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COMMUNITY

Historical project seeks Park Central memories

Do you have memories, or memorabilia, to share about Park Central Mall? Arizona State University's School of Historical, Philosophical and Religious Studies currently is working on a history project about Phoenix's first official mall, which opened in 1956 at Central Avenue and Earll Drive.

Did you shop there when Goldwater's was THE department store to go to? Did you hang out in the atrium after school? Did your family own a business at the mall? Come share your memories, photos and mementos during a public History Collection Day, 9 a.m.-2 p.m. Saturday, April 7 in the new Phoenix Public Library @ Park Central, 3110 N. Central Ave.

Microfilm reels, news clippings, antique signage and old photos from the 1950s are among the many items found in a treasure trove discovered underneath the Park Central property as a



multi-million dollar renovation is under way by Peoria-based Plaza Companies, in conjunction with Tucson's Hoalualoa Companies, who acquired the mall last year. Construction is expected to be complete late this year.

Those looking to get a glimpse of

Park Central Mall in its early days will be able to do so through a variety of methods. In addition to hard-copy documentation of the treasures found in Park Central's basement, ASU staff, students and faculty will share their discoveries through social media, a designated website and a special "Park Central: History, Present & Future" event planned for May. The project's history will also be memorialized on-site as well as part of the renovation process.

For more information, call 480-965-9367 or e-mail parkcentralmemories@gmail.com.

Dinner by moonlight, stargazing and more

The Phoenix Parks Foundation presents its second-annual "Dinner in the Park, Moon Over South Mountain." This event will be held 6-10 p.m. Friday, May 18, at the South Mountain Environmental Education Center, 10409 S. Central Ave.

"Dinner in the Park, Moon Over South Mountain" is unlike any other event in the Valley. This event will serve to educate the public and showcase the many great city of Phoenix parks and recreational opportunities, and also serves as the main fundraiser for the year, which will allow the foundation to continue supporting many parks and recreation programs.

Evening activities include a cocktail reception, followed with trolley rides to Dobbins Lookout where guests will enjoy a selection of gourmet food trucks, wine tasting, a silent auction and guided night sky viewing.

Casual attire is recommended and flat, comfortable shoes are highly suggested. Tickets are \$100 each, plus a \$4.49 online ticketing fee. Visit www.phxparksfoundation.org, click on Events and then the Dinner in the Park graphic.

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The North Central News is published monthly by North Central News, Inc. The circulation is 22,000 copies mailed directly to homes and businesses in North Central Phoenix and 4,000 copies distributed from racks in the North Central area.

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COMMUNITY

DISPENSARY continued from page 1

tion, on the north side of Glendale Avenue. Customers traveling east on Glendale won't be able to turn left into the property because of the length of the intersection's southbound turn lane onto 16th Street, forcing drivers to go to the next available left turn—17th Street—where it will increase traffic into that neighborhood as well as entice those who decide to just park and walk back down the street.

Julie Karasek, who lives in the Monteil neighborhood just east of the property in question, recalls one week last year where there was an accident every day for five days in a row at that 17th Street and Glendale turn area.

Helen Houser has lived in her Monteil home since 2001, and has seen the traffic grow increasingly worse as more people travel off and on the SR-51 and go in and out of the two commercial corners, one which is home to a busy Sprouts grocery store.

"We are not opposed to medical marijuana dispensaries," Houser says. "We have some neighbors here who are medical marijuana users. What were are opposed to is that site and the traffic issues it will create."

Based on the minutes of the Dec. 14 Zoning Administrator hearing, it appears that hearing officer Ray Jacobs also was concerned about the impact on the already busy intersection.

According to Jacobs' ruling, the use permit request could "cause a significant increase in vehicular traffic is adjacent residential areas. The proposed retail sales could include peak activity that exceeds the site size." Meaning that a medical marijuana dispensary will attract more vehicle traffic throughout the day than an office use, for example. Jacobs also noted the increased traffic could have a negative impact on adjacent neighbors.

One of those neighbors is the Chevron gas station directly next door and on the northeast corner of the intersection. The manager of that station, Joe Greenbank, is fearful that the dispensary's customers who want an easier way in and out of the dispensary will use his property for parking, which could also cause problems with his own customers trying to get in and out of the service station.

Jacobs acknowledged that recent history has shown that finding sites for

medical marijuana dispensaries has proven more difficult than finding sites for cultivation and infusion sites, which are restricted to industrial areas. But he found there was no special hardship related to this property, which had a business operating in it for 16 years, and under the C-2 zoning, many other uses are still available for that site.

The Board of Adjustment will consider the applicant's appeal at its regular meeting scheduled for 12 p.m. Thursday, April 5 in the City Council Chambers, 200 W. Jefferson St. To confirm this item is on the agenda, visit www.phoenix.gov, select "Other Public Meeting Notices" under City Business, and find the posted agenda 24 hours in advance of the meeting. Look for item #ZA-538-17.

Public input sought on proposed city budget

The city of Phoenix will host a series of community meetings this month to present the trial budget for 2018-19. Meetings in the North Central community include:

- 6 p.m. Monday, April 2 at the North Mountain Visitor Center, 12950 N. 7th St.

- 6 p.m. Thursday, April 5 at the Sunnyslope Community Center, 802 E. Vogel Ave.

- 6 p.m. Monday, April 9 in the Memorial Hall at Steele Indian School Park, 300 E. Indian School Road

- 10:30 a.m. Monday, April 16 at the Devonshire Senior Center, 2802 E. Devonshire Ave.

Members of the Phoenix City Council and city management will be on hand to share details on the proposed budget, take feedback and to answer any questions. Residents can view details of the proposed budget in advance at www.phoenix.gov/budget. Materials also will be available at the meetings.

Residents can share their thoughts on the city's budget by e-mailing budget.research@phoenix.gov.

After the community's review, the city manager will present a revised budget to the Phoenix City Council on May 8. The council is expected to make a final decision on May 22. Formally, the mayor and city council will consider adopting a budget-balancing plan on June 6 and 20.

The approved plan will take effect July 1.

COMMUNITY

Pay library fines with food donation

Library customers can pay overdue fees and help restock the pantries of Valley food banks during Phoenix Public Library's annual "Food for Fines," April 7-21.

During "Food for Fines," 50 cents will be deducted from a customer's library account fees for each non-perishable food item donated at any of the city's libraries. A maximum of \$75 can be paid with donated food. Food must not be expired, perishable, homemade or require refrigeration.

Donated food will be distributed to St. Mary's Food Bank Alliance and Desert Mission Food Bank. For more information, call 602-262-4636 or visit www.phoenixpubliclibrary.org.

Photo contest has many cash prizes

Youth ages 13-18 can compete for more than \$10,000 in prizes in the 2018 Adventures in Nature Photo Contest, co-sponsored by The Nature Conservancy, *Arizona Highways* and Cox Communications Arizona.

Photos should showcase Arizona's natural beauty. Subjects include: landscape, wildlife, macro (e.g. flowers, plants, small creatures), people enjoying nature, and more. Judging will be based on technical merit, creativity, uniqueness, visual and emotional impact, and artistic vision.

Deadline to submit an entry to the contest is April 13. Submit digital photos in jpg or jpeg format; file size must not exceed 5 megabytes. For details and submission information, visit www.arizona-highways.com. For questions, contact Tana Kappel at 520-547-3432 or tkappel@tnc.org.

Free, family event in Sunnyslope

North Central residents are invited to 'Slope Fest 2018, 10 a.m.-2 p.m. Saturday, April 21 at Palma Park, northeast corner of 12th Street and Dunlap Avenue.

Enjoy food trucks, bounce houses, games for the kids, raffles from local businesses and live music. The Phoenix Police Department will collect your expired prescription drugs for disposal, and VIN etch your car and the Phoenix Fire Department will have trucks on site

for the kids to check out. Free health screenings also will be offered. There also will be a non-perishable food collection for the Desert Mission Food Bank.

For more information, visit www.eastsunnyslope.com.

Truck raffle aids local nonprofit

The Scottsdale Active 20-30 Club is hosting fundraising events to benefit Boys Hope Girls Hope, 3443 N. Central Ave., a nonprofit that provides scholarships to underprivileged kids in both community-based and residency-based programs. The club is selling raffle tickets to win a new 2018 Toyota from Valley Toyota Dealers, valued at \$20,000 (cash-out option available at \$15,000). Each ticket is \$25 or five raffle tickets for \$100. The drawing will take place on April 13; need not be present to win.

For more information or to purchase tickets, visit <https://givespark.org/donate/4>. When purchasing tickets, it will ask to select a Team. Select Scottsdale Active 20-30 and for Agent, select Kyle or Isaac.

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COMMUNITY

19NORTH continued from page 1

The 19 North Alliance was a collaborative effort by faith communities, the Washington Elementary School District (WESD), representatives from Councilman Daniel Valenzuela's office, city of Phoenix Neighborhood Services Department, local businesses, as well as nearby neighborhood associations.

Eventually, the focus was narrowed and refined, and a 19North nonprofit association was formed (www.19north.org). McBride left the church to become the new nonprofit's executive director earlier this year.

Some of the goals first identified by the alliance are either completed or in the works, including a community arts center and a community garden. The 19North Arts Center, located inside the elegant Spanish-style building to the south of Albertson's market at 19th and Northern avenues, also serves as the offices of the 19North nonprofit organization.

The space was donated by the property's owner, who wanted to support the community-based effort. Constructed in 1942, the building served as the

Good Shepherd Home for Girls until 1981, and was placed on the Phoenix Historic Property Register in 1988.

"This arts center gives a venue and a voice to our community artists, whether professional or student," explains McBride. Short-term art classes were held in March, with a second round slated to begin in May, courtesy of the Phoenix Center for the Arts (www.phoenixcenterforthearts.org). In addition, students from Royal Palm Middle School had their artwork displayed during the Second Saturday event last month, and other artists will have their works displayed in the space on a rotating basis.

The purpose of the Second Saturday event is to promote local businesses, artists and musicians while also giving local schools a volunteer opportunity for their students. It takes place in the open courtyard adjacent to the arts center the second Saturday of each month.

"This monthly event helps businesses connect with the community, and allows schools to encourage their students to give back in a meaningful way," McBride says. Students from Royal

Palm did a street cleanup in advance of the March Second Saturday, and students from Washington High School will participate in a street cleanup in advance of the April 14 event. If your family or business wants to participate in the clean-up effort (3:30-5 p.m.), e-mail shannon@19north.org.

The 19North Community Garden is still in the early stages of development, with both in-kind and monetary donors being sought. The property for the garden, located between El Caminito and Las Palmaritas along 19th Avenue, is owned by the city of Phoenix, which is allowing the nonprofit to use the land via a lease agreement. The land has been scraped and leveled, and SRP has agreed to lay the water lines for drip and other irrigation. The plan is to open the garden in December.

Right now the goal is to get the word out about the garden and generate some interest—and some donations, explains McBride, who created a GoFundMe page to raise \$5,000 (as of press time, no donations had been made yet). "All that gets donated goes right to the garden," she emphasizes.

While in-kind donations, such as a shed, raised beds, trees, fencing and more have been donated (and more are both needed and welcomed), money is needed to cover permit/building fees, water, and other operational expenses. Visit www.gofundme.com, keyword search "19North Community Garden."

Other objectives, including a 19North Community Master Development Plan, are still in the development stages. The next meeting about the community master plan, with representatives of the Phoenix Planning Department and Smithgroup Architecture, is set for 6 p.m. Thursday, April 12 at Open Door Fellowship Church, and is open to interested members of the public.

"Right now we're just really trying to get the word out about 19North, because when people hear about it, they get excited and want to get involved," McBride says. "They want to give back to the community and make this area successful."

