



# north central news

the voice of the north central phoenix community

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www.northcentralnews.net

## Teens take action with CAT program

By Patty Talahongva

Fans are whirring overhead and people are busy moving about the warehouse at the Desert Mission Food Bank, 9229 N. 4th St. Some people are patiently waiting to get a box of food. Toward the back sitting on the floor is a group of students from Mountain View School. They are busy checking canned food before placing them on a conveyor belt where more students will sort them. Other students are carefully putting the food into specific bins.

For nearly two hours, they sort food and prepare emergency food boxes. "I'm doing something good for the world," explains Maria Lopez, who will be an eighth grader at Mountain View next month.

She's part of the Community Action Team (CAT), a program that Social Studies teacher Julio Valenzuela dreamed up last year with the school's resource Phoenix police officer, Tyler Holloway.

"We want this to be a positive, meaningful experience," says Valenzuela.

The program started last summer with 22 students. The application required an essay on leadership. This year, nearly 50 kids applied but only 22 were accepted.

The field trips are sponsored by the Phoenix Suns Charities. The nonprofit group has a program called

*please see CAT on page 4*



Celebrating their memories of the Beatitudes Agelink Intergenerational Child Development Center are Devisha King (center), who works with the 1- and 2- year olds, and the Feix family (from left), Jeff; Bianca, 10; Mia, 7; Alex, 2, and Teresita. Bianca and Mia both are graduates of King's class, and Alex recently was in King's class as well, but his parents will have to find him a new school when the center closes on July 12 (photo by Teri Carnicelli).

## Long-time daycare centers closing

By Patty Talahongva

In the span of two months, two local childcare and pre-kindergarten programs have closed in the North Central community, both citing a drop in enrollment as reason for their demise.

For Guiding Light Preschool at First Christian Church, 6750 N. 7th Ave., it means closing doors that had been open to area families for 47 years.

"Our license with the state was No. 15," says Kenyon Ackeberg, the administrative pastor. Guiding Light was licensed to take up to 140 students but when it closed on May 24, the school only had 46 students enrolled. Guiding Light served children from age 2 to pre-kindergarten.

In the past, Guiding Light had a robust population. "At one time it even went up to fourth grade," Ackeberg recalls. In the last seven years, however, the program eliminated the elementary school ages and two years ago kindergarten was removed. At that time Ackeberg estimates the enrollment was between 65 and 70 students.

"Really the sharpest decline came when Madison Traditional School opened and offered pre-kindergarten, and enrollment there would guarantee a spot for the child in the [elementary] school," but Ackeberg emphasizes he isn't blaming anyone and there are no

"sour grapes," as he put it. "If I were a parent I would do the same thing," he said. "Things just change."

He is happy Guiding Light gave ample notice to the staff of nine. "We really gave our people two-and-a-half months' notice," he says, so staff members had time to look for new jobs. "We felt really good about that. We're happy they secured other employment."

Ackeberg plans to use the space to house other programs that are currently located in modular buildings on the church campus that are in need of repair.

Not too far away at the Beatitudes Agelink Intergenerational Child Development Center, it's lights out as well as of July 12.

*please see DAYCARE on page 10*

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COMMUNITY



Children as young as 4 can learn the sport of soccer along with skills such as teamwork and leadership during the Madison Futbol Club's 2013 Fall League. Registration for the non-profit, all-volunteer program opens July 15 (submitted photo).

**Soccer club builds skills, community**

Since the 1960s, children from Central Phoenix and beyond strap on shin guards each fall to learn the basics of soccer through the nonprofit, all-volunteer Madison Futbol Club (MFC).

More than 600 youth participated in Madison Futbol's 2012 Fall League. MFC board members expect that number to grow this year as registration kicks off on July 15.

MFC players range in age from 4 to 12, with some families choosing the less competitive recreational division. All teams in the recreation league play other teams within the league. Other children play "club" football, competing statewide with other soccer clubs through the

Arizona Youth Soccer Association.

Parents of children in the league are a large part of the club's ongoing success. North Central resident Mitra Khazi has three boys who have been part of MFC for six years. The oldest, now 12, began playing when he was in first grade.

"Through MFC, my kids have learned teamwork, discipline, hard work, sacrifice, how to deal with success and failure (when their team is having a rough season)," Khazi said. "And, as a result of a rough season, fortitude, and the value of practice and preparation. It's a great mix of lifelong skill sets that they will continue to use throughout their lives."

Wade Eagar, another parent with multiple children who have played in

*please see SOCCER on page 11*

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One name will be drawn from all submissions for the contest and awarded the prize indicated. Winner will be notified by phone or email by a representative of North Central News. Winner agrees to have their name and likeness published in the North Central News. All prizes are final - no substitutions allowed; prizes have no cash value. Visit [www.northcentralnews.net](http://www.northcentralnews.net) for contest rules and additional details.

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**COMMUNITY**

**CAT continued from page 1**

Angels on Patrol that works with school resource officers who identify needs in the community. Holloway saw the need and importance of the Community Action Team and he approached the Suns Charities for funding.

"Phoenix Suns Charities has funded more than \$15,000 to Angels on Patrol since 2010, and we know it is money well spent," says Robin Milne, executive director of the Suns Charities. "Our missions are perfectly aligned: to get help to children in the most need, as seen in real-time by city of Phoenix law enforcement officers."

The summer portion of the CAT program runs throughout June, Monday through Thursday. The day starts at 7:45 a.m. with breakfast and the first example of leadership. After breakfast, each participant helps clean the tables and sweep the floor. Watching them closely are the younger kids in other summer programs on campus.

"They get to see them in action and the little kids look up to these guys," Valenzuela points out.

From there it's off to the classroom for lessons in how to make good choices and how to develop leadership skills. New this summer was the added bonus of learning Karate. Valenzuela also shows them motivational videos.

He and Holloway brought in detectives who talked about the negative affects of graffiti. Now the students understand damage to property values and how expensive it is to clean up marked property.

Valenzuela challenges them to think about their character. "Are you nice to people?" "How good is your word?" "Are you on time?" And finally, "Do you want to make it better or do you complain?"

He schedules community service work for them like sorting food at the food bank. One week he took them to the St. Vincent de Paul dining hall in Sunnyslope. The kids served 800 meals to mostly homeless people.

"You think about what you have, and how others don't have those things," recalled Carlos Daniel Iturriaga. He was surprised to see so many needy people. For Iturriaga the heart of the matter is, "We like to help people," he says simply.



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Charlene works at staying fit. From recumbent biking to yoga, tai chi and zumba classes she says she can't quite imagine attempting elsewhere. She volunteers at Dr. Nelson's on-campus library and describes her associate librarian role as the perfect next chapter for a former teacher, prayer chaplain and hospice volunteer. Plus, being something of a social butterfly, she keeps up a lively schedule of lunches and dinners with friends, educational sessions, community events, committee meetings and the occasional "shopaholic" indulgence.

**Charlene invites you to discover how living at Beatitudes Campus can enrich your life, too. Schedule a private tour: (602) 995-6100.**



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## COMMUNITY



Clockwise from bottom left: students Kathy Guzman, Talia Armenta and David Torres, their teacher Julio Valenzuela, and students (center to far right) Lizbeth Damian, Karen Manzares and Augustin Dominguez help sort two tons of food at the Desert Mission Food Bank. The students are part of the Community Action Team at Mountain View School (photo by Patty Talahongva).

“When we leave we know we did something good today.”

After they fed the homeless a meal of meat, salad, spinach and bread, the students pulled out their own peanut butter and jelly sandwiches and ate.

As a reward for their hard work and to also to expose them to fun adventures, Valenzuela takes the students bowling, roller-skating, to movies and even to baseball games.

Valenzuela adds, “We are always looking for an organization in the community that needs help. If they have a job a group of eighth graders can do, we would love to have the opportunity to talk to them.”

And the offer goes the other way, too—if you would like to donate to the program, Valenzuela says he’s happy to receive more funding. You can reach him at 602-347-4100.

## July is a tough month for SVdP

Summer is a busy time for St. Vincent de Paul Society and those it serves. July, in particular, is a difficult month as the number of volunteers dwindles and the need grows. There are two ways you can help out.

As summer heats up, many regular volunteers shift schedules or go on vacation. Just a few hours a week or a month can make a big difference. Volunteers are needed to serve breakfast or dinner at St. Vincent de Paul’s Chris Becker Dining Room, located on 10th Avenue just south of Hatcher Road. Service hours are 10:30 a.m.-1 p.m.

Monday through Friday for “brunch,” and 4-6:30 p.m. Monday through Sunday for dinner. You must be at least 14 years old and accompanied by an adult to serve in the dining room.

For more information on this dining room, contact Norma Carillo at 602-261-6863 or ncarillo@sudp-phx-az.org. To sign up for a shift online, go to [www.stvincentdepaul.net](http://www.stvincentdepaul.net) and click on “Volunteer.”

