



north central news

the voice of the north central phoenix community

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www.northcentralnews.net

Norton House gets renovation funds

The Phoenix City Council in June approved \$70,000 in Historic Preservation Exterior Rehabilitation grants to repair a well-known historic mansion near Encanto Park.

The Planning and Development's Historic Preservation Office received a grant request from the Parks and Recreation Department in May for the Dr. James C. Norton House, located at 2700 N. 15th Ave. The city has also identified \$70,000 in Parks and Preserves Initiative funds to match that \$70,000. The \$140,000 will be used to restore the original double hung and casement windows and any other wood elements like lattice and trim.

"This house is so important," said G.G. George, a neighborhood preservationist for the past 49 years. "It was built in 1912, and is a reminder of our heritage and the pioneers who really built the city."

Norton, who was originally from Ames, Iowa, served as a territorial veterinarian from 1893 to 1912

please see NORTON HOUSE on page 5



Seniors from Sunnyslope Manor recently took a "field trip" on the Valley Metro SMART shuttle, organized by the Maricopa County Department of Public Health, to determine what challenges the seniors are having when it comes to using the free service (photo courtesy of Maricopa County Department of Public Health).

County encourages use of SMART shuttle

By Teri Carnicelli

While working with residents of the low-income senior housing facility Sunnyslope Manor to increase their access to healthy foods and active living, Maricopa County Department of Public Health (MCDPH) staff took notice of some commuting challenges.

The way the Valley Metro SMART Circulator free shuttle bus was set up, it wasn't easy for residents to get to and from some spots. Staff from MCDPH partnered up with Sunnyslope Manor and went on a "field trip" with the seniors to see what it was like getting to important places like the Desert Mission Food Bank, where many Sunnyslope Manor residents go to pick up food boxes.

Doris Hudson, senior service coordinator at Sunnyslope Manor, accompanied about a dozen residents on the outing. She says one of her responsibilities is to provide educational activities for those who live at Sunnyslope Manor, and this was an opportunity to educate them about the free shuttle. Hudson explains that while the SMART bus stops right in front of the building, many residents hadn't been using it because

they weren't familiar with the route and stops.

"We saw that the circulator took them near the food bank," says Julie Scholer, MCDPH program director, "but clearly it would be much easier if the bus stop was right out front. Especially when they are carrying heavy food boxes."

This was the "aha" moment that set the wheels in motion for a project that was recently awarded a \$14,990 grant from Vitalyst Health Foundation.

The Live Well Arizona mini grant from Vitalyst will be used to increase usage of the SMART circulator by

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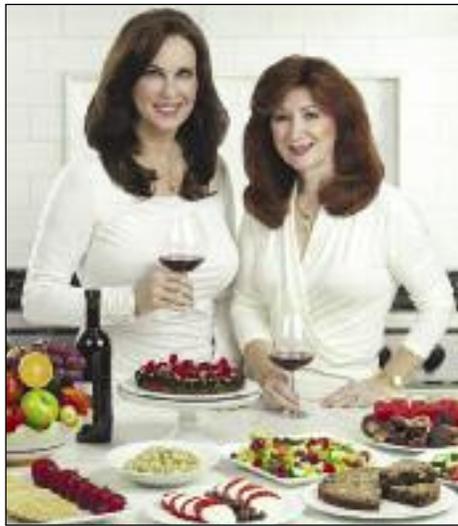
COMMUNITY

An Italian cookbook that eliminates gluten

North Central resident Rita Romano, a native of Italy, has partnered with Cave Creek resident Clarissa Burt to create “The Gluten Free Gastronomy Cookbook” in hard copy and digital versions.

The book includes 70 cucina Italiana recipes, each with a picture and without the dangers of gluten. Clarissa, a beauty/lifestyle and wellness expert who lived in Italy for 30 years, is no stranger to issues related to gluten intolerance. After countless trips in an ambulance to the emergency room, no doctor could ever diagnose the reason for her anaphylactic shocks. An eventual diagnosis led to having to give up much of the Italian food she loved.

She approached Rita, who had already authored several Italian cookbooks, for advice, and they eventually teamed up for this latest cookbook geared toward those with a gluten intolerance.



Cave Creek resident Clarissa Burt, left, and North Central’s Rita Romano are the authors of “The Gluten Free Gastronomy Cookbook” (submitted photo).

“You can now enjoy pasta, pizza and pane without the dangerous side effects of gluten,” Clarissa explains.

Born in Bari, Italy on the east side of the “boot,” Rita is the youngest of 12 children born into a family with a deep

please see COOKBOOK on page 6

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At the Capitol, I've fought to protect the Arizona we love. Ensuring a friendly business climate, keeping our neighborhoods safe, and protecting kids and seniors – it all adds up to making Arizona one of the most desirable states in the country to start a family and build a business.

I'm supported by great organizations like the Arizona Chamber of Commerce and Arizona's first responders. Together we can keep our economy strong and our taxes low and fair, all while improving our schools and protecting our most vulnerable.

Make sure you return your early ballot or vote at the polls on August 28th!

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Congratulations to Donna Lewis Hadar, July's winner of an 18x24 Mounted Color Print from Impression Makers (a \$100 value)!

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

One month* of classes at Arizona Aikido (dynamic martial arts) and Kenshin Dojo (Japanese swordsmanship), up to a \$135 value!

*Classes must be taken in the same month

Deadline to enter is Aug. 20, 2018.

The winner will be announced in our August issue.

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

COMMUNITY

SHUTTLE continued from page 1

funding student interns and community health workers who will work closely with community residents to identify their needs, knowledge and awareness of the shuttle bus. This process will help identify any barriers to using the free service.

Walkability assessments with residents will help identify environmental barriers, and informational material will be developed. A promotional campaign will be created to help residents understand the opportunities available within Sunnyslope related to care, recreation and healthful eating.

All residents of Sunnyslope Manor are 62 and older, and many have mobility issues. Hudson says she looks forward to seeing the positive impact this grant will have on Sunnyslope Manor residents and their use of the free shuttle. "I think it would have an impact on health, and more residents would probably use it."

The Vitalyst grant is six months in duration, so MCDPH will be busy working with partners including City of Phoenix, Valley Metro, Sunnyslope Manor, Desert Mission Food Bank, and others, to improve access to healthy food and recreation with the SMART circulator. So far, the Valley Metro has been supportive of adding locations to the online SMART Circulator map and is eager to hear more from resident experiences.

Over the next few months, MCDPH will work closely with residents to collect the "voice of the community" to drive additional changes.

Submit your comments for voter pamphlet

The Washington Elementary School District (WESD) Governing Board, at its regular May meeting, called for a special Maintenance and Operations Budget Override election in the fall.

An M&O override asks voters within the district to approve additional maintenance and operations funding for local schools, earmarked for specific educational purposes and generated through local property tax levies. The maximum amount for an M&O override is 15 percent of the district's Revenue Control Limit—which is what WESD will ask its voting property owners to approve. The election will take place on Nov. 6.

The Maricopa County School Superintendent will prepare an informational pamphlet to be mailed to households containing one or more registered voter within the district. To submit an argument for or against the proposed budget override (not to exceed 200 words), you may do so by mail or hand delivery no later than 5 p.m. Friday, Aug. 10, to the Maricopa County School Superintendent's office, 4041 N. Central Ave., Suite 1200, Phoenix, AZ, 85012.

The statement must be signed and include the name of the district, the author's name, the name of any entity submitting an argument, address and telephone number. The entity and author's name will be printed in the informational pamphlet. For more information, contact the WESD at 602-347-2600.



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The Norton House, originally built in 1912 by Dr. James C. Norton, has served as an office for the Phoenix Parks and Recreation Department since the 1950s. A historic preservation grant for \$70,000, with matching city funds of an additional \$70,000, will be used to restore part of the exterior wood elements (submitted photo).

NORTON HOUSE continued from page 1

and later established the Norton Dairy on a section of land extending from present day Encanto Boulevard to Thomas Road, between 15th and 19th avenues. The land was eventually sold and became part of Encanto Park and Golf Course. The Phoenix Parks and Recreation Department converted the house and uses it as an office today.

“The Norton house is one of the few large houses remaining that were once attached to large estates,” said Michelle Dodds, Historic Preservation Officer for the city of Phoenix. “This rehabilitation effort is a big win for the surrounding historic neighborhoods. This house is a staple for that community and really the city.”

“Our department is grateful to have been selected as the recipient of this grant,” Parks and Recreation Director Inger Erickson said. “It’s an exciting project that will help maintain the historic look in this neighborhood. The project also showcases a great partnership between the city and the Phoenix Historic Neighborhoods Coalition.”

The house is significant for its Mission Revival-style architecture. It was listed on the Phoenix Historic Property Register in April 1989 and listed on the National Register of Historic Places in November 2017.

Fun ceramics class focuses on faces

“Making Faces” is a two-day workshop set for Saturdays, Aug. 11 and 25, at the Shemer Art Center, 5005 E. Camelback Road. This ceramic exploration of faces (human or animal) can be representational or as “fantastic.”

Participants will work in wet clay and learn basic anatomy and proportions, slab building and modeling techniques. Their art will be glazed and fired.

Cost is \$140 for the two sessions, with a \$25 materials fee to instructor (includes clay, glazes, firing). For more information or to register, call 602-262-4727 or visit <https://shemerart-center.org> and choose Workshops under the “Happenings” tab.

Ask the Lawyer

When is it necessary to start estate planing?

**Dave Eastman**

MH Partner & Attorney at Law

Estate planning is not just about creating a guideline for end of life. There are documents that every adult, no matter what their age, should have in place.

When a child turns 18, a parent or guardian no longer has a legal right to their affairs, financial or health related. For those who have students attending college, a new issue might arise. What happens if they become injured? Mom and dad no longer have the ability to ask for medical information without proper documentation. This kind of stressful situation can be avoided by having the following documents in place.

HIPAA – Authorization to disclose protected health information. Without the proper disclosure information completed, health care providers are not allowed to share health information.

Living Will – A properly drafted living will directs medical providers to limit care under certain circumstances.

Health Care Power of Attorney – This document allows an individual to designate an agent to make their medical decisions in the event of an emergency and they are unable to.

Financial Power of Attorney – If an individual becomes incapacitated or does not have the ability to handle their own finances due to an accident, this will allow someone else to step in and act on their behalf.

While it is difficult to imagine the possibility of a young adult needing these documents, it is better to have the peace of mind that these important documents can provide.

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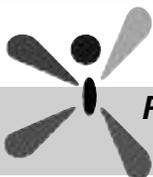
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COMMUNITY

COOKBOOK *continued from page 3*

appreciation for the culinary arts. The budding young food fan came to the United States at the age of 11, immigrating to Philadelphia with her parents and five of her siblings.

Several of Rita's siblings eventually relocated to Phoenix, and her strong sense of family ties drew her here in the early '80s. In 1990, Rita opened and operated three Italian restaurants in the Phoenix and Scottsdale area specializing in pasta. Encouraged by her customers to share her recipes, as well as her knowledge and skill of Italian food, Rita began writing cookbooks. Within two years, Rita had published her first cookbook and started her Italian cooking school (www.ritasrecipes.com). She conducts cooking classes in a little cottage adjacent to her home near 24th Street and Indian School Road.

The cookbook written in partnership with Clarissa, is "a great example of how the most beloved cuisine in the world can be tasty, healthy and authentic even without the use of one of its staples: the wheat," says Ale Gambini, food writer and cooking instructor.

The book includes a variety of dishes, such as Antipasti (appetizers), pasta, risotto, Secondi (main dishes), side dishes, salads and desserts. Many of the pasta dishes simply use store-bought, gluten-free pasta and pizza dough, so no worries about trying to make that yourself.

To order a hard copy of the book (\$34.95), visit <https://clarissaburt.shop/italiancookbook>. The book also is available digitally on Kindle and iTunes (\$9.99).

ALP Thrift Boutique holds 2-for-1 sale

The Assistance League of Phoenix Thrift Boutique will celebrate National Thrift Shop Day for two days—on Aug. 17 and 18—with a 2-for-1 sale. The shop is located at 7044 N. 7th St. All clothing, including women's, men's and children's, will be buy one/get one of equal or lesser value for free.

