



north central news

the voice of the north central phoenix community

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www.northcentralnews.net

Luxury apartments get OK from city

By Teri Carnicelli

The Phoenix City Council last month voted 6-2 to approve a planned urban development (PUD) zoning change for a luxury apartment development just east of 7th Street on Stella Lane. More than 40 residents attended the meeting in opposition to the zoning change, and many said they were extremely disappointed in the council's decision, but also not that surprised, as the city has been very pro-development in the last several years.

Alta Marlette, a project of Wood Partners, is a luxury rental community proposed for just under 4 acres between Stella Lane and Marlette Avenue, east of 7th Street. The bulk of the project lies behind the strip center that includes Christo's Ristorante and C&S Sporting Goods, and also juts to the north behind Inman & Sons.

The underlying zoning, primarily R-4 and R-5, *please see APARTMENTS on page 4*



The Phoenix Suns Gorilla greets a group of ladies who completed the Phoenix NEDA Walk, including, from left: Kay Eskridge, Phoenix NEDA Walk founder Lori Price, Katie Hassett, and Paige Price (submitted photo).

A personal struggle, a message of hope

By Teri Carnicelli

North Central resident Lori Price has always had an interest in fitness, and particularly enjoys finding ways to make fitness fun for children of all ages. Something she has achieved as co-owner of Flip Dunk Sports at 1515 E. Bethany Home Road.

But what many people may not know about Price is that she has personally struggled with a debilitating eating disorder. "I felt alone and like nobody could understand," Price recalls. "I ended up going into treatment as an adult with three kids."

That is why before she became a business owner, she first committed to raising awareness about this underreported mental illness that can have grave and long-lasting consequences.

"Eating disorders are life threatening," Price emphasizes. "They have [some of the] highest mortality rates of any mental illness."

Gina Rich Hassett has been friends with Price for more than 20 years, ever since their sons started preschool together. "If you know Lori, talking about her struggles isn't something that comes naturally for her. So for her to come forward and do what she is doing to bring awareness to eating disorders is just amazing," Hassett says. "She has helped countless people; she is probably the most passionate person I

know with the biggest heart."

Price started the Phoenix NEDA Walk in 2011. NEDA (National Eating Disorders Association) reports that 10 million men, and 20 million women develop and eating disorder at some point in their lives, and that half of teen girls and a third of teen boys use unhealthy weight control behaviors.

"My goal is to spread awareness, help others not feel alone, and to let them know help is available," Price says. And she has strong team of supporters in her corner, including her family.

"I have a really strong and amazing committee that helps with the walk every year," Price says. "This makes chairing the walk and running Flip Dunk eas-

please see STRUGGLE on page 6

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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,



Jan Hatmaker, a volunteer tutor with OASIS, works on reading skills with third-grade student Sabrina Clayton at Camelview Elementary (submitted photo).

Rose Lane and Simis.

Tutors receive training by a reading specialist along with a tutor handbook, bag, and materials. The next tutor training will be held Jan. 22-24 from

8:30 a.m. to 12 p.m. at Camelview Elementary, 2002 E. Campbell Ave.

For more information or to register for training, contact Kim Gullo at kgullo@madisoned.org or 602-664-7285.

Local park added to national register

Encanto Park, Side B, The Norton House, as well as the back nine of the golf course and the Executive Course have been officially added to The National Register of Historic Places.

The National Register of Historic Places is the nation's official list of buildings, structures, objects, sites, and districts worthy of preservation because of their significance in American history, architecture, archeology, engineering, and culture. The National Register is administered by the National Park Service, which is part of the U.S. Department of the Interior.

In 2009, Forbes Magazine named Encanto Park of the nation's top-12 best city parks, and lifestyle website Thrillist named it one of the nation's top 15 parks in 2016. This 222-acre oasis offers picnic areas, a lagoon, boathouse, swimming pool, nature trail, urban fishing and two golf courses.

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to enter for your chance to win this month's prize,

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Deadline to enter is Jan. 20, 2018.

The winner will be announced in our February issue.

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



Mary Crozier, president of the North Central Phoenix Homeowners Association, with support from a large contingent of orange-shirted neighbors, speaks to the Phoenix City Council at its Dec. 13 meeting in opposition to a rezoning request to allow high-density apartments in the neighborhood south of Maryland Avenue and east of 7th Street (photo by Teri Carnicelli).

APARTMENTS continued from page 1

plus some commercial, allowed for a maximum of 156 units and three stories on that total acreage. Wood Partners wanted 245 units, and came to the city with a Planned Urban Development (PUD) rezoning request, which would allow for the higher density and up to four stories.

The City Council had delayed vote on the zoning change request two times, directing the neighborhood leaders and development representatives to sit down together and try to work out a compromise. The opposition said the density was far too much for this older, quiet neighborhood, which would also cause serious traffic issues for those trying to enter/exit the development off Stella Lane. However, traffic engineers from the Streets Transportation Department signed off on the traffic study submitted by Wood Partners, which commissioned the study from J2 Engineering.

The study showed a regular "gap"

period between the lights at Maryland Avenue to the north, and Rose Lane to the south, which would allow several cars to safely turn left only 7th Street from Stella, even during rush hours.

Neighbors contend that the bulk of vehicles exiting the property were much more likely to turn right, and then cut through the neighborhood using Maryland Avenue—which puts them in the direct path of children heading to Madison Traditional Academy at 10th Street.

Jamie Blakeman from J2 Engineering responded that while many cars probably will turn right, those drivers more than likely would head up to Glendale Avenue before turning east, and pointed out that no one would deliberately choose to get caught in school zone traffic.

Nonetheless, traffic already is an issue in this neighborhood, and adding more than 200 additional residences will only worsen the problem, said Mary Crozier, president of the North

please see APARTMENTS on page 6

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or to representing you in purchasing your new home. I listed 145 homes in 2017 and we sold 128. We have now sold more than 3,000 North Central homes over the past 27 years, some them two

and three times. I got my real estate license in 1985 and, living in North Central all that time, I knew I wanted to be the #1 real estate agent in sales in my neighborhood. I coached my kids in all the RAMMS sports (including being on the RAMMS board for seven years and having my kids go to All Saints, Xavier and Brophy) This has been my home since I moved to Phoenix in 1978 to work with my Dad at the Jockey Club.

I currently have 60 home listings so please view my listings in centralphx.com.

I remember about 30 years ago when my good friend Dr. Peter Nutley used to take his dog Lucky hunting and I laughed at Peter because he acted like his dog was human. Since then I have had four dogs that have passed on and currently have a rescue boxer from Boxer Luv, named Layla, and I now know dogs are human ... and sometimes more loving than my kids.

My wife and I just put our 16 year old Weimeraner, Jakki, to sleep and there is a major void in my home right now. I used to take Jakki to the gym with me five days a week and let her sleep in the front seat of my car while I worked out. I made sure it was 65 degrees or cooler at 5:30 am so please don't report me. Jakki and I would then go get mommy her daily coffee at Lux's coffee shop and split a yogurt parfait that I made sure was finished before

we got home so my wife would not yell at me for giving my dog yogurt. My wife would tell me it was not good for the dog but you know what? The dog lived for 16 years so that yogurt must have been good medicine for my dog. I will miss Jakki so much and I am truly convinced that dogs are Human!



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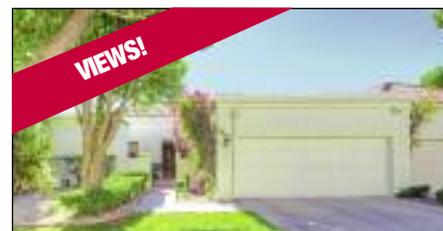
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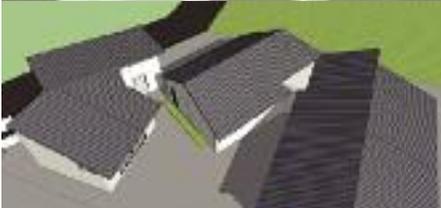
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COMMUNITY

APARTMENTS *continued from page 4*

Central Phoenix Neighborhood Association, one of more than 15 neighborhood groups that had joined together in opposition of the re-zoning request.

Crozier and some of the other more vocal opponents had been called out for not actually living near this development site. However, Crozier pointed out this zoning change would open the door for other developers interested in high-density infill projects in Central Phoenix, who would use the PUD method to get around existing, lower-density zoning. Approval means the city now has this precedent on its books.

While a meeting, facilitated by Mayor Greg Stanton, was held between neighborhood leaders and representatives of the developers in late November, no progress was made. The opposition group was then shocked to hear at the Dec. 13 city council meeting that the developers had agreed to 229 units, after working directly with Councilman Michael Nowakowski. Though Alta Marlette is not in Nowakowski's district, Wood Partners

had developed the five-story, 230-unit Alta Fillmore in his district in 2016. Alta Fillmore, which sits on just over 4 acres at 601 W. Fillmore St., sold in November for \$59 million to a Canadian real estate investment trust.

Residents were visibly angered that they weren't included in those negotiations and raised concerned about "secret back-door dealings." They also said 229 units was still far too many for an area that was zoned for 63 less than that number.

Atlanta-based Wood Partners, with offices in Scottsdale, has a history in Phoenix of building, then selling, these types of development within a fairly short time period. Residents argued that this demonstrated their lack of interest in being a part of the "community."

"Wood Partners is in the flipping business," Crozier said. "Two years from now it is highly likely they will be gone [and] we will be stuck with this big box apartment complex and overwhelming traffic problems that the city has no money to fix."

Kate Gallego and Laura Pastor were the only dissenting votes, with Debra

Stark recusing herself in advance of the discussion and vote due to a "potential conflict of interest."

STRUGGLE *continued from page 1*

ier to manage. Also, at Flip Dunk my business partners are incredible—Malarie and Bob Woolf do a ton of the work, and they also help with the walk."

The Phoenix NEDA Walk is set for 6-9 a.m. Sunday, Feb. 25 at the Phoenix Zoo, 455 N. Galvin Parkway. There will be a 1-mile walk through the zoo, with the Phoenix Suns Gorilla on hand to congratulate participants at the end of the walk. There also will be speakers, raffles, information booths, a kids crafts station, a DJ and refreshments. Teams have until 1 p.m. Feb. 23 to register. Or, you can make a pledge to an existing team, like Price's. Her team name is "You're More Than A Number."

"Everyone knows somebody who's been affected by an Eating Disorder, but because of NEDA, there is hope, prevention, cures, and improved access to quality care," Price says.

For more information, visit: <https://nedawalk.org/phoenix2018>.

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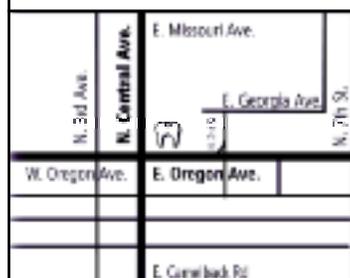


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COMMUNITY

Local youth earns trip with shoe drive

By Teri Carnicelli

When North Central teen Jackson Sriro set out last spring to collect 25,000 pairs of gently used shoes by the end of 2017, he knew it was an ambitious goal. One that he may not achieve.

But he persisted, not just because it could earn him a trip to another part of the world, but also because every pair would aid someone in need—children in poor countries who can't go to school because they don't have shoes, or adults whose feet are battered and sore because the shoes they have are old and worn.

Jackson's project was in partnership with Soles4Souls, a not-for-profit global social enterprise committed to fighting poverty through the collection and distribution of shoes and clothing.

Soles4Souls (www.soles4souls.org) has three specific program locations: Honduras, Guatemala and the Dominican Republic/Haiti. The organization gifts shoes directly to those in need, but also helps locals launch micro-businesses by selling the shoes to them



Jackson Sriro, 13, recently completed a shoe drive for charity, collecting nearly 20,000 pairs for the not-for-profit organization, Soles4Souls (photo by Teri Carnicelli).

at a deep discount, so they can turn around and open their own "shoe store," reselling the shoes at a modest profit.

Jackson is the youngest person in Arizona to host a shoe drive with a goal of 25,000 pairs of shoes. In the end, he came very close: nearly 20,000 pairs. A large percentage of those shoes were donated through drop boxes at area

Orangetheory fitness centers.

Despite falling short, Soles4Souls decided to award him a free trip for two to one the organization's program site in 2018, where he will help deliver shoes with the not-for-profit organization. Jackson was given the good news on Dec. 21, an early Christmas present for the 13 year old.

"Jackson is an amazing young man and done tremendous work for Soles4Souls," says Kellen Clawson, Community Partnership Specialist—West for Soles4Souls. Clawson points out that not only did Jackson secure a donated warehouse space in the Scottsdale Airpark area to store the shoes he collected, but the warehouse owner was so impressed, he has agreed to allow his space to be an ongoing storage facility for future Phoenix-area shoe collection programs with Soles4Souls.

"The Phoenix shoe collection program would not be what it is today without all of Jackson's drive and dedication to the Soles4Souls mission," Clawson adds. "We are honored to work with such an inspirational young man."

Jackson's father, Todd Sriro, says

that if his schedule permits, he will purchase a ticket for himself to travel with Jackson and his mother, Jennifer, to either Honduras, Guatemala or Haiti this year—depending on Soles4Souls travel schedule and Jackson's school breaks from All Saints' Episcopal Day School. "It's a good way for all of us to see the outcome of his extraordinary effort," Todd says.