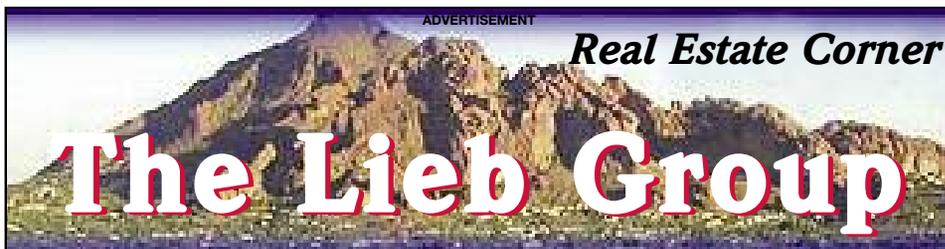
July is also the month that all Bashas’ and Food City grocery store in the Valley host the annual Peanut Butter & Jelly Drive, benefitting St. Vincent de Paul. Through July 31, peanut butter and jelly paper pin-ups are for sale at the registers for \$3 each. In addition, pre-packed “Food Bank Bags” with two jars of peanut butter, crackers and cereal will be available for purchase and donation for \$12 each. For more details, visit [www.stvincentdepaul.net/PBJdrive.htm](http://www.stvincentdepaul.net/PBJdrive.htm).

## Library hosts free movies

Burton Barr Central Library, located at 1221 N. Central Ave., will host a series of free movie screenings 6-8 p.m. Wednesdays in July, except July 3 due to the July 4 holiday.

The features include “Munich” on July 10; “The Bourne Identity” on July 17; “Austin Powers: International Man of Mystery” on July 24, and “North by Northwest” on July 31.

For more information about the Phoenix Public Library system, call 602-262-4636 or visit [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org).



## The next generation

It is exciting for me to see that the next generation of young men and women who I used to coach are now becoming North Central home buyers. Christo and Connie Panagio-



takopoulos’ two sons, Alexi and Thanasi, both have purchased homes from me recently as well as Steve and Tina Silvernail’s oldest son Zach, who just moved

into his home in Central Phoenix. Finally, thanks to Scott and Gayle Golden for recommending their daughter, Tate, who just bought her first home. I think we are seeing a trend that my friend’s kids are coming back to our area to raise their families. This is just the beginning!

I talked last month about Magee Builders remodeling construction and they continue to kick butt in North Central with many new homes to be built over the next six months. Three homes will be built at 2nd Street and Missouri, with square footage of 3,000, 3,200 and 3,400 square feet and ranging in price from around \$700,000 to approximately \$850,000. Another home, which should be completed at 6111 N. 2nd Street by the end of August, will be around 3,400 square feet and will be for sale for around \$850,000. Two more homes will be for sale at 15th Avenue and Butler, one will be for sale around the 7200 block on 15th Avenue and two will be available on the northeast cor-

ner of 4th Street and Montebello, so if you are a buyer there are many choices for you to buy a new North Central home in 2013/2014. Magee also has a few remodels that will be available in the next three to four months..

Salon Estique, located at Central and Camelback, is offering its Christmas In July specials: Buy a \$125 gift card and they will increase it to \$150 or buy a \$200 gift card and they will increase it to \$240. The card cannot be used the day of purchase and the offer cannot be combined with any other promotion or discount. Congrats to this long operating North Central business.

If you are looking for a great summer sports camp then contact Tom Kuyper, who has been around a long time. Both of my kids attended Tom’s basketball camp and they did their community service as counselors there. His basketball program is year round. His camp is online at [tomkuyper.com](http://tomkuyper.com).

My wife and I are going to visit Israel in October, so if you have any suggestions or recommendations, please send me an email at [boblieb@aol.com](mailto:boblieb@aol.com).

Have a great/miserable July. You have not lived until you play golf in 118 degree weather. Who needs San Diego?

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**COMMUNITY**

**Rockin' summer at Arizona Biltmore**

The stage is set for a blockbuster rock 'n' roll-themed summer at the Arizona Biltmore, A Waldorf Astoria Resort, 2400 E. Missouri Ave.

Currently on exhibit in the History Hallway, right off the lobby by Frank & Albert's restaurant, is "Rock On!" The retro photo exhibit by photographer John Robert Rowlands traces the history of rock 'n' roll. Since 1960, Rowlands has shot literally millions of photos of rock artists and concerts, and "Rock On!" will showcase the most eye-opening and historic images. Complimentary wine tastings will be held in the lobby on Fridays from 5 to 7 p.m.

The Wright Bar will keep the heat turned up with live music in the evenings Thursday through Saturday. Wander outside at 9 p.m. on Saturdays to enjoy a fireworks show set to rock 'n' roll.

Holiday weekends will be party time on Squaw Peak Lawn with a "Rockin' Fiesta," featuring a buffet of favorite Mexican dishes and live music. Held 5-9 p.m. July 4 and Aug. 31 (Labor Day

weekend), the Rockin' Fiesta is \$21 for adults and \$10.50 for children. Alcoholic beverages are additional.

For more information, visit [www.arizonabiltmore.com](http://www.arizonabiltmore.com).

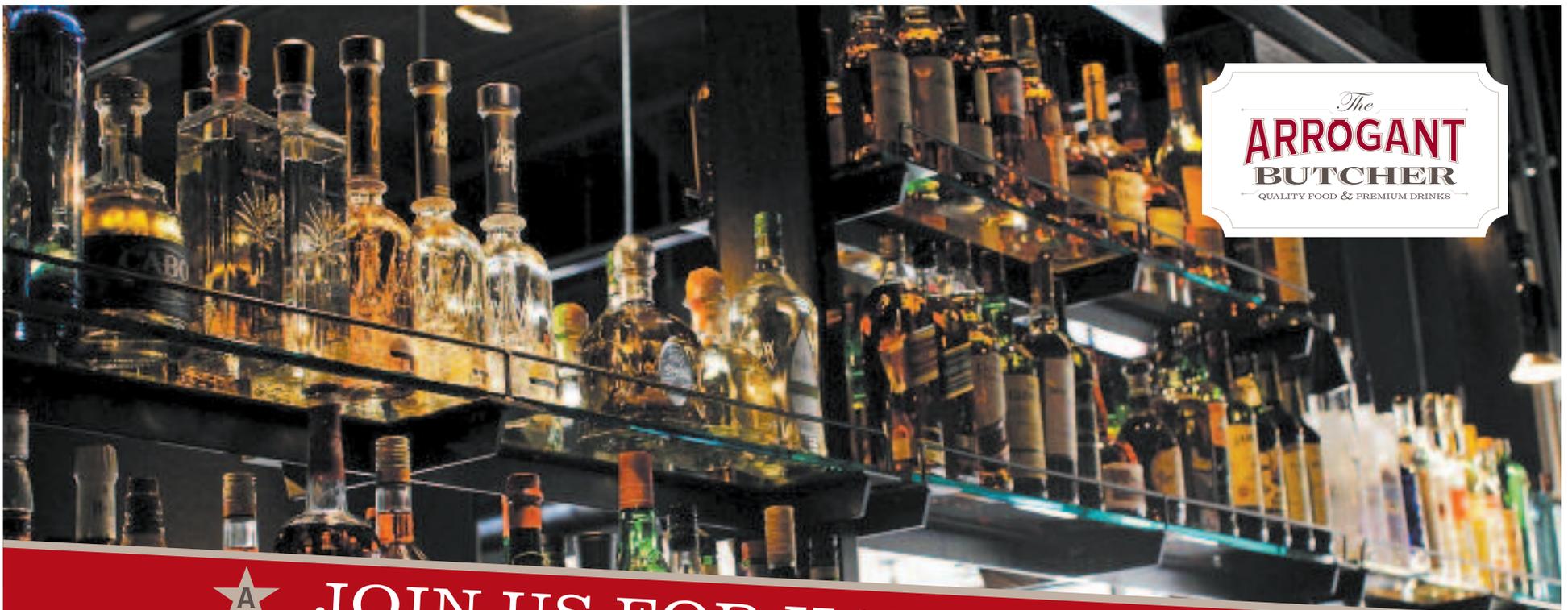
**Sundays in July are free at the Heard**

Sundays in July are once again sporting free admission at the Heard Museum, 2301 N. Central Ave.

Every Sunday in July will include music and dance performances at 12:30 and 2 p.m., artist demonstrations and more. For July event information visit <http://heard.org/CoolPlace/>.

Families can enjoy "Hot Dogs and a Cool Drink" with the Heard Cantina's Family Four Pack: four hot dogs, chips and four drinks for \$20, plus tax (individual hot dog/chips/drink meal is \$7 plus tax).

Get a Heard Museum Summer Pass to receive unlimited admission to the Heard Museum every day through Sept. 2 for \$25 (\$50 for a family of four). Call 602-252-8840 for more information.



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COMMUNITY

### Local educator named 'Teacher of the Year'

By Teri Carnicelli

Ryan Norrid, whose family has lived in the North Central community for generations, has a bright and engaging smile and a winning personality. But few knew that he struggled with a learning disability.

Ryan was both encouraged and inspired by his eighth-grade teacher at St. Francis Xavier Elementary, Dan Long. As a way to both thank Long and give him the recognition he deserved, Ryan nominated Long for a Fulton Homes Teacher of the Week award.

In his nomination, Ryan wrote, "As a student with a learning disability, Mr. Long has been one of my best advocates and has encouraged me and believed in me. It is because of him that I have pushed myself harder each and every day to complete my assignments and do the best I can. Mr. Long tells all his students to follow their dreams and to never stop believing in themselves."

Long, who teaches religion/leadership and social studies at the

preschool through eighth-grade Jesuit elementary school while also coaching the flag football, basketball and baseball teams, was selected and received the Teach of the Week award and \$300 in class at the end of January.

Because of that nomination, Long was chosen from all the weekly winners as Teacher of the Year. He was honored May 21 at the 13th-annual Teacher of the Year luncheon, held at Monti's La Casa Vieja in Tempe. He was presented with a \$1,000 check by Ira A. Fulton, founder of Fulton Homes.

