on "Successfully Aging in Place: Advantages Of and How To." Ehst is the director of Neighbors Who Care, a nationally respected nonprofit organization providing volunteer services to allow the homebound and disabled elderly the dignity and independence of living in their own homes. The program begins after an optional dinner (\$15) at 5:30 pm. RSVP for the dinner to 602-510-1544 by Sept. 15. Visitors are welcome.

### Desert Horizon Coffee with a Cop

8 a.m. Wednesday, Sept. 20  
Duck and Decanter  
1651 E. Camelback Road

Enjoy complimentary coffee while hearing from various Community Action Officers in the precinct about local crime trends. Get your crime-related questions answered. Breakfast will be available for purchase. Meet upstairs. Free and open to the public.

*please see CALENDAR on page 20*



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I love the fall, weather starts to change albeit slowly and more importantly football season starts. Though I enjoy the NFL there is nothing like a fabulous fall Saturday filled with amazing college matchups. Unfortunately, expectations for our local university and my alma mater down south portend to another long season. Las Vegas has the over/under on season wins for ASU at 5 and UofA at 5 ½ with current odds favoring neither university from achieving the above said numbers. As a protege of Carnac the Magnificent I will predict for you the 4 teams that will make up the College Football Playoff. If I was smart I would just pick Alabama and Nick Saban, but I have never been called smart and I feel like we could have surprise participants this year. Urban Meyer should have the Buckeyes of Ohio State ready to roll with a seasoned quarterback and a new OC and be victorious against a surprise Oklahoma State team in one semifinal. The other semifinal will have Florida State squaring off against the Bulldogs of Georgia with Kirby Smart finally rewarding the long-suffering fans of Athens. In the championship game the Georgia Bulldogs play gritty but lose a close game to the talented Buckeyes. And you can feel confident enough to put a sawbuck on that, or not.

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Winner for Last Month – TBD | Last Month’s Answer – Andre Young

\*First person to correctly answer the trivia question via email, text or phone call will win \$100 to a University store of their choice. Winner will be notified via the same channel in which they enter and their prize will be mailed. By entering this contest you agree that if you are the winner your name will be publicly announced in Bay Equity’s North Central News ad next month.



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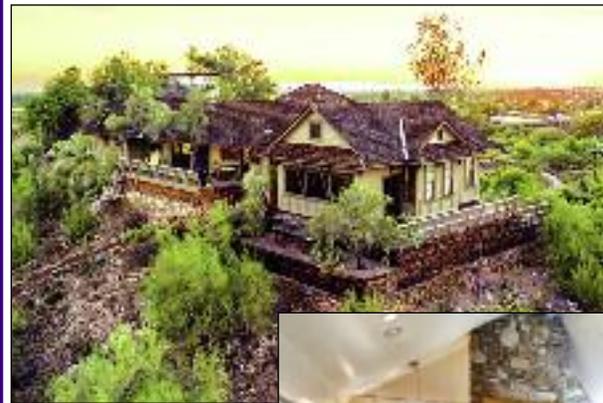


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## COMMUNITY

**CALENDAR** continued from page 18

### Friday Night Lights & Food Trucks

**5-7:30 p.m. Friday, Sept. 22**  
**CrossRoads United Methodist Church**  
**7901 N. Central Ave.**

CrossRoads United Methodist Church hosts food trucks from La Food Truck Familia. Enjoy grilled Mexican food, hot dogs, churros and more. Seating is limited, so bring your own camp chairs. Afterwards, head over to Sunnyslope High School as the football team takes on the Chaparral Firebirds. Kickoff is at 7 p.m.. Proceeds benefit the Sunnyslope Gridiron Club and Cross Roads Preschool & Kindergarten.

### Arizona Sunrays Grand Opening

**3-6 p.m. Saturday, Sept. 23**  
**15801 N. 32nd St.**  
**602-992-5790**

The Arizona Sunrays Gymnastics & Dance Center has moved 1 mile north to a newly constructed, state-of-the-art facility. Free gymnastics, dance, aerial

arts, and Ninja Zone classes will be offered. Complimentary food samples from the new snack bar will be served and the first 200 attendees will receive special swag bags. There will also be raffle prizes and great giveaways. No advanced registration is required.

### Marshall Trimble in Concert

**7 p.m. Saturday, Sept. 23**  
**North Mountain Visitor Center**  
**12950 N. 7th St.**  
**602-343-5125**

Marshall Trimble has been called the "Will Rogers of Arizona." He can deliver anything from a serious history lecture to a stage concert of cowboy folk music and stories. Trimble appears on radio and television as a goodwill ambassador for the state. This event will help raise funds for Save Our Mountains Foundation, a nonprofit organization and managing organization for the North Mountain Visitor Center. Tickets are \$20 in advance at the North Mountain Visitor Center Gift Shoppe and \$25 online at [www.saveourmountains.org](http://www.saveourmountains.org).

### Luncheon Featuring Minister Elisabeth Rehn

**12 p.m. Tuesday, Sept. 26**  
**Phoenix Country Club**  
**2901 N. 7th St.**  
**602-730-3300**

The Sandra Day O'Connor Institute Distinguished Speakers Series and the Phoenix Committee on Foreign Relations will host the former Minister of Defense of Finland and Undersecretary General of the United Nations. Elisabeth Rehn was invited to Phoenix at the invitation of former U.S. Ambassador to Finland, Barbara Barrett, who will moderate the luncheon. Tickets start at \$65 for general seating and are available online at <http://oconnorinstitute.org>.

### Rummage Sale

**7 a.m.-1 p.m. Saturday, Sept. 30**  
**Crossroads United Methodist Church**  
**7901 N. Central Ave.**  
**602-295-9864**

Find hidden treasures and shop clothes, books, household items and other gems. Proceeds benefit the church and the preschool/kindergarten.

### Phoenix Water 101 Workshop

**5:30-6:30 p.m. Thursday, Sep. 28**  
**Century Library**  
**1750 E Highland Ave.**  
**602-261-8367**

Learn more about where your water comes from, how it gets to us, where it goes, how we use it, and how Phoenix is planning for the future at this free workshop. To register, visit: [phoenix.gov/waterservices/resourcesconservation/workshops](http://phoenix.gov/waterservices/resourcesconservation/workshops), or e-mail [conservation@phoenix.gov](mailto:conservation@phoenix.gov).

### Legacy of Love Gala

**5:30 p.m. Saturday, Oct. 7**  
**Sheraton Crescent Hotel**  
**2620 W. Dunlap Ave.**  
**602-331-2414**

VALLEYLIFE celebrates 70 years of providing services to individuals with disabilities in the Phoenix metro area. The evening includes cocktails, a silent auction, dinner, a concert, dancing and a live auction. Tickets are \$250 each. To purchase a ticket, visit [www.valleylifeaz.org/events](http://www.valleylifeaz.org/events).



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The new board member of the Sunnyslope Village Alliance hosted an Ice Cream Social on May 6 at the SVA office, and attendees included: State Sen. Kate Brophy McGee, second from left, and Phoenix City Councilwoman Debra Stark, front right (photo courtesy of the SVA).

## SVA returns after unexpected hiatus

By Teri Carnicelli

After a rocky couple of years, the Sunnyslope Village Alliance—which many people thought had disbanded—is now gearing up again, with new

faces, and a new focus on serving the community.

The SVA for many years served as a quasi-chamber of commerce for the Sunnyslope neighborhood, helping to promote area businesses both within and outside the community. More recently, its mission statement was to “improve business, social, cultural, educational and recreational outlets within Sunnyslope.”

Caroline Lobo, a former SVA president and the only returning member from the old regime, says things were going great up until the end of 2015. After the last art walk was held in October of that year, several board members unexpectedly quite, and others, for personal reasons, were unable to continue to serve.

The result was a shuttered office, a disconnected phone, an inactive website (www.mysunnyslope.org), and a lot of people scratching their heads wondering what would become of the SVA. The future of the organization’s signature event, the Sunnyslope Art Walk, also seemed murky.

After nearly losing its nonprofit corporation status, the paperwork is now up to date (as of February), and the new officers are on record: Larry Macias, co-owner of Thirteennorth Grill, is president; David Feinberg, a commercial real estate developer and co-owner of the soon-to-open Baxter’s Cigars in Sunnyslope, is vice president; Candy Berkner-Frogozo, co-owner of North Mountain Brewing, is secretary; and Caroline Lobo, the only returning

*please see SVA on page 24*



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## TAKING CARE OF BUSINESS

*SVA continued from page 22*

member, is treasurer. Currently there are five additional directors at large—but more members are being sought.

The group held an “Ice Cream Social” at the SVA office on May 6 to get input from community members and businesses on how the organization can now best serve the community. Their cumulative lack of experience on serving on this type of board understandably means keeping things to a slower pace as they figure out their purpose, and how best to achieve it. But most of the feedback they have received, so far, is to bring back the Sunnyslope Art Walk.

“The Sunnyslope Village Alliance has been proudly serving the community for almost 40 years,” said Macias. Plans are under way to present a more compact version of the Art Walk, the afternoon of Saturday, Nov. 4 in the east parking lot of Sunnyslope High School, 35 W. Dunlap Ave. Artists interested in signing up for a booth can download the application from the SVA’s Facebook page,

Facebook.com/MySunnyslope, and e-mail it to LarryM@13northgrille.com.

Feinberg says they have been reaching out to local businesses and community stakeholders and asking, “How can we help make Sunnyslope a better place to live and work?”

The Sunnyslope Village Alliance meets at 6 p.m. the first Wednesday of the month at the SVA offices, 755 E. Hatcher Road. Those interested in joining the board, or offering constructive ideas, are welcome to attend.

## Business Briefs

### French Bee moves to 7th Street corridor

The French Bee, a home décor and permanent botanicals store, has moved uptown.

“Making the move from the Biltmore area to 7th Street puts the new store location in the heart of so many exciting developments and in the culinary heart of the Valley,” said store manager April Pak. “It is giving new life to a great freestanding vintage building north of Rose Lane as the perfect home for a business built on fantastic floral design and fascinating interiors.”

The French Bee brand has grown beyond florals and permanent botanicals to include custom upholstery, blue and white porcelain imports, fine fragrance candles, and a designer linen program.

The store encompasses all that is created in house as well the passionate curation efforts of owner Michael Hansen, and his eye for beautiful home accessories, lighting and thoughtful gifts.

Stop by The French Bee’s new home at 6228 N. 7th St., or visit them online at [www.thefrenchbee.com](http://www.thefrenchbee.com). For more information, call 602-954-2024.

### Barbershop voted best in the Valley

V’s Barbershops have been lauded by readers of a local magazine as the best place in the Valley to get a haircut.

“This recognition is a credit to the talented barbers we have at all of our shops and the truly authentic, old-fashioned barbershop experience we offer all of our guests,” said Jim Valenzuela, founder and CEO of V’s Barbershops.

V’s Barbershops began in Phoenix in 1999 with one shop in the Arcadia neighborhood. Today, V’s has 11 shops in the Phoenix area, including at the

*please see BARBERSHOP on page 26*



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The Area Agency on Aging’s AmeriCorps program is looking for positive, energetic adults age 55+ who are willing to build circles of care around older adults in need and provide education about medication misuse.

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38143 N. 11th Dr.  
2,679 sf, 3 bed/2 bath  
\$350,000



6246 W. Blackhawk Dr.  
1,528 sf, 3 bed/2 bath  
Golf Course lot



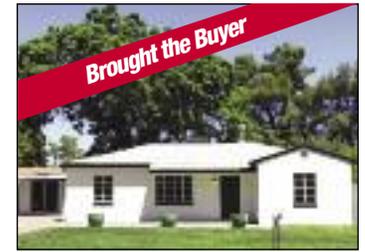
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**TAKING CARE OF BUSINESS**

**BARBERSHOP** *continued from page 24*

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For more information about V's Barbershops, including locations, services and hours, visit [www.vbarbershop.com](http://www.vbarbershop.com).