Assistance League of Phoenix is a nonprofit; every purchase supports the mission to serve Phoenix children in need. Hours are 10 a.m. to 4 p.m. Tuesday-Saturday. For more information, call 602-944-9845.

north central news

The voice of the north central phoenix community

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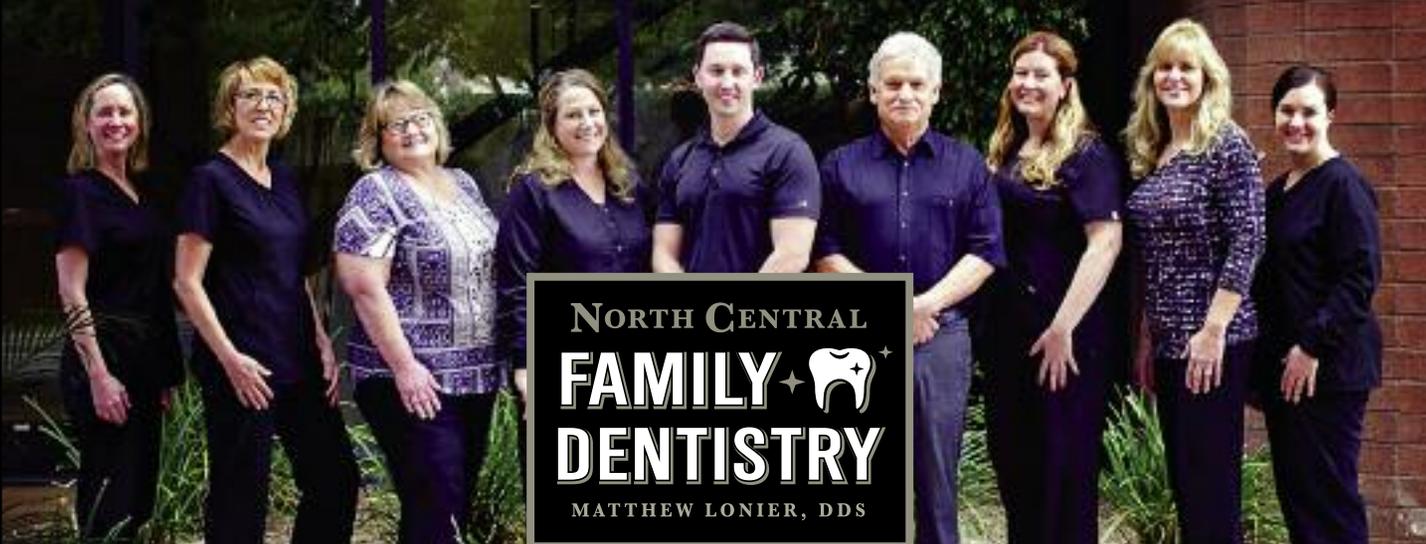
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Turn your yard into a mini urban farm

The Urban Farm is gearing up for its annual August and September events, which include everything from lectures on the importance of backyard chickens to what fruit trees to plant, and when.

Greg Peterson created www.urbanfarm.org from a passion for backyard city farming, which grew as he created The Urban Farm on 1/3 of an acre at his home in North Central Phoenix, where he planted 80 fruit trees. The Urban Farm's mission is to educate and inspire; the transition from gardener to farmer is an easy one.

Upcoming programs to help you get started include:

- Raising Backyard Chickens, 6:30-8 p.m. Friday, Aug. 3 at Creative Living's Friday Night Farmers Market, 6530 N. 7th St. Discover the importance of keeping chickens in your backyard and what they can do for you and your family.
- There's Gotta Be an Easier Way to Compost, 6:30-8 p.m. Friday, Aug. 17 at Creative Living's Friday Night

Farmers Market, 6530 N. 7th St. Are you looking for a simple way to turn your food waste into fertilizer? Check out this lecture to learn how to transform your food scraps into gold.

- 19th Annual Fruit Tree Program Kickoff Extravaganza, 9 a.m.-1:30 p.m. Saturday, Sept. 1, at the Uptown Farmers Market on the campus of North Phoenix Baptist Church, 5757 N. Central Ave. Join Greg Peterson and the team as they launch the 2018-19 Urban Farm Local Fruit Tree Program. Not only will you learn how the program works, but you will also learn how to easily care for fruit trees in your own backyard. By attending the event, you will be entered to win fruit trees certificates, planting starter mix certificates and fruit tree, or garden phone consults with Peterson.
- Three Ways to Kill a Fruit Tree, 6:30-8 p.m. Friday, Sept. 14 at Creative Living's Friday Night Farmers Market, 6530 N. 7th St. Learn from others' fruit tree failures so that you do not make the same mistakes. Peterson's lecture will provide information on how to start properly planting and nurturing your fruit trees.

While events are free, pre-registration is recommended. For more information or to register for an event, visit <https://www.urbanfarm.org/event/>.

Art classes set for 19North Arts Center

19North has partnered with the Phoenix Center for the Arts to offer a series of fall art classes at the new 19North Art Center, 1820 W. Northern Ave.

Upcoming classes include: Drawing for Beginners, 10:30 a.m.-12:30 p.m. Sundays, Sept. 9-Oct. 14 (\$103); Picture Book Illustrating, 1:30-4:30 p.m. Sundays, Sept. 9-Oct. 14 (\$135); Intuitive Abstract Painting Workshop, 10 a.m.-5 p.m. Sunday, Oct. 21 (\$63); and Painting Lizards for a Child's Bedroom, 10:30 a.m.-1:30 p.m. Sunday, Oct. 28 (\$34).

For details, visit <https://phoenix-centerforthearts.org/>, and under the Classes tab, select Adult Classes, and then "Painting and Drawing." Scroll down to September, and look for 19North in the subject head. For more information, call 602-254-3100.



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\$100 TRIVIA CONTEST

There are certain songs that have totally resonated with me in life. Whenever I hear them they just take me to this very deep emotional space. The strange thing about it is that sometimes my personal reaction does not match up with the theme or artists meaning of the song.

The perfect example is “Bad” by U2. Over the years it has been reported that this song is about drug addiction, specifically heroin. Not a joyous subject, yet when I hear this song it makes me utterly happy. From the first note I can feel this well of emotion coursing through my veins and this warm glow of acceptance and redemption wash over me. It’s like I am at perfect peace singing at the top of my lungs, “I’m wide awake, I’m not sleeping,” or “This desperation, dislocation, separation, condemnation, revelation in temptation, isolation, desolation, let it go.” The way music can speak to us individually or collectively is just one of the many qualities that make it my favorite soul food.

THIS MONTH’S QUESTION:

What is my favorite U2 album?

First to answer correctly will receive a \$100 gift card to Red.org
(A favorite cause of the band)*

Winner for Last Month – Everyone | Last Month’s Answer – Not Applicable

*First person to correctly answer the trivia question via email, text or phone call will win \$100 gift card to Red.org. 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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Kiwanis club seeks Walk-A-Thon teams

The North Phoenix Kiwanis Club is organizing its 26th-annual Walk-A-Thon, and is in the process of recruiting teams that will collect pledges and actually participating in the walk. Teams can be as small as four or as big as 40.

The walk takes place 7:30-11 a.m. Saturday, Oct. 20 at Metrocenter Mall, 9617 N. Metro Parkway W., and proceeds are shared between the individual team organizations and the Kiwanis Club. Walkers set off inside the mall near the food court, next to Harkins Theaters.

The Walk-A-Thon raises funds for local programs aimed at supporting children in the community who are less fortunate and in need of a helping hand. Specific programs supported include: foster children, Title 1 schools' after school activities, Thanksgiving meals and Christmas gifts for needy families, as well as college scholarships for local graduating students.

In addition, corporate sponsors are being sought. Sponsorship amounts range from \$250 to \$2,500. Donations are 100 percent tax deductible.

For more information, contact Chris Boyda at 602-989-8367 or boyda.kiwanis@gmail.com.

Event to honor Vietnam-Era vets

The Gold Star Wives, Phoenix Chapter, will host an event to honor members of all military services (and their widows) who served during the Vietnam Era time period of Nov. 1, 1955 to May 15, 1975.

The event is open to all those who served anywhere in the world during the time period or lost a spouse who was killed in action, a prisoner of war, or missing in action. Also included are those who died from an illness or injury during active duty, or post-active duty from a service-related injury or illness.

The ceremony will take place in the Metro Phoenix area on Saturday, Sept. 22, location TBD. Pins and/or certificates will be given to veterans, surviving spouses and some family members who qualify.

To RSVP (deadline is Aug. 30) and for more information, call Sandra Stewart at 602-957-9860.



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Community Central

Hydrate Your Plants

6-7:30 p.m. Wednesday, Aug. 8
 Burton Barr Central Library
 1221 N. Central Ave.

How can you create a beautiful, lush landscape while conserving water? Members from Watershed Management Group will show you how to select native plants to build wildlife habitat, shade your home, and create an appealing landscape for your yard. Pre-registration requested at: <https://watershedmg.org/hydrate/register-for-all>.

Free Family Sundays

12-5 p.m. Sunday, Aug. 12
 Phoenix Art Museum
 1625 N. Central Ave.
 602-257-1880

The Museum offers free general admission and discounted special exhibition admission on the second Sunday of each month, with educational programming, free tours, hands-on activities, collaborations with Phoenix-based artists, and more. Free and open to the public on the second Sunday of the month, through June 2019.

Friends of the Acacia Library

12:30-1 p.m. Wednesday, Aug. 15
 Acacia Library
 750 E. Townley Ave.

The Friends of the Phoenix Public Library-Acacia Chapter hosts its quarterly meeting, and invites members of the public interested in being part of the group to come learn what it is all about. Programming ideas, book club suggestions and more are welcome. No RSVP needed.

Educators Open House

10 a.m.-12 p.m. Saturday, Aug. 18
 Pueblo Grande Museum
 4619 E. Washington St.
 602-495-0901

Teachers and homeschool educators are invited to a free open house at the museum. Get to know how history, Native cultures, and art come together at Phoenix's only preserved prehistoric archaeological site from the Hohokam culture. Explore how PGM's S.T.E.A.M.-focused field trips, outreaches, archaeology activities, and hands-on crafts can enhance the classroom experience. There is no fee to attend this open

house, educators can register online at www.pueblogrande.com to reserve a seat.

Self Defense- Don't Be A Victim!

1-3 p.m. Saturday, Aug. 18
 Cholla Library Meeting Room
 10050 N. Metro Parkway East

The public is invited to this free two-hour self-defense class on learning the art of Kubotan, taught by Jui Chiu. Offered to ages 8 and up. Facilitated in partnership with the City of Phoenix Office of Homeland Security and Emergency Management. Registration is required online at www.phoenixpubliclibrary.org or call 602-262-4636.

Life & Times of a Desert Tortoise Family

10 a.m.-12:30 p.m. Wednesday, Aug. 22
 Sunnyslope History Museum
 737 E. Hatcher Road
 602-331-3150

Learn how to help protect this threatened species while enjoying an entertaining story of a tortoise family, presented by Joel Pearson, who will also display many of his amazing photos. Pearson has spent years photographing the wildlife, mountains and flora from the surrounding desert. He has hosted presentations at the North Mountain Visitor Center, including a screening of his film, "Chippie, The Movie," with desert tortoise Chippie as the main character and a supporting cast of eight other named desert tortoises and two unnamed baby tortoises. This effort captured many of the highlights over an eight-year period that describes the trials and tribulations of life among the desert tortoises living in the Phoenix Mountains Preserve. Complimentary refreshments will be served.

Phoenix Old Time Traditional Music Jam

9-11:30 a.m. Saturday, Aug. 25
 North Mountain Visitor Center
 12950 N. 7th St.

Players of all ages and abilities come together in the time-honored tradition of gathering and playing music. Acoustic instruments are welcome to share in traditional tunes: guitars, banjos, mandolins, Dobros, dulcimers, ukuleles, harps, Irish whistles, autoharps, etc. Cost is free to participate, but donations to the North Mountain Visitor Center are appreciated. The event repeats every fourth Saturday of the month.

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Thanks to local restaurateur

Last month my wife and I were invited to a tribute to Bob Sikora, who created Bobby McGee's Restaurants in 1971 along with many other Valley favorites. There were more than 300 guests in attendance including many patrons who frequented McGees as well as many employees from Bobby McGees.

The event was very special to me because Bob mentioned my dad, Herb, as his inspiration for the discos inside Bobby McGees as well as his first disco bar, Mabel Murphy's, which was located in Scottsdale and created in 1972. My dad created the first disco concept in Phoenix in 1970 and called it Herb's Underground. Later on in 1976 dad created the Jockey Club, located at 20th Street and Highland, and in 1986 another Jockey Club at Central and Camelback.

Bob founded Mr. Lucky's in 1971, which featured Charlie Pride, Willie Nelson and Waylon Jennings, who became great friends with Bob. Waylon's family was in attendance last night including his wife, Jessie Colter, who is also a well-known superstar country singer.

Bob also founded Chimmie McFadden's Restaurant, which was located on 16th Street and Highland. He then opened 23 more Bobby McGee's restau-

rants ranging from Australia to Honolulu and added a few more in Tucson and Phoenix before selling all his locations except for one. Bob changed the Bobby McGee's on Northern and 27th Avenue in 2005 to a new BBQ concept called Bobby-Q's. Bob went all over the country and taste tested BBQ everywhere until he found the magic formula that his restaurant now serves.