"Dan Long inspires his students to excel in life, both in and out of school," said Doug Fulton, Fulton Homes CEO. "We are excited for the opportunity to give him the recognition he deserves."

In his nomination, Ryan also wrote, "Mr. Long believes that all his students can make a difference in this world. [He] inspires his students to push harder to achieve their goals. I feel well respected while being taught in Mr. Long's class, as I believe each and every other student does as well."

Ryan will attend Brophy College Prep in the fall as a freshman.



# North Central Update

## Home Sales in the North Central Corridor

May 1, 2013, to June 13, 2013

### By the Numbers

Number of homes sold: 48\*  
Average Sold Price: \$480,757  
Average Price per Sq. Ft.: \$170  
Average Days on Market: 67

For the purpose of the above averages, the lowest-priced property and highest-priced property were deleted.

The North Central Corridor is defined as Dunlap Avenue to Camelback Road and 15th Avenue to 16th Street.

Homes over \$300,000 were considered for this analysis.

Properties shown were listed and sold by various brokers.

Information deemed reliable but not guaranteed.

\*Single family homes

Address	Sale Price	Sq. Ft	\$/Sq. Ft	Address	Sale Price	Sq. Ft	\$/Sq. Ft	Address	Sale Price	Sq. Ft	\$/Sq. Ft
548 W. Orangewood Ave.	\$610,000	3,682	166	2315 E. Rancho Dr.	\$770,000	3,440	224	720 W. Northview Ave.	\$311,999	1,844	169
1221 E. Marshall Ave.	\$307,500	3,031	101	7120 N. 22nd St.	\$338,990	2,065	164	25 E. Myrtle Ave.	\$627,500	5,088	123
6106 N. 2nd Ave.	\$630,000	3,044	207	316 W. El Camino Dr.	\$362,000	2,781	130	6827 N. 2nd St.	\$483,000	2,104	230
115 E. Maryland Ave.	\$570,000	3,002	190	7142 N. 14th St.	\$365,000	3,201	114	2318 E. Bethany Home Rd.	\$595,000	2,848	209
1144 W. State Ave.	\$340,000	2,694	126	8039 N. 8th Ave.	\$405,000	2,338	173	7147 N. 13th Pl.	\$525,000	2,683	196
5713 N. Solano Ln.	\$525,000	3,059	172	915 W. Frier Dr.	\$625,000	3,664	171	7202 N. 12th Ave.	\$510,000	2,545	200
622 W. Augusta Ave.	\$435,000	3,151	138	5001 N. 6th St.	\$560,000	2,994	187	1018 E. Kaler Dr.	\$424,500	2,953	144
6040 N. 3rd St.	\$700,000	3,405	206	1642 E. Berridge Ln.	\$335,000	2,279	147	7350 N. 22nd St.	\$367,500	2,031	181
2202 E. State Ave.	\$439,500	2,416	182	6805 N. 18th St.	\$425,000	2,157	197	1801 E. Marlette Ave.	\$333,000	1,808	184
713 W. Kaler Ave.	\$425,000	3,644	117	8805 N. 9th Ave.	\$348,000	3,379	103	6825 N. 18th St.	\$326,000	1,970	165
5828 N. 3rd Ave.	\$805,000	4,114	196	920 W. Las Palmaritas Dr.	\$400,000	2,867	140	216 E. Glenn Dr.	\$555,000	2,353	236
6409 N. 11th Dr.	\$349,500	3,033	115	1704 E. Solano Dr.	\$355,000	2,100	169	8115 N. 18th Way	\$365,000	1,861	196
626 E. Orangewood Ave.	\$346,250	2,405	144	22 W. State Ave.	\$395,000	2,006	197	7112 N. 10th Ave.	\$392,600	2,122	185
210 W. Myrtle Ave.	\$675,000	4,308	157	8132 N. 18th Pl.	\$446,498	2,737	163	1935 E. Glendale Ave.	\$310,000	2,202	141
316 E. Keim Dr.	\$487,000	2,426	201	1726 E. Seldon Ln.	\$440,000	2,230	197				
741 E. McLellan Blvd.	\$370,000	2,722	136	2033 E. Glenn Dr.	\$495,000	2,444	203				



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## COMMUNITY



St. Francis Xavier Elementary teacher Dan Long, far right, is congratulated on being named the Fulton Homes Teacher of the Year by (from left): Carolyn Coffey of 102.5 KNIX-FM; recent St. Francis Xavier graduate Ryan Norrid; and Ira Fulton, founder of Fulton Homes (photo by Susan Norrid).

Kim Cavner, principal of Saint Francis Xavier School, has known Long for many years, and said, “Dan’s students and their parents treasure him as a role model, friend, and a lover of learning. Dan is open, curious, and creatively takes on new challenges. We are extremely proud of him, and very happy he [received] this recognition.”

“This is such an honor to be named Fulton Homes Teacher of the Year,” Long said. “It’s so inspiring to see well-rounded students who reflect back what teachers instill in them every day.”

Each week’s winner was announced on Friday morning on KNIX’s Ben and Matt in the Morning Show. Teachers were nominated by students and parents.

## More local news at your fingertips

If you haven’t checked out the *North Central News*’ redesigned website, then you are missing out on “extras” about your community. The website features all the things you’ve come to expect, including each issue in PDF format that can be clicked through page by page, as well as searchable text by keyword.

New features include additional photos that didn’t appear in the print publication, an active “News Updates” link for time-sensitive stories and much more. Look for video links in the near future that will further enhance the story packages.

To stay even more up-to-date on what’s happening in the community, be sure to “Like” us on Facebook (NorthCentralNewsPhx), where we post upcoming events that you may be

interested in, including events for families, important city meetings, arts and cultural activities and more.

Misplaced your print publication and need to find a handyman, or a plumber or someone to fix your laptop? Our Business Directory is available online to get you connected to the right person for the job. Need to find a copy of the printed edition? Our list of rack locations, which number more than 50 in the central Phoenix area, also is available on the website.

We welcome your feedback and suggestions at [editor@northcentralnews.net](mailto:editor@northcentralnews.net). Thank you for your continuing support!

## Community leaders sought for awards

Arizona YWCA Metropolitan Phoenix seeks nominations for its 2014 Tribute to Leadership Honorees. The deadline for submitting nominations is 5 p.m. Friday, Aug. 16.

Tribute to Leadership recognizes outstanding leadership and contributions to the community. This is your opportunity to nominate someone who has made a positive impact on you, your organization, and the community as a whole.

This year’s eight Leadership award categories are: Advocacy, Community Service Corporate, Community Service Nonprofit, Education, Health & Science, Military or Armed Service, Public Service, and Racial Justice.

Visit [www.ywcaAZ.org](http://www.ywcaAZ.org) for information on the nomination process or contact Regina Edwards at 602-258-0990, ext. 25 or by e-mail at [regina.edwards@ywcaAZ.org](mailto:regina.edwards@ywcaAZ.org).

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## Real Estate + Estate Planning = Real Planning



In the month of June I joined a start-up networking group called BNI Biltmore Arcadia. For those of you unfamiliar with BNI it is a networking group of business professionals and entrepreneurs which together, share business referrals with one another. A couple

of weeks ago I met estate attorney Jeremie McCubbin with McCubbinLaw who shared with me how necessary estate planning is to homeowners, investors and growing families. I asked Jeremie if he would explain the benefits of having a written estate plan in the categories below for my article this month. He has also agreed to a presentation on Estate Planning on July 11th at Chicago Title Agency (details are below).

I am often asked, "When is a good time to put together an estate plan?" I always want to respond with, "As soon you turn 18!" Unlike the anticipation of turning 16, and the possibility of a driver's license that comes with it, no one eagerly awaits turning 18 so they can hire an attorney and put together a comprehensive estate plan. With that said, there are some key moments in life that warrant investing some time and thought into an estate plan. The purchase of a home, the largest asset for 99% of us, is one of those times.

**1. The First Time Home Buyer:** From my perspective there are two primary prompts that result in a first time home buyer. The first is the newly married couple. Marriage is one of those moments in life which causes us to pause and consider estate planning. The dynamic of inheritance is altered by a wedding. The second is the pitter-patter of little feet (i.e. the expanding family). With little feet around, suddenly that apartment doesn't seem quite big enough and the search for a new home begins. In both instances, the dynamic of an estate plan is altered.

**2. The Investor:** Investors fit into two classifications: the short-term and long-term investor or better stated the Flipper and the Landlord. They each have unique needs and motivations but maintain a singular commonality, which is that they are both business owners. A business owner will have tax and liability concerns as well as business succession planning needs. Business succession planning consists of the documents necessary to allow a business to continue beyond the death of one of its owners.

**3. The Second Home Buyer:** Arizona is unique in that we commonly see two types of second home buyers. The first is the snow-bird - These individuals maintain their primary residence elsewhere but have purchased homes in the Valley. They should take note of our community property laws discussed in item number 5 below. The other second home buyer is searching for a place to get away to on those long, blistering, hot summer days. This place of retreat becomes much more interesting to potential heirs, then perhaps the primary residence. As an estate increases, so does the possibility of in-fighting among these potential heirs. A legal battle does nothing more than diminish the estate value. Putting a plan together can minimize such an outcome.