**Free class offers basic car care tips**

Shahe "Shawn" Koulloukian, owner of MAZVO Auto Car Care Center on 7th Street south of Highland, is offering a free auto care class geared especially toward women, young and old. Men are welcome, too. The clinic will take place 10 a.m. Saturday, Sept. 30. Space is limited to just 40 people; RSVPs needed by Sept. 15.

This car care clinic will cover: How to check tire pressure; how to measure

the tread on a tire; what's involved in changing your oil; how to check fluid levels; how to change a spare tire; what to do when you break down; safety basics, and more.

The car care clinic is free and will be held at Mazvo Auto Car Care Center, 4610 N. 7th St. Complimentary refreshments and gourmet finger foods will be served. Wear loose-fitting clothes as you will be moving around cars and helping to change tires. RSVP to [info@mazvo.com](mailto:info@mazvo.com) with your full name and a contact phone number. For more information about the clinic, visit [http://www.mazvo.com/Car\\_Care\\_Clinic.html](http://www.mazvo.com/Car_Care_Clinic.html).

**Smith named VP at Landmark Title**

Landmark Title Assurance Agency, 2555 E. Camelback Road, Suite 275, recently hired Kristi Smith to fill the position of vice president. In the newly created position, Smith will oversee business development for Landmark Title's residential services department and expand its operations. Smith will also lead sales and marketing and be responsible for recruiting and managing the company's growing team of Escrow Officers.

Smith has spent more than a decade in the industry, beginning in Texas as a loan originator with a leading mortgage company, PHH Mortgage. She transferred to Arizona in 2008 and helped the company expand in the Phoenix market. In 2011, she transitioned from lending to business development with a title company where she quickly became the top producing sales representative. Prior to joining Landmark, Smith spent three years at Old Republic Title Agency where she was vice president of sales and led a team of 13.

Landmark Title provides commercial and residential title and escrow services. To learn more about Landmark Title visit [www.ltaz.com](http://www.ltaz.com) or call 602-748-2800.

**Unique furniture store named a 'Retail Star'**

Home furnishings and design source Urban Southwest, 1016 E. Camelback Road, has been named one of Home Accents Today's 50 Retail Stars for 2017 by editors of the premier trade magazine for the home accents industry.

The Retail Stars list, now in its 13th

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## TAKING CARE OF BUSINESS

year, recognizes independent brick-and-mortar retailers of home accents—including furniture stores and interior design boutiques—that are creative in their merchandising, have a positive presence in their local communities and are distinguishing themselves from the competition.

Urban Southwest, owned by Rose Ann and Nick Colamartini, features reclaimed, recycled and repurposed rustic modern and industrial furnishings, including doors, windows and tables, as well as unique wall art and accent pieces.

“Home Accents Today’s 2017 Retail Stars represent some of the best independent home decor and home furnishings retailers in the country,” said Susan Dickenson, the magazine’s editor in chief. “They are meeting the challenges of an ever-changing retail environment with innovation and fortitude, and are true role models for their marketing and merchandising strategies, customer service and community contributions.”

For more information about Urban Southwest, call 602-980-8660 or visit [www.urbansouthwest.com](http://www.urbansouthwest.com).

### Company lauded for wellness program

Cigna has selected Alliance Residential Company, 2525 E. Camelback Road, Ste. 500, as a winner of the fourth-annual Cigna Well-Being Award for demonstrating a strong commitment to improving the health and wellness of employees through workplace wellness programs.

In 2016, Alliance Residential officially introduced “aLIVE,” an internal wellness movement to promote a variety of activities and initiatives. The movement is based on physical, mental, financial, career, social and community wellbeing.

According to the Centers for Disease Control and Prevention (CDC), U.S. employers lose more than \$225 billion each year in productivity due to employee health problems.

Cigna created the Well-Being Award to recognize employer clients that have a positive impact on the health and well-being of their workforce. Applicants are evaluated based on the core components of their wellness program, including the goals, implementation, incentives, leadership engagement and employee participation. All applications are reviewed and

judged by an internal, multi-departmental review committee from Cigna.

### Kelly Clark Automotive named a Top Shop—again

The top repair shops in AAA Arizona’s Approved Auto Repair (AAR) program have been revealed. Now in its 16th year, 30 Arizona repair facilities earned the AAA Top Shop award for 2017.

Among those earning the Top Shop award is Kelly Clark Automotive Specialists, 1201 E. Glendale Ave., which has now received the award for the 14th year in a row.

“Our Approved Auto Repair program identifies trusted auto repair facilities for our members, and the Top Shop award recognizes the best of those shops,” said Michelle Donati, communications manager for AAA Arizona. “We’re proud to recognize new and returning winners this year, especially shops that have received this honor for multiple times.”

In addition to adhering to more than 20 AAA standards, Top Shops must also maintain a 90 percent customer approval rating. They must be actively involved in the community and uphold an exemplary business reputation.

### Cheney lauded for professionalism

Rebecca Cheney of North Central Phoenix was among those honored by Southwest Behavioral & Health Services with its 2016 Employee of the Year Awards.

Cheney, a Birth-5 Family Coach, is described by her coworkers as the “epitome of professionalism.” She goes above and beyond her normal duties by providing more case management and follow-through with clients than what is expected of her. She has put together trainings on her own for coworkers to help familiarize them with her role and how to best work with the age 0 to 5 population.

The Employee of the Year Awards recognize individuals in each of SB&H’s program areas. Employees are encouraged to nominate their fellow coworkers who have gone above and beyond in fulfilling SB&H’s mission. From there, a selection committee, comprised of staff from different areas of the organization, chooses the recipients based on their nominations.



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**Bobby Lieb**  
Associate Broker  
602-376-1341 mobile

E Mail: bobby@centralphx.com

*Bobby Lieb's  
Honors and Awards*

**HomeSmart Hall of Fame**

2014 Award  
First Inductee

**Named HomeSmart's**

**#1 Realtor for the  
6th year in a row**

Lieb ranked #1 out of 11,000  
Realtors nationwide for total  
volume and units sold in 2016

**HomeSmart's #1 Agent**

**and Diamond Club  
through 2016  
and 11,000 agents**

**Top Selling Agent**

in North Central  
for the 17th year in a row

Ranked

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by the *Phoenix Business Journal*  
for total dollar volume  
closed in 2014

Ranked

**#3 Agent in Arizona**

by *Real Trends Magazine*  
for sales in 2016  
Over \$70 Million SOLD!

**Kathy Wright**

Licensed Assistant

**Juliann Lieb**

Licensed Assistant

# Bobby Lieb

Associate Broker



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### Current Listings/Escrows

3920 E. Mountain View Rd.	<b>NEW PRICE</b>	6039 SF	7BR/6.5BA	\$1,595,000
243 W. Montebello Ave.	<b>JUST LISTED</b>	5811 SF	5BR/3.5BA	\$1,295,000
6001 N. 21st Pl.	<b>NEW PRICE</b>	4254 SF	4BR/4.5BA	\$1,145,000
146 E. Claremont St.		4189 SF	4BR/4.5BA	\$ 975,000
902 W. El Camino Dr.		4560 SF	4BR/3.5BA	\$ 899,500
6730 N. 7th St.		4272 SF	4BR/3.5BA	\$ 849,500
11 W. San Juan Ave.		3226 SF	4BR/2.5BA	\$ 750,000
101 W. Morten Ave.	<b>IN ESCROW</b>	3435 SF	4BR/4.5BA	\$ 749,000
1745 E. Aurelius Ave.	<b>IN ESCROW</b>	2880 SF	4BR/2.5BA	\$ 730,940
320 E. Orangewood Ave.	<b>JUST LISTED</b>		3BR/2BA	\$ 725,000
1511 W. Myrtle Ave	<b>IN ESCROW</b>	2880 SF	4BR/2.5BA	\$ 698,980
1300 W. Myrtle Ave.	<b>NEW CONSTRUCTION</b>	3581 SF	4BR/3.5BA	\$ 654,900
1620 E. Echo Ln.		3250 SF	4BR/4BA	\$ 649,900
700 W. Drey Dr.	<b>JUST LISTED</b>	3850 SF	4BR/3BA	\$ 640,000
1504 W. Palmaire Ave.	<b>NEW CONSTRUCTION</b>	2722 SF	4BR/2.5BA	\$ 638,000
3150 E. Rose Ln.	<b>NEW PRICE</b>	1849 SF	3BR/2BA	\$ 625,000
1508 W. Palmaire Ave.	<b>NEW CONSTRUCTION</b>	2616 SF	4BR/2.5BA	\$ 624,800
5539 N. 12th St	<b>JUST LISTED</b>	4772 SF	6BR/5BA	\$ 599,000
1503 W. Myrtle Ave.	<b>NEW CONSTRUCTION</b>	2616 SF	4BR/2.5BA	\$ 598,000
30 W. Frier Dr.		22,208 SF lot		\$ 595,000
20 W. Frier Dr.		24,785 SF lot		\$ 595,000
6122 N. 8th Ave	<b>JUST LISTED</b>	2781 SF	4BR/3BA	\$ 585,000
1430 W. Myrtle Ave.	<b>NEW CONSTRUCTION</b>	2863 SF	3BR/2.5BA	\$ 584,900
6117 N. 8th Ave	<b>JUST LISTED</b>	2360 SF	4BR/4BA	\$ 579,000
1320 W. Myrtle Ave.	<b>IN ESCROW</b>	2863 SF	3BR/2.5BA	\$ 574,900
1410 W. Myrtle Ave.	<b>IN ESCROW</b>	2863 SF	3BR/2.5BA	\$ 569,900
336 E. Wagon Wheel Dr.	<b>IN ESCROW</b>	2319 SF	4BR/2BA	\$ 565,000
10 W. Frier Dr.		18,807 SF lot		\$ 550,000
40 W. Frier Dr.		15,815 SF lot		\$ 550,000
8103 N. 9th Ave.	<b>NEW PRICE</b>	2701 SF	4BR/3BA	\$ 485,000
10265 N. Central Ave.	<b>IN ESCROW</b>	3122 SF	4BR/3BA	\$ 459,000
7558 N. 16th Ln.	<b>NEW PRICE</b>	2127 SF	3BR/1.75BA	\$ 449,000
330 W. Cinnabar Ave	<b>JUST LISTED</b>	2009 SF	4BR/3BA	\$ 424,900
1029 E. Mariposa St	<b>IN ESCROW</b>	1930 SF	4BR/3BA	\$ 350,000
134 E. Echo Ln	<b>JUST LISTED</b>	1635 SF	3BR/2BA	\$ 319,900
706 E. Boca Raton Rd.	<b>NEW CONSTRUCTION</b>	1912 SF	3BR/2.5BA	\$ 307,900
726 E. Boca Raton Rd.	<b>IN ESCROW</b>	1640 SF	3BR/2.5BA	\$ 300,000
727 E. Boca Raton Rd.	<b>IN ESCROW</b>	1640 SF	3BR/2.5BA	\$ 300,000
722 E. Boca Raton Rd.	<b>NEW CONSTRUCTION</b>	1784 SF	3BR/2.5BA	\$ 296,900
710 E. Boca Raton Rd.	<b>NEW CONSTRUCTION</b>	1640 SF	3BR/2.5BA	\$ 296,713
707 E. Boca Raton Rd.	<b>IN ESCROW</b>	1640 SF	3BR/2.5BA	\$ 270,900
818 W. Oregon Ave.	<b>IN ESCROW</b>	1723 SF	3BR/2BA	\$ 295,000
1029 E. Vista Ave.	<b>IN ESCROW</b>	1879 SF	2BR/2BA	\$ 295,000
1102 W. Glendale Ave. #103	<b>JUST LISTED</b>	1560 SF	2BR/2.5BA	\$ 274,900
6020 N. 5th Ave.		10,530 SF LOT		\$ 269,900
5025 N. 20th Ave.	<b>IN ESCROW</b>	1844 SF	3BR/3BA	\$ 195,000
14625 N. 29th Ave	<b>IN ESCROW</b>	1120 SF	2BR/2BA	\$ 164,000