To be added to the mailing list or for more information, e-mail info@19north.org or call 602-677-7797.



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First of all, thank you to the 30 buyers and sellers who have allowed me to sell their homes so far in 2018. We are seeing a lot of activity in all price ranges this year including the luxury market, which has come back strong. We have sold six homes this year priced for more than \$900,000 and we have nine more months to go. Please contact me if you are considering selling or buying in North Central at any price! We will list and sell any home at any price range.

March 16 was a trip down memory lane for me playing in the All Saints Episcopal Golf Tournament with my brother Michael, Brian Friedman (he paid for us ... thanks!) and Mike Olson. It was a lot of fun seeing my son Sean's coach Mark Wagner, who also was Sean's basketball during his freshman year at Brophy. Coach still likes to smack talk with me, which just means he still likes me. What I really took out of the golf tournament today is what All Saints means to the North Central community. Many families have relocated to our area to go to All Saints as well as Brophy, Xavier and the incredible charter and public schools that we have in our small 'hood. We also have the best home values in the city.

I am very proud also of what my brother Michael has done in our area the past five years: sold Macayo's on Central to an apartment builder and then helped them relocate next door, assembled two office buildings on 7th Street just south of Camelback, which developed into a 240-unit luxury apartment complex, and assembled 14 parcels on 7th street, which developed into Earnhardt Lexus.

Finally, Michael and I are going back to Atlanta for a few days to spend Passover with many of our cousins who we have not seen in a long time or even met. I'm also going to see my old college baseball coach, Jim Morris, who has been at the helm of the University of Miami for 26 years and won two national championships. Miami is playing Georgia Tech the last weekend of March so it will be a memorable weekend to see my cousins and my college coach. Coach told me I was actually his first college baseball recruit.

See, you can go back home and it is always better when it is a happy occasion.

Have a Happy Easter and Passover and anything else you are celebrating!

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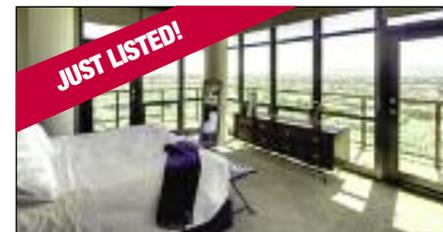
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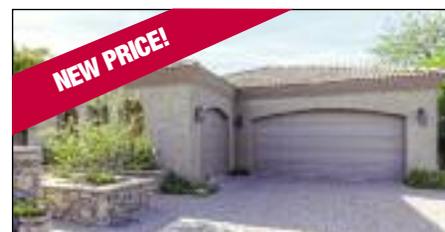
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COMMUNITY

Events highlight Valley Bike Month

April is the perfect time to enjoy the beautiful spring weather on two wheels. This month is Valley Bike Month, and whether you are a regular bike commuter or just an occasional rider, there are several events and specials that cyclists can take advantage of.

Valley bike riders are invited to join the 13th-annual **Phoenix/Maricopa Bike to Work Day**, 7-9 a.m. Wednesday, April 18. Check-in begins at 6:30 a.m. Join Phoenix City Council and Maricopa County officials, as well as other dignitaries at Park Central Mall, 3100 N. Central Ave., for a police escorted 3-mile ride to CityScape, 1 E. Washington St.

This is a “green” event so all bicyclists are encouraged to bring their own water bottles. Water for refilling bottles will be available at Park Central and CityScape, no disposable bottles will be provided. There will be a Valley Metro T-shirt and a complimentary light breakfast at CityScape for those who pre-register for the ride by April 11.



In December, 28 local artists submitted portfolios to the Pedal to the Metal: PHX Bike Rack Project, an urban arts initiative spearheaded by Downtown Phoenix Inc., Artlink, the City of Phoenix’s Street Transportation Department and Office of Arts and Culture. Two designers were chosen to move on to the project’s fabrication stage, which will net 50 new bike racks for downtown and the central city. Allen Wang, left, with co-designer Kory Negrich, and Jennyfer Stratman, unveiled their winning designs on March 17 during the Pedal to the Metal: Bike Art Show (photo courtesy of City of Phoenix Office of Arts and Culture).

Pre-registration for the ride is required at: <http://www.maricopa.gov/btw>.

The city of Phoenix Fire, Police and

Street Transportation departments are teaming up to educate youth about bike safety and promote the use of bike

helmets at a **Bike Rodeo**, 10 a.m.-2 p.m. a.m. Saturday, April 21 at the south side of Palma Park (11th Street and Townley Avenue). Note that part of Townley Avenue may be blocked off for this event.

Children will have the opportunity to actively participate in various activities to improve their riding ability and learn bike safety tips. Children are invited to bring their bikes and helmets to participate in event activities. The Phoenix Police and Fire Departments will have some helmets to give away (while supplies last). Parents and guardians are encouraged to attend. No RSVP needed.

In addition, the Phoenix Police Department’s Bike Patrol officers will host their annual **Tour de Sunnyslope**, a police-led bike ride around the area and a fundraiser for the Bike Patrol program. No prior registration required, just show up at 9 a.m. also at the south side of Palma Park on April 21. The ride will start and end at the park and is open to all ages. Bring a bike in good working order, and since the police are leading the ride, it’s best to wear a helmet! Stay after the ride and

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COMMUNITY

enjoy 'Slope Fest in the park, with food trucks, games and more.

Downtempo Ride celebrates Valley Bike Month with a ride to FilmBar for a special screening of the "The Triplets of Belleville" (animated), on Monday, April 30. Meet at Civic Space Park, 424 N. Central Ave., at 7 p.m. for a leisurely ride to FilmBar, 815 N. 2nd St. The movie starts at 8 p.m. and tickets are \$10, advance purchase is recommended at http://thefilmbarphx.com. The routes are designed to be accessible, although they may include short ramps (e.g. pedestrian bridges over the freeway). If you are nervous about riding on the streets, this is great introduction. All types of bikes in good working order are welcome.

For more information, visit: https://www.valleymetro.org/2018-valley-bike-month-events.

Nonprofit celebrates 25 years of service

The social impact organization one·n·ten reached a milestone as it celebrates 25 years of serving LGBTQ. Its past successes inspire new executive

director and North Central Phoenix resident, Nate Rhoton, 39, to get even more innovative and collaborative with its programs and services.

Founded to provide a safe space for every young LGBTQ individual as they either come out to their families, face bullying or other challenges in society, one·n·ten hasn't strayed from its original purpose. Rhoton and his board are focused on the future with a new strategic plan that will leverage long-standing partnerships and develop new ones to advance key areas of focus—specifically, the group's mentoring program and housing homeless youth.

The Youth Education & Success Workforce Development, or YES! Program, has served 136 individuals over the last four years with 84 percent job placement success. Working with partners including Synchrony Financial, Charles Schwab and Bank of America, along with feedback from the young adults one·n·ten serves, its financial literacy training will be refined to focus on everyday money management skills and continue to support youth in building their self-



Linda Elliott, recently retired executive director of one·n·ten, congratulates her successor, Nate Rhoton, at the organization's FRESH Brunch gala (photo courtesy of Randy Bingham of RSVP Photography).

esteem and leadership skills.

The housing problem is more complicated. With no funding for youth housing available from Arizona, it has taken a great many people and organizations to find a way to get LGBTQ youth off the street. If not, life on the street can quickly result in sex trafficking, drug use and other challenges that add to their plight. Thanks to former

executive director Linda Elliott, who initiated the one·n·ten Promise of a New Day Supportive Housing (POND) program, more than 100 youth have found a safe space they can call home.

Despite those successes, Rhoton is faced with tackling the wait list of 94 young people who are seeking a safe place to sleep at night. "Housing is such a tough issue here in the state. It's going to require us to work harder with our partners and forge new partnerships to help our young people get off the street to get them back on track and focused on their education or careers," Rhoton said.

Forty percent of youth who are homeless identify as LGBTQ. It costs \$10,000 a year to provide youth housing and all of the associated support services.

After a fire last summer damaged one·n·ten's longtime home, the nonprofit organization found a large new space inside the Parsons Center for Health & Wellness, located at 1101 N. Central Ave. For more information about programs, services, partnerships and volunteer opportunities, visit www.oneten.org or call 602-400-2601.



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COMMUNITY

Women's group honors Stephens-Reed

VALLEYLIFE's director of Fund Development, Margaret Stephens-Reed, recently was recognized as the 2017 Woman of the Year by East Valley Women.

"Margaret Stephens-Reed has been a tremendous asset to VALLEYLIFE since joining our team in February of 2009," said Cletus Thiebeau, President & CEO of VALLEYLIFE, 1142 W. Hatcher Road. "It is an honor to have Margaret on our Senior Management team. She continuously raises awareness for individuals with disabilities through fundraising campaigns and personal outreach. Margaret has a real passion for creating a better life for our members and making a difference in our community."



Margaret Stephens-Reed

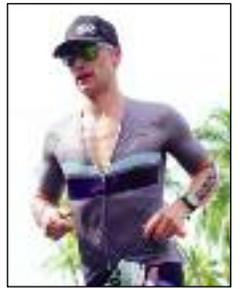
February marked Stephens-Reed's ninth year at VALLEYLIFE, which provides residential services, day services, home- and community-based services, and vocational services to people with disabilities.. She earned her Bachelor of Arts degree from Eastern Washington University of Cheney, Wash., and is a member of Zeta Phi Beta Sorority, Inc.; Central Phoenix Women; East Valley Women; and Women of Scottsdale.

Stephens-Reed serves on the Arizona

State Oversight Board for Defensive Driving Schools and is a board member of the Planned Giving Roundtable of Arizona and The New Foundation.

Pappas achieves goal of Hawaii Ironman

North Central resident John Pappas has been competing in triathlons for more than 20 years with the goal of getting to the Ironman World Championships in Kona, Hawaii. Pappas qualified in October of 2016 at the Los Cabos, Mexico Ironman, ranking fourth in his age division.



John Pappas

In October of last year, Pappas was able to achieve his ultimate goal, competing at the World Championships in one of the toughest sports in the world. With over 30 races under his belt, training for and competing in the Kona race was the pinnacle of his ironman career—and it's not over. Pappas plans to take a small break, however, he says he enjoys the training and self-discipline of Ironman too much to give it up completely.

Pappas has been practicing dentistry at Arcadia Dental Arts, 4124 N. 40th St., for the past 12 years. He is a graduate of Creighton University School of Dentistry in Lincoln, Neb. John did his residency program at Northwestern University in Chicago.

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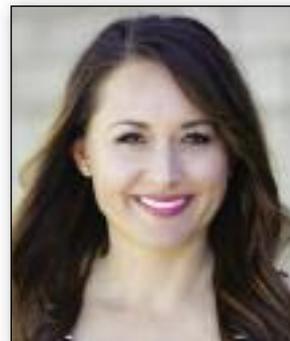
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Pet of the Month

This Persian queen is ready to rule your home

One of the most interesting-looking and rarest of cats, Adelpha is 7-year-old orange Persian who is finally ready for her forever home.

Originally brought to the Arizona Humane Society back in January, this beautiful feline endured quite the ordeal on her road to recovery. With a kitty cold that just would not go away, Adelpha spent her time getting better in an AHS Foster Hero's home until he finally got back to 100 percent.

Loving once she gets to know you, Adelpha can be a little coy at the beginning and takes some time to come out of her shell. Once she feels safe and loved, this queenly cat is all purrs and fun. She loves playing with stuffed toys and getting her long, luxurious fur brushed. She has also lived with other cats and dogs, but a slow introduction is always best when getting to know new furry friends.

Adelpha is available at the Arizona Humane Society's Sunnyslope Campus, located at 9226 N. 13th Ave. Her adoption fee is \$200 and includes microchip and vaccinations. For more information, call 602-997-7585 and ask for animal number A574116.