**4. The LGBT Home Buyer:** There is perhaps no group of individuals who need comprehensive estate planning services more than the LGBT community. One day all fifty states will recognize same-sex marriage, but until then couples in such relationships are at a unique disadvantage when

it comes to protection under the law for their partner. Concerns run from inheritance rights to making difficult health care decisions. If left unattended these moments in life can be dictated by unsupportive relatives or the State. Without a plan, the estranged family may very well end up inheriting such an estate.

**5. The Relocation Buyer:** Arizona is one of nine community property states. Community property represents the concept that when a married couple acquires assets or debts they are owned jointly. Conversely, in a non-community property state, the same married couple may acquire assets or debts separately. Many people relocating to Arizona may not be aware of how the concept of community property law will affect them, the concept and law is beyond the scope of this article. The key thing for couples moving from a non-community property state to understand is that community property law is not isolated to just real property (such as your home) it touches everything from personal property to automobiles and, in some situations, an inheritance.

A comprehensive estate plan should provide planning not only for wealth transfer, but also for beneficiary protection and incapacity concerns. The benefits of such planning can provide peace of mind that your wishes will be honored upon death, and that you have executed the proper legal documents to protect you, your family and your assets in the event of incapacity. This article does not constitute legal advice and it is always recommended that you seek legal representation should you have concerns over these matters.

Jeremie McCubbin is the managing attorney of McCubbinLaw, P.L.L.C., a boutique law firm focused on comprehensive estate planning and bankruptcy. Please contact McCubbinLaw at 2221 W. Baseline Rd., Ste. 101, Tempe, AZ 85283 | 602.347.8726 | jeremie@mccubbinlaw.com to schedule a complimentary consultation. Please join him and host Lisa Capes with Chicago Title Agency for a complimentary seminar on the Fundamentals of Estate Planning on **July 11, 2013, from 11:00 am to 1:00 pm at Chicago Title Agency, Ste. 209, 777 E. Missouri Ave., Phoenix, 85014 Space is limited, please RSVP to: capesL@ctt.com.**

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## COMMUNITY

### DAYCARE *continued from page 1*

For 16 years, this unique program located adjacent to the Beatitudes Campus at 1548 W. Glendale Ave. brought together the young and the old in the nonprofit center, operating as the Valley's only intergenerational childcare program. Students interacted with elders, some who were retired teachers, many of whom volunteered at the center. The program served children age 6 months to pre-kindergarten.

According to a note on the center's website, "Revenues have not covered operating expenses since at least fiscal year 2005-06, which resulted in a steady decrease in reserved endowment funds. This deficit cannot be overcome by increasing enrollment. In addition, the Board determined that Beatitudes Agelink is not able to obtain grants or charitable donations in sufficient amounts in the necessary timeframe to close the gap."

Hal Holman, chair of the Beatitudes Agelink board, says it was a combination of reasons for closing, including the changing demographics of the area as well as competition from public schools, many of which now offer pre-kindergarten for children as young as age 3. In fact, of the eight schools in the Madison Elementary School District, five of them offer pre-K.

Holman was very supportive of the Beatitudes Agelink program, saying it was good for the children to get exposure to the older generation. The board voted to close the school back in

March. It was not easy.

"The reaction from teachers, specifically, was everything from very sad to pretty angry," he says. The executive board first discussed the decision before taking it to the full board of eight people. "But with just eight people we talked for three hours," he says.

And the reaction from parents has also been one of dismay. Jeff and Kimberly Bishop started sending their son, Zachery, to the school when he was 2 months old. Zachery is now 4 and his father says the location was perfect for the family. Jeff grew up in the neighborhood and bought his grandfather's house; Zachery is the fifth generation to live in the same home. Jeff's mother lives a few doors away.

Jeff has nothing but praise for the staff. "From the administration to the kitchen," he says, they were all very nice and professional. "These people are going to need jobs in early childhood education, seek them out," he adds.

The only thing Jeff wishes Beatitudes Agelink had done better was to time the closing of the school closer to the beginning of the year.

These two recent closures come on the heels of another long-time educational program shuttering its doors. Just last year, the Missouri campus of Rancho Solano Private Schools closed after 59 years of service. The building remains vacant, with weeds growing inside the added chain-link fence. Calls to officials with Rancho Solano were unreturned as of press time.

## north central news

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## COMMUNITY

**SOCCKER continued from page 3**

the league, says his four boys have learned more than just soccer.

“Sports leagues, when well run, create opportunities for good recreation, fun, physical fitness, getting to know our neighbors, and making friends. MFC is a well-run league and provides great experiences for us and our kids,” he said.

MFC has other strong ties in the community. For example, the club has contributed to Madison School District fundraising events, and has provided gift certificates for MFC fall recreation leagues and the club’s British Soccer Camp for various silent auction fundraisers. The club also provides scholarships for children that otherwise might not be able to play soccer due to cost, and regularly collects past-season MFC jerseys to give to new players—for free—who demonstrate financial need.

MFC also offers a winter recreational league and a summer camp. The league is open to children from throughout Phoenix. Despite its name is not affiliated with the Madison School District. The league does work with the school district as games and practices take place at various school fields. To register for 2013 Fall League, visit [www.mfcphx.org](http://www.mfcphx.org).

## Local youth participate in exchange program

Twenty-five Phoenix high school students were selected as youth ambassadors to travel to eight of Phoenix’s nine sister cities through a summer student exchange program. The students returned home just in time to welcome their host family’s son or daughter when they come to Phoenix in late July.

Among them are Jessica Meliech of Sunnyslope High School, who went to Ennis, Ireland; and Sophie Rabb of Thunderbird High, who traveled to Chengdu, China. Ronek Padgaonkar, also from Thunderbird High, visited Himeji, Japan.

The Youth Ambassador Exchange Program, sponsored by Phoenix Sister Cities, offers young people an opportunity to learn about and experience each other’s cultures. High school sophomores and juniors are selected on the basis of their communication skills, maturity, flexibility, leadership and self-confidence.

For more information, call 480-635-6861 or visit [phoenixsistercities.org](http://phoenixsistercities.org).



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### COMMUNITY



#### PET PRIMER

## Summer health tips for pets

By Hillary Frank, DVM, Dipl. ABVP (avian)

Summer days and outdoor festivities are made even better when they're shared with pets. This is a great time for fun, but it is also time for extra care.

Heat is a common cause of summer illness for pets, especially here in Phoenix. Never leave your pet in a parked car, garage, or storage room for any period of time. On a warm day, the temperature can reach over 120 degrees F in a matter of minutes, even with the windows partially open. Death can occur in as little as 10 minutes. Rabbits and chinchillas are especially sensitive to temperatures above 80 degrees F.

Exercising during the cooler part of the day is best. The street and sidewalk can be hot for hours and can blister paws. Many dogs will continue to happily run with their owner, showing no signs of tiring or illness, until collapsing with heatstroke. Dogs do not have an efficient method of handling heat stress because they don't sweat and can only reduce their body temperature by seeking cool places to lay, drinking cool water and panting. Heat stroke is most common in the large breeds and in dogs with short noses.

Make sure your pet has access to shade and cool, clean water every day. Be alert for signs of heat stress: rapid breathing, loud heavy panting, vomiting, a deep red or purple tongue, glazed eyes, or staggering. Quickly get your pet to a shady, ventilated area, sponge off with cool water, and take your pet to the nearest veterinarian immediately.

Some pets initially appear to have

recovered but serious blood changes can continue to worsen. Dogs who suffer from heat stroke can develop serious delayed complications, including death, so a veterinarian should examine all pets with significant heat exposure.

Parasites are more active during the summer months, and these parasites are more than a nuisance to pets. They can pose serious health risks to both pets and people, including Lyme disease, Rocky Mountain spotted fever, and other flea, tick and mosquito transmitted diseases. Check with your veterinarian for the product that most suits your environment and pet's needs. Be cautious of over-the-counter products because some may be toxic and others are less effective and increase risk of disease transmission.

The July 4th holiday is another time to protect your pet this summer. The sound of fireworks may terrify your pet. Explosive noises may damage your pet's hearing, or pets may be injured by fireworks. Summer monsoons also can frighten many pets or damage fences, allowing them to escape. Avoid problems by discussing with your veterinarian ways to protect and calm your pet. Be sure your pets have permanent identification, including a safe collar with current tags and a microchip. If your pet is lost, these will help in returning them home.

With a little extra effort, you and your pets can enjoy even the hottest summers in Phoenix. Make sure your pet is in tip-top shape and ready for the months ahead.

*Hillary Frank, DVM, Dipl. ABVP (Avian) is the owner of North Central Animal Hospital, P.C., 20 W. Dunlap Ave. She can be reached at 602-395-9773 or find more information on our website www.NorthCentralAnimalHospital.com. The information in "Pet Primer" is provided as general information only. For specific advice on your pet's health, consult your veterinarian.*

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## COMMUNITY



This young Chihuahua mix is all about being mellow and relaxing; he's good with other animals but not small children (photo courtesy of the Arizona Humane Society).

## Pet of the Month

**Willie a chill dude  
lookin' for a home**

Willie has a "surfer dude" hairdo and a beach bum personality, preferring a life of leisure. All he wants is someone to hang out with and be his constant companion.

The small-pawed Chihuahua mix is perhaps the mellowest 2-year-old you'll ever meet and he's content to spend the afternoon lounging around the house or cuddled on your lap. His favorite pastime is sun bathing and he could spend the entire morning sprawled out in the grassy yard soaking up rays and napping. He also loves to go for car rides and smiles as if he enjoys feeling the wind blow through his golden fur.