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# Bobby Lieb

Associate Broker



602-376-1341 (mobile)



## Featured Homes for September



**NEW CONSTRUCTION!**

1430 W. Myrtle Ave. • \$584,900



**NEW CONSTRUCTION!**

1300 W. Myrtle Ave. • \$654,900



**GATED COMMUNITY!**

3150 E. Rose Ln. • \$625,000



**36,000 SF LOT!**

320 E. Orangewood Ave. • \$725,000



**JUST LISTED!**

5539 N. 12th St. • 599,000



**JUST LISTED!**

330 W. Cinnabar Ave. • \$424,900



**JUST LISTED!**

1102 W. Glendale Ave. #103 • \$274,900



**JUST LISTED!**

6117 N. 8th Ave. • \$579,000



**REMODELED!**

1620 E. Echo Ln. • \$649,900

**More than 102 homes SOLD so far in 2017 and 15 properties currently in escrow. Call 602-376-1341 today for a marketing consultation!**

### SOLD Homes for 2017

8634 N. 52nd St. \$1,675,000	709 E. El Camino Dr. \$ 709,000	8103 N. 9th Ave. \$ 487,000	101 W. Southern Hills Dr \$ 405,000	6913 N. 10th St. \$ 328,500	1745 E. Aurelius Ave. \$ 225,000
5645 E. Exeter Blvd. \$1,575,000	1512 W. Palmyra Ave. \$ 694,000	1232 E. Oregon Ave. \$ 485,000	504 E. Flynn Dr. \$ 396,950	*6608 N. 13th St. \$ 325,000	1755 E. Aurelius Ave. \$ 225,000
5045 N. 22nd St. \$1,525,000	1823 E. Palmarie Dr. \$ 659,000	8816 N. 18th Pl. \$ 465,000	739 E. Palmyra Ave. \$ 380,000	7349 N. 11th Pl. \$ 315,000	4055 E. Calavar Rd. \$ 223,500
7522 N. Silvercrest Way \$1,150,000	735 W. Las Palmaritas Dr. \$ 643,000	*3150 E Rose Ln . \$ 460,000	8117 N. 18th Pl. \$ 376,000	*9007 N. 14th Dr. \$ 312,500	3662 W. Michigan Ave. \$ 223,000
512 E. Tuckey Ln. \$1,037,000	2101 E. Bethany Home Rd. \$ 615,000	709 W. El Camino Dr. \$ 450,000	1326 E. Stella Ln. \$ 375,000	723 E. Boca Raton Rd. \$ 312,011	5350 N. Central Ave. #38 \$ 211,500
2135 E. Colter St. \$1,000,000	*6837 N. 23rd Pl \$ 590,000	*7726 N. 11th Ave. \$ 440,000	1102 W. Keim Dr. \$ 365,000	1617 E. Lamar Rd. \$ 304,700	6544 N. 13th Dr. \$ 195,000
7026 N. 23rd Pl. \$ 935,000	15815 E. Burro Dr. \$ 590,000	243 W. Harmont Dr. \$ 440,000	8074 N. 16th Ave. \$ 359,000	707 W. Boca Raton Rd. \$ 270,900	*5350 N. Central Ave. #38 \$ 173,250
130 E. Glendale Ave. \$ 852,500	7747 N. 13th Pl. \$ 585,000	7229 N. 11th Ave. \$ 440,000	2027 E. Glendale Ave. \$ 350,000	1124 E. Rose Ln. #10 \$ 253,000	7300 N. Dreamy Draw Dr. #105 \$ 160,000
6402 N. 28th St. \$ 825,000	7519 N. 3rd. St. \$ 550,000	1135 E. Lawrence Rd. \$ 439,000	1433 E. Mission Ln. \$ 336,000	6527 N. 10th Pl. \$ 246,000	4600 N. 68th St. #351 \$ 129,900
321 E. Montebello Ave. \$ 805,000	6010 N. 5th Ave. \$ 550,000	6814 N. 11th St. \$ 420,000	1 E. Butler Dr. \$ 335,000	6509 N. 10th Pl. \$ 245,000	750 E. Northern Ave. #1138 \$ 118,000
1819 E. Palmyra Ave. \$ 750,000	336 E. Wagon Wheel \$ 535,000	7623 N. 7th Pl. \$ 418,000	7118 N. 11th Dr. \$ 333,500	5830 N. 12th Pl. #8 \$ 245,000	1880 E. Morten Ave. #137 \$ 94,500
6030 N. 5th Ave. \$ 720,000		8449 N. 1st Dr. \$ 415,000	719 E. Boca Raton Rd. \$ 329,409	7231 N. 6th Way \$ 225,000	*represented both buyer and seller



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## Health Briefs

### Program aids those with disabilities

The Arc of Arizona hosts a Family I/DD Resources Conference, for those with intellectual and development disabilities and their family supporters, 8 a.m.-4 p.m. Friday, Nov. 17 at the Black Canyon Conference Center, 9440 N. 25th Ave. Early-bird registration opens Sept. 1.

Conference sessions will focus on a variety of issues relevant to individuals with I/DD of all ages. Keynote speakers include Lindsey Nebeker, an autism self-advocate, author, blogger, and nationally recognized expert on relationship issues for individuals with I/DD; and Matthew Wangeman and John Schaffer, both professors of Disability Studies from the Institute for Human Development at Northern Arizona University. Wangeman is the subject of the documentary film, “My

Dad Matthew,” created by Schaffer, who also made the documentary film, “Vectors of Autism.”

Breakout sessions will include: Teaching Self-Advocacy; Planning for Postsecondary Education; Expanding AHCCS to Include Occupational Therapy; and more.

Early-bird registration cost is \$75 for individuals and \$100 for I/DD professionals, by Oct. 15. Financial assistance may be available for individuals wishing to attend. For more information, call 602-234-2721. To register, visit [www.arcarizona.org](http://www.arcarizona.org).

### Donate blood, get a free haircut

Feel good, do good and look good this September by donating blood or platelets with the American Red Cross and get a free haircut coupon from Sport Clips Haircuts. Blood and platelet donors of all blood types, especially type O negative and O positive,

are urgently needed to replenish the blood supply following a critical summer blood shortage.

Those who come out to give blood or platelets Sept. 1-30 will receive a coupon for a free haircut via e-mail several days after their donation. The coupon is valid through Nov. 11 at participating Sport Clips locations. Donors must have a valid e-mail address on record to receive the coupon.

Donors are urged to make an appointment to donate using the free Blood Donor App, online at [www.redcrossblood.org](http://www.redcrossblood.org) or by calling 1-800-RED CROSS (1-800-733-2767).

### Learn about essential oils

Learn about essential oils and essential oil-infused products during a presentation 7-9 p.m. Friday, Sept. 8 in the classroom space at The Newton, 300 W. Camelback Road. Enter through Changing Hands Bookstore or Southern Rail restaurant.

Presenter Kelly Liston will discuss essential oils and how they can help to: Support a healthy immune system; improve mood; focus the mind; and more. Plus, teachers can learn how to use essential oils in the classroom.

There will be make-and-take items and raffle prizes. Cost is \$10 per person. RSVP at <https://back2school.witheo.eventbrite.com>.

### Improve health with Mindful Living classes

Neuroplasticity is a relatively new term in the science world. It refers to the brain’s ability to create new connections and change the way it functions. It is also what enables people to recover from stroke and brain injuries.

What you feel and what you think impacts the brain chemically and structurally. Activating positive mental states serves to strengthen specific areas of the brain, affording you the ability to rewire it gradually. By incorporating mindfulness practices and techniques into your daily life you can empower yourself to live a fuller, happier life.

An eight-week course called Mindful Living is available beginning Monday, Sept. 11, at the Paradise Valley Office Suites, 11120 N. Tatum Blvd., Suite 101; both day and

# Mona Lisa

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**Dr. Enriqueta Porras & Dr. Mariana Amaya**  
**[vaginalhealthphoenix.com](http://vaginalhealthphoenix.com)**

**623-556-3021 | 602-234-9611**

## HEALTHY LIVING

evening classes are available. Offered by Shelley Berger Dooley, a board-certified psychiatric nurse practitioner and mindfulness educator, the course combines mindfulness meditation and psychological tools that are based on a research-proven curriculum. Cost is \$325 for the eight-week course. To register for the class or for more information, visit [www.mindfullivingforyou.com](http://www.mindfullivingforyou.com).

### How to restore vaginal health

Dr. Enriqueta Porras and Dr. Mariana Amaya will host a free educational seminar on MonaLisa Touch, a non-surgical and non-pharmacological treatment for vaginal dryness and atrophy, 6-8 p.m. Thursday, Sept. 14 at their offices, 600 W. Thomas Road.

Candidates for this laser procedure might suffer from mild incontinence, frequent urinary tract infections, vaginal irritation, and other menopause-related symptoms.

For more information about the seminar or to RSVP, call 623-556-3021 or e-mail [emporras.md@hotmail.com](mailto:emporras.md@hotmail.com).

### New test could detect cancer early

September is Prostate Cancer Awareness Month, and while prostate cancer is the second-most common cancer among men in the United States, breakthroughs in prostate cancer research are saving lives.

A panel of federal health experts announced every man between the ages of 55 and 69 should talk to their doctors about a PSA test to screen for prostate cancer.

A PSA test measures the level of prostate specific antigen in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer.

New research found testing cuts chances of developing advanced prostate cancer by 30 percent and risk of dying from the disease by 20 percent.

The U.S. Preventive Services Task Force released the new recommendations after a study that followed patients for a longer period of time than previous clinical trials did. It showed that for every 1,000 men screened, one or two lives were saved. Patients should talk with their primary care doctors about whether a PSA test is right for them.

### View a live surgery during heart seminar

Abrazo Community Health Network will host a free public forum about heart health from 6 to 8:30 p.m. on Friday, Sept. 15 at the Pointe Hilton Tapatio Cliffs Resort's Highland Center, 11111 N. 7th St.

The event will feature live broadcasts of advanced cardiovascular procedures from Abrazo Arizona Heart Hospital. There also will be patient and caregiver storytelling, and a question-and-answer session with Abrazo cardiovascular specialists. Participants also can come early for free health screenings.

Heart disease is the No. 1 killer of both men and women in the United States. The Centers for Disease Control reports that more than 600,000 Americans die of heart disease each year. That's one in every four deaths.

Those interested in the latest advancements in cardiovascular care, along with tips for a heart-healthy lifestyle, are encouraged to attend the event. Seating is limited. To register, visit [www.AbrazoHealth.com/HeartHealth](http://www.AbrazoHealth.com/HeartHealth) or call 844-563-6109.

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We welcome all who desire spiritual growth.  
We are open to all who want to know and serve Christ.

*We believe that a commitment to Jesus Christ provides us stability in an otherwise uncertain world.*

**Discover or revive the spirit of faith through historic Anglican Catholic and Evangelical traditions!**

O most loving Father, who willest us to give thanks for all things, to dread nothing but the loss of thee, and to cast all our cares on thee, who carest for us; Preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which thou hast manifested unto us in Thy Son, Jesus Christ our Lord. Amen.

**Sunday Masses at 7:30 and 10 a.m.**



## Aging Mastery Classes

### Taking small steps for lifelong rewards

The Area Agency on Aging has partnered with the National Council on Aging to offer the *Aging Mastery Program*®, a 10-week course for those 50 and older. The series of classes will focus on how to stay healthy and vibrant, explore what's new in nutrition and exercise, staying financially fit, and much more.