Please note: 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.



Adelpha is 7-year-old orange Persian who is a little shy at first but will warm up to a loving home with lots of stuffed toys to play with and a human who will regularly brush her long, luxurious hair (submitted photo).

Meeting features two animal rescue groups

The Sunnyslope Historical Society is honored to be a neighbor to The Arizona Humane Society and a friend to Rusty's Angels Sanctuary. Both of these nonprofit organizations will present to the society's members and friends about the work that they do, 10 a.m.-12 p.m. Saturday, April 21 at the Sunnyslope History Museum, 737 E. Hatcher Road.

The Arizona Humane Society will be represented by Page Englert, and Rusty's Angels will be represented by founder Emilee Spear. Some adoptable animals may be brought to the event.

A light lunch will be served, which is free for Sunnyslope Historical Society members, and \$5 for non-members. The event itself free and open to the public. For more information, call the museum at 602-331-3150.

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COMMUNITY

Spencer marks 20 years at helm of Boxer Luv

Arizona rescue organization Boxer Luv will celebrate its 20th anniversary on April 8. For two decades, founder Trish Spencer, a 25-year resident of North Central Phoenix, and her team of more than 350 volunteers have brought new life to homeless boxers in need.

Boxer Luv sprung up as a personal project Spencer began to save Phoenix boxers. What started as a small group that would advertise in local papers expanded into a widespread nonprofit that has now rescued more than 10,000 boxers and boxer mixes throughout Arizona since 1998.

Boxer Luv uses a foster care system as the primary method of rescuing dogs, instead of a kennel facility alone. Boxer Luv has more than 80 approved foster homes.

Spencer never imagined Boxer Luv would grow to its current size and influence. “The reason that I just chose one breed was because I wanted it to be just a little side hobby,” Spencer explained.

Despite having no prior retail experience, Spencer took inspiration from other rescue organizations and opened up the Luv to Save Thrift Shop in at Northern Avenue and 12th Street.

After 20 years of work and dedication, Spencer says she has no plans to slow down. “It’s a very emotionally rewarding thing to do. I don’t regret all the work.” She says that one little moment of seeing a dog adopted into a new home “gives you the joy and energy to go on.”

Boxer Luv will celebrate the anniversary in Tempe’s Kiwanis Park with a picnic on April 8. For details, visit <http://www.boxerluv.org>.

Mini tennis tourney aids shelter animals

Rally for Rescues is a charity mixed doubles tennis tournament and social, set for 12-3 p.m. Sunday, April 15 at the Camelback Village Racquet & Health Club, 4444 E. Camelback Road.

This three-hour event will raise funds directly for Arizona Animal Welfare League (AAWL), which annually supports nearly 4,500 shelter animals in the Phoenix metro area. The event will be complete with a light-hearted tennis tournament, pet adoptions and a silent auction, all geared toward raising money for AAWL.



North Central resident Trish Spencer started Boxer Luv Rescue in 1998 and has helped rehome more than 10,000 dogs in the last 20 years (submitted photo).

The event is open to players of all levels; participants will need partners, and will play several short, timed, level-based matches. Between games, participants and guests will have time to cuddle with rescue animals looking for their fur-ever homes.

Entry fee is \$75 per player, with 100 percent of proceeds donated

AAWL. Registration deadline is April 9. For more information or to register, visit <http://bit.ly/Rally4Rescues>.

Rescue Rinse event aids senior animals

ReThinc Advertising’s parking lot will be transformed into the 2018 Rescue Rinse, benefitting Lost Our Home Pet Rescue (www.lostourhome.org), which assists pet families in crisis, including homelessness and financial hardship.

Residents from all over the Valley are invited to bring their dogs from 9 a.m. to Noon on Saturday, April 7, to get scrubbed and towed off for a great cause. ReThinc Advertising, 4714 N. 44th St., hosts a safe environment for dogs, provides clean water, organic shampoo, treats and more for any dog family that stops by. Pet parents will enjoy a variety of complimentary food and drinks. There will also be a silent auction for your chance at great items. All washes are by donation only (minimum \$20 donation suggested).

Look for updated information about the event at www.rescuerinse.com.

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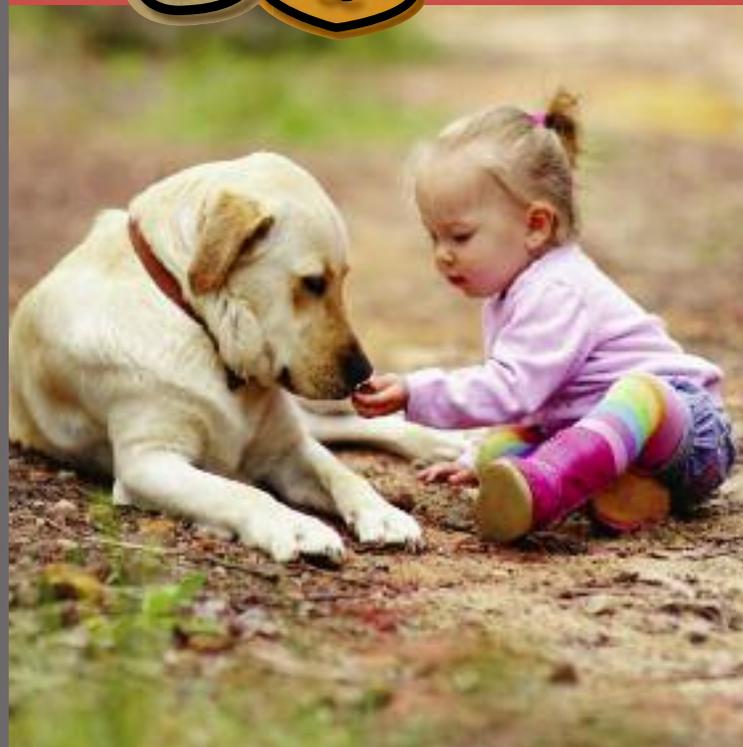
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The group offers a friendly place for adults to practice creative writing in a supportive environment. This is not a critique group. Instead, members do short prompts and then writers can share what he or she has written (sharing is not required). All skills levels are welcome. For more information, call Susanne Brent or e-mail susanholly@cox.net.

Community Yard Sale

April 6-8
Holiday Spa
Mobile Home Community
10401 N. Cave Creek Road
602-309-8804

There will be furniture, clothing, knick-knacks, collectibles and more. Hours are 8 a.m.-2 p.m. each day. Entry gates will be open during these hours.

Madison 'Dash to the Bash'

8 a.m. Saturday, April 7
Granada Park
6505 N. 20th St.

The Madison School District, in partnership with the Madison Education Foundation, hosts its first 5K community walk/run. Park at Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave. Check-in for the dash begins at 6:30 a.m., and the race sets off at 8 a.m. Cost is \$35 (\$15 for students ages 14 and younger). For more information or to register, visit www.MadisonDashtotheBash5k.com.

Madison Bash

9 a.m.-12 p.m. Saturday, April 7
Rose Lane Elementary School
1155 E. Rose Lane
602-664-7964

The free event showcases artists and musicians from all eight Madison schools while raising much-needed funds for the Madison Education Foundation. Enjoy gourmet food trucks, local vendors, hands-on art demonstrations, a raffle, and more. Phoenix Police will provide free car seat checks. Visit <http://madisoneducationfoundation.org/events/>.

'Quiltapalooza' Quilt Show

9 a.m.-4 p.m. Saturday, April 7
Living Streams Church
7000 N. Central Ave.

Phoenix Area Quilters Association (PAQA) presents this annual show, featuring more than 100 quilts on display, plus sewing- and craft-related vendors. Admission to the event is \$5. For more information, visit www.PAQA.net.

Rattlesnake Workshop

9-11 a.m. Saturday, April 7
North Mountain Visitor Center
12950 N. 7th St.

Rattlesnake Garage and Save Our Mountains Foundation will offer a live rattlesnake demo that will cover desert conservation, snake recognition, snake encounters, first aid do's and don'ts and snake myths. Admission \$8 adults, \$4 children, and free for military with ID.

Barney's Night at Denny's

4-10 p.m. Wednesday, April 11
Denny's Restaurant
5002 N. 7th St.
602-943-4789

For 40 years, Barney has been known as the "Best Bus Boy" at Denny's-Camelback. To celebrate his hard work, the uptown diner hosts this special event each year. Denny's will donate 20 percent of all receipts to Lura Turner Homes for Developmentally Disabled Adults.

Retro, Rust & Rummage Sale

10 a.m.-4 p.m. Sunday, April 15
American Legion Post 1
364 N. 7th Ave.

Spend a Sunday searching for vintage arts and crafts as well as car, motorcycle and bicycle parts. Food available from Frank's Kitchen. Beer, wine and cocktails available in the Legion Post. Admission is free. For more information, e-mail post1aznews@gmail.com.

'Project Firelight'

6:30 p.m. Tuesday April 17
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-510-1544

The Phoenix Branch of The American Association of University Women (AAUW) hosts Phil Boas of *The Arizona Republic*, who will discuss Project Firelight, which will showcase the accomplishments of Arizona's Steven Spielberg. The program begins after an optional dinner (\$15) at 5:30 p.m. RSVP for the dinner by April 13.

HAPPY HOUR *with* HERSCHE

It has always fascinated me how some people can be so envious of others. Don't get me wrong. I think most of us have felt envy, but I was blessed somehow without feeling that emotion too often. It seems like a waste of time to me to resent someone because of their possessions, qualities or accomplishments. I am only truly envious of those who have been able to follow their passion. And that envy is not from a negative place, but an internal acknowledgment of how fulfilling that must be for them. I typically just assume everyone, like me, has successes and hardships in life. We have a propensity to project resentment on others, especially when we are met with challenging times, without thinking of that full being and their life. So, next time you are feeling envious of someone, take a breath and realize they have hard times too....and count your blessings.

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*First person to correctly answer the trivia question via email, text or phone call will win \$100 gift card to Massage Envy. 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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Getting pests off your indoor plants

By Melinda Myers

With the weather warming up, more windows and screen doors are being opened during the still-cool morning and evening hours. But while this might welcome in the cooler, fresh air, it also lets in less-welcome, winged guests.

Fungus gnats are those small, fruit fly-like insects that flit around your house. They feed on plant roots and organic matter in the soil. They usually don't harm the plants, but certainly are annoying.

Just sprinkle an organic insecticide that contains the active ingredient *Bacillus thuringiensis israelensis* on the soil surface. This naturally occurring bacterium only kills the larvae of fungus gnats, black flies and mosquitoes.

Aphids are common pests of indoor and outdoor plants. These small teardrop shaped insects suck plant juices, causing the leaves to yellow,

brown, wilt or become distorted. They secrete a clear sticky substance known as honeydew.

Mites cause similar damage, but are too small to see without a hand lens. If you suspect mites, shake a leaf over a white piece of paper and watch for specks, the mites, moving across the paper. Don't wait until you see webbing to control these pests. At that point there are thousands of mites—making it difficult to control.

Both these types of pests can be managed in the same way. Start by placing plants in the sink or tub and knock the insects off the plant with a strong blast of water. Follow with several applications of insecticidal soap to kill the adults. Repeat as needed. Or suffocate all stages of the insects with a lightweight horticulture oil like Summit Year-Round Spray Oil (SummitResponsibleSolutions.com).

No matter what products you choose, natural or synthetic, make sure they are labeled for the plant and pest

you are treating. And always read and follow label directions carefully.

Editor's note: Melinda Myers (www.melindamyers.com) has written more than 20 gardening books, including "Small Space Gardening." She is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit for her expertise to write this article.

Bring in your bugs for the 'Bug Zoo'

Locally owned D.I.Y. pest control retailer, Bug & Weed Mart, needs new specimens for its Bug Zoo. The public is invited to catch whatever crawls or flies their way and bring it to the store at 5030 N. Central Ave. between now and April 30.

For every live bug delivery, participants will receive at least one raffle ticket entry for the monthly drawing of a pair of free movie tickets. The rarer or bigger the bug, the more raffle tickets you can earn. A tarantula or scorpion, for example, could net you five raffle tickets toward the movie ticket give-

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HOME & GARDEN

away while a fly could earn one entry. Again, bugs must alive and properly contained when brought into the store.

Drawings for movie ticket prizes will be held in March and April. No purchase or payment is necessary to enter or win. For more information, visit www.bugweedmart.com/contest.

Grow a garden with less water

Whether your garden has been affected by drought, changing climate, or simply the need to use less water, a new book offers a guide to growing a beautiful “dry” garden.

“The Colorful Dry Garden,” by landscape designer and horticultural expert Maureen Gilmer, includes more than 100 plants that bloom even if the face of hot, dry seasons with limited water.

Through color photos, easy to read keys, Q&A sections, budgeting information, timelines, and more, readers will learn about many beautiful, bold, blooming plants that thrive with little water, and how to incorporate them in all areas of the garden for an attractive,

environmentally friendly landscape.

“The Colorful Dry Garden” is (\$22.95 list price, Sasquatch Books), is available now at Changing Hands-Phoenix, 300 W. Camelback Road, or online at www.changinghands.com.

Orchid show and plant sale April 7-8

Learn more about the beautiful, exotic orchid at the Desert Valley Orchid Society’s annual family friendly Spring Orchid Show and Plant Sale, set for April 7-8 at Berridge Nurseries, 4647 E. Camelback Road.

There will be many beautiful displays and a large selection of premium flowering orchids for sale. Raffle tickets to win a blooming plants will be on sale.

Admission is free. Hours are 9 a.m.-5 p.m. Saturday and 10 a.m.-4 p.m. Sunday. Workshops on various orchid related topics are planned for 10 a.m. and 2 p.m. each day. Society members will be circulating in the greenhouse to answer questions.

For more information, contact Beverly Tall at bevtall@gmail.com.

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5223 E. LeMarche Ave. \$628,900
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Retired FBI agent John Iannarelli spoke to more than 90 people about what to do in an active shooter situation, during a seminar hosted last month by SECCENTRIC, a Phoenix security and investigation company (photo by Teri Carnicelli).

Strategies needed for active shooter situations

By Emily Garcia

A former FBI agent recently led a workshop that taught the public how to protect themselves in an active shooter situation.

John Iannarelli, a former FBI agent,

has partnered with SECCENTRIC's outreach program, Intelligent Citizen, to provide the public with an understanding of law enforcement reactions to an active shooter situation, the best way for citizens to respond, and elements that should raise suspicion of a planned attack. The Active Shooter Awareness Training seminar was held March 6 at Pointe Hilton Squaw Peak Resort.

Iannarelli specializes in law enforcement analysis and a security consultant. During his time with the FBI, he served as the assistant special agent in charge of the Phoenix division and managed all criminal, cyber, and counterintelligence investigations in Arizona.

According to Iannarelli, an average shooting lasts five minutes, and it generally takes police eight minutes to arrive on the scene. It's rare for the suspect to be neutralized by law enforcement, so Iannarelli encourages everyone to instill a survival mindset.

"You have to be able to save yourself because that's going to be the first and quickest line of defense," said Iannarelli.

Three steps to protect yourself in an active shooter situation are to run, hide and fight. Do the step that is appropriate at that moment and use what's at your disposal to distract the shooter. Fighting the shooter is the last resort. Throw items and try to incapacitate the shooter.

"You only need to be lucky for a second or two and that gives you your chance to get away," Iannarelli pointed out.

The best opportunity to escape is when the shooter is reloading magazines; being able to identify the sound

please see ACTIVE SHOOTER on page 20

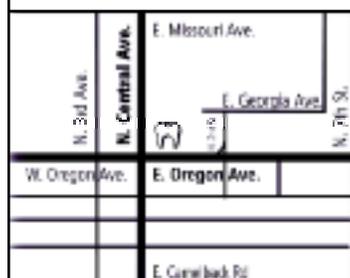
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TAKING CARE OF BUSINESS

ACTIVE SHOOTER *continued from page 18*

of gunfire is essential, according to Iannarelli. "It's not like what you hear on television," he explained.

Iannarelli urges business owners to implement an emergency action plan that includes evacuation procedures with at least two exits, and an escape plan that should explain how to get out, where to go, and where to reconvene.

He also recommends an emergency notification system. Notify law enforcement, as well as the fire and medical departments. Tell dispatch how many victims need medical attention to send enough resources to the scene. Business owners also need to inform employees of the danger who aren't present at the time, but might be on their way in.

Companies should have a crisis kit with trauma supplies, handheld radios, and flashlights. In a mass disaster, cell phones won't be able to make calls because of the lack of cellular signal available.

See something, say something is a strategy Iannarelli encourages when

reporting suspicious behavior. Signs that someone might attempt to hurt others include consuming a lot of alcohol, being frequently absent, vague complaints, withdrawing from friends and colleagues, perpetuation to talk about violence and weapons, and a sudden need to collect weapons.

"If somebody is acting up, causing problems, being violent, there should be a system of reporting it," Iannarelli said.

Editor's note: Emily Garcia is a student at the ASU Walter Cronkite School for Journalism and Mass Communication.

Business Briefs

Vote now for a great nonprofit

As part of its annual IMPACT Awards, the Greater Phoenix Chamber of Commerce recognizes the outstanding work of Valley nonprofits with its IMPACTful Nonprofit Award. Get involved to help determine the 2018 IMPACTful Nonprofit Award recipient by casting your vote for one of the four finalists. The deadline to vote is April 18.

The 2018 IMPACTful Nonprofit Award finalists include: Boys & Girls Clubs of Metro Phoenix; Daring Adventures; Gompers; and Phoenix Center for the Arts.

To cast your vote, visit <https://phoenixchamber.com/>, and find the voting page under the Events tab.

Craft nights great for small groups

Local entrepreneur, Heidi Koffman, and working mom, Jen Racer, have launched Craft Nights by The Hippy Hobby, 10832 N. 32nd St.

With a love of all things hippie, modern, retro, and crafting, Craft Nights encourages creativity for people of all ages. The BYOB (beer and wine), DIY arts and crafts studio focuses on event-based craft nights while bringing people together. With a soft launch in late February, the doors are now open, with a full calendar of events beginning this month.

Craft Nights was created out of the want and need for a little time to unwind for individuals needing to relax and get together with friends. What began as a small group of friends getting together for a night of wine, a potluck, and crafting, became much more when Heidi and Jen realized they needed a dedicated studio capable of hosting more crafters than their homes.

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TAKING CARE OF BUSINESS

Some of the popular Craft Nights offered are String Art, Wood Sign Making, and Paint Nights. Craft Nights by The Hippie Hobby is available for corporate team building on top of their BYOB craft nights for adults and friendship-building summer camp for kids.

An instructor guides all classes with no prior crafting experience necessary. Open studio occurs the second Thursday of every month from 6-9 p.m., with crafts starting at \$25 and ranging up to \$50. Kidz Krafternoon occurs the third Monday of every month from 3-6 p.m. on a drop-in basis with crafts starting at \$15 for kids. Ladies' Night is a pop up event, typically the last Wednesday of the month from 6-8 p.m. for \$25 (tickets are required).

Visit www.craftnights.com to choose your class and purchase tickets online. Use the coupon code Grand10 for \$10 off any craft night in April.

Semi-monthly events held at Uptown Plaza

Uptown Plaza has launched a monthly "Second Saturday" event series beginning on Saturday, April 14, from 10 a.m.-1 p.m. The shopping center will host rotating entertainment, dining and shopping elements.

Each month several featured Uptown Plaza tenants will also host activities, sales, or samples in the courtyard to provide guests with a taste of all that the shopping center has to offer. April will feature Nekter Juice Bar, a forerunner in the juice and acai bowl craze, and Prose, a cutting-edge nail boutique that is changing the idea of the nail industry.

Also featured on April 14 will be a Petting Zoo, bounce house, and giant yard games. The Uptown Plaza Second Saturday events are free to attend, and offer entertainment for the whole family to enjoy.

Uptown Plaza is located on the northeast corner of Central Avenue and Camelback Road. For more information, visit www.uptownplazaphx.com.

Diamond Jim's will act as your buyer

Jim Kiefelds, owner of Diamond Jim's Jewelry, a full-service jewelry store in central Phoenix, will travel to Antwerp, Belgium this month to select diamonds for local customers. He invites Phoenix residents who are interested in placing an advance order for a

specific type of diamond to join the store's Preferred Customers list. Kiefelds will act as the buyer's liaison while in Antwerp, allowing customers to purchase a diamond the way a dealer does—directly from the cutters.

Antwerp is renowned for some of the world's most skilled diamond cutters. The diamond district, also known as the "Square Mile," sees over \$54 billion in turnover annually. It is the world's largest and most prolific diamond-making center; more than 70 percent of the world's supply of diamonds is cut there.

Diamond dealers such as Kiefelds undergo a rigorous, seven-year certification, education, and referral process before being licensed to purchase in Antwerp's diamond district.

Stop by Diamond Jim's, 6005 N. 16th St., to speak to one of the associates about joining the Preferred Customers list. For more information, call 602-466-1772.



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7170 N. Central Ave	IN ESCROW	3741 SF	4BR/4BA	\$1,395,000
9789 N. 57th St	IN ESCROW	4178 SF	4BR/4.5BA	\$1,295,000
21 E. Cactus Wren Dr	JUST LISTED	6718 SF	4BR/3.5BA	\$1,125,000
10442 N. 48th Pl	JUST LISTED	4120 SF	4BR/4BA	\$1,050,000
19 W. Frier Dr	JUST LISTED	4915 SF	5BR/4.5BA	\$1,050,000
243 W. Montebello Ave	IN ESCROW	5811 SF	5BR/3.5BA	\$1,025,000
2 E. Northview Ave	MOVE IN READY	3541 SF	5BR/3.5BA	\$ 975,000
7110 N. 18th St	CORNER LOT	4107 SF	4BR/3.5BA	\$ 925,000
902 W. El Camino Dr	NEW PRICE	4560 SF	4BR/3.5BA	\$ 875,000
6730 N. 7th St	IN ESCROW	4272 SF	4BR/3.5BA	\$ 849,500
310 S. 4th St. #2001	JUST LISTED	1981 SF	3BR/3BA	\$ 849,000
6333 N. 4th Dr	IN ESCROW	3506 SF	4BR/4.5BA	\$ 775,000
1300 W. Myrtle Ave	NEW CONSTRUCTION	3581 SF	4BR/3.5BA	\$ 738,203
6020 N. 5th Ave	NEW CONSTRUCTION	3300 SF	5BR/3BA	\$ 699,000
14392 E. Becker	JUST LISTED	5167 SF	4BR/4BA	\$ 650,000
37 W. San Juan Ave	JUST LISTED	2621 SF	4BR/3BA	\$ 650,000
1430 W. Myrtle Ave	NEW PRICE	2863 SF	3BR/2.5BA	\$ 614,900
3402 N. 35th Pl	REMODELED	2573 SF	4BR/2BA	\$ 599,000
3800 E. Lincoln Dr #29.	IN ESCROW	3031 SF	4BR/3BA	\$ 599,000
1620 E. Echo Ln.	NEW PRICE	3250 SF	4BR/4BA	\$ 599,000
2145 E. Kaler Dr	IN ESCROW	2168 SF	4BR/2.5BA	\$ 574,900
6122 N. 8th Ave	IN ESCROW	2781 SF	4BR/3BA	\$ 565,000
4214 E. Carol Ann Ln	JUST LISTED	2725 SF	4BR/3.5BA	\$ 564,500
210 E. Keim Dr	MOVE IN READY	2182 SF	3BR/2.5BA	\$ 559,000
1801 E. Stella Ln	JUST LISTED	3750 SF	5BR/3BA	\$ 549,900
4230 E. Carol Ann Ln	IN ESCROW	2617 SF	4BR/2.5BA	\$ 549,900
4238 E. Carol Ann Ln	IN ESCROW	2617 SF	4BR/2.5BA	\$ 549,900
1629 E. Echo Ln	JUST LISTED	2026 SF	3BR/2.5BA	\$ 549,900
6311 N. 10th Ave	IN ESCROW	2509 SF	4BR/3BA	\$ 475,000
7602 N. 17th Ave	JUST LISTED	2209 SF	4BR/3BA	\$ 475,000
7140 N. 15th St	NEW PRICE	2168 SF	4BR/2BA	\$ 469,500
6311 N. 10th Ave	IN ESCROW	2509 SF	4BR/3BA	\$ 469,500
310 S. 4th St. #2006	JUST LISTED	1533 SF	2BR/2.5BA	\$ 449,000
1617 E. Lamar Rd	IN ESCROW	2181 SF	4BR/2.75BA	\$ 445,000
6317 N. 14th St	JUST LISTED	1766 SF	2BR/2BA	\$ 349,900
2747 E. Amelia Ave	REMODELED	1352 SF	3BR/2BA	\$ 319,000
706 E. Boca Raton Rd	NEW CONSTRUCTION	1912 SF	3BR/2.5BA	\$ 329,871
1234 E. Hayward Ave	JUST LISTED	1553 SF	3BR/2BA	\$ 325,000
722 E. Boca Raton Rd	NEW CONSTRUCTION	1767 SF	3BR/2.5BA	\$ 306,941
711 E. Boca Raton Rd	NEW CONSTRUCTION	1784 SF	3BR/2.5BA	\$ 295,900
718 E. Boca Raton Rd	NEW CONSTRUCTION	1640 SF	3BR/2.5BA	\$ 282,900
715 E. Boca Raton Rd	NEW CONSTRUCTION	1640 SF	3BR/2.5BA	\$ 282,900
7156 N. 17th Dr	IN ESCROW	1458 SF	3BR/2BA	\$ 275,000
16510 W. Tether Trail	IN ESCROW	2953 SF	5BR/3.5BA	\$ 252,900
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3402 N. 35th Pl. • \$599,000



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306 E. Wexford Cove \$1,000,000	31 W. Flynn Ln. \$ 642,000	7638 N. 5th Ave. \$ 465,000	7134 N. 27th Ln. \$ 175,000
310 E. Wexford Cove \$ 900,000	1430 W. Myrtle Ave. \$ 595,000	3025 E. Campbell Ave. \$ 330,000	
1400 W. Myrtle Ave. \$ 718,720	320 E. Orangewood Ave. \$ 575,000	6162 W. Wikieup Ln. \$ 295,000	
1755 E. Aurelius Ave. \$ 710,000	102 W. Victoria Square \$ 506,000	710 E. Boca Raton Rd. \$ 289,900	



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Preparing for the 5K "Walk the Fight/Run the Distance" event on Feb. 10 at Tempe Beach Park are, clockwise from left: North Central residents Nick and Suzie Nichols, their son, Warren, and grandsons Carson, 6, and Marshall, 3 (photo by Teri Carnicelli).

Fighting Parkinson's with support, exercise

By Teri Carnicelli

Four years ago, Suzie Nichols started noticing some changes in her body. "I was directing an orchestra for a musical, and I noticed that my hands were not doing what my brain was telling them to do," she recalls.

Nichols has a master's degree in Music Theory and not only worked as a music teacher for several years, but also often volunteered with community and high school theater to direct their musical performances.

Her family also noticed some troubling signs, such as a sort of shuffling walk, with her arms barely moving. And her handwriting had become almost illegible—even to herself.

A visit to the doctor and several tests later, Nichols was diagnosed with Parkinson's disease, a neurodegenerative disorder that currently has no cure.

In November 2016, she and her husband, Nick, moved to North Central Phoenix from Missouri to be closer to their son, Warren, and their two young grandsons. Before the move, Suzie, 71, researched online what type of support for people with Parkinson's was available in the Valley. She discovered the Muhammad Ali Parkinson Center at 350 W. Thomas Road, where she now attends classes 4-5 days a week. The center is part of the Barrow

Neurological Institute.

Nichols is on several medications, but believes it's the physical activity that she does daily that has kept the involuntary movements, also known as dyskinesia, from worsening.

"When I am standing still, sometimes my body tends to move without me telling it to," she says. "But I'm fortunate in that, so far, I don't freeze when I walk, as some people with this condition do. I am convinced that exercise will help keep the symptoms at bay, by helping to keep my muscles loose."

April is National Parkinson's Awareness Month, and the Muhammad Ali Parkinson's Center offers several resources for those challenged with the disease, including exercise classes. Nichols takes a boxing class on Tuesdays and a Power Circuit class on Fridays. She also, separate from the center, takes a Pilates class with a trainer. She bought a bicycle and takes frequent, short rides to the nearby park with her two young grandsons.

Other classes she enjoys at the center include a speech class—"we often don't realize we are talking very softly or very fast, so the class helps us really focus on our speech"—and a play reading class, which helps the participants focus on talking with intent and more distinctly.

"They are all so upbeat there, so friendly," Nichols says of the other clients the center. "Sometimes one of us



HEALTHY LIVING

is having a bad day, and we are all empathetic with each other because we know what that person is going through. We talk about the medications we are taking and challenges we're having. We are like our own support group."

To make an appointment with a movement disorder specialist or to learn more about the Muhammad Ali Parkinson Center, call 844-727-2602.

Health Briefs

Your health challenges help train med students

Have you ever wished that medical professionals did a better job of understanding your condition and the challenges that come with it? Now is your chance to help train the next generation of doctors, nurses and other medical professionals to be more mindful and more understanding of your chronic condition.

The Community Health Mentor Program started as a joint venture three years ago by the University of Arizona College of Medicine-Phoenix and Northern Arizona University. In this program, healthcare professional students (MD, PA, PT, OT) work in teams with a community mentor. The community mentor is an adult with at least one chronic medical condition who can share his or her healthcare experiences and assist in the education of these future healthcare professionals.

The team works with the mentor to complete a series of modules, including topics such as nutrition, home needs, and community barriers.

The Community Health Mentor Program is seeking new mentors. Mentors must be an adult, have a chronic medical condition (such as diabetes, asthma, or quadriplegia) and must live or being willing to meet the students within 20 minutes of the downtown Phoenix campus. Visit www.phoenixmed.arizona.edu/community-mentor to fill out an interest form, or e-mail at PBC-mentor@email.arizona.edu. You also can call 602-827-2609.

Health care services for the underinsured

With federal health insurance regulations in flux, many families are finding themselves without insurance or under-insured.

Niklaus Hirschi is a Family Nurse Practitioner (FNP) at Real Family

Care, PLLC, a direct access primary care provider located at 2601 N. 3rd St., Suite 301. As a direct access provider, Hirschi is not enrolled or contracted with insurance plans, instead offering a variety of care options at reasonable rates.

With more than 12 years of healthcare experience, and eight years as a licensed RN, Hirschi understands the importance of quality care and service. He is focused on offering services for the whole family, from pediatric and women's health to men's health and senior wellness. As a holistic primary provider, he continues to stay updated with courses on wellness and health methods, making his utmost goal to provide his patients with the best quality care and value.

He is IV Nutritional Therapy Certified, as well as IV Ozone Therapy Certified. He incorporates Ozone therapy into practice for treatment of all various types of conditions, as well as autoimmune therapy, infections, and wound care.

For more information, call 602-793-7131 or visit www.realfamilycare.com.

Red Cross hosts April blood drives

Though spring has officially arrived, the American Red Cross blood supply is still recovering from severe winter storms in March. Donors of all blood types are urged to roll up a sleeve and help save lives.

Winter weather in parts of the country forced more than 270 blood drives to cancel, resulting in over 9,500 uncollected blood and platelet donations in the first two weeks of March. No matter the weather, the need for blood to help cancer patients, those undergoing surgeries, trauma patients and others remains.

The American Red Cross Greater Phoenix Region hosts a blood drive 9:30 a.m.-3 p.m. Friday, April 6 at its offices, 4747 N. 22nd St., Suite 100. A drive also will take place 8 a.m.-3:30 p.m. Thursday, April 12 at the Arizona State DES Building, 4000 N. Central Ave.

Make an appointment by visiting www.RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

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SCHOOL DAYS



Members of the Grid Iron Flag Football team, The Vikings, celebrate their championship win in the 9-10 Age Division with cupcakes and trophies (submitted photo).

**Local youth capture
flag football trophy**

A group of third- and fourth-grade North Central Phoenix students, from Madison Simis Elementary, Madison Traditional Academy and SS. Simon & Jude Cathedral School, won the Arcadia Grid Iron Winter Flag Football Championship 9-10 Age Division Game on March 3 at Arcadia High School.

After losing a heartbreaker in their first game of the season, the Vikings rattled off eight straight wins culminating in a dominating performance in the championship game. After winning a shootout (38-36) in the semifinals, the Vikings gave up a touchdown on the opening drive of the championship, but then scored 27 unanswered points for a 27-7 win.

Viking players include: Cash Adkins, Matix Bell, Parker Dixon, Wesley Griffin, Joe Jenners, Jake Keebler, Keaton Kimmel, Sam Ryan and Brodie White. The team is coached by Seth Jenners.

Grid Iron Flag Football, a program of ONE Sports Nation, has developed a unique flag football program for ages 5-15, providing real kick offs, real punts, and league-certified coaches.

ONE Sports Nation has a dual focus to prepare the student athlete for the next level of competition and keep them excited about playing sports. The programs and rules have been devel-

oped to mimic those of high school sports. For more information, visit <https://www.onesportsnation.com/arcadia/football/>.

**Plans needed
for campus shootings**

By Emily Garcia

As the number of shootings on school campuses across the country continues to climb, a local teacher argues that campuses of all types and sizes need to be prepared for an active shooter situation.

Mark Williams is an English teacher at Central High School. He was a special agent for the Organized Crime Division of the State Attorney General's Office, and he also is the author of "Forty-Seven Seconds," a book that educated instructors on securing their classroom in emergency situations. Williams said offering free concealed carry weapons permits to teachers isn't a step in the right direction because the school district's policy isn't changing.

If the policy did change, Williams said he would carry a weapon on campus, but it would cost the district millions of dollars in refresher training courses such as close-quarterly shoot training, high-level stress training and liability insurance.

"When I shoot the suspect, their family will sue," said Williams. "When

SCHOOL DAYS

the bullet goes through the suspect and through the walls of the classrooms behind them and strikes an innocent child, that parent will sue as well.”

During a school shooting, Williams suggests students “get small and get quiet.” Shooters often open fire at hip level, about 36 inches high. Williams’ tips include sitting against a brick or block wall, covering the windows, and turn off all lights and cell phones. Barricade the door but if that is the only door, you’ll have to evacuate through the same door.

In “Forty-Seven Seconds,” which is subtitled, “What educators need to know and do during a very bad day,” Williams explains that it takes an average of 47 seconds to secure a classroom with a plan.

“There are schools in the North Central area that are not practicing, training or rehearsing, not only lockdowns but also shelter in place or even evacuations,” said Williams. School policies and procedures need to reflect these increasingly dangerous situations.

Editor’s note: Emily Garcia is a student at the ASU Walter Cronkite School for Journalism and Mass Communication.

rehearsing daily for the upcoming spring dance recital, “Let’s Groove!” The April recital, the biggest performance and fundraiser for the Thunderbird dance department, includes a cast of more than 200 dancers.

The show begins at 7 p.m. on April 19, 20 and 21. Pre-ticketed audience members are seated first between 6:15 p.m. and 6:30 p.m. There is no assigned seating.

Tickets are \$7 and can be purchased starting two weeks before the show in the THS bookstore. Tickets also will be sold at the door. The school is located at 1750 W. Thunderbird Road.

Young at Heart art show returns

The annual district-wide art show, Young at Heart, features work by students and faculty who will display their talents in a variety of mediums including photography, oil and acrylic paints, colored pencil and three-dimensional works. Many of these pieces are also available for purchase.

The show will be held at the ASU West Fletcher Library, located at 4701

W. Thunderbird Road. The public can view the works of art during regular library hours from April 2-25. The awards reception will be at 5 p.m. Thursday, April 12; admission is free.

WHS students are sewing for others

A group of Interact Club students at Washington High School have been learning to sew for others. Under the guidance of WHS nurse Mary Freeland, English teacher Jill Green, and science teacher Maggie Mott, these students have made and donated bags, quilts, baby accessories, clothing, and even 300 eyeglass cases. The cases and eyeglasses will be distributed in Peru.

MADISON ELEMENTARY SCHOOL DISTRICT

Park gets new sports equipment

Student-athletes at Madison Park Middle School will be taking the field with brand-new equipment this season, thanks to a generous donation from the

please see NEW EQUIPMENT on page 28

Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know. JEREMIAH 33:3

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Two students make finals in poetry contest

The Arizona Poetry Out Loud State Finals were held at the studios of Arizona PBS in downtown Phoenix on March 3. Ten students, representing schools from across Arizona, recited poems by a diverse array of literary luminaries.

Four students advanced to the final round, including Victoria Aiken, a senior at North High School, and Paul Cassidy, a junior at Brophy College Preparatory. The winner was Sophie Weinzinger, a junior at Coconino High School in Flagstaff. Cassidy came in second, and Aiken came in third.

The event was recorded and will be broadcast on Arizona PBS at 7:30 p.m. on Friday, April 6.

The Poetry Out Loud national semifinals will be held in Washington, D.C., April 24-25.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT

Spring recital raises funds for dance program

The music is being cut, the costumes have being ordered, and the Thunderbird High School dancers are



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 Kindergarten applicants must turn 5 by Dec. 31, 2018.



SCHOOL DAYS

NEW EQUIPMENT continued from page 27

North Central Women's League.

A crowdfunding page on DonorsChoose.org was created by Madison Park Athletic Director Sara Daffe to raise a total of \$552 for new league-approved baseball and softball bats, as well as new game/practice balls, and equipment bags. The bats are especially critical as the current bats no longer meet conference requirements—which means Madison Park teams were in danger of not being able to play in conference-sanctioned games this season without them.

When the North Central Women's League heard the donation request had received zero funds and had only three days left before it expired, the group quickly jumped into action. "We are a group of women dedicated to serving the North Central Phoenix area. We are so happy to support our teachers and students," said President Marianne Friedman.

The donation by the North Central Women's League was matched by the Dick's Sporting Goods Foundation, so

only \$276 was needed in pledges for the \$552 goal to be met. All the equipment was purchased the next day online from Dick's Sporting Goods.

Inaugural 'Dash' joins 'Bash' in April

The Madison School District, in partnership with the Madison Education Foundation, hosts its first "Madison Dash to the Bash" 5K community walk/run on Saturday, April 7, at Granada Park, 6505 N. 20th St.

Enjoy a morning run/walk through North Central Phoenix followed by the Madison Bash, the district's annual exhibition and celebration of students and the arts, from 9 a.m. to noon. The free event features artists and musicians from all eight Madison schools, local vendors, food trucks, a raffle and more.

Park for the race at Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave. Check-in for the dash begins at 6:30 a.m., and the race sets off at 8 a.m. Cost is \$35 (\$15 for students ages 14 and younger).

There is an optional 1K Mini Dash for ages 10 and younger at the Rose Lane campus after the 5K is completed, and no fee is required, but participants do need to pre-register.

All proceeds benefit the Madison Education Foundation, which provides arts experiences to Madison students. For more information or to register, visit www.MadisonDashtotheBash5k.com.

OSBORN ELEMENTARY SCHOOL DISTRICT World Read-Aloud Day held at Solano

Solano School recently celebrated its "We Are Solano! World Read-Aloud Day Reading Picnic." Solano teachers read multicultural picture books to their students and together with their students decorated their doors to highlight a book of their choice.

Families were invited to join shared reading lessons, enjoy a picnic lunch with students, and complete a Scavenger Hunt.

Nutrition education just for students

Osborn School District Child Nutrition Director Sheri Ottersen, Nutrition Coordinator Cory Alexander, and Education Coordinator Jillian Feltham are on a mission to reduce cafeteria waste by half.



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SCHOOL DAYS

The project started at Clarendon School where, with education classes, student volunteers and lots of effort, the project was successfully piloted and the cafeteria trash went from more than 180 lbs. per day to 90 lbs. per day.

The department will take its efforts to Solano School next, ultimately making the rounds to all Osborn schools.

PHOENIX UNION HIGH SCHOOL DISTRICT A lesson in dangers of distracted driving

North students learned about the risks of distracted driving, and driving under the influence, during a hands-on safety program presented by Banner Health in classrooms, Feb. 26-March 2.

Mock exercises involved walking on a designed map, not actually driving. The students tried to “drive” using a steering wheel while texting, and then perform the activity again without distractions. The students also attempted to “drive” with and without goggles that simulated effects of marijuana and alcohol, using goggles that altered students’ perception. That distraction activity was timed and performed with and without goggles.

Motor vehicle crashes are the leading cause of death for U.S. teens. According to the CDC, a total of 2,333 teens in the United States were killed in 2015.

Top ranking earns band spot at state festival

The Camelback Concert Band performed at the Arizona Band and Orchestra Directors Association (ABODA) Area Concert Festival on March 1, and received a rating of “Excellent,” qualifying the Spartans for the ABODA State Concert Festival. As a result, the CBHS Spartan Concert Band will travel to Chandler High School on April 25 to perform in the ABODA State Concert Festival.

Nearly two dozen qualify for contest

Fifty-one students from Camelback DECA competed at the State Career Development Conference, held March 2-4 at the Arizona Grande in Phoenix. Of those students, 33 were semi-finalists and 22 qualified for the International Competition in Atlanta, Ga., set for April 21-24.

All of these students wrote 11- or

30-page research papers and demonstrated leadership and entrepreneurship as they competed against 1,600 students from around the state.

First place-winners were: Entrepreneurship Promotion—Tasneem Al Sabbry, Vanessa Correa and Alexa Castillo; Creative Marketing Project—Nydia Salazar, Josh Lopez and Ezequias Fuentes; Student-Based Enterprise—Marisela Flores, Jocelyn Higuera and Litzy Barrera; Pitch/Role Play—Hailey Espinoza and Leslie Cruz, for the Dogs for Our Brave Community Service Project; and FreeSpace App—Oscar Garcia, Brian Jimenez and Jared Figueroa.

PRIVATE AND CHARTER SCHOOLS Students receive Service Awards

Eight students from St. Francis Xavier School recently were honored by the Catholic Community Foundation (CCF), which recognizes eighth-grade students from throughout the Diocese who display a love and understanding

please see AWARDS on page 30

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Other Coyote Summer Camp activities include miniature golf, tennis instructions, cooking & baking and much more!

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Coyote Summer Camp program is available May 29 - August 3.

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SCHOOL DAYS

AWARDS continued from page 29

of their Catholic faith, not only to performing acts of service, but to living a service focused life.

This year's award recipients from SFX were Kate Cowan, Michael Fisher, Jack Sorensen, Will Sanford, Matthew Sandoval, Kate Brink, Jayme Brown, and Peter Laborin. Kate Claypool, Kate Ryan and Anna Bahti were finalists.

Recipients were honored at a ceremony on March 2 and received an \$8,000-\$12,000 tuition scholarship for the Catholic high school of their choice.

MHP Twisted Axles win robotics contest

The Madison Highland Prep Twisted Axles won a tournament championship award at the Arizona Interscholastic Association Vex Robotics Competition, held March 2 at Embry-Riddle Aeronautical University–Prescott. The Twisted Axles student team included Saif Ahmed, Noah Norvold, Mason Flower, Liam Matthews, Nathan Pollaro, Drake Morris and Logan Valencia.

MHP engineering courses, such as



The Madison Highland Prep Twisted Axles championship team, from left: back row, Saif Ahmed, Noah Norvold, Mason Flower and Liam Matthews; front row, Nathan Pollaro, Drake Morris and Logan Valencia (submitted photo).

Intro to Engineering, Civil Engineering, Principles of Engineering and Engineering Design and Development, offered through the Project Lead the Way (PLTW) program help support students' VEX extracurricular activities.

Primary students have fun getting hands dirty

Kindergarten through fourth-grade students at Midtown Primary School recently painted personal pots and planted black or pinto beans and flow-



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SCHOOL DAYS



Members of "Team Serendipity," an eighth-grade, all-girl team from SS. Simon & Jude School, took first place in the Honeywell Fiesta Bowl Aerospace Challenge (submitted photo).

ers. Once their seedlings are big enough, they will be transferred into the school's plot at the Keep Phoenix Beautiful Garden project.

Midtown's mini-gardeners have already planted several things including sunflowers, watermelon, onions and tomatoes. They enjoy watering their plants and watching them grow. The students added earthworms to their plot after learning about their benefits and the role they play to help plants grow.

School wins sixth Aerospace Challenge

"Team Serendipity," an eighth-grade girl powerhouse team from SS. Simon & Jude School, won first place in the

Honeywell Fiesta Bowl Aerospace Challenge on Feb. 10.

More than 200 teams created a scale model and written report about an international logistics mission to colonize Phobos, a moon of Mars. The purpose of the mission was to develop a plan to establish a sustainable base on Phobos with minimum support from Earth.

The winning eighth-grade students from SS. Simon & Jude will enjoy a week at Space Camp this summer and be featured at half-time during the Fiesta Bowl game.

The event is the largest STEM (Science, Technology, Engineering, and Math) program for grade school and junior high students in Arizona.

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Week Four: Under the Big Top (June 25-28)

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Cost: Register for individual week sessions or for the entire 4 weeks.
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 \$25.00 non-refundable registration fee PLUS \$140.00 per week per child
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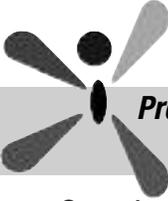
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Senior Living Memory Café hosts The Sunshine Singers

Jewish Family & Children's Service's April Memory Café will feature an interactive sing-along with the JFCS Senior Chorus, The Sunshine Singers, from 10 to 11:30 a.m. Thursday, April 5, at Beth El Congregation, 1118 W. Glendale Ave,

The Sunshine Singers, who are part of the Creative Aging program of JFCS, have been rehearsing together for several months. Each person is at least 60 and loves to sing.

The Memory Café is a meeting place for those with changes in their thinking or memory, mild cognitive impairment or dementia due to Alzheimer's disease or a related disorder, along with their care partners. Offered on the first Thursday of the month, each café has a new theme and includes meaningful, fun activities to

engage the participants and stimulate their minds and bodies. Socialization is a key component to the cafés, as they are meant to be a place to relax, meet others and have fun.

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

Free online help for caregivers

Duet: Partners In Health & Aging, a Phoenix area nonprofit, is launching its "Finding Meaning and Hope" video discussion series, produced by Duet in partnership with Pauline Boss, Ph.D., thanks to a grant from Virginia G. Piper Charitable Trust.

"Finding Meaning and Hope" is a free video and discussion series for family caregivers led by trained volunteers. This spring, a variety of 10-week "Finding Meaning and Hope" video and discussion groups for family caregivers are debuting in the Phoenix metro area and Tucson.

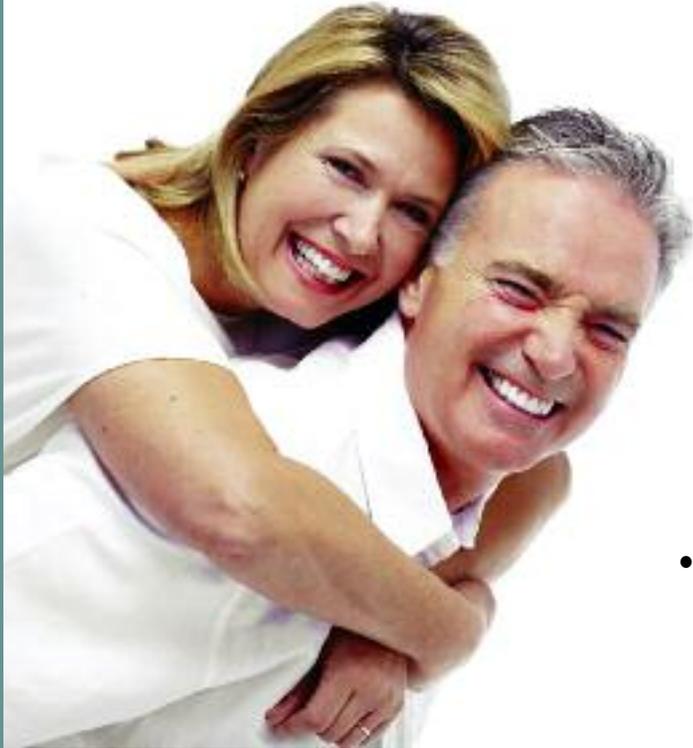
New video discussion groups are in the works continuously; visit <https://tinyurl.com/y83z6vrq> for the latest group additions and information. Duet has trained volunteer facilitators for the "Finding Meaning and Hope" video and discussion series who need locations to host the groups. Community members can contact Duet at info@duetaz.org or 602-274-5022 to connect about providing a space.

Kids & Families

Sunrays keeps kids active during summer

It's not too early to plan for what to do with the kids when they are out of school for summer. Arizona Sunrays Gymnastics & Dance Center, 15801 N. 32nd St., may have the solution.

The Arizona Sunrays will offer its "Supercamp" for ages 3 to 13 that will run weekdays from May 21-Aug. 17. Children will have a great time learning gymnastics, dance, "Ninja Zone," yoga, jumping on trampolines, playing games, and more. Each week includes a special theme and a special guest. At the end of every week there's also a camp show where the campers get to show family and friends all that they've



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GENERATIONS

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Camp inspires global awareness

Up with People Jr., a performing arts day camp for children ages 8-12, will be offered in Phoenix this June. The one-week, co-ed day camp, affiliated with the international group Up With People, will be 9 a.m. to 3:30 p.m. June 11-15 at the Black Theatre Troupe, 1333 E. Washington St. Cost for the week is \$200.

The nonprofit Up with People Jr. brings together local students, ages 8-12, to impact and inspire their community. Campers gain a sense of social responsibility, global awareness, confidence and purpose, as well as the experience of and appreciation for working cooperatively as part of a diverse group.

To register, visit www.UpwithPeopleJr.org. For more information about Up with People Jr.'s Phoenix camp, email Paula Duncan Kehoe at phoenix@upwithpeoplejr.org.

Preschool provides free, healthy meals

Rise N Shine Preschool, 1819 W. Osborn Road, is a participant in the USDA Child and Adult Care Food Program. As such, meals will be made available to enrolled children at no separate charge, without regard to sex, race, color, age, handicap or national origin.

Throughout the day children are provided with three meals and three snacks, with appropriate portions of proteins, grains, vegetables, fruit and dairy.

Rise N Shine 24/7 Care is DHS licensed and DES contracted, and is equipped with top of the line security cameras. Parents are given access to the video surveillance to check up on their kids at anytime they desire.

For more information, call 602-274-0223 or visit www.rise-n-shine-preschool.com.

Free coding, 3D modeling classes

The City of Phoenix offers Coding Classes this spring to youth ages 4-17. CodePHX provides fun activities, learning opportunities, and exposure to computer sciences in an informal, creative, and social environment.

Upcoming classes include:

- Little Bytes, for ages 4-7, 11 a.m.-12 p.m. Wednesdays, through May 9, at Cholla Library, 10050 Metro Parkway E.; and also at 10-11 a.m. Fridays, through May 11, at the pop-up Park Central Library, 3110 N. Central Ave.

- Big Bytes, for ages 8-17, 3-4 p.m. Sundays, through May 13, at Cholla Library, 10050 Metro Parkway E.; and also at 6-8 p.m. Tuesdays, through May 8, at Park Central Library, 3110 N. Central Ave.

- 3D Modeling, for ages 8-17, 6-8 p.m. Wednesdays, through May 9, at Park Central Library, 3110 N. Central Ave.; and also 4-5:30 p.m. Thursdays, through May 10, at Century Library, 1750 E. Highland Ave.

All classes are drop in, no registration required. For more information, call 602-262-4626.

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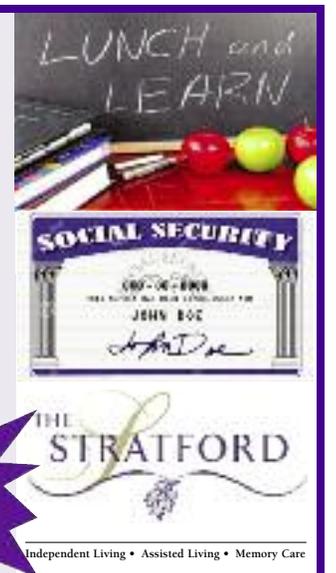

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Phoenix Comic Fest: new name, same game

It's a new name, but Phoenix Comic Fest (formerly Phoenix Comicon) offers the same great lineup of special guests, interactive events, shopping and more, set for May 24-27 at the Phoenix Convention Center, 100 N. 3rd St.

This year's highlights include Dave Bautista (Drax) and Michael Rooker (Yondu) from "Guardians of the Galaxy," along with "Star Trek" series alumni Wil Wheaton and the incomparable William Shatner. Sure to be a big draw is actor Tim Curry, best know for his roles in "Clue," "It," and "The Rocky Horror Picture Show." Curry suffered a stroke in July 2012 and has made few public appearances since then.

As always, guests will enjoy a variety of panel discussions each day, evening entertainment (some restricted to 18 and older), costume contests, dance battles, and more. Plus, an entire hall will be devoted to vendors selling those collectible, costumes, comics, books, posters and props.

Tickets are \$100 for the full four days; and \$35-\$55 per day, depending on the day. If you order your full event passes by April 13, you can have them shipped to you for free. Visit <https://phoenixcomicfest.com/>.



Stage and screen actor Tim Curry, who suffered a stroke in 2012, will make a rare public appearance during Phoenix Comic Fest, set for May 24-27 in downtown Phoenix (submitted photo).

A & E Briefs

'Low Down Dirty Blues'

Arizona Theatre Company

April 5-22

Herberger Theater

222 E. Monroe

602-252-8497

A group of veteran blues musicians are assembled for an after-hours jam session to swap stories and share their favorite low-down dirty tunes, pulled from the greatest hits of Muddy Waters, Mae West, Ma Rainey, Sophie Tucker, Howlin' Wolf, Pearl Bailey, and many others. Featuring nearly two-dozen smokin' songs filled with passion, soul, and a love of life. Tickets are \$25-\$85 plus fees. Visit www.herbergertheater.org.

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‘Three Sistahs’

Black Theatre Troupe
April 6-22
Helen K. Mason
Performing Arts Center
1333 E. Washington St.
602-258-8129

Siblings Olive, Marsha and Irene have gathered for the funeral of their brother, who was killed in the war. Two years prior, it was their mother’s death, followed the next year by their father. These women reunite, reveal and reconcile their past and present, and share the promise of the future set to the backdrop of gospel, rhythm & blues, funk and folk. Tickets are \$38 plus fees. Visit www.blacktheatretroupe.org.

‘Godspell’

7:30 p.m. April 18-May 13
Phoenix Theatre
100 E. McDowell Road
602-254-2151

At the command of John the Baptist, a small group of ordinary people helps Jesus Christ tell his life’s story. Set in the modern day, these disciples spread messages of love and tolerance. Tickets are \$36-\$86 plus fees. Visit www.phoenixtheatre.com.

‘Pippin’

April 19-21 & 26-28
John Paul Theatre,
Phoenix College
1202 W. Thomas Road

Heir to the Frankish throne, the young prince Pippin is in search of the secret to true happiness and fulfillment. A matinee will take place 11 a.m. April 27. General admission is \$40, students with ID and seniors pay \$10. Tickets available at the box office or at www.phoenixcollege.edu/theatre.

‘Ports of Call: Music from Around the World’

MusicaNova Orchestra
4 p.m. Sunday, April 22
Central United Methodist Church
1875 N. Central Ave.
480-585-4485

Highlights include Jacques Ibert's Ports of Call; Poulenc’s Balinese inspired Concerto for Two Pianos; and Rameau's Suite from Les Indes Galantes. Tickets are \$20 general admission, \$15 seniors/students. Those 17 and younger get in free with paid adult admission. Visit www.musicanovaaz.com.

Rice Brothers in Concert

3 p.m. Sunday, April 22
Beth Ami Temple
3535 E. Lincoln Drive
602-997-5623

The internationally acclaimed Rice Brothers will headline the annual Sounds of Spring concert at Beth Ami Temple. The siblings will perform an hour-long concert featuring classical music, gospel, jazz, ragtime and boogie woogie. Tickets are \$25 each. Call or e-mail Donna Horwitz at azhorwitz@cox.net.

‘On the Air!’

North Valley Chorale
April 27-28
Herberger Theater, Stage West
222 E. Monroe
602-252-8497

Whether you prefer jammin’ by the jukebox or streaming Spotify, you’ll love this new twist on the old-time radio hour. Hear your radio faves from classic crooners like Sinatra, Crosby and Clooney, classic rock from the Beatles, Queen, Billy Joel, etc., as well as the best of today’s pop. Tickets are \$18-\$28, plus fees. Visit www.herbergertheater.org.

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FOOD FOR THOUGHT



Chef Danny Garcia, left, and Danny Quinn, owner/manager of Pubblico Italian Eatry, say business has been booming since the restaurant opened in late February in the former home of Okra Cookhouse and Cocktails (photo by Teri Carnicelli).

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Café Chat

Out with the old, in with the new

By Teri Carnicelli

It seems the area on 7th Street just south of Bethany Home Road overnight became a popular dining destination, spurred by the conversion of an old Kawasaki motorcycle sales and repair shop into a multi-use dining and entertainment space called The Yard.

The first concept at The Yard to open was gastro-pub Culinary Dropout, which made its debut in February 2013. Part of the Fox Restaurant Concepts group, it was soon followed by Little Cleo's Seafood Legend in May 2013.

A small space within The Yard was leased out to Valley chef Silvana Salcido Esparza, who brought her popular "barrio" eatery to the North Central community with the opening of Barrio Urbano in January 2015.

Further down at Missouri Avenue, family business Spinato's moved from its longtime 12th Street and Glendale location to the Cinema Park Shopping Center in November 2013. Joining them next door was popular Valley-based chain Pita Jungle, which opened in January 2016. And Pomegranate Café, featuring locally sourced organic, vegan and vegetarian fare, opened this year where Scott's Generations used to be (next to Ace Hardware).

The area between Bethany Home Road and Missouri Avenue is teeming

with new eateries and concepts, including The Colony on the west side of 7th Street, which when first launched housed Stock & Stable, Pure Sushi, The Herb Box and Casa Añejo Tacos + Tequila. On the east side of 7th Street, other new eateries were popping up like spring flowers in the desert, including Joe's Midnight Run, Mora Italian, Cold Beer and Cheeseburgers, and the latest addition, Camp Social.

Another group development, on the east side of 7th Street in the former home of Crown Imports, added Okra Cookhouse and Cocktails, and The Phoenix Ale Brewery Central Kitchen in the redeveloped and re-named Crown on 7th.

But the bloom has fallen off some of these dining "flowers," as closures have begun to pepper what some are calling an over-saturated dining market.

The first to shut its doors was The Herb Box, which was the first tenant to open at The Colony in April 2016. Founded in 1995 in Scottsdale, The Herb Box began as a catering company inspired by CEO/Owner, Susan Wilcox. The eatery closed abruptly in late April 2017, with a Notice of Business Closure posted on the door from the Maricopa County Environmental Services Department. Several e-mails sent to Wilcox seeking comment about the closure were not answered.

Next to fold up shop was Barrio Urbano, which closed in June 2017. Esparza said the location was challenging, with no front signage and the grow-

FOOD FOR THOUGHT

ing number of competing restaurants.

Okra Cookhouse and Cocktails, a concept by Valley chef and co-owner Cullen Campbell, opened in the Crown on 7th development in September 2015. The Italian-Southern hybrid closed in October 2017. A statement from co-owner Maureen McGrath said the eatery was shuttered because she was relocating to California, but that Campbell would continue to focus on his other eatery, Crudo, which he operates with business partner Micah Olson, at 36th Street and Indian School Road.

Casa Añejo, which opened on Cinco de Mayo last year in The Colony, was a concept from the Arizona-based Evening Entertainment Group, which includes adjacent spots Stock & Stable and Honor Amongst Thieves (upstairs bar). On Jan. 28, the eatery's Facebook page said it was closing for "renovations." However, it wasn't long after that a banner sign went up announcing a hiring fair for a new eatery.

Another restaurant to fold up shop unexpectedly was Joe's Midnight Run, which was opened in April 2016 by real estate developer, Rick Cordova. The building at 6101 N. 7th St. was originally going to be scraped and turned into a parking lot for a larger mixed-use commercial building located next door. Cordova decided to transform the former Joe's Drive-thru Liquor into the sort of funky, tasty and music-fueled venues that he loved back in his hometown of Chicago.

In January of this year, it was announced that Bob Mayo, 35-year veteran of the restaurant service industry, was the new owner of the eatery. However, just a short time later (March 5), the doors were abruptly closed on the restaurant, which was popular at nighttime but always struggled with a lunchtime draw. The restaurant's Facebook page announced the closure, but gave no explanation.

These vacant spaces left by closed dining establishments aren't staying empty for long.

In with the new

Pubblico Italian Eatery opened at the end of February in the former home of Okra, at 5813 N. 7th St. in the Crown on 7th center. Owner/manager Danny Quinn gives high praise to his chef, Danny Garcia, who he says has been "creating amazing handmade pasta and sauces since 1992, so he

knows his stuff. It's been a true team effort all the way with everyone working toward the same goal ... to treat our guests like family and make sure they come back again and again." Current open daily for dinner (starting at 4 p.m.), the restaurant offers an ample menu of appetizers and salads, as well as wood-fired pizzas, homemade pastas, entrees such as seafood risotto and chicken piccata, and a selection of gluten-free options including pizza, ravioli and gnocchi. The extensive menu is available online at www.pubblicoitalianeatery.com. For more information, call 602-601-5651.

Also coming soon to Crown on 7th is Wildflower Bread Co., with dozens of locations around the state and several in the Valley. Darren George, vice president of Development for Wildflower Bread Company, says they've long wanted to be a part of this neighborhood. "At Crown on 7th, we see an opportunity to provide healthy and heightened comfort food for breakfast, lunch and dinner in a family-friendly atmosphere at an affordable price point while also employing peo-

ple from the neighborhood."

The eatery is scheduled to open in late spring. For updates and menu, visit <https://www.wildflowerbread.com>.

Bevvy, which opened March 22, took over the street-front space formerly occupied by Casa Añejo at The Colony, 5600 N. 7th St. Also owned and operated by Scottsdale-based Evening Entertainment Group, Bevvy serves as a quirky, casual neighborhood hangout, perfect for everything from lazy weekend lunches to high-energy happy hours, says EEG co-owner, Diane Corieri. Bevvy is open daily, starting at 3 p.m. on weekdays, and 11 a.m. on weekends. For additional information, visit www.bevvyaz.com.

Local restaurant group Riot Hospitality Group is set to open Farm & Craft in Phoenix, after its original success in Old Town Scottsdale. The new location will open in the former Herb Box space at The Colony, 5538 N. 7th St., sometime in late April. Farm & Craft is focused on healthy and sustainable food. Visit www.ilovefarmandcraft.com for updates and more details.



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**Dining Briefs
Jazz and jambalaya
served on the patio**

Southern Rail invites guests to enjoy the weather, listen to soothing jazz and savor cocktails and comfort food from its patio for the biannual Jazz & Jambalaya series.

The series continues every Sunday through April 29 and features sazeracs and jambalaya, a traditional New Orleans dish with creole tomatoes and rice served with smoked chicken, Andouille sausage and sautéed shrimp. Soft tones of live music from local jazz bands will greet guests upon arrival ensuring a relaxing Sunday evening.

The jazz bands will play from 5-8 p.m. Featured local musical artists include the Joe Costello Project and The Phoenician Four.

Reservations are recommended for patio seating. Southern Rail is located at 300 W. Camelback Road. For more information or reservations, call 602-200-0085.

**Dinner raises funds
for community garden**

Roosevelt Growhouse will host its fourth-annual CultivEAT Farm-to-Table dinner 7-10 p.m. Saturday, April 28 in the heart of Roosevelt Row Arts District in Downtown Phoenix.

Local chefs will collaborate to create a meal paired with beer and wine from Historic Brewing Company and the Grand Canyon Winery. The community dinner features locally sourced produce and foods. To complete the experience, there will be live music and tours of the Growhouse garden.

Growhouse is located at the Leighton G. Knipe historic property at 1025 N. 2nd St. Proceeds will be used toward furthering the Growhouse Gardens efforts to create an urban agriculture, education and innovation center. As an educational partner of Bioscience High School and the School of Sustainability at ASU, the garden serves as an extension for students to engage in hands-on learning and experimentations in urban agriculture.

Proceeds also will benefit the Evans Churchill Community Associations mission to raise awareness, promote, improve, and protect the Neighborhood.

Tickets are \$85 plus a \$3.97 service fee, and options include vegan, vegetarian or meat entrees. The menu for

the evening will be released a few days prior to the event. For tickets, visit <https://www.brownpapertickets.com/event/3341052>.

**Cicis, Halal Guys
open at Christown**

Two new quick service restaurants opened last month at the Christown Spectrum Mall.

The Halal Guys opened on Friday, March 2 on the west end of the Christown Spectrum Mall, at 1818 W. Montebello Ave., Ste. B-18. Part of a nationwide franchise, the Central Phoenix location is the second in the state, joining the Tempe eatery near Arizona State University.

The menu features chicken or gyro meat and falafel (vegetarian) served either in a pita wrap or in a platter with rice and salad. Sides include hummus, baba ganouj, or French fries. The dessert is a simple baklava (two to a box).

For more information, call 602-973-1651, visit www.thehalalguys.com, or like The Halal Guys on Facebook.

Cicis, which offers an unlimited pizza, pasta, salad, soup and dessert buffet, opened a new location on March 5 just a couple of doors down from the Halal Guys. The company's second restaurant in Phoenix, located at 5715 N. 19th Ave., is the third Cicis in Arizona.

Cicis, best known for its \$5 buffet-style service, now offers customers the ability to create their own personal pizza included in the price of the buffet. If you don't see what you want on the buffet, there are thousands of ways to customize it. No matter the combination, you can pick up to four toppings to have a pizza made just for you.

Cicis offers WiFi and a game room. For more information, call 480-702-3644, visit www.cicis.com or find them at [Facebook.com/cicis](https://www.facebook.com/cicis).

**SanTan opens brewpub
in former home of Z'Tejas**

SanTan Brewing Company has opened a new location in Uptown Phoenix, in the former home of Z'Tejas on the southwest corner of Bethany Home Road and 16th Street.

SanTan Brewing's uptown location will feature pub-styled food with a Southwestern flair. Items such as the Ricky Ricardo sandwich, Brewer's Mac and Cheese, tacos, burgers and pizza will be accompanied by SanTan's hand-crafted beers.

FOOD FOR THOUGHT

All of SanTan's staple beers are available on tap, along with a few of the Pilot Series specialties brewed in Chandler. A small brew system will be installed over the coming months, which will handle the volume needed for the brewpub and allow the brew team to create beers unique to the Phoenix location.

SanTan's tap lineup also will include Arizona wines, a margarita made with Roger Clyne's Mexican Moonshine tequila, and Peixoto's cold brew coffee.

The brewpub is located at 1525 E. Bethany Home Road. For more information, call 602-595-7390 or visit them on Facebook at SanTanBrewingPhoenix.

Coffee-inspired tea offers health benefits

Teaspressa, a gourmet "coffee-inspired tea" company, opened its new signature café last month at 4628 E. Indian School Road.

Locally owned and operated by Phoenix resident Allison DeVane, Teaspressa is the first and only beverage that is a hybrid of tea and coffee, resulting in a healthy alternative to traditional caffeine drinks. Using a patented production process DeVane created, Teaspressa's signature tea blends contain as much caffeine as a traditional espresso shot but provides consumers all of the health benefits of traditional loose leaf tea.

Featured on Shark Tank in 2016, Teaspressa's signature tea blends, which are prepared like espresso, are used to make Teaspressa signature gourmet beverages, including tea lattes, tea Americanos, and tea macchiatos that are comparable to traditional coffee beverages.

To learn more about Teaspressa, or purchase its products online, visit www.teaspressa.com.

Scramble opens in Camelback Corridor

Scramble, a fast casual breakfast experience, announces the April 2 grand opening of its third location at 2375 E. Camelback Road, on the southwest corner of 24th Street and Camelback Road.

The new location includes 3,666 square feet inside and a 1,500-square-foot, dog-friendly patio. Scramble's quick casual approach affords guests the ability to dine and sit as long as they'd like.

The menu will feature customer

favorites including its signature "brizza," or breakfast pizza, eggs Benedict, French toast, breakfast burritos, steak and eggs, buttermilk biscuits and gravy, omelets, vegan and gluten-free friendly specialties, and a variety of coffee drinks. This new location also offers beer, wine and specialty cocktails such as mimosas and Bloody Marys.

Several new breakfast and lunch menu items, including all new sandwiches featuring Boar's Head premium deli meats, brunch sammies, and vegan items were recently added to the menu and are available at all three locations.

Scramble is set debut its new Grab & Go concept at this new location in late spring featuring prepared salads, sandwiches and wraps for the business crowd on the go.

Scramble is open seven days a week from 6 a.m.-2 p.m. For more information, call 602-875-6888 or visit www.azscramble.com.

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