Willie is timid around children and would do best in a home without small children. He is cool with other friendly pets, though. Willie is available at the Petique Retail and Adoption Center located at the Biltmore Fashion Park, 2500 E. Camelback Road. His adoption fee is \$110 and includes his neuter surgery and vaccines. For more information, call 602-957-3113 and ask for animal ID A322758.

## Airlines enact pet embargoes

If you're traveling with your pet this summer and plan to fly to your destination, be familiar with the airline's pet embargo policy before you book your flight. During the summer, many airlines don't allow pets aboard flights as checked baggage or cargo when temperatures are high. Airline pet embargoes are in the best interest of ensuring the safety of your pet.

Not only is air travel stressful for

your pet but it can also pose serious health risks. According to the International Pet and Animal Transportation Association (IPATA), embargoes protect pets from exposure to extreme heat while they're in the holding areas and terminal facilities, while moving them between terminals and aircraft, or while they're on an aircraft awaiting departure.

Since airlines impose embargoes to ensure your pet's safety, there are no exceptions. However, if an embargo is in effect on the day of your flight, the airline will work with you to re-route your flight, if possible, or schedule your flight for another day.

Since each airline has a different summer pet embargo policy, visit [TripsWithPets.com](http://TripsWithPets.com) and review the Airline Pet Policies.

## Campaign tackles homeless pet problem

An alliance of eight animal welfare agencies has formed the "Fix.Adopt.Save." campaign to tackle Maricopa County's homeless animal problem. The three-year effort will provide 44,000 free spay/neuter surgeries and prepare an additional 7,000 pets for adoption to reduce euthanasia of homeless pets.

The Nina Mason Pulliam Charitable Trust and PetSmart Charities are the two lead funders for the campaign, pledging a combined \$4 million for the three-year effort. The Arizona Community Foundation and the Arizona Humane Society also are funding partners.

The eight members of the Alliance are Altered Tails, the Arizona Animal Welfare League, the Animal Defense League of Arizona, the Arizona Humane Society, HALO Animal Rescue, Healing Hearts, Maricopa County Animal Care & Control, and PACC-911.

"While each of these animal welfare groups has had significant successes of their own in recent years, we are confident that coming together they will be more efficient and effective than ever before in solving a very big problem," said Stephanie Butler, senior director of PetSmart Charities. "We'll share nationwide what we learn in Maricopa County so others can benefit from our efforts."

The campaign is data driven and will target geographic areas with the greatest needs.

More information can be found at [www.FixAdoptSave.org](http://www.FixAdoptSave.org).



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COMMUNITY

### Local youth pitches, hits and runs to No. 1

Makena Cook, 8, from North Central Phoenix, captured the Arizona Diamondbacks Team Pitch, Hit & Run Championship for the 7-8 age division during games held June 9 at Chase Field. Makena clinched the No. 1 spot for her age group in the region of Arizona and New Mexico. The top three in each age group for each region, from across the nation, will advance to the MLB Pitch, Hit & Run National Finals, to be held during the MLB All-Star Game in New York. Those winners' names were to be announced on June 30.

Makena will be a third grader at Madison Traditional Academy this fall and has played softball for RAMMS (Recreational Association of Meadows-Simis) for the last two seasons. She is coached by her dad, Jeff Cook.

RAMMS hosted a local MLB-sponsored Kid's Pitch, Hit, Run Competition on April 13, where Makena won the All-Around in her 7-8 age bracket, advancing to the Sectionals in Mesa on May 11, where she also won the All-Around. Her



Makena Cook holds up her three winning certificates for the MLB-sponsored Kid's Pitch, Hit & Run Sectionals on May 11, which advanced her to the state competition on June 9 at Chase Field, where she also captured first place for the 7-8 age group (photo courtesy of Heather and Jeff Cook).

scores at sectionals ranked her in the top-three in the state, advancing her to the Arizona Diamondbacks Team Championship at Chase Field on June 9.

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### Volunteers sought for youth commission

Phoenix's Youth and Education Office is looking for individuals who are passionate and committed to enhancing education. Members of the Youth and Education Commission will advise the mayor, city council and city management on how to improve educational strategies and youth development within our community.

The Youth and Education Commission includes 17 members from local businesses, youth-serving organizations, secondary and postsecondary institutions and the Arizona Department of Education.

The Youth and Education Office is also seeking youth from each council district to be part of the commission and assist in advising the city on opportunities and challenges relating to youth. The commission will meet at a minimum of once per quarter.

Applications for the Youth and Education Commission are available at <http://phoenix.gov/citygovernment/boards/apply/>. When submitting an application, also send an e-mail to [tim.valencia@phoenix.gov](mailto:tim.valencia@phoenix.gov) stating that your completed application has been submitted.

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## COMMUNITY

### Community Calendar

#### \$4 for the Fourth

July 1-7

**Pueblo Grande Museum**  
4619 E. Washington St.  
602-495-0901

For the entire Fourth of July Holiday week, the museum offers a discounted admission rate of \$4 to all adults and seniors. Bring the whole family out for a fun and affordable uniquely Arizona experience. The museum will be operating on summer hours and will be closed Sundays and Mondays, and July 4 for the holiday. Visit [www.pueblogrande.com](http://www.pueblogrande.com).

#### Sports Card & Memorabilia Show

10 a.m.-3 p.m. Saturday, July 13  
**North Phoenix Baptist Church, Fellowship Center – Bldg. B**  
5757 N. Central Ave.

Presented by Free Agent Sports. Chicago Bears legend and NFL Hall of Famer Mike Singletary will be on hand to sign autographs from 12-2 p.m. Fees range from \$20 to \$95, depending on

the item. Also present will be Arizona Diamondbacks first baseman Paul Goldschmidt, from 11 a.m. to noon. Autographs will be \$35 for all items except bats or jerseys, which will be \$40 each. Inscriptions are \$10. For more details about autograph fees, visit [www.phoenixcardshows.com](http://www.phoenixcardshows.com). Some autograph tickets will sell out in advance. Admission to the card show is \$1 and parking is free.

#### Phoenix Writers Club

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

Members of the club will be sharing their writing experiences. The cost is \$15 for members and \$20 for guests. Reservations must be made by July 18. RSVP to Cindi Reiss at [writeoncindi@gmail.com](mailto:writeoncindi@gmail.com) with Phoenix Writers Club in the subject line. Members and the public are welcome.

#### Strikes 4 Kids Charity

**Bowling Tournament**  
3-5:30 p.m. Sunday, July 21  
**Let It Roll Bowl**  
8925 N. 12th St.

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COMMUNITY

The charity event will be hosted by Arizona Cardinals' cornerback Jamell Fleming, who will be joined by several of his teammates. The 9-pin no-tap format tournament is open to all ages and abilities. Fee is \$45 per bowler or \$200 per team of five and includes soft drinks, pizza, shoe rental, goodie bag, T-shirt, and two games of bowling (time permitting). Non-bowlers may attend for \$20, which includes soft drinks and pizza. A portion of the proceeds will be used to purchase items for disadvantaged youth in the Phoenix area such as backpacks, school supplies and toys. Visit [www.strikes4kids.phoenix.org](http://www.strikes4kids.phoenix.org) to register.

**Back to School and Health Fair**

9 a.m.-2 p.m. Saturday, July 27  
 Metrocenter Mall  
 9617 N. Metro Parkway W.  
 602-262-7442

The free event includes free immunizations, health screenings, mammograms, prostate exams, and dental & optical screenings for parents and their children (must be accompanied by par-

ent or guardian). There also will be free backpacks for the first 1,000 elementary school-aged children. All children must be present and accompanied by a parent or guardian in order to receive backpacks or immunizations and have vital records information on file. Immunizations are available only for uninsured children, fifth grade and up. They will also be some immunizations for adults. There will be free haircuts and light lunches for children, as well as entertainment, arts and crafts.

**Night Golf**

7 p.m. Saturday, July 27  
 Palo Verde Golf Course  
 6215 N. 15th Ave.  
 602-249-9930

Four-person scramble format. Fee is \$25 per person, and it includes: greens fee, glow products, prizes, and a goodie bag. Register by phone or at the golf course by 5 p.m. the day prior to event. Discount coupons not valid with Night Golf.

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### MONEY MATTERS



## Three common start-up mistakes

By Harvey Amwake, C.P.A.

According to the Small Business Administration, a third of small businesses fail within the first two years. Over half fail in the first five years. So if you're thinking about starting a small business, it pays to take an honest look at yourself, your business idea, and the marketplace. You can increase the odds that your business will survive by avoiding three very common mistakes.

**Mistake No. 1:** Not enough cash. If you're starting out, it's a good idea to accumulate— before you enter the marketplace—a cash reserve that's about three times your estimated need. Small businesses often face down times, when sales aren't exactly stellar and revenues slow to a trickle. Also, unforeseen expenses for insurance, staff, buildings, advertising, taxes (the list goes on and on) can cripple your business and shut it down before it's out of the starting block. Extra cash can make the difference between a survivor and a statistic. A reserve fund provides an extra bit of cushion to keep the business operating as you work toward the next sales goal.

**Mistake No. 2:** Inadequate planning. Building a business is like building a house. You need a foundation, clear goals, and an implementation strategy. Where do you want to be a year from now and beyond? If people built houses with as much foresight as many start-up businesses put into planning, you'd see a lot more folks camping in their basements. Developing a sound business plan means doing solid research. It means understanding the marketplace, knowing what sets your product apart, and getting a grip on the costs to implement your plan. An idea is not a business plan. You need to flesh out the idea and get down to specifics.