– Cost of the series is \$75 –



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

**Classes are offered valley wide beginning in September.**

#### North Valley

Franciscan Renewal Center  
5802 E. Lincoln Drive, Scottsdale  
Classes start Wed., Sept. 13<sup>th</sup>, 1:30-3:00PM

#### Central Valley

Area Agency on Aging  
1366 E. Thomas Road, Ste. 108, Phoenix  
Classes start Thur., Sept. 14<sup>th</sup>, 4:30-6:00PM

– Space is limited! –

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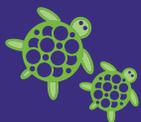
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Teachers and support staff from Madison Heights Elementary School spent a day volunteering at nonprofit Feed My Starving Children as part of the school's Heights Helps program (submitted photo).

Teachers volunteer in team-building effort

A non-traditional team building experience prepared Madison Heights Elementary School for the start of the 2017-2018 semester in early August. Despite the busyness of back to school, Madison Heights Principal Priscilla Gossett and her team spent the afternoon serving at Feed My Starving Children in Mesa. The local nonprofit tackles world hunger by connecting local volunteers to pack food for children across the globe in life-threatening circumstances.

The teacher team-building is part of a project called Heights Helps and involves teachers, students and Heights families. Their goal is to contribute 600 hours of service to the community during the 2017-2018 school year. Feed My Starving Children was selected for this event because it allowed teachers to work together, get to know each other better, and help improve the lives of children—Madison Heights' primary focus.

Madison Heights Elementary serves children in grades Pre-K through fourth grade. Each grade level at Heights will also be completing different service projects throughout the year as part of Heights Helps. To learn more about Madison Heights Elementary School, visit <http://madisonaz.org>.

School Briefs

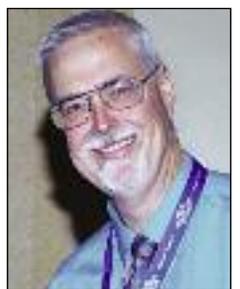
GLENDALE UNION HIGH SCHOOL DISTRICT  
DeBusk honored for leadership

Jim DeBusk, Washington High School's Choir director, has been awarded the George C. Wilson Leadership and Service Award at the Arizona Music Educators Association Conference earlier this year.

He is a graduate of Sunnyslope High School and received scholarships for his talents on the trombone and in vocals to attend Grand Canyon University, where he graduated with a Bachelor of Science in Music Education. He received a Master's in Educational Leadership from Northern Arizona University in 2009.

DeBusk has taught at Washington for 24 years. He is the director of choirs and the Performing Arts Department chair. He also teaches media productions and sponsors the Vocal Music Club and the Video Club.

DeBusk has served as president of the Arizona Choral Educators, Treasurer of the Arizona Choral



Jim DeBusk

## SCHOOL DAYS

Educators, two terms as choral chairperson of the AMEA Northwest Region, chairperson of the All State Jazz Choir, and he currently is serving a third, two-year term as governor of the AMEA Northwest Region.

### District seeks stories from alumni, teachers

Calling all alumni from Sunnyslope, Thunderbird and Washington high schools. The Glendale Union High School District has announced a new spotlight project featuring graduates.

The “We Are GUHSD” project is a collection of stories told from the Glendale Union High School District community. The voices of the campaign highlight teachers, students, alumni, parents and district advocates. They share their stories as examples of the importance of public education and strengthening communities.

Interested candidates may contact the Community Relations Department by sending an email to [prdept@guhdsd.org](mailto:prdept@guhdsd.org). To read stories from the project, visit [www.guhdsd.org/news/weareguhdsd](http://www.guhdsd.org/news/weareguhdsd).

### MADISON ELEMENTARY SCHOOL DISTRICT Kennedy takes helm at Madison Park

Sandy Kennedy has been named the new principal of Madison Park Middle School. An educator for more than 25 years, Kennedy is a Rodel Exemplary Principal recipient, former Alhambra School District principal and Beat the Odds mentor—a program that empowers new principals to raise student achievement.

Kennedy is focused on enhancing Park’s signature STEAM program, as well as ensuring each Park student has a strong academic foundation to build on throughout their lives.

Madison Park Middle School is still accepting students for the 2017-2018 school year. Families interested in learning about its STEAM program or Action Labs may call 602-664-7500 or visit <http://madisonaz.org>.

### OSBORN ELEMENTARY SCHOOL DISTRICT Osborn welcomes new administrators

Osborn welcomed new administrators Nicole McNeil, Brittney Weber, and Jill Crossley to the district. These

new administrators began the first week of July at the District Office.

McNeil worked with Osborn when the district began work with TAP as a Regional Master Teacher with Arizona State University. She has also worked as a bilingual teacher and director of Language Acquisition.

Weber served in active military duty for six years. She worked as an executive Human Resources officer, followed by a position in HR with a local private day special education school, and then the position of director of Human Resources in Osborn.

Crossley has served the Osborn community as a classroom teacher, substitute coordinator, behavior intervention specialist and Master Teacher. She works within the Curriculum Department as the Curriculum Specialist for Data and Assessment.

### District congratulates Teachers of the Year

The Osborn Educational Foundation has announced its selections for the Osborn Teachers of the Year for

*please see ADMINISTRATORS on page 34*

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### SCHOOL DAYS

#### ADMINISTRATORS continued from page 33

the 2017-2018 school year. Among the winners are Clarendon sixth-grade Spanish dual language teacher, Ruth Ruiz; OMS seventh-grade math teacher Sarah Saiz; and OMS/Clarendon band teacher Julia Georges.

There will be a celebration recognizing these teachers at an awards dinner on Saturday, Oct. 21 at the Phoenix Country Club.

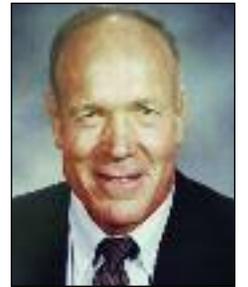
#### PHOENIX UNION HIGH SCHOOL DISTRICT Former coach honored at opening football game

Camelback High recognized former coach Jesse Parker and some of the players from the 1974 championship team at the Spartans' first home football game on Aug. 18. Parker passed away July 21 at age 77.

Parker's illustrious 40-year coaching career started at Camelback, where he won his first of five state championships. He left Camelback and started the Mesa Mountain View program, winning four state titles. After a short

stint in Texas, he coached 10 more years at Gilbert. He won 309 games.

Parker went to the state championship game two years in a row, losing to Tucson Palo Verde in 1973, 22-20 and beating St. Mary's by the same score in 1974, when his Spartans went 12-0-1. He left for Mountain View the next year.



Jesse Parker

#### Williams hosts basketball clinic

Phoenix Suns' Alan Williams, who in July signed a three-year, \$17-million contract with the home team, was back at his alma mater North High School Aug. 12-13, holding a youth basketball camp in the gym where he starred as a high school player.

One hundred-twenty boys and girls, ages 7-17, participated in the clinic, including several players from the North girls and boys teams. According to North boys coach Joe

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**SCHOOL DAYS**



Phoenix Suns power forward Alan Williams stopped by his namesake Basketball Camp held at North High School over the summer break to offer some pointers and play with the kids, and also signed some autographs (photo courtesy of Dan Compton).

Bustos, Williams provided several dozen camp scholarships for the kids.

Williams was part of the Mustangs' back-to-back state championships in 2009 and 2010, and as a senior, he was the Arizona High School Player of the Year. He had an outstanding college career at California-Santa Barbara, but

was undrafted. He played a year in China, and in March of 2016, he signed a 10-day contract with the Suns.

He made the team last year, and after spending much of the first half on the bench, the 6-8, 260-pound forward got his chance. In 24 games after the

*please see CLINIC on page 36*

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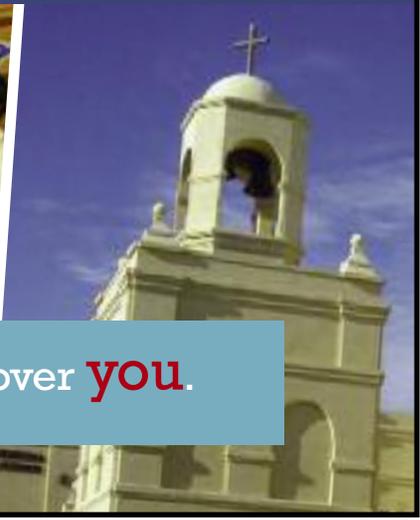
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**SCHOOL DAYS**

**CLINIC continued from page 35**

All-Star break, he averaged 11.4 points and 9.1 rebounds in just 22.6 minutes.

The clinic was a family affair, and a reunion with some former high school teammates who assisted in the clinic. His mom, Jeri Williams, the Phoenix Chief of Police and his father, Cody Williams, a former city councilman, were helping out. The Suns' Devin Booker and Marquese Chriss made appearances, as well.

**Metro Tech earns A+ rating-again**

Metro Tech reapplied and has been named an A+ School of Excellence by the Arizona Educational Foundation for the second consecutive time. The school earned the A+ label in 2014.

Principal Bryan Reynoso and staff re-applied a year early in February, and received the good news April 12. The designation is normally for a three-year period, but Metro Tech will keep the honor for the next four years. A formal celebration took place at the school on May 9.

To qualify as an A+ School, schools must demonstrate sustained high achievement or significant improvement through assessment data. Winning schools are recognized for their superior ability to identify and meet the academic and non-academic needs of their student population.

In related news, Reynoso was named the Phoenix Union Administrator of the Year at the Opening of Schools Convocation last month. Reynoso has been at Phoenix Union as teacher and administrator for 33 years.



Robert Followwill, who teaches math and robotics in the afterschool program at Desert View Elementary, recently was honored by national organization AZ StRUT (submitted photo).

**WASHINGTON ELEMENTARY SCHOOL DISTRICT Teacher honored by AZ StRUT**

Robert Followwill, retired computer instructor and teacher of math and robotics in the afterschool program at Desert View Elementary, was named as the AZ StRUT 2017 STEM Teacher of the Year for 2016-17.

AZ StRUT is a nationally recognized organization that encourages business donations of old computer equipment, which is then recycled by students, providing them the opportunity to gain technology skills. The equipment is then donated back to schools in need in Arizona.

**Grant returns SROs to some campuses**

Thanks to a new state-funded grant from the School Safety Program, WESD was one of 30 schools districts awarded School Resources Officers (SRO). The district was awarded a total of eight SROs, and North Central schools that will have an SRO on campus this school year include Mountain View School, Royal Palm Middle School, Sunnyslope School and Washington Elementary School.



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**SCHOOL DAYS**

The total grant award is \$2.5 million for three years. SROs will conduct law related education classes (LRE) and assisting the staff with crisis response and preparedness.

**Schools get fresh produce two times a week**

Seventeen WESD schools have been awarded the Fresh Fruit and Vegetable Program (FFVP) for the 2017-2018 school year—the largest number of schools awarded the grant in the state. Through the program, students will receive a fresh fruit or vegetable twice a week, in addition to their nutritious breakfast and lunch.

Among the 17 schools are Desert View, Maryland, Mountain View, Orangewood, R.E. Miller, Sunnyslope and Washington Elementary Schools and Royal Palm Middle School.

The goals of the FFVP are to expand the variety of fruits and vegetables children experience; increase children’s fruit and vegetable consumption; and support the Institute of Medicine’s recommendations to provide healthier snack choices in schools.



Jennifer Gillom, basketball program director and coach at Xavier College Prep, was congratulated by students and staff for her many awards, including gold medals as a player in the 1988 Olympics and as a Team USA coach in the 2012 Olympics (submitted photo).

**PRIVATE AND CHARTER SCHOOLS Gillom receives Legacy Award**

Xavier College Preparatory’s Jennifer Gillom received the 2017 Legacy Award from the Ole Miss Women’s Council for Philanthropy. Gillom, who is a physical education teacher, assistant varsity basketball coach, and basketball program director at Xavier, was honored along

with her sister, Peggie Gillom-Granderson, for their outstanding accomplishments and contributions to the University of Mississippi.

