



north central news

the voice of the north central phoenix community since 1999

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Vision Zero: eliminate city's traffic fatalities

By Kathryn M. Miller

Across the country, there are an estimated 40,000 traffic deaths each year, and millions more injuries. In Phoenix, the numbers are sobering. In 2019, crash data showed there were six fatalities involving cyclists; 72 involving pedestrians; and 99 involving motor vehicles. Despite “stay at home” orders and other pandemic related actions, the numbers jumped by 5 percent in 2020. Fast forward to 2021, and the unofficial numbers show there were 8, 97 and 127, respectively — that’s a 25 percent increase from the year prior.

During a presentation at a March 2022 meeting of The HUB (Hatcher Urban Businesses), Kini Knudson, director of the City of Phoenix Street Transportation Department, shared these grim statistics. He added that Phoenix is the third highest in the nation for overall traffic fatalities, behind only Los Angeles and Houston, first and second, respectively. And when you look at the stats on a per-capita basis,

please see VISION ZERO on page 8



Volunteers are needed to help pack food boxes and more at Nourish Phoenix, a nonprofit food and clothing pantry. The organization, which provides a wealth of services for local families in need, depends heavily on volunteers to support its mission (submitted photo).

Nonprofit helps moms on Mother's Day, beyond

By Kathryn M. Miller

Nourish Phoenix, a nonprofit fighting poverty in Phoenix since 1984, is helping mothers all over the Valley feel pampered and appreciated on their day.

During the month of April, the organization collected new and unused purses and goods — everything from hair ties and hair products to makeup, nail polish, scarves and other accessories were packed into purses by volunteers to distribute to moms who could use a boost this year.

But the organization does so much more than these types of special programs, and for so many more than just Valley moms. Five days a week, Nourish Phoenix is serving as many as 150 Valley families in need by providing a wealth of services at its downtown Phoenix location.

“We are a full functioning food pantry and clothing pantry,” shared McKenna Kiesling, the volunteer and donations coordinator. “We offer food boxes for our clients full of nutritious vegetables, produce, dry goods, meat and dairy, as well as clothing items, bedding, household things.

“We also give out hygiene kits as we have them available — shampoo, conditioner, laundry soap and cleaning items. And then we provide diapers, as well,

for our clients who have diaper age children.”

The small staff of eight also includes Sandra, who is the workforce coordinator and helps clients find employment by assisting with resume writing, searching for jobs online and helping clients prepare for an interview. Another employee helps clients register for programs such as food stamps, EBT and medical insurance through AHCCCS (Arizona Health Care Cost Containment System).

“We have a lot of services,” McKenna added, “but those are the main ones.

Of course, serving that many families, five days a week is a huge task, and the nonprofit that gives so

please see NOURISH on page 6

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in this issue

- Local author on the power of poetry | page 4
- Fire ban in effect in city parks | page 9
- Transforming lives through fitness | page 18
- Senior strut their stuff in fashion show | page 26
- Brunch and sip in Southern style | page 41



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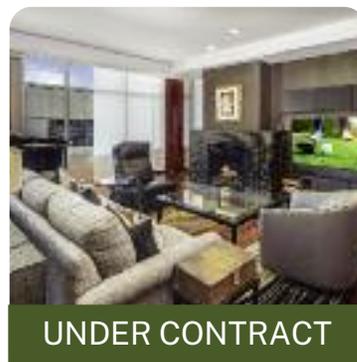
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From the Editor

For our May cover stories, we visited Nourish Phoenix as they were gearing up for a special Mother's Day event, and we take a look at some of the unique programs that the City of Phoenix currently has in the works to help keep our neighborhoods safe.



Also this month, I caught up with North Central author Alice Scott-Ferguson who, recently published her second volume of poetry [page 4], and Bill Ross Fitness Solutions, where owner Bill Ross wants to help residents transform their lives through fitness [page 18].

In this month's Café Chat, Marjorie Rice sits down with Larry "Lo-Lo" White, Jr. to discover the roots of his

Southern soul food at Brunch & Sip and beyond [page 41]. Also in our "Food for Thought" section, we introduce you to a new business in our North Central neighborhood, Elevated Seltzer [page 42]. And don't miss our short list of brunch spots to help you plan for Mother's Day, May 8 [page 44].

Throughout the issue, you'll find news from neighbors, community organizations, schools and businesses in the area, as well as events taking place in and around North Central.

As always, we appreciate your feedback on stories and input on issues that you feel are important to cover. In the meantime, thank you for your readership — we hope you enjoy our May issue!

All my best,
 Kathryn M. Miller
 Editor, *North Central News*
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Author offers power of poetry to readers

By Kathryn M. Miller

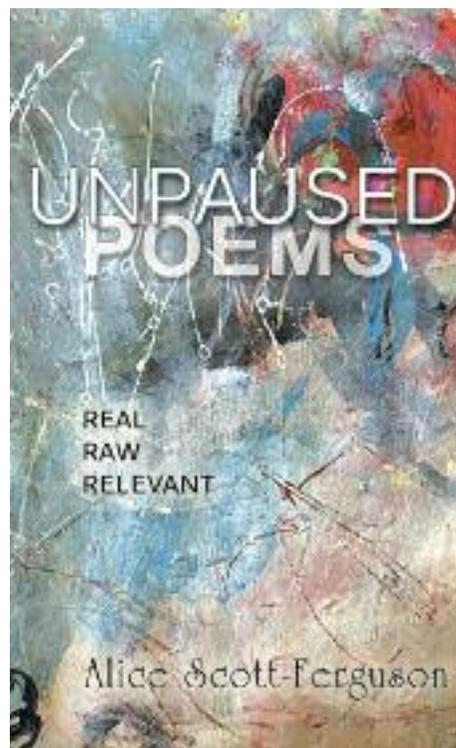
Poetry, says author Alice Scott-Ferguson, “finds an echo in the heart that allows the reader to identify their own feelings of loss, longing, joy and sorrow; some deeper emotions they may not know how to express by themselves.”

With her latest volume, “Unpaused Poems,” written in part during a pandemic and filled with all of those feelings, emotions and more, the 82-year-old North Central Phoenix author has once again found a way to tap into the therapeutic power of poetry.

Although she has published non-fiction books prior, the author has only been writing poetry for about six years, prompted by tragedy in her own life.

“The first spontaneous expression of poetry was following the sudden death of my father,” shared Scott-Ferguson. “It just came,” she continued, “I think it’s probably the only unedited thing I’ve ever written.”

The poem, “A Day Too Late,” was published in a local magazine of the



Shetland Islands of Scotland, from which she came, and a new focus for her writing was born.

But poetry, she says, has always been a part of her life—from her earliest school days to finding a small volume of classical poetry that she adored as a child.

Both of her parents also were voracious readers and poetry held a particular interest for her father, who could recite incredibly long passages by heart. So, it was fitting, she says, that her first poem was written about him. She says that poetry also is a way to hold on to memories, and a source of strength and comfort that one can tap into when needed



Alice Scott-Ferguson

“A short poem, or even a line from a poem, can be carried like a tune long after it is read.”

Scott-Ferguson says that a big part of being a poet is to be vulnerable, “People see through people who are just putting on. But when it comes from the heart, the heart echoes back.”

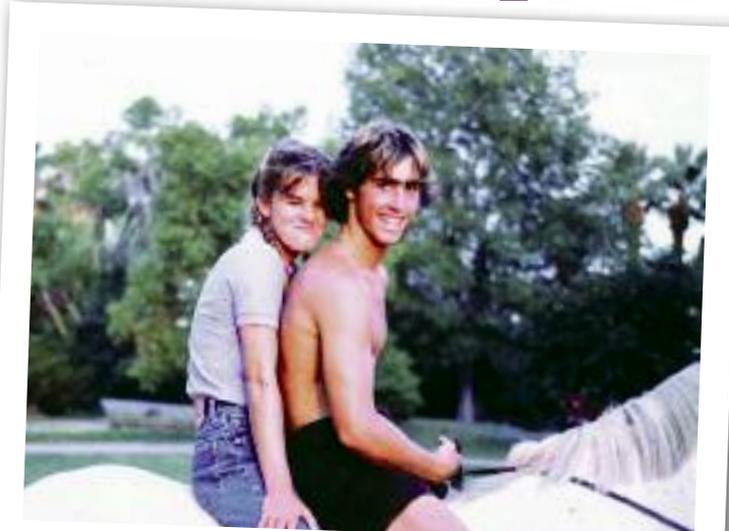
And for those who may be looking for an outlet for their own expressions, the author offers this advice: “WRITE!”

“Don’t try to be anyone else. Your voice is utterly unique in the entire world. Everyone has a story, but not everyone can articulate that story well. If you are a writer, the desire and ability will flow out of the gifting and the world will be glad!”

Scott-Ferguson currently is working on her memoir. Her work can be found at www.cladach.com or www.amazon.com.

Faye Tait joins BHHS Arizona Properties

Faye Tait has joined Berkshire Hathaway HomeServices Arizona Properties at the Camelback office. Ms. Tait, a native Phoenician, brings many skills to the Valley’s top Berkshire office. With several years of financial advisor experience at Merrill Lynch and PaineWebber’s wealth management divisions, and significant training, Ms. Tait has a unique skillset and driven work ethic. She also has been a dedicated volunteer and community leader in the charitable arena, having served as president of the Junior League of Phoenix, Golden Gate Community Center Guild, Xavier College Preparatory Alumnae Association and is a founding board member of Ryan House. Ms. Tait grew up in North Central Phoenix and said her fondest memories were riding her horse on Murphy’s bridle path, marrying her high school sweetheart Tom Tait, Jr., and raising their three children on Glenn Drive.



Faye & Tom on Ginger - 1981



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Arizonans facing foreclosure, eviction or struggling to pay their mortgage or rent can receive one-on-one housing counseling services from nonprofit agency Take Charge America, including the possibility of qualifying for up to \$25,000 in mortgage assistance through the state’s Homeowner Assistance Fund.

“Although the pandemic may be waning, thousands of Arizonans are still experiencing its financial impacts and struggling to make their house payments,” said Jeremy Wine, manager of housing counseling services for Take Charge America. “Whether behind on their mortgage or struggling to pay rent, many are facing housing instability across the state. Our HUD-certified counselors can work with them to determine the best path forward.”

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NOURISH continued from page 1

many a hand could use some help, too. "We always need volunteers," shared executive director Beth Fiorenza.

Fiorenza, who has been in the human services sector for more than 20 years, and with Nourish just over four years, said that during the height of the pandemic, when residents were unable to volunteer, they had the help of the National Guard. But now, the need for services is greater than ever, and so is the need for volunteers.

"[Volunteers] are coming back slowly but surely. We always need people during the week, during the week-day," she added.

Fiorenza noted that volunteers would do everything from sorting donations to packing food boxes or stocking or assisting in the clothing room.

"Families can come in three times a month for food and once a month to shop for clothing," she said, adding that everything is provided for free to the clients, which means that donations are always welcomed as well.

"We're always needing donations of clothes, men's and children's especially," Fiorenza said.

Food donations also are accepted to help stock the pantry, and for those who would like to make a monetary donation, the nonprofit is eligible for the Arizona Charitable Tax Credit.

Nourish Phoenix is located at 501 S. 9th Ave. and is open Monday through Friday. Client service hours are 9–11 a.m., and a new Food Box Happy Hour (4–6 p.m. on the second and fourth Monday of the month) was launched in April to cater to families who work during the regular food pantry hours.

Donation hours are 8 a.m. to noon (enter at the gated parking lot on 9th Ave.).

To learn more about volunteering, donating or for general information, call 602-254-7450 or visit www.nourishphx.org.

Duet founder inducted into Hall of Fame

Duet: Partners In Health & Aging announced that Rev. Dr. Dosia Carlson was inducted into the Arizona Women's Hall of Fame at an April 27 ceremony.

"We couldn't think of anyone more deserving than Dosia," said Ann Wheat, executive director, Duet. "She has always cared deeply about seniors.



Rev. Dr. Dosia Carlson was inducted into the Arizona Women's Hall of Fame at an April 27 ceremony (photo by Joyce Buekers)

Four decades ago, she had a vision to create an organization where every person ages with compassion, dignity and hope. Today, we continue to carry out her vision and legacy by serving thousands of Arizonans each year."

The Arizona Women's Hall of Fame pays tribute to the remarkable women whose commitment and contributions have played a significant role in the development and quality of life in Arizona.

Among her many other service pursuits, in 1981 Carlson founded Beatitudes Center for Developing Older Adult Resources, which changed its name to Duet: Partners In Health & Aging in 2009. She served as executive director through 1994. Carlson passed away January 2021 at the age of 91.

Wheat added, "Throughout her life, Dosia was involved in multiple pursuits, from author and composer, to serving her congregation and community. She was a resounding testament to life of service to others."

Three living legacies (Sheila Grinell, Governor Janet Napolitano and Dr. Victoria Mary Stevens) and three historical legacies (Dosia Carlson, Edna Landin and Dr. Pearl Tang) were added to the 167 women who have been inducted into the Arizona Women's Hall of Fame. Each woman has left a lasting legacy in her field. Kate Gallego, Phoenix Mayor, and The Honorable Katie Hobbs, Arizona Secretary of State, served as honorary co-chairs of the event.

For additional information about Duet, call 602-274-5022 or visit www.duetaz.org. Learn more about Arizona Women's Hall of Fame at www.azwhf.org.

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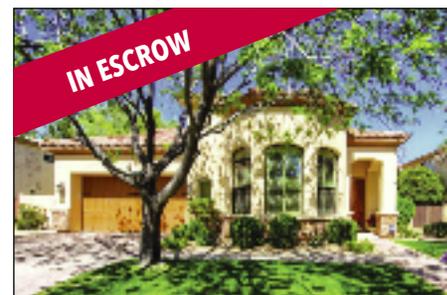
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COMMUNITY

VISION ZERO continued from page 1

Phoenix surpasses both cities.

Phoenix is 520 square miles, has 5,000 miles of city streets and 1,200 traffic signals. That’s a lot of area to cover. So, what is the city doing to make the roadways safer? Successful action begins with a plan.

The Phoenix City Council and the mayor in March 2021 approved the development of a Road Safety Action Plan. The plan will conduct a comprehensive evaluation of current safety conditions; establish a clear vision and mission that unites residents, stakeholders and city staff with a common goal; provide public engagement; and determine a High Injury Network that informs prioritization. All of this will be done through updated evaluation and recommendation tools.

Now, the city is ready to take the plan to the next level. At its Jan. 25 meeting, the Phoenix City Council voted to incorporate Vision Zero into the goals of the city’s Road Safety Action Plan (RSAP/VZ).

Vision Zero is a strategy to elimi-

nate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all.

First implemented in Sweden in the 1990s, Vision Zero is gaining momentum in major American cities. The Vision Zero Network (www.visionzeronet.org) recognizes cities that take action towards adopting this approach to road safety as “Vision Zero Communities.”

The core philosophy behind Vision Zero is that traffic-related deaths and serious injuries are preventable, and that one traffic fatality is one too many. The goal is to explore and implement strategies to get cities to a point where serious injuries and fatalities on roadways are down to zero.

“One fatality out there is somebody’s mother or brother or sister or grandfather or child,” Knudson said, “One is too many.”

What are the advantages of incorporating a Vision Zero strategy in Phoenix’s existing safety action plan? First, it creates a public, high-level and ongoing commitment on the part of the city, which must set a timely goal to

eliminate traffic deaths and serious injuries — and share their progress. The program also allows the city to access federal support.

The bipartisan infrastructure bill that was signed into law in November includes programs such as Safe Streets and Roads for All, which will provide \$5–6 billion in grants over the next five years, and focuses on Vision Zero cities to help them develop and implement road safety plans.

“Becoming a Vision Zero City puts us in line to be very competitive at the federal level for Vision Zero dedicated resources to help us implement things here in Phoenix,” Knudson shared.

The first draft of the RSAP/VZ plan will be available in summer 2022, and residents will be asked for their input, then a task force will be developed to finalize the plan, which will then be presented to the mayor and council in fall 2022.

In the meantime, the Street Transportation Department continues to work on near-term safety improvement projects (www.phoenix.gov/streets/projects).

At the end of March, the city officially activated its 75th HAWK (High-Intensity Activated CrossWalk). If you’ve driven through Phoenix’s Melrose District and elsewhere, you’ll recognize the HAWK. The pedestrian traffic signal helps provide a safe and easy crossing point for pedestrians at busy intersections and at mid-block locations. The March installation was one of 38 new HAWKs installed in just the last five years, and more are scheduled for installation before the end of the calendar year.

The 3rd Avenue Improvement Project, which is ongoing, will improve the safety, access and comfort for people walking and riding bicycles in the neighborhoods along 3rd Avenue, between Camelback Road and Missouri Avenue. The study will recommend and design sidewalks and innovative facilities, including shade trees and features that will minimize neighborhood cut-through traffic and keep vehicle speeds lower. The planning portion of this project is complete and the city is seeking funding to complete the final design and, once complete, construction.

Another North Central project is the Mountain View Road improvement program, taking place from Mountain View Road to Peoria Avenue; 15th Avenue to 7th Avenue. The project, federally funded through the Safe Routes to School program, will enhance safety and accessibility for school children and other pedestrians near Mountain View Elementary School. A public meeting was held in February, with design anticipated to be completed at the end of April. Construction should begin this fall.

Knudson encourages residents to get involved in the RSAP/VZ and make their voices heard, “1.7 million residents who are out there experiencing and using our roadways each and every day, they see where the safety issues are. We want to hear from them.”

Follow the progress of the RSAP/VZ or provide input at www.phoenix.gov/roadsafety. For additional information, call the Street Transportation Department’s main number: 602-262-6284.



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Fire ban in city parks goes into effect

Beginning May 1, Phoenix Parks and Recreation Department will put into effect its annual ban of open fires in the city's desert parks and mountain preserves. The Maricopa County Parks and Recreation Department's annual fire ban goes into effect the same day. Smoking and charcoal fires are included in the ban due to the extreme fire danger that the combination of low humidity, increased temperatures, excessive dry vegetation, and frequent high winds create each spring.

The ban applies to Camelback Mountain, Deem Hills Recreation Area, Lookout Mountain, Papago Park, Phoenix Mountains Park and Recreation Area, Phoenix Mountains Preserve, Phoenix Sonoran Preserve, North Mountain Park, Rio Salado Habitat Restoration Area and South Mountain Park/Preserve. The ban does not apply to the city's flatland parks.

Motorists traveling through or near Phoenix's desert parks and mountain preserves should use extreme care



The annual ban of open fires in Phoenix's desert parks and mountain preserves goes into effect May 1 (photo courtesy of the Phoenix Parks and Recreation Department)

with smoking materials and dispose of those only in their vehicle's ash tray. In addition, to protect their homes, residents whose property borders the city's preserve land may remove dry shrubs, brush and grasses, and trim dead branches from trees within the 10-foot strip of land that borders their property. By creating this 10-foot "buffer zone" residents can help to protect their homes from potential brush fires

in the adjacent preserve land.

For general information regarding removing vegetation, residents can contact a Phoenix Park Ranger at 602-495-5458 or natural.resources.pks@phoenix.gov.

Detailed information about Phoenix's 41,000-plus acres of desert parks and mountain preserves, and 200-plus miles of trails, is available at www.phoenix.gov/parks.

May events at Desert Christian

Desert Christian Fellowship will offer a variety of free programs to the community this month.

First up, on May 9, all ages and skill levels are invited to "Volleyball in the Park" at Butler Park, 15th Avenue and Butler, from 9 a.m. to noon. Thursday, May 12, at noon is the Seniors Potluck, which will feature a guest speaker. Bring a favorite dish to share and take the opportunity to meet people in a fun atmosphere.

A free family movie night will be held Friday, May 13, at 6 p.m. "The Prince of Egypt," an animated musical based on the Book of Exodus, will be screened, and snacks will be provided.

Finally, Friday, May 20, is drive through food distribution day. Lots of fresh fruit, vegetables and staples will be provided to members of the community from 7-9 a.m.

Desert Christian Fellowship is located at 1445 W. Northern Ave. in Phoenix. For additional information, call 602-861-4008.

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COMMUNITY

Podcast series presents food for thought

Church of the Beatitudes, will present “MonoDia Worship Podcast,” an alternative worship experience that will be held on the first and third Sundays, at 8:45 a.m.

Rev. Tony Minear, Ph.D., will present an intriguing, inspiring and at times provoking MONOlogue message, followed by a lively DIAlogue facilitated by communications specialist, Janelle Tapphorn, M.A. Listeners and live audience members are encouraged to participate in the dialogue by submitting questions and comments to the live discussion by text or social media chat.

On Sunday, May 15, MonoDia will welcome thought leader, award-winning author and dynamic speaker Jan Phillips to the podcast (www.jan-phillips.com). Phillips is a writer, storyteller and workshop facilitator who provokes thought and inspires action. Her retreats and presentations are multi-media, multi-sensory events that connect the heart and brain. Her new book, “Still on Fire: Field Notes from a Mystic Queer,” is a memoir of religious wounding and spiritual healing, of judgment and forgiveness, and of social activism in a world that is in our hands.

Phillips will also speak more about her latest book during the church’s regular Sunday service of worship at 10:30 a.m.

Church of the Beatitudes is located 555 W. Glendale Ave., Phoenix. Watch the MonoDia presentation in Nelson Hall Lounge, or online at <https://beatitudeschurch.org/live>. Listeners can text questions and comments to 480-389-4974. For additional information, visit www.beatitudeschurch.org.

Save the date for summer wedding show

The Arizona Wedding Show, which features more than 200 of the Valley’s top wedding experts all in one place, returns June 5.

According to organizers, in 2022, there will be an estimated 2.6 million weddings — the most since 1984. With such an influx of celebrations, planning ahead will be key to a successful event. From finding the perfect venue and photographer to planning honeymoon details, the show has everything soon-to-be newlyweds need. Participating vendors will showcase items such as



Author Jan Phillips will join the MonoDia podcast and discuss her latest book, “Still on Fire: Field Notes from a Mystic Queer” (submitted photo).

cake, flower arrangements, gowns, bridal makeup, photo booths and more.

The show, held during Pride Month, marks Arizona Wedding Show’s inaugural partnership with LGBT Weddings (www.lgbtweddings.com) in an effort to provide a supportive, inclusive and welcoming environment for all attendees. It will offer an environment where members of the LGBTQ+ community can have open and comfortable conversations with vendors and find vendors that specialize in LGBTQ weddings.

Arizona Wedding Show will be held Sunday, June 5, 9 a.m. to 3 p.m., at Phoenix Convention Center, South Building, 33 S. 3rd St. in downtown Phoenix. For more information, visit www.arizonaweddingshowjune.com.

Kiwanis Club hosts charity golf tourney

The Valley of the Sun Camelback Kiwanis Club is gearing up for its 27th annual charity golf tournament, the “Sunstroke Open.”

Kiwanis is a completely volunteer organization, and 100 percent of its funding goes to underprivileged youth and families, including school programs and post-secondary scholarships. The club also provides support to organizations that focus on helping needy families elevate their lives.

The Sunstroke Open will be held Saturday, June 4, at Raven Golf Club, 3636 E. Baseline Rd., Phoenix. The scramble format tournament begins at 7 a.m. and will include post golf lunch, raffle, silent auction and more.

For more information or to register as a player or sponsor of the event, visit www.kiwanisvosck.org.

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COMMUNITY

Explore Arizona with local author

With his latest book, "Arizona's Scenic Roads and Hikes," Arizona travel writer Roger Naylor coaxes readers outdoors with an array of wonders.

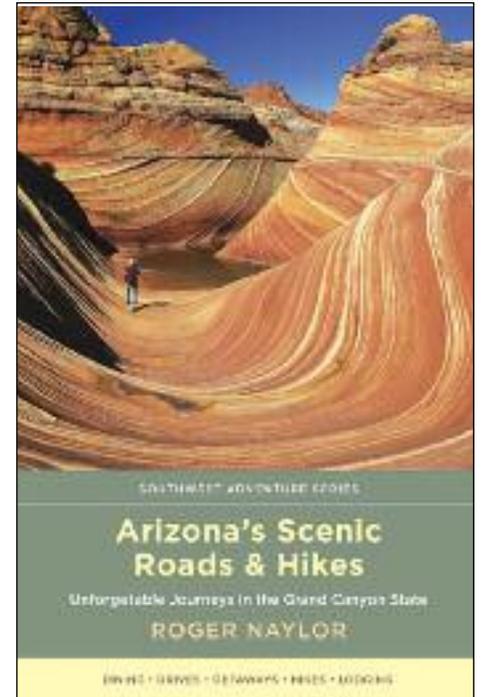
The book points the way toward the very best the state has to offer. Travel from sun-kissed deserts to the summits of snow-capped mountains, from the cosmic abyss of the Grand Canyon to the red rocks of Sedona and the haunting hoodoos of the Chiricahua Mountains. Visit ancient Native American villages, chase Old West legends, and get your kicks on Route 66.

In this guide, Naylor features all 27 of Arizona's state-designated scenic and historic roads, including five National Scenic Byways. The stunning drives are arranged by region and include starting and ending points, mileage, vivid photos, full descriptions, and suggestions on locally owned places to eat and sleep.

Valley residents will have the chance to hear from the author at a "book talk" event at North Mountain Visitors Center, Saturday, May 14. The event begins at 11 a.m. Naylor's books will be on sale at the event.

Learn more about the author at www.rogernaylor.com.

North Mountain Visitor Center is located at 12950 N. 7th St. in Phoenix. For additional information, call 602-343-5125 or visit www.northmountainvisitorcenter.org.



shared Christina Spicer, Interim Co-CEO of GSACPC. "Despite selling during a pandemic and experiencing inventory shortages, our girls were confident and innovative as they engaged with customers across central and northern Arizona. We celebrate their entrepreneurial spirit and are grateful for the generous support from the community."

The funds raised through the cookie program will allow local girls to take part in a variety of programs, community outreach projects and enrichment over the next year.

For more information, visit www.girlscoutsaz.org.

Scouts sell 2.6 million boxes of cookies

The Girl Scout Cookie Program is the largest girl-led entrepreneurial program in the world, and this year, the Girl Scouts—Arizona Cactus-Pine Council (GSACPC) are celebrating some sweet success.

From Jan. 17 to Feb. 27, participating Girl Scouts across central and northern Arizona sold more than 2.6 million boxes of cookies, and along the way built essential entrepreneurial skills imperative to leadership and future success.

In addition to helping girls learn essential life skills like decision making, money management, people skills, business ethics and goal setting, the program helps Girl Scouts earn money for fun, educational activities and community projects.

"Our 2022 Girl Scout Cookie season was the most memorable one yet,"

Sponsorship will fund community garden

The City of Phoenix Parks and Recreation Department has announced a \$2 million sponsorship from Republic Services, Inc. that will help fund a one-acre sustainable oasis featuring native desert plants and shaded walking and seating areas at Margaret T. Hance Park.

The garden oasis will feature 33 native desert plants chosen for their ability to thrive in the Phoenix heat and requires low water usage.

Construction has already begun on the one-acre Republic Services Garden that will live just east of the playground and splash pad areas. The project is expected to be completed in time for Phoenix's hosting of Super Bowl LVII in February 2023.

For more information, visit <https://www.phoenix.gov/newsroom/parks-and-recreation/2319>.

It's not too late to Vaccinate!

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COMMUNITY

Help keep streets, highways litter free

The Arizona Department of Transportation (ADOT) and its maintenance contractors picked up 118,578 bags of trash along freeways in Maricopa County last year. This translates to approximately 811 tons, which continues an upward trend in the amount of litter accumulation along Valley freeways since 2017.

ADOT says that during the past five years, litter has steadily increased along state freeways in Maricopa County. In 2017, ADOT picked up 80,442 bags of litter compared to the nearly 119,000 bags last year — a 47 percent increase.

Maintenance crews are able to clean about 250 miles along the freeway system once a week thanks to funding from the Maricopa Association of Governments. Nevertheless, the amount of litter and trash increases along Valley freeways year after year.

“Drivers can help out by simply not littering,” said Mary Currie, who manages ADOT’s Adopt a Highway programs. “Don’t toss that burger wrapper,



An ADOT worker cleans up trash strewn along the mini-stack (photo courtesy of ADOT).

paper cup or cigarette butt out of the window. All of those seemingly small and insignificant items build up over time creating safety issues.”

Some of those safety issues include blockages of stormwater drainage grates, sometimes preventing water from flowing freely to retention basins, drainage channels or pump stations. That can cause standing water to build in low

lying locations along freeways. Over time, litter also can negatively impact the operation of pumps that remove storm runoff along some freeways.

It’s also important to secure your load before traveling. ADOT’s Incident Response Unit sponsored by State Farm, whose job is to patrol Valley freeways to provide vital services including removing litter and debris blocking the road,

responds to an average of 26 calls per week for debris blocking the highway. In fact, one-third of all the calls the IRU receives are for litter blocking the road.

The Maricopa Association of Governments works to keep roadways clean through its Don’t Trash Arizona campaign. Those who litter along Arizona highways can face fines up to \$500.

For more information, visit www.azdot.gov.

Cross Roads hosts military history speaker

Cross Roads United Methodist Church will host Peter Lumianski, Captain, U.S. Navy, Retired, as he presents “Honoring Arizona’s Cold War Veterans.”

The public is invited to the presentation, which will be held Sunday, May 22, from 8 a.m. to 9 a.m. at the church, 7901 N. Central Ave. Coffee and bagels will be provided. Attendees are invited to stay for worship service, which starts at 9:30 a.m.

To RSVP for the talk, leave a message for Carol Culbertson at 602-943-7834.



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COMMUNITY

Pet of the Month

Handsome King may rule your heart

Fit for any royal household, King is an incredibly handsome one-and-a-half-year-old American Pit Bull Terrier mix that came to the Arizona Humane Society in January as an owner surrender.

Treated for allergy issues, this Oreo pup was quickly adopted but unfortunately returned when his new family could not keep up with his zest for life.

Now that he is back with AHS, King has been working with the shelter's Behavior Team to help keep him active both mentally and physically. Learning how to channel his energy in a positive manner through enrichment activities such as "four on the floor" or giving a sit before going on walks has helped him on his path to learning. As with any young pup, this extremely smart boy loves learning new tricks and is eager to please his human friends.

King is incredibly energetic and would love a family that helps him get his wiggles out by playing with him, going on long walks and giving him



The one-and-a-half-year-old King is a handsome, smart boy who would love a family that helps him get his wiggles out.

plenty of enrichment activities such as Kongs and puzzle feeders at home to keep his mind fresh. This majestic boy is not shy to tell you what is on his mind and will give cute little noises back to you while he's talking — especially if treats are involved.

Because of his love for all things active and his puppy mindset, King would do best in a home with older children that are at least 12 and would benefit from meeting the other pups in the family.

AHS' Virtual Adoption Matchmaking Program by appointment is available to place pets, like the hand-

some King, with their forever families. While he may have already been adopted by the time of a matchmaking appointment, AHS has dozens of other wonderful pets who need loving homes. Interested adopters are encouraged to meet available pets at the shelter, or view them on the Adopt pages on the website.

To schedule an appointment online or to see all adoptable animals right now, visit www.azhumane.org/adopt.

Thrift Boutique supports local animal rescue

HALO Animal Rescue is a nonprofit that was founded in 1994 to provide temporary shelter to abandoned cats and dogs until they can be adopted into permanent homes. Since that time, more than 75,000 dogs and cats have found a new home.

To help support the rescue's mission, the organization operates a thrift boutique that carries a huge selection of women's clothing, shoes, purses and accessories, and all for only \$4 or less for most items.

Located at 11649 N. Cave Creek Rd., Suite F, in Phoenix, the clothing

comes primarily from High Society Resale Boutique. The thrift boutique also now carries high-quality home furnishings donated by Stevan's consignment and Switch consignment.

Currently, the boutique is open Tuesday through Saturday, 10 a.m. to 5 p.m., and Sunday, 10 a.m. to 4 p.m.

Contact the thrift boutique at 602-274-3444. For additional information about HALO Animal Rescue, visit www.halorescue.org.

Don't be a kit-napper this spring

The warmer temperatures this time of year also brings kitten season. Due to Arizona's climate, kitten season lasts several months, and it is not uncommon to see cats, especially kittens, flooding local shelters from April to October.

It is also not uncommon to happen upon a litter of kittens, or even a stray, that at first glance may appear abandoned. If you find a stray kitten, the Arizona Animal Welfare League & SPCA (AAWL) says, "please leave them be."

AAWL says that the best thing you can do is leave the kittens alone. The mother will likely return shortly, and it's critical that the kittens remain in her care as she offers the best chance for survival.

If, however, the mom has not been back for at least eight hours, then, says AAWL, residents can step in and help care for the kittens until they are old enough to find homes. This time of year, Valley shelters are especially overcrowded.

Care in Place kitten care kits are available from the Arizona Humane Society (www.azhumane.org). Contact AHS' Pet Resource Center at 602-997-7585, Ext. 3800, for a free kit (limited to one kit per client per season).

Another resource, So Many Cats (www.somanycats.org), offers tips on how to care for and feed young kittens and has a guide for figuring out how old the kittens are.

In instances where the mom is still with the kittens, AAWL says to let her care for her kittens until they are eight weeks old, then get both mom and the kittens spayed. Contact the Spay/Neuter Hotline at 602-265-7729 for information, then help the kittens find homes with friends, family or neighbors who are looking to adopt.

For additional information and resources, visit AAWL online at www.aawl.org.



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TAKING CARE OF BUSINESS

Local trainer helps clients find life fitness

By Kathryn M. Miller

Bill Ross has been helping individuals meet their fitness goals since 1986. But at Bill Ross Fitness Solutions, formerly known as Major League Conditioning Center, he wants clients to find success outside of the gym as well.

Ross' career in fitness began with conditioning and stretch classes, "before they started calling them boot camps," he shared. He and a partner provided offseason training camps for professional athletes, and when the partner joined the Oakland A's as the spring training conditioning coach, Ross joined him as an assistant.

After three or four years, he decided it was time to branch out on his own, and got picked up by the Kansas City Royals for spring training. This was 1990, when the roster included players such as Bo Jackson and George Brett. It was also a lockout season, so Ross only had three weeks instead of six weeks to get the team ready. His work, however, made an impression and team members asked that he be hired full time.

The manager didn't know what his title should be (his job description was injury prevention specialist), and came up with "strength and conditioning coach." The money wasn't the best, but "the opportunity to be the first at anything is kind of cool," Ross said, so he took the job.

It was a couple of years later, after leaving the Royals, doing a short stint with the A's and returning to college to pursue physical therapy that Ross had a 4 a.m. epiphany. He would take all of the knowledge and experience that he had gained and create something of his own, and the 30-minute workout was born.

He realized that training for an hour-and-a-half was inefficient, so he changed the way he trained. What began as a six-week program is now a four-week program, and Ross says that when clients follow their nutrition program along with the training, they are seeing anywhere from 50 to 80 percent strength gains in less than nine hours of training; clients drop anywhere from three to 10 percent in body fat.

"The way exercise and nutrition is



Local trainer and fitness expert Bill Ross wants to help clients find success in life — in fitness and beyond (photo by Kathryn M. Miller).

being marketed right now, and has been, is not in the best interest of the people doing it," said Ross. "Everybody believes in a calorie in versus calorie out concept. You know eat less, exercise more... That only gives you temporary success. It's about getting your body nourished," he continued.

During the 12-session program, which can be geared toward any fitness level, Ross and his team see result well beyond physical fitness.

"All of us are weak when we haven't done anything for a while. Every single one of us. And then as we start doing it properly, we don't just get stronger physically, we get stronger mentally and emotionally. And the thing that I love to hear from my clients is when they come back and tell me they just did something they've never been able to do, whether it's physical or stand up to something or face a fear.

"Because that's what it's all about. Not just what you do in the gym, it's how you take it with you and use it in your life."

Bill Ross Fitness Solutions is located at 7600 N. 16th St., Suite 125, in Phoenix. For more information, call 602-230-8581 or visit www.billrossfitnessolutions.com.

Business Briefs

Chamber celebrates business achievement

The Greater Phoenix Chamber will honor nine businesses whose good work and successes have strengthened

the community and the Chamber at its 35th Annual IMPACT Awards event.

The 2022 IMPACT Award finalists are named in three categories, including Small business (Amanda Hope Rainbow Angels, Concord General Contracting, Inc. and evolvedMD); Mid-size business (Dircks Moving & Logistics, Jennings, Strouss & Salmon, PLC and K2 Electric); and Large business (Blue Cross Blue Shield of Arizona, Desert Financial Credit Union and Rocket Mortgage).

Three companies will be named Business of the Year at the event.

The IMPACT Award event will be held Friday, May 13, 11 a.m.–1 p.m., at the Sheraton Phoenix Downtown, 340 N. 3rd St. The cost for Chamber members is \$105; non-members, \$125.

For more information, call 602-495-2195 or visit www.phoenixchamber.com.

Valley Metro names new CEO

The Valley Metro board of directors announced in March that Jessica Mefford-Miller will serve as the agency's new chief executive officer. Mefford-Miller brings 15 years of experience connecting people and places through transit at Metro Transit, where she led a team that delivered bus, light rail, paratransit and microtransit across the St. Louis, MO, metropolitan region.

Valley Metro is the regional public transportation agency providing coordinated transit services to residents of

metro Phoenix — from regional bus, streetcar, light rail and paratransit service to alternative commuter solutions.

Kimco announces new tenants

In April, Kimco Realty announced new tenants at two of its North Central Phoenix properties.

The Joint Chiropractic is now open in a 872-square-foot space near Camelback Smiles at Madison Village Marketplace, a shopping center anchored by a Safeway grocery store at 7th Street and Glendale Avenue.

The Joint offers a no-appointment policy, and wellness plans up to four visits per month for a low fixed rate, with additional visits priced at just \$10 per session. A single visit rate is also available for those that do not need regular chiropractic care. To learn more, visit www.thejoint.com.

In addition, Christown Spectrum, the iconic shopping center in the heart of Phoenix at 19th Avenue and Bethany Home Road, will soon add Bamboo Asian Kitchen to its dining options. Bamboo Asian Kitchen is a fast-casual Chinese restaurant. The new 3,360-square-foot restaurant, expected to open at Christown Spectrum in mid-May, will be located next to Great Clips and across from Super Target.

For more information, visit <http://christownspectrum.shopkimco.com>.

Gulick will lead Arizona's early childhood agency

In March, Melinda Morrison Gulick was named CEO of First Things First (FTF). Gulick will oversee the organization's statewide efforts to improve school readiness for children birth to age 5.

The organization was created by Arizona voters in 2006 to expand early childhood programs that help children arrive at kindergarten healthy and prepared to succeed. Through its volunteer regional councils statewide, FTF has invested in strategies to strengthen families; improve the quality of early learning; and expand access to preventive health screenings for thousands of babies, toddlers and preschoolers statewide.

For additional information, visit www.firstthingsfirst.org.



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2021 vs 2022 Single Family Housing Market Summary

% difference from Jan 1 to April 15, approx. North Central News boundaries, according to ARMLS for single family homes

	2021	2022	Difference
Avg. Sale Price	\$724,631	\$881,116	↑21.6%
Avg. Sale \$/SF	\$294.34	\$375.35	↑27.5%

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HAPPY HOUR WITH HERSCH

We are roughly 1 month away from the Kentucky Derby as I write this. I love the Run for the Roses with all the pomp and circumstances surrounding it. I enjoy trying to figure out all the factors and finding the winning combinations. Most years I am unsuccessful but last year I was spot on and had quite the day hitting the winner, the exacta and the trifecta. Below are the 4 horses I will be focusing on, unless something significant happens in the next 30 days – which in horse racing is very likely to occur.

- 1 CHARGE IT** – This talented and lightly raced colt showed a lot of promise in finishing 2nd in the Florida Derby. There is a lot of room for improvement off that performance. He is royally bred and should like the distance.
- 2 MESSIER** – This horse recently switched to trainer Tim Yankteen from Bob Baffert's barn. We know Baffert put the foundation in to have this horse ready the first Saturday of May.
- 3 FORBIDDEN KINGDOM** – Has looked unbeatable in his Southern California races and trainer Richard Mandella will only send him if he is ready.
- 4 ZANDON** – Chad Brown, who typically dominates with turf horses, is very excited with Zandon's potential. Could be a good price.

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Winner for Last Month – TBD | Last Month's Answer – Jean Dawson

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TAKING CARE OF BUSINESS



Oana co-founders, Maggie Fearnow and Tom Hutchison, enjoy the fruits of the pay-it-forward marketplace (photo by Grace Stufkosky; courtesy of Oana).

Valley company launches pay-it-forward marketplace

A new, modern solution for residents who want to share their goods and services online launched in the Valley in March.

Headquartered in Phoenix and co-founded by locals Maggie Fearnow and Tom Hutchison, Oana, a pay-it-forward marketplace, enables the purposeful sharing of goods and services within private groups and personal networks

The longtime friends say they were frustrated by the lack of options for sharing resources within known social groups, without interacting with strangers or getting involved in unpleasant exchanges on social media. Instead, Oana provides a high-tech platform that allows members to create custom groups where they can share, swap and sell personal services and preloved possessions safely within extended friend groups, by empowering members to choose exactly who sees each listing.

“Whether you’re giving your friend’s kid a baseball bat in exchange for them washing your windows, or you’re enabling someone who doesn’t currently have much money to purchase an item or service from you through their offering of a service, this feature of Oana teaches the value of hard work and reinforces that everyone has value regardless of their financial situation,” said Hutchison.

“Our vision was to create a platform that helps us all contribute as much as we consume,” added Fearnow. “We wanted to make it easy to share

what we already have with others, both preloved possessions we no longer need, and our time and talents through acts of service. With Oana, it’s never been easier to be your best self.”

The app is available for download on Apple or Android devices. To learn more, visit www.oana.com.

Wellness center offers cold plunge, more

RESET Mind and Body is a newly opened wellness center in central Phoenix specializing in muscle recovery. Equipped with a wide range of therapy modalities, RESET features Hyperice Normatec Compression Sleeves, Jacuzzi infrared saunas and hot tub, cold tub, Theraguns, and red-light therapy.

During one-hour sessions guests have access to these therapies and can utilize them as they need and with the diverse selection of modalities RESET offers, there is something to meet everybody’s needs.

After a RESET session guests leave feeling renewed, refreshed, and recovered, shared founder and owner of RESET, Timothy Pacatte.

“I started doing cold plunge and these other therapies about a year ago. There are days when I’m stressed and have a lot going on in my head and doing these practices has helped get me into a better mindset. I take time to unplug from the world, disconnect and be present, drop into the cold tub and focus on my breathing and just be still.

“My body was recovering faster, I lost

please see RESET on page 22

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TAKING CARE OF BUSINESS

RESET continued from page 20

weight, my mind felt clearer. I left these recovery sessions feeling like I had gone through a total reset and I wanted to be able to share that with people. That's how this passion project begun, that's how RESET started. I wanted to share with others what I've been experiencing."

Reset Mind & Body is located at 6202 N. 7th St., Phoenix. For additional information, call 480-567-9781 or visit www.resetmindbody.com.

Herzog takes on new role at Southwest Behavioral

The nonprofit Southwest Behavioral & Health Services (SB&H) announced that Marcie Herzog has been promoted to vice president of Community Services. Herzog will be responsible for overseeing School Based Counseling, Community Services and Prevention programming, In-Home Services, and the InSHAPE program throughout Arizona. Herzog is successor to Edward McClelland, who retired after nearly 44 years of service at the organization.

Herzog is a licensed professional counselor in Arizona. Most recently she was director of High-Risk Populations in the Outpatient Services division of SB&H.

Renovation begins at Biltmore Golf Club

The Arizona Biltmore Golf Club began a multi-phase renovation project in early April. The club's ownership group, JDM Partners, launched project following consultation with neighbors, community stakeholders, the City of Phoenix and industry experts.

JDM says that its goal is simple — to improve the facilities and courses to ensure they are preserved for the community and future generations — which will be accomplished in a manner consistent with the Arizona Biltmore Golf Club's history and storied position among top international golf and resort destinations.

Phase one of the renovation project is expected to be completed in early 2023 and will include a new golf shop and member facilities (located in one building) and underground cart stor-

age. Once complete, parking at the golf club will be expanded and resort-style landscaping will blend seamlessly with the surrounding Biltmore community and resort.

Douglas Fredrikson Architects is the architecture firm and will work with JDM Golf, along with Sundt Construction, to complete the project.

The second phase of improvements include a new clubhouse and restaurant, replacing the existing event tent and clubhouse, which includes The Adobe Restaurant. This will also bring additional on-site parking and landscaping improvements.

For more information, visit www.yourbiltmoregolf.com.

Unemployment rate falls in Phoenix

In April, Phoenix's Community and Economic Development Department announced that the unemployment rate had dropped below 3 percent.

The unadjusted unemployment rate in Greater Phoenix dropped to 2.4 percent, down nearly three-quarters of a point from February's 3.1 percent and

half of last year's 5.4 percent unemployment rate in March.

Robust hiring brought the Phoenix metro workforce to nearly 2.5 million people in March, up 110,800 from March last year.

Hospitality (up 17,600 jobs in year-over-year comparisons) and retail (up 14,400 jobs in March 2022 over March 2021) showed strong gains for the second month in a row, recovering to nearly pre-pandemic levels.

The professional, scientific and technical continued a strong hiring trend, remaining among the top three sectors for the fourth month in a row, adding 11,100 new hires in March over last year. Nearly all of the reported professional, technical and scientific hires were in Greater Phoenix this past year. Healthcare hiring was fourth with 9,100 new hires.

Arizona saw its unemployment rate continue to come in below the U.S. rate, a 3.3 adjusted unemployment rate in Arizona, compared to the national 3.6 rate. Most hiring elsewhere in the state was in the retail, construction, healthcare and government sectors.

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10 E Cactus Wren Dr	In Escrow3512SF5BR/4BA	\$1,225,000
1025 E Morten Ave	In Escrow4215SF5BR/4BA	\$1,050,000
7247 N 6th Pl	In Escrow3128SF4BR/3BA	\$1,040,000
1102 E Vista Ave	Just Listed1938SF2BR/2BA	\$ 600,000
1110 E Orangewood Ave	In Escrow1879SF2BR/2BA	\$ 565,000
3401 W Taro Ln	In Escrow2306SF4BR/2.5BA	\$ 550,000
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7321 N 11th Pl	\$ 425,000	2016 E State Ave	\$1,200,000	6223 N 12th St #13	\$ 422,000
914 E Osborn Rd #205	\$ 425,000	8902 E Rusty Spur Pl	\$1,050,000	2340 E Turney Ave	\$ 450,000
7536 N 10th St	\$ 810,000	1 E Northview Ave	\$1,700,000	903 W Glendale Ave #3	\$ 465,000
3436 N 38th Pl	\$1,299,500	526 E Tuckey Ln	\$1,575,000	700 W Northern Ave	\$ 510,000
1527 W Caribbean Ln	\$2,000,000	77 E Missouri Ave #17	\$ 520,000	1106 E Wagon Wheel Dr	\$ 549,000
5816 N 64th Dr	\$ 342,000	7730 N 2nd Ave	\$ 900,000	7321 N 11th Pl	\$ 575,000
605 E Royal Palm Square	\$ 435,000	<i>*represented buyer and seller</i>		4128 E Sunnyside Dr	\$ 825,000
1527 E Hudson Dr	\$ 519,000	1324 E Lupine Ave	\$ 975,000	10251 N Central Ave	\$ 915,000
1415 E Flower St	\$ 616,000	<i>*represented both buyer and seller</i>		5112 N 34th Pl	\$1,300,000
		7020 N Wilder Rd	\$3,400,000	3229 E Sells Dr	\$1,525,000
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Featured Homes for May



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903 W Glendale Ave #3 • \$465,000



1102 E Vista Ave • \$600,000



10251 N Central Ave • \$915,000



3401 W Taro Ln \$550,000



7321 N 11th Pl • \$575,000



1106 E Wagon Wheel Dr • \$549,000



1110 E Orangewood Ave • \$565,000



1146 W Royal Palm Rd • \$980,000 **represented both buyer and seller*



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SCHOOL DAYS



Seniors Caleb Clapp (left) and Lucas Von Borries walk the runway at the 38th annual Brophy Fashion Show (photo by Jake Kelly).

Seniors strut their stuff at annual fashion show

More than 230 Brophy College Preparatory seniors walked the runway April 13 at the JW Marriott Camelback Inn in front of a crowd of 1,200 at the 38th annual Brophy Fashion Show.

A highlight of the year for many seniors and their families, the fashion show raises money for the Brophy Financial Aid Fund, which has a budget of \$5.8 million for the 2021–22 school year. The runway show was full of excitement, and the boys truly showed off their personalities, with many choreographing individual dance moves, carrying state championship trophies, and even performing a few back flips.

According to fashion show chairs Lana Holmes and Nancy Bates, final

fundraising totals are not yet available for this year's event, but past shows have consistently raised a net total of \$700,000.

While incoming students are accepted into Brophy on their individual merit, financial aid is awarded to students who demonstrate need. Brophy's student population is diverse, with approximately 100 elementary and middle schools represented, and graduates go on to attend some of the most selective colleges and universities in the country. Nearly one-third of all Brophy students receive some sort of financial aid.

The fashion show is staffed by parent volunteers and is the culmination of many months of planning and hard work. Valley retailers like Hugo Boss, Carter's Men's Store, The Clothier, Faherty and others work with teams of

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music camp

Phoenix Boys Choir summer music camp for boys is an action packed week of making new friends, exploring movement, vocal and acting development, while building teamwork skills using engaging camps and choral pop music from the movies *Encanto* and *Coco*. Want to unplug your son from screens? This energizing camp will help your son build friendships, connectedness, confidence and experience hands-on learning that is just plain fun. Parents will enjoy a performer showcase featuring their talented kids at the conclusion of camp!

OPEN TO BOYS AGES 7-12 (ENTERING 2ND - 4TH GRADES)

Two week long camps:
May 31 - June 3, 2022 - \$120
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For more information, visit www.BoysChoir.org

SCHOOL DAYS

senior boys to craft individual outfits for the runway. This year's theme was "Let Your Light Shine" and attendees were treated to a pre-show reception on the patio, and "The Art of Fashion" runway show presented by long-time Brophy Fashion Show partner Neiman Marcus. Following the professional show, featuring working models from the Agency Arizona, the senior boys took to the stage to show off their hand-picked outfits.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT Sunnyslope coaches inducted into Hall of Fame

Former coach Rich Carlberg and Coach Mike Fenton were inducted into the Sunnyslope Hall of Fame. Coach Carlberg was the baseball head coach for 24 years. Coach Fenton coached soccer for 25 years and softball for 21 years.

For more Sunnyslope news, visit @SunnyslopeHighSchoolAZ on Facebook.

GUHSD celebrates the Class of 2022

It is graduation season, and Glendale Union High School District (GUHSD) will celebrate the Class of 2022 with graduation ceremonies at Grand Canyon University Arena, 3300 W. Camelback Road Building 38.

North Central schools will hold graduation ceremonies on May 23 (Washington High School, 4:30 p.m.; Thunderbird High School, 8 p.m.) and May 25 (Sunnyslope High School, 1 p.m.).

To learn more, visit www.guhsdaz.org or follow the district on Facebook: @GUHSDAZ. Call 623-435-6000 for additional information.

Sunnyslope junior receives gold medal

Junior Abby Wolf has been named to receive a Gold Medal this summer in Washington D.C. She enrolled in the program in September of 2019 and worked on her own at home during the pandemic to achieve this award, which is given to students who set and complete goals in the areas of physical fitness, personal development, voluntary public service and expedition/exploration.



Rich Carlberg (left) recently was inducted into the Sunnyslope Hall of Fame in recognition of 24 years as head coach of the baseball program, while Mike Fenton (right) was recognized for 25 years of coaching soccer and 21 years of coaching softball (submitted photos).

To follow Sunnyslope news, visit @SunnyslopeHighSchoolAZ on Facebook.

Art student recognized by State Superintendent

Thunderbird art student Hailey Baker received the overall art award by State Superintendent of Public Instruction Kathy Hoffman. Baker submitted her artwork for this year's Arizona Youth Arts Month celebration.



To keep up on Thunderbird news, visit @ThunderbirdHighSchoolAZ on Facebook.

GUHSD offers free summer opportunities

Glendale Union High School District's signature, free summer opportunities are available once again to sixth through eighth-grade students and current GUHSD students. GUHSD's summer opportunities include Summer

School, Summer Camps and Summer Academies, which will provide students with opportunities to expand their skills and knowledge and prepare them for the important next step.

For additional information, visit www.guhsdaz.org.

Governing board honors WHS 2021-22

Achievement Above All recipients GUHSD's Achievement Above All events continue to highlight the excellence within the district and schools. Most recently, the governing board honored Washington High School's 2021-22 teacher, student, student group, support staff member and volunteer of the year during a meeting.



Kiara Smith

The recipients included teacher Steven Gould, senior student Kiara Smith, student group Wrestling, sup-

please see HONORS on page 28

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SCHOOL DAYS

HONORS *continued from page 27*

port staff Valerie Higgins, and volunteer Shelley Winchester. In honor of their achievement, each recipient received an award or certificate for their dedication to the school and community.

For more news about Washington High School, visit @WashingtonHighSchoolAZ on Facebook.

MADISON ELEMENTARY SCHOOL DISTRICT

Student art supports Ukrainian refugees

Madison Meadows and Madison No. 1 students recently took action to raise funds for Ukrainian refugees by creating artwork of sunflowers, the national flower of Ukraine. In this context, sunflowers represent a symbol of peace and support for the country. The art was sold on "Make a Difference Day" and all proceeds went to the International Rescue Committee (www.rescue.org), which provides vital supplies to displaced children and families.

"Artists can be great advocates for

help in times of crisis or need. One way they can help is by creating and selling art, then donating the proceeds to organizations that bring vital resources to refugees," said Meadows Art teacher, Megan Tracy.

Madison No. 1 art teacher Michelle Lindsay also joined the mission with a colleague at Fountain Hills Middle School. Lindsay stated, "Art can be healing, and this project is a way for students to help process their emotions when they hear news of war and displacement."

Lindsay's room was filled with sunflowers, including a "one inch gallery" where students made mini sunflowers out of watercolor. Students with Ukrainian heritage brought their idea home to work on sunflower art with their families.

Madison award recognizes everyday greatness

Madison School District recently introduced the Awesome Award to thank employees for supporting students, families and their school communities. The goal of this recognition is to provide students, employees, families and community members the opportunity to thank a Madison employee as well as provide a way to integrate gratitude and kindness into the everyday.

Employees who are nominated for an Awesome Award receive a certificate that includes a brief explanation from the nominator of why they are so awesome. This form is open to everyone. Students, families, staff and community members can send an Awesome Award to any Madison employee.

There is no limit to the number of Awesome Awards someone can receive. To thank a Madison employee, visit www.madisonaz.org/awesomeaward.

Meadows students compete in Odyssey finals

Six Madison Meadows teams competed in the Odyssey of the Mind state tournament March 26. All of the teams elevated their performances from the regional tournament and their hard work paid off; five of the teams will represent Madison Meadows and the state of Arizona at the Odyssey of the Mind World Finals in Ames, Iowa, May 25-28.

Odyssey of the Mind is a program that encourages students to think out-



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SCHOOL DAYS

side the box in an effort to solve one of five long term problems.

The problems and their subsequent solutions show students' ability to do anything from building a mechanical device to presenting their own interpretation of literary classics. Students present their solutions at the local, state and world level. Thousands of teams (kindergarteners to college-aged students) from throughout the United States and roughly 25 other countries take part in the program.

Students learn to work with their teammates, how to make decisions on their own and even how to work within a budget. Teams are judged and scored at the various competitions for their long-term problem solutions, how well they solve a "spontaneous" problem on the spot, and "style" — the elaboration of their long-term problem solution.

Residents who would like to help support the team's endeavor can make a donation on the Madison Meadows PTM website. Visit www.meadowsptm.org and click on "Odyssey of the Mind" under the "Madison Store" link.



Team Hyperactive 6-Year Olds, which included students Owen Lifshitz, Brendan Camp, Maija Kaprosy, Ella Bradley, Elizabeth Deyette, Jordan Kasovac and Andrew Deyette, competed in the Odyssey of the Mind program (photo courtesy of team coach Elizabeth Cohen).

OSBORN ELEMENTARY SCHOOL DISTRICT

Osborn offers Girls Who Code, other programs

Students enrolled in the Dual Language program at Osborn School District continue to score high on the AAPPL (ACTFL Assessment of

Performance toward Proficiency in Languages) Spanish Competency test. Students in grades 6–8 enrolled in Osborn Dual Language demonstrated proficiency in all four domains (e.g., listening, reading, writing and speaking) in the Spring of 2021. Eighty-one percent of students scored proficient and received high school credit. This credit

counted toward graduation requirements as an elective credit, as well as counting towards in-state University Entrance Requirements for Foreign Language. Results from Spring 2022 testing will be available this summer.

In addition to its dual language program, the district will soon offer coding through their partnership with Girls Who Code. The program will be available for any third- through eighth-grade girls and non-binary students. Girls Who Code offers a safe and supportive environment for girls to learn coding skills and to see themselves as computer scientists.

The other after school coding program will be open to kinder- eighth-grade students, where students will learn and explore different coding languages for their grade level in an engaging environment, while also learning and reinforcing good digital citizenship skills.

These and other coding and computer science offerings will be in classrooms in the very near future. To learn more, contact the district office at 602-707-2000 or visit www.osbornnet.org.

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SCHOOL DAYS

PHOENIX UNION HIGH SCHOOL DISTRICT Gallagher appointed to Air Force Academy

North High School JROTC Cadet Battalion Commander Madison “Madi” Gallagher recently received an appointment to the United States Air Force Academy for the graduating Class of 2026.



Madi Gallagher

Madi is a four-year North High School JROTC Cadet, captain of the North High School girls volleyball team, where she was selected to the All Phoenix and All-State Teams, and the senior class vice president.

PRIVATE AND CHARTER SCHOOLS SeaPerch team named ‘Most Valuable’

Madison Highland Prep’s SeaPerch Team was named “Most Valuable SeaPerch” at its first competitive outing April 8 and 9 in San Diego.

The team, which was led by Rene Rios and included Gavin Hughes, James Lockwood, David Melendez and Ruben Valenzuela, submitted a technical design report and competed in an obstacle course in which their underwater robot was guided through a series of hoops by a three-person team and completed a skills challenge in which

they showed what their robot could do. Despite some early trouble, the team persevered and never gave up, which earned the team the title of “Most Valuable SeaPerch,” the first ever award of its kind granted by SeaPerch San Diego.

Sixteen seniors recognized as ‘distinguished’

Twice a year, in the fall and in the spring, Brophy honors 16 seniors who have emerged as leaders in the classroom, in co-curricular activities and as representatives of the Jesuit-educated grad at graduation: intellectually competent, open to growth, religious, loving and committed to doing justice.

On April 7, Brophy hosted a ceremony to recognize these seniors as Spring 2022 Distinguished Students.

Those recognized include Patrick Thomas Chew, Carlos Xavier Dominguez, Dashiell Ramsey-Thomas Gardner, Zander Ali Guevara, Nicolas Michael Hahne, Christopher Espinoza Hernandez, Ryan Jeffrey Holmes, Andrew Raphail Jajou, Ryan Matthew Lin, George Michael Mansour IV, Lochlan Pierce Marquis, William Bennett Mills, Benjamin James Morrison, Neil M. Patel, Ryne Michael Prochniewski and Henry Lahr Roth.

Xavier sophomore expands GrandPaws Pantry

Sonya Colattur knew she wanted to help people from a young age, taking inspiration from her grandmother liv-

please see PANTRY on page 32



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SCHOOL DAYS



Kayla Cruz (left) and Santana Vasquez, both seventh-grade students, are pictured standing by their booth at the Arrupe Marketplace (photo courtesy of St. Francis Xavier school).

PANTRY continued from page 30

ing in an assisted living facility.

During the pandemic, seniors were even more isolated and needed the emotional support that their pets provided. In fact, many seniors were unable to leave their facility to purchase food and supplies for their companion pets.

Seeing this need, Sonya expanded the services of her existing charity, GrandPaws Pantry. Every month since the pandemic started, Sonya has shopped for monthly dog and cat food supplies for seniors with companion pets living in independent living or assisted living facilities in the Phoenix area.

Many seniors are on fixed incomes and cannot afford the food and supplies. Sonya raised funds and successfully applied for three grants. In addition, she has partnered with AZ PetVet and other Phoenix businesses to provide food and supplies to more than 50 seniors each month.

Sonya's family was instrumental in encouraging her — they have always been involved in charities. Sonya did the research, and her mother helped her with the paperwork to create GrandPaws Pantry. She launched it when she was 11 years old.

Now a sophomore, Sonya says, "The best part of GrandPaws Pantry is how big of a service it is. One woman told me that she had \$19 a month to live on after her expenses. If it wasn't for GrandPaws Pantry, she would have to give up her pet."

Sonya is always looking for more Xavier friends to help and join her Youth Ambassador Program, and, of course, additional donations to help more people.

To learn more about her charity, visit www.grandpawspantry.org.

Students pay it forward with Arrupe Project

The Arrupe Project at St. Francis Xavier Catholic Jesuit School, now in its 12th year, has helped hundreds of students discern and help support causes that are most meaningful to them.

The Arrupe Project is a seventh and eighth-grade interdisciplinary service-learning unit named after former Superior General of the Jesuits, Fr. Pedro Arrupe, S.J. who said that "our prime educational objective must be to form men and women for others."

The goal of the Arrupe Project is to empower students to personally respond to social injustice by partnering with a local organization that serves those in need. Through this relationship, they spread awareness about the organization and cause, get others involved, and raise funds to purchase necessary items.

This year the students supported Catholic Charities and they raised \$49,652. On Tuesday, March 22, the school held a campus donation drop off event. Since 2011, when the Arrupe Project began, SFX students have raised \$408,525 for more than 80 local organizations.

For more information, visit <http://school.sfxphx.org>.

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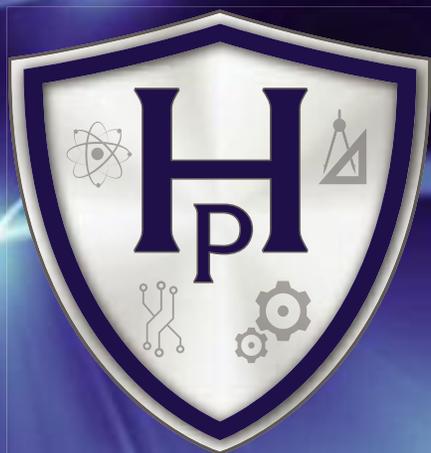


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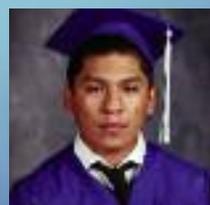
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GENERATIONS

Senior Living Experience Corps needs literacy volunteers

The pandemic has led to a “COVID-19 slide” learning loss, further widening the gap between student achievement and grade level standards in literacy, particularly in low-income communities.

According to the City of Phoenix, during the pandemic, the number of Phoenix students passing their third grade reading assessment declined to 25 percent, which is the lowest score in seven years. Approximately 13,000 Phoenix third-graders are not reading at grade level.

Experience Corps Phoenix in partnership with AARP trains volunteer tutors aged 50 and older to help children become proficient readers by the time they finish third grade. The program taps into the experience and passion of older Arizonians to ensure that every child has a chance to succeed in school and in life. The program reports that 97 percent of the students who receive one-to-one coaching with Experience Corps Phoenix have shown gains in critical literacy skills.

In 2019, 114 volunteers served in 13 local Phoenix schools, but more volunteers are needed. If you’d like to learn about volunteering, sign up for an upcoming virtual information session. All sessions are held on Wednesdays,

from 10:30 a.m. to 12:30 p.m. Upcoming dates include May 4 and 18, June 15 and 29, July 13 and 27, Aug. 10 and 24, Sept. 7 and 21, and Oct. 5 and 26.

For additional information, visit www.phoenix.gov/education/experience or email ecphx@phoenix.gov.

Keep the brain and body active at Sunnyslope center

Older residents can choose from a wide variety of programs this month at the Sunnyslope Senior Center, including a six-week Diabetes Empowerment Education Program course.

Presented by the Area Agency on Aging, the Diabetes Empowerment Education Program is designed to help people with pre-diabetes and diabetes, as well as their relatives and caregivers, gain a better understanding of diabetes self-care. Classes begin May 3 and run through June 7. Call the Senior Center to register. Visit www.aaaphx.org to learn more about Area Agency.

Other programs offered at Sunnyslope this month include the beginning computer class. The four-week program will help members learn how to perform basic computer tasks on senior center provided laptops — learn basic functions, how to use the internet and navigate websites and how to create an email. Session 1 begins May 4; Session 2 begins June 8.

The center also has a new Zumba

Gold instructor for month of May. Rosa will lead classes on Thursdays, 11–11:45 a.m.

Sunnyslope Senior Center is located at 802 E. Vogel Ave., Phoenix. For more information, call 602-272-7572 or visit www.phoenix.gov/humanservices and click on the “Senior Services” link.

May is Stroke Awareness Month

During Stroke Awareness Month, Abrazo Health wants to remind residents that stroke has no age limits, and younger adults are increasingly affected by stroke and its risk factors.

Strokes happen when blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die.

Stroke affects about 800,000 people in the U.S. each year. Risk factors commonly associated in older adults, such as hypertension, diabetes, tobacco use and obesity are now being seen in younger stroke patients, according to Lisa Ziomek, Stroke Care Coordinator at Abrazo Central Campus.

More than 87 percent of strokes in the U.S. are ischemic strokes, caused by a clot that cuts off blood flow to a part of the brain. These types of strokes are largely treatable if a patient gets to a hospital that can provide the right treatment in time.

The U.S. Centers for Disease

Control and Prevention (CDC) offers a simple test to act FAST if you think someone may be having a stroke:

Face – ask the person to smile, does one side of the face droop?

Arms – can the person raise both arms? Does one arm drift downward?

Speech – ask the person to repeat a simple phrase, is the speech slurred or strange?

Time – if you see any of these signs, call 911 right away.

Also, note the time when the symptoms first appear, this helps health care providers determine the type of treatment needed.

The Comprehensive Stroke Center at Abrazo Central Campus at 2000 W. Bethany Home Road will hold a low-cost vascular risk assessment event on May 21 from 9 a.m. – 4 p.m. The AngioScreen system can help identify risks for stroke, heart attack or peripheral artery disease. It checks the body’s circulatory system and provides information about blood flow in the neck and leg arteries, heart rhythm, blood pressure and fitness following an exam that takes only about 10 minutes.

Cost for the screening is \$59. Participants receive a confidential, color printout with exam results and photos of blood flow in the carotid arteries. A clinician provides a brief consultation to explain the results, and participants are encouraged to share with their personal physician for follow



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GENERATIONS



Youth ages 5–17 can enjoy interacting with animals at Humane Society summer camps (photo courtesy of Arizona Humane Society).

up. To register for the screening event call 844-721-4068.

For more information on the, visit www.abrazohealth.com.

Kids & Families

Young animal lovers welcome at summer camp

This year, Arizona Humane Society will return with even more fun with pets for young animal lovers.

The award-winning summer camp is geared toward youth ages 5–17 — whether an aspiring future veterinarian, animal rescuer, wildlife rehabilitator or advocate for living creatures, the program will allow participants to get up-close-and-personal with pets.

The lineup of animal camps teach kids how to train and care for animals, be responsible pet guardians, align their choices with their values and make the community a safer and more compassionate place for all animals. Campers will have hands-on learning opportunities with a variety of animals.

To learn more, visit www.azhumane.org/youth-camps.

Registration open for all-day PHXPlays Summer Camp

Families looking for summer child-care or activities for kids are invited to check out the All-Day PHXPlays Summer Camps at City of Phoenix community centers throughout the city. Some sites offer swimming, field trips, free meals and snacks and much more.

In North Central, contact the Longview Neighborhood Rec Center (4040 N. 14th St., 85014; 602-534-

6570), Sunnyslope Community Center (802 E. Vogel Ave., 85020; 602-262-6661), or the Washington Activity Center (2240 W. Citrus Way, 85015; 602-262-6971) for specific camp information.

The PHX Plays Summer Camps will get underway beginning May 23, with dates varying depending on location. For more information and registration, visit www.phoenix.gov/parks and click on the “Classes and Programs” link.

Youth theater group presents ‘Annie Jr.’

Arizona Homeschool Theatre Group will present their production of “Annie JR.” May 19–21 at Our Saviour’s Lutheran Church.

The family-friendly musical is based on the popular comic strip and adapted from the Tony Award-winning Best Musical, with a beloved book and score by Tony winners Thomas Meehan, Charles Strouse and Martin Charnin. “Annie JR.” features memorable songs like “It’s the Hard Knock Life,” “Easy Street” and “Tomorrow,” and everyone’s favorite little redhead in her very first adventure.

Show times are 7 p.m., Thursday, May 19, and Friday, May 20; 2 p.m., Saturday, May 21. Tickets are available at the door and cost \$10 for adults, \$5 for youth; children ages 2 and under get in for free. Our Saviour’s Lutheran Church is located at 1212 E. Glendale Ave, Phoenix.

For additional information about Arizona Homeschool Theatre Group, send an email to azhomeschooltheatre@gmail.com.



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Shari Keith will join Claire Ploppet Johnson for a joint exhibit of their environmentally conscious art that uses found objects. Pictured: "Red Album Assemblage" (photo courtesy of FOUND:RE Contemporary).

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'Talking Trash' at FOUNDE:RE

"Talking Trash: A Junk Art Exhibition" features Arizona artists Shari Keith and Claire Ploppet Johnson, who create their environmentally conscious artworks using found objects. The exhibit is set to open at FOUND:RE Contemporary in June.

"Art has the ability to help us see things from different perspectives and this exhibition is the perfect example of the adage 'one man's trash is another man's treasure,'" shared Audrey Galat, arts and culture curator for FOUND:RE Phoenix Hotel and FOUND:RE Contemporary.

The exhibition highlights the artists' ability to manipulate discarded material into new and exciting compositions, showing that just about anything can be transformed into a work of art. Using common day objects such as buttons, sunglasses and stones, Keith, also known as "The Junk Lady," creates patterns allowing the viewer to see beyond the objects' intended purpose. Ploppet Johnson uses scraps of glass, broken mirrors and road signs to show that even broken items can be repurposed to create something whole. The gallery represents both emerging and established artists through a regular series of bi-monthly exhibitions and special events that happen in conjunction with the art programming at the

hotel. The freestanding gallery is located on Portland Street, adjacent to the hotel, at 1100 N. Central Ave.

"Talking Trash: A Junk Art Exhibition" debuts Friday, June 3, with an opening artists' reception from 6–9 p.m., and runs through Saturday, Oct. 1. RSVP for the opening artist's reception on the FOUND:RE Phoenix Eventbrite. For additional information, visit www.foundrecontemporary.com or www.foundrehotels.com.

Exhibit shows gratitude for healthcare workers

The installation of "The Gratitude Project" at the Carl T. Hayden VA Medical Center is now complete. Seventy-two 6-inch by 6-inch works of art depicting flowers donated by members of the Arizona Art Alliance's member arts organizations now grace the main entry off of 7th Street, north of Indian School Road.

The paintings are an expression of gratitude for healthcare workers for their selflessness and sacrifices during COVID-19 pandemic.

To date, the Arizona Art Alliance has received more than 500 6x6 paintings, which were created and donated by member artists on the theme of florals and botanicals. The theme was chosen as it is customary to say "thank you" through the gift of flowers. The florals vary from realistic renditions to

ARTS & ENTERTAINMENT

abstract interpretations. Materials vary from watercolor, colored pencil, oil, acrylic, collage and mixed media.

The paintings were created by members of the Arizona Art Alliance's member arts organizations. To learn more about Arizona Art Alliance, visit www.azartalliance.com.

Opera gets modern telling in new novel

Georges Bizet's "Carmen" premiered in 1875 at the Opéra-Comique in Paris. The four-act opera, featuring a libretto written by Henri Meilhac and Ludovic Halévy and adapted from the novella by Prosper Mérimée, remains one of the most exciting and popular works in the repertoire.

And now, nearly 150 years later, the story of "Carmen" is once again being adapted— this time as "Carmen: The Graphic Novel." Written by opera singer and director Alek Shrader; illustrated by artist P. Craig Russell and Aneke; and lettered by Hassan Otsmane-Elhaou. Arizona Opera launched a Kickstarter campaign in March for this ambitious adaptation and reached its \$20,000 goal by the end of the month.

"Throughout the pandemic, our company has constantly pursued novel approaches to connecting people through opera, when people need art and meaning the most," said Joseph Specter, Arizona Opera's president and general director. "'Carmen: The Graphic Novel' represents an amazing opportunity to extend that focus on innovation, impact, and community." 'Carmen' remains one of the most frequently performed operas for good reason, said Shrader, for whom the graphic novel is a passion project.

"Themes that were fashionable in Bizet's day still captivate audiences. There's a power struggle between the sexes, a meditation on the question of freedom versus fate, and a stark contrast between the exotic Roma lifestyle and a repressed society. And, of course, everything is set to some of the most gorgeous and tuneful music in all of opera."

The novel's development originated through Arizona Opera's OnPitch Business Challenge, created in association with ASU's Herberger Institute for Design and the Arts and the W. P. Carey School of Business.

Those who love "Carmen," but are new to comics can appreciate the story-telling on the page. Those who are

comics fans but are new to opera, "here's a book that practically sings," Shrader shared.

For updates, follow Arizona Opera on social media or visit www.azopera.org.

On The Town

From live, local music to national touring artists and internationally acclaimed musicians; from opera and live theater to art exhibits and artistic cultural celebrations, here are just a few of the events taking place on the town in May.



'Something Rotten!'

May 4 – June 19
The Phoenix Theatre Company
www.phoenixtheatre.com;
602-254-2151

'Ellington Re-Imagined'

May 4
The Superstition Jazz Orchestra
The Nash
www.thenash.org; 602-795-0464

Cinco de Mayo Celebration

May 5
Mariachi Sol De México de José Hernández
Madison Center for the Arts
www.themadison.org; 602-664-7777



(photo: Tim Fuller)

'Justice'

May 5–22
Arizona Theatre Company
www.arizonatheatre.org;
602-256-6995

'Juan Gabriel'

May 5–8
Ballet Arizona at Symphony Hall
www.balletaz.org; 602-381-1096

please see ON THE TOWN on page 40

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ARTS & ENTERTAINMENT

ON THE TOWN *continued from page 39*

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The Van Buren
www.thevanburenphx.com

‘Made in America’

May 7–8
Arizona Masterworks Chorale
www.arizonamasterworks.com

POP! The Science of Bubbles

May 7 – Jan. 29
Arizona Science Center
www.azscience.org; 602-716-2000



Ray LaMontagne

May 8
Arizona Federal Theatre
www.arizonafederaltheatre.com;
602-379-2800

St. Paul & The Broken Bones

May 12
The Van Buren
www.thevanburenphx.com

John Primer/Bob Corritore CD release party

May 13
The Rhythm Room
www.rhythmroom.com;
602-612-4981

Lewis Nash & The N.Y. Connection Band

May 14
The Nash
www.thenash.org;
602-795-0464

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May 20–21
The Phoenix Symphony
www.phoenixsymphony.org;
602-495-1999

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Childsplay at Herberger Theater Center
www.childsplayaz.org; 480-921-5700



Rachel Eckroth Trio

May 22
The Nash
www.thenash.org; 602-795-0464

Music in the Garden: Holly Pyle

May 27
Desert Botanical Garden
www.dbg.org; 480-941-1225

Phoenix Fan Fusion

May 27–29
Phoenix Convention Center
www.phoenixfanfusion.com

Jack White

May 28
Arizona Federal Theatre
www.arizonafederaltheatre.com; 602-379-2800

‘The Rocky Horror Picture Show’

May 28
Phoenix Center for the Arts
www.azrocky.com

Sidewalk Saturday Artisan Market

Thru May 28
Roosevelt Row Arts District
www.sidewalksaturdays.com

Ballet Theatre of Phoenix Spring Recital

May 29
Herberger Theatre Center
www.herbergertheater.org;
www.ballettheatreofphx.org

All event dates are current at time of publication. Check with individual venues for the most up-to-date show and safety information.

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FOOD FOR THOUGHT



Larry "Lo-Lo" White Jr. continues to serve up his family's traditional Southern home style cooking, with his own spin, at Brunch & Sip on Indian School Road (photo by Marjorie Rice).

Café Chat

A family tradition of Southern home cooking

By Marjorie Rice

Some kids are born with a silver spoon in their mouth. For Larry White Jr., substitute a fried chicken drumstick.

His grandmother, Elizabeth White, started Mrs. White's Golden Rule Café in downtown Phoenix back in 1964, with a menu of traditional Southern soul food, and while she isn't involved in the day-to-day operation (son Larry White Sr. owns the café now), she still is the matriarch and the spirit behind the family's restaurant tradition.

Her grandson, Larry Jr., nicknamed Lo-Lo, is on the way to becoming something of a legend in his own right, serving up Southern fare at six Lo-Lo's Chicken & Waffles locations; Monroe's Hot Chicken restaurants in Phoenix and Tempe; and most recently, Brunch & Sip at 39th Street and Indian School Road.

Brunch & Sip celebrates its second birthday on June 1, but the restaurant's roots stretch back to the 1960s.

"My grandmother laid down the foundation when she moved to Phoenix in 1963 from Temple, Texas," White said.

A year later she opened the Golden Rule Café. "She's 99 and still as strong as an ox."

Larry White Sr. started cooking there while he was still in elementary

school, his son said, and it was natural for the next generation to follow suit. "As soon as I was able to walk and talk, they put me right to work."

His chicken and waffle restaurant concept grew up there as well.

"The Golden Rule Café was closed on weekends," White said, and "she allowed me to showcase Lo-Lo's chicken and waffles, earn extra income and see if the concept had legs. It took off and people started coming seven days a week, looking for the chicken and waffles, and I thought, 'I think I'm on to something.'"

He certainly was. That was the first chicken and waffles restaurant in Arizona, and today, Lo-Lo's has four locations in the Valley, as well as one in Grapevine, Tex., and Las Vegas.

"I was the first Nashville hot chicken restaurant in Arizona as well," White said.

That's Monroe's Hot Chicken, featuring Nashville-style fried chicken — noted for hot sauce and cayenne in the coating and spice levels ranging from "hot" to "what the cluck." It opened in 2019, and like all of White's restaurants, the emphasis is food made from scratch on the premises — even the pickles.

"All of our hot pickles come in to us as cucumbers, and we slice them and brine them in house," he said.

Then came Brunch & Sip.

Lo-Lo's menu had grown too big
please see SOUTHERN on page 42



Who We Are

We are a more-than-175-member-strong group of actively selling agents who have a vested interest in the community, the real estate market and North Central Phoenix. This tour is a cooperative effort among the active REALTORS of the Central Corridor. The tour has been in existence for more than 35 years and is an all-volunteer organization.

Location & Meeting

Our meetings are held on the first and third Friday of each month beginning at 9:00 am. Our meeting spot is at The Casa patio, 7878 N. 16th St., Phoenix, AZ 85020. Following the meeting, we tour up to 10 homes new to the market. We require those REALTORS who have a property on the tour to attend the meeting and then participate in the virtual tour of all houses on that day's tour. Each agent provides constructive feedback on price, condition, and key features of the home. The goal is to network with fellow REALTORS who also specialize in North Central Phoenix neighborhoods and help sell the property.

Tour Boundaries

Tour boundaries are Campbell Avenue to the south, 40th Street to the east, 19th Avenue to the west, with the northern border running south of the North Phoenix Mountain Preserve (roughly Peoria) and just north of Lincoln from 16th Street east to 40th St. The Phoenix Country Club area also is included.

Join Us!

We love working with new members. Join our team and receive news and information about new homes on the market in the North Central Region of Phoenix.

**For more information or to become a member,
visit our website at**

<https://northcentraltour.com/>

FOOD FOR THOUGHT

SOUTHERN continued from page 41

for its kitchen, he said, “so we took the chicken sandwich off the menu and started Monroe’s and took the French toast and pancakes off the menu and started Brunch & Sip.”

Instead of waffles, the extensive and imaginative menu offers big, fluffy pancakes that are available gluten-free and vegan. They come with toppings such as peach cobbler, bananas foster, a lemon-ricotta-blueberry combo and strawberry cheesecake. Toppings change with the seasons and the chef’s imagination, so ask what’s available.

Or try the pancakes and chicken, this with Louisiana hot maple glazed chicken wings with raspberry infused butter. That’s a customer favorite, White said, along with fried chicken biscuit — a buttermilk biscuit served with an omelet, topped with a fried chicken breast, smothered with turkey sausage gravy and topped with turkey bacon.

Or splurge on the “Epic Tableside Flambe” (\$29), with pancakes, bananas foster and vanilla gelato prepared and flamed at your table. Banana bread

French toast is available plain or with the same toppings as the pancakes.

And there’s a wide selection of brunch favorites, including shrimp and grits with lump crab meat and a Creole red sauce, short rib hash with eggs, and huevos ranchero; and a selection of “Benny’s” including crab cake with fried green tomatoes, lox on a croissant, and short rib with roasted sweet peppers on a croissant and herb-braised portobello with spinach — all with poached eggs and hollandaise.

Lunch items include Southwest chicken salad and a crab cake BLT served on ciabatta.

But this place is called Brunch & Sip, after all, and there are two pages of drinks on the menu that deserve attention. After all, what is brunch but an excuse to imbibe in bubbly and other libations early in the day?

“We have an amazing mixologist,” White said. “All of ours are hand-crafted cocktails, and they go well with all our menu items.”

There’s the usual sparkling wine, mimosas, bloody Marys and margaritas, but why stop there when you can sam-

ple from the “Bad & Boujee” list that includes a peach devil: Jack Daniels, brown sugar simple syrup, pomegranate liqueur, lemon juice, rose water, strawberry puree and rose champagne?

Or signature cocktails such as the jalapeño blossom with Patron Silver tequila, strawberry puree, lime and grapefruit juice, a rose float and sugar rim.

Or go big and splurge with the Frozen Cadi (\$50) made with frozen 1942 Don Julio extra añejo tequila, fresh lime and a Grand Marnier float served in a recycled glass made from a 1942 bottle.

With this combination of food and drinks, “we knocked it out of the park,” White said. And they’re looking at possible additional locations, so stay tuned.

“This place is a day party — especially on the weekends. We bring in our DJ, we get the vibe going and it’s a party. You can come to Brunch & Sip, have a good time and get home before the sun goes down.

“We pride ourselves on customer service and no microwaves in any of our establishments. Everything that

you’re going to get here is scratch-made, good home cooking. We don’t take any shortcuts.”

And customers must agree, because waits can stretch up to three hours on weekends. There are no reservations, so come early and bring a book.

Brunch & Sip, at 3950 E. Indian School Rd., is open 8 a.m. to 2 p.m., Monday through Thursday; and 8 a.m. to 3 p.m., Friday through Sunday. For more information, call 602-675-1459 or visit www.brunchnsip.com.

Hard seltzer comes to North Central taproom

By Kathryn M. Miller

A Colorado-based brewing company is bringing its hard seltzer brand to North Central Phoenix with the opening of a taproom in the former Phoenix Beer Co. building. At press time, a grand opening event is scheduled for Friday, April 29.

Founded in 2019 by brothers Hunter and Warren Wood, the Elevated Seltzer brand is backed by years of experience in the craft brew industry.

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FOOD FOR THOUGHT

“We grew up in this industry, so we aren’t just some people that decided to start a brewery one day and give it our best shot,” shared co-founder and CEO Hunter Wood, “we’ve had decades spent learning the industry, studying brands and trends that have allowed us to produce high quality products and serve the industry and consumers to the best of our abilities.”

Wood says that not all hard seltzers are created equal, “There are some that are produced by just mixing vodka and seltzer water (harsh alcohol taste), some are made using malt (beer undertones) and then the category we fall into, which is produced using a sugar brew as your alcohol base.”

The drink menu at the new taproom will highlight the brand’s craft hard seltzers on tap as well as utilized in cocktails and slushies.

“We will have at least eight of our flavors on at any given time with four of them being 5% ABV and four of them being 7.5% ABV, the core flavors are Lemon-Lime Cucumber, Pina Colada, Cherry-Lime, Acai (all 5%ABV) Mango, Pomegranate-Apple, Mixed-



The patio at the new Elevated Seltzer taproom, located in the former Phoenix Beer Co. building on 7th Street, will be dog and people friendly (submitted photo).

Berry and Grapefruit (all 7.5%ABV).

Food items range from a build your own burger or pizza to the Fuego Chicken Sandwich (with pepper jack, tomato, roasted green chile and crispy tortilla strips) and the France-Salmon En Croute (baked salmon with cream

cheese and spinach filling, wrapped in a light puff pastry). Appetizers include Tempura Avocado and red or green Smothered Fries and much more; salads and soups are also available.

Wood described the vibe of the new location as a modern craft taproom,

with décor fitting the brand, including a blueprint of the plane logo on the wall, wood finishes and the brand’s blue color scheme throughout. The 3,600-square-foot taproom will seat 132 people, with bar, booth and table seating. Add to that a dog-friendly patio, along with plenty of TVs and a great sound system for music. Which all sounds like a good fit for this North Central location.

“We decided on the Arizona market as some of our taproom partners rave about Arizona,” shared Wood. When he and his brother, Warren, came to Arizona, they “instantly fell in love with the state, city and culture of Arizona.”

“As we were searching for properties we had a few great ones presented to us but 7th Street had exactly what we were looking for and having previously been a taproom seemed like a natural fit with an already amazing vibe we could capitalize on.”

Elevated Seltzer taproom is located at 5813 N. 7th St. For additional information, visit www.elvtdseltzer.com or follow them on social media.

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FOOD FOR THOUGHT

Dining Briefs

Get ready for 10 days of delicious, diverse dining

The annual Spring Arizona Restaurant Week (ARW) makes its return this month and brings with it a showcase of some of the state's best dining.

Set to take place at participating dining establishments Friday, May 20, through Sunday, May 29, the event will feature specific three-course menus at a variety of restaurants throughout the state. During the culinary event, participating restaurants offer three-course prix fixe menus for \$33, \$44 or \$55 per person, or even per couple in some instances.

Dishes not normally served are often featured on ARW menus, giving chefs a chance to think further outside their creative box and use seasonal items while giving diners a taste of something new. Some restaurants also offer wine pairing selections to accompany the menu for an additional cost. Takeout is available at participating restaurants.

Beginning May 1, a complete list of Spring Arizona Restaurant Week participants and their menus will be posted online at <http://arizonarestaurantweek.com>.

Huss opens brewpub at Convention Center

Huss Brewing Co. opened an all-new craft beer taproom, full-service restaurant, and dedicated to-go counter at the Phoenix Convention Center in downtown Phoenix April 20. The new taproom combines efforts with Aventura Catering and the City of Phoenix and will be housed inside an indoor-outdoor space carved into the north façade on Monroe Street between 2nd and 3rd Streets.

The Huss Brewpub at the Phoenix Convention Center has been a long-time, personal passion project for the locally owned craft brewery based in Tempe, says Huss Brewing Co. co-owner, Leah Huss.

"Jeff and I have been working on this project for almost four years," Leah said, referring to her husband and brewmaster, Jeff Huss. "We're looking forward to being a part of the downtown Phoenix community and helping the revitalization of the area, especially bringing a vibrant nightlife back to downtown's sports, arts, and events community."



Match Market and Bar is just one of the many Phoenix restaurants participating in the 2022 Spring Arizona Restaurant week (photo by Timothy Fox Photography).

The new brewpub will offer a full menu of hearty dishes showcasing Arizona-sourced ingredients, paired with the award-winning Huss family of beers. The location will be convenient for convention goers, visitors and locals attending sporting events, concerts, performances, while also allowing those on the go to quickly pick up their favorite food and beer combinations.

For additional information, visit www.hussbrewing.com.

New location coming for Little Miss enthusiasts

Little Miss BBQ announced plans to open a new Midtown location this fall.

The popular central Texas style barbecue restaurant currently has two Arizona locations, and will open in the iconic A-frame on Central Avenue, south of Thomas Road. The spot was most recently Honey Bear's BBQ, which closed its Central location earlier this year.

Little Miss BBQ says that part of its secret to delicious barbecue is using Arizona white oak, pecan, pistachio and mesquite firewood in their custom Camelback smokers. Another not so secret key to their flavorful barbecue,

"We use prime beef sourced from a single rancher who we believe creates the best tasting beef in the U.S. We then use our technique, simple seasoning and clean burning smokers to try and highlight the amazing beef, pork and turkey to highlight the quality without it getting lost in sauce and crazy flavors."

In a March Facebook post announcing the new Midtown location, the owners said, "We are super excited about this old @ihop a-frame that @honeybearsbbq ran for so long."

Until then, North Central diners can get their barbecue fix at the Sunnyslope location at 8901 N. 7th St., which is open Tuesday through Saturday, 11 a.m. to 7 p.m., and Sunday, 11 a.m. to 3 p.m. In the East Valley, visit them at 4301 E. University Dr., Phoenix. For additional information, call 602-314-6922 or visit www.littlemissbbq.com.

Treat Mom to brunch this Mother's Day

Many of your favorite local eateries will offer specials for Mother's Day. From chilaquiles to prime rib, there's something for every taste.

Los Sombreros will serve its mouthwatering brunch menu from 11 a.m. to 2 p.m. on Mother's Day, May 8, at all three locations. Brunch items include savory dishes such as Pollo Fundido, the Papacito Omelet, Huevos Rancheros with Carnitas, Chilaquiles, and Papas & Chorizo.

Make mom's meal extra special and add a flight of mimosas or margaritas, one of Los Sombreros' signature cocktails, or a bottomless mimosa.

In North Central, visit the Uptown location at 322 E Camelback Rd., Phoenix, AZ 85018, for additional information, call 602-601-6390 or visit www.lossombreros.com.

The earlybird gets the cinnamon roll, so why wait for brunch when **The Henry** is serving up select Sunday

menu items, along with two delicious specials treats.

Treat Mom to featured items like the Giant Cinnamon Roll and Maryland Crab Cakes (with tarragon remoulade and roasted corn salad), available 7 a.m. to 3 p.m. for dine-in.

The Henry is located at 4455 E. Camelback Rd., Phoenix. For additional information, call 602-429-8020 or visit www.thehenryrestaurant.com.

Royal Palms Resort and Spa will host a Mother's Day Brunch Buffet from 10 a.m. to 3 p.m., with menu highlights including omelettes and eggs to order, a carving station, charcuterie and cheese, a waffle with the works, a selection of seafood and more. The brunch buffet also includes a complimentary mimosa or sparkling cider.

The cost is \$150 per adult, \$75 for children ages 6–12 and complimentary for children under 5. Reservations are required, and can be made by calling 602-283-1234 or by booking on OpenTable.

Royal Palms Resort and Spa is located at 5200 E. Camelback Rd., Phoenix. Learn more at www.royal-palmshotel.com.

While Mother's Day is a special time to celebrate the moms in our lives, every Sunday can be special with brunch at **Ladera Taverna y Cocina**.

Offered Saturday and Sunday, 10 a.m. to 2 p.m., the brunch menu includes favorites such as Chilaquiles Rojos, Huevos Rancheros, Coco Leche French Toast and Barbacoa Hash. To up the festive feeling, pair your meal with the Sangria Blanca, Sycamore Lane pinot grigio, brandy, peach, lemon and bubbles.

Ladera is located at 8729 N. Central Ave., Phoenix. For additional information, call 602-606-2258 or visit www.laderaphx.com.

Available for dine-in or to-go, **Doughbird** will offer its standard pizza and rotisserie menu items on Mother's Day, in addition to two featured dishes: Rotisserie Petite Prime Rib (a 10-ounce petite cut with guest's choice of a side and sauce) and Chicken Pot Roast (with heirloom carrots, green onion, roasted mushroom, sweet corn, potato puree).

The specials will be available from 11 a.m. to 3 p.m., but diners can visit the restaurant until 9 p.m. on Sundays.

Doughbird is located at 4385 E. Indian School Rd., Phoenix. Reservations are encouraged. To book, call 602-345-9161 or visit www.eat-doughbird.com.

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