**Mistake No. 3:** Inflexibility. Once you've developed your business plan, be willing to adapt it to changing conditions. More than a few businesses have started with a great business model, but failed to modify that model when market conditions evolved. If your cus-

tomers or competitors change (and they will over time), don't be afraid to change with them.

If you're considering starting a small business and would like assistance, talk to your financial adviser or give us a call.

*This article is for general information only and does not constitute financial advice. If you have any questions about financial matters, consult a professional tax adviser. Harvey Amwake, CPA, is a tax and small business consultant with the accounting firm of Harvey E. Amwake, PLLC., at 6232 N. 7th St., Suite 105. He can be reached at 602-753-0377 or by e-mail at Harvey@AmwakeCPA.com.*

## Business Briefs

### Biz-to-biz expo held at PV Mall

The Phoenix Chamber of Commerce hosts a Business Showcase 7:30-9 a.m. Thursday, July 25 at Paradise Valley Mall, 4568 E. Cactus Road.

This free business-to-business expo, which takes place inside near the food court, features a variety of tabletop displays from current Chamber members, as well as breakfast and door prizes. Make new business connections and hear from veteran business owners about how they are staying strong in a slow economy. Bring plenty of business cards to share.

You do not need to be a member of the Chamber to attend this event. While attendance is free, pre-registration is required. Go to [www.phoenixchamber.com](http://www.phoenixchamber.com) and click on "Business Showcase." For more information, call Amanda Ellis at 602-495-2194.

### Businesses sought for mentor program

The Arizona Educational Foundation (AEF) is accepting applications from business leaders for its UnitED program, which matches businesses with schools to create sustainable relationships that better education through available resources and expertise within the company.

Formerly known as the "Principal for a Day" program, UnitED provides businesses with the chance to educate their future workers as the program excites and exposes students to new industries and gets them thinking of possible career paths.

*please see MENTORS on page 20*



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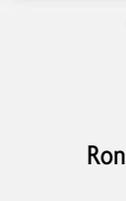
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### TAKING CARE OF BUSINESS

#### MENTORS *continued from page 18*

Business participation ranges from monetary donations to mentoring between the business leader and the school leader, as well as providing advice on community relations or even providing one-on-one interactions between the business' employees and schools. This includes hands-on industry work, employees volunteering time to tutor students, teaching interview skills or showing how math and reading translate to the workplace.

Registration is now open for partnerships beginning in the fall. There will be a joint information and training session in August to launch the partnerships. For additional information on the UnitED program, or to sign up your business or school, visit [www.AzEdFoundation.org](http://www.AzEdFoundation.org) or e-mail Bobbie O'Boyle at [bobbie@azedfoundation.org](mailto:bobbie@azedfoundation.org).

#### O'Dowd changes name, location

O'Dowd & Associates Mortgage recently transitioned to a new name—Signature Home Loans, LLC—and

moved to a new location just down the road, with offices now at 1599 E. Orangewood Ave., Suite 200. The company will continue to maintain its 28-year presence in the North Central community.

O'Dowd was started in 1985 by Pete O'Dowd. It was always a small, family-owned company, comprising of an average of 10 loan officers and four staff members. The average loan officer and staff member has been with O'Dowd Mortgage for 15 years or more.

O'Dowd & Associates Mortgage has been listed with the BBB since 1994 and has had zero complaints. It is estimated that they have funded more than 10,000 loans.

In 2011, Pete O'Dowd and his top five loan officers started work on new plans to eventually transition the company into a new company with a new name, different ownership structure, but with all the same people working for them.

There are now five owners in the new Signature Home Loans mortgage company. They have maintained the same staff of loan officers that were with them at O'Dowd & Associates.

For more information, call 602-248-4200 or visit [www.signatureaz.com](http://www.signatureaz.com).

#### Kelly Clark named a AAA 'Top Shop'

Motorists seeking quality auto repair have a resource thanks to AAA's 2013 Top Shops list, which includes Kelly Clark Automotive, 1201 E. Glendale Ave. Now in its twelfth year, 29 Arizona repair facilities earned the award for 2013; Kelly Clark's second location on Bell Road also made this year's list.

"AAA's Approved Auto Repair (AAR) provides a way for drivers to find a repair shop they know they can trust," said Don Nunnari, vice president of automotive services for AAA Arizona. "Top Shops surpass AAA's stringent requirements. These facilities represent the best that our automotive network has to offer."

Facilities must belong to AAA's AAR network to be eligible for the award. AAR facilities must adhere to more than 20 standards, including:

- Annual inspection by AAA
- Staff Automotive Service Excellence technicians for each area of service offered
- Guarantee repairs for at least 12 months or 12,000 miles for AAA members

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**The medical healthcare power of attorney** attorney identifies an agent, such as a trusted family member or friend, who can give consent to medical treatment if you cannot, such as consent for surgery or hospitalization. An alternate agent should also be listed in case your first agent cannot be reached. For example, if your spouse is your agent and both of you are in an accident, then an alternate agent is needed.

Different from other states, the Arizona statute also allows you to

authorize your health care agent to make decision about whether you are buried or cremated. Before this law, if you died without being married, then all of the members in your family could have input in how you were to be buried or cremated. If a person died without having family, then it could be difficult to have a mortuary carry out any burial or cremation.

Another difference from other states is the ability to have a **mental healthcare power of attorney** which helps avoid costly court intervention if you or someone you love suffers from mental illness, brain injury, dementia or Alzheimer's. The mental healthcare agent and the doctors can insist on medication being taken and can have a person admitted to a psychiatric hospital unit until the medications

are stabilized. This documents avoids the need for court intervention for you to get the best health care possible.

If a person does not have these healthcare powers of attorney, then their loved ones have to go to court to get authority to help them. Court involvement requires two sets of attorneys, since the person needing the health care needs separate counsel. In addition, a court investigator must evaluate the person and a hearing is held in open court—in about 45 days after the request is made. Time, money and privacy is saved by appointing an agent through healthcare powers of attorney.

*Sharon Ravenscroft, Esq., The Cavanagh Law Firm, PA, with offices in Phoenix and Sun City, can be reached at (623) 815-7451 or [sravenscroft@cavanaghlaw.com](mailto:sravenscroft@cavanaghlaw.com) For more information see:*

**[www.sharonravenscroft.com](http://www.sharonravenscroft.com).** Sharon's practice focuses on the preparation of Wills, trusts and premarital agreements, along with probate and business law.

## TAKING CARE OF BUSINESS



Jesse Garcia (center), from Kelly Clark Automotive Specialists at 12th Street and Glendale Avenue, accepts the AAA 2013 Top Shop plaque from John Walter, left, and Don Nunnari, right, of AAA Arizona (photo courtesy of AAA Arizona).

- Accept the final decision of AAA in resolving disputes with AAA members

In addition, Top Shops must also maintain a 90 percent customer approval rating. They must be actively involved in the community and uphold an exemplary business reputation.

Learn more at <http://www.az.aaa.com/automotive>.

### Company commits to hiring military vets

Phoenix Peach LLC, a Nevada-based private equity fund, announced the start of a campaign to actively hire military servicemen and women in need of work at Goettl Good Guys Air Conditioning Repairmen and the Sunny Plumber, Phoenix Peach's heating and air conditioning and plumbing companies.

Goettl Good Guys and The Sunny Plumber have reached out to local military organizations that are focused on finding employment opportunities for servicemen and women. The companies encourage similar organizations in Arizona to contact them to see what job placement opportunities can be secured, and also welcome any interested applicants to apply in person at 1845 W. 1st St., Ste. 108 in Tempe.

The companies have previously shown support for veterans throughout Arizona as well, having introduced a military discount program for veterans and their families.

For more information, visit [www.goettl.com](http://www.goettl.com) or [www.thesunnyplumber.com](http://www.thesunnyplumber.com).

### Sign company offers new sign contest

FASTSIGNS of Downtown Phoenix is hosting its third MetamorphoSIGN program, an online contest that provides businesses and organizations with an opportunity to win one of three visual communications makeovers. Local nonprofit Esperança, which provides health and nutrition education as well as access to health resources to underserved families in the Phoenix area, is one of the organizations competing for a new pop-up display to use for its traveling presentations.

"Our visual communications makeovers include signs, graphics, displays and mobile marketing solutions—all customized to fit their specific goals," said Scott Koehler, owner of the Downtown Phoenix FASTSIGNS.

Winners of the MetamorphoSIGN contest will be chosen by online votes:

- One makeover of up to \$10,000 will be awarded to a traditional brick and mortar business.

- One makeover of up to \$5,000 will be awarded to a nonprofit organization 501(3)(c).

- One makeover of up to \$5,000 will be awarded to a vehicle-based business.

Entries will be voted on from July 8 to July 26; the entry in each category that receives the most votes will be the winner and will be announced on Aug. 15.

To learn more about the contest or to vote, visit [www.metamorphosign.com](http://www.metamorphosign.com).