Gillom played basketball for the Ole Miss Lady Rebels from 1982 to 1986. Among her many distinctions, she was awarded SEC Female Athlete of the Year accolades and was inducted into the Ole Miss Athletics Hall of Fame in 1999.

After graduating from Ole Miss, Gillom played professionally for the

Phoenix Mercury from 1997 to 2002 and for international teams in Italy, Turkey, and Greece. She then coached in the WNBA for seven years and earned gold medals both as a player in the 1988 Olympics and as a Team USA coach in the 2012 Olympics. In 2009, she was inducted into the Women’s Basketball Hall of Fame.

**Olympian featured at annual X Breakfast**

Eight-time Olympic swimming medalist Allison Schmitt will deliver the keynote address to approximately 1,000 guests at Xavier College Preparatory’s tenth-annual X Breakfast on Thursday, Sept. 21 at 7:30 a.m. on the school’s campus, 4710 N. 5th St.

Golf Channel analyst and former Ladies Professional Golf Association (LPGA) golfer Amanda Blumenherst Freiman, who is a graduate of both Xavier and Duke University, will be this year’s alumna speaker. After the breakfast, both Schmitt and Freiman will address Xavier’s student body of 1,200 young women.

*please see BREAKFAST on page 38*



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**BREAKFAST continued from page 37**

Co-chaired by Xavier parents Amy and Dan Mahoney, X Breakfast will kick off Xavier's 75th anniversary celebration by raising proceeds to benefit the school's Legacy of Leadership Capital Campaign. All members and friends of the Xavier community are welcome to attend the event. Although registration is free, guests are encouraged to support the school with a financial contribution.

To register or to obtain additional information, e-mail XCP-X-Breakfast@xcp.org or call 602-240-3133.

**MHP robotics team heads to championship**

The Madison Highland Prep SeaPerch Robotics team, composed of junior Tommy Najor, junior Kevin Liden, sophomore Vaughn DuPlantis, and junior Steven Celis, won the 2017 Chandler SeaPerch Invitational on May 21. With the victory, the MHP team has qualified for the 2018 National SeaPerch Challenge to be held at the Georgia Tech Aquatics Center in Atlanta on May 19-20, 2018.

This is the second consecutive year this team has been recognized at the Chandler Invitational event.

**MHP receives recognition based on first-year results**

Madison Highland Prep has earned a bronze medal from *U.S. News & World Report* based on its national ranking in the publication.

According to *U.S. News & World Report*, schools are ranked based on their performance on state-required tests and how well they prepare students for college. Data was based on the 2014-2015 school year, which was MHP's first year of operation.

MHP is a STEM college preparatory, charter high school in Phoenix serving grades 9-12. MHP opened its doors on August 5, 2014 initially serving grades 9 and 10. For information, visit [www.usnews.com/education/best-high-schools](http://www.usnews.com/education/best-high-schools) or call the school at 602-745-3800.

**School receives grant to boost curriculum**

Empower College Prep, a Valley charter school serving students in grades 8-12 located at 2411 W. Colter St., was one of four Arizona schools to receive a \$20,000 grant from Verizon



Members of the Madison Highland Prep SeaPerch Robotics team, from left: Steven Celis, Tommy Najor, Kevin Liden and Vaughn Duplantis (submitted photo).

and its partner, Project Lead The Way. Since 2014, the partnership has resulted in more than 240 schools across 36 states offering PLTW's high-quality computer science curriculum.

PLTW empowers students to develop in-demand, transportable knowledge and skills through pathways in computer science, engineering, and biomedical science. PLTW's teacher training and resources support teachers as they engage their students in real-world learning. More than 9,000 elementary, middle, and high schools in the United States offer PLTW programs.

For more information on Project Lead The Way, visit [pltw.org](http://pltw.org).

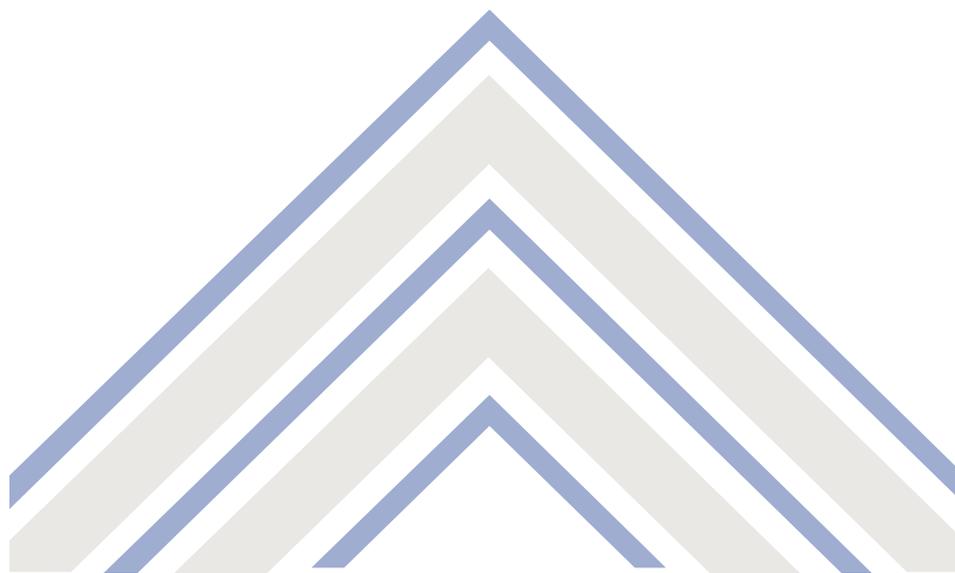
**Higginbotham is new athletic director**

Kim Higginbotham has been named Bourgade Catholic High School's athletic director for the 2017-18 school year.

Higginbotham comes to Bourgade Catholic with nine years of experience as a coach and educational leader. She taught Advanced Placement courses and revived a waning softball program at Chandler High School. While there, she built an integrated softball program (freshman, junior varsity, and varsity) and led the program to four state tournament appearances. She also accumulated the most wins in Chandler High School's softball history.

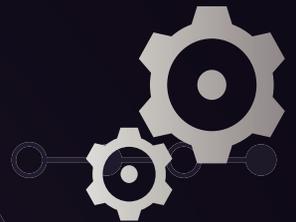
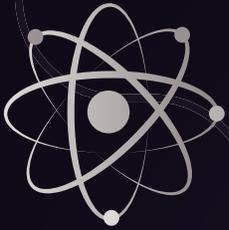
Higginbotham played four years of softball at Arizona State University where she was named PAC-10 Academic All-American and played in the 2006 College World Series. She is a graduate of Seton Catholic Preparatory High School where she was a stand-out athlete.

Higginbotham holds a Bachelor's Degree in Education and two master's degrees, one in Educational Leadership and the other in Gifted Education, from Arizona State University. She began her duties at Bourgade on July 1.



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Residents at The Terraces of Phoenix volunteering to fill plush toys for patients at the community's skilled nursing and rehab center include, from left: Ruth Daehler, Geraldine Mac Gartland, Norma Olson, Margaret Orbesen and Betsy Schultz (photo by Teri Carnicelli).

### Stuffed pets bring 'Sunshine' to seniors

A local senior living community is taking a big part of childhood and turning it on its head, as its residents rediscover the soothing nature of stuffed animals. As part of the Sunshine Pets program at The Terraces of Phoenix, no-sew stuffed animals are being used to lift spirits at The Village, the skilled nursing area of the community located at 7550 N. 16th St.

The pre-made, no-sew plush animals are periodically stuffed with filler by residential living residents, many of who are part of The Terraces' Sunshine Committee. Each session generates around a dozen stuffed animals. Their creations are then passed along to residents at The Village as personalized get-well gifts.

"This small token of thoughtfulness could be a big part of someone's recovery by lifting their spirits, bringing the outside world in, and reminding them that they are loved," explained Dani Lomas, lead activity coordinator at The Terraces, who created the Sunshine Pets program.

Research has shown that therapeutic use of dolls, or stuffed animals in this case, can potentially increase levels of engagement and communication, and reduce episodes of distress—Lomas' main objective behind implementing the program.

Betsy Schultz is a member of the Sunshine Committee, which meets once a month, but members also stay busy by acting as the greeters for new residents. They also visit patients in The Village once a week. "I like cheering people up and visiting people who

are down," she said.

Norma Olson has participated in the Sunshine Pets stuffing project about four times. "I like being with people, and I like working on a project that helps to give back to others," she said.

The program is a big hit, and the opportunity to bond while also making a difference in people's lives has many residents eager to lend a hand. Conversely, recipients of the stuffed animals have been very appreciative of the gesture.

### Senior Living New Senior Chorus begins Oct. 19

Jewish Family & Children's Service is offering a new and expanded session of Creative Aging classes for the fall.

Creative Aging is a national initiative based on studies showing that older adults live longer and better if they are actively involved in the Arts. The movement is aimed at fostering an understanding of the vital relationship between creative expression and quality of life for older adults.

New this year is the formation of a Senior Chorus that will meet on Thursday mornings at Temple Chai, 4645 E. Marilyn Road, starting in October. The class is taught by Dan Kurek, who has an extensive background in opera performance himself, and who has served as musical director for theaters throughout the Valley, as well as being the choir director at Temple Chai for eight years.

"The purpose of the chorus is to spread as much sunshine as possible while giving participants a chance to sing



**GENERATIONS**

and socialize in a group,” said Janet Arnold, JFCS Director of the Creative Aging program. “The repertoire will include Broadway, American songbook and rock and roll. The chorus will be available to sing at a variety of events.”

Rehearsals take place 10-11:30 a.m. Thursdays, beginning Oct. 19, at Temple Chai. A final public performance is set for Sunday, Jan. 14. Cost for the 12-week program is \$80.

Register online at [www.jfcsaz.org/creativeaging](http://www.jfcsaz.org/creativeaging), or contact Janet Arnold at 480-599-7198, or [SeniorConciergeServices@jfcsaz.org](mailto:SeniorConciergeServices@jfcsaz.org).

**Safety Fair just for seniors**

A “Senior Safety Fair” will be held at Devonshire Senior Center, 2802 E. Devonshire Ave., from 9 a.m.-12 p.m. Friday, Sept. 8. The event’s purpose is to highlight personal well being and physical safety for older adults in their homes and neighborhoods.

Phoenix Police, Fire, Human Services, Neighborhood Services, Public Works, and Parks and Recreation departments combine resources to provide meaningful presentations and resource information tables.

Special features will include on-site document shredding, digital fingerprinting and I.D. kits, and unwanted prescription medication drop-off, all offered free of charge.

Presentations will include information on Prescription Drug Safety provided by the Area Agency on Aging, Estate Planning presented by Dana Law Group, and Safety House & Fall Prevention presented by Banner Health.

Resource information tables

include materials from the Arizona Attorney General’s office, Recycle Phoenix, Neighborhood Services, local transportation options, Hoarding Awareness Task Force, Hospice of the Valley, and Area Agency on Aging Senior Helpline.

Door prizes will be drawn throughout the event. For more information, call 602-256-3130.

**Support group for senior hoarders**

Registration is now open for Area Agency on Aging hoarding therapy groups for Maricopa County residents 60 and older challenged by compulsive object hoarding who are willing to self-identify and commit to addressing the disorder. The 14-week confidential and voluntary “Too Many Treasures” Hoarding Therapy Group begins in September.

The groups will meet at locations in Central Phoenix and Glendale. Space is limited and qualifying participants will need to complete an intake process by phone no later than Sept. 13 by calling 602-241-5577.

There is no cost for the 90-minute group therapy sessions that are moderated by a licensed clinical counselor. Too Many Treasures is the only object hoarding therapy program in Maricopa County. Meeting locations are confidential. Addresses will be provided to qualifying participants.