There is another Bobby-Q's located in our area at 3154 E. Camelback Road, which now also features a new farm-fresh, flavorful summer protein bowls and salads approved by fitness expert Dr. Art Mollen.

I am so proud of our family friend, Bob Sikora, and I appreciate the friendship and respect he had with my dad for more than 40 years. Stop by and visit Bob at his latest concept, Bobby-Q's. The valley restaurant scene owes Bob a debt of gratitude for turning a quiet little city called Phoenix into the metropolis we now live in.

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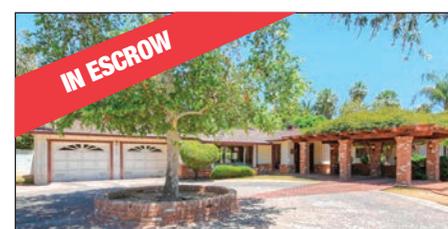
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Pet of the Month

Adventurous kitty, just like her ancestors

This girl always likes to remind you her name is pronounced like puma, but with a “k!” Even though Kuma really does not mind if you call her a puma, as she is just as sleek and beautiful as her wild and much bigger cousin.

No need to worry though, this 14-week-old cutie is an absolute sweetheart to everyone she meets and will never say no to all the pets and cuddles. As with many other kitties who are as black as midnight, this girl will only bring good luck and love to her future forever home.

Meet Kuma at the Arizona Humane Society’s Sunnyslope Campus, located at 9226 N. 13th Ave. Her adoption fee is \$150 and includes her spay surgery, microchip and vaccinations. For more information, call 602-997-7585 and ask for animal number 581238.

Please note: This pet might have been adopted by the time you visit the shelter; however, AHS has dozens



Kuma will surely bring good luck—and lots of fun and affection—to whatever fortunate family adopts her (submitted photo).

more wonderful pets who also need loving homes. Visit www.azhumane.org/findapet.

Bingo and beer benefits homeless pets in Phoenix

North Mountain Brewing Company in Sunnyslope returns this month with its Bingo for Charity. This time, the beneficiary is the Arizona Humane Society.

Through Aug. 23, a dollar from every pint sold of Dog’s Bollocks will be donat-

ed to AHS. In addition, from 5:30-8 p.m. on Thursday, Aug. 23, the brew pub will host Bingo for AHS. Purchase a bingo board for \$5, or five boards for \$20. Proceeds will benefit the Sunnyslope shelter. Prizes include North Mountain Brewing swag and gift certificates.

North Mountain Brewing is located at 522 E. Dunlap Ave. For more information, call 602-861-5999.

Coffee bean sales Support AAWL

Want to start your day with a full cup of karma? The Arizona Animal Welfare League (AAWL) has released a “local, ethical and bold” Rescue Brew, roasted by a Flagstaff-based company for the state’s largest no-kill shelter.

The medium-roast coffee is available pre-ground or as beans. Each bag of coffee sold covers the cost of core life-saving vaccines for one homeless pet.

You can pick up a 12-ounce bag of coffee for \$13.99 online at <https://aawl.org/rescuebrew> (shipping is an additional \$6.50), or directly from the main Phoenix shelter at 25 N. 40th St.

Two nonprofits join forces to aid pets

The Arizona Pet Project and SniffAZ, two Arizona not-for-profits dedicated to helping Arizona pets and their families, recently merged their two organizations to continue their work to support Arizona animals and their families.

SniffAZ, an all-volunteer Valley organization dedicated to funding no-cost spay/neuter services, will join forces with The Arizona Pet Project, a Valley nonprofit agency that prevents pet homelessness through spay/neuter and shelter intervention. Under The Arizona Pet Project name, the combined organization plans to grow its opportunities to help Valley pets and their families.

In January 2017, The Arizona Pet Project took over the Spay Neuter Assistance Program formerly managed by Maricopa County Animal Care & Control. Donations by SniffAZ were earmarked entirely to support mobile spay/neuter clinics in the field. The mobile clinics ensure free surgeries are reaching pet owners in communities with the highest need.

For more information, visit <http://www.azpetproject.org>.



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Enter wildlife photos for calendar contest

Do you have a knack for capturing great photos of Arizona's wildlife? Do you want to see your photo on the cover of *Arizona Wildlife Views*, Arizona's award-winning magazine about wildlife and outdoor recreation? Then you won't want to miss the Arizona Game and Fish Department's 12th-annual Arizona Wildlife Photo Contest.

One best in show and 11 first-place winners will be showcased in the 2019 calendar, published in the November-December 2018 issue of *Arizona Wildlife Views*. The best in show first place winners are featured in the issue and, new this year, the cover photo also will be spotlighted inside the issue on one of the calendar months.

The judging process is "blind," meaning entries are assigned a number and evaluated anonymously. Photos are evaluated solely on creativity, photographic quality, effectiveness in conveying the unique character of the subject, and whether or not submitted images meet basic size and formatting requirements.

The contest accepts entries through Aug. 10 at 5 p.m. MST. Cash prizes will be awarded. Prize money is funded through publications sales. Entry is free. Enter via e-mail or through a file-sharing website. Official rules are posted at www.azgfd.gov/photocontest.

Bryant nominated for Emmy Award

North Central Phoenix native Aidy Bryant, who starts her seventh year on "Saturday Night Live" (SNL) this fall, has been nominated for an Emmy Award.

Bryant, who is the daughter of local real estate agent Tom Bryant with

HomeSmart Elite Group and Georganne Bryant, owner of Frances boutique, received her first nomination in one of the acting categories, for Outstanding Supporting Actress in a Comedy Series.

She previously was nominated in 2014 for Outstanding Original Music and Lyrics, for the song "Home for the Holiday (Twin Bed)," which aired as part of a music video sketch on the Dec. 21, 2013, episode of SNL.

Bryant, who graduated from Xavier College Prep in 2005, joined the cast of SNL in 2012.

The Emmy Award winners will be announced Monday, Sept. 17, on NBC (Channel 12 locally).

Pittman, Jensen get military scholarships

Two North Central teens recently received \$2,000 each from the Scholarships for Military Children Program.

Evan Pittman, a 2017 graduate of Phoenix Country Day School, now attends Brown University. A record-breaking powerlifter and an accomplished violinist, Pittman also was named the City of Phoenix Outstanding Young Man of the Year for 2017.

Emma Jensen, a 2018 graduate from Sunnyslope High School, will attend the University of Virginia this fall. She was active in the SHS Student Council and National Honor Society, and was a member of the school's badminton team.

The Scholarships for Military Children Program awards funds to graduating high school seniors or college-enrolled students who are the sons or daughters of members of the U.S. Armed Forces including active duty, retired, guard/reserves, etc.

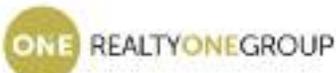


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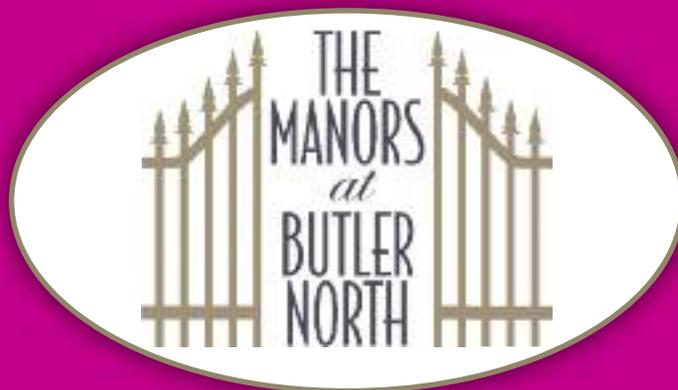
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Ryan Bertenshaw, left, recently joined his father, Pat, at the Biltmore office of Merrill Lynch, where the elder Bertenshaw is senior vice president and a wealth management advisor (submitted photo).

Father and son team up at Merrill Lynch

Father-son businesses are not new, but clients and colleagues alike certainly take note—usually with a smile—when they encounter Pat Bertenshaw, senior vice president and wealth management advisor for Merrill Lynch, and his son Ryan, a 23-year-old graduate

from University of Arizona who recently became his father's partner at the firm, located at 2555 E. Camelback Road, Ste. 900.

Pat, a 2018 *Forbes* Best-in-State wealth advisor, began his career in 1997 with U.S. Trust, Bank of America Private Wealth Management. Back then, Pat could not have imagined that his eldest son, Ryan—who graduated from the U of A Eller College of Management—would follow in his footsteps and join him on his wealth management team at Merrill Lynch.

When Pat started in the wealth management field, he quickly recognized his unique talent for being an effective communicator and his sincere interest in understanding people's needs. As a Certified Financial Planner, Pat's role goes beyond the business. For him, it's about fostering quality relationships and building trust. By truly understanding his clients' goals and objectives, he and his team are able to deliver real financial peace of mind.

When his son, Ryan, showed the same talents, along with his genuine interest in helping people and the community, Pat knew he would be a great addition to his team.

"Ryan, is a talented and caring young man and it is truly special to work side-by-side with him every day," Pat said. "Ryan brings a renewed energy and enthusiasm to our team and our mission to best serve our friends, clients, and community."

Currently, Ryan is working to master the financial processes and tools the team uses, all while working toward getting his licensing and certification to become an even more integral part of the Bertenshaw Wealth Management

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team. With Ryan coming on to the team, the Bertenshaws are building a multigenerational approach to help clients achieve their goals across many stages of life, as many clients are also navigating parent/child relationships and succession plans.

Their Phoenix office of Merrill Lynch actually has three father-son teams—reflecting a growing trend as more and more clients seek advisement about family legacy needs, succession planning and passing down assets to the next generation of children and grandchildren.

For more information, visit www.local.ml.com/phoenix_az or call 602-954-5058.

Business Briefs

Harper discusses recent projects

Join the Greater Phoenix Chamber of Commerce on Aug. 15 as it presents Sharon Harper, president and CEO of Plaza Companies. Harper will share Plaza Companies' most recent and emerging development projects. She

will discuss how these projects are creating new jobs, bringing businesses to our region, and contributing to our overall economic vitality.

The event is part of the Chamber's Economic Development Insider Series and takes place 8:30-9:30 a.m. at Fennemore Craig, 2394 E. Camelback Road, Ste. 600. Cost is \$95. Don't miss this opportunity to connect local business leaders and learn how Greater Phoenix is growing as the economy evolves to meet business needs.

To register, visit www.phoenix-chamber.com, and go to the Events calendar. For more information, call 602-495-6479.

Culver's employee receives scholarship

Kristian Diaz, an employee of the Culver's located at 8th Street and Camelback Road, has received a \$3,000 scholarship from Culver's Foundation's Scholarship program to pursue her educational goals.

"Kristian has been a Culver's team member for almost 3 years," says Jason

please see SCHOLARSHIP on page 20

“SOCIAL SECURITY DISABILITY: ALL YOU NEED TO KNOW”

COMPLIMENTARY LUNCH & LEARN

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AUGUST 23
12 P.M. TO 1 P.M.**

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We are pleased to announce our Of Counsel relationship with Attorney L. Shawn Whiting.

We invite you to meet Shawn when she presents on "Social Security Disability: All You Need to Know."

Shawn Whiting is an Arizona native with a social work degree from Arizona State University and law degree from Phoenix School of Law.

Shawn has worked in Social Security Disability matters for almost two decades as a social worker, legal assistant, and attorney. She is a member of the Arizona Bar Association, Maricopa County Bar Association, Arizona Women Lawyers Association, and the National Organization of Social Security Claims Representatives.

Shawn will cover:

- **Disability Defined.**
- **What to expect when you apply.**
- **Tips to help shorten the process.**
- **And much more.**

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201 E. Orangewood
2,637 sf, 3 bed/2.5 bath
\$715,000



841 N. 2nd Dr.
1,844 sf, 2 bed/2 bath
\$455,000



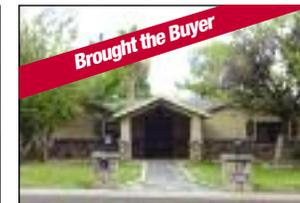
1312 W. Rovey
1,900 sf, 4 bed/2 bath
\$295,000



22312 N. 36th Way
4,370 sf, 5 bed/4.5 bath
\$780,000



138 W. Marlette Ave.
3,600 sf, 4 bed/3.5 bath
\$995,000



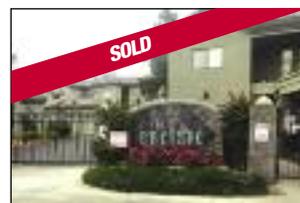
129 E. Tuckey
2,586 sf, 3 bed/2 bath
\$485,000



5641 N. 8th Dr.
1,624 sf, 3 bed/2 bath
\$403,000



20 W. Linger
2,859 sf, 4 bed/3 bath
\$680,000



4533 N. 22nd St.
1,462 sf, 2 bed/2 bath
\$300,000



4045 E. Windsor
1,378 sf, 3 bed/2 bath
\$405,000



934 E. Vermont
1,717 sf, 3bed/2bath
\$389,000



532 W. San Juan
1,721 sf, 3 bed/2 bath
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TAKING CARE OF BUSINESS

SCHOLARSHIP continued from page 19

Kveton, operating partner of Culver's of Phoenix—8th Street and Camelback. "We're so proud she is being recognized for her outstanding commitment to Culver's and her dedication to continuing her education."

Lea Culver, executive director of Culver's Foundation and also one of Culver's co-founders, will award scholarships totaling over \$500,000 to more than 200 team members in 2018. The program is funded by Culver's suppliers, franchisees and Culver Franchising System, Inc.

Halliday joins team at Morris Hall PLLC

The estate planning law firm of Morris Hall, PLLC (MH), announced the addition of attorney Michael Halliday to its Phoenix and Mesa offices.

Halliday was born and raised in Mesa. He earned a bachelor of arts degree from Arizona State University in 2001 and a juris doctorate from Willamette University, College of Law in Salem, Ore., in 2004.

Halliday's love for estate planning took root during law school while serving as a clerk for an estate planning law firm. After graduation, he became a partner in that firm and later opened a solo practice. He will leave that practice to practice estate planning exclusively.

To learn more about Morris Hall, call 602-249-1328 or visit www.morristrust.com.

Hospital achieves Magnet recognition

HonorHealth John C. Lincoln Medical Center, located at 250 E. Dunlap Ave., attained its fourth Magnet recognition in June, a testament to its continued dedication to high-quality nursing practice.

The American Nurses Credentialing Center's Magnet Recognition Program distinguishes health care organizations that meet rigorous standards for nursing excellence. This credential is the highest national honor for professional nursing practice. Just 477 U.S. health care organizations out of more than 6,300 U.S. hospitals have achieved Magnet recognition.

"To earn Magnet recognition once was a great accomplishment and an incredible source of pride for our nurses," said Kristina Zimmermann, vice president and chief nursing officer. "Our repeated achievement of this credential underscores the foundation of excellence and values that drive our entire staff to strive harder each day to meet the health care needs of the people we serve."

Magnet recognition is the gold standard for nursing excellence and is a factor when the public judges health care organizations. *U.S. News & World Report's* annual showcase of "America's Best Hospitals" includes Magnet recognition in its ranking criteria for quality of inpatient care.

TechFly launches with free device contest

TechFly is a new start-up in the North Central Phoenix area that provides quick and efficient, third-party tech support. With one call or online submission, TechFly's technicians can arrive on-location to help you set-up new devices or troubleshoot any of

your dysfunctional tech.

TechFly is great for busy families who are reliant on technology for work, play and constant communication. TechFly is introducing itself to the neighborhood with a summer sweepstakes and a chance to win a free device—Ring Doorbell, Roku, Blink Video—or two hours of free tech support each week through Aug. 24. Sign up at www.TechFly.com/Contest.

Fierro joins board at Dress for Success

Stephanie Fierro, a business and estate planning attorney and partner at Jaburg Wilk, has been named to the Board of Directors of Dress for Success Phoenix.

Dress for Success Phoenix was created in 2009 and since has distributed more than \$575,000 in apparel and accessories to its clients. Its mission is to empower women to achieve economic independence by providing a network of support, profession attire and development tools.

For more information, visit <https://phoenix.dressforsuccess.org>.

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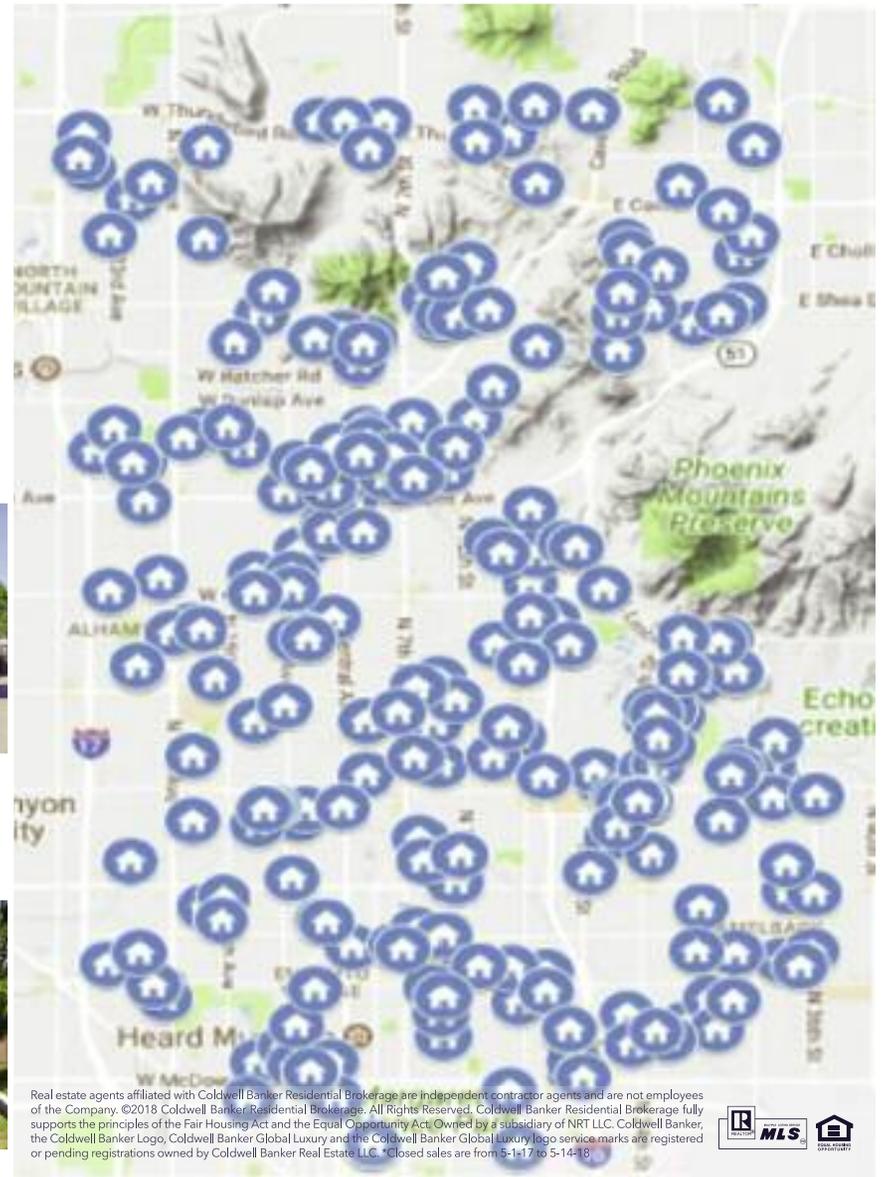
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272 REASONS TO BUY OR SELL WITH US



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Maryland and 15th Ave | 85013 | \$499,990

Pool, 5 bedrooms, 3.5 baths, 2,575 sq. ft. Guest room w/ ensuite, Master bedroom with 2 walk-in closets, updated baths and kitchen with 6 burner gas stove, double ovens, quartz counters, island w/ prep sink, fresh exterior and interior paint.



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5 bedrooms, 4 full baths, 2,985 sq. ft., large lot, master bedroom split, family room with gas fireplace, huge kitchen, gas stove, wood plank tile, alley access, sport court, tons of storage.



NEW LISTING!

Missouri and 7th Ave | 85013 | \$325,000

Craftsman, 3 bedrooms, 2 baths, 1,498 sq. ft. Updated kitchen, baths and flooring, dual pane windows, spacious open living spaces, large lot.



CHECK ME OUT!

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Pool, Detached Guest House, 3 bedrooms, 2 baths, 1,809 sq.ft. Secluded Master Suite w/ spa tub, huge closet, fireplace and pool exit, 13,556 sq. ft lot, open floor plan.

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Bobby Lieb
Associate Broker

602-376-1341 mobile

E Mail: bobby@centralphx.com

*Bobby Lieb's
Honors and Awards*

HomeSmart Hall of Fame
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First Inductee

**Named HomeSmart's
#1 Realtor for the
6th year in a row**
Lieb ranked #1 out of 11,000
Realtors nationwide for total
volume and units sold in 2016

**HomeSmart's #1 Agent
and Diamond Club
through 2016
and 11,000 agents**

Top Selling Agent
in North Central
for the 17th year in a row

Ranked
#1 Agent in Maricopa County
by the *Phoenix Business Journal*
for total dollar volume
closed in 2014

Ranked
#3 Agent in Arizona
by *Real Trends Magazine*
for sales in 2016
Over \$70 Million SOLD!

Ranked
**#2 Agent Residential Realtor
in Maricopa County**
for sales in 2016 for
Over \$70 Million SOLD!

Kathy Wright
Licensed Assistant

Juliann Lieb
Licensed Assistant

Bobby Lieb

Associate Broker



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Current Listings/Escrows

4532 E. Desert Park Pl.7233SF5BR/7BA	\$2,850,000
6755 N. Central Ave.4968SF5BR/5BA	\$2,650,000
7822 N 3rd Way	JUST LISTED4BR/3BA	\$1,100,000
19 W. Frier Dr.	NEW PRICE5BR/5BA	\$ 895,000
6635 N Central Ave	JUST LISTED3BR/3BA	\$ 995,000
421 W. Northview Ave.	NEW PRICE4BR/4BA	\$ 850,000
21 E. Cactus Wren Dr.	IN ESCROW4BR/3.5BA	\$ 899,000
6725 N 7th St.	NEW PRICE3BR/2.5BA	\$ 849,000
7102 N 18th St.	JUST LISTED4BR/3BA	\$ 840,000
196 W. Flynn Ln.	IN ESCROW4BR/3.5BA	\$ 850,000
1441 E. Missouri Ave4293SF5BR/4BA	\$ 850,000
310 S. 4th St #2001	VIEWS3BR/3BA	\$ 799,000
11610 N 17th Pl.	IN ESCROW4BR/3BA	\$ 725,000
5738 N. 24th St.2595SF3BR/2BA	\$ 725,000
6821 N. 2nd Pl.	JUST LISTED3BR/2BA	\$ 599,500
8043 N 5th Ave.4442SF4BR/3.5BA	\$ 595,000
219 E. Northern Ave.	NEW PRICE5BR/3BA	\$ 558,000
4214 E. Carol Ann Ln.	NEW CONSTRUCTION4BR/3.5BA	\$ 564,500
4210 E. Carol Ann Ln.	IN ESCROW4BR/3.5BA	\$ 599,000
11303 N. 34th St.	IN ESCROW4BR/2.5BA	\$ 549,000
4526 N. 34th St.	IN ESCROW3BR/2BA	\$ 545,000
1801 W. Stella Ln.3750SF5BR/3BA	\$ 549,900
4238 E. Carol Ann Ln.	IN ESCROW4BR/2.5BA	\$ 549,500
302 W. Butler Dr.	JUST LISTED4BR/2BA	\$ 525,000
3411 E. Cholla St.	IN ESCROW3BR/2.5BA	\$ 494,500
342 W. Turney Ave.	NEW CONSTRUCTION3BR/2BA	\$ 459,950
7602 N. 17th Ave.	IN ESCROW4BR/3BA	\$ 425,000
11430 N. 12th Pl.	IN ESCROW4BR/2.5BA	\$ 435,000
310 S. 4th St. #2006	VIEWS2BR/2.5BA	\$ 399,000
527 W. San Juan Ave.	IN ESCROW4BR/3.5BA	\$ 375,000
2807 N. 21st	NEW PRICE4BR/2BA	\$ 365,000
6317 N. 14th St.1766SF2BR/2BA	\$ 349,900
706 E. Boca Raton Rd.	NEW CONSTRUCTION3BR/2.5BA	\$ 329,871
6539 N. Villa Manana Dr.	NEW PRICE2BR/2BA	\$ 308,000
722 E. Boca Raton Rd.	IN ESCROW3BR/2.5BA	\$ 306,941
11016 N. 33rd St.	IN ESCROW3BR/2BA	\$ 299,000
711 E Boca Raton Rd.	NEW CONSTRUCTION3BR/2.5BA	\$ 295,900
6033 N. 17th Ave	NEW PRICE3BR/2BA	\$ 289,900
718 E Boca Raton Rd.	NEW CONSTRUCTION3BR/2.5BA	\$ 282,900
715 E Boca Raton Rd.	NEW CONSTRUCTION3BR/2.5BA	\$ 282,900
13801 N 12th St.	IN ESCROW3BR/2BA	\$ 275,000
310 S. 4th St. #1008	IN ESCROW1BR/1.5BA	\$ 199,500
12831 N 17th Pl. Lot 10	NEW PRICE14,972 sq ft lot with views	\$ 159,900

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Bobby Lieb

Associate Broker



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Featured Homes for August



7602 N. 17th Ave. • \$425,000



5244 N. 15th St. • \$499,000



8043 N. 5th Ave. • \$595,000



7117 N. 2nd Dr. • \$649,900



2807 N. 21st St. • \$365,000



302 W. Butler Dr. • \$525,000



6317 N. 14th St. • \$349,900



342 W. Turney Ave. • \$459,900



5738 N 24th St. • \$725,000

**53 homes SOLD so far in 2018 and 20 properties currently in escrow.
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SOLD Homes for 2018

5353 E Sanna	\$3,290,000	6730 N. 7th St.	\$ 820,000	31 W. Flynn Ln.	\$ 642,000	210 E Keim Dr.	\$ 529,000	1234 E. Hayward Ave.	\$ 320,000
5829 E. Joshua Tree Ln.	\$1,550,000	1230 E Luke Ave	\$ 770,000	3018 E. Hazelwood St.	\$ 633,350	102 W. Victoria Square	\$ 506,000	2747 E Amelia Ave.	\$ 315,000
3920 E. Mountain View	\$1,350,000	6333 N. 4th Dr.	\$ 765,000	37 W San Juan Ave.	\$ 611,000	5244 N. 15th St	\$ 499,000	6162 W. Wikieup Ln.	\$ 295,000
9789 N. 57th St.	\$1,270,000	314 E Rose Ln	\$ 765,000	1430 W. Myrtle Ave.	\$ 595,000	8401 N. 17th Pl	\$ 485,000	6040 N. 5th Ave.	\$ 290,000
7170 N Central Ave.	\$1,150,000	3030 E Squaw Peak Cr	\$ 720,000	14392 W Becker Ln	\$ 585,000	1629 E Echo Ln	\$ 480,000	710 E. Boca Raton Rd.	\$ 289,900
1761 E. Hatcher Dr.	\$1,100,000	1400 W. Myrtle Ave.	\$ 718,720	2145 E. Kaler Dr.	\$ 575,000	6821 N. 2nd Pl.	\$ 475,000	7156 N. 17th Dr.	\$ 269,020
306 E. Wexford Cove	\$1,000,000	1300 W. Myrtle Ave.	\$ 715,000	320 E. Orangewood Ave.	\$ 575,000	7638 N. 5th Ave.	\$ 465,000	16510 W Thether Trail	\$ 235,000
243 W. Montebello Ave.	\$ 940,000	1755 E. Aurelius Ave.	\$ 710,000	1620 E. Echo Ln	\$ 565,000	7140 N 15th St.	\$ 454,000	1333 E Morten Ave #113	\$ 179,900
7209 N. 3rd St.	\$ 910,000	1410 W. Myrtle Ave.	\$ 679,092	3800 E. Lincoln Dr. #29	\$ 556,000	6311 N. 10th Ave.	\$ 438,500	7134 N. 27th Ln.	\$ 175,000
310 E. Wexford Cove	\$ 900,000	6020 N 5th Ave	\$ 670,000	4230 E. Carol Ann Ln	\$ 552,500	1617 E. Lamar Rd.	\$ 415,000		
10442 N 48th Pl	\$ 890,000	7117 N 2nd Dr	\$ 650,000	6122 N. 8th Ave.	\$ 549,900	3025 E. Campbell Ave.	\$ 330,000		



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The Phoenix Suns Gorilla hangs out with clients at Circle the City's Medical Respite Center during a visit on June 27 (submitted photo).

'Kindness kits' help homeless patients

A surprise visit from the Phoenix Suns Gorilla on June 27 brought joy to patients recovering at Circle the City's Medical Respite Center, a 50-bed facility that provides holistic healthcare and services to homeless adult men and women transitioning out of hospitalization.

Not only did the Gorilla interact with patients and put smiles on faces, he also delivered 100 Kindness Kits, along with assistance from Phoenix Suns Charities' summer interns, to the non-profit organization. The plastic bags include items such as a granola bar, toothbrush and toothpaste, water bottle, clean socks, and hand sanitizer.

Circle the City staff distributes these kits to its clients, even as they work to find them housing solutions for when they are ready to leave the medical center.

"Our patients were overwhelmed with joy that the Phoenix Suns Gorilla and executive team spent time with them," said Circle the City's director of Development, Kimberly Hall. "One patient shared that the Suns visit made him feel important and made him smile like he never had before. We can't say enough about the generosity of the Phoenix Suns leadership team giving of their time to meet with our patients and the Circle the City team."

Health Briefs

Indoor cycling event benefits CF research

On Saturday, Aug. 18, people across the Valley will join a national

effort to raise funds and awareness for cystic fibrosis (CF) a rare, genetic disease that progressively limits the ability to breathe and ultimately causes premature death.

The Arizona chapter of the Cystic Fibrosis Foundation is the first in the country to work with indoor cycling studios to host CF Cycle for Life: Spin Edition, a new version of the popular outdoor cycling event.

"CF Cycle for Life: Spin Edition provides an opportunity for people who don't own a bike or who can't commit to a 20-mile road ride to make a difference in the lives of people living with cystic fibrosis," said Karli Newman, senior Development Director, Arizona Chapter. "An indoor event means all fitness levels may participate, the time commitment is no more than an hour, and those as young as 14 may register. It's an energizing experience with passionate instructors, upbeat music, and every participant helping us advance our mission of finding a cure for cystic fibrosis."

Seven studios across the Phoenix metropolitan area will donate their time and instructor talent for a morning or afternoon class dedicated to the event. Among them are Reformed Central, 5555 N. 7th St. (12-12:45 p.m.), and Sweatshop on Central, 100 e. Camelback Road (12:30-1:15 p.m.) A member of the CF community will share their story at each location, and a post-ride celebration takes place from 3-5 p.m. at Helio Basin Brewing Company, 3935 E. Thomas Road.

For more information or to register, visit www.cycleforlife.org



HEALTHY LIVING

Local woman launches health, life coaching

Galina Itahov, certified health and life coach, has launched her business in Phoenix. “Galina Itahov: Your Wellness Guide” is the place to turn when you want to upscale your well-being. Itahov helps women with different health conditions, be it the need to lose weight, manage blood sugar, or improve heart health. She also guides her clients through different life situations, such as financial, career, and/or relationship challenges.

“Coaches do not give advice, teach or preach; it is different from counseling professions,” Itahov explains. “The personal coaching method consists of different tools and techniques that help clients access their personal wisdom and resources. A client can find peace with herself, change her habits and move toward her goal, one little step at a time.”

Even though Itahov is skilled in many areas of Health and Life Coaching, her passion is to help young moms. Her most successful program is a 12-week course, “Fabulous Mom: Get Your Body and Time Back Without Sacrificing Your Family.”

For more information, contact Galina Itahov at 602-288-8339, or at galinawellnessguide@gmail.com to book a free Discovery Session.

Supplemental insurance that fills a financial gap

With the future of healthcare in flux and AFLAC only working with groups and businesses, many people are left with few options for catastrophic supplemental insurance. Statistics show that cancer affects 1 out of every 2 men and 1 out of every 3 women. In addition, every 34 seconds someone has a heart attack, and 90 percent of injuries happen off the job.

In the meantime, healthcare costs continue to rise while benefits are falling. Individuals and families are left trying to find something that will provide a safety net in the event of a healthcare crisis.

Ramona Benjamin of Family Heritage, located at 16th Street and Missouri Avenue in North Central Phoenix, says the company’s supplemental insurance products are designed to keep people financially on track when battling serious medical illness and accidents. Money is deposited

directly into a client’s bank account to help pay bills, buy groceries or cover any financial need, whereas health insurance pays doctors and hospitals instead of the patient.

Family Heritage provides supplemental health insurance products that protect families against the financial devastation of cancer, catastrophic illness, serious accidents and accidental death. “Our products fill a void not currently met by the traditional health care industry,” Benjamin pointed out.

Family Heritage offers a variety of applications with customized premiums that fit any budget, making the supplemental insurance affordable for any individual or family.

For more information, call Ramona Benjamin at 810-397-4089, or e-mail Ramona@CarteBlancheConsulting.com.

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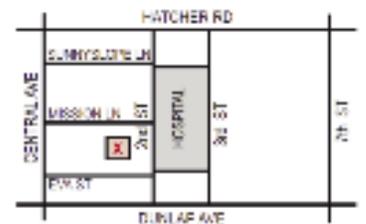

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HEALTHY MIND

Mental Health First Aid – 8 hour class
 Ask the right questions, identify the risk factors and warning signs, and understand how to de-escalate a crisis situation.

Singing in the Rain – Transitional Workshop – 8 week class
 Create happiness and well-being in the midst of all that life demands and its inevitable surprises.

safeTalk: Suicide Alertness For Everyone – 1 four hour class
 Know what to do if someone is suicidal. Follow the TALK steps – Tell, Ask, Listen, Keep-safe. Offer immediate help to someone having thoughts of suicide.

A Matter of Life – Suicide Prevention – 1 hour presentation
 Recognize the signs and symptoms of depression, anxiety, and substance abuse.

GET UP & GO

Geri-Fit® – 8 week class
 Prevent falls and improve balance through strength training.

Matter of Balance – 8 week class
 Reduce falls and increase activity levels.

TAKE CONTROL

Rx Matters – 1 hour presentation
 Learn the correct use of opioids and medications with presentations to homebound seniors and their caregivers.

Chronic Disease Self-Management – 6 week class
 Understand how to self-manage chronic health conditions.

Chronic Pain Self-Management – 6 week class
 Know the tips, techniques, and tools to manage pain.

Diabetes Self-Management – 6 week class
 Manage your type 2 diabetes.

LIVE WELL

WISE – Wellness Initiative for Senior Education – 6 week class
 Explore healthy living choices in a complete wellness program.

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 Develop behaviors for improved health, stronger economic security, greater well-being, and increased social participation.



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SCHOOL DAYS



Members of the inaugural robotics team from Phoenix Coding Academy who took home two rookie awards and made it to the World Championships, included: Coach George Cardenas, William Keinanen, Coach Doug, Angel Martinez, Dom Rodriguez, Brandon Garcia Gomez, Gabino Meraz, Yessica Jimenez, Joseph De La Cruz, Harrison Kerkchoff, Cole Kelley, Coach Rob, Francisco Ochoa, Ryan Serrato, Burack Ozman, Linus March, Alfredo Cano, Gianni Dragos, Cristina Valenzuela, and Coach Koepp (submitted photo).

Rookie robotics team has great first year

Phoenix Union High School District's Phoenix Coding Academy, in its first year of robotics competition, came away with a wealth of experience—and some awards.

The Python Robotics team won the Rookie All-Star Award at the FIRST (For Inspiration and Recognition of Science and Technology) Los Angeles Regional, held March 15-17 in Pomona, Calif.

Python Robotics brought 15 Coding Academy freshmen and sophomores (and a foreign-exchange student from Central High) to the regionals. Of the 54 teams that participated, the Python Robotics team ranked 15th in qualifying. The team also was scouted by higher-seeded teams, and was asked to be in an alliance with one of the top-eight teams. That three-team alliance beat the No. 1 and No. 2 seeded teams, and made it to the quarterfinals where they were ultimately eliminated.

Phoenix Coding Academy, a specialty small school located at 4445 N. Central Ave., earned one of only five world championship bids available at the regional.

The Python Robotics team was able to raise funds to take about half of the members to the World Championships in Houston, held April 18-21.

Coding Academy has been no slouch when it comes to funding the program.

The team secured a grant from NASA and Boeing to help them get to regionals, and several in-kind donations from other companies. The students also aggressively promoted the Education Tax Credit program, in which donors can contribute up to \$400, and receive a tax credit in the same amount.

“For the World Championships trip, I contacted all of our corporate sponsors, we held a car wash and a video game tournament, and promoted the Tax Credit program on our social media,” Coach George Cardenas said. “Unfortunately we were only able to only take a little over half the team and we had to drive.

Houston was a bit humbling, as the Pythons and their robot, Snaaaaaaaake! finished 66th in the Galileo Division. According to Cardenas, the team faced a number of mechanical issues, and very tough competition from experienced and established teams. “But the team still persevered and managed to hold their own,” he pointed out.

“These kids have been incredible. They are only freshmen and sophomores and they are amazing. It was our intention that this year would be a learning experience, but they blew it out of the water. They were the highest-ranked rookie team, and earned high marks for their presentation to judges and their community service.”

Team members have their sights on attending the world championship next year. But they won't sneak up on any-

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SCHOOL DAYS



Students from the Educators Rising chapter at Washington High School took home several top awards at the national conference in June (submitted photo).

one anymore after an amazing rookie season. To see a video of one of their competition, or to make a Tax Credit donation to the team, visit www.pythonrobotics.org.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT WHS students continue to dominate in competition

For the third time in the last four years, Washington High School's Educators Rising chapter had more national champions than any other chapter in the country. The group also had a total of 12 top-ten finishers at the recent Educators Rising National Conference, held June 21-24 in Orlando, Fla.

National Champion winners from WHS included Ethical Dilemma: Aurora Gabow and Cindy Alonso; Impromptu Lesson: Ivonne Carmona; and Exploring Education Careers Non-Core: Axel Lujan. In addition, Aurora Gabow and Makenna Ray were ranked third in the nation in the category of Researching Learning Challenges.

The conference boasted 21 competitive events designed to allow students to develop and showcase their teaching skills. Students also were able to learn from each other through breakout sessions, and hear keynote presentations from national education leaders.

District ranks high in national surveys

U.S. News & World Report announced earlier this year that Glendale Union High School District schools have once again made the annual Best Schools list. There are nine high schools in the district. Of the schools, all nine ranked among the top

100 for the state of Arizona and five were nationally recognized.

Sunnyslope High School received the highest ranking, at 21st place, followed by Washington at 39th, Thunderbird at 45th, Moon Valley at 48th, and Apollo at 50th.

GUHSD schools have continuously made the *U.S. News & World Report – America's Best High Schools* list since 2008, adding to its impressive resume of academic achievements.

please see BEST SCHOOLS on page 28

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SCHOOL DAYS

BEST SCHOOLS continued from page 27

Arizona recently finalized the 2017 school letter grades and three GUHSD schools moved to the coveted "A" position, making the total number of "A" schools eight. Among the recent additions were Washington, Cortez and Glendale high schools. This new information ranks GUHSD as No. 1 in the state for having the highest percentage of schools earning an "A" (among all schools/districts/charter and non-charter with two or more schools).

MADISON ELEMENTARY SCHOOL DISTRICT Madison has many jobs to fill in all areas

Ramona A. Lomeli, Ed.D. has been named Madison School District's new director of Human Resources and the lead on hiring for the 2018-2019 school year.

Lomeli was most recently with the Tolleson Elementary School District where she served for 17 years in executive human resources positions. She has more than 30 years experience in edu-

cation ranging from a principal to current adjunct professor for Northern Arizona University.

Madison has more than 30 positions still available, from special education teacher, to bus driver, crossing guards, food services and more.



Ramona A. Lomeli

Job requirements range from a high school diploma to master's degrees. The majority of currently available positions are for support staff, but Madison considers new hires all year, so interested teachers can reach out anytime for future opportunities.

View all open Madison Schools jobs at <https://jobs.madisonaz.org/jobs>.

OSBORN ELEMENTARY SCHOOL DISTRICT

Teacher collaborates on education app

Clarendon Elementary resource teacher and ASU doctoral student Emerald Ochonogor has collaborated on launching an education app and startup called Help In Hand.

Sponsored by ASU's Venture Devils, the Help in Hand App is designed to support teachers, students and families in providing supports for students with special needs. The app will offer interventions and strategies to support the most diverse learners and can be expected as early as fall 2019.

PHOENIX UNION HIGH SCHOOL DISTRICT

Burton Foundation continues support

At this year's PUHSD Foundation Scholarship Dinner, Christine and Daryl Burton of the Burton Family Foundation were recognized for their generous contributions to Phoenix Union. Among those were flash-funding for club requests through Support My Club, ACT Prep Boot Camps and a college exploration trip for 30 students to Historically Black Colleges and Universities.

The Burton Family Foundation has continued its support, including funding two ACT Test Prep Boot Camps this summer for rising juniors and those seniors wishing to improve on their ACT test scores, and donating \$64,144 to cover the cost of 45 students and three chaperones on a six-day

Where great gets its start.

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WHERE EXTRAORDINARY GOES TO SCHOOL.

SCHOOL DAYS

Historically Black Colleges and Universities tour over fall break.

The students will visit Bowie State in Maryland, Howard University in Washington, D.C., Hampton University and Norfolk State in Virginia, North Carolina Central and North Carolina A&T, and Clark Atlanta University, Morehouse and Spelman Colleges in Atlanta.

Busken retires from North football

North High Football Head Coach Bernie Busken is retiring from the game he has coached for 42 years. Busken was with the North Mustangs for four years, turning around the program in that time, with “old-fashioned” hard work. He leaves a team that went 7-3 last year, completing a 19-21 overall record. “Hard to overcome that 1-9 first season,” Busken said.



Bernie Buskin

“I have had a blast at North. Never have I been around kids that let you know how much they love you. They are all great kids.”

He came into a program in which the freshman team did not have one student who had ever played football. He leaves with 75 current student-athletes, and successful freshmen and JV teams coming up. Under his regime, he emphasized the weight room for strength and stamina, practiced early mornings before school so students could work after school, and helped develop a booster club with parents.

Busken won three state championships and had a 40-game winning streak at Mesa Mountain View in the nineties, coached at Western New Mexico University, and returned to Arizona to coach at Basha High for three years before moving to North.

He plans to move to Texas to be close to his daughter and grandchildren.

Students continue to find success with STEP

Forty-six Phoenix Union high school students have joined STEP’s (Student Expedition Program) Class of 2020. STEP received 307 applications from prospective sophomores to join its College Prep Program this year—the largest and most competitive applicant

pool to date. Of the 103 students accepted, almost half are from the Phoenix Union High School District.

Last year, 37 PUHSD students entered the program.

The STEP Program educates and empowers low-income Arizona high school students to enroll in and graduate from college. Students selected participate through high school graduation, attending workshops with individual advising, guidance with application process, including financial aid instruction for both students and parents.

North Central seniors from PUHSD who were in the STEP program and graduated this year will attend the following schools this fall: Eloisa Sanchez Urrea (Metro Tech), St. Mary’s University Honors College; Estrella Gonzalez Saldana (Metro Tech), Scripps College; Gisselle Beltran Valdez (Metro Tech), Arizona State University; Ismael Rios (Metro Tech), ASU Barrett Honors College; Jennifer Beltran Gastelum (Camelback), Smith College; Lizette Mier (North), Wellesley College, Monica Lam (Central), ASU Barrett Honors College; and Nancy Twishime (Bioscience), ASU Barrett Honors College.

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SCHOOL DAYS

plans, the graduates offered advice to the current Loyola Academy scholars and thanked those whose donations made Loyola Academy possible.

Students qualify to attend Loyola Academy based on recommendations, academic potential and verified financial need. The program includes a 10-hour school day with transportation and meals provided (students receive homework support after the school day finishes), and mandates parental involvement. Students attend school 11 months of the year.

Xavier students have a busy summer

Xavier junior Katie Donaldson, who lives in North Central Phoenix, was chosen to serve as Phoenix Sister Cities Youth Ambassadors this summer in Prague, Czech Republic. She will travel to Prague to represent the city of Phoenix and the state of Arizona. Upon returning home, Katie and her family will welcome her international counterpart to the Valley.

Sophomore Abigail Converse, also a North Central resident, was selected by

the Arizona Interscholastic Association to attend the National Federation of State High Schools National Student Leadership Summit in Indianapolis this summer.

Junior Jada Sims broke the school record in the heptathlon at the USA Track and Field Arizona Association Junior Olympic Combined Championships.

A North Central resident, Jada also holds the school record in the high jump, is part of the team that holds the school record in the 4x400m relay, is second (all-time) in the 100m hurdles, and is third (all-time) in the long jump.



Jada Sims

MHP receives nod for its engineering program

Madison Highland Prep has earned the 2017-18 Project Lead the Way (PLTW) Distinguished District designation based on the exemplary results from

please see ENGINEERING on page 32



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SCHOOL DAYS

ENGINEERING continued from page 31

the school's PLTW engineering programs during the 2016-17 school year.

MHP is one of 31 districts to receive the designation nationally, and one of two high schools in Arizona to receive a PLTW prestigious designation. PLTW's recognition program is designed to honor districts and schools committed to increasing student access, engagement, and achievement in their PLTW programs. Districts and schools are recognized for empowering students to thrive in an evolving world through PLTW programs.

MHP, a STEM charter high school in Phoenix, uses the PLTW curriculum for multiple classes. For information, call the school at 602-745-3800.

Full-day kinder at AmeriSchools

Kindergarten is an important milestone for students. At AmeriSchools Academy's Camelback campus, strong academic programs build a foundation for lifelong learning. Parents of children who turn 5 years of age before Sept. 1 may register their child at the school, located at 1333 W. Camelback Road.

Parents of children reaching the age of 5 after Sept. 1 may request that their child be assessed for early admission if they believe it is in the best interest of the child. To learn more about the assessment procedure or to enroll your child in the kindergarten program, contact the school office at 602-532-0100 for more information.

Downes takes over head coaching job

Brad Downes has been named head varsity softball coach at Xavier College Preparatory. Downes will replace former head coach Carrie Markham, who will return to her pitching instruction business on a full-time basis.

Downes served as Xavier's assistant varsity softball coach during the 2018 season. He most recently was a coach for the Arizona Hotshots Softball Team, and he also serves as president of Hotshots Softball of Arizona, Inc.

Downes graduated from UCLA in 1991 and received his law degree from Arizona State University in 1994. In addition to his extensive experience coaching club softball, he has served in various capacities as the softball-baseball coach at Horizon Honors High



Mike Robinson from Charter School Capital presents Midtown Primary Principal Judy White with one of the organization's new Honor Roll awards (submitted photo).

School from 2009-2018.

"Brad Downes brings tremendous high school coaching experience and softball club involvement to Xavier's softball program," said Sister Lynn Winsor, BVM, Xavier's vice principal for Activities and athletic director. "We are delighted that he will be leading our program."

Midtown Primary gets Honor Roll award

Mike Robinson of Charter School Capital nominated Midtown Primary Elementary School for the AZ Charter School Honor Roll. Midtown Primary won one of the 25 awards for this year, out of the 458 charter schools in Arizona.

Currently in its inaugural year, the Honor Roll is a celebration of charter schools with high growth, student achievement, or community service. Honor Roll schools are awarded a special gift, admission to the Southwest Charter Convention, and will be honored at an exclusive dinner at the event. "This is such a great honor and acknowledgement for the hard work our dedicated teachers put in to each student and our school," Midtown Primary's Principal Judy White said.

Xavier Volleyball makes All-American List

The 2017-18 Xavier volleyball team has been named to the AVCA (American Volleyball Coaches Association) Team Academic All-American List.

The award is given to high school volleyball teams that maintain a cumulative team grade-point average of at least 3.30 (scale of 4.0) or 4.10 (scale of 5.0) during the school year.

Nationally, 975 high school teams made the list. In Arizona, only nine high school teams received this honor.

The Xavier team won the state championship last season.

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2018-2019

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 Season starts 9/8/18
 Playoffs end 11/1/18

Volleyball
 (Grades 3-8)
 Players Clinic 6/19/18 - 6/21/18
 Registration Opens 7/9/18
 Evaluations 8/18/18
 Season Starts: 9/8/18
 Playoffs end 10/27/18

WINTER SPORTS

Boys Basketball
 (Grades K-6)
 Registration opens 9/22/2018
 Evaluations 11/3/18
 Season starts 12/8/18
 Playoffs end 3/1/19

Girls Basketball
 (Grades K-8)
 Registration opens 9/22/2018
 Evaluations 11/3/18
 Season starts 12/8/18
 Playoffs end 2/23/19

SPRING SPORTS

Baseball, Softball & Tee-ball
 (Grades K-8)
 Registration opens 1/5/2019
 Evaluations 2/2/19
 Season starts 3/1/19
 Playoffs end 5/22/19

Opening Day Celebration
 3/2/19

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RAMMS is a parent run, volunteer organization that was founded in 1961 to provide recreational youth sports opportunities for children in North Central Phoenix. To learn more about RAMMS, please visit us at www.ramms.org or at www.facebook.com/rammsphoenix





GENERATIONS

Senior Living

Support group for senior hoarders

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

The groups will meet at locations in central Phoenix and Glendale. Space is limited and qualifying participants will need to complete an intake process by phone no later than Aug. 27 by calling 602-241-5577.

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

Story telling can spark memories

Jewish Family & Children’s Service’s August Memory Café will feature the art form that is sweeping the country: Story Telling. The event takes place 10-11:30 a.m. Thursday, Aug. 2, at Beth El Congregation, 1118 W. Glendale Ave.

Author Barbara Mark-Dreyfuss, who

has been active in the JFCS Story Telling program from JFCS’ Creative Aging Project, will share one of her stories from her youth in Minneapolis. Janet Arnold Rees will introduce “Storywise,” a “thoughtfully curated collection of topics designed to spark memories, tap into experiences and create a wiser, more connected world – one story at a time.”

The program includes “story prompts” to engage the participants. Everyone who wants to share their stories will be encouraged to do so.

The Memory Café is for those with memory loss and their care partners. There is no charge to attend, but registration is required; e-mail Kathy.rood@jfcfaz.org or call Kathy at 602-452-4627.

Variety of activities at senior center

Activities aren’t slowing down this summer at the Sunnyslope Senior Center, 802 E. Vogel Ave. New additions to the schedule include aromatherapy and a diabetes self-management workshop.

Learn about basic aromatherapy, including the types of essential oils and how to use them safely, 10 a.m. Fridays, Aug. 3-31. Class size is limited to 15 people, advanced registration required.

A workshop titled “Diabetes Can Be Confusing” takes place 9 a.m. Tuesdays through Aug. 28, uses plain language so all can understand. Class

size is limited to 15 people, advanced registration required.

Special events include Off to the Races at 10 a.m. on Aug. 8, featuring horseracing games and country music—wear your best Derby hat. There also will be a Pet Therapy presentation 10 a.m. Monday, Aug. 27, presented by Pets on Wheels.

For those with an artistic inclination, Reader’s Theatre begins 9:30 a.m. Aug. 30, and continues on Thursdays through Sept. 15. Members will work together to read a script to a play. Drop-in, space is limited.

Jewelry Making is making a return on Aug. 8. Members will learn beading and wire-wrap techniques to create their own jewelry pieces. Classes are at 1 p.m. on Wednesdays, through Sept. 12. Drop-in, space is limited.

For more information, call 602-262-7572.

Free workshop on retirement planning

Jack Burns, public affairs specialist for the Arizona Social Security Administration, hosts a free Social Security retirement planning workshop, 5:30 p.m. Tuesday, Aug. 23, at the Cholla Library, 10050 N. Metro Parkway East.

Attendees may create a free “my Social Security account” at www.ssa.gov/myaccount/ prior to attending.

Walk-ins are welcome. Pre-registra-

tion encouraged. The library can be reached at 602-262-4636.

Kids & Families

Summer Camp, Kids Night Out

The Arizona Sunrays Gymnastics & Dance Center continues its summer “Supercamp” for ages 3 to 13, through Aug. 17. Children will have a great time in gymnastics, dance, Ninja Zone, yoga, jumping on trampolines and bounce houses, into foam pits, zip line, playing games, and more. Full-week options and individual day options are available, for both half day and full day. Cost is \$57 to \$78 per day or \$216 to \$311 per week.

The Arizona Sunrays also hosts Kids’ Night Out from 6-10 p.m. on Saturday, Aug. 18. Parents can enjoy a relaxing Saturday night without the kids (ages 3 to 14). Kids get to have their own Saturday night fun in gymnastics, dancing, jumping in a bounce house and on trampolines, obstacle courses, fort building in the foam pits, and then winding down the evening by watching a movie. Cost is \$30 per child with a \$5 off sibling discount. Pizza and drinks are included. Advanced registration is required.

The Arizona Sunrays is located at 15801 N. 32nd St. For more information and to register, call 602-992-5790 or visit www.arizonasunrays.com.

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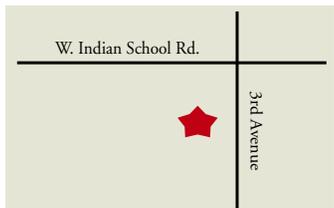
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GENERATIONS

Free baby swim classes at Hubbard

Hubbard Family Swim School offers free “baby splash” swim classes every day of the week for babies 8 weeks to 5 months of age. These 30-minute water acclimation classes give parents or caregivers a chance to learn excellent tips on how to enjoy tub time at home with baby and also learn how to prepare baby for swim lessons.

The temperature of the heated, indoor swimming pool is 90 degrees all year long. Advanced registration is required.

Hubbard Family Swim School is located at 13832 North 32nd St., Suite 100, Phoenix. For specific class times, call 602-971-4044 or visit www.hubbardswim.com.

Homeopathic remedies now available at Artplay

A new collaborative service has been added to the Artplay line-up of helpers: a homeopathic doctor, Carla Briante, NMD. Briante will help create homeopathic remedies for kids, run labs for food allergies, give acupressure treatments, as well as tending to women’s health for moms.

“Artplay does not diagnose children and of equal importance we do not want kids to be chemically medicated,” explains Artplay Founder Elizabeth Tomko. “But sometimes a child needs a medication to help lower his or her anxiety, and we believe that should be a natural remedy. So, we are bringing on a naturopath in order to help kids be more healthy in body and mind.”

Artplay, located at 1130 E. Missouri Ave., was founded because all children deal with emotional issues and need help deciphering their feelings so they can manage them more easily. For

more information on the cadre of services offered at Artplay, call 602-329-1347, or visit www.artplayhealing.com.

Enroll now for fall classes at Music Works

Music Works Community, in the Valley since 1974, was formerly known as Music Works Academy. MWC is an association of music teachers dedicated to providing quality music instruction and offering year-round lessons and classes in piano, guitar and voice. The next round of classes begins in August.

For more information, e-mail Director@MusicWorksCommunity.com or call the studio at 602-264-5188.

Music Works also is now enrolling for its PRELUDE Piano Classes for Young Musicians, serving preschoolers through first graders. The 15-week semester begins the week of Aug. 27.

Piano Discovery classes of 4-6 students are offered to preschoolers, ages 3-5. Piano lessons are offered to kindergarten and first-grade students in small group classes of four students. For more information, visit the Prelude page at www.MusicWorksCommunity.com.

Youth get free admission to Phoenix Art Museum

Phoenix Art Museum offers free admission to kids and teens 17 years and younger through Sept. 30.

The program, known as PhxArt Open for Kids, presented by the Steele Foundation, provides free youth admission during normal admission hours, as well as free admission during voluntary-donation times to special-engagement exhibitions, which normally include a \$5 ticket charge.

For more information on current exhibits and upcoming activities, visit www.phxart.org.

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Back-to-School Kickoff Sunday, August 12 First United Methodist Church

If you’ve never been to First Church, we would love you to come check us out! We offer a variety of fun opportunities and ways for kids to be involved in our church community. We have Sunday school classes for children beginning at age 4 and going all the way up to our Senior High Sunday School, and evening Youth Groups for our Junior and Senior high kids. We also have a stellar music program for children and youth as well. Our Back to School Kickoff is the perfect chance to see what our Children’s Ministry is all about. Children and youth are encouraged to bring their backpack or lunch box to church with them on Sunday morning, August 12. There will be a special blessing on all of our children, and a dedication of our teachers during both our 9 a.m. and 11 a.m. services. It will be a morning full of exciting events and a few surprises. We are excited about what the new ‘year’ can bring at First Church and would love for you to be a part of it!



First United Methodist Church
5510 N. Central Avenue
(602) 263-5013
firstchurch.church



Join us for our upcoming Workshop and Refreshments

Thursday, August 26, at Noon

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Speaker: Deborah Aleya
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A & E Briefs

'Avenue Q'

Through Sept. 9
Phoenix Theatre
100 E. McDowell Road
602-254-2151

Part felt, part flesh and full of heart, this laugh-out-loud adults-only musical follows Princeton, a recent college grad, and his new neighbors. The show, starring both puppets and humans, is fresh, fast-paced and exuberant and explores, among other things, "What Do You Do with a B.A. in English?" For mature audiences only. Tickets are \$36-\$86. Visit <http://www.phoenixtheatre.com>.

Surfer Joe and His Band

8 p.m. Tuesday, Aug. 7
Rips Bar
3045 N. 16th St.

A reverberated surf music extravaganza presented by Hi-Tide Recordings. All the way from Livorno, Italy, comes Surfer Joe and His Band, one night only, one show only. Opening acts by The Surfside IV and The Apaches. Holy cats, that's a lot of surf! Ages 21 and older. Cover charge is \$8.

'Newsies'

Valley Youth Theatre
Aug. 10-26
Herberger Theater
222 E. Monroe
602-252-8497

Set in turn-of-the-century New York City, Newsies is the tale of Jack Kelly, a charismatic newsboy and leader of a band of teenaged "newsies." When titans of publishing raise distribution prices at the newsboys' expense, Jack rallies newsies from across the city to strike against the unfair conditions and fight for what's right. Based on the 1992 motion picture and inspired by a true story. Tickets are \$20.50-\$39.50 plus fees. Visit www.herbergertheater.org.

The Monica Shriver Jazz Project

7 p.m. Sunday, Aug. 12
The Listening Room Phoenix
4614 N. 7th St.
480-390-4900

Half art show and half experimental jazz concert, The Monica Shriver Jazz Project will showcase original composi-

tions by Monica Shriver and Stan Smith, including some adventurous exploration of the relationship and connection between improvisation and abstract art. Tickets start at \$20. For tickets and information, visit www.thelisteningroomphoenix.com.

'Iluminar!'

Convergence Ballet
Aug. 11-12
Madison Center for the Arts
5601 N. 16th St.

The Phoenix-based ballet company has four new dancers and three new choreographers. In "Iluminar!" there are four pieces, running through the entire spectrum of talents from the dancers. These include classical ballet, swing and contemporary pieces and showcase three new world-premiere works. Show times are 2 p.m. and 7 p.m. on Saturday, and 2 p.m. on Sunday. Tickets are \$30 and are available at www.convergenceballet.org/iluminar.

Song Swap Hosted by Adam Smith, featuring Eric Ramsey

7 p.m. Friday, Aug. 31
The Listening Room Phoenix
4614 N. 7th St.
480-390-4900

Join singer-songwriter Adam Smith as he hosts Eric Ramsey for a unique live performance and conversation. The show begins with Ramsey performing one of Smith's songs. Next, settle in for a conversation focusing on Ramsey and what music/creativity means to him. Then Smith will perform one of Ramsey's songs, followed by a full live performance where each will do a 30-minute solo set. Tickets are \$15 in advance and \$20 at the door. For tickets and details, visit www.thelisteningroomphoenix.com.

'Charlotte's Web'

Childsplay Theatre
Sept. 2-Oct. 14
Herberger Theater, Stage West
222 E. Monroe
602-252-8497

Meet Wilbur, an endearing piglet trying to make his way in the world, and Charlotte, the wise and winsome spider who becomes his true friend. A brilliant version of E.B. White's American classic. Recommended for

ARTS & ENTERTAINMENT

ages 5 and older. Run time is 1 hour, 55 minutes with an intermission. Tickets are \$12-\$30 plus fees. Visit www.herbergertheater.org.

‘Sweeney Todd’

Arizona Broadway Theatre

Sept. 4-16

Herberger Theater, Center Stage

222 E. Monroe

602-252-8497

A heart-pounding thriller set on the seedy side streets of 19th Century London. Filled with diabolical humor and extraordinary music, this eight-time Tony Award-winning musical tells the tale of an exiled barber’s quest to avenge the wrongs done to him and his family by a lecherous judge. Tickets are \$44-\$73 plus fees. Visit www.herbergertheater.org.

‘White Guy on the Bus’

iTheatre Collaborative

Sept. 7-22

Herberger Theater, Kax Stage

222 E. Monroe

602-252-8497

A new play that unravels a complex

web of moral ambiguity, class conflict, and the racial divide in America. A wealthy white businessman and a struggling black single mom ride the same bus week after week. The question is why he rides the bus and what does he want from her? The answers, like race, are not so easy. Tickets are \$10 Thursdays, \$25 Fridays and Saturdays, and \$20 Sundays, plus fees. Discounts for seniors (65+) students, and members of the military.

‘West Side Story’

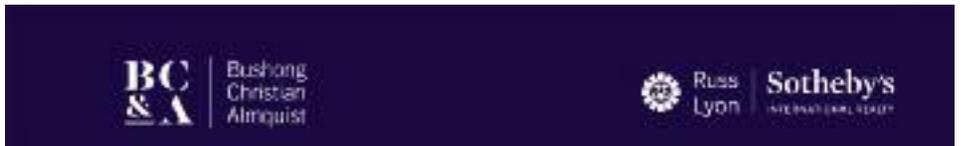
Sept. 5-Oct. 14

Phoenix Theatre

100 E. McDowell Road

602-254-2151

A classic retelling of Romeo and Juliet in an urban setting. The Jets and Sharks rule the streets of New York City, but these gangs don’t like to share. When Tony falls for Maria, their respective gangs get ready for war. A story of star-crossed love in times of prejudice and violence, West Side Story speaks through dance and song in a way that can only a live musical can. Visit <http://www.phoenixtheatre.com>.



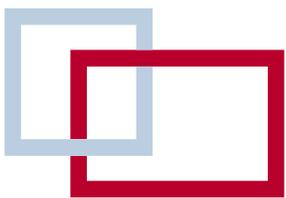
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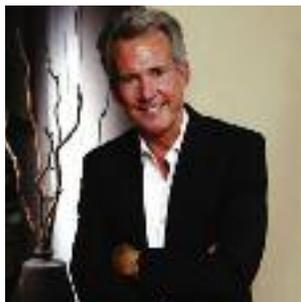
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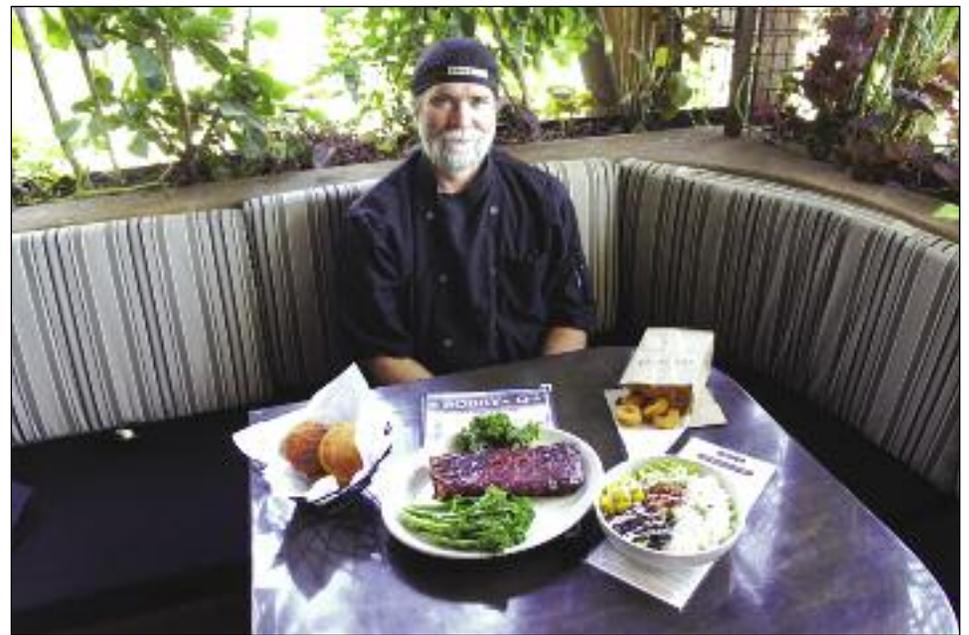
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Bobby-Q Great Steaks & Real BBQ has made a name for itself in the Valley, thanks in part to Chef Mark Hittle's dedication to crafting succulent smoked meats, like these popular baby back ribs. But to appeal to the more health-conscious eaters, Hittle recently helped to introduce Q Bowls, featuring vegetarian and vegan options, like this Sonoran Q Bowl. Each meal comes with a complimentary bag of still-warm mini doughnuts (photo by Teri Carnicelli).

Café Chat

Bobby-Q's offers succulent, slow-smoked goodness

By Marjorie Rice

What is it about the aroma of slow-smoked brisket that quickens the salivary senses and sets the stomach grumbling, even if you've just come from lunch?

Maybe it harkens back to our cave-dwelling days, when clouds of fragrant mastodon smoke filled every cranny and brightened the gloom of a long winter night.

Whatever the anthropological links, they kick in when you enter The Biltmore's Bobby-Q, the newest of Bob Sikora's barbecue spots in the Valley. Luscious aromas of smoke and succulent meat waft out the door, drawing you into a ranch house-chic interior with brick, barn wood and pressed tin ceiling.

No hole in the wall BBQ shack this; think glamping, with food.

Once there, you'll have the happy task of choosing between brisket, pork, chicken, steaks, fish and burgers—a banquet of barbecue topped with a savory selection of sauces with just the right balance of tang and sweetness (my favorite is the Q-lina, a vinegary sauce with deep roots in Carolina barbecue traditions).

And start with the cornbread. Try to stop with just one so you'll have room for the main event, but don't skip

the cornbread, moist and buttery with a properly crisp exterior.

Bobby is Bob Sikora, a longtime fixture in the Valley's restaurant scene. From his first pancake stand, opened when he was 20, through Mr. Lucky's, a nightspot with live music by such stars as Waylon Jennings and Willie Nelson, Sikora went on to open Bobby McGee's first location in 1971 in Scottsdale's Papago Plaza. Phoenix's first location opened in 1974 at I-17 and Northern Avenue.

Sikora found the sweet spot for pleasing diners, and Bobby McGee's expanded to 24 locations in the United States and Australia. Eventually he sold the chain, all but the original location, and set his sights on barbecue.

Mark Hittle is executive chef for the Bobby-Q trio of restaurants. He joined Bobby-Q 17 years ago, helping to open its first location in the remodeled I-17 site. He since has shepherded its kitchens through two additions, one in Mesa that opened two years ago, and the Biltmore location, which opened last October.

"Bob got interested in barbecue and he went out on the road for a couple of years—Texas, North Carolina, everywhere—and learned everything he could and what he liked before opening the first Bobby-Q," Hittle says.

"He looked at a lot of different styles of barbecue," he adds. "For Bobby-Q's,

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he was looking for something that pleases everybody. We use a sweet sauce for the most part, a Carolina sauce that we use on a couple of things, and we have a spicy sauce. The cooking processes are a mixture of different styles.”

The brisket cooks for 18 to 24 hours at a low temperature, close to 200 degrees. Much the same for the pork. The ribs cook at 250 for about three hours.

“Bob found a lot of places used hickory, but it gives a really deep smoke flavor that’s too much smoke for a lot of people,” Hittle says. “We used pecan for a while but we ended up sticking with almond in the smokers because it has a nice, mellow flavor and cooks at an even low temperature. Then we put the meat on a wood grill over almond and mesquite. The mesquite gets really hot and gives it that nice char.”

The main barbecue menu includes brisket, pulled pork, pork ribs, chicken, fish and beef ribs (Flintstone size). There also are burgers and sandwiches, salads and appetizers. And killer cornbread and bread pudding. Each table gets a complimentary bag of fresh-made mini doughnuts dipped in cinnamon sugar for the ride home (if they last that long).

And there’s a twist at the Biltmore.

“At this location we offer a lot of healthy options, including vegan and organic dishes,” Hittle says. “We get a lot of demand for it. We spent a lot of time and research doing them and came up with these vegan organic bowls.” The combinations include a vegan’s delight of ingredients: coconut rice, guacamole, kale, spinach, peanut sauce, mango salsa, white beans, quinoa and cilantro pesto.

“People don’t know that we’re not just barbecue,” Hittle says. “We make our own dry rubs, grind our burgers fresh here every day, and I’ll put our salads up against anybody in the state. We also make our own veggie burgers.” With Bobby-Q, Sikora seems to have found another sweet spot. The company is considering another addition, perhaps in the West Valley, and it has a thriving take-out, delivery and catering business. Like Thanksgiving, when they’ll sell at least 500 smoked turkeys with all the trimmings.

To hold you until then, there’s a special coming up for the Labor Day holiday: \$40 for enough brisket, pulled pork, buns and sauce to feed six.

Or truck on down to one of the

Phoenix locations, including: 8501 N. 27th Ave., 602-995-5982; and 3154 E. Camelback Road, 602-626-8856. For hours and to view the full menu, visit www.Bobbyq.net.

Dining Briefs

Local beer brings home silver award

Huss Brewing Co.’s signature Scottsdale Blonde has been named one on the world’s finest beers at the 2018 US Open Beer Championship.

Hosted every June in Ohio, the US Open Brewing Championship is an international competition covering more than 100 categories, and is the only professional event to allow both home brewers and professional brewers to compete for the title of worlds best. One of only two Arizona breweries to win a medal in 2018 (along with Grand Canyon Brewing Company), Huss’ Scottsdale Blonde was named a Silver Medal winner for the Golden or Blonde Ale category.

Brewed in a similar style to a lager, *please see SILVER AWARD on page 40*



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SILVER AWARD *continued from page 39*

Huss' Scottsdale Blonde is a perennial top-seller thanks to its crisp, light and refreshing flavor with a slightly sweet finish. It is available year-round at the Huss Brewing Co. Taproom at Uptown Plaza, 100 E. Camelback Rd., Suite 160. For more information, visit www.hussbrewing.com.

Sandwich deals all month long at Zookz

Did you know Americans eat more than 300 million sandwiches every day? In honor of National Sandwich Month in August, Zookz Sandwiches will celebrate with sandwich deals all month long.

Throughout the entire month, Zookz, located at 100 E. Camelback Road, will feature a different 25-percent off sandwich discount every week. The deals also will be available at Zookz's new downtown location, at 1 N. First St.

For the week of Aug. 6-12, try the cheddar, crispy bacon, tomatoes and thinly sliced turkey topped with Chipotle and green onion scallop pota-

toes. If you like Parmesan cheese and turkey topped with a kale slaw, pineapple, shredded coconut and roasted almonds, the week of Aug. 13-19 is for you. From Aug. 20-26, the discount applies to brie, ham, apricot preserves and roasted almonds. The month wraps up with cheddar, Monterey jack cheeses and thinly sliced ham topped with a creamy sriracha and green onion mac and cheese, Aug. 27-31.

The locally-owned and operated restaurant is the first of its kind to serve up round pressed toasted sandwiches stuffed with fillings like meats, cheeses, eggs and fruit. The restaurant offers sandwiches for breakfast, lunch and dessert. For more information, visit www.zookzsandwiches.com.

Happy hour extended at Sierra Bonita Grill

This summer, Sierra Bonita Grill at 7th Street and Glendale Avenue is extending its happy hour. Typically happy hour is offered daily from 3 to 6 p.m. Through the end of August, it will be available from 3 p.m. until close daily, in the bar and sunroom areas.

Stop in this summer and enjoy specials on cocktails, beer, wine and happy hour-only appetizers and entrees. Food and drink specials include \$7 signature cocktails and glasses of wine, \$7 appetizers and entrees, \$5 well drinks and draft beer, and \$4 domestic bottles.

Sierra Bonita Grill is located at 6933 N. 7th St. For more information, call 602-264-0700 or visit www.sierrabonitagrill.com.

True Food offers summer specials

True Food Kitchen at Biltmore Fashion Park has launched its summer menu, incorporating the freshest flavors of the season such as watermelon, heirloom tomatoes, and lavender. The new summer recipes are guided by Dr. Weil's anti-inflammatory principles and creatively nourish, without sacrificing flavor.

A sample of the summer items include heirloom tomato and watermelon salad; Korean noodle salad; summer tacos with the choice of grilled fish or grass-fed steak; and summer berries dessert with forbidden black rice, water-

melon, macadamia nut, and coconut whipped cream (vegan, gluten-free).

True Food Kitchen at Biltmore Fashion Park also is heating up this summer with a specially-priced happy hour every Monday through Friday, 3-6 p.m. Guests can choose from a \$5 menu that includes small bites and small salads or enjoy a Margherita pizza and a bottle of wine for \$20. On Mondays, True Food Kitchen also offers half-off all bottles of wine (dine-in only).

True Food Kitchen is located at 2502 E. Camelback Road, Ste. 135. For more information, visit www.truefoodkitchen.com/phoenix.

Cooking class held at Match

Things will get wild on Sept. 1 with the launch of Match Restaurant & Lounge's latest cooking class, led by Executive Chef Alex Stratta, featuring wild mushroom recipes.

The Saturday event, set for 10 a.m.-12:30 p.m., features a welcome cocktail as well as demonstration and tasting of the following three fungi-inspired recipes: Maitake Mushroom and Chicken Liver Crostini with raisins and green apples; Shiitake and Porcini Gemelle with parmigiano and butter; and Chicken and Chanterelle Fricassee with artichokes, bacon and shallots.

Cost is \$50 per person, and space is limited. Reservations can be made by calling 602-875-8080. Match is located inside the FOUND:RE hotel at 1100 N. Central Ave.

Caribou Coffee now served at Einstein's

Einstein Bros. Bagels, the largest bagel retail company with more than 700 locations, last month opened Caribou Coffeehouses inside all Phoenix area stores.

Einstein Bros. Bagels and Caribou Coffee share a commitment to serving guests the top 1 percent of the world's best beans. Caribou Coffee sources 100-percent Rainforest Alliance certified Arabica beans and craft roasts them in small batches.

Throughout the remainder of 2018, Caribou Coffee will continue to expand its presence across all Einstein Bros. Bagels stores nationally.

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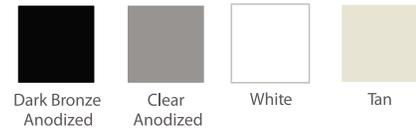
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