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6445 E. Calle Del Media .....	.4167 SF	.....	.4BR/4.5BA	.....	\$1,099,000	
2444 E. Lincoln Cr. ....	.5064 SF	.....	.3BR/3.75BA	....	\$ 950,000	
27 W. Sierra Vista Dr. ....	<b>NEW PRICE</b>	....	.4BR/3.5BA	....	\$ 900,000	
2317 E. Gardenia Dr. ....	.3887 SF	.....	.6BR/4.5BA	....	\$ 875,000	
6111 N. 2nd Pl. ....	<b>COMING SOON</b>	.3400 SF	.....	.4BR/4BA	.....	\$ 875,000
405 E. Montebello .....	<b>COMING SOON</b>	.3400 SF	.....	.4BR/3.5BA	....	\$ 850,000
25 W. Frier Dr. ....	<b>IN ESCROW</b>	.4241 SF	.....	.4BR/3BA	.....	\$ 750,000
306 W. Claremont Ave. ..	<b>IN ESCROW</b>	.3012 SF	.....	.5BR/3.5BA	....	\$ 740,000
7726 N. 4th Ave. ....	<b>NEW PRICE</b>	.3594 SF	.....	.5BR/3BA	.....	\$ 699,500
1128 W. Northview Ave. ..	<b>COMING SOON</b>	.3135 SF	.....	.4BR/2.5BA	....	\$ 649,900
725 W. El Camino Dr. ....	.4920 SF	.....	.4BR/3BA	.....	\$ 649,000	
8702 N. 7th Ave. ....	<b>IN ESCROW</b>	.2669 SF	.....	.4BR/3BA	.....	\$ 649,900
115 W. Morten Ave. ....	.3552 SF	.....	.3BR/3.5BA	....	\$ 635,000	
6022 N. 3rd Ave. ....	<b>IN ESCROW</b>	.2908 SF	.....	.4BR/2.5BA	....	\$ 599,000
320 W. Bethany Home Rd. ..	<b>NEW PRICE</b>	.4099 SF	.....	.4BR/5BA	.....	\$ 575,000
7743 N. Dreamy Draw Dr. ..	<b>IN ESCROW</b>	.2629 SF	.....	.4BR/2.75BA	....	\$ 525,000
6014 N. 3rd Ave. ....	.2470 SF	.....	.4BR/3BA	.....	\$ 495,000	
5649 N. 6th St. ....	<b>IN ESCROW</b>	.3723 SF	.....	.4BR/4BA	.....	\$ 449,500
3800 E. Lincoln Dr. #30 ..	<b>NEW PRICE</b>	.2824 SF	.....	.3BR/2.5BA	....	\$ 410,000
1 E. Lexington Ave. #201	<b>NEW PRICE</b>	.1973 SF	.....	.3BR/3BA	.....	\$ 409,000
1325 E. Ludlow Dr. ....	<b>IN ESCROW</b>	.2568 SF	.....	.4BR/2.5BA	....	\$ 395,000
803 W. Rancho Dr. ....	<b>IN ESCROW</b>	.2400 SF	.....	.4Br/4BA	.....	\$ 395,000
1738 E. Myrna Ln. ....	<b>IN ESCROW</b>	.4686 SF	.....	.4BR/2.75BA	....	\$ 359,000
723 W. Glenn Dr. ....	<b>NEW PRICE</b>	.2381 SF	.....	.3BR/2BA	.....	\$ 349,000
26427 N. 42nd Pl. ....	<b>IN ESCROW</b>	.2359 SF	.....	.4BR/2.5BA	....	\$ 329,000
1348 E. Missouri Ave. ...	<b>JUST LISTED</b>	.3226 SF	.....	.4BR/2.5BA	....	\$ 325,000
77 E. Missouri #8 .....	<b>IN ESCROW</b>	.2410 SF	.....	.3BR/2.5BA	....	\$ 290,000
7633 N. 7th St. ....	<b>JUST LISTED</b>	.1861 SF	.....	.3BR/2BA	.....	\$ 275,000
1252 E. Edgemont Ave. ..	<b>JUST LISTED</b>	.1919 SF	.....	.3BR/2BA	.....	\$ 275,000
1042 E. Myrtle Ave. ....	<b>JUST LISTED</b>	.1527 SF	.....	.3BR/2BA	.....	\$ 275,000
6144 W. Saguaro Park Ln. ..	<b>IN ESCROW</b>	.2046 SF	.....	.3BR/2.5BA	....	\$ 245,000
7003 N. 11th Way .....	<b>JUST LISTED</b>	.1260 SF	.....	.3BR/1.75BA	....	\$ 215,000
207 W. Clarendon Ave. #22E	<b>JUST LISTED</b>	.1566 SF	.....	.2BR/2BA	.....	\$ 197,500

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1128 W. Northview Ave. ■ \$649,900



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6014 N. 3rd Ave. ■ \$475,000



7633 N. 7th St. ■ \$275,000

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| 405 E. Montebello Ave. 3400SF 4BR/3.5BA Mid \$800,000s | 7212 N. 15th Ave. 3400SF 4BR/3BA Mid \$800,000s |
| 5506 N. 2nd St. 3000SF 4BR/3BA Mid \$600,000s          | 8430 N. 15th Ave. 1650SF 3BR/2BA Mid \$400,000s |
| 5512 N. 2nd St. 3200SF 4BR/3.5BA Mid \$700,000s        | 8430 N. 15th Ave. 3000SF4BR/2BA Mid \$600,000s  |
| 5518 N. 2nd St. 3400SF 4BR/3.5BA Mid \$800,000s        | 8430 N. 15th Ave. 3200SF 4BR/3BA Mid \$600,000s |

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2211 E. Camelback Rd. #805 \$ 900,000	6805 N. 18th St. \$ 425,000	14033 N. 10th Pl. \$ 340,000	6120 E. Evans Dr. \$ 235,000	5136 N 31st St. #662 \$ 136,500
5750 N. Central Ave. \$ 875,000	316 W. Glendale Ave. \$ 410,000	307 W. Herro Ln. \$ 325,000	635 W. Coral Gables \$ 230,000	15178 W Taylor St. \$ 128,000
540 W. Kaler Dr. \$ 805,000	312 W. Stella Ln. \$ 410,000	421 E. Locust \$ 300,000	723 W. Cactus Wren \$ 224,000	8434 N. Central Ave. B \$ 111,000
6899 N. Central Ave. \$ 760,000	105 W. Harmont \$ 405,000	2 W. Beryl \$ 295,000	848 N. 54th Cr. \$ 210,000	3516 E. Everett Dr. \$ 97,500
5034 E. Lafayette Blvd. \$ 750,000	1511 E. Villa Theresa Dr. \$ 402,500	529 W. Las Palmaritas Dr. \$ 295,000	2319 E. Glenrosa Ave. \$ 210,000	225 E. Orchid Ln. \$ 90,100
5961 E. Whitehorn Pl. \$ 715,000	601 W. Moon Valley Dr. \$ 400,000	1315 E Gardenia Dr. \$ 295,000	1545 W. Glenn Dr. \$ 195,000	833 E Echo \$ 70,000
6106 N 2nd Ave. \$ 630,000	1151 E. Ocotillo Rd. \$ 400,000	201 E. Georgia Ave. \$ 294,000	7362 E. Rovey Ave. \$ 192,000	1545 E. Sahuaro Dr. #2 \$ 58,000
77 E. Missouri Ave. #37 \$ 524,250	338 E. Orange Dr. \$ 375,000	3828 S. Vermeersch \$ 280,000	1124 E. Rose Ln. #10 \$ 185,000	
6828 N 3rd Place \$ 520,000	10257 N. Central Ave. \$ 375,000	1844 E. Hazelwood \$ 277,000	18402 W. Maui Ln. \$ 172,000	
721 E. Circle Rd. \$ 485,000	4925 E. Cordia Way \$ 375,000	102 W. Seldon Ln. \$ 275,000	6517 N. 10th Pl. \$ 170,000	
7739 N. 11th Ave. \$ 475,000	7142 N. 14th St. \$ 365,000	77 E Missouri #37 \$ 250,000	9432 N. 17th St. \$ 155,000	



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**Haboobs carry more than dirt**

By Gerald Schwartzberg, M.D.

Although monsoon storms can provide a break from the monotony of summer's 110-degree-plus days, the monsoons bring something along with them: dust.

While the aftermath of a so-called "haboob" can be inconvenient—filthy cars, pools and patios—it's also potentially harmful. Not only can dust exacerbate asthma and other chronic pulmonary conditions, it also can carry *coccidioides immitis*, a soil-dwelling fungus that can cause Valley Fever. Unsuspecting individuals inhale the fungal spores into their lungs and contract the Valley Fever infection.

According to the Centers for Disease Control and Prevention, more than 16,000 reported cases of Valley Fever were documented in 2010, most of them in Arizona and California. Valley Fever is more commonly found in arid regions, notably the southwestern United States, Mexico and South America.

Valley Fever symptoms can vary from person to person, which may make it difficult to diagnose. You may have fever, chills, fatigue, cough and headache. You also may experience rashes, chest pain, joint aches, shortness of breath and nausea. Symptoms typically last for up to four weeks.

Milder cases of Valley Fever commonly resolve on their own, but more severe infections require antifungal treatments by a doctor. Those with weakened immune systems are more likely to develop a serious case of Valley Fever if infected, and should be monitored by their doctors to avoid potentially dangerous complications from the illness.

There is no cure for Valley Fever. Once you contract the infection, it remains in your system for life. The fungus lies dormant but may reactivate years later.

Although it's impossible to avoid *coccidioides immitis* completely, take these precautions to minimize potential exposure to the fungus:

- During a dust storm, avoid out-

door activities, such as swimming, running or biking. Go inside.

- If you're in a car when a dust storm strikes, roll up the windows and keep the vents closed to avoid directly breathing the dust.

- Indoors, you can improve the quality of the air you breathe by installing HEPA filters.

If you begin to experience symptoms that you suspect may be Valley Fever, see your doctor.