Follow-up support-group meetings for graduates are scheduled bi-weekly to provide ongoing support and encouragement.

For more information about Too Many Treasures and the Area Agency on Aging, email [hoarding@aaphx.org](mailto:hoarding@aaphx.org) or visit [www.aaaphx.org](http://www.aaaphx.org).

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Rosh Hashanah - September 20<sup>th</sup> - 22<sup>nd</sup>  
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- Cross Border Missions to Mexico
- Food Pantry
- Children & Youth Programs
- Music Programs
- Adult Weekday Classes

Please visit us online at [firstchurch.church](http://firstchurch.church) to learn more. We are a congregation that offers a balance of ministries for personal faith and social action.



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See our website for complete list of event activities: [www.thestratford.org](http://www.thestratford.org)

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**GENERATIONS**

**Programs for living healthy**

The Sunnyslope Senior Center, 802 E. Vogel Ave., wants to help its members stay healthy and happy. This month, enjoy a free program on the dangers of sugar consumption, 10 a.m. Monday, Sept. 18. During the "Not So Sweet Tooth" program, presented by Humana, learn how sugar is bad for your health and what you can do about it.

Seniors also can sign up for a chaparrone hike 8-11:30 a.m. Monday, Sept. 25. This hiking class is catered to those with no mobility barriers. Hikers must bring their own walking stick, water, and snacks. Wear appropriate hiking attire. Cost is \$2 for the transportation fee. Pre-registration is required at the front desk.

If you are looking for a more entertaining form of exercise, mosey on down to the center for a Hoedown dance at 10 a.m. on Wednesday, Sept. 20. Wear your blue jeans or best Western wear.

All programs are free with Senior Center membership (\$20 annually). The center will be closed on Monday, Sept. 4 in observance of Labor Day.

**Kids & Family**

**Fun family event at local museum**

Celebrate Smithsonian Magazine's Museum Day Live! at Pueblo Grande Museum on Saturday, Sept. 23 with fun, family friendly programming and the opportunity to get free museum admission.

In the spirit of Smithsonian Museums accessibility to all who are interested, Museum Day Live! is an annual event hosted by Smithsonian Magazine in which participating museums across the country open their doors to anyone presenting a Museum Day Ticket ... for free.

"This event has been a great way to reach out and provide free access to a larger community that may not have known about our unique archaeological site and museum before," said Nicole Armstrong-Best, Pueblo Grande Museum director. "Our doors are open for everyone to come and enjoy this exciting day full of hands-on activities celebrating all museums."

In honor of the event, the museum will have gallery tours, artifact show-and-tell stations, and fun prehistoric

archaeology and Hohokam related crafts available throughout the day.

To print off a ticket for two free admissions, visit [www.smithsonianmag.com/museumday](http://www.smithsonianmag.com/museumday). The museum, located at 4619 E. Washington St., will be open its normal hours of operation, 9 a.m. to 4:45 p.m. For more information, call 602-495-0901.

**Preschool opens new location**

For more than 10 years, Phoenix Preparatory Preschool & Child Care has educated infants to 5 year olds, with an academic curriculum that allows graduates to enter kindergarten reading Level 1 books, counting to 100, recognizing 100 sight words and many skills that make them very successful in school.

A new location is set to open Sept. 18 at 802 W. Osborn Road. The brand-new building will feature germ-killing paint, 25 sky tubes, an infant playground, playgrounds for older children, security cameras, and healthy food low in sugar. Students will learn Mandarin, Spanish, Sign Language and English. The childcare portion will be focused on infants to 2 year olds.

Grand Opening information will be announced on the Facebook page, [facebook.com/PhoenixPrep](https://facebook.com/PhoenixPrep), and website, [www.phxprep.com](http://www.phxprep.com). For enrollment information, call 602-274-7557.

**'Find Your Nose' Kids Book Party**

Families are invited to the launch of award-winning author Rodo Sofranac's sixth educational, colorful, and fun children's book, "Find Your Nose," 2-5 p.m. Sunday, Sept. 17 at Arizona Humanities, 1242 N Central Ave.

Join Polly and the Peaputts, My Maddy, My Daddy, illustrators Mark Wilson and Kent Looft, and all the other RodoWrites characters. Sofranac's books help kids and folks of all ages become better readers while having fun doing so.

Enjoy story time, arts and crafts, music, snacks and other activities. The event is free and open to the public. All donations and half of book sale profits support Arizona Humanities. For more information, visit [www.azhumanities.org](http://www.azhumanities.org).

Like us on Facebook and follow us on Twitter!  
 Be sure to visit us online at [www.northcentralnews.net](http://www.northcentralnews.net) for the latest local community news



HOME & GARDEN



Greg Peterson, owner of The Urban Farm, shows off some of the fruit trees that can be planted in North Central Phoenix, despite the harsh desert climate (submitted photo).

### How to grow fruit trees in the desert

The 18th Annual Urban Farm Fruit Tree Education Program kicks off at 8:30 a.m.-1 p.m. Saturday, Sept. 2, at the Uptown Farmers Market, 5757 N. Central Ave.

Guest speakers will offer their expertise on fruit tree care and success at the free half-day event, hosted by The Urban Farm, a 1/3-acre home in North Central Phoenix owned by Greg Peterson, who has planted more than 70 fruit trees on his property. The Urban Farm offers education on the best techniques for successfully growing fruit trees in the desert, and then provides an opportunity to purchase "Urban Farm Approved" fruit trees that thrive in our climate.

This kick-off event features guest speakers offering expertise on fruit tree care and success, including Peterson.

The program continues throughout September, October and November with free webinars and live classes, including Three Ways to Kill Fruit Trees on Sept. 28 and Growing Fruit Trees in Your Yard on Oct. 12. Both programs take place 7-8:30 p.m. at the Duck and Decanter, 1651 E. Camelback Road. Pre-registration is required. For the full schedule, visit [www.urbanfarm.org/Fruit-Tree-Program](http://www.urbanfarm.org/Fruit-Tree-Program) or follow them on Facebook at TheUrbanFarm.

Once people become familiar with the best fruit trees for their yard and

lifestyle, The Urban Farm offers pre-orders for its selection of deciduous and citrus trees. The program offers special Early Bird bundle pricing through November. Preorder your fruit trees at [store.urbanfarm.org](http://store.urbanfarm.org). New trees will be available for pick-up in January and February.

### Seed-Up returns for full weekend

The Great American Seed Up returns to the Uptown Farmers Market at North Phoenix Baptist Church, 5757 N. Central Ave., Sept. 22-23.

The seed bazaar features bulk quantities of open-pollinated, non-GMO vegetable, wildflower, flower and herb seed varieties at deep discounts.

The Seed Up will span two days beginning with the signature event, "Seed Dating," where you bring a friend for free. Friday also includes a viewing of the documentary, "Seed: the Untold Story," at 6:30 p.m. A Q-and-A session will follow with seed expert Bill McDorman. People can also scoop and purchase seeds from 5 to 9 p.m.

On Saturday, Sept. 23, the event is open for seed scooping from 10 a.m. to 2 p.m. Saturday is education day featuring three classes on seed saving and storage that will take place throughout the day at 11 a.m., 12 and 1 p.m.

Tickets are \$7.50 per day and do not include the cost of purchasing seeds. Advance registration is required at [www.GreatAmericanSeedUp.org](http://www.GreatAmericanSeedUp.org).

# GRAND OPENING



**ARCADIA COLOR GARDEN NURSERY**

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Owned and Operated by former Baker Nursery employees, Arcadia Color Garden is now open, 1/8th mile north of McDowell on 52nd Street. We are celebrating our Grand Opening and the start of the Fall Growing Season each weekend in September.

Check our website  
[ArcadiaColorGarden.com](http://ArcadiaColorGarden.com)

for scheduled activities including "Fast Free Gardening Tip Sessions", Free Refreshments, and Plant/Pottery Specials throughout the month.

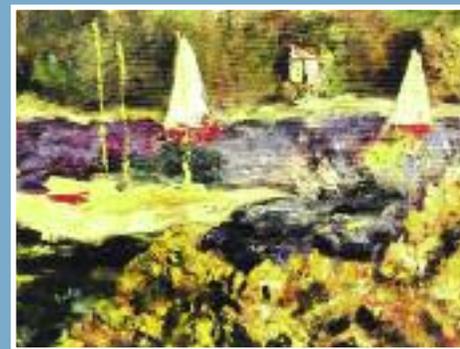
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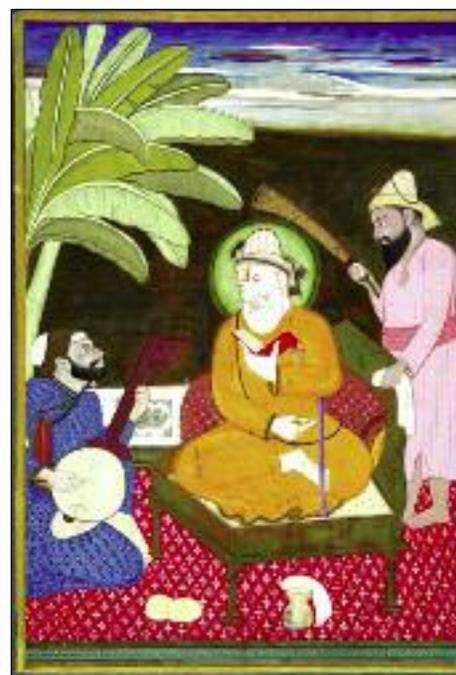
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Unknown, Portrait of Guru Arjun, the Fifth Guru (1581-1606), 19th century. Ink and color on paper. On view courtesy of The Khanuja Family (submitted photo).

**Art museum has dedicated Sikh space**

Did you know that Phoenix Art Museum houses one of the largest Sikh art collections in the United States? And that it is one of only two art spaces in the United States dedicated solely to Sikh art?

With more than 23 million followers, Sikhism is now the fifth-largest religion in the world, and Phoenix Art Museum this year dedicated a gallery to solely exhibit Sikh art on an ongoing basis.

Made possible through a generous gift from Dr. Parvinderjit Singh Khanuja, the Sing, Kaur Khanuja, Singh and Kaur Sikh Art Gallery was dedicated and opened in April of 2017. The inaugural exhibition, "Virtue and Valor: Sikh Art and Heritage," is on view through Nov. 5 at the museum, 1625 N. Central Ave. Entry is free with regular museum admission.

Dr. Janet Baker, curator of Asian Art, will discuss selected works from 12-12:30 p.m. Wednesday, Sept. 6, focusing in particular on portraits of the Sikh Gurus and images of The Golden Temple, with an insight into connections between Sikhism and Tibetan Buddhism. Free with regular museum admission. Stick around afterward for an optional \$18 cash (tax and gratuity included) no-host lunch at

Palette following the talk.

To RSVP for the luncheon, e-mail [info@asianartscouncil.org](mailto:info@asianartscouncil.org).

**Moonviewing festival at Japanese garden**

Otsukimi, or Japanese moonviewing, is a traditional Japanese celebration of the full moon. It is celebrated every year at the Japanese Friendship Garden of Phoenix, 1125 N. 3rd Ave. Due to high demand for this event, set for Oct. 6-7, tickets are expected to sell out fast.

The garden will be lit up with candles and luminaries. There will be live music, and traditional Asian food will be available for purchase. Japanese tea serving also will take place at an additional cost. Guests will be served authentic Japanese matcha tea by volunteers dressed in kimono in the tea garden. The cost for tea service is an additional \$5-\$10 and can be purchased at the event. Space is limited.

Hours are 6:30-9 p.m. Friday and Saturday. Doors open at 6 p.m. Tickets are \$25 general in advance and \$30 at the gate. Youth ages 3-12 pay just \$5; admission is free for kids ages 2 and younger. Tickets are available at [www.japanesefriendshipgarden.org](http://www.japanesefriendshipgarden.org). For more information, call 602-274-8700.

**A & E Briefs**

**'Desert Purple' in Concert**  
7:30-9:30 p.m. Tuesday, Sept. 5  
The Musicians Hall  
1202 E. Oak St.

A self-described "psychedelic blues/rock band" featuring Taylor Shapiro on guitar, Nick Armendariz on drums, and Adam Green on bass. Free and open to the public but donations gladly accepted. Light refreshments will be available for purchase.

**'The Effect'**  
iTheatre Collaborative  
8 p.m. Sept. 8-23  
Herberger Theater, Kax Stage  
222 E. Monroe  
602-252-8497

Is it love or just pharmacology? Hearts racing. Minds reeling. Knees buckling. Connie and Tristan have palpable chemistry—or is it a side effect of a new antidepressant? They are volunteers in a clinical trial, but their sudden

Check out the best kept secret in the North Central area ...

**The North Mountain Visitor Center!**  
**Music in the Mountains**

**Saturday, Oct. 28**

Join us for Acoustic Music Entertainment and Ghost Stories from our Story Tellers at the North Mountain Visitor Center fundraising event to help continue to preserve natural open spaces for recreation and wildlife habitats and assist in Center operations.

**Activities and Music** 8 a.m. to 8 p.m.

**Food and Beverages** will be available for purchase.

**Drawings for Prizes** will be held throughout the day.

Drawing tickets are \$1 each, \$5/6 tickets, \$10/13 tickets

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## ARTS &amp; ENTERTAINMENT

and illicit romance forces the supervising doctors to face off over the ethical consequences of their work. (Mature themes and strong sexual content). A 2 p.m. matinee will take place on Sept. 10. Tickets are \$18-25 plus fees; students and members of the military receive a discount. All Thursday performances are \$10 plus fees. Visit [www.itheatreaz.org](http://www.itheatreaz.org).

**'Ear'**

**8 p.m. Sept. 8-Oct. 1**  
**Space 55**  
**636 E. Pierce St.**

Written by local author and Space 55 ensemble member Ashley Naftule, "Ear" is a surreal love story inspired by Vincent Van Gogh. After giving his girlfriend his ear as an anniversary gift, a troubled man ends up in a mental hospital. Surrounded by patients and doctors that are even crazier than he is, he also has to struggle with the strange voices ringing in his head. As for his girlfriend—she forgot to get rid of his ear. And now she's starting to hear crazy things, too ... . Matinee performances will take place 2 p.m. Sundays. All tickets are \$15. Visit [www.space55.org](http://www.space55.org).

**'Caroline, or Change'**

**Black Theatre Troupe**  
**Sept. 15-Oct. 1**  
**Helen K. Mason**  
**Performing Arts Center**  
**1333 E. Washington St.**  
**602-258-8129**

An African-American mother of three works for a Southern Jewish family in Lake Charles, La., in 1963. She and the family's 8-year-old son find themselves in the middle of a family conflict during the Christmas and Chanukah holidays. Combining gospel and the sounds of Motown with operatic stylings, this musical illuminates the changing times of the Civil Rights era while examining the social and family issues with which our diverse culture still struggles today. Tickets are \$38 plus fees. Saturday and Sunday matinees available. Visit [www.blacktheatretroupe.org](http://www.blacktheatretroupe.org).

**Second Wednesday with Evelyn Ford**

**12:30-1:30 p.m. Wednesday, Sept. 13**  
**Phoenix Art Museum**  
**1625 N. Central Ave.**  
**602-307-2011**

Valley shoe designer Evelyn Schickling, founder of Evelyn Ford Luxury, shares her story and process of leaving corporate life to pursue creating the world's most comfortable designer heels. Schickling will discuss her design training Milan at Arts Tutoria and her collaborations with Ira A. Fulton School of Engineering at ASU and Mattia Brunello, production manager for brands including Oscar de la Renta and Marchesa. The presentation is included with paid museum admission. Visit [www.phxart.org](http://www.phxart.org).

**The Art of Marc Chagall**

**6-7:30 p.m. Thursday, Sept. 14**  
**Shemer Art Center**  
**5005 E. Camelback Road**  
**602-262-4727**

During his very long life (98 years), artist Marc Chagall witnessed major events of the 20th century to become, along with Picasso, Matisse, Dali and a handful of others, one of the most celebrated and recognized artists of his time. A minimum contribution of \$5 is requested. Snacks and beverages will be served. RSVP requested.

**Jazz Matinee**

**featuring Jesse McGuire**  
**3 p.m. Sunday, Sept. 17**  
**The Nash**  
**110 E. Roosevelt St.**  
**602-795-0464**

Classic acoustic jazz featuring Jesse McGuire on trumpet and flugelhorn, and three world-class accompanists: Ioannis Goudelis on piano, Chris Finet on bass, and Dowell Davis on drums. Tickets are \$20 general, \$15 seniors (60+), \$10 students with ID, youth age 11 and younger admitted free. Visit [www.thenash.org](http://www.thenash.org).

**'Hedwig and the Angry Inch'**

**Sept. 20-Oct. 15**  
**Phoenix Theatre**  
**100 E. McDowell Road**  
**602-254-2151**

Viciously funny and devastatingly heartbreaking, Hedwig and the Angry Inch is a modern masterpiece, with an electrifying glam-rock score and high-voltage performances. Contains mature

*please see HEDWIG on page 46*

*It's Time For a*

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## ARTS & ENTERTAINMENT

*HEDWIG continued from page 45*

language and adult themes. Tickets are \$55-\$95, including fees. Visit <http://www.phoenixtheatre.com>.

### Ballet Under the Stars

7 p.m. Saturday, Sept. 23  
 Steele Indian School Park  
 300 E. Indian School Road

Free and open to the public, Ballet Under the Stars allows the local community to enjoy dance in a unique outdoor setting complete with a stage, lighting, costumes and beautiful Arizona weather. For more information, visit <http://balletaz.org>.

### Stand Up for Downtown Theater

7 p.m. Friday, Sept. 29  
 Herberger Theater,  
 Stage West  
 222 E. Monroe  
 602-252-8497

The third-annual fundraising event of the Herberger Theater's Young Leadership Board will showcase some of the area's top comedians, performing

their best stand-up routines. Enjoy a silent auction, hors d'oeuvres, drinks and live music. Tickets are \$35 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

### 'Hercules vs. Vampires'

Arizona Opera  
 Oct. 21-22  
 Phoenix Symphony Hall  
 75 N. 2nd St.  
 602-266-7464

The show combines operatic singing and 1960s pop culture, synchronizing live music with the 1961 cult classic film, "Hercules in the Haunted World." Watch as the original film, starring bodybuilder Reg Park and horror legend Christopher Lee, is projected above a live orchestra and singers performing the music to a new, original score. Show times are 7:30 p.m. Saturday and 3 p.m. Sunday. Tickets are \$25-\$45 plus fees. Visit <https://www.azopera.org>.

### 'Chapter Two'

Arizona Theatre Company  
 Oct. 5-22  
 Herberger Theater  
 222 E. Monroe  
 602-256-6995

Neil Simon is one of the most successful and performed playwrights in the world. Chapter Two is his semi-autobiographical comedy about a recently widowed writer, George Schneider, who is introduced by his press-agent brother to soap opera actress Jennie Malone. Both are trying to come to terms with starting from scratch, and, through their friends who are determined to see the two happy again, the pair meet and begin a whirlwind romance. Tickets are \$41-\$70 plus fees. Visit [www.arizonatheatre.org](http://www.arizonatheatre.org).

### 'Ghosts, Goblins & Witches, Oh My!'

Center Dance Ensemble  
 7:30 p.m. Oct. 19-22  
 Herberger Theater,  
 Stage West  
 222 E. Monroe  
 602-252-8497

A celebration for Halloween featuring the premiere of "The Department Store Murder Mystery" and a piece by Diane McNeal Hunt. A matinee performance will take place 2 p.m. Sunday. Tickets are \$14.50 for students, \$23.50 for seniors and \$28.50 general admission, not including fees. Lunchtime performances all are available Oct. 19-20. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

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FOOD FOR THOUGHT



From left: Benjamin Villanueva holds up the sign on his first day of volunteering. Lisa Coughlin, who volunteers part time and works part time at The Joy Bus Diner, shows off the Bircher Muesli. It's a traditional version of Swiss Oatmeal cooked with shaved apples. Jennifer Caraway holds up a customer favorite, the Avocado Woods Toast. Her son, Sinai Traperero, a permanent volunteer, holds the CSA Scramble (photo by Patty Talahongva).

## Café Chat

**Diner's healthy food aids customers, cancer patients**

By Patty Talahongva

The first thing you should know about The Joy Bus Diner, 3375 E. Shea Blvd., is that there is no bus, nor is there a food truck— but there is plenty of joy in the food they make, and the people they serve it to.

One year ago Jennifer Caraway founded the diner with the guidance of her board of directors, because the eatery happens to be an enterprise of a local nonprofit organization. All of the profits go to The Joy Bus's mission of making fresh and nutritious meals for cancer patients.

Caraway embraced this philosophy of “when life hands you lemons, make lemonade” wholeheartedly after losing her friend, her friend's sister (named Joy) and their mother, all to cancer. “They were both adopted,” she points out, leading Caraway to believe the cancer was caused by environmental factors.

The Joy Bus nonprofit was formed six years ago and started delivering meals to 12 cancer patients a week. The food was made in a rented commercial kitchen with the help of volunteers. Since opening the restaurant, The Joy Bus has increased its roster to 42

homes. Family members caring for the patient can also request food from The Joy Bus, at no charge.

There are some limits to those who can be served through the nonprofit. Case managers refer patients of all ages with all types cancer to the organization. The patients must live within 15 miles of The Joy Bus Diner and be determined to be homebound by a doctor.

Caraway says it's important to “Let them know somebody cares.” Meals are delivered every Friday. Patient meals are different from what is served in the restaurant.

You will not find canned or boxed food in the kitchen at the small but homey diner. What you will find are dishes inspired by past patient customers. Carol's Cherry Mason Jar Pies are absolutely delicious. The recipe comes from Carol, a woman they served and who saved her recipe just for The Joy Bus. Shanny's Frozen Bananas comes from another patient. Jammin' Jan's Jams is from the mother of a friend who just wanted to help out.

“It's a collaborative community effort,” says Caraway. “It's so cool to have all these people live on” in the products.

All of the meals are prepared from a variety of food donated to The Joy Bus. Crooked Sky Farms donates all the vegetables twice a week. Most of the bread is donated by Wildflower Bread Co.



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\$14 per person/Bring this advertisement & receive \$1 off dinner.

### FRIDAY NIGHT FISH FRY & SALAD BAR or DINNER & SALAD BAR

5:30 pm/\$14 per person/LIVE MUSIC 7:30 pm

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## FOOD FOR THOUGHT

twice a week (Caraway's volunteers make the baguettes). The coffee is donated by Roastery of Cave Creek and the tepary beans are donated by a company in Flagstaff.

Prices are kept low for a reason because Caraway wants to make sure anyone can afford to come eat and contribute to a good cause. Breakfasts averages \$8 but you can get several dishes for \$5.

Her personal favorite is the chilaquiles. Diners also can enjoy chicken and waffles, French toast, biscuits and gravy, and several egg and omelet selections.

For lunch, several healthy and hearty salads are available, as well as the classic comfort food combination of grilled cheese and tomato soup. If you are looking for a more substantial meal, try a Rueben sandwich or the Joy Bus Burger, or even the "Honkin' Huge Burrito," with chicken breast, pinto beans, tomato, onion, chile and avocado. Wash it all down with the daily milkshake.

There are about 30 tables inside and a few outside with some stools at the counter. It gets busy at breakfast but it's worth the wait and of course the cause.

More than 50 volunteers work at the diner and help deliver the meals, but more help is always needed. "They (the volunteers) created an organization that is so much cooler than I ever imagined," Caraway says.

When the volunteers deliver the meals, they also spend time with the patient to visit. It's that gift of time along with the food that is precious to Caraway.

It's a way to help society, and everybody wins, she says. "People step up to give. I'm lucky I get to see that people really are giving."

The Joy Bus Diner is open Tuesday thru Sunday from 7 a.m. to 2 p.m. For more information, call 602-595-5884 or visit [www.thejoybusdiner.com](http://www.thejoybusdiner.com) Follow them on Facebook and Instagram.

## Dining Briefs

### Phoenix Pizza Festival returns to Hance Park

Tickets are once again expected to sell out for the Third Annual Phoenix Pizza Festival, set for 11 a.m.-5 p.m. Saturday, Nov. 18 at Margaret T. Hance Park, 1202 N. 3rd St.

A veritable pizza paradise awaits approximately 3,500 attendees who, for only \$10, will have access to approximately 15 pizza vendors, dessert food trucks, related food vendors, and a full, park-filled festival with lawn games, live bands, and a kids craft zone. Pizza makers will serve \$2-\$4 slices, full pies, and everything in between. There also will be a beer garden similar to last year (tickets sold separately on-site).

Limited admission tickets are available online only at [www.phoenix.pizza](http://www.phoenix.pizza). The Phoenix Pizza Festival has again partnered with Downtown Phoenix Inc. as a charity beneficiary. This community development group promotes the revitalization of downtown by supporting events and local businesses.

For more information, call 480-442-9176.

### Jazz & Jambalaya back at Southern Rail

Southern Rail, a locally owned restaurant inspired by classic American flavors with a Southern twist, invites guests to enjoy the fall weather, listen

*please see JAZZ on page 50*



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**FOOD FOR THOUGHT**

**JAZZ continued from page 49**

to soothing jazz and savor cocktails and comfort food from the patio for the biannual Jazz & Jambalaya series.

The series begins on Sunday, Sept. 24, and features sazeracs and jambalaya, a traditional New Orleans dish with creole tomatoes and rice served with smoked chicken, Andouille sausage and sautéed shrimp. Smooth tones of live music from local jazz bands will greet guests upon arrival ensuring a relaxing Sunday evening.

Jazz & Jambalaya will take place every Sunday through Nov. 26 from 5-8 p.m. at Southern Rail, 300 W. Camelback Road.

Sazeracs will be available for \$7 while jambalaya can be purchased for \$19, as well as half-price bottles of Arizona wine. The regular menu will also be available. Open to the public, reservations recommended for patio seating. Call 602-200-0085 or visit [www.southernrailaz.com](http://www.southernrailaz.com) for more information.

**Chili Pepper Festival returns to downtown**

The Chile Pepper Festival returns to downtown Phoenix 5-10 p.m. Saturday, Sept. 30, in the lot at the intersection of 2nd and Roosevelt streets.

The annual festival is a community-building event hosted by Roosevelt Row Community Development Corporation (CDC). By presenting the best local restaurateurs, chefs, and gourmet food trucks in Phoenix, Roosevelt Row CDC will highlight the most delicious chile pepper-inspired and infused cuisine the city has to offer. Onsite chile roasting, live music, a local talent show, a Deschutes Beer Garden and a margarita station also will be on the menu. Announcement of the festival's best salsa and chile pepper dish competition winners and crowning of this year's Chile Pepper Champion will cap the festivities.

The admission fee of \$5 covers entrance, live music and dancing and the kids zone. Food and beverages are available for purchase; save time and pre-purchase your tasting tickets in advance online.

For more information and to pre-purchase tickets, visit <https://www.chilepepperfest.org>. You also can follow them on Facebook at Chile Pepper Festival.

**Many chefs on hand at Rock the Guac**

The founders of the Arizona Taco Festival are partnering with The Camby, a luxury lifestyle urban hotel, to throw an exciting event on National Guacamole Day, Saturday, Sept. 16, called Rock The Guac.

The event will pit more than 12 of the Valley's top chefs against each other in a friendly culinary battle while providing a festive way for guacamole fans to "rock out with their guac out."

Tickets to Rock The Guac cost \$40 and come with unlimited guacamole samples, a gourmet taco station provided by The Camby, and two drink tickets good for Casa Noble margaritas and Corona cervezas. The event will also include live lucha libre wrestling, flamenco dancing performances, and a DJ. The event takes place from 6-9 p.m. at The Camby, 2401 E. Camelback Road. Free parking with validation.

Patrons must be 21 and older to attend. Tickets are available online only at [www.universe.com/rocktheguac](http://www.universe.com/rocktheguac). A portion of proceeds from ticket sales will benefit Free Arts for Abused Children of Arizona, a nonprofit organization that heals homeless and abused children through artistic expression.

**Twisted Grove opens second location**

The Biltmore neighborhood has gotten a little "Twisted" with the arrival of Common Ground Culinary's Twisted Grove Parlor & Bar, which opened last month at 3160 E. Camelback Road.

The all-new Twisted Grove location took over the high-profile restaurant space formerly occupied by Stella restaurant (and famously Zen 32 before that) on the northwest corner of 32nd Street and Camelback Road. The location aims to be a welcoming neighborhood hangout featuring tufted booths, community tables and family artwork on the walls, as well as a leave-one, take-one cookbook library.

Twisted Grove's new location also features the same compact yet comprehensive menu as the Scottsdale original, starting with perfect-for-sharing small plates such as house-made burrata and tomatoes, Twisted oysters (quick broiled and topped with creamed spinach, tasso ham relish and shallot butter) and the signature charred brussels sprouts with candied bacon.

**FOOD FOR THOUGHT**

There's also a variety of hearty bruschetta boards, farm-fresh salads and bold sandwiches. Go big with lunch or dinner entrées such as house-made pappardelle or cavatelli pastas, or skip straight to the dessert menu featuring Collins' famed daily pies.

Twisted Grove in Phoenix also will offer weekend brunch featuring a Bloody Mary bar and Champagne station, as well as a daily Twisted Hour (3-6 p.m.), featuring \$4 craft beers, \$7 wines by the glass and craft cocktails for only \$7 each (menu changes seasonally.)

For more information, including hours of operation, call 602-730-3533 or visit <http://www.twistedgrove.com>.

**All-day happy hour at North**

Summer is in full swing and neighborhood eatery, North Italia, is making these sunny days even sweeter with the launch of its all day happy hour.

Through Sept. 15, North Italia, 4925 N. 40th St., offers happy hour Monday through Friday from 11 a.m. to 6 p.m., in addition to its all-day happy hour on Sunday. Enjoy popular happy

hour items such as \$3 zucca chips or an \$8 Margherita pizza, and then cool down with a glass of \$4 sangria.

For more information, call 602-324-5600 or visit <http://www.northitaliarestaurant.com>.

**Two partner eateries noted for wine selections**

Beckett's Table and Southern Rail have been honored for their outstanding wine programs in *Wine Spectator's* 2017 Restaurant Awards. The restaurants are recognized among other winners from all over the globe as a top destination for wine lovers.

"We couldn't be happier to have our wine programs recognized yet again by *Wine Spectator*," said Scott Stephens, managing partner of Beckett's Table and Southern Rail. "Our restaurants are committed to supporting local business and our wine programs reflect our support of Arizona winemakers. We're honored to represent the wine industry in Arizona with these awards."

*Wine Spectator* began its program to recognize the world's best wine lists in 1981. There are three levels: the Award

of Excellence, the Best of Award of Excellence and the Grand Award. Beckett's Table and Southern Rail have each won the Award of Excellence, which recognizes restaurants whose wine lists feature a well-chosen assortment of quality producers along with a thematic match to the menu in both price and style. This year marks Beckett's Table's sixth time in a row winning the award and Southern Rail's third.

The complete list of award winners is available online at [Restaurants.WineSpectator.com](http://Restaurants.WineSpectator.com), where visitors can search and access exclusive content on the more than 3,500 restaurants.

**Special menu features popular Hatch chiles**

The annual harvest of the Hatch green chile is a popular event in the Southwest, and Z'Tejas Southwestern Grill joins this celebration with the new Hatch Chile Fest menu.

The Hatch green chile is unmatched in its versatility—sautéed, roasted, chopped, it can be used in sauces, toppings to tacos, mixed into stews, crushed into margaritas even

stirred into ice cream. Executive Chef Dan Santos has created an inspired menu with dishes that are both savory and sweet, such as the Chile and Watermelon Gazpacho, Pan Poached Cod with Chile Sauce, and the Pecan Pie with Green Chile Ice Cream.

This seasonal menu will be available Aug. 1-Oct. 31 at Z'Tejas, located at 1525 E. Bethany Home Road. For more information, visit [Ztejas.com](http://Ztejas.com).

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Capitalizing on the "made-to-order" popularity in fast casual dining, Masterpiece takes fluffy vanilla cake doughnuts warm from the fryer and lets you select your toppings—including your choice of icings, "crunchies" and drizzles to finish it off. For example, you could create a maple-glazes doughnut with graham cracker crumb

*please see DOUGHNUTS on page 52*

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**FOOD FOR THOUGHT**

**DOUGHNUTS continued from page 51**

topping and finish it with a caramel drizzle. Or go for a strawberry glazed doughnut with colorful sprinkles.

Accompany your personal work of doughnut art with a hot brewed Illy coffee or a selection of espresso drinks. If coffee is not your thing, there is a nice variety of hot teas, iced tea, lemonade and Italian soda.

For those looking for a healthier breakfast option, the Healthy Bowl features honey vanilla Greek yogurt, fresh fruit and granola.

While you are enjoying your breakfast, you can peruse the art on the walls, courtesy of local professional artists as

well as student artists from nearby schools. The art will rotate periodically.

Hours are 6 a.m.-4 p.m. Sunday through Saturday. For more information, call 602-633-1550 or visit [www.masterpiecedonutsandcoffeeplus.com](http://www.masterpiecedonutsandcoffeeplus.com).

**Eastern European mix at Soup & Sausage**

A lot of specialty food places have been popping up around Phoenix, and Soup & Sausage Bistro is no exception. Located in the shopping center in the southwest corner of 7th Street and Thunderbird Road, the Eastern European-focused eatery, which opened in April, is the passion project of Alex Koshalko and his wife, Nataly,

both natives of Ukraine. Here you will find old recipes from Ukrainian, Polish, Romanian, Russian, German and other Eastern European cuisines, with a slightly modern twist, joined together on one eclectic menu.

“A lot of people like to discover new tastes and cuisines,” Koshalko says. “The idea was to make a restaurant with the service that is very close to American traditions, but with absolutely different food. Our traditions in cooking are different. All our dishes—soups, cabbage rolls, stewed dishes, meatloaf, meatballs, dumplings, pirozhki and others—are hand crafted. Also we cook a big variety of sausages.” The menu also features salads and

desserts. Catering is available.

Koshalko says the food is prepared with fresh ingredients and no additives or preservatives.

The family-owned eatery is slowly building a local following, and Koshalko is excited about the response the bistro’s hearty and diverse food. “The only thing we expected for sure is that the taste of our dishes will remind our customers how their moms and grandmas cooked for them.”

Soup & Sausage Bistro is located at 13240 N. 7th St., Suites 4-5. Hours are 11 a.m.-8 p.m. Tuesday through Saturday. For more information, call 480-319-2208 or visit [www.myeurokitchen.com](http://www.myeurokitchen.com).

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

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NORTH CENTRAL PHOENIX  
HOUSING MARKET!

**246** Active Listings

**43** Homes Under Contract

**56** Sales Pending

**319** Homes Closed from  
May 15 - Aug 15

Currently, North Central  
Phoenix has a 2 month supply  
of inventory but a balanced  
market usually has about 4-6  
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**What does this mean?**

Buyers need more inventory! If  
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