Kids can enter recipe contest

Know a kid who loves to cook? Blue Cross Blue Shield of Arizona is searching for the next great kid chef to create a delicious and healthy side dish recipe for its eighth-annual Walk On! Kids Cooking Challenge.

Finalists will sample their culinary creations at a Phoenix Suns home game on Feb. 10 and compete to win prizes including a new bike. Children ages 9-12, living anywhere in Arizona, are encouraged to submit their side dish creations online at www.walkonaz.com anytime between Jan. 1-24. For more details, visit the website.

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COMMUNITY

Historical society founder remembered

Connie Kreamer, co-founder of the Sunnyslope Historical Society and Museum, passed away on Nov. 17. A celebration of life in her honor will take place 10 a.m. Saturday, Jan. 20 at the Sunnyslope History Museum, 737 E. Hatcher Road.

Kreamer, 84, was originally from Rawlins County, Kan. She and her husband, Jim, moved to Sunnyslope in 1959. The Kreamers operated a cabinet building shop for more than 25 years.

Kreamer enjoyed history, especially of the Sunnyslope area. She volunteered her time to gather oral histories from longtime area residents, as well as newspapers clippings, photos and other materials for the historical society she helped launch in 1989.

The Kreamers were honored by the Sunnyslope Historical Society Board of Directors in 2009 with a special sign on an exterior wall of the building, designating it as the Connie and Jim Kreamer Campus. Connie also was recognized in 2009 by the Museum

Association of Arizona with its Award for Distinguished Service, for her “outstanding contributions to the museum profession throughout a lengthy career.”

Friends, family and members of the community are invited to attend the Celebration of Life in her honor. For more information, call the Sunnyslope Historical Society at 602-331-3150.

Many options to recycle your tree

North Central residents have a few options for recycling their live Christmas tree this season. For a donation of \$15, you can let the Madison Simis & Meadows Dads Club pick it up and take it away for you on Saturday, Jan. 6. Just reserve your pickup online by Thursday, Jan. 4 at <https://simispats.com/product/xmas-tree-pickup/>, pay your \$10 donation, and place your tree curbside no later than 9 a.m. on Jan. 6. The tree must be free of tinsel, nails and ornaments. For more information, e-mail simisdadsclub@gmail.com.

If you have the ability to transport



The city of Phoenix Public Works Department will accept you live Christmas trees and wreaths—with all ornaments and metal removed—at several drop-off locations, where they will be turned into mulch and used at various city parks (submitted photo).

the tree yourself, the city’s Public Works Department also offers Phoenix residents a green way to take down their live Christmas trees. Trees and live wreaths can be dropped off for recycling at any of the participating Phoenix parks until Sunday, Jan. 7.

Participating parks include:

- Mountain View Park, 7th Avenue south of Peoria Avenue
- Washington Park, 23rd and Maryland Avenues
- Madison Park, 16th Street and Glenrosa Avenue
- Los Olivos Park, 28th Street and

Devonshire Avenue

In addition, trees will be accepted at the I Recycle Phoenix Fest, set for 8 a.m.-1 p.m. on Saturday, Jan. 6 at Christown Spectrum Mall, behind the Walmart on 15th Avenue just south of Bethany Home Road.

Remember that all trees and wreaths should be cleared of any decorations including tinsel and tree stands and other hardware should also be removed before recycling. Additional information on holiday recycling can be found at phoenix.gov/publicworks or by calling 602-262-7251.

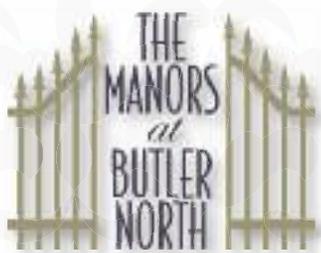
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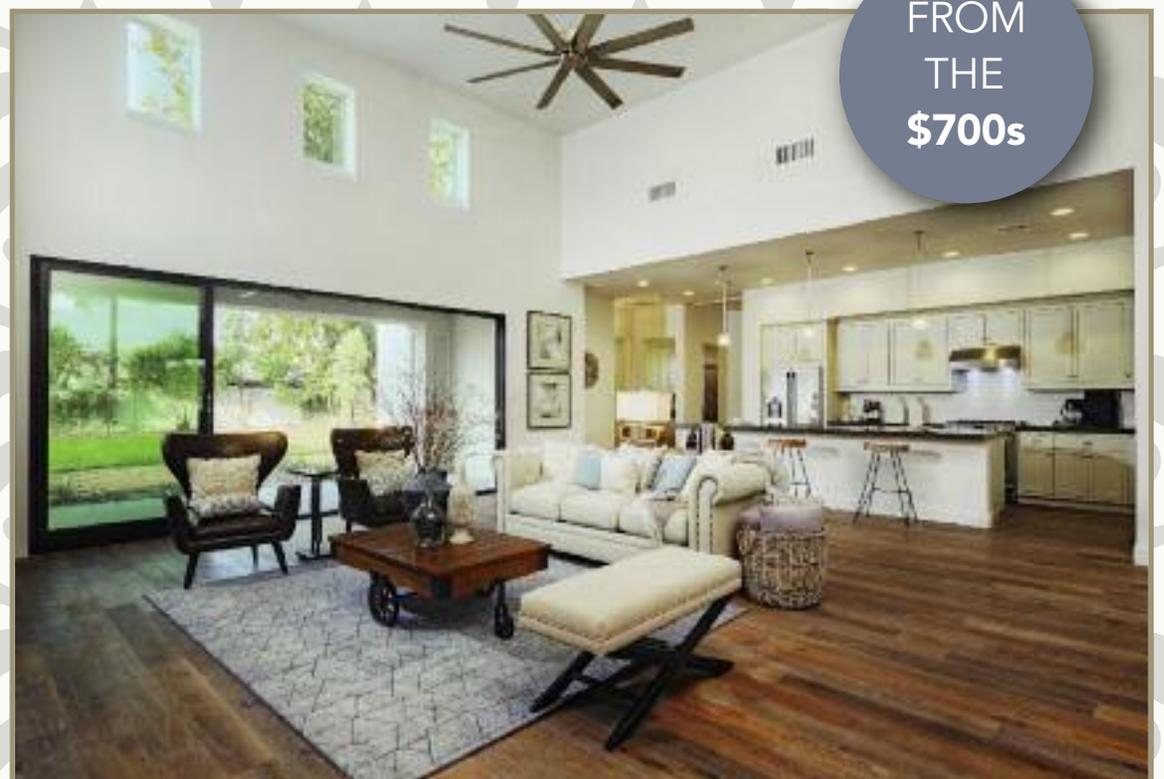
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732 W. Rose Lane
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226 E. Brook Hollow
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\$375,000



2628 E. Shangri-La
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Ladybird is a regal tabby who gets along with other animals. She is ready to make your home her castle (submitted photo).

Pet of the Month

Regal tabby ready to rule your roost

A true lady in nature, Ladybird is a regal 11-month-old tabby who would love to be the queen of any castle. This royal feline was given to the Arizona Humane Society after her previous owner said they no longer had time to care for her. When it comes to time, Ladybird can be a little shy at first but will warm up to those who give her love and affection.

Ladybird loves to find unique places

to sleep—her favorite place used to be in a filing drawer cabinet. With soft blankets, plenty of toys and companions to reside over, Ladybird would make any home more aristocratic and fun. This lady has also been around other kitty cats and would make a great playmate for your four-legged friends, as well.

This majestic beauty is waiting for a home at the Arizona Humane Society's Sunnyslope Campus, located at 9226 N. 13th Ave. Her adoption fee is \$40 and includes her spay surgery, microchip and vaccinations. For more information, call 602-997-7585 and ask for animal number A570133.

This pet might have been adopted by the time you visit the shelter, however AHS has dozens more wonderful pets who also need loving homes. To see all adoptable animals right now, visit www.azhumane.org/findapet.

Dine With Your Dog aids pet therapy

Reward your dog (and yourself) at the Phoenix Children Hospital Foundation's 11th Annual Dine With Your Dog, set for 10:30 a.m.-1 p.m.

Sunday, Feb. 11, at Heritage Square at 113 N. 6th St. in Downtown Phoenix. Join Phoenix Children's to dine on a champagne brunch spread while your pup enjoys a dog-friendly gourmet meal. Capture Fido's good side by taking a stroll in front of the "pup-arazzi" for the full star treatment. Explore the pet play areas, chat up fellow dog owners and bid on some fun auction items for you and your furry friend.

Tickets are \$125 per canine and their well-behaved person. All proceeds benefit PetSmart Charities' Paws Can Heal Animal-Assisted Therapy program. Reservations and sponsorship opportunities are available at www.dinewithyourdog.org.

Doggie Street Festival at Indian School park

The third-annual Doggie Street Festival, set for 10 a.m.-3 p.m. Saturday, Jan. 20, is a dog and cat adopt-a-thon and fun celebration of companion animals. More than a dozen breed-specific rescue groups will be in attendance with adoptable dogs and cats.

This celebration, held at Steele Indian School Park, 300 E. Indian School Road, also provides a shopping extravaganza experience with lots of great deals and free samples from the specialty vendors in attendance, offering the latest in pet foods, services, fashion, accessories, health supplements, dog training, travel, lodging, nutrition and veterinary care.

There will also be music, food and auction prizes, as well as an area just for kids. Friendly, leashed dogs are welcome. For more information, visit www.doggiestreetfestival.org/phoenix/, e-mail doggiestreet@gmail.com or call 323-445-5087.

Train in comfort of your home

Editor's note: contact information was incorrectly reported for this business in the December issue of NCN.

Emily Daley, a Sunnyslope native, has been helping families train their dogs for more than 15 years. She serves the Phoenix pet owner population through her business, PAWS 4 Obedience.

"The in-home training programs give your dog the opportunity to begin their behavioral journey in their familiar territory, while also giving owners the ability to properly set things up for their

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dog so that they may better focus and progress in training,” Daley explains.

For more information or to schedule an appointment, call 602-488-4006 or e-mail emdaley6@gmail.com.

Mobile groomer comes to you

A longtime mobile groomer, based in Sunnyslope, is under new ownership. Pawgo began in 1974 as Galloping Groomer with just a few mobile grooming vans and has now serviced customers in Maricopa County for more than 40 years.

Pawgo has more than 20 vans, servicing all parts of the Valley from Anthem to Mesa, Queen Creek to Litchfield Park. The groomers are available seven days a week from 7 a.m. to 9 p.m. and provide service for your pets at work, home or wherever you are.

Services include Bath & Tidy (\$40), and Full Grooms (\$65). Customers can read unbiased and unedited reviews by breed for each groomer on the company's website, www.pawgo.co. You also can find discount coupons there.

To schedule an appointment or for more information, call 602-678-DOGS (3647).

Temp library opens at Park Central Mall

Phoenix Public Library and the new owners of Park Central Mall have announced that temporary library services will be available to the public beginning this month in an almost 30,000-square-foot space at the mall, located on Central Avenue just south of Osborn Road.

Located along the light rail and approximately 2 miles from the temporarily closed Burton Barr Central Library, “Phoenix Public Library @ Park Central” is tentatively scheduled to open on Jan. 5.

Families will be able to attend early literacy programming such as Storytimes, teens will be able to gather after-school for homework help and coding programs, those relying upon the library for access to the Internet will be able to take advantage of 28 computer stations—all of this in addition to a range of more than 50,000 library materials for all ages available for check out. There also will be free WiFi for the public.

A public open house is scheduled for Saturday, Jan. 13. Regular library

hours will be 9 a.m.-5 p.m. Monday, Friday and Saturday; 9 a.m.-9 p.m. Tuesday, Wednesday and Thursday; and 1-5 p.m. Sundays.

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

Italian dinner with Igor & Jazz Cowboys

Local musical favorite Igor & the Jazz Cowboys will be featured at Lura Turner Homes' 8th annual Italian dinner, set for Saturday, Jan. 27, at Madison Baptist Church, 6202 N. 12th St. Seating times are at 4 and 6 p.m.

The \$17.50 tickets for adults (\$10 for children 12 and younger) include all-you-can-eat spaghetti and meatballs, garlic bread, and choice of iced tea, lemonade or water, from Personal Touch Catering.

Each diner also will receive a small sundae from Mary Coyle's Ice Cream's food truck, and Hidden Treasures Antiques will have collectibles and original artwork for sale. There will be door prizes, a 50/50 raffle, and more.

All proceeds benefit the special needs men and women who live at Lura Turner Homes. For tickets or information, contact Max McQueen at 602-943-4789 or maxm@luraturner-homes.org.

Cooking classes offer health, flavor, fun

North Central resident Nancy Matsui had had a lifelong love of cooking, which she now shares with the community through her Onion Enterprise-Education in Flavor series of classes. Matsui offers cooking classes in her home near 15th and Northern avenues. Each class includes demonstrations with each dish served, and a copy of all recipes.

A new series begins in February, will classes taking place 11 a.m.-1:30 p.m. Saturdays. All classes are \$50 each. Space is limited, so RSVP quickly. Payment must be received prior to class in order to hold the reservation. To RSVP or for more information, e-mail Matsui at onionenterprise@cox.net, or call 602-618-6527.

Pick up a hard copy of the Education in Flavor brochure at the Uptown Farmers Market information booth, 9 a.m.-1 p.m. Saturdays at North Phoenix Baptist Church, 5757 N. Central Ave.

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Community Central

An Inside Look at Education Issues

6:30 p.m. Tuesday Jan. 16
 Beatitudes Luther Life Center
 1616 W. Glendale Ave.
 602-510-1544

The Phoenix Branch of AAUW hosts Kathy Knecht, Peoria Unified School District Governing Board member and past president of the board for the Arizona School Boards Association. She will share "A School Board Member's Perspective on Local and Statewide Primary and Secondary Education Issues." The meeting begins after an optional dinner at 5:30 p.m. (\$15). RSVP for the dinner by Jan. 12. Visitors are welcome.

Phoenix Writers Club

12-2 p.m. Saturday, Jan. 20
 Bluewater Grill
 1720 E. Camelback Road

The club hosts guest speaker Laura Orsini, who will discuss "Marketing

Your Book." Cost of the luncheon is \$20 members/\$25 guests. RSVP to navissak@hotmail.com with Phoenix Writers Club in subject. All are welcome.

Central High Class of '68 Reunion

3 p.m. Saturday, Jan. 20
 Aunt Chilada's
 7330 N. Dreamy Draw Drive

A non-ticketed event, meet on the patio and pay for your own food/drinks. However, a headcount is needed, so find more information and RSVP at Classmates.com (search Reunions/Arizona/Phoenix/Central High School) or e-mail rhellertucson@gmail.com.

A Visit With Artist Hilario Gutierrez

10 a.m. Saturday, Jan. 27
 Sunnyslope History Museum
 737 E. Hatcher Road
 602-331-3150

The entire month of January will be devoted to an art exhibit from Sunnyslope High School students at the museum. Gutierrez, who graduated from the high school in the 1960s, will speak about the path his like took to encourage him to become an artist, after 35 years as a professional hair stylist. This is a free event but donations are gratefully accepted. The month-long exhibit will be available to view during regular museum hours. Call for more information.

Former CIA Director James Woolsey Speaks

Tuesday, Feb. 13
 Omni Montelucia
 4949 E. Lincoln Drive
 602-730-3300

The Sandra Day O'Connor Institute Distinguished Speakers Series presents James Woolsey, who served under four U.S. Presidential administrations, including Jimmy Carter, Ronald Reagan, George H.W. Bush and Bill Clinton, and was Director of Central Intelligence. Woolsey is a frequent news media contributor on issues of national and international security, alternative fuel options for transportation, energy, foreign affairs, defense, and intelligence. He currently serves on the Board of Advisors of the Task Force on National and Homeland Security, a Congressional Advisory Board. Individual tickets start at \$75. Visit www.OConnorInstitute.org.

Happy New Year

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Happy New Year!

HAPPY HOUR *with* HERSCH

I have been warned by many that the topic I am about to embark on can only end badly but I am going to press on because if we are afraid to discuss and communicate about tough issues then what have we become? Definitely not enlightened. The year ended with a never-ending storm of reports of sexual harassment. With how quickly the news was coming it became confusing to this middle aged white male what constituted sexual harassment (I know I said it, and will most likely be stoned by some). But I have discussed this topic with many individuals of both genders and never once did I get the same answer. The definition each used depended on their life experiences, gender and age. A 30-year old woman defined it differently than a 50-year old woman who defined it differently than a 20-year old male. As we move forward towards equality, which is a must, we cannot be afraid to have these discussions and learn from each other without the fear of reprisal. If the goal is equality, which is different than being the same (another topic for another day), then we cannot be afraid to listen and learn from each other.

Here's hoping that 2018 is the year of dignity, respect and equality for all!

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Winner for Last Month – Mark Wagner | Last Month's Answer – David Puddy

*First person to correctly answer the trivia question via email, text or phone call will win \$100 gift card to Barrio Café. 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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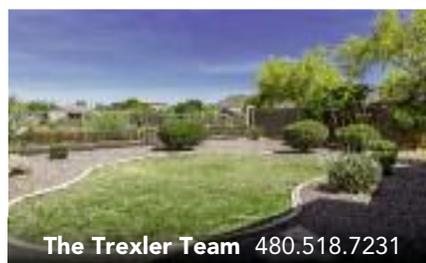
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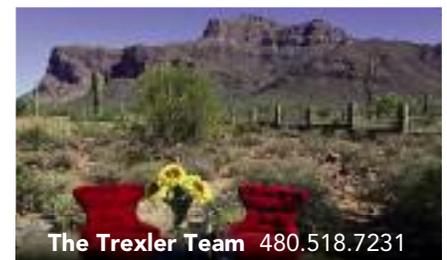
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HOME & GARDEN



Members of the Diggers Garden Club gather for their annual luncheon Dec. 6 at Vincent on Camelback (photo by Teri Carnicelli).

A love of gardening shared over 80 years

By Teri Carnicelli

Things were very different in Phoenix in 1937. Much of the Valley was still undeveloped, and life was a struggle for many families trying to survive the Great Depression, which wouldn't end for two more years.

A group of women living in what is now the Encanto-Palmcroft Historic Neighborhood began meeting informally to help each other in their yards. They planned and planted gardens, pulled weeds, and traded flowers and plants. During those hours in the sun, they talked about their families, shared their worries, and enjoyed the support and friendship of each other.

After the gardening was finished, the hostess served coffee, tea and cookies, followed by a good game of Bridge. They called themselves "The Diggers." A year later, as a way to enlarge the group, each woman was asked to invite a friend, and this is how the Diggers Garden Club formally began.

Eighty years later, women from around the Valley still gather once a month to share their love of gardening and to enjoy each other's company. "There are other garden clubs in the Valley, but to our knowledge we are the largest, consistently operating one," says Mary Ann O'Neil, current Diggers Garden Club president.

Club members now range in age from the late 50s to the early 90s. Some are still active gardeners, some enjoy visiting others' gardens and learning about different plants. And one thing

remains the same—in order to join, you have to be invited by a current member. And overall membership is limited, so some ladies wait years for a spot to open up.

Peggy Brignall has been a member for 10 years, and served on the board seven times—twice as president. "We all have a common love, and it makes it so easy to fit in," she says. "It's quite a joy to work with this group."

Currently there are 34 active members, and 28 inactive members. The club meets monthly, October through May, at a local venue or at different member's homes. "We save several months during the year to enjoy each other's gardens," O'Neil explains.

There is often a guest speaker from outside the club. "We have heard about everything from compost to chrysanthemums," O'Neil says.

The club also is very active with charitable endeavors that reflect their passion. Each year at the annual party, donations are collected for a pre-selected beneficiary. This year a little over \$600 was donated to the Pioneers' Cemetery Association, to help fund a project to add more trees and plants to the historic Pioneer & Military Memorial Park in downtown Phoenix.

The ladies also have been ongoing supporters of the North Mountain Visitor Center and were significant funders of the Bird Blind there.

Phoenix has changed dramatically in the last 80 years, growing from a small, struggling desert town to the fifth-largest city in the nation, as of 2017. "One thing has remained constant—the beauty of nature has contin-

HOME & GARDEN

ued to enchant the Diggers Garden Club, and the fellowship of our members remains strong,” O’Neil says. “We have thoroughly enjoyed our 80 years of ‘digging’ together.”

**Ikebana Exhibit
Jan. 26-28 at garden**

The Japanese Friendship Garden of Phoenix hosts the 9th Annual Ikebana Exhibit Jan. 26-28, sponsored by The Sonoran Desert Sogetsu Study Group (SDSSG).

Sogetsu Ikebana is a contemporary Ikebana art style that encourages creativity and artistic expression using the natural beauty of flowers, leaves, and branches, and unexpected, unconventional materials.

The exhibition will feature traditional and unusual ikebana art displayed in eight whimsically named “galleries” along the path winding around lakes, past the waterfall, and across the bridge throughout the five-acre garden.

The weekend offers many opportunities to further experience ikebana in the garden. Attend formal presentations by instructors, engage with artists at daily demonstrations, join tours, make your own small ikebana, and visit the ikebana information booth. There also will be a chamber music concert with traditional Japanese music on Sunday at 2 p.m.

The garden, located at 1125 N. 3rd Ave., will be open 10 a.m.-4 p.m. each day. Tickets are \$7 adults, \$6 military/seniors age 62 and older, and \$5 for students with ID. To view the full schedule of events, visit www.japanese-friendshipgarden.org. For more information, call 602-274-8700.

Recycle festival is free for community

Keep Phoenix Beautiful is bringing back its popular “I Recycle Phoenix Festival” from 8 a.m.-1 p.m. on Saturday, Jan. 6 at Christown Spectrum Mall, behind the Walmart on 15th Avenue just south of Bethany Home Road. The event is to help Valley residents safely recycle unwanted home items, including old magazines, office supplies, gently used household items, gently loved toys, and more.

Through its partnerships with the City of Phoenix’s Public Works Department and other local organiza-

tions, Keep Phoenix Beautiful will accept a variety of items taking up space in homes, offices, closets, drawers and garages.

Books, toys, clothing, art supplies will be donated to local nonprofits, such as Treasures 4 Teachers. Cell phones will be donated to the Verizon Hope Line. St. Vincent de Paul will also conduct a Food Drive for canned and non-perishable food items. Electronics will be accepted by Westech Recyclers and residents can bring documents to be shredded as well. Up to five banker boxes of documents will be shred for free.

Items that will not be accepted include CRT TVs and monitors, single-use batteries, fluorescent tubes, and light bulbs. Household hazardous waste items such as paint, tires and chemicals will also not be accepted.

A complete list of accepted items is available at www.phoenixrecycles.org. For more information, call 602-262-4820.

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TAKING CARE OF BUSINESS

Performing arts studio continues to grow

Cannedy Performing Arts Centre, celebrating 30 years as a dance studio for children through adults, is expanding its efforts from the North Central Phoenix area to Prescott.

Owners and the husband-and-wife team of Pam Cannedy and Stepan Oleksyn are also getting involved in the arts community in Prescott, where they are choreographing shows at the Prescott Center for the Arts (PCA) and teaching at the Elks Performing Arts Center.

In addition, Cannedy's "Studio C" is physically moving from Phoenix to Prescott, where it will become PCA's dance room and rehearsal space in the nonprofit's new \$2 million theatrical facility.

Cannedy began visiting Phoenix in 1972, and moved here permanently in 1981, after more than seven years of choreographing and performing in dinner and community theaters through-



Pam Cannedy and Stepan Oleksyn of the Cannedy Performing Arts Centre are celebrating 30 years of tap, jazz, ballet and more in North Central (photo by Mary Nelle Brown).

out the Midwest. She met a new director for the city of Phoenix Parks and Recreation Department, who was hired to revive the city's theater department at Third Street Theatre, with "Pippin"

as the first show. Cannedy was hired as choreographer, which led to many more shows with her at the choreography helm at the theater.

In addition, Cannedy began teach-

ing tap and jazz classes in the same building, and held dance shows there for the next seven years. Then, Cannedy and Oleksyn were driving down 7th Street, close to their house, and saw a place for rent.

"Stepan and I always talked about how nice it would be to have a dance studio close to home, so we could avoid the heavy morning traffic, freeways, and so forth. There was our answer."

The Cannedy Performing Arts Centre opened in the fall of 1988. Eventually, one studio unit turned into three and then four.

In the early days, Cannedy taught every class from beginners to advanced students in ballet, pointe, tap, jazz, aerobics, and more, in addition to choreographing musicals and working full time. Now with more than 16 employees, Cannedy says they are fortunate to have great support over the years.

"Growing 'Cannedy' into a 30-year business in the community by teaching dance and theater arts to children—

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TAKING CARE OF BUSINESS

and now, to their children and yes, grandchildren—is truly our blessing,” she said. “We take nothing for granted, and give thanks every single day that we still have the privilege of enriching the lives of so many children and adults by promoting arts education.”

The fall season is underway for Cannedy Performing Arts Centre, which includes hip-hop, acrobatics, musical theater, pom, stretch and conditioning, ballet, tap, jazz, and more at 6222 N. 7th St. For details, call 602-265-0227 or visit www.cannedyperformingarts.com/.

Business Briefs

Nominations open for IMPACT Awards

The Greater Phoenix Chamber of Commerce (GPCC) seeks nominations for its 2018 IMPACT Awards, which honor the accomplishments of outstanding Valley organizations and the positive impact they’ve made on the Greater Phoenix business community.

Nominations—which can come from anyone in the community—are

open from now until Jan. 17, and can be submitted through the chamber’s website at <http://phoenixchamber.com/9116-2/>. Nominees must be Chamber members in good standing. Two businesses, one with fewer than 250 employees and one with 250 or more employees, will be honored in each of the four categories: Community Champion, Economic Driver, Exceptional Innovator and Arizona Advocate.

An IMPACT Business of the Year will also be selected from among the four category recipients in each business sector and will be announced at the 30th Annual IMPACT Awards Luncheon on May 24.

In addition, the IMPACTful Nonprofit Award is open to 501(c)3 nonprofit organizations. This award recognizes the value of nonprofits in the Valley, while also taking into consideration the unique situation, scope and abilities of a nonprofit organization. Nominate a 501(c)3 nonprofit Valley organization that serves a valuable mission and is deserving of special recognition at <http://phoenixchamber.com/9174-2/>.

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Ask the Lawyer

Q What should your New Year’s resolution be?

Answer: Have your estate plan reviewed! Another year has come and gone and it is easy to put those to-do’s aside. Your estate plan is a guide to your loved ones, which spells out what your wishes are when you become incapacitated or die. It also allows you to protect your legacy if planned for properly.

Medicaid Triggers: If you need to go into a nursing home or other long-term care, Medicaid triggers allow your trustee to allocate the assets in a manner so as to prevent everything you own from being spent-down in order to qualify for Medicaid.

Beneficiary Trust: Rarely do people want an outright distribution to beneficiaries. If beneficiaries get assets in their own names, they are subject to the loss of all their assets in the event of a lawsuit, a claim by a creditor, an ex-spouse in divorce, or to long term spend-down costs.

Qualified Trust: You must be very careful how you coordinate any IRA, 401k, 403b, or other qualified (tax deferred) asset with your trust. If you simply make your trust the named beneficiary of your retirement plans, you could suffer some serious tax issues and lose the ability to stretch out these plans after your death.

If you are unsure if your trust includes these important pieces, call 602.249.1328 to schedule a consultation today.

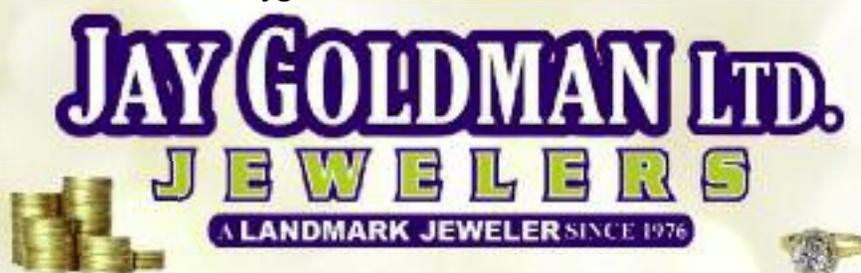
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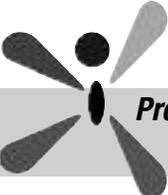
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TAKING CARE OF BUSINESS

Learn more about HVAC/R careers

The Refrigeration School, Inc. (RSI), the largest heating, ventilation, air conditioning, refrigeration (HVAC/R) school in the country, will host an open house event 8 a.m.-1 p.m. Saturday, Jan. 13.

This is an opportunity for current and future students, their families and the community to learn about the manufacturing industry demand and discover the benefits of a career in skilled trades. Attendees will also learn about RSI's HVAC/R programs, the new Welding Specialist program, meet RSI instructors and potential employers, participate in hands-on demonstrations and tour the facility, located at 4210 E. Washington St.

For more information and to register for the open house, visit www.refrigerationschool.com/open-house/.

Progressive sale at My Sister's Closet

Didn't get those designer duds you were hoping Santa would bring you? My Sister's Closet and Well Suited, 4869 N. 20th St., invite you to shop 'til you drop during the Winter Progressive Sale at My Sister's Closet and Well Suited beginning Saturday, Jan. 27.

Here's how it works: From Jan. 27-Feb. 9, stop by and take advantage of 20-70 percent off everything in the store. The sale features all-time favorite designer clothing, handbags, shoes, hats, fine jewelry and accessories. The sale starts at 20 percent off on Jan. 27-28, and increases by 10 percent until Feb. 7-9, when everything left in the stores will be 70 percent off.

My Sister's Closet and Well Suited will close at noon on Feb. 9 to clear out

all winter items and to get ready for the big Spring Unveiling, with doors opening at 8 a.m. on Saturday, Feb. 10.

More than 200 shoppers line up hours ahead of time hoping to get their hands on over 100,000 never-before-seen items, so get there early.

For more information, call the Town & Country store at 602-954-6080 or visit www.mysisterscloset.com.

Street fair seeks vendors for March

The annual Melrose on 7th Street Fair is seeking vendors for its upcoming event, set for 11 a.m.-5 p.m. Saturday, March 3.

The event draws more than 20,000 visitors each year. Vendor opportunities are still available for those with arts and crafts, products and services.

If you'd like a hard copy application e-mailed or mailed to you, or if you have any questions, contact Jackie Carron at jc@marketingideals.com or 480-495-8924.

Build relationship between biz, education

The Washington Elementary School District Business Advisory Team hosts its first meeting of the New Year 9-11 a.m. Wednesday, Jan. 24 at the WESD Administrative Center, 4650 W. Glendale Ave.

The Business Advisory Team was formed to develop, enhance and maintain mutually supportive, strategic relationships between WESD and its surrounding business community.

RSVPs are requested to Pam Horton at pam.horton@wesdschools.org by no later than Jan. 22. Business representatives are invited to bring fliers, brochures and other material to distribute.



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8634 N. 52nd St.5127 SF5BR/5.5BA	\$1,995,000	
7170 N. Central Ave.3741 SF4BR/4BA	\$1,395,000	
1761 E. Hatcher Rd.	IN ESCROW4BR/4BA	\$1,125,000	
243 W. Montebello Ave.	NEW PRICE5BR/3.5BA	\$1,195,000	
306 E. Wexford Cove3950 SF4BR/4.5BA	\$1,050,000	
310 E. Wexford Cove	IN ESCROW4BR/4.5BA	\$ 950,000	
7110 N. 18th St.	JUST LISTED4BR/3.5BA	\$ 949,000	
902 W. El Camino Dr.4560 SF4BR/3.5BA	\$ 899,500	
5319 N. 2nd St	NEW PRICE5BR/4.5BA	\$ 899,000	
6730 N. 7th St.	IN ESCROW4BR/3.5BA	\$ 849,500	
1300 W. Myrtle Ave.	NEW CONSTRUCTION4BR/3.5BA	\$ 738,203	
1755 E. Aurelius Ave.	IN ESCROW4BR/2.5BA	\$ 724,900	
3200 E. Campbell Ave. #7	NEW PRICE2BR/2.5BA	\$ 699,500	
1400 W. Myrtle Ave	NEW CONSTRUCTION3BR/2.5BA	\$ 685,619	
1410 W. Myrtle Ave.	IN ESCROW3BR/2.5BA	\$ 679,092	
3800 E. Lincoln Dr #29.	NEW PRICE4BR/3BA	\$ 650,000	
7236 N. 6th Pl.	IN ESCROW4BR/2BA	\$ 649,900	
1320 W. Myrtle Ave.	IN ESCROW3BR/2.5BA	\$ 648,375	
700 W. Drey Dr.3850 SF4BR/3BA	\$ 640,000	
1620 E. Echo Ln.	NEW PRICE4BR/4BA	\$ 625,000	
1430 W. Myrtle Ave.	NEW CONSTRUCTION3BR/2.5BA	\$ 619,900	
320 E. Orangewood Ave.	IN ESCROW3BR/2BA	\$ 599,000	
544 E. Belmont Ave.	NEW PRICE5BR/2.5BA	\$ 579,000	
6122 N. 8th Ave2781 SF4BR/3BA	\$ 578,000	
1320 W. Myrtle Ave.	IN ESCROW3BR/2.5BA	\$ 574,900	
6117 N. 8th Ave	IN ESCROW4BR/4BA	\$ 572,000	
3150 E. Rose Ln.	NEW PRICE3BR/2BA	\$ 559,000	
1410 W. Myrtle Ave.	IN ESCROW3BR/2.5BA	\$ 569,900	
10 W. Frier Dr.	NEW PRICE18,807 SF lot	\$ 550,000	
30 W. Frier Dr.	NEW PRICE22,208 SF lot	\$ 525,000	
20 W. Frier Dr.	NEW PRICE24,785 SF lot	\$ 515,000	
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1617 E. Lamar Rd.	NEW PRICE2181 SF4BR/2.75BA	\$ 459,000
1130 E. Glenn Dr.	NEW PRICE1717 SF3BR/2BA	\$ 349,500
706 E. Boca Raton Rd.	NEW CONSTRUCTION1912 SF3BR/2.5BA	\$ 329,000
6162 W. Wikieup Ln.	IN ESCROW2394 SF4BR/2.5BA	\$ 305,000
722 E. Boca Raton Rd.	NEW CONSTRUCTION1767 SF3BR/2.5BA	\$ 296,600
711 E. Boca Raton Rd.	NEW CONSTRUCTION1784 SF3BR/2.5BA	\$ 295,000
718 E. Boca Raton Rd.	NEW CONSTRUCTION1640 SF3BR/2.5BA	\$ 282,900
715 E. Boca Raton Rd.	NEW CONSTRUCTION1640 SF3BR/2.5BA	\$ 282,900
12831 N. 17th Pl. Lot 1014,972 SF LOT with views		\$ 219,900	
7134 N. 27th Ln	JUST LISTED1496 SF3BR/2BA	\$ 215,000
5025 N. 20th Ave.1844 SF3BR/3BA	\$ 199,900	

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5645 E. Exeter Blvd. \$1,575,000	8505 N. 13th Ave. \$682,500	622 E. Desert Park Ln. \$525,000	504 E. Flynn Dr. \$396,950	*9007 N. 14th Dr. \$312,500	4055 E. Calaver Rd. \$223,500
5045 N. 22nd St. \$1,525,000	11 W. San Juan Ave. \$680,000	8103 N. 9th Ave. \$487,000	1117 E. State Ave. \$387,500	723 E. Boca Raton Rd. \$312,011	3662 W. Michigan Ave. \$223,000
7522 N. Silvercrest Way \$1,150,000	1511 W. Myrtle Ave. \$677,000	1232 E. Oregon Ave. \$485,000	739 E. Palmyra Ave. \$380,000	134 E. Echo Ln. \$309,900	5350 N. Central Ave. #38 \$211,500
512 E. Tuckey Ln. \$1,037,000	1823 E. Palmyra Dr. \$659,000	8816 N. 18th Pl. \$465,000	8117 N. 18th Pl. \$376,000	1617 E. Lamar Rd. \$304,700	6544 N. 13th Dr. \$195,000
2135 E. Colter St. \$1,000,000	735 W. Las Palmaritas Dr. \$643,000	*3150 E. Rose Ln. \$460,000	1326 E. Stella Ln. \$375,000	727 E. Boca Raton Rd. \$302,677	*5350 N. Central Ave. #38 \$173,250
7026 N. 23rd Pl. \$935,000	1504 W. Palmyra Ave. \$638,000	709 W. El Camino Dr. \$450,000	1102 W. Keim Dr. \$365,000	22655 W. Ashleigh Marie \$282,000	7300 N. Dreamy Draw Dr. #105 \$160,000
43 E. State Ave. \$840,000	7236 N. 6th Pl. \$623,000	10265 N. Central Ave. \$450,000	8074 N. 16th Ave. \$359,000	818 W. Oregon Ave. \$281,500	4600 N. 68th St. #351 \$129,900
130 E. Glendale Ave. \$852,500	2101 E. Bethany Home Rd. \$615,000	*7726 N. 11th Ave. \$440,000	2027 E. Glendale Ave. \$350,000	707 W. Boca Raton Rd. \$270,900	750 E. Northern Ave. #1138 \$118,000
6402 N. 28th St. \$825,000	*6837 N. 23rd Pl. \$590,000	243 W. Harmont Dr. \$440,000	1029 E. Mariposa St. \$350,000	1029 E. Vista Ave. \$267,285	14625 N. 29th Ave. \$103,449
321 E. Montebello Ave. \$805,000	15815 E. Burro Dr. \$590,000	7229 N. 11th Ave. \$440,000	1433 E. Mission Ln. \$336,000	1124 E. Rose Ln. #10 \$253,000	1880 E. Morten Ave. #137 \$94,500
10075 E. Corrine Dr. \$755,000	7747 N. 13th Pl. \$585,000	1135 E. Lawrence Rd. \$439,000	1 E. Butler Dr. \$335,000	1122 W. Glendale Ave. \$257,500	
1819 E. Palmyra Ave. \$750,000	1503 W. Myrtle Ave. \$575,000	6814 N. 11th St. \$420,000	7118 N. 11th Dr. \$333,500	6527 N. 10th Pl. \$246,000	
101 W. Morten Ave. \$749,000	1508 W. Palmyra Ave. \$575,000	7623 N. 7th Pl. \$418,000	719 E. Boca Raton Rd. \$329,409	6509 N. 10th Pl. \$245,000	
1745 E. Aurelius Ave. \$725,000	5539 N. 12th St. \$570,000	8449 N. 1st Dr. \$415,000	6913 N. 10th St. \$328,500	5830 N. 12th Pl. #8 \$245,000	
6030 N. 5th Ave. \$720,000	7519 N. 3rd St. \$550,000	7558 N. 16th Ln. \$415,000	*6608 N. 13th St. \$325,000	7231 N. 6th Way \$225,000	
709 E. El Camino Dr. \$709,000	6010 N. 5th Ave. \$550,000	330 W. Cinnabar Ave. \$413,348	722 E. Boca Raton Rd. \$316,900	1745 E. Aurelius Ave. \$225,000	

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HEALTHY LIVING

Health Briefs

Rehab is key for cardiac recovery

Advances in cardiovascular care have come a long way, but to be most effective, new medications and procedures must be accompanied by a change in patient lifestyles.

That's the impetus behind Abrazo Arizona Heart Hospital's new cardiac rehabilitation services.

Abrazo's comprehensive program includes customized, medically supervised exercise training and heart-healthy education to patients with a variety of cardiovascular conditions.

"Some patients are recovering from heart attacks, while others have congenital defects, cardiomyopathy, valve disorders and other conditions," said Tammy Querrey, acute care nurse practitioner and director of the hospital's Cardiovascular Centers of Excellence.

Sessions vary in length of time and

frequency depending on each patient's unique needs. All sessions are supervised by a registered nurse and an exercise physiologist.

During the first stage of the program, which could be three to six months, patients are connected to exercise machines to monitor their heart rate, blood pressure and other vital signs. Some patients who experience the benefits of cardiac rehab opt to continue with a maintenance program on a self-pay basis, Querrey said.

Clinical research has shown cardiac rehabilitation reduces mortality by more than 50 percent compared with those patients who do not participate, according to the American Heart Association. The AHA also notes that participation in cardiac rehab can reduce the likelihood of hospital readmissions by 25 percent.

For more information, visit www.AbrazoHealth.com or call 844-813-5954.

Renowned violinist visits Memory Café

This month's Memory Café, hosted by Jewish Family & Children's Service, will feature internationally known violinist Moshe Bukshpan. The event will be held 10-11:30 a.m. Thursday, Jan. 4 at Beth El Congregation, 1118 W. Glendale Ave.

Born in Tel-Aviv in 1954, Moshe began his violin studies at the age of 8 and was a featured artist on Israeli TV at age 11. Since 1982, Moshe has taught strings in private studios and public schools, and has performed throughout Arizona.

Other activities at the January Memory Café will include a variety of art experiences.

The Memory Café is for those with memory loss and their care partners, offering an opportunity to come together to make new friendships and support one another.

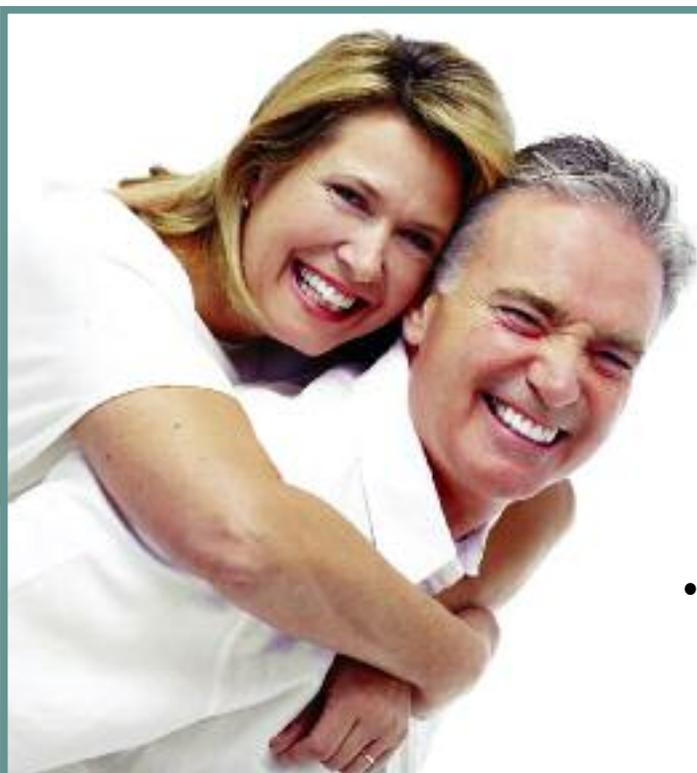
There is no charge but registration is required. To register or for more information, e-mail kathy.rood@jfcasaz.org or call 602-452-4627.

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SCHOOL DAYS



Alex Dodson, right, puts Empower College Prep students Joclyn (left) and Sesmar through a squash ball “balancing” drill, while Arizona Squash coach Calvin Worthen has sixth-grade student Miguel run timed laps during tryouts for the new Arizona Squash team at the charter school (photo by Teri Carnicelli).

An old sport, a renewed interest

The game of squash was invented at Harrow School in England in the 1830s after racquetball players discovered a deflated ball proved much more challenging to hit. In 1884, the first squash court was built in the United States, making it the second of the now 185 countries where the game is played.

But the sport has never really reached the level of popularity in America that it enjoys across Europe and other countries. One man is hoping to change that—one city at a time.

James Dodson, a recent Chicago-area transplant to Phoenix, has launched Arizona Squash, Inc., a nonprofit that aims to introduce the game of squash to low-income students. The group has partnered with Empower College Prep, a public charter school whose elementary students currently go to school on the campus of North Phoenix Baptist Church, 5757 N. Central Ave.

Dodson is no stranger to the game of squash—both his children have played the game into college—nor is he inexperienced with starting a program from the ground up. Dodson is a founding board member and past board chair of Chicago’s MetroSquash, which opened its \$8.3-million squash and academic facility on the campus of the University of Chicago in April 2015.

Arizona Squash, his latest project, is an afterschool program that uses the game to engage underserved Phoenix

area youth through academic support, physical fitness and wellness, mentoring, enrichment, and community service. Students from Grand Canyon University will help the fledgling program with its academic support arm.

Empower College Prep fifth and sixth graders in late November tried out for 24 team positions in the new Squash Club, and the church has committed to converting at least two of its old indoor racquetball courts into squash courts—the first one of which Dodson hopes will be ready for action by the end of January.

“We are committed to providing our students with unique opportunities that will help develop their gifts and interests, and I believe that this program exposes them to a global game that can expand not only their cultural awareness but their college opportunities,” said Naquana Mitchell Borrero, director of Development and Community Relations for Empower College Prep.

Arizona Squash, a free program for students, is still in its beginning stages and is looking for financial support from the community to help the program succeed and grow. Funds are needed to purchase equipment for the students (approximately \$50 per student) and to complete the court conversions at the church (approximately \$60,000).

For more information, contact Dodson at jdodsonphx@icloud.com or follow Arizona Squash on Facebook, Twitter and Instagram.

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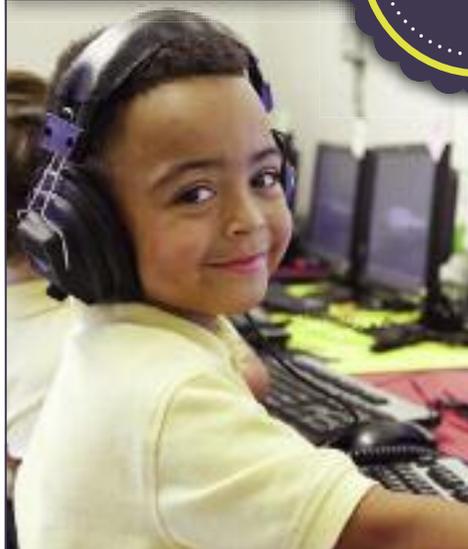
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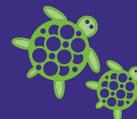
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SCHOOL DAYS

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT GUHSD Board honors WHS Achievers

Washington High School's best of the best were honored Nov. 1 during the annual Achievement Above All awards ceremony. Principal Kevin Cashatt introduced the guests of honor.

The Achievement Above All Teacher Recipient was Amanda Humphrey, who teaches English and serves as a mentor for new teachers joining the district, coaches tennis, works with the Link Crew, and formed the new student group, College Club.

The Student of the Year was Alexandra McWatters, who is in the top 3 percent of her class at Washington with a weighted GPA of 4.55. Besides being an excellent student, McWatters is involved on campus and in the community, serving as the co-president of Interact, part of the Youth Arts and Culture Council for the City of Phoenix, part of Link Crew, Swim Team, Dance, National Honor Society, and St. Joseph's



Jared Wilfong, left, a graduate of Washington High School, was on hand with his parents, Warren and Christina Wilfong, to accept their award for Washington High's Volunteer(s) of the Year for 2017 (submitted photo).

Junior Volunteer Program.

The Student Group Award Recipient was Washington Dance, with more than 220 members. Throughout the year, students participate in several performances and other special events, as well as at least two community service projects each year.

Washington's Support Staff

Employee of the Year was Kelly Barnes. She joined the Ram family in 2015 and is the athletics secretary.

The Volunteer of the Year Award went to the Wilfong family. Cristina and Warren Wilfong had two sons graduate from Washington, but they continue to serve at the school as volunteers with the swim and dive teams.

To read an expanded version of this article, visit the Schools section at www.northcentralnews.net.

Future freshmen invited to tour schools

The GUHSD will hold its annual Future Freshman Night on Jan. 18. Families will have an opportunity to tour campuses, meet teachers and learn more about the traditions of the Glendale Union High School District.

Learn why more than 15,700 students are proud to attend GUHSD schools and enroll in Advanced Placement and honors courses, work toward an Advanced Placement International Diploma, participate in championship athletic programs and extracurricular activities, and more.

Future Freshman Night is held on each high school campus starting at 6:30 p.m. Contact the school of your interest (information found at www.guhsdaz.org) for specific details.

Start the new year with top colleges

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SCHOOL DAYS

America's Top Colleges and Universities, on Jan. 11, 2018. This informational evening will introduce students and their families to prestigious college and university opportunities.

Representatives from some of the country's top schools, including Brown, Princeton, Yale and Harvard will be on site for families to investigate higher education opportunities. The evening will also present information on financial aid as well as student scholarships.

The event begins at 6 p.m. in the Moon Valley High School Auditorium, 3625 W. Cactus Road. Call the District Office at 623-435-6000 for more information.

**MADISON ELEMENTARY SCHOOL DISTRICT
Madison teachers receive mini-grants**

The Madison Education Foundation (MEF), the nonprofit supporting additional arts and music education for the students of the Madison Elementary School District, in November distributed \$8,000 in grants to 11 teachers,



Celebrating a \$500 grant for new dance costumes, awarded by the Madison Education Foundation (MEF), are, from left: Madison No. 1 Principal Pam Warren; MEF Board President, Suzanne Trevino; Cassandra Gray; MEF Director Brandi Carter; volunteer and Madison parent, Lynn Running; and Retired MSD teacher, Laura Oswalt (submitted photo).

helping them supplement arts programming in their classrooms.

Nearly 20 teachers submitted grant applications, which were reviewed by a panel of community members, retired teachers, and MEF board members using a metric-based evaluation system. Those receiving awards are:

- Jessie McKinley, music teacher at Camelview, who will develop future bass instrument players by using pBuzz instruments.

Gray, will purchase dance costumes for her students.

- Park Middle School art teacher Sara Daffe will help her students create a recycled arts lighting STEAM Project, and music teacher Julie Thibodeaux will create Claymation films with her students.

- First grade teachers at Madison Simis will come together as a collective group and create a site-specific art installation using paint and paper to be displayed in the school hallway.

Three teachers at Madison Meadows were awarded grants. Among them were art teacher Mariah Starkey, who will work with her eighth-grade students to create self-portraits of children living in an orphanage. In addition, Kim Thomas, digital design teacher, will purchase three Green Screens for students to create green screen videos, and Christy Schwalenberg, math teacher, will create a project with her students using art and math concepts.

For more information about the program or to make a donation, visit www.madisoneducationfoundation.org or call 602-664-7964.

- Heights art teacher Katherine O'Connor will work with her third grade students to create totem animals based on Navajo and Zuni cultures.

- Madison Traditional Academy music teacher Ken Giordano will receive a digital keyboard for his classroom.

- Madison No. 1 art teacher Michelle Lindsay will work with students to photograph their self-portrait and use Aurasma (augmented reality app), and dance teacher, Cassandra

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SCHOOL DAYS

Parking lot makes way for garage

As the new Madison Center for the Arts building nears completion, construction will begin on the accompanying parking garage. The garage will be located in the current parking lot shared by the District Office and Madison No. 1 Middle School.

Families will no longer be able to drop-off or pick-up students on 16th Street. A one-way drop off lane, on the north side of the property, can be accessed off 16th Street, however, the lane will not be opened until 8 a.m. each weekday morning. The lane will wrap around the east side of the school, near the I-51, and cars will exit west onto Missouri Avenue.

There will be an afternoon satellite bus available to transport students from Madison No. 1 to North Phoenix Baptist Church, 5757 N. Central Ave., where parents may pick them up. Additional parking for student drop-off and pick-up will also be available at the LDS church on 18th Street and Missouri Avenue.

These changes will go into effect

Jan. 8, 2018 when Madison No. 1 returns from winter break. The projected completion date is December 2018. If you have any questions, contact the District Office at 602-664-7900. For a map of the new drop-off route, visit <http://madisonaz.org/no1-middle-school/home/>.

OSBORN ELEMENTARY SCHOOL DISTRICT Argentine teachers Visit Osborn district

Osborn recently participated in an exchange program of Argentine teachers that presented an opportunity for both educators and students. For three weeks, 25 teachers from Argentina were involved in 60 hours of in-classroom internships and 40 hours of professional development. Their visit was in cooperation with the ASU Center for Advanced Studies in Global Education.