*Gerald Schwartzberg, M.D., specializes in pulmonary diseases at North Phoenix Pulmonology, 9100 N. 2nd St., Suite 121, 602-997-7331, or JCL.com/practices. The information in "To Your Health" is provided by John C. Lincoln Health Network as general information only. For medical advice, please consult your physician.*

**Local seniors excel at Tai Chi**

By Anastasia Reynolds

After people go into retirement, many spend their days volunteering or relaxing. But for a growing group of local senior citizens, their days often are spent at the Legacy Foundation Chris-Town YMCA, practicing the martial art of Tai Chi Chuan.

Tai Chi is an ancient Chinese martial art that originated thousands of years ago by a Taoist priest. It was originally used as a form of self-defense, but in recent years it's used as a less-strenuous and low-impact exercise.

The Chris-Town Y began offering Tai Chi classes in 2012 and they quickly became popular with all age groups. Tai Chi is an activity that is structured for every age and every body type, according to the instructor Albert Chung.

"I teach three Tai Chi Chuan classes: a beginner class on Tuesday and Thursday morning, and an advanced class on Tuesday afternoon," Chung said. "Yang style, long form, slow set, and fast set are taught in the beginner class and various weapons—fan, cane and sword—in the advanced class."

Chung said that the class attendance continues to grow and it now totals more than 20 participants. He said he is excited about the growth, especially since teams from the Chris-Town Y participated in the 2013 senior Olympics.

One of the members who went to

## HEALTHY LIVING

the 2013 Senior Olympics was 93-year-old Barbara Spear, who was a member of “Team Three Treasures” at the Olympics. She began doing Tai Chi 26 years ago in Scottsdale and she continues to practice and learn the martial art at the Chris-Town Y every Tuesday afternoon.

“I attend once a week, with Albert as my instructor for ‘Kung Fu Cane’ and ‘Kung Fu Fan,’” Spear says.

Spear explains that she began doing Tai Chi as a source of relaxation and exercise when she worked as an executive secretary for 20 years. She continues to practice Tai Chi every day and even competed in the 2012 and 2013 Senior Olympics that are held in Arizona each year.

“Performing Tai Chi at the Senior Olympics was a gratifying experience for all of us as it required the training and focus, which was a challenge for all,” Spear says.

The Senior Olympics are held each year in February and March throughout various cities in Arizona. Tai Chi was a popular event and the Chris-Town YMCA sent four teams to the 2013 Olympics and three of the teams placed. Spear’s team received a gold medal at the Olympics for their performance of “Kung Fu Cane.”

Lynn Wiletsky, 67, also practices Tai Chi Chuan at the Chris-Town Y and participated in the 2013 Senior Olympics on a separate team than Spear did. She was a member of “Team Y Qi,” which received a bronze medal. She began doing Tai Chi in 2012 and absolutely loves it.

“Tai Chi is for people of all ages and physical condition,” Wiletsky points out. “My inspiration comes from watching a 93-year-old woman move with grace and strength while competing on teams that wielded weapons! What an achievement,” she says of fellow practitioner Spear.

Spear has definitely earned the title as an inspiration after competing and winning at the 2013 Senior Olympics but she says that Tai Chi itself inspires her.

“It is my energy, health, patience, balance, focus and so many other things that help keep me grounded in day-to-day life,” Spear said. “You can see by my age that I attribute the benefits of Tai Chi for a good share of my 93 very happy years.”

Classes are free for YMCA members and \$20 for non-members, per class.

For more information about the Legacy Foundation Chris-Town YMCA, visit [www.valleymca.org/christown](http://www.valleymca.org/christown) or call 602-242-7717.

*Editor’s note: Anastasia Reynolds is a journalism student at the Walter Cronkite School of Journalism and Mass Communication at Arizona State University’s downtown campus.*

## Health Briefs

### Blood drive at Cowden Center

United Blood Services will hold blood drives at Cowden Center on Thursday, July 25 from 12 to 3:45 p.m. and Friday, July 26 from 7:30 to 11:15 a.m. The Cowden Center is located at 9202 N. 2nd St.

All donors in July and August will be entered in a raffle to win a new car. Save time by completing your health assessment online and you’ll be entered to win additional prizes. To make an appointment, visit [www.bloodhero.com](http://www.bloodhero.com), register, and enter sponsor code “John C. Lincoln” or call 877-827-4376.

### AML survivors sought for study

Phoenix-area residents who are in remission after treatment for acute myeloid leukemia (AML) are being sought to participate in an international, Phase III clinical trial for US Oncology Research to test a drug that may lengthen their lives.

Mahesh Seetharam, M.D., oncologist and hematologist with Arizona Oncology, will lead the drug trial targeting AML—a form of cancer that, if left untreated, could be fatal within weeks or months. The American Cancer Society estimates that around 14,590 new cases of AML will be diagnosed this year.

The study is open to those AML patients age 55 and over who have experienced complete remission up to 90 days after intensive treatment to be eligible for enrollment. Patients also must be ineligible for a bone marrow transplant to qualify for the trial. It is a randomized, double-blind study—meaning doctors or participants do not know if the patient is receiving the drug or a placebo.

The enrollment period is expected to take up to three years and the trial itself may last five years. For more information about participation in this clinical trial, contact the Arizona Oncology Biltmore Cancer Center, 2222 E. Highland Ave., at 602-277-4868.

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**SCHOOL DAYS**



Celebrating their success are members of the inaugural graduating class from the Girls Leadership Academy of Arizona, including, from left: Marli Mayon, Maria Magaña, Alexandra Petersen, Ambrosia Mitchell, Adilene Quintero and Yocelyne Garcia Diaz (photo courtesy of GLAAZ).

**GLAAZ graduates its inaugural class**

The Girls Leadership Academy of Arizona (GLAAZ), located at 715 West Mariposa St., held commencement exercises for its first-ever graduating class on May 23. The six graduating young women have advanced academically, developed leadership skills and increased their self-confidence while at GLAAZ, and each one has plans to build on these accomplishments at the college level.

In just two years of operation, GLAAZ has already has created positive change in the community by preparing young women for success in future educational pursuits and in life. Its curriculum and many community partnerships facilitate learning beyond the classroom and provide numerous leadership, creative thinking and career

exploration opportunities.

Marli Mayon will attend Scottsdale Community College and then transfer to Arizona State University to pursue a degree in political science. Ambrosia Mitchell will attend Grand Canyon University and major in communications.

Adilene Quintero will attend Glendale Community College to become a dental assistant, while Alexandra Petersen will attend Phoenix College to study phlebotomy, with the ultimate goal of becoming a labor and delivery anesthesiologist.

Maria Magaña will attend Grand Canyon University and major in secondary education, with plans to become a teacher.

Yocelyne Garcia Diaz, who earned college credits for Spanish while attending GLAAZ, will attend



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**SCHOOL DAYS**

Glendale Community College for general education requirements, followed by the University of Phoenix to study criminal justice.

For more information, call 602-288-4518 or visit [www.glaaz.org](http://www.glaaz.org). Tours for prospective students and their parents are available.

**T.W. Lewis Foundation awards scholarships**

T.W. Lewis Foundation awarded scholarships to local high school seniors at its 12th annual scholarship banquet. Among the winners were: Madelynn Fretto, Xavier College Prep; Matthew Harris, Brophy College Prep; Amber Pirkel, Bourgade Catholic High School; Jordan Stupka, Xavier Collge Prep; and Tristan Stoutenburg, Washington High School. They were honored at a banquet held at the Arizona Biltmore Resort.

The recipients will receive \$20,000 (\$5,000 per year) in financial aid for four years at either Arizona State University's Barrett Honors College or University of Arizona's Honor College, subject to minimum academic requirements.

**School Briefs**

**CREIGHTON ELEMENTARY SCHOOL DISTRICT**

**Biltmore Prep wins 'Battle of the Books'**

Biltmore Prep students earlier this spring competed against several other teams in the Creighton Elementary School District's "Battle of the Books" competition and captured both first and second place in the Junior Division.

In the Junior Division, Biltmore Prep's fourth-grade team captured first place. Fourth-grade team members

included Katelyn Brown, Caleb Warren, Tatiana Flom, Leslie Garcia, Meseret Berhane, Giana Lopes, and Emily Medina.

The fifth-grade team took second place in the Junior Division. In the Senior Division, the sixth-grade team tied for third place with the combined seventh and eighth-grade team.

Battle of the Books is a district-wide literary academic competition in which students read 12 assigned books, form teams, and work together to answer questions about the books in an oral "family-feud" style competition. Through the program, students improve their reading comprehension skills and set the foundation for life-long reading habits.

**GLENDALE UNION HIGH SCHOOL DISTRICT Beatitudes Campus links with WHS**

Beatitudes Campus residents presented \$750 college scholarships to four deserving graduating students from Washington High School on May 17. The students who received the scholarships are Tristan Stoutenburg, Elizabeth Breden, Sergio Gonzalez Gomez and Kathleen Phan.

Students and their families, along with Washington High School counselors and teachers joined the Community Outreach Committee of the Beatitudes Campus Residents Council at an awards luncheon to recognize the outstanding achievements of the students.

These scholarships were established by the committee to inspire and empower students to pursue education beyond high school and to help the students accomplish their educational goals.

*please see BEATITUDES on page 28*

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\*Student must be in grades 9 – 11 for the 2013-2014 school year. Student must RSVP and attend the evening tour of the Girls Leadership Academy of Arizona Wednesