



north central news

the voice of the north central phoenix community since 1999

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www.northcentralnews.net

Ballot props involve millions of dollars

By Teri Carnicelli

Phoenix residents will be asked to vote on two ballot propositions on Aug. 27, each of which will impact millions of dollars in spending by the city of Phoenix in the coming years.

Early ballots for those on the city's permanent early voting list went out on July 31. A low voter turnout is expected, given the two previous elections already held this year (the mayor in March and two council seats in May), and only two items on the ballot.

But those two items alone will have a long-lasting and significant financial impact on the city.

Prop 105, known as the "Building A Better Phoenix Act," will effectively kill all future light rail projects in Phoenix, including the already approved northwest extension, from 19th and Dunlap avenues to Metrocenter Mall. Many residents near the current terminus have complained about increased crime activity in the area and actually want to see the exten-

please see BALLOT on page 4



Julia Almoslino (center), food director of Arizona Kosher Pantry, packs fruit with children and staff members from Camp Gan Israel out of Chabad Jewish Center of Gilbert, to be distributed to people in need. The pantry is located at 7118 N. 7th St. (photo by Colleen Sparks).

Kosher pantry serves diverse population

By Colleen Sparks

In a world where people often clash over politics, religion and social issues, an unusual food pantry in North Central Phoenix gives diverse visitors from all walks of life a warm welcome and support when they need it.

Arizona Kosher Pantry provides fruits, vegetables, meat and other foods, along with medical equipment and other kinds of support to anyone who is struggling. The nonprofit organization, which is part of Ezras Cholim of Arizona, has been serving the community from its new location at 7118 N. 7th St., the building that used to house The Classy Kitchen consignment store, since January. Previously the kosher pantry, which opened in 2018, had been renting space at 6516 N. 7th St.

People of any religious, ethnic or racial backgrounds, ages and genders can get kosher food, including peanut butter, fruit, vegetables, pretzels, macaroni and cheese, eggs, milk, salmon, ground white turkey, chicken, Israeli Matzah, ice cream and numerous other products at the pantry.

The pantry only offers kosher foods, which conform to the Jewish dietary regulations of kashrut

(dietary law). If people donate foods that are non-kosher, the pantry will pass it along to other food banks.

"We have everything you would find at a grocery store except not as much," said Yechezkel Friedman, CEO and co-founder of Arizona Kosher Pantry and Ezras Cholim. "Outside the world is at war. Inside this door, everybody is at peace."

Friedman and James Gross started Ezras Cholim of Arizona in 2015 to help people facing illness in the greater Phoenix Jewish community.

Arizona Kosher Pantry partners with many other

please see PANTRY on page 6

in this issue

- Saying goodbye to our editor, page 3
- Demolition permit hearing delayed, page 5
- Phoenix police officer remembered, page 9
- Two PUHSD students stand out, page 26
- A legacy of fine Asian dining, page 37

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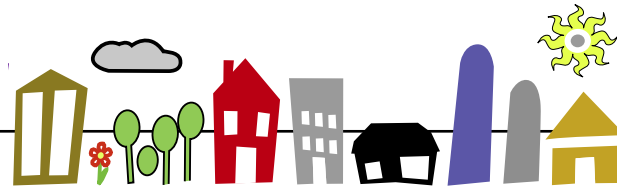


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COMMUNITY

From the publisher

Hard to say goodbye but ...

After 16 years of not only covering the North Central Phoenix community but also being an integral part of it, I'm very sad to say that our long-time editor, Teri Carnicelli, is moving on to a new adventure as of the end of July.

Teri, who joined the *North Central News* staff in August 2003, is moving to California to be closer to her family. A career journalist, she served as an editor at Virgo publishing for four years before joining our staff. Before that, she covered local news for Independent Newspapers here in the Valley and the *Daily News-Sun* in Sun City. She earned a bachelor's degree in journalism from Humboldt State University in 1993, where she wrote for the student newspaper.

A resident of Sunnyslope since 2003, Teri has been involved in not only covering her hometown community but also in making it a better place. She has been a regular volunteer with several nonprofit organizations, including South Phoenix Healthy Start, Esperanza and Duet and was involved in community organizations, including the Kiwanis. She also has served as a foster parent and is a long-time "pet mom."

She also has been actively involved in supporting and promoting her profession and her peers, primarily through her work for the last 20 years with the Society of Professional Journalists. Teri has served as secretary, president and currently is the treasurer of the Phoenix chapter. She also spent two years as the Region 11 Director.

Teri has been an integral part of building *North Central News* and has earned a well-deserved reputation of being fair and balanced in her approach to and coverage of the issues that have been most important to our readers. She is a fierce supporter of "local," working hard to maintain our neighborhood focus and encouraging everyone around her to support local causes, events and businesses. She has been the mainstay of our editorial content – tracking down stories, covering events,



With pen, camera and press pass in hand, Teri Carnicelli has covered the North Central Phoenix neighborhood for 16 years for the *North Central News* (photo courtesy of Teri Carnicelli).

taking photos, making connections, editing copy, and ensuring that we remain true to our purpose.

I know the rest of the staff joins me

in wishing Teri the very best as she heads west for the next phase of her career. I appreciate more than I can express everything she has done to build this paper and our business, and provide support for me through some tough times.

With Teri's help, we've found a new editor, Colleen Sparks, who joined us July 1. Colleen comes to us from the Times Media Group, where she was managing editor for the *San Tan Sun News*. She has covered local news for a radio network and several newspapers and also has experience in public relations and marketing. Colleen holds a bachelor's degree in journalism from Michigan State University.

In the upcoming weeks and months you'll get to know Colleen. But for now, we all wish Teri a happy new adventure and say a big "thank you" for all she's done.

Tara Blanc
Publisher

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COMMUNITY

Demolition permit hearing on hold—again

By Teri Carnicelli

A city of Phoenix zoning officer was scheduled to hear a request to overturn the denial of a demolition permit for a home at 7019 N. Central Ave. on July 26, but the legal representative for the owners asked that it be pushed back until Oct. 1.

William Fischbach with Tiffany Bosco P.A. submitted a letter to Historic Preservation Officer Michelle Dodds on July 18, asking that the appeal be continued until Oct. 1. This is the third request for continuance asked for by the owners, David and America Young, since the initial hearing date of June 6. There is no time element involved, in that the permit has already been quashed. The Youngs are preparing their case to try to get the denial overturned, but it is a complicated process, and the couple hired legal representation in June.

Referred to as the William F. McElroy house, the home sits on property that was part of the original Orangewood subdivision platted by William J. Murphy in 1895. The Youngs filed an application in April to have the home torn down.

However, the Phoenix Historic Preservation Commission voted 6-0 at its May meeting to initiate historic preservation review for the home, which could result in the home being listed on the Phoenix Historic Property Register, providing a new zoning overlay that would protect the home from major changes—including demolition.

In fact, the Historic Preservation Commission had filed an application with the city to change the underlying zoning of the property to add the “HP” designation. The commission was set to review that zoning request change (Z-42-19) at its own meeting on Aug. 19. Fischbach asked that the case be continued to Oct. 21, so that the demolition permit hearing could first precede it.

Should the commission approve it, which is likely, the request for HP designation—adding the home to the Phoenix Historic Property Register—would then move on through the process to the Phoenix Planning Commission and then the Phoenix City Council for a final vote.

For updates on the Oct. 1 hearing, visit www.phoenix.gov about one week

prior, and select “More Public Meeting Notices” from the home page, then click on the Historic Preservation Hearing link for Oct. 1 and look for Application #HPDA 1900271 on the agenda. You also can call the Historic Preservation Office at 602-261-8699.

City website shows police calls

Learning how safe a neighborhood is and getting details on police calls for service is now only a click away.

The Phoenix Police Department says it values transparency and wants the public to review public safety open data including the numbers of police calls for service, Uniform Crime Reporting Statistics and data on officer-involved shootings.

Anyone can look at the information on www.Phoenix.gov/OpenData. Users can click the Public Safety group button to access the reports. City officials encourage community members to look through the open data site and use the contact form at the bottom of the site to offer comments.

ASK THE ATTORNEY

FROM MORRIS HALL, PLLC

Q: I have an estate plan, but what are the next steps once a death occurs?

When a death occurs, it can be a very emotional time. Often, what needs to take place can be confusing or vague at best.

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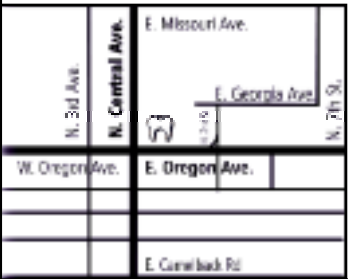
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COMMUNITY

PANTRY continued from page 1

organizations. St. Mary's Food Bank Alliance provides fruits, vegetables and packaged goods and Midwest Food Bank gives packaged, non-perishable foods to Arizona Kosher Pantry to serve the community.

The food pantry helps people who have visited Dignity Health St. Joseph's Hospital and Medical Center's clinic who may be struggling, providing food to them and taking them grocery shopping.

Arizona Kosher Pantry also delivers kosher, home-cooked meals to elderly and disabled people in their homes and offers kosher meals to people being treated at The Meadows, an alcohol and drug addiction treatment center in Wickenburg. Families whose sick children are staying in the Ronald McDonald House also receive kosher meals from the pantry.

People who fly to Arizona from Israel so their family members for treatment in the Barrow Neurological Institute also get help from the pantry. The pantry team make port and brings them kosher meals

while they are staying in Phoenix for treatment, provides transportation and help with lodging.

Arizona Kosher Pantry serves 300 to 500 families a month and it receives 3,000 to 5,000 pounds of food every week. People are not questioned about their financial status, but must show identification and are asked to come no more than once a week.

"If they're coming here, they're coming here for a reason," said Julia Almoslino, food director at Arizona Kosher Pantry. "You put yourself in their shoes. How would you feel? We're a tight community. It's neighbors helping neighbors."

People who already are financially strapped often feel the strain even more during Jewish holidays including Passover, eight days when leavened food and corn are prohibited. During the month of Passover the kosher pantry usually sees 300 more families visiting than usual, Almoslino said.

She and Friedman say their new location, which the nonprofit Ezras Cholim now owns, is larger and more accessible than the previous space. Friedman said he would like to turn the front area of the pantry, where people come to pick up food, into a kosher soup kitchen and then enclose the existing warehouse to house the pantry there.

Besides providing food, the pantry also gives people in need wheelchairs and other medical supplies and can help them search for appropriate housing.

Almoslino's son, Yaakov, 17, who has cerebral palsy, frequently volunteers at the pantry. "I love volunteering," Yaakov said. "I love to give back to other people."

On a recent Friday about 25 children in Camp Gan Israel out of Chabad Jewish Center of Gilbert packed the pantry, putting fruit in boxes for recipients.

"There is nothing more important than the kids learning to give to the community," said Chavie Ash, director of Chabad Jewish Center of Gilbert and of Camp Gan Israel. "As Jews, food is a central part of life every week."

Dmitry Pustynnikov, public relations director for Arizona Kosher Pantry, said the kosher pantry serves a diverse population and some of them come back to volunteer.

For hours and other information about the pantry, including how to donate or volunteer, call 602-492-4989 or visit www.azkosherpantry.org.



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current home. I presently have three sales with this domino scenario and all three are going to close on time. I have also closed three other homes in 2019 with a contingency sale.

The major key in doing these sales is having a good agent on the other side who will communicate with me when I call them and respond to my emails. If I know the other agent, which usually I do, it makes the transaction move that much smoother. The only way this deal happens successfully is communication by all parties.

I have been very fortunate in over 30 years as a licensed real estate agent to have worked with many great realtors who I have a lot of respect for because this is a very emotional and, at times, very difficult profession. I have sold more than 3,500 homes in my career and a majority of them have been in North Central. We sold 118 homes in 2018 and already have sold 73 in 2019 ranging from \$145,000 to

\$5.8 million.

I also have listed 82 homes in 2019. We dedicate a significant amount of resources each month to selling our clients' homes, including three pages every month in the North Central News, monthly postcard mail-outs promoting our active and sold homes, using a professional photographer, creating color flyers, and advertising on all social media platforms and real estate sites.

If you previously have been a client of ours, I truly appreciate your confidence, and if you are considering listing your home or buying a home, I hope you will give us a try! Call me at 602-376-1341.

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I highly recommend Bobby Lieb as a Realtor. Bobby was the listing agent and Realtor for the sale of my family's 67-year-old mid-century modern residence in North Central Phoenix. This was a complex sale of an existing residence on a nearly 1-acre lot that involved analysis of existing code and zoning requirements, current and long term market conditions and a variety of sales strategies. Bobby charted an effective sales program and diligently followed a clear path to a successful sale. He was clear in communications, efficient in marketing processes and persistent in attention to detail, all while maintaining an excellent sense of humor. I would not hesitate to recommend Bobby Lieb for any real estate venture in North Central Phoenix.

~ John Kvapil, Architect

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COMMUNITY

Planet Fitness opens in rejuvenated center

By Colleen Sparks

A gym Sunnyslope has been buzzing about since late last year is finally open in a shopping center that is home to one of the oldest original Walgreens stores in the Valley.

Planet Fitness, part of a national chain built on an affordable “no frills” concept, was expected to open late last month in the commercial center at 8905 N. 7th St. The center on the east side of 7th Street, just south of Dunlap Avenue, has struggled in recent years after losing a large tenant, Goodwill, along with a Radio Shack a few years ago. However, the opening of the award-winning Little Miss BBQ in a freestanding building has generated positive attention for the site since it opened there in November of last year.

The shopping center also was acquired in November of last year for \$3.3 million, not including the Little Miss BBQ building, which the restaurant owns.

Founded in 1992 in Dover, N.H.,

Planet Fitness aims to offer friendly, welcoming environments where people of all different fitness levels can feel comfortable. The gym began franchising in 2003 and as of March of this year had more than 13.6 million members and 1,806 stores in 50 states, as well as the District of Columbia, Puerto Rico, Canada, the Dominican Republic, Mexico and Panama.

Anyone who signs up for a membership at the Planet Fitness in Sunnyslope through the end of August can take advantage of a special of just \$1 down, which normally costs \$49 for the one-time joining fee. The regular membership is always \$10 a month, giving clients access to any equipment, free small group classes and one-on-one training with personal trainers. For \$21.99 a month, Planet Fitness members receive all those services, as well as use of deep-tissue massage chairs, HydroMassage equipment, tanning beds and Total Body Enhancement machines, where people step into a booth and experience vibrations to relax and build muscles, explains Scott McCreery, Planet Fitness regional

director of operations for Arizona.

Besides the Walgreens store, the commercial center on 7th Street also is home to a barber called B&R Hair Etc. and Polish Goodies restaurant. The barber and Polish eatery recently renewed their leases, said Jason Hersker, director of sales and leasing for Capital Asset Management. Capital Asset Management and its partner Rhapsody Ventures of Phoenix own the shopping center except for the Little Miss BBQ building.

McCreery said the shopping center is a great location for Planet Fitness.

“The community’s rebuilding and we’re excited to be in there and try to maintain that and also elevate that,” he said. “We’re providing jobs and a place for people to gather.”

The commercial center is easy to access and offers plenty of parking, McCreery added. Like the other Planet Fitness locations, the Sunnyslope location will be open 24 hours a day, seven days a week. The Sunnyslope gym, which is about 20,000 square-feet, has 14 staff members and is always looking for more employees. People can sign up

to join Planet Fitness or look for job opportunities at www.planetfitness.com/gyms/phoenix-sunnyslope-az.

The website also will offer details about a grand opening party at the Sunnyslope Planet Fitness when it is scheduled.

Hersker, who is also a partner with Capital Development Group, said some good local and regional fast-casual restaurants and medspas and nail salons have expressed interest in possibly renting space in the shopping center. He said he could not announce those businesses’ names, as they have not signed leases yet. Capital Development Group is the development arm of Capital Asset Management.

“We’ve got a lot of interest,” Hersker said. “We only have two spaces to fill there. We want to make sure we’re vetting everyone properly. We’re reaching out to wireless users, traditional retail, some really good medspas and nail salons out there that do really well on a space like this that don’t require a lot of parking either. On a general level, we’ve had a lot of activity.”

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COMMUNITY

Officer Steve Fluty remembered

Phoenix Police Officer Steve Fluty, who had been diagnosed with a Level 4 glioblastoma just over a year ago, passed away on July 6. A Celebration of Life was held July 12 at the Irish Cultural Center.

Fluty, 51, was born in Excelsior Springs, Mo. In 1983, he moved to Baltimore, Md. He was a graduate of Hereford High School, where he participated in football, baseball, and was named All State in soccer.

Fluty moved to Prescott in 1990, where he became a Yavapai County Sheriff’s Deputy until 1997. While in Prescott, Fluty met the love of his life, Shuree. They married on Sept. 20, 1997 and together they raised two kids, Brianna and Brandon, and welcomed three grandchildren: Noah, Macy and Jack.

In 1997, Fluty joined the Phoenix Police Department and for more than 20 years he served Phoenix residents as a member of the Walking Beat and Bicycle squads. He was one of the first members assigned to the Desert



Phoenix Police Officer Steve Fluty, who was diagnosed with cancer just over a year ago, passed away on July 6 (submitted photo).

Horizon Bike Squad, which launched in October 2014 and is based out of the Sunnyslope Substation.

A familiar figure on patrol in the Sunnyslope community, Fluty was known for his level head, quick wit, and sporting shorts whenever possible.

According to Fluty’s Dignity Memorial.com page, “Steve loved his family, a good pint, and the citizens of Phoenix.” Memories posted to the page came from friends, co-workers and family members, expressing their love, gratitude and sadness at the loss.

Fluty’s younger sister, Shari, wrote, “He always had a sense of humor his whole life and continued that until he took his last breath. He is one of a kind.”

Retired Phoenix Police Officer Cy Cahill wrote, “I had the honor and privilege to have worked with Steve on the Southside Walking Beat. He was a top cop and one of Phoenix PD’s best.”

If you would like to contribute financially to help the Fluty family with medical and funeral expenses, you can visit <https://pleacharities.org/donate/>, and either donate via the Paypal link (will give you the option of going to Paypal or using a credit/debit card), or mail in a check to the address listed on the Donate page.

If you use the Paypal link but choose to use a debit/credit card, look for the “Write a note” link just below where it shows your pledged dollar amount, and write in “Officer Steve Fluty.” If you use Paypal, there will be an “Add a note” section also just below the pledged dollar amount.

For questions, call Cassandra at 602-246-7869 or e-mail her at cassandra@pleacharities.org.

Duet seeks volunteers to help seniors

Duet: Partners In Health & Aging is looking for volunteers to help isolated, elderly and homebound adults who live in North Central Phoenix and other parts of the Valley this summer.

According to the agency, 74 homebound adults are waiting to be matched with volunteers. These seniors receive free-of-charge services including assistance with grocery shopping, transportation to medical appointments, making minor home repairs, help with basic paperwork and friendly visits. Many homebound residents are going without needed support in the summer.

Volunteers must first participate in an orientation. Two upcoming orientations for volunteers will take place 5-7:30 p.m. on Aug. 14 at the Duet offices, 10000 N. 31st Ave., Suite D200, and from 9-11:30 a.m. on Sept. 21 at Orangewood Presbyterian Church, 7321 N. 10th St.

To sign up, visit www.duetaz.org/volunteer, e-mail volunteer@duetaz.org or call 602-274-5022.

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COMMUNITY

Unique summer camp offers mentors to kids

Some local youth recently were able to experience a unique, first-time camp that exposed them to engineering concepts and hands-on activities, working directly with mentors from the community.

The Engineers of the Future STEM-based summer program took place June 25-27 At the Boys & Girls Club’s Harry & Sandy Rosenzweig Branch, 2242 W. Missouri Ave. It was hosted by Valley Metro, along with its partner firm PGH Wong Engineering, Inc. The program was offered to area seventh and eighth graders as part of the Northwest Light Rail Extension Phase II Workforce Development Program.

A total of 38 students and five engineering mentors participated, along with one Arizona State University engineering student who volunteered as a mentor. All the campers received complimentary T-shirts to wear during the three-day event.

Engineers of the Future was so successful, in fact, that a second camp was held July 23-25 at the same location.



A special kickoff event for the first “Engineers of the Future” mini-camp was held on June 21 at the Boys & Girls Club’s Harry & Sandy Rosenzweig Branch, featuring special guest speakers, games, prizes and lunch. All youth attending the branch that day also received a free T-shirt (submitted photo).

The children worked side-by-side with their mentors on transportation projects during the three-day mini-camps, including designing public “transportation centers.” The engineers volunteered their time and guidance to give students a hands-on approach to competition and learning.

Through the free camps, students

were exposed to careers in the engineering field that might not have otherwise been available to them.

Rosie’s House seeks musical instruments

Rosie’s House, a completely free-of-charge afterschool music program, is

getting ready to serve more than 500 students—and it could use the community’s help.

The program that offers music lessons to students ages 7 to 18 years old is seeking donations of instruments through its “Play it Forward” campaign this month. Youths are given free lessons in piano, wind and string instruments, as well as mariachi training, choir and digital music lessons. Classes will start in September.

While at Rosie’s House, the children and teens will get mentorship, service-learning opportunities, college-readiness resources and a loaned instrument they can use while studying in the program.

Throughout this month, Rosie’s House is taking donations of violins, violas, cellos, acoustic guitars, keyboards and percussion instruments. The program also needs instrument accessories including violin/viola chin rests and guitar strings. New and used instruments will be accepted.

Donations may be taken to Rosie’s House at 1875 N. Central Ave. All donations are tax deductible. To learn more, call Rosie’s House at 602-252-8475.



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COMMUNITY

Pet of the Month

Cherry is sweet
Papillon mix

Cherry is a sweet, 3-year-old Papillon mix with a dainty appearance who came to the Arizona Humane Society as a stray. While she is a little shy initially, she quickly warms up to people with patience and lots of treats.

The cute pup got her name because of her condition of cherry eye, which was treated with surgery at the Arizona Humane Society’s animal trauma hospital. Cherry has been doing much better physically since her picture was taken. A perfect day for her would involve her favorite human being petting her adorable, fluffy ears while she sits in their lap in her future forever home.

Meet Cherry at the Arizona Humane Society’s Sunnyslope Campus at 9226 N. 13th Ave. Her adoption fee includes vaccinations, a microchip, spay surgery and a free follow-up wellness exam. For more information, call 602-997-7585 and ask for animal number 610924 or visit www.azhumane.org/findapet to see all animals available for adoption.



This 3-year-old Papillon mix got her name from her condition of “cherry eye,” which has since been fixed by surgeons at the Arizona Humane Society’s animal trauma hospital (submitted photo).

Rescue group seeks
‘kitten cuddlers’

Those who think kittens are the cat’s meow might get a kick out of volunteering for Saving One Life, a never-kill cat rescue group.

The organization is looking for volunteers to cuddle with kittens at the Phoenix PetSmart store at 1949 E. Camelback Road. That is one of the locations where Saving One Life houses cats available for adoptions.

Volunteers are needed to cuddle and play with kittens, let cats out of their kennels to stretch their legs and do light cleaning of kennels and litter boxes. Saving One Life needs volunteers throughout the day, every day. Once approved, the volunteers can sign up online to help out when they are available.

For more information, visit www.savingonelife.org and click on “get involved” to apply to be a volunteer.

Beware of the
brown dog tick

Rising temperatures in Phoenix also bring another unpleasant rise: the number of ticks in your yard, on the trails, and in local parks.

Arizona’s most prevalent pest of this nature is the brown dog tick—it jumps on the dog, feeds for a time, then jumps off to molt and grow larger in the crack or crevice of your home or nearby structure. Then it starts the cycle all over again.

Outdoors, a brown dog tick crawls up on grasses, shrubs and other vegetation, then attaches itself to a passing host. Brown dog ticks do not confine them-

selves to dogs but will also attach themselves to many other animals and people. On dogs, adult ticks are typically found on the ears and between the toes, while immature ticks feed along the dog’s back.

After feeding, a female drops off the dog and crawls into a hiding place where she may lay as many as 5,000 eggs. Brown dog ticks survive best indoors and prefers warm, dry conditions.

The brown dog tick is significant because it is known to transmit diseases to humans, including Rocky Mountain Spotted Fever, Canine Babesiosis and Canine Ehrlichiosis.

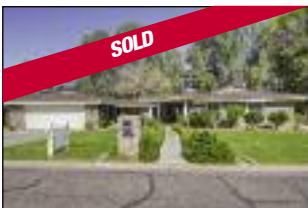
To remove a brown dog tick, use fine-tipped tweezers to grasp it as close to the skin’s surface as possible. Pull upward with a steady, even pressure. Don’t twist or jerk the tick as this can cause the mouth parts to break off and remain in the skin. Place it in a sealed bag or container; submerge the tick in alcohol; or wrap it tightly in tape. Clean the bite area with soap and water.

You should consider saving the tick in a sealed jar. If you or your pet develops any symptoms after the bite, the tick can be tested for disease.

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COMMUNITY

Phoenix Open funds benefit Girl Scouts

Thunderbirds Charities, the charitable giving arm of the Thunderbirds—hosts of the Waste Management Phoenix Open—recently awarded \$50,000 to Girl Scouts–Arizona Cactus-Pine Council (GSACPC). This gift, made possible by corporate partners and golf fans who attend the WM Phoenix Open each year, will support the council’s Social Impact programs addressing the needs of at-risk youth.

GSACPC Social Impact programs are designed to reach girls who may not otherwise have access to Girl Scouting. They operate as early intervention programs and empower girls who face challenges outside of their control to break cycles of poverty, incarceration, abuse, and other issues, and realize their full potential. This year marks the 25th anniversary of Girl Scouts’ social impact work in Arizona, which began with the innovative Girl Scouts Beyond Bars program that connects girls with their incarcerated mothers.

Other Social Impact programs include: Girl Scouts in Refugee Communities; Girl Scouts in Foster Care, serving girls in group homes; and additional programs that serve girls in homeless shelters, alternative high schools, detention centers and more.

“We are deeply grateful to the Thunderbirds Charities and their decade-long support of our efforts to introduce more girls to Girl Scouting,” said Tamara Woodbury, CEO of GSACPC. “It’s the best leadership development program for girls in the world that has proven positive life outcomes, and every girl deserves the opportunity to be a Girl Scout.”

“The most fulfilling aspect of what we do as tournament host is giving back. It’s especially rewarding to see the funds raised from the WM Phoenix Open impact our community in ways that matter today and tomorrow,” said Chance Cozby, president of Thunderbirds Charities. “We love the work GSACPC does in our community and are proud to invest in the future of Arizona. Girl Scouts represent the next generation of social, civic, philanthropic and economic leaders.”

Everything girls do in Girl Scouting is designed to help them grow into well-rounded adults prepared to meet the future successfully. To learn more about supporting or volunteering for

these programs, visit <https://girlscout-saz.org/socialimpact>.

Phoenix residents can rent dumpster

Cleaning out your home or garage and have large items that you can’t fit in your regular trash barrel?

Phoenix residents can rent a roll-off dumpster to put any unwanted items in, without having to transport to the dump or wait for the quarterly bulk trash pickup. The roll-off dumpster may be rented for a single fee, plus the weight of what is discarded. The city will let residents keep the roll-off dumpster for 10 days.

Before providing the roll-off dumpster a specialist will visit the resident’s home to find out about their needs and help them select the right size dumpster. The rental fee is the same for all sizes of dumpsters—\$110 for drop off, pick up and dumping, and \$38.25 per ton.

In order to get started with a roll-off dumpster, residents may visit www.Phoenix.gov/PublicWorks and then click on the “roll-off rental” blue button or call 602-262-7943.



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COMMUNITY

Spotlight On ...

Spencer graduates from Naval Academy

Allison Spencer of North Central Phoenix successfully completed four years of challenging academic, physical and professional military training, graduating from the U.S. Naval Academy with a Bachelor of Science degree in Cyber Operations and a commission as a U.S. Marine Corps 2nd Lieutenant. She is a 2014 graduate of Sunnyslope High School.



Allison Spencer

Spencer finished her time at Sunnyslope as a member of the state champion varsity volleyball team. The win was the fifth in six years for the Vikings, with 2012-13 being the only loss.

At the academy, Spencer was a three-year member of the Navy Women's Volleyball Team that

advanced to the 2018 NCAA National Tournament for the first time in school history. In addition, Spencer was named 2018 Female Athlete of the Year from the academy's Fellowship of Christian Athletes (FCA) organization. Her last U.S. Naval Academy leadership billet was 17th Company Commander.

Upon graduation, midshipmen earn a Bachelor of Science degree in a choice of 25 different subject majors and go on to serve at least five years of exciting and rewarding service as commissioned officers in the U.S. Navy or U.S. Marine Corps.

Local youth attends National Skills event

Will Giorza, a North Central resident, earned a Skill Point Certificate by coming in eighth place out of 38 challengers who competed in the Related Technical Math portion of the National Skills USA Conference, held June 26-27 in Louisville, Ky.

Skill Point Certificates were awarded in 72 occupational and leadership areas to students who met a threshold

contest score. The Skill Point Certificate is a component of SkillsUSA's assessment program for career and technical education.

In the Related Technical Math competition, contestants take a 50-problem math test that contains problems relating to technical fields such as engineering, as well as problems that test general ideas in areas like geometry and algebra. It's one of the many contests in the SkillsUSA championships.



Will Giorza

Giorza, who is a junior at Paradise Valley High School, qualified for Nationals by winning the Technical Math competition at the Arizona State Skills USA competition in April.

He attends the CREST program at PVHS, which focuses on engineering, computer science and biotechnology. He hopes to major in computer science in college.

The SkillsUSA Championships

event is held annually for students in middle school, high school or college/postsecondary programs as part of the SkillsUSA National Leadership and Skills Conference. More than 6,500 students from every state in the nation participated in this year's event.

Beth El welcomes new Rabbi in August

Rabbi Nitzan Stein Kokin has accepted the position of Senior Rabbi Beth El Congregation, 1118 W. Glendale Ave. Stein Kokin will begin her work as Beth El's Rabbi and spiritual leader on Aug. 5, culminating with a celebration of Shabbat with her on the bima on Aug. 9.

Between now and then, the congregation will engage to facilitate a productive transition for Rabbi Stein Kokin to join the Beth El community, as well as the wider Phoenix Jewish and secular community.

A Rabbinic Installation is planned for later this year where the entire community will be invited to join in welcoming Stein Kokin and her family to Beth El Phoenix.



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- We have Sunday school classes for children beginning at age 3 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 11 at 9 a.m.** There will be a special blessing on all our children during our 9 a.m. worship service. It will be a morning full of exciting events and a few surprises!



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COMMUNITY

Community Central

Social Mixer

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5:30-7 p.m. Tuesday, Aug. 6
North Mountain Brewing
522 E. Dunlap Ave.

Join Rep. Kelli Butler along with other Arizona women elected officials. The event is hosted by Arizona List. Free for Arizona List members, suggested donation of \$25 for nonmembers. Register at <https://bit.ly/32kS8OP>. For more information, e-mail Allison@arizonalist.org.

Northwest Phase II Light Rail Extension Meeting

6-7:30 p.m. Thursday, Aug. 8
Metrocenter Mall
9617 N. Metro Parkway E., Ste. 1180

Phase II of the Northwest Extension will extend light rail west on Dunlap Ave. from 19th Ave., then north on 25th Ave. and across I-17 on Mountain View Road with a terminus on the west side of the freeway near Metrocenter Mall. The purpose of the meeting, which is free and open to the public is to seek input on the project's design.

Guardianship Clinic

3-5 p.m. Friday, Aug. 9
Duet Offices
10000 N. 31st Ave., Ste. D200
602-274-5022, ext. 120

Grandparents and other relatives who care for children often face legal issues, whether it is dealing with custody or guardianship, or simply getting a child medical care. Duet has partnered with the Children's Law Center (Volunteer Lawyers Program) to provide this free clinic to help you complete the proper paperwork. A volunteer attorney will guide you through a guardianship petition, provide legal advice, and answer questions regarding uncontested guardianship. RSVP required.

Produce Distribution Event

6-9 a.m. Saturday, Aug. 24
Crossroads Church
7901 N. Central Ave.

Borderlands Food Bank, a nonprofit organization located in Nogales, Ariz., hosts a monthly "Produce on Wheels" distribution of slightly bruised or past-date fruits and vegetables that otherwise would have been dumped in a landfill. For your contribution of \$12,

you can receive up to 70 pounds of seasonal produce at various locations around the Valley each month. Visit www.borderlandsproducerescue.org.

Community Open House

9 a.m.-1 p.m. Saturday, Aug. 24
Phoenix Center for the Arts
1202 N. 3rd St.

Adults and youth alike will enjoy a day of free art and workshops. Learn more about the center and the many classes available for all ages. Live art demonstrations and entertainment will take place throughout the morning. For more information, visit <http://phoenix-centerforthearts.org/events/>.

Pasta Dinner Fundraiser

5:30-8 p.m. Saturday, Aug. 24
Arizona American Italian Club
7509 N. 12th St.
602-944-3090

The club hosts an all-you-can-eat pasta fundraiser featuring penne alla vodka, meatballs and salad. Open to the public. Non-alcoholic beverages available for purchase; you must be a member or guest of a member to purchase alcohol. Cost for the dinner is \$10 for adults and \$8 for children 10 and younger.

Choir Meet-And-Greet and Potluck

6-8 p.m. Wednesday, Sept. 4
Central United Methodist Church
1875 N. Central Ave.

Love to sing? Come learn more about the Central Multi-Generational Community Choir at this no-obligation, introductory session and potluck dinner. Ages 12 and older are welcomed to share in song, fun and friendship. Rehearsals start in September and will be 7-8 p.m. Wednesdays. For more information, contact Valerie Harris at Centralcommunitychoir@yahoo.com.

WHS Reunion

6-11 p.m. Saturday, Sept. 28
Sheraton Crescent Hotel
2620 W. Dunlap Ave.

Washington High School Class of 1969 celebrates its 50th reunion. A cocktail hour will be held and then a sit-down dinner will be provided, and guests can dance to music a DJ plays. The cost to attend the reunion is \$80 per person. For more information and to buy tickets, call Betsy Giddings Smith at 602-943-4134 or visit <https://bit.ly/2XUus0k>.

COMMUNITY

Artistic meters collect money for homeless

The city of Phoenix has partnered with Downtown Phoenix Partnership (DPP) to debut Giving Meters in the downtown Phoenix area.

The Giving Meters are repurposed parking meters, decorated by local artists, that will be placed on sidewalks in areas with high foot traffic in downtown allowing people to give money that will help make sustainable change to those experiencing homelessness through supported services. A similar program was first launched in Laguna Beach, Calif.

The meters were unveiled during a special event on July 23, attended by several local dignitaries including Mayor Kate Gallego, City Councilwoman Debra Stark, who represents District 3, Marchelle Franklin, Phoenix Human Services director, and Catrina Kahler, president of Artlink.

“These meters were championed by Councilwoman Debra Stark and brought to life by our dedicated city staff,” Gallego said. “Using these meters, people can easily donate to help those experiencing homelessness in our city. They were painted by local artists passionate about the issue.” She encourages residents to “use your change to make change!”

Initial locations include the northwest corner of 1st Avenue and Jefferson Street; the northeast corner of 3rd Street and Van Buren, near the Arizona Center; and at Phoenix City Hall, east of the main entrance. All Giving Meters will be located along pedestrian walking paths, not adjacent to parking areas to avoid confusion with existing parking meters.

The Giving Meters accept both money and credit cards. Funds donated to help the homeless will be administered by PHX C.A.R.E.S. (Community Action Response Engagement Services) Program, managed by the Human Services Department and intended to transition people out of homelessness.

The donations received from the parking meter giving program could be used to assist with gift cards, lodging, eyeglasses, hygiene kits, move-in kits, identification cards and other items to assist homeless individuals with long-term solutions.

The meters will each have a sign installed on the pole to provide infor-



Phoenix Mayor Kate Gallego demonstrates how easy it is to donate funds for services for the homeless community through the new downtown Giving Meters that were unveiled on July 23 (submitted photo).

mation on the program. The pilot program is expected to last six months and will be evaluated based on donations collected and feedback received from city departments and residents about the program.

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The Area Agency on Aging is offering exciting new opportunities to become a Caring Circles AmeriCorps Member and help isolated, homebound older adults stay safe and healthy in their own homes.

A group of seven diverse individuals, including older adults and younger adults, standing together and holding a blue and yellow banner that reads 'AmeriCorps Serving Here AmeriCorps.gov'.

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

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The official AmeriCorps logo, featuring a stylized 'A' inside a circular seal with the words 'AMERICORPS' and 'SERVING AMERICA'.

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A fire in April caused extensive damage to Babbo Italian Eatery at 6855 N. 16th St., and the restaurant is expected to remain closed until November (photo by Teri Carnicelli).

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TOP VALLEY LAWYERS 2019

After fire, Babbo aims to reopen in November

By Colleen Sparks

Babbo Italian Eatery in North Central Phoenix will likely be closed for a few more months after a fire caused extensive damage to the building.

The restaurant at 6855 N. 16th St. has been closed since a fire ravaged the structure in the shopping center slightly south of Glendale Avenue on April 28. The blaze ignited outside the building in the utility area, said Ken Pollack, owner of the 16th Street restaurant, as well as the seven other Babbo Italian Eatery eateries in the Valley.

"The damage is extensive," Pollack said. "It quickly spread through the utility area and then caught the gas meter. Once it hit the gas meter, the whole building went up. All parts of the roof have to be replaced, that whole side of the building. All electrical and gas lines have to be replaced. Everything's

going to have to be replaced."

Smoke and water also damaged the building, which Babbo rents. The restaurant had to wait until the building owner fixed the outside of the building before it could start repairing the inside, Pollack explained. He had said he expected he would get the permit from the city of Phoenix to start improving the inside of the building by the end of July.

Pollack was on vacation for his anniversary with his wife when he got a call from the restaurant's general manager telling him about the fire. The fire began at 1:30 a.m. and it is believed a homeless person might have started the blaze, but police and the fire department are investigating, Pollack said. A video camera at another restaurant in the shopping center captured the fire.

Babbo's catering services are still available for North Central Phoenix customers, as food is prepped and delivered from another location.



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TAKING CARE OF BUSINESS

Employees at the North Central Babbo have been working at the other restaurants in the Valley, all owned by Pollack and his family.

Pollack expects the Babbo on 16th Street will reopen in November. Many customers have e-mailed him and his family expressing their support. Babbo offers classic Italian meals and modern Italian-American cuisine and opened the 16th Street spot about 10 years ago.

“It’s a very good area,” Pollack said. “It’s a popular corner, a very good store for us. We have regular clientele that eat there all the time so we’re excited about getting reopened. We just really appreciate the community support.”

For updates, visit www.facebook.com/BabboItalianEatery.

Business Briefs

Sunshine Crafts hosts sale, pop-up market

Sunshine Craft Co., 700 W. Campbell Ave., hosts a “Sunny Days” end of summer studio sale and artisan pop-up market, 10 a.m.-2 p.m. Saturday, Aug. 17.

You’ll find a huge range of discounted merchandise, supplies, and items as Sunshine Craft makes room for the holiday season. In addition, the store is curating a mini market of vendor friends.

Sunshine Craft Co. is a creative studio where crafters of all skill levels can drop in to make a studio project or sign up for an upcoming workshop to hone their crafting skills. For more information, visit www.sunshinecraftco.com.

A passion for insurance—and animal rescue

Allstate Insurance Company has opened a new office in the North Central Phoenix/Biltmore area that is independently owned and operated by Eddie Nuñez and Brent Wilcox. Wilcox is an Arizona native, and Nuñez has been in Phoenix for 20 years. Both are North Central residents.

“We are thrilled to help our neighbors protect what matters most to them,” Nuñez said. “As a full-service insurance agency, we are a one-stop-shop for insurance and financial needs.”

The agency sells auto, property,

commercial and life insurance, as well as an array of financial services including 401K management. Agency staff members have expert knowledge about these products and can help customers choose coverage that best meets their needs.

In their free time, Wilcox and Nuñez are passionate animal advocates and often volunteer with Stealing Hearts Rescue, a large-breed dog rescue located in the north Valley. They plan on holding a fundraising event for the rescue organization in the future.

Their office is located at 1645 E. Missouri Ave., #220, and can be reached at 602-975-4800.

Boardroom Salon for Men opens in Uptown Plaza

Men have another place to get haircuts and other grooming services in North Central Phoenix.

Boardroom Salon for Men has opened its second salon in Arizona in Uptown Plaza at 100 E. Camelback Road. Its other location is in Scottsdale’s Lincoln Marketplace.

The 1,800-square-foot space in Uptown Plaza features dark wood pan-

eling, as well as a lounge where guests can relax in oversized leather chairs. The salon aims to offer extraordinary hair and shave services for men with all hair types, paired with complimentary drinks. Boardroom Salon for Men’s signature service, “The Benchmark,” includes a tailored cut, paraffin hand dip, energizing shampoo and conditioning, along with scalp and hand massages, and a steamed towel.

Customers can purchase three-month, six-month or annual memberships, which offer members discounts on services and products.

The Uptown location of Boardroom Salon is open from 10 a.m. to 8 p.m. Monday through Thursday, 10 a.m. to 7 p.m. Fridays, 9 a.m. to 5 p.m. Saturdays and noon to 5 p.m. Sundays. To learn more, visit www.boardroomsalon.com.

Shopping center new ownership

The Madison Village Marketplace, located at the northeast corner of 7th Street and Glendale Avenue, was sold

please see CENTER SOLD on page 20

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TAKING CARE OF BUSINESS

CENTER SOLD *continued from page 19*

earlier this year for \$20.3 million.

Long held by the Bayless family, the 90,264-square-foot Madison Village Marketplace was acquired by Weingarten Realty from Bayless Investment & Trading Co. The sale was announced in April.

Built in 1997 and anchored by Safeway, the center has just over a 91-percent occupancy rate.

**The Exercise Coach
opens North Central spot**

North Phoenix residents have another place to go if they want to improve their health and fitness levels.

The Exercise Coach was expected to open its newest location at 5040 E. Shea Blvd. on Aug. 1. The fitness studio already has two locations in Scottsdale. As part of its grand opening celebration, new clients can receive two free trial sessions with a personal coach.

The business touts its ability to help clients get maximum results with two 20-minute sessions a week through a combination of bio-adaptive resistance training

technology, as well as a nutrition program under the guidance of a personal coach.

For more information, visit www.exercisecoach.com.

**Law firm offers \$500
prizes to teachers**

North Central law firm Burch & Cracchiolo, P.A. is going to honor teachers who shine with a monthly award.

The firm will choose a Valley teacher every month to receive \$500 through the B&C Star Teachers Award program. It has been taking nominations from students, former students and parents who want to recognize an educator who has made a big impact in their lives.

Many teachers spend their own money to cover the costs of classroom supplies, field trips and other expenses that arise throughout the school year. Burch & Cracchiolo wants to help decrease those burdens for a deserving teacher every month.

All teachers in grades K-12 who teach in Maricopa County are eligible to be nominated for the award. Winners will be contacted and then a member of Burch & Cracchiolo will give recipients a check at their school. Photos and/or video will be captured to post on the law firm's website and via social media.

To nominate a teacher for the B&C Star Teachers Award, visit www.bcattorneys.com and click on the "Nominate a Teacher" button.

**Attorney recognized as
a 'Influential Women'**

A shareholder of a North Central Phoenix law firm has been named one of the 2019 Most Influential Women in Arizona.

Jodi Bohr of Gallagher & Kennedy will be recognized by *AZ Business Magazine* at a dinner and reception on Aug. 22 at the Arizona Biltmore Resort, 2400 E. Missouri Ave.

Bohr earned her juris doctor in 2004 from the University of the Pacific–McGeorge School of Law and received bachelor's degrees in administration of justice and psychology in 2000 from Arizona State University.

She is the co-editor of the "Arizona Employment Law Letter"; a legal volunteer for the St. Vincent de Paul Free Legal Clinic; a mentor for the State Bar of Arizona Mentorship program; and a member of the board of directors for the American Liver Foundation, Desert Southwest Division.



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Growing up I was a huge sports fan, but soccer was not a sport I followed. Over the last decade or so, with the encouragement of friends who love “futbol,” I have become a bigger fan. I still only watch the major events, but I really do enjoy them. Like many part-time American soccer fans, I watched over the July 4th weekend as the U.S. Women’s Team wrapped up its seemingly pre-ordained World Cup Championship with a 2-0 victory over The Netherlands.

I watched every game these ladies played, quite a few other games too, and was in awe of their abilities and spirit. I also noticed that they received some criticism for their demolition of Thailand and their unique and creative celebration techniques. At first this bothered me, and I was feeling they were dealing with a double standard.

Then, I thought back to the antics of the 1992 U.S. Men’s Basketball “Dream Team,” and the flak those players received for some of their antics (namely, from Charles Barkley). Now, I am choosing to believe the pushback is a positive and a recognition that our country’s great teams are treated the same no matter if they are comprised of men or women. Hopefully, that is the case because these women truly represented the spirit that is our country and I am proud that they did.

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6611 N. Central Ave	NEW PRICE	.6339SF	.6BR/4.5BA	\$1,295,000
2935 E. Madison Vistas Dr	NEW PRICE	.4303SF	.5BR/5.5BA	\$ 995,900
7247 N. 6th Pl	IN ESCROW	.3128SF	.4BR/3BA	\$ 725,000
1555 E. Ocotillo Rd #6	NEW CONSTRUCTION	.2875SF	.4BR/3.5BA	\$ 655,000
1555 E. Ocotillo Rd #2	NEW CONSTRUCTION	.2875SF	.4BR/3.5BA	\$ 639,104
8219 N. 3rd Ave	NEW PRICE	.2774SF	.4BR/2BA	\$ 615,000
1555 E. Ocotillo Rd #19	NEW CONSTRUCTION	.2875SF	.4BR/3.5BA	\$ 637,861
1555 E. Ocotillo Rd #17	NEW CONSTRUCTION	.2209SF	.3BR/3.5BA	\$ 636,631
1555 E. Ocotillo Rd #3	IN ESCROW	.2875SF	.4BR/3.5BA	\$ 625,000
1555 E. Ocotillo Rd #1	NEW CONSTRUCTION	.2432SF	.4BR/3.5BA	\$ 613,071
1555 E. Ocotillo Rd #14	NEW CONSTRUCTION	.2432SF	.4BR/3.5BA	\$ 613,000
1555 E. Ocotillo Rd #18	NEW CONSTRUCTION	.2515SF	.4BR/2.5BA	\$ 599,000
1555 E. Ocotillo Rd #9	IN ESCROW	.2432SF	.3BR/3.5BA	\$ 592,000
1555 E. Ocotillo Rd #11	IN ESCROW	.2432SF	.3BR/3.5BA	\$ 592,000
1555 E. Ocotillo Rd #8	NEW CONSTRUCTION	.2515SF	.4BR/2.5BA	\$ 578,000
1555 E. Ocotillo Rd #4	IN ESCROW	.2209SF	.3BR/3.5BA	\$ 580,000
1340 E. Luke Ave	NEW PRICE	.2623SF	.3BR/3BA	\$ 565,000
16 W. Oregon Ave	IN ESCROW	.3310SF	.4BR/3BA	\$ 450,000
6418 N. 13th Ave	IN ESCROW	.2567SF	.4BR/3BA	\$ 459,000
27344 N. 91st Ln	IN ESCROW	.2815SF	.5BR/3BA	\$ 370,000
5637 N. 14th Dr	IN ESCROW	.1621SF	.4BR/2BA	\$ 319,000
8938 N. 18th Ave	NEW PRICE	.1963SF	.3BR/2BA	\$ 325,000
8426 N. Central Ave D	NEW PRICE	.1308SF	.2BR/2BA	\$ 275,000
8039 N. 7th Ave	JUST LISTED	.LOT		\$ 175,000
1123 E. Maryland Ave #1	IN ESCROW	.860SF	.1BR/1BA	\$ 169,000
8035 N. 7th Ave	JUST LISTED	.LOT		\$ 160,000

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4842 E Cheryl Dr	\$1,387,749	11 E. Lamar Rd	\$ 707,440	1321 S. Camellia Dr.	\$ 550,000	1710 E. Palo Verde Dr	\$ 410,000	619 E. Manzanita Pl	\$ 269,500
5131 E. Desert Park Ln	\$1,375,000	310 S. 4th St #2001	\$ 699,000	1322 W Frier Dr	\$ 545,000	7714 E Primrose Path	\$ 400,000	2329 W Berridge Ln	\$ 265,000
7339 N 2nd Ave	\$1,250,000	5710 N 10th Ave	\$ 677,000	7603 N. Central Ave	\$ 540,000	3030 N 38th St C105	\$ 363,000	8000 N Central Ave #8	\$ 235,000
3934 E Crittenden Ln	\$1,210,000	6246 E Helm Dr	\$ 665,000	7344 N 14th Dr	\$ 532,700	1102 W Glendale Ave #125	\$ 350,000	1828 W Lawrence Ln	\$ 230,000
3934 E. Crittenden Ln	\$1,210,000	1205 W Orchid Ln	\$ 606,000	1940 E. Cactus Wren	\$ 500,000	7338 N. 11th Way	\$ 350,000	1285 E Maryland Ave #A	\$ 205,000
115 W. Morten Ave	\$1,100,000	1555 E Ocotillo Rd #21	\$ 600,000	1251 W. Rancho Dr.	\$ 499,000	2323 N Central Ave #1804	\$ 350,000	2919 N Casa Tomas Ct	\$ 175,000
318 W. Lawrence Rd	\$1,059,000	8045 N 7th Ave	\$ 595,000	77 E Missouri Ave #36	\$ 497,500	29 E Butler Dr	\$ 349,000	3302 N. 7th St #242	\$ 159,000
6111 N 2nd Pl	\$ 940,000	110 E. Lawrence Rd	\$ 590,000	2431 E. Squaw Peak Dr.	\$ 485,000	5709 N 8th Pl	\$ 344,000	8241 N Central Ave #8	\$ 156,900
546 W Kaler Dr	\$ 865,000	521 W Mariposa St	\$ 548,000	1205 W Stella Ave	\$ 450,000	321 E Hayward Ave	\$ 337,500	257000 N. 16th Ave	\$ 145,000
4817 E. Arroyo Verde	\$ 775,000	1555 E Ocotillo Rd #4	\$ 580,000	1022 E. Wagon Wheel Dr	\$ 440,000	718 E Boca Raton	\$ 309,036		
27 E San Miguel	\$ 752,000	7010 N. 13th Pl.	\$ 575,000	1160 E McLellan Blvd	\$ 439,000	1102 E Vista Ave	\$ 302,500		
31 W. Marlette Ave	\$ 752,000	301 E Berridge Ln	\$ 575,000	15106 E. Sierra Madre	\$ 425,000	14640 N. 90th Dr	\$ 300,000		
7051 N 1st Ave	\$ 740,000	8216 N. 14th St	\$ 575,000	812 W Earll Dr	\$ 417,500	1529 E Cortez St	\$ 299,900		

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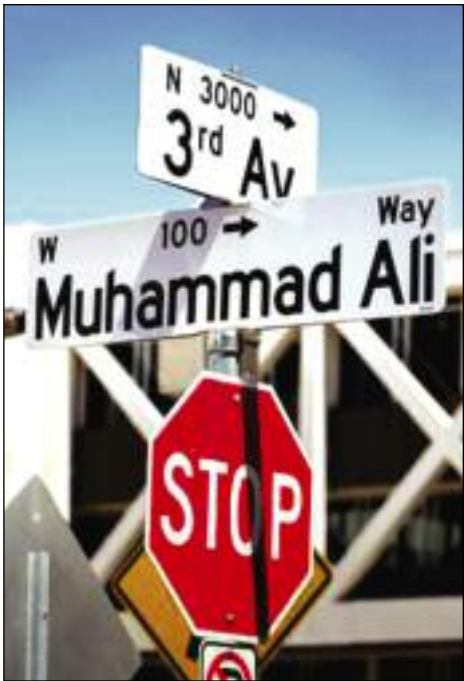
Street renamed in honor of 'The Champ'

A street on the Dignity Health St. Joseph's Hospital and Medical Center campus, which houses Barrow Neurological Institute's Muhammad Ali Parkinson Center, was renamed for Muhammad Ali on June 3. The street honors the Champ's enduring legacy as the face of the fight against Parkinson's disease.

West Merrell Street was renamed Muhammad Ali Way between Central and 3rd avenues. The new street signs were unveiled during a ceremony attended by Ali's widow, Lonnie Ali, world champion boxer Earnie Shavers, local dignitaries, philanthropists, and patients and staff at the center.

The day marked the third anniversary of Ali's death in Phoenix at age 74. The City of Phoenix also proclaimed June 3 "Muhammad Ali Day" in honor of all that he did for his adopted hometown.

Established in 1997 by Muhammad



The former West Merrell Street in Phoenix was renamed in June in honor of legendary boxer Muhammad Ali (submitted photo).

Ali, Dr. Abraham Lieberman and Phoenix philanthropist Jimmy Walker, the Muhammad Ali Parkinson Center has grown into the most comprehensive Parkinson's disease center in the world. The Center's original 5,000 square-foot facility doubled in size in 2009 and again in 2014. The Muhammad Ali Parkinson Center is now 26,450 square feet and with more than 14,000 patients each year.

Health Briefs

Kettlebells and cocktails at Village Health Club

Anyone who wants to burn calories and boost strength, then sip cocktails afterwards can check out free classes at the Village Health Club & Spa, 4444 E. Camelback Road.

The health clubs will offer "Kettlebells & Cocktails" classes that start at 10 a.m., noon and 2 p.m. on Saturday, Aug. 24. Professional personal trainers will show participants how to do the top-10 kettlebell exercises in the classes. Class attendees will learn how to swing, squat, deadlift and shoulder press, as well as do other exercises. Working out with kettlebells is known to improve overall strength, core power, balance, flexibility and coordination, as well as burn fat and help people develop lean muscles.

Adults who take the 10 a.m. kettlebell class can enjoy mimosas afterwards

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while sangria will be served to participants after the noon class. Wine will be provided to adults who take the 2 p.m. class. Anyone who takes the classes is invited to tour the health clubs. To sign up for a class on Aug. 24, call the membership office at 602-840-6412 or sign up at www.villageclubs.com.

Learn life-saving CPR technique

HonorHealth offers a course in CPR 1:30-6 p.m. Friday, Aug. 23 in the at the Cowden Center, 9202 N. 2nd St. The course is designed to help people recognize several life-threatening emergencies, provide CPR, and relieve choking in a safe, timely and effective manner. Cost is \$40.

Check-in starts at 12:30 pm. Class begins promptly at 1:30 p.m.; participants will not be allowed to enter the class after 1:40 p.m. All participants will receive an AHA textbook.

Registration is required. Class size is limited; if the class is already full, another one will be offered on Sept. 25. Call 480-323-3936 or visit www.honorhealth.com/events.

Wachter joins special needs dental clinic

PDS Foundation Dentists for Special Needs last year opened its first Arizona clinic, located at 4550 E. Bell Road, Ste. 106. The clinic is designed for children and adults with physical and intellectual disabilities, offering state-of-the-art technology and specially trained dentists equipped with behavioral and environmental techniques to ensure successful patient visits.

Benjamin Wachter, D.M.D., recently joined the team as the new practicing dentist for the Phoenix-based clinic. He is an Arizona native who also holds memberships with Special Care Dentistry Association and American Academy of Developmental Dentistry and Medicine.

The PDS Foundation Dentists for Special Needs clinic offers patients comprehensive oral health care including crowns, fillings, hygiene, implants, root canals, and oral surgery, and will also provide emergency care when needed.

For more information, call 602-344-9530 or visit <https://bit.ly/2XAQNVw>.

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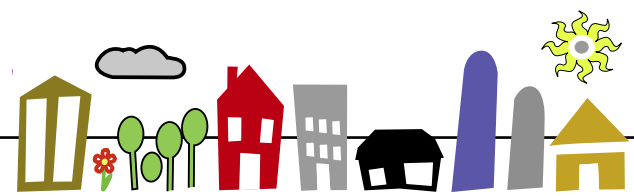
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Katherine Cecala, left, president of Junior Achievement of Arizona, presents North Central teen Jordan Young with her "18 Under 18" recognition on April 13 (submitted photo).

Two young women leaving their marks

The Phoenix Union High School District, which includes 20 schools and more than 27,000 students, has its share of outstanding young men and women who achieve academic success and recognition, bringing in millions of dollars in scholarship offers from around the country each year (the class of 2018 earned scholarships totaling \$102 million, a new district record).

However, two young women stood out among their 5,000-plus graduating peers as they said their final goodbyes to the district in May of this year.

Jordan Young

Central's High's Jordan Young was selected as a 2019 Junior Achievement 18 Under 18. This program "showcases the state's up-and-comers who show exceptional entrepreneurial spirit, leadership, community service, and an overall extraordinary skillset," according to Junior Achievement. Recipients were recognized at a breakfast event in Tempe on April 13.

As Young grew up in the Navajo Nation, near Four Corners, she watched as her father, a bull rider, was frequently injured. She realized the challenges that lower income and rural families face with health issues.

Now she's a voting board member (and the only youth member) of Mountain Park Health Center, a non-profit health organization that provides healthcare to people regardless of their

financial status.

At Central High, she ran track and recruited more classmates to participate. She also helped to boost a sports medicine group at the school.

Young is honing her skill at being a patient advocate. She's not sure which area of medicine she wants to pursue for a career—she's considering being an orthopedic surgeon—but one thing is certain: She wants to make sure that when she's the physician, patients and their families will feel confident that they're being well cared for.

Young received scholarship offers worth \$665,000 and narrowed her choices to Yale and Dartmouth. Both scholarships are worth approximately \$275,000 over four years.

She also was one of only two students this year to receive the Jason Savala Scholarship, presented by the Phoenix Union Native American Education Program during its 20th Annual Graduation Ceremony on May 11. One-hundred-twenty Native American students from 15 schools were honored with dinner and a reception.

Savala was a former Native American advisor for PUHSD and a security guard at Maryvale who was fatally injured in a hit-and-run accident last year.

Bailey Benson

Bailey Benson was in the International Baccalaureate (IB) Diploma program at North High School. Besides her rigorous IB courses, she was the lead intern and researcher in the Farm @ South Mountain

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SCHOOL DAYS

Community College Aquaponics Case Study, and through the SMCC Junior ACE program, she earned a certificate in Entrepreneurship, focusing on the combined art of storytelling with business to create pitches and make complex ideas appealing to the general population.

Benson also was the head of the Food Committee in the Arizona Science Center Teen Advisory Board, authored a book to spread aware-



Bailey Benson

ness of food insecurity in Phoenix, and attended Yale Young Global Leaders-Sustainable Development and Social Entrepreneurship—an academic and leadership enrichment program.

Benson’s high school GPA was 4.9, and she was ranked third in her senior class. Before she graduated, Benson was selected as a Morehead-Cain Scholar at the University of North Carolina-Chapel Hill. The Morehead-Cain Scholarship is the oldest merit-based and one of the most prestigious scholarships in the country, with fewer than 4 percent of candidates becoming members of the Class of 2023.

Benson plans to double major in Environmental Studies and Economics. She took six science classes in high school to prepare for engineering in college. She hopes to become an investment banker to help struggling communities create self-sustainable economies.

School Briefs
GLENDALE UNION
HIGH SCHOOL DISTRICT

District welcomes
63 new teachers

Glendale Union High School District recently held its annual New Teacher Dinner that welcomed 63 new teachers.

The GUHSD Governing Board hosted the dinner on Tuesday, July 16 at Thunderbird High School. The gathering provided the opportunity for the Governing Board to meet each one of the new teachers and learn more about their education, experience and achievements. The teachers were also able to socialize and build connections with their new co-workers.

Of the 63 new teachers hired, 22 are first-year teachers, 16 are GUHSD graduates and nine have completed their student teaching within the district. In addition, three of the educators started their roles within GUHSD as instructional assistants and became teachers through the district’s support staff professional growth program.

Saxe receives U.S.
Congressional award

Laurel Saxe, who recently graduated from Sunnyslope High School, earlier this year received the United States Congressional Award, presented by U.S. Rep. Greg Stanton.

Saxe enrolled in the Congressional
please see AWARD on page 28

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SCHOOL DAYS

AWARD continued from page 27

Award Program during the fall of her sophomore year and has participated in the program for the past two years. In order to receive this award, she completed 100 hours of community service, 50 hours of personal development and physical fitness and an overnight excursion.

The Congressional Award Program is the only non-partisan, voluntary, nonprofit program sponsored by both houses of the United States Congress.

MADISON ELEMENATARY SCHOOL DISTRICT

Teachers seek public's support for projects

Two teachers in the Madison Elementary School District have turned to the public for support to fund their classroom projects, via the crowdsourcing website, DonorsChoose.org.

Heidi Rodriguez, a bilingual speech language pathologist at Madison Park Middle School, wants to help boost the benefits her students are getting when they practice yoga and mindfulness strategies. Rodriguez works with special



education students, primarily those who have diagnoses of learning disability, mild mental retardation, autism and language disorders.

Her middle school students have been learning yoga and mindfulness methods, and Rodriguez has already seen notable results after only a few sessions.

She is seeking to raise \$246 to buy several materials including a clock for timing activities, and a bell to gently draw students' attention, a lamp to light the classroom without having to use overhead fluorescent lights, a

Laurel Saxe, center, a recent graduate of Sunnyslope High School, is congratulated on her Bronze Congressional Award by, from left: Sunnyslope Assistant Principal of Student Services Jason Latham; Sunnyslope Principal Steve Ducey; Congressman Greg Stanton; and GUHSD Superintendent Brian Capistran (submitted photo).

Hoberman Sphere to offer youths a visual during breathing exercises, and battery-powered tealights for focus when students do mindfulness activities. Her fundraiser expires on Aug. 7.

Visit www.DonorsChoose.org and search for Madison Park Middle School in Phoenix. For more information, contact Heidi Rodriguez at hrodriguez@madisoned.org.

Rachel Jasinski of Madison Simis Elementary School is hoping to drum up support for chairs designed to help her kindergartners explore and learn.

She wants to buy seven chairs her classroom, six of which are special "Wobble Chairs" by Studico. Her total fundraising goal is \$493, and it expires on Sept. 17.

Jasinski says that the new furniture will provide the students with an option to a hard chair, which can help alleviate attention problems and behavior issues. She said the chairs will help students learn "education can be fun and interactive rather than sitting in their desks all day."

Visit www.DonorsChoose.org and search for Madison Simis Elementary in Phoenix. For more information, contact her directly at rjasinski@madisoned.org.

PHOENIX UNION HIGH SCHOOL DISTRICT

D-backs player visits North High

Arizona Diamondbacks' third baseman Eduardo Escobar paid a visit to North High School on May 10 and talked to baseball and softball players at the school's baseball field.

The Venezuelan native spoke to the students in Spanish and English about

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SCHOOL DAYS

his success, from playing with a paper ball in the streets of his hometown, to being discovered by a White Sox scout at age 16. Escobar told the students to cherish everything in life, especially “your parents, teachers, coaches, because they will guide you to what you want to achieve, no matter where you come from. Don’t let anyone tell you that you can’t. Never give up on your dreams. But there is no magic bullet to success. Stay focused, when adversity hits and you are tested, never lose faith. Focus, faith and hard work will get you through.”

Escobar brought souvenir caps, signed autographs, and invited the students down to the Chase Field diamond to take in the D-backs batting practice the next day. They also were recognized during pre-game ceremonies.

North High, like several PUHSD schools, received \$7,000 in equipment from the Diamondbacks Foundation and its Chase (Bank) Your Dreams program, split evenly for the baseball and softball programs. The Mustangs received bats, balls, catching gear, batting helmets, and a pitching platform for batting practice pitching.



Arizona Diamondbacks’ third baseman Eduardo Escobar autographs a baseball for a student at North High School during a visit to the school on May 10 (submitted photo).

Metro Tech earn sportsmanship nod

Metro Tech High School was selected as the AIA 5A Conference Sportsmanship Program of the Year for the 2018-19 school year.

“Metro Tech is relatively new to the AIA and has had its challenges competing with traditionally strong athletic programs in our district as well as with programs outside of Phoenix Union,” said PUHSD Athletic Director Zack

Muñoz, who wrote the nomination letter for the Knights. “However, whether in victory or defeat, their students and coaches have consistently demonstrated outstanding character and sportsmanship in competitions. Their student-athletes and coaches show class and represent their community well no matter what the outcome.”

Metro Tech was honored at the AIA Champions Luncheon at State Farm Stadium on May 17.

Geston named a member of Chiefs for Change

Phoenix Union High School District Superintendent Dr. Chad E. Gestson earlier this year was selected to be a member of the Chiefs for Change, a nonprofit, bipartisan organization based in Washington, D.C. As a Chiefs for Change member, Gestson becomes part of a group of influential education leaders who advocate for public education reform at federal, state and local levels.

The organization’s vision is for all students, irrespective of geography or economic means, to have regular or fair access to high-achieving schools, fully prepared and supported teachers, challenging curriculum and affordable pathways to college and meaningful careers.

Gestson has served as superintendent of the Phoenix Union High School District since the fall of 2015. Under his leadership, Phoenix Union has grown to 21 schools, including the launch of five new schools, from a Gifted and Talented Academy to an online school to the Phoenix Coding Academy.





9th Grade Applications Due
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Oct. 27, 2019 | 12:00 p.m. - 3:00 p.m.

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SCHOOL DAYS

WASHINGTON ELEMENTARY SCHOOL DISTRICT

New leadership at WESD Schools

When school starts Aug. 5, WESD schools in the area will have new administrative leaders.

At Orangewood School, Heather Vasquez and Emily Paterson will be the new principal and assistant principal, respectively.

Vasquez started her career in WESD as a teacher in 2001 at Mountain View. She later became the program coach at Richard E. Miller. She has been the principal at Tumbleweed Elementary for two years, leading the school to a letter grade of A. She is a Rodel Teacher of the Year recipient and a 2015 WESD Lamp of Learning Award honoree.

Paterson has been teaching in WESD since 2009. She has taught special needs students at Ironwood Elementary and Cholla Middle School and she was most recently the Student Service specialist at Royal Palm Middle School. She is a mentor teacher and a cadre leader for the WESD's teacher induction program, BEGIN.

At Royal Palm Middle School, Darcy Estrada will be the new principal. Estrada taught reading at Royal Palm for 13 years before leaving to be the assistant principal at Cholla Middle School in 2013. She has been the principal at Manzanita Elementary for the last four years.

Joining the administrative team as an assistant principal at Mountain View School is Emily Ellis-Hill. Ellis-Hill came to WESD from Cave Creek Unified in 2018 to serve as the instructional coach at Washington Elementary. She previously taught third grade Mandarin immersion classes and was a math coach.

PRIVATE AND CHARTER SCHOOLS

Phoenix Christian notches MESA State Championship

The Phoenix Christian STEM program made its mark again in state and national competitions this past school year. In its third year in the statewide MESA (Mathematics, Engineering, & Science Achievement) competition, Phoenix Christian placed first overall in high school and fourth overall in middle school out of 15 high schools and 42 middle schools. Last year, PC placed first overall in both categories..

The MESA program is designed to increase access to science, technology, engineering, and mathematics (STEM) pathways and encourage college readiness for low-income, minority, or first-generation college-bound students in grades 6-12.

In the fall, PC traveled to Las Cruces, N.M. to compete in the BEST (Boosting Engineering, Science, & Technology) Robotics competition for high schools. Twenty-four schools from three different states competed, and PC placed 12th overall in its first ever robotics competition.

This created confidence later at the spring National Robotics Challenge in Marion, Ohio. With 42 high schools from 13 different states competing at the longest-running robotics competition in the world, Phoenix Christian placed 7th overall in the Robo Hockey competition. This success came from hard work and dedication in spite of the fact that none of the PC students had ever built a robot before this year.

This video, made by one of Phoenix Christian's international students, offers a behind-the-scenes look at the journey to a MESA state championship, check out this video <https://bit.ly/2LIAgrz>.

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SCHOOL DISTRICT

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Recreation Association of Madison Meadows and Simis

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

2019-2020 SPORTS SCHEDULE*

FALL SPORTS

FLAG FOOTBALL
(GRADES 1-8)
Registration Opens: 7/9/19
Evaluations: 8/17/19
Season Starts: 9/7/19
Playoffs End: 11/1/19

VOLLEYBALL
(Girls and Boys Leagues)
(GRADES 3-8)
Registration Opens: 7/7/19
Player's Clinic: 8/10/2019
Evaluations: 8/17/2019
Coach's Clinic: 8/24/2019
Season Starts: 9/7/19
Playoffs End: 10/26/19

WINTER SPORTS

BOYS BASKETBALL
(GRADES K-6)
Registration Opens: 9/21/19
Evaluations: 11/2/19
Season Starts: 12/4/19
Playoffs End: 2/28/20

GIRLS BASKETBALL
(GRADES K-8)
Registration Opens: 9/21/19
Evaluations: 11/2/19
Season Starts: 12/4/19
Playoffs End: 2/28/20

SPRING SPORTS

**BASEBALL, SOFTBALL,
FARM & T-BALL**
(GRADES PREK-8)
Registration Opens: 1/4/20
Evaluations: 2/1/20
Season Starts: 2/29/20
RAMMS Select Tryouts: 4/25/20
Playoffs End: 5/27/20

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GENERATIONS

**Sunrays Gymnastics
co-owner is honored**

A gymnastics coach for more than four decades is getting his time in the spotlight. Dan Witenstein, co-owner and team director of Arizona Sunrays Gymnastics & Dance Centers, recently was inducted into the Arizona Gymnastics Hall of Fame at the USA Gymnastics State Awards Banquet.

Witenstein, who has coached and guided hundreds of the top female gymnasts in Arizona, got his turn to shine after watching his athletes over the years get many awards, medals, trophies and full-ride collegiate scholarships.

Witenstein's friend, co-worker and fellow Hall of Fame member Pam Evans inducted him at the awards banquet at Greyhawk Golf Club in Scottsdale, saying he has the utmost respect among his peers. In addition, she shared words of praise from some of Witenstein's former gymnasts. One such gymnast, Kristin Fanning, who is now the head coach at Gold Medal Gymnastics in Chandler, said Witenstein offered "a safe place for all of us to grow up in." Fanning added that Witenstein ensured she and the other students learned not just about gymnastics but also about honesty and integrity.

Evans also praised Witenstein and his wife, Julie, for giving back to the community.

Originally from Maryland, Witenstein was a collegiate gymnast who competed for three years for Arizona State University and later became assistant coach for the ASU women's team from 1980 to 1985. While he was working as the assistant coach, the ASU women's gymnastics team placed among the top six in the country every year, including scoring a second-place national finish in 1983.

In 1990, the Witensteins decided to open a gymnastics school. The couple bought Sunland Gymnastics & Dance in Phoenix and changed the business name to Arizona Sunrays. Their goal has been to create the highest quality programs for children. More than 2,000 students are enrolled in Sunrays' two locations, at 3923 E. Indian School Road and 15801 N. 32nd St.

Besides being team director at Arizona Sunrays, Witenstein has also



Dan Witenstein, a gymnastics coach for more than four decades, has seen his gymnasts win medals, trophies and other awards over the years. Recently, he received his own recognition: being inducted into the Arizona Gymnastics Hall of Fame (submitted photo).

served as a National Team coach, Regional Junior Olympic Chair and a member of the National Junior Olympic Committee. He is also often a featured national educator on gymnastics.

When Witenstein accepted his award he thanked the children he said he was "privileged to coach" and talked about the many special moments he had shared with them, including seeing the American flag raised after they won gold medals and watching them win the Jr. Olympic National Championships.

To learn more about Arizona Sunrays Gymnastics & Dance Centers, visit <https://arizonasunrays.com>.

**Senior Living
Women-only workshop
on Social Security benefits**

The Area Agency on Aging has scheduled a women's-only Social Security Benefits and Medicare Workshop on Monday, Aug. 12, to provide information and clarity about benefits. The free workshop will take place 12-2 p.m. at the AGEconnect office, 2950 N. 7th St.

Registration for the brown-bag workshop is required by calling the 24-Hour Senior HELPLINE at 602-264-4357 or online at www.aaaphx.org/social-security-benefits-workshop. For hard of hearing and deaf individuals,

GENERATIONS

text 520-775-1899. Water and soft drinks will be provided.

The workshop will cover eligibility, early retirement, disability, spousal benefits, Medicare questions, and more. Participants should bring a copy of their Social Security statement. If they don't have one, go to www.socialsecurity.gov/myaccount to create a My Social Security account.

Summer activities at the senior center

August is a great time to beat the heat and stay indoors while enjoying fun and educational activities at the Sunnyslope Senior Center, 802 E. Vogel Ave. Most programs are free with your annual Senior Center membership of \$20.

Two new fitness classes will start in September, and space is limited so sign-ups are recommended now. Geri-Fit is an 8-week class that focuses on preventing falls and improving balance through strength training, 2-3 p.m. Wednesdays and Fridays, from Sept. 11 through Oct. 4. Also new is Mat Yoga, 2-3 p.m. Mondays from Sept. 9-30. This class is a combination of mat (floor), standing and balancing. Students work at their own comfort level, but the class is best for those who can easily transition from floor to standing. Both classes are free.

Other health-related programs that exercise the brain more than the body include: a Nutrition Workshop, 10 a.m. Tuesday, Aug. 13, presented by a Desert Mission nutritionist; and the Emotional Effects of Strokes, 10 a.m. Monday, Aug. 26, presented by Abrazo Health Network.

If you want to "exercise" your artistic talents, try the Ceramics class, from 12:30-2:30 p.m. Wednesdays, Aug. 7-Sept. 25 in room 1AB. Students will learn the proper hand-building techniques and work with clay and acrylic paints. Or, try Art With Christy, 9:30-11:30 a.m. Tuesday, Aug. 13 in Room MPR. Learn how to use different mediums to create eclectic pieces of art. The class repeats from 1-3 p.m. on Sept. 10. Space is limited, pre-registration is recommended.

If you enjoy excursions to new and interesting places, a variety of trips leaving from the senior center are available this summer. You must sign up at least two weeks in advance, as space is limited. The \$2 cost for transportation is due the day of the trip. Some additional fees may apply.

Upcoming trips include: Scottsdale Museum of the West, 9 a.m. Thursday, Aug. 22, admission fee is \$13; Phoenix Police Crime Lab Tour, 8:45 a.m. Thursday, Sept. 5; and Tempe History Museum Tour, 12 p.m. Tuesday, Sept. 10.

For more information or to register, visit the senior center desk 8 a.m.-5 p.m. Monday-Friday, or call 602-262-7572.

Kids & Families

'Stroller tours' at Phoenix Art Museum

Discover the Phoenix Art Museum with your baby in tow and give your brain a morning boost during "Stroller Tour Tuesday," 10:30 a.m. Tuesday, Aug. 13. Caregivers and their littlest ones, ages 0-18 months, join educators for art-inspired conversation designed for curious adults and our youngest museum visitors. Chatty babies and nursing moms are welcome.

Stroller tours are designed for caregivers with children who are comfortable in a stroller or front baby carrier for

please see STROLLER on page 34



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2019 Annual Meeting Notice

Thursday, September 26, 2019

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Saturday, August 3 • 11 am
Burton Barr Central Library • Meeting Room A
1221 N. Central Ave.

Wednesday, August 7 • 10 am
Cholla Library • Upstairs meeting room
10250 Metro Parkway E near Metrocenter

Friday, August 9 • 2 pm
Desert Broom Library
29710 N. Cave Creek Rd.

Friday, August 23 • 10am
Ocotillo Branch Library • 102 W Southern Ave.

Wednesday, August 14 • 10 am
Burton Barr Central Library • Meeting Room A
1221 N. Central Ave.

Friday, August 16 • 2 pm
Yucca Branch Library
5648 N. 15th Ave. Near Christown Mall

Tuesday, August 20 • 10 am
Saguaro Branch Library
4402 N 46th St.



More seminars in September on National Medicare Education Week. Please refer to information in a few weeks on www.PhoenixMedicareSource.com





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GENERATIONS

STROLLER continued from page 33

approximately 40 minutes. Advance reservations are required as tour size is limited. The tour is included with general admission, and free for museum members.

The Phoenix Art Museum is located at 1625 N. Central Ave. To RSVP for the August Stroller Tour, visit <https://bit.ly/2XvLEsV>.

Kids can make 'hungry caterpillar'

Children of all ages can bring to life a fun animal during a crafty event at Cholla Library, 10050 Metro Parkway East. They can participate in STEAM @ Cholla: The Very Hungry Caterpillar from 2-2:45 p.m. on Sunday, Aug. 11 in the meeting room on the second floor of the library. Participants will make a "caterpillar" that eats through a leaf and transforms into a butterfly. To learn more, visit www.phoenixpubliclibrary.org. No registration is required.

New music classes for infants-3 year olds

A new music program is hatching for "EarlyBirds"—classes for children ages birth-3 years old— at Music Works Community (MWC), 302 W. Bethany Home Road. Part of the PRELUDE curriculum, a free trial class for EarlyBirds will be offered on Aug. 8, Aug. 15 or Aug. 22 from 9:30-11:30 a.m. RSVPs requested.

Classes will include: SingAlong with SignAlong, incorporating American Sign Language into musical

interactions with parent(s)/caregivers; and Baby Brain Boxes, part of an early brain development curriculum with musical activities. In addition, EarlyBirds will enjoy tunes and themes for 45 minutes of musical fun.

Classes will be offered in the morning on Mondays, Tuesdays, Thursdays and Fridays in four groups: Infants, Crawlers, Walkers and Toddlers.

The PRELUDE Piano Fall Schedule begins the week of Aug. 26. You can find registration forms and more information at www.music-workscommunity.com. For questions, call the studio at 602-264-5188.

After school programs available from city

Registration for Phoenix Afterschool Center (PAC) program began last month. PAC is available to children ages 6 to 13, afterschool until 6 p.m. Supervised by recreation staff, participants will have structured, age-appropriate activities along with supervised free play. Program components include sports, games, educational enrichment, arts and cultural activities, and civic and community involvement.

PACs are located on area elementary school campuses; for a detailed list of locations and pricing, visit www.phoenix.gov/parks/pac. You ALSO can register online at or in person at any City of Phoenix Community Center.

For more information or to check availability at your selected site, contact the PAC team at 602-262-7370 or at pac@phoenix.gov.



The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.


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ARTS & ENTERTAINMENT

Work begins on new Free Arts building

Construction is underway on a new facility for Free Arts for Abused Children of Arizona (Free Arts). The nearly 14,000-square-foot building, located at 352 E. Camelback Road, will be named The Bob & Renee Parsons Center for Hope and Healing. It will accommodate programming, staff and volunteer growth and a community center for training, workshops and events and feature artwork and stories that will cultivate a deeper understanding of children who have experienced the trauma of abuse or homelessness..

The project was made possible by a \$2.5 million grant from the Bob & Renee Parsons Foundation in August of 2017 so that the Free Arts could double its physical space and provide funding for two of its signature programs. The first phase of construction is expected to be completed by September and a grand opening will take place in January 2020.

For information about recognition or sponsorship opportunities, contact Free Arts at 602-258-8100 or BuildingHope@freeartsaz.org. Anyone who can donate new materials should contact Stephanie Smith, Operations Director, at ssmith@freeartsaz.org.

A & E Briefs

'Barnstorming the Moon'

Through Aug. 16
monOrchid Gallery
214 E. Roosevelt St.

Space takes center stage in the exhibit, "Barnstorming the Moon," featuring the Lunar Reconnaissance Orbiter Camera, a system of three cameras mounted on the Lunar Reconnaissance Orbiter, a NASA spacecraft that launched in June 2009. The exhibit will display images captured by the cameras of the surface of the Moon. Every Friday, Dr. Mark Robinson will lead a walking tour of the exhibit from

please see MOON on page 36

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ARTS & ENTERTAINMENT

MOON continued from page 35

7-8 p.m. The gallery is open from 6:30 a.m. to 8 p.m. Monday through Friday and Sundays from 7:30 a.m. to 8 p.m. Visit www.facebook.com/monOrchid.

'Matilda: The Musical'

Valley Youth Theatre
Aug. 9-25
Herberger Theater
222 E. Monroe
602-252-8497

Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher, Miss Honey. Over the course of her first term at school, Matilda and Miss Honey have a profound effect on each other's lives, as Miss Honey begins not only to recognize but also appreciate Matilda's extraordinary personality. Tickets are \$20.40-\$39.50 plus fees. Visit www.herbergertheater.org.

'Impulso' Film Screening

8 p.m. Sunday, Aug. 11
Crescent Ballroom
308 N. 2nd Ave.

The avant-garde choreographies of flamenco dancer Rocío Molina have electrified audiences around the world. Her pieces combine traditional Flamenco with modern dance, avant-garde theatrics, objects, paint and eclectic music compositions. "Impulso" follows Molina as she travels the world to perform at unusual venues. Tickets are \$10 in advance, \$12 at the door. Doors open at 7 p.m.; food and drink available for purchase. Visit <https://bit.ly/2YUESyp>.

BlakTinx Dance Festival

7:30-9:30 p.m. Aug. 23-24
Third Street Theater,
Phoenix Center for the Arts
1202 N. 3rd St.

A dance festival celebrating the work of Black and Latin choreographers in Arizona with special guest from Los Angeles California. Doors open at 7 p.m.; seating is general admission. Tickets are \$15 through Aug. 16, and \$20 after. Get tickets at <https://bit.ly/2G7FE3O>.

'Kinky Boots'

Aug. 26-Oct. 13
Phoenix Theatre
1825 N. Central Ave.
602-254-2151

Things look grim for Charlie Price's

shoe factory, until he meets Lola, cabaret performer and drag queen, whose daring ideas might just turn the failing business around. They hatch a plan to save the business and give intolerance the boot! For tickets, visit www.phoenixtheatre.com or call the box office.

'The Miraculous Journey of Edward Tulane'

Childsplay Theatre
Sept. 8-Oct. 13
Herberger Theater
222 E. Monroe
602-252-8497

The play tells the tale of a self-absorbed china doll rabbit who encounters new friends on an unexpected adventure and learns how to love and care for others after he is lost overboard during a cruise. Recommended for ages 7 and older. Tickets are \$12-\$35 plus fees. Visit www.herbergertheater.org.

'Beguile'

Convergence Ballet
5:30 p.m. Sunday, Sept. 22
Madison Center for the Arts
5601 N. 16th St.

A diverse array of classical and contemporary productions showcasing incredible artists, including ballroom stars Leela Fazzuoli and Daniel Cavalo. Highlights include three new world-premiere works, inspired by the nature and patterns insects, intertwining limbs and the predatory mannerisms of human nature. Lobby doors open one hour prior to show time. Tickets are \$25 plus fees. Visit www.themadison.org.

'Music of Billy Joel & More'

Phoenix Symphony
Sept. 27-28
Symphony Hall
75 N. 2nd St.
602-495-1999

Relive hits from Elvis Presley, Buddy Holly, Jerry Lee Lewis, the Beatles, The Who, Elton John and Billy Joel, performed live by The Phoenix Symphony and vocalist Michael Michael Cavanaugh. Known for his energetic stage presence, Cavanaugh was handpicked by Billy Joel to star in the hit Broadway musical *Movin' Out* and received both Tony and Grammy-Award nominations for the role. Show times are 7:30 p.m. Friday and Saturday, with a 2 p.m. matinee on Saturday. Tickets are \$25-\$93 plus fees. Visit www.phoenixsymphony.org.



FOOD FOR THOUGHT



George Yang, owner of George Yang's Chinese Cuisine, has spent more than 40 years developing a flavor palette that appeals to most everyone, with simple but tasty dishes like, clockwise from left: Shrimp with Honey Glazed Walnuts, Spicy Crackling Calamari (appetizer), and Baby Bok Choy and Shiitake Mushrooms in oyster sauce (photo by Teri Carnicelli).

Café Chat

Building on a legacy of fine Asian dining

By Marjorie Rice

A conversation with George Yang is a journey through nearly a half-century spanning the rise of Asian cuisine in the Valley.

A savvy negotiator, and a master networker with decades-long friendships with business, sports and social leaders, Yang parlayed his connections—along with a reputation for hard work and savvy business skills—to build a string of popular restaurants that have introduced Arizonans to a world of Asian flavors.

That world extends from his native Burma (Myanmar today) to China, Thailand, Cambodia, Mongolia and beyond.

Yang also developed a throng of employees who have gone out on their own as restaurateurs and chefs, here in the Valley and in several states.

Today he operates three restaurants. The newest, which opened last December, is George Yang's Chinese Cuisine at 16th Street and Bethany Home Road. He also owns two George and Son's locations, in Scottsdale and at the I-17 and Loop 101.

Yang has been a fixture in the Valley restaurant scene since he arrived 45 years ago, aiming for master's degree at

Thunderbird School of Management. Like many students, he took a job in a restaurant—the Golden Phoenix (today the site of his new restaurant). Starting as a bus boy, he rose to server while he got his degree.

"They told me I couldn't be a waiter because the cooks could only read Chinese. I spoke it but I couldn't write it," Yang says. "I said you guys are ridiculous, so I taught the chefs English abbreviations for the dishes—KPC for Kung Pao Chicken, MB for Mongolian Beef."

The restaurant helped introduce Valley residents to Asian cuisine beyond sweet-and-sour pork and chow mein.

"The Golden Phoenix was the first to serve Moo Shu Pork in the Valley, in September 1973," Yang says. "Hot and Sour Soup, right here. Mongolian Beef—right here."

After he earned his degree, Yang planned a career in business but his cousin had other plans and asked Yang to partner with him in a place of their own. Yang was performing most of the jobs in the Golden Phoenix, catching the eye of a nearby banker, who would eventually help the young men strike out on their own.

"We rolled the dice and opened a little hole-in-the-wall place in Tempe, the Szechuan Inn," Yang says. "Back then, most people has no idea what Szechuan was, or even how to pronounce it." It was an immediate hit,

please see LEGACY on page 38

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FOOD FOR THOUGHT

LEGACY continued from page 37

Yang says. “After one month, you had to know me to get in.”

Yang and his cousin later closed the Szechuan Inn and opened four Sesame Inns in the 1980s. Those closed in the 1990s.

For several years, Yang, who divorced and remarried, stayed out of the dining scene. But while you can keep the man out of the restaurant you can’t keep the restaurant out of the man.

“When my son was born, I said I think I’m going to go back into the business,” Yang says. He started George and Son’s in 2000, with a second location in 2013. And Yang’s customers and friends followed him there.

“People would come and say, ‘George, do you remember me?’ or ‘My grandfather used to bring me to your restaurants,’” Yang recalls.

When the Golden Phoenix location became available, Yang couldn’t resist another opening. “It’s always been in the back of my mind that the family who owned it might want to retire, and I would like to come here. I’ve still got

a little energy left.”

He gutted the original location, creating a setting that is subdued and sophisticated, with sleek banquettes, and a wall of wines. “Chinese food is a great match with almost any wine,” Yang explains, because there are so many flavors in the cuisine.

At his two George and Son’s, flavors of Burma, Cambodia and Thailand meld with traditional Chinese, but at his North Central restaurant, the focus is squarely on China—a decision based on customer demand, Yang points out.

Among the most popular dishes are Shrimp with Honey Glazed Walnuts (\$14), a Spicy Crackling Calamari appetizer (\$10), Orange Chicken (\$13), and Gramma’s Salad (\$9), a dish Yang concocted based on a family favorite.

“We want to give our customers food that’s fresh, that’s full of flavor,” Yang says. “And we provide it in a great environment with service that caters to the customers.”

George Yang’s Chinese Cuisine, 6048 N. 16th St., in the Tangelo Village Shopping Center, is open every

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FOOD FOR THOUGHT

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Dining Briefs

Brat Haus opens North Central location

People looking for something different for lunch or dinner in North Central Phoenix can check out a big variety of brats, burgers, salads and beers at Brat Haus.

The restaurant recently opened at 6025 N. 16th St., just north of Bethany Home Road in the space formerly occupied by Capriotti's Sandwich Shop. It's the second Brat Haus beer garden and scratch kitchen in the Valley—the other is at 3622 N. Scottsdale Road.

Brat Haus offers a curated selection of imported beers, along with a menu featuring brats, Belgian-style fries, burgers, hot pretzels, and house-made dips. The dining room seats approximately 48 people. The outdoor area seats around 45 and features picnic tables, lawn games, and is dog friendly. Guests can order at a counter and expect to get their meals within minutes at the North Central location.

During happy hour customers can get \$2 off glasses of wine and drafts and the restaurant's signature Giant Bavarian Pretzel for \$10.

The North Central Brat Haus is open from 11 a.m. to 10 p.m. daily. To learn more, visit www.brathausaz.com.

The Macintosh adds Thursday dinner series

Indulge in four-course dinners offered by The Macintosh in partnership with area butchers and craft breweries during the new "Third Thursdays."

The Macintosh is teaming up with other businesses to provide the monthly dinner series at its restaurant, located at 2119 E. Camelback Road, Suite A21. The next "Third Thursdays" event will take place 5-9 p.m. on Aug. 15.

During the Aug. 15 dinner, The Macintosh is teaming up with Arcadia Meat Market. The menu includes chicken liver pate made with locally raised poultry from Two Wash Farms and the The Macintosh's barrel-aged Negroni, lamb meatballs and grits served with Truth or Consequences Syrah.

Diners will enjoy hand-churned ice cream, made with grass-fed cream and milk, with Collins Irish Coffee for dessert. This Arcadia Meat Market dinner is \$65 per person, including wine and bar pairings and \$45 for the dinner without drinks.

For details about the upcoming "Third Thursdays" dinner series, visit www.themacintoshaz.com/third-Thursdays or call 602-368-8766.

New coffee shop opens with social enterprise

The nonprofit Cultivate Coffee, founded by Chris and Bethany Priebe and located at 505 W. Dunlap Ave., works with refugee and other disadvantaged youth to provide paid work experience and other important employment skills.

The coffee shop officially opened for business late last month, but had been open Thursdays late afternoons and Saturday mornings, with limited sales, for community events such as open mic night, trivia night, game night, and Storytime Saturdays.

please see COFFEE SHOP on page 40

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A black and white photograph of a group of people in a pool, some sitting on the edge and others in the water. Overlaid on the image is the text 'IT'S HAPPY HOUR SOMEWHERE' in large, bold, white letters. Below this, the locations 'PHOENIX SCOTTSDALE TEMPE GILBERT' are listed in a smaller font. At the bottom, the website 'CULINARYDROPOUT.COM' is displayed. In the top right corner, there is a logo consisting of a star inside a circle, with the text 'CULINARY DROPOUT' below it. Social media icons for Facebook and Instagram are also present in the bottom right corner.

FOOD FOR THOUGHT

COFFEE SHOP continued from page 39

Cultivate Coffee will host a special grand opening event Saturday, Aug. 17. Follow them on Facebook at CultivateMore, or visit them online at <https://cultivatecoffee.org>.

Press opens roastery with café, bar areas

Press Coffee company on July 19 hosted the grand opening of The Roastery by Press Coffee, the new flagship roasting facility and café at 10443 N. 32nd St.

The new, 5,600-square-foot, two-level roastery sports a spacious layout and modern design, allowing guests to see the roasting process in action while enjoying food and drinks in the comfortable lounge area.

"The Roastery allows us to share with the public our love for coffee and how we make it," said Steve Kraus, co-owner of Press Coffee.

The second-level space can accommodate more than 30 people for private events and coffee classes taught by Press experts. The café serves an expanded food and drink menu. In addition to the coffee- and espresso-based drinks found on Press' current

menu, guests can enjoy beer, wine and a selection of liquor. The "adult" cold brew shaker featuring peanut butter whiskey is one notable addition.

Press Coffee has been Arizona's local coffee roaster since 2008, now with seven locations including its Biltmore location, 2390 E. Camelback Road. Visit Press Coffee online at <http://presscoffee.com> and on Facebook, Twitter and Instagram @presscoffee.

Locals introduce unique mezcal to Phoenix area

Some people hear the word "mezcal" and wince or shake their heads doubtfully. But that's because they haven't ever tried a high-quality version of this diverse spirit made from agave leaves.

Learn more about this oft-maligned beverage—and give your taste buds a treat—during a #MezcalMonday education series, brought to you by Mezcal Carreño and hosted by Honor Amongst Thieves, 7:30-8:30 p.m. Monday, Aug. 19.

The small family producer of Mezcal Carreño is highlighting its artisanal mezcal that has launched in the United States this year—specifically, in the Valley of the Sun.

North Central Phoenix resident Abel Arriaga, longtime friend and now business partner with Ivan Carreño, fourth-generation mezcal maker (and Valley resident), already have seen the popularity of their spirit explode in the Phoenix area, going from 24 distribution sites to more than 90 in just a few months. The Carreño family has been making mezcal from wild agave, specific to the Oaxaca region, since 1904.

Come learn about the handcrafted process of creating mezcal while enjoying the featured four-taste flight from Mezcal Carreño on Aug. 19. There is no cost; seating is limited and is first-come, first-served. Honor Amongst Thieves is the bar located above Stock & Stable, 5538 N. 7th St.

If you can't make the tastings, several local establishments are serving Mezcal Carreño, including The Bevv—next door to Stock & Stable—as well as Phoenix Ale Brewery and Rito's Mexican Food, across the street at The Crown on 7th plaza. More than a dozen other North Phoenix eateries/bars also now carry it, and you can pick it up at Thomas Market Liquors at 345 W. Thomas Road, and Cellars Fine Wine & Spirits, 10660 N. 32nd St. To find a location in your area, visit

www.MezcalCarrenoUS.com/Find-Us, or visit them on Facebook at MezcalCarrenoUS.

Pop-up dinner series at Muse & Market

Muse & Market, a local woman-owned restaurant at 4602 E. Thomas Road, offers a special prix fixe, pop-up dinner series in August and September, for just \$45 a person.

Muse & Market owner and general manager Laura Pich has joined forces with Chef Nick Rusticus, former executive chef of Second Story Liquor Bar in Scottsdale, to create a modern dining experience that is eclectic, thoughtful and inspired. The "Inhabit" dinner series offers a three-course meal with ingredients to suit a variety of tastes.

The dinners take place Fridays and Saturdays with seatings at 5:30 and 7:30 p.m., Aug. 2-Sept. 28. The ticket price does not include tax, tip or alcohol. For more information or to reserve your seat, visit www.museandmarket.com/market, or call 602-218-6773.

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

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What is adult ADHD?

When we think of ADHD, we typically picture a hyperactive 6-year-old boy causing mayhem in the classroom. Unfortunately, the condition affects a much wider segment of the population and is often undiagnosed until adulthood.

Attention Deficit Hyperactivity Disorder (ADHD) is a chronic neuropsychiatric condition that affects both children and adults. The term Adult ADHD is actually a misnomer, as the condition is often diagnosed in adulthood but the symptoms have been present since early childhood. Unfortunately, the condition is often missed in childhood or diagnosed but left untreated.

ADHD is characterized by a variety of symptoms that can have a major impact on a person's personal and professional success. It is estimated that 9% of children and 4% of adults in the United States have ADHD. The major symptoms include:

- Impulsiveness
- Disorganization and problems prioritizing
- Poor time management skills
- Problems focusing on a task

- Trouble multitasking
- Excessive activity or restlessness
- Poor planning
- Low frustration tolerance
- Frequent mood swings
- Problems following through and completing tasks
- Hot temper
- Trouble coping with stress

While most people will experience these symptoms at some point in their lives, those with ADHD will often recognize that they have been present and problematic for their entire lives. Identifying and treating ADHD in adulthood is often an emotional and gratifying revelation after years of struggle.

Many of the symptoms of ADHD co-occur in other conditions as well, so if this article resonates with you or someone you know, please reach out to schedule an evaluation. In the typical Uptown fashion, we'll complete a comprehensive confidential evaluation and explain the results and all treatment options in detail.

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