The experience was memorable for the Argentine cohort, the 12 mentor Osborn teachers who welcomed these scholars, and 350-plus Osborn students who learned from and interacted with the scholars in English and Spanish.

Osborn teachers and administrators taught professional development sessions in the evenings in Spanish, allowing the Argentine educators to experience in the classrooms what they were learning as part of their professional development.

D-backs grant aids 'mobile' learning

The Arizona Diamondbacks Foundation recently awarded Clarendon Elementary School a grant through its annual School Challenge program. The grant money will be used to support the school's Walking Classroom, first launched in early 2016.

Thanks to The Walking Classroom, Clarendon's fourth-graders are learning while they walk. Lessons on everything from history to wellness to English come easier during their 20-minute walks around campus.

Material comes pre-loaded on special audio players that students began using early in 2016. The classes stride around the school while listening to the lesson, after which they return to the classroom to discuss and write about what they learned. Best of all, the material is aligned to current standards, so teachers can keep their kids moving while they're learning critical material.

Open House

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10:00am - 1:00pm

Thursday
March 8th
4:00pm - 7:00pm

Saturday
April 7th
10:00am - 1:00pm

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SCHOOL DAYS

One major benefit for English language learners is that the audio players have a dial to adjust speed, which enables students to slow the diction to a pace that they can break down and better understand.

Each winning school will receive a check at a 2018 D-backs game in April or May at Chase Field. The D-backs will donate more than 400 tickets for students, parents, teachers and staff from each school to attend the game in which their school will be honored.

**PHOENIX UNION
HIGH SCHOOL DISTRICT
Innovation Lab
coming to Camelback**

Students from Camelback’s entrepreneurship class have been working toward opening an Innovation lab on campus—a place where students can see their visions become a reality. Working with ASU’s EPIC program and Center for Entrepreneurship and Innovation, these entrepreneurship students have been studying design thinking, and needed a place where they could prototype their ideas.

Teacher Maria Abrams has been working with career exploration teacher Debora Fox to have students not only explore careers but to build projects that require 21st Century skills. Eric Ose, a volunteer from Heatsync, a makerspace in Mesa, has been working with the teachers and students designing working desktop pinball machines made from cardboard. These students will learn skills incorporating design, 3D printing, construction, soldering, electronics and circuits and coding.

Abrams has written several grants to support this Innovation Lab and to date has received funding from the Verizon Foundation, SRP, The United Way and Fiesta Bowl Charities.

**Students honored
for leadership**

Three Metro Tech students were recipients of the Phoenix Regional Hispanic Heritage (HHF) Youth Awards, honored for their leadership in the classroom and community. The ceremony took place Nov. 30 at the Arizona College of Medicine-Phoenix Campus.

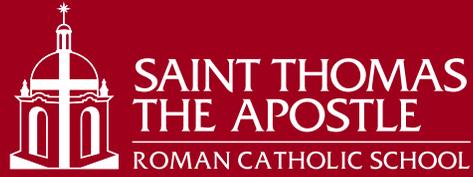
Receiving Silver Awards were students Estephanie Marie Torres for Business & Entrepreneurship; Cecy Abigail Mendoza for Technology, and Gisselle Beltran



Students at Clarendon Elementary are experiencing a mobile way of learning through “The Walking Classroom” (submitted photo).

for Healthcare & Science.

The Phoenix event is one of 10 regional events in the United States. Youth Awardees will receive grants for their education or to fund an idea or community project. Regional Youth Awardees will be narrowed to one National Youth Award recipient for each of the seven categories.



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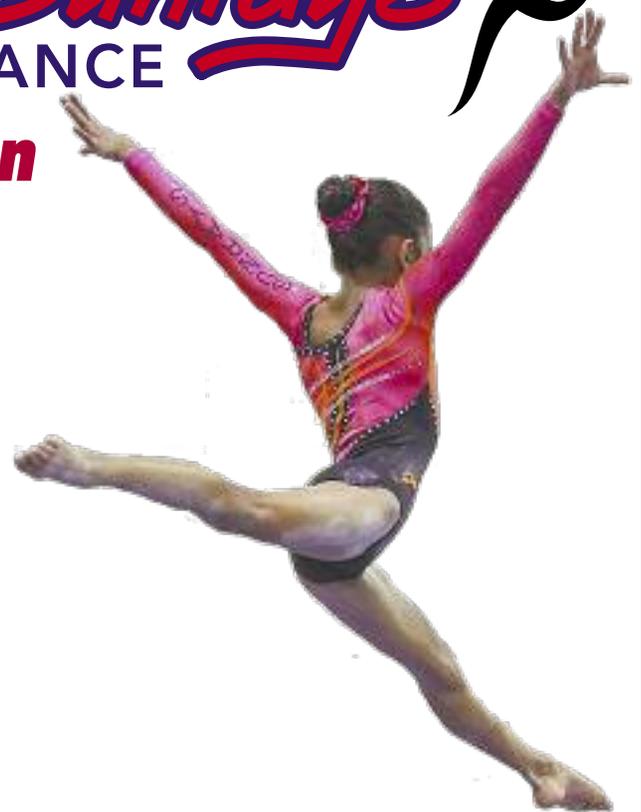


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SCHOOL DAYS

Students speak at Toastmasters event

Camelback Entrepreneurship held its Toastmasters Brunch, Dec. 8 at the Bluewater Grill, which was organized by volunteers Jeff Stephens and Doug Ullrich of Toastmasters.

Seven finalists gave 5-minute speeches, which were judged according to Toastmaster rules. Jowun Ben took first place, Nichole Segay placed second and Alec Karsten was third. The brunch drew over 60 students, staff, some parents and community members.

Central cheer team captures first place

Central High's varsity cheerleaders took first place in the Co-ed Varsity Show Cheer Novice division at the USA Regionals at Deer Valley High School, Dec. 9.

Scoring an 89.9 out of 100, the team also qualified for Nationals in Anaheim in February, where they will compete against other schools from around the country.

The cheerleaders are coached by photography teacher Cecily Frutos.

WASHINGTON ELEMENTARY SCHOOL DISTRICT WESD receives grades from ADE

The Arizona Department of Education has released its A-F school labels. Of the 32 schools in the Washington Elementary School District, one school received an A, 17 received a B, 13 received a C and one school received a D.

The new A-F letter grades system uses a variety of measures including: Percentage of proficient students on the AzMERIT grade level or end of course assessment; EL language proficiency and growth; and indicators to measure students' ability to accelerate beyond elementary or high school.

Desert View Elementary received the District's only D. Lori Mora, assistant superintendent of Academic Services, said that a plan is in place to provide assistance to the school.

To view all the WESD schools and their corresponding letter grades, visit www.wesdschools.org.

Royal Palm lauded for after-school offerings

Royal Palm Middle School was recognized for best practices in after-school programming at a 21st Century Community Learning Center Unit Middle and High School Networking Meeting in Flagstaff on Dec. 1.

Royal Palm offers robotics, health & fitness, homework help, film editing, math, reading, yearbook and community service/leadership. The program also offers the Grand Canyon University Learning Lounge, which provides math tutoring for Royal Palm students in partnership with college students from GCU.

PRIVATE AND CHARTER SCHOOLS MHP hosts high school VRC qualifying event

Madison Highland Prep will expand its 4th-annual VEX Robotics Competition State Qualifying tournament from 24 teams to 38 teams this school year. The tournament, which will be held Saturday, Jan. 13, will include three competition fields in the gymnasium and two practice fields along with the pits in the student commons.

With the increase in teams, MHP will look to recruit additional corporate sponsors along with up to 100 vol-

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SCHOOL DAYS



Staff members and students from AmeriSchools Academy, along with family volunteers, prepare to clean up Camelback Road between 7th and 23rd avenues (submitted photo).

unteers to conduct the event.

The competition game for this season is VRC in the Zone. The object of the game is to obtain points by stacking cones on goals, moving mobile goals into goal zones, having the highest stack on goals and parking robots in goal zones. Matches consist of two periods, a fifteen second autonomous period and a one minute and 45 second driver controlled period. MHP VEX Robotics looks to earn its second consecutive berth to the Arizona Interscholastic Association (AIA) state championships in March. The team is coached by Nick Bonds, an engineering teacher.

To participate as a sponsor or volunteer, call 602-745-3800.

Students participate in street clean-up

AmeriSchools Academy had more than 40 students, staff and family members turn out on Nov. 18 for the Camelback Corridor clean up. The school's National Junior Honor Society members, along with many student athletes, were among the volunteers who are fully engaged in giving back to the community.

The clean up, sponsored by Local First, The International Rescue Committee, The Neighborhood Services Department and Councilwoman Laura Pastor's District 4 office, tackled the area from 7th to 23rd avenues.

Entrance exam, financial aid info

Xavier College Preparatory will host its High School Placement Test (HSPT) Entrance Exam for eighth grade applicants on two upcoming dates in January: Saturday, Jan. 20 at and Saturday, Jan. 27. Both exams will take place at 7:30 a.m. Approximate

dismissal time will be 11:30 a.m. on both exam dates.

Online registration as well as additional information regarding Xavier's testing dates and admissions process may be found on the school's website at www.xcp.org.

An exam fee of \$50 will be collected at the beginning of the exam, and either cash or a check made payable to Xavier College Preparatory will be accepted. On both dates, Financial Aid Workshops will be held for interested parents during the exam.



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SCHOOL DAYS

School club seeks mobility devices

Bourgade Catholic High School (BCHS) offers a variety of student extracurriculars and clubs, including one that focuses efforts on collecting mobility devices to those in need in Africa, where the accessibility of such devices is virtually non-existent.

The Interact Club at Bourgade Catholic is an international organization that develops leadership skills and service to others. This holiday season, the BCHS Interact Club chose Crutches 4 Africa as its service project initiative.

“We collect used and surplus mobility devices, ship them to developing countries, and distribute them free of cost, to individuals with physical challenges regardless of their race, gender, tribe, age, or religion,” says Interact Club moderator, Amber Christenberry.

The club's motto is “service above self.” “That really resonated with me and led me to join,” says Jaiden Gatson, Interact Club president.

Crutches 4 Africa will accept any used mobility device such as crutches, walkers, canes, wheelchairs, etc. The



Jaiden Gatson, president of the Interact Club at Bourgade Catholic High School, says projects with the club, such as the current drive to collect mobility devices for the nonprofit Crutches 4 Africa, help her achieve her goal of “making a difference in the world” (submitted photo).

school will accept any mobility device donations in their front office, 4602 N. 31st Ave., until Feb. 24. For more information or to make a donation, contact Bourgade Catholic High School at 602-973-4000.

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Every day, more and more people fall victims to identity theft.

With so much personal information readily available both online and offline, it's easier than ever.

Have you ever considered that your mailbox may be frequently visited by people other than your mailman?

Identity thieves looking for valuable personal information regularly check unlocked mailboxes to steal your bank and utility bills.

They'll grab hold of anything that'll give them access to your personal data. So if you've been missing some of your mail lately, it's time to investigate into the matter.

The best way to prevent this is to get a security locking mailbox. They're a little more expensive than regular mailboxes, but you get a peace of mind and mail safety. So read on to discover why you should invest in locking mailboxes and how to find the right one for you.

Preventing Identity Theft

Identity theft is considered one of the fastest-growing crimes in the USA. In fact, over 9.9 million Americans have been victims of ID thefts, and have suffered huge financial losses.

A lot of these crimes take place online, when people enter sensitive personal information on various websites. Offline, thieves go around neighborhoods and vandalize residential mailboxes to steal the mail.

At first, you may not notice some of your mail is missing. But if your utility bills stop coming in or you stop receiving packages, you should start to worry.

Getting a locking mailbox is a perfect solution to this problem. Not only will you have complete control over your mail, but you'll also deter the thieves. Picking the locks on these mailboxes is very hard. Most potential thieves will give up before they even try.

But not all locking mailboxes are made equal. Below, you'll discover how to choose the best one for your type of mail.

How to Pick the Right Locking Mailbox for You

Before you buy a new mailbox, consider the type and size of the mail you receive. For example, if you mainly receive envelopes or magazines, you'll need a standard-sized mailbox.

If you receive packages or lots of mail, you may need a more spacious mailbox. Look for one that can hold several days' or weeks' worth of mail.

Although you're the only person who'll have the keys to your mailbox, the mailman will still be able to deliver your mail through the incoming mail slot. This is why locking mailboxes are safer than regular ones.

Whatever model you choose, make sure it complies with the USPS mailbox regulations.

Bottom Line

More and more people are choosing to install locking mailboxes in lieu of unlocked ones.

If you want to protect your personal information from curious eyes and thieves, invest in a high-quality locking mailbox.

Stagecoach Locksmiths offer a large variety of quality pedestal, wall mount and column type mailboxes to fit your needs and budget. If you have additional questions or would like to purchase a secure mailbox, please stop by our showroom at 3942 E. Campbell Ave, Phoenix AZ 85018.

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The New Year is always a great time to explore growth and begin new journeys. Why not let First Church be a part of your faith journey? In addition to our invigorating and relevant Sunday worship services at 9 and 11 a.m., we have classes, our Second Wednesday Adult Group, youth group opportunities for junior and senior high aged kids, and a music program that runs the gamut from preschoolers all the way up to octogenarians, there isn't much we don't do. We also have outreach missions that serve multiple parts of our community throughout the year. 2018 finds First Church gearing up for another phenomenal year, and we'd love to have you along for the ride!

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 firstchurch.church



The Williamson family of North Central Phoenix explores the Incan ruins at Machu Picchu in Peru, as part of an excursion with Phoenix-based TWK Travel (submitted photo).

Families explore the world together

Eighteen summers ... that's all most people get with their kids before they fly the coop. So, what's on your bucket list of things to do with them before they become adults? How about a family safari, exploring Machu Picchu together, discovering history in Vietnam, or immersing in nature in the Amazon?

This summer, you can join any of these unique experiences with the family from the television series "Travel With Kids"—North Central residents Jeremy and Carrie Simmons and their sons, Nathan and Seamus.

"Our goal is to get families out and exploring the world together," says co-founder of "Travel With Kids" and TWK Travel (their tour operation), Carrie Whitten-Simmons. "To see a family learning together and experiencing something like seeing their first lion in the wild or walking through ruins while history comes alive is priceless."

The television series, which has aired nationally on PBS for the past five years, also offers escorted tours and customized, individual trips.

"Fantastic family vacation, it was a trip of a lifetime," says Shelly Williamson, a North Central resident who has traveled with TWK Travel several times. "We took our kids, [and] I took my parents. This was a vacation unlike any other." The Williamson family has gone to Peru, Thailand, Fiji, and South Africa with TWK Travel. "It is such a perfect mixture of culture, education, adventure, friends and family."

Escorted tours for summer 2018 include South Africa, July 1-10; Vietnam, July 19-30; Costa Rica, June 5-15; and Peru, July 19-29. Each of these trips immerses travelers in the history, culture and nature of a destination through hands-on, adventure activities.

Each trip also includes a service project day where kids learn the power of volunteering and families get to

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 I am a dancer
 I am a reader
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- Anna
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GENERATIONS

meet local kids and learn how they live. Parents will appreciate the pre-trip checklists, FAQs, packing lists and years of family travel experience and tips provided by Travel With Kids.

Trip prices range from \$1,899 to \$3,099 per person and include all accommodations, all in-country transfers with group, and many meals and activities with the group.

For more information, visit www.TWKTours.com or contact Whitten-Simmons at simmons@travel-withkids.tv or 602-326-9048.

Senior Living

Support group for senior hoarders

Registration is 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 February.

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 Feb. 1 by calling 602-241-5577.

There is no cost for the 90-minute sessions that are moderated by a licensed clinical counselor. Follow-up support-group meetings for graduates are scheduled bi-weekly to provide ongoing support and encouragement.

‘A Matter of Balance’ class starts in Jan.

Many older adults experience concerns about falling and restrict their activities. “A Matter of Balance” is an award-winning program designed to manage falls and increase activity levels. HonorHealth presents this free eight-week course beginning 2-4 p.m. Friday, Jan. 19, at the Cowden Center on the John C. Lincoln Medical Center campus, 9202 N. 2nd St.

You will learn to view falls as controllable; set goals for increasing activity; make changes to decrease risks at home; and exercise to improve balance and strength. The course continues every Friday through March 9. Be sure you can commit to every class.

Space is limited; pre-registration is required. Call 623-580-5800 or visit <http://HonorHealth.com/events>.

Kids & Families

More space, programs at Impact Gymnastics

Impact Gymnastics Academy has expanded its facility and offerings. Located at 7812 N. 12th St., the gym owned by Samantha Baltierrez and Maria Lawrence has been in business since 2015. It was originally 10,000 square feet, but has more than doubled in size with the addition of 14,000 square feet, which includes a new Ninja Zone area.

Designed to help children redirect their energy while exercising their minds, building character and confidence, and cultivating discipline, Ninja Zone is a response to demands for effective and positive children’s activities. It is offered primarily to boys ages 3-11; however, there are a few co-ed classes available.

Impact Gymnastics will offer a winter break camp Jan. 3-5, where kids will have fun, be active and learn new tumbling skills from 9 a.m. to 3 p.m. For more information or to register, call 602-870-7574 or visit: www.impactgymnaz.com.

Breaks for students, breaks for parents

The Arizona Sunrays Gymnastics & Dance Center, 15801 N. 32nd St., will host its fun-filled “Supercamp” during Winter Break (Jan. 2-5) and on Martin Luther King Day (Jan. 15) for children, ages 3 to 13. Kids will stay happy and busy enjoying gymnastics, dance, ninja zone, zipline, yoga and more.

There is a half-day camp option from 8:30 a.m. to 12:30 p.m. The full-day option is from 8:30 a.m. to 3 p.m. Cost is \$195 for the 1-week, half-day and \$283 for the 1-week full-day; Individual half-day is \$53; Individual full-day is \$73. There’s a 10-percent off sibling discount. Extended care hours are available.

The Sunrays also hosts a Kids’ Night Out event 6-10 p.m. Saturday, Jan. 20 for ages 3 to 14. Kids will enjoy an evening of gymnastics, dance, organized games, sports, jumping in a bounce house and on trampolines, obstacle courses, and then wind down the evening by watching a movie. Pizza and drinks are included. Cost is \$30 per child with a \$5 off sibling discount. Advanced registration is required.

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

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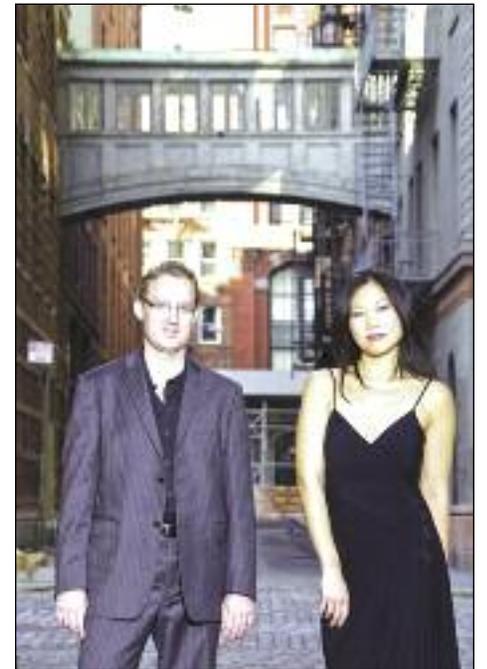
Monday-Friday 7:30 a.m. to 5:30 p.m. • Saturday 8 a.m. to 4 p.m.

**Two music series
starting this month**

Arizona Bach Festival returns for its 9th-annual season of four inspiring, transcendent performances of the music of Baroque composer Johann Sebastian Bach. Performances are at All Saints' Episcopal Church, 6300 N. Central Ave., and Central United Methodist Church, 1875 N. Central Ave., from Jan. 12-27. All concerts include a pre-concert lecture.

Tickets are \$23 in advance or \$25 at the door (student discounts available). A season pass to all four concerts is \$80. Find more information and purchase tickets at arizonabachfestival.org/tickets/.

The Church of the Beatitudes hosts a monthly Jazz Coffee House, 6-8 p.m. Sundays in the Dosia Carlson Center, 555 W. Glendale Ave. Cinco De Moio will perform on Jan. 21, featuring Dom Moio on drums, Bill Moio on guitar, Todd Johnson on bass, and Joe Garcia



Pianists Stephanie Ho and Saar Ahuvia collaborate as DUO Stephanie and Saar for the Arizona Bach Festival's final concert on Jan. 27, featuring Bach's The Art of Fugue for piano four hands (submitted photo).

on congas. There will be a \$5 suggested donation at the door. For the full schedule of concerts, visit www.beatitudeschurch.org/concerts.

A & E Briefs

'HOME: Celebrating Community' Opening Reception
6-8 p.m. Wednesday, Jan. 3
The Nash
110 E. Roosevelt St.

A new exhibit of work from three local artists: Aileen Frick, Abe Zucca and José Andrés Girón. The exhibit reflects the artists' impressions of community through iconic paintings of our downtown Phoenix neighborhoods. On display through March 31. The opening reception is free. Visit www.thenash.org.

PhxArt AMPLIFIED
12-5 p.m. Sunday, Jan. 7
Phoenix Art Museum
1625 N. Central Ave.
602-257-1880

Enjoy a day filled with music, arts, culture, food, and more at this all-day, all-ages experience. A selection of short films by FilmBar and live, acoustic, and experimental performances by local musicians including Arizona Opera, Phoenix Afrobeat Orchestra, Gold

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ARTS & ENTERTAINMENT

Lion Healing Arts, and Slender Loris will take over the galleries and spaces for one day only. Admission is \$20 general, \$10 for ages 6-21, and includes access to all galleries and exhibitions. Visit <https://tickets.phxart.org/shows/amplified/events>.

'Man of La Mancha'

Arizona Theatre Company

Jan. 11-28, 2018

Herberger Theater

222 E. Monroe

602-256-6995

A new production of the Tony Award-winning favorite about dreaming the impossible dream. The score of beloved songs includes the iconic "Impossible Dream," while pulsating with the vibrant culture of Spain. This exciting new staging takes inspiration from the spontaneous, raw theatricality of flamenco performance—focusing on the passion and virtuosity of the performers and musicians as they tell the intertwined stories of Don Quixote and his imprisoned creator, Miguel de Cervantes. Tickets are \$46-\$85 plus fees. The show is expected to sell out quickly. Visit www.arizonatheatre.org.

'Opus Cactus'

MOMIX

Jan. 12-13

Orpheum Theatre

203 W. Adams St.

602-381-1096

Presented in collaboration with Ballet Arizona and the Desert Botanical Garden. MOMIX's dancers take audiences on a dynamic journey where their bodies become towering cacti and brings the landscape of the American Southwest to life through the illusionistic style of Opus Cactus. Opus Cactus was originally created as a 20-minute act in 1999 for the Ballet Arizona. Tickets are \$35-\$85 plus fees. Visit www.balletaz.org.

'Night of the Chicken'

Jan. 12-Feb. 4

Space 55

1524 N. 18th Ave.

A sassy teenager experiences awkward chicken like symptoms after an accident in the Ronald Reagan junior high science lab. This offbeat horror-comedy is presented in the style of a live radio play with on stage sound effects. Suitable for all ages. Show times are 8 p.m. Fridays and Saturdays, and 2

p.m. Sundays. Tickets are \$15 adults, \$10 kids/students with ID. Visit www.space55.org.

Helen Peel Memorial Organ Concert

3 p.m. Sunday, Jan. 21

Trinity Cathedral

100 W. Roosevelt St.

602-254-7126

The free concert features guest musician David Higgs, one of America's leading concert organists. The program includes "Prelude and Fugue on B-A-C-H" by Franz Liszt, "Sonata in C minor/Scherzetto" by Percy Whitlock, "Trois Impressions Op. 72, No. 1/Harmonies du soir" by Sigfrid Karg-Elert, "Variations sur un Noel" by Marcel Dupré, "Sweet Sixteenths: a concert rag for organ" by William Albright, and "Suite for Organ, Op 5" by Maurice Durufé. For more information, visit trinitymusic.az.org.

New works by Douglas Miles

Through Jan. 22

Arizona Capitol Museum

1700 W. Washington St.

602-926-3620

Douglas Miles is a member of the San-Carlos Apache-Akimel O'odham Nation. "The Blessing" is a series of oversized blankets, with photos of contemporary Arizona life printed on them, featuring the artist's family, neighbors, and friends. The Capitol Museum is free to visit 9 a.

'Cinderella 2018'

Ballet Arizona

Feb. 15-18

Phoenix Symphony Hall

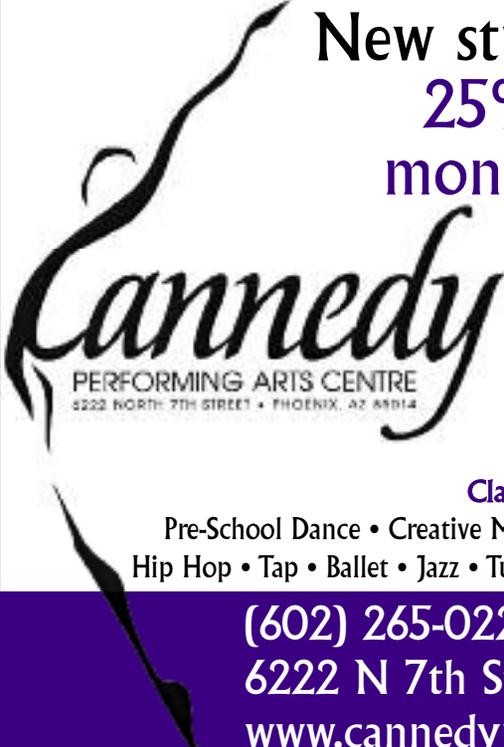
75 N. 2nd St.

602-381-1096

As if stepping between the pages of a beloved storybook, Ib Andersen's "Cinderella" brings the romantic story to life, delighting audiences with the beauty and majesty of classical ballet, wrapped in the promise of "happily ever after," and sprinkled with a dose of humor. Accompanied by the Phoenix Symphony. Tickets are \$65-\$159, with student, senior and military discounts available. Visit www.balletaz.org.

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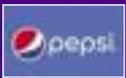
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George Frasher, owner of Frasher's Smokehouse, knows how to satisfy those who love barbecue. Menu selections include smoked turkey and burnt ends, gumbo, jalepeño corn bread, babyback ribs, flash-fried spinach and gooey butter cake. The meats, all smoked and cooked in their own juices, can be topped with your choice of sauces, the most popular of which are Tennessee Tang, Kansas City Sweet, and Texas Spicy (photo by Teri Carnicelli).

Café Chat

At Frasher's Smokehouse you're in barbecue heaven

By Patty Talahongva

One glance at the seemingly scant menu at Frasher's Smokehouse, 3222 E. Indian School Road, will not prepare you for the intricacies of the barbecue you will soon eat. In fact, the word barbecue isn't even on the menu. But what is on the menu is a variety of smoked, tender meats that would appeal to any barbecue lover, no matter what part of the country you hail from.

Owner George Frasher can give you a Ph.D.-level course on the four regions of barbecue: the Carolinas, Memphis, Kansas City, and Texas. The St. Louis native earned his hospitality degree from the University of Missouri, knowing that one day he would own his own restaurant.

Today he and his mother, Beverly, own Frasher's. She still lives in St. Louis and flies him special dough and Provel cheese from St. Louis icon, Imo's Pizza, which he turns into his famous pizza that's sold only on First Fridays. It sells out quickly, so get there early. "All the St. Louis people (in Phoenix) know," he says, pointing out it isn't on the menu, you just have to be "in the know."

His flash-fried spinach isn't on the menu, either, but it's delicious and adds a nice touch of green to the meat plat-

ters that range in price from \$12 to \$16 and come with two sides. The most expensive meal is two pounds of babyback ribs for \$24 and comes with two sides. For those who need a little green to cut all that meat, there's also a vegetable of the day and salad options.

Frasher also offers daily specials. On Sunday he serves up competition ribs and uses a different dry rub only on this day. On Saturday he features pork steak. "I spritz it every hour," he says and at the last hour of smoking, he "gives them a little love with brown sugar and honey butter."

He's been at the business for 19 years and tosses out bits of barbecue sauce history as he talks. "St. Louis uses more barbecue sauce than anywhere in the world," he shares.

He likes to add an Arizona flair to his barbecue. "I only use Arizona pecan wood in the smoker," but points out that he uses an Ole Hickory Pit smoker, made in Missouri, for all the meats. "I try to stay faithful to my roots."

All barbecue—brisket, tri-tip, turkey, chicken, pulled pork and ribs—can be elevated with the house-made sauce, whether it's vinegar or molasses based. Frasher makes both and in different styles. He serves two types of North Carolina sauce as well as a Tennessee Tang, Kansas City Sweet, Texas Spicy, and a mayonnaise-based Alabama White Sauce that goes really well on chicken and turkey. On special

FOOD FOR THOUGHT

occasions he might whip up a sauce with something that catches his eye, like green chili or coffee beans.

Each day the meat is smoked fresh for the lunch and dinner menu. Then more is put in to smoke overnight. It's one reason why he only stays open until 8 p.m.; the restaurant sell out of many of the selections almost nightly.

The kid's menu features a variety of options, including chicken fingers, cheeseburgers, grilled cheese and, because it is a barbecue joint after all, pulled pork. Each comes with a side dish and a drink for \$7.

Frasher's was just featured on a new show, "Eat, Sleep BBQ," on the Food Network. It aired on Dec. 30; you might be able to catch the episode online.

He has big plans for 2018, including turning an existing building on his property into a pizza parlor and name it 314, which is a St. Louis area code. He expects to open it on March 14, which also is National Pi Day (3:14). At first, he says, it will only be take-out until he builds a patio on the east side of Frasher's. He also plans on building an outdoor kitchen to beef up his steak dinner service. He operated Frasher's Steakhouse in Scottsdale for more than a decade before it closed, and won several awards for his steaks—something he'd like to bring into his Phoenix location on a regular basis.

In his spare time, he's taken the course to become a certified judge in the Kansas City BBQ Society. He's also going to be a judge at the World Champion Barbecue Cooking Contest in Memphis in May. Eventually he plans on holding such prestigious contests here.

He loves to cater parties big and small and says that part of his business also is growing. He prides himself on the fact that many of his employees have been with him for more than 10 years. Together they smoke the meat fresh daily; he makes the sauces and the customers help them sell out nightly.

"I'd like this place to remind everybody about home," he says. And what could be more reminiscent of home than a piece of gooey butter cake? It's his mother's own recipe and it's as decadent and delicious as it sounds.

For more information, call Frasher's Smokehouse 602-314-5599 or visit www.frasherssmokehouse.com. You also can follow them on Facebook and Instagram.

Dining Briefs

AZ cocktail event moves to downtown

Tickets to the 7th-annual Arizona Cocktail Week-End go on sale Jan. 8. Now hosted in the heart of Downtown Phoenix, Arizona Cocktail Week-End returns on Feb. 17-19 with all-new venues and more walk-able, pedestrian-friendly event lineup that takes advantage of Arizona's amazing winter weather.

Tickets to Arizona Cocktail Week-End start at only \$40, and a portion of the proceeds will be donated to AZCW's new charity partners, the Local First Arizona Foundation and Child Crisis Arizona.

The 2018 Arizona Cocktail Week-End kicks off on Saturday with an all-new opening night party named "The Cocktail Jam." Hosted at downtown's hottest new music hall, The Van Buren, The Cocktail Jam will pair crafted cocktails with live music. Then on Sunday, it's the return of Top Bars, showcasing pop-up versions of renowned bars from around the state, *please see COCKTAIL on page 42*



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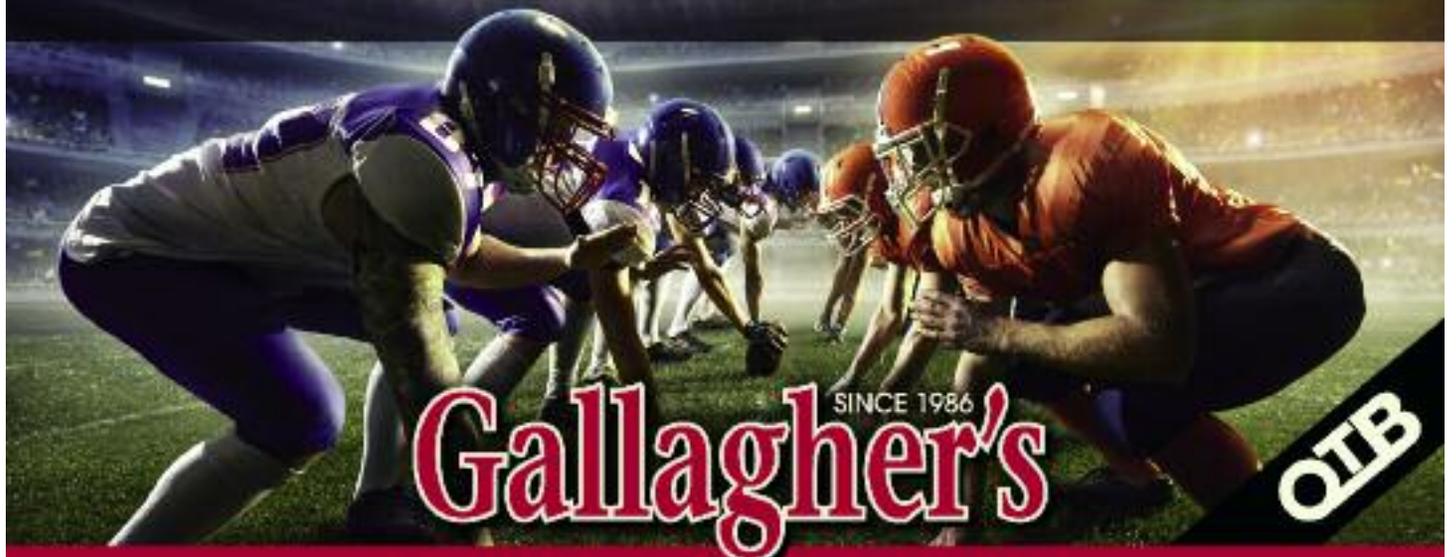
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FOOD FOR THOUGHT

COCKTAIL *continued from page 41*

country and across the globe, all in one location: historic warehouse-turned hip event venue, The Croft.

Top lounges, bars and restaurants across downtown will host AZCW events, dinners and exclusive cocktail tastings. For more information and tickets, visit <https://arizonacocktail-week.com>.

Burger 'joint' opens second Phoenix location

Cold Beers & Cheeseburgers, the "neighborhood burger joint" founded in Scottsdale, opens second Phoenix location last month at 3950 E. Indian School Road, #150.

Square One Concepts President and CEO S. Barrett Rinzler created the concept in 2012, when he realized his favorite sports bar lacked a high-quality scratch kitchen.

Priding itself on its award-winning burgers made from hand-formed, half-pound, never frozen ground chuck, Cold Beers & Cheeseburgers delivers a variety of options from the Juicy Lucy

to the classic CB&CB to the unique taste of the Bacon PB&J.

A previous Phoenix location opened last May in the 7th Street dining corridor, between Bethany Home Road and Missouri Avenue.

The restaurant opens for lunch at 11 a.m. and closes when things get slow, or by 2 a.m.—whichever comes first. Happy Hour is available 3-6 p.m. Monday through Friday and includes select drinks and appetizers, and an \$8.50 All-American Burger paired with fries or chips.

For more information, visit www.ColdBeers.com.

Corner Bakery Café has closures

Restaurant franchise group Blue Mountain Cafes last month closed three Phoenix-area Corner Bakery Café locations, including the one at 1949 E. Camelback Road.

Gift cards will be honored at the remaining Valley location at the Arizona Center in downtown Phoenix, 455 N. 3rd St., Ste. 1065, as well as at the Tucson location.

All employees working at the three impacted Corner Bakery Cafes were given severance packages.

Joe's Midnight Run announces new owner

Joe's Midnight Run, known for staying open late and being housed inside a former midcentury modern liquor store on 7th Street, has a new owner.

Bob Mayo is a self-proclaimed Joe's fan and plans to keep everything locals love about this cozy, chef-led restaurant, while adding new dishes to the unique, wood-fired menu.

Joe's founder, Rick Cordova, originally approached Mayo to help open Joe's Midnight Run (6101 N. 7th St.) back in 2016, but Mayo says the timing wasn't right, until now. "Growing up, my father owned restaurants in New York and California; my lifelong dream has been to own a restaurant," Mayo says. "And after a three years of searching for just the right opportunity, the Joe's opportunity came my way, and my wife Yvette and I couldn't be more excited."

A 35-year veteran of the restaurant service industry, Mayo was previously

the director of food and beverage for The Hermosa Inn, including the award-winning Lon's at The Hermosa. Prior to The Hermosa, Mayo spent more than 16 years as the managing partner of Roy's Hawaiian Fusion Cuisine at Desert Ridge.

Chef Michael Goldsmith's (Lon's, Joyride Taco House) menu of all-wood-fired fare is nicely paired with a worldly selection of craft beer, spirits and wine on tap. Plus, look for new dishes such as roasted "Airline" chicken; pasta with zucchini, tomato, artichokes and white wine butter sauce; and Chocolate Chip Bread Pudding.

Joe's is open weekdays at 4:30 p.m., 10 a.m. for weekend brunch, and still serves late into the night (11 p.m. or later). For more information, call 480-459-4467 or visit www.joesmidnightrun.com.

New BBQ joint heading to 'Slope

It's official: Little Miss BBQ will open in the Sunnyslope community by spring of this year.

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FOOD FOR THOUGHT

ed liability corporation formed by Little Miss BBQ founders Scott and Bekke Holmes, last month purchased a freestanding building at 8901 N. 7th St. for \$725,000. The building is located in the Walgreens Center at the northeast corner of 7th Street and Townley Avenue. It was built in 1965 and has been a Payless Shoes and a Western Union bank, and most recently was a CheckSmart.

Little Miss BBQ has attracted a huge following and diners have been willing to wait more than an hour in line for the restaurant's delicacies at its original location at 4301 E. University Drive. Little Miss BBQ specializes in Central Texas style barbecue, served meat market style—meaning, all of the freshly barbecued meats are served by weight in butcher paper with onions, pickles, jalapenos and white bread. The meats are cooked using Arizona oak and pecan wood in massive offset Camelback Smokers.

To track the new location's progress and opening date, follow them on Facebook at LittleMissBBQ or visit www.littlemissbbq.com.

New patio opens at Lifeboat Coffee

Lifeboat Coffee, 536 E. Dunlap Ave., had added new patio seating adjacent to the business that is located at the north end of Tony's Plaza.

Lifeboat Coffee opened Jan. 22, 2017 after four years of being an online retailer of premium coffee beans.

Lifeboat features many organic, fair trade and direct trade whole bean or ground coffees for customers to enjoy at home or on the go, or stay and enjoy the comfortable café-style seating—and now, patio seating—as well as free WiFi.

Lifeboat offers coffees, espressos, iced drinks, breakfast sandwiches, pastries, cookies, pies and more.

Owner John Lillis understands the many needs of Sunnyslope and offers a "Human First" policy, whereby Lifeboat will serve a cup or coffee or water to anyone who asks, regardless of their address or ability to pay. For more information, call 602-315-2498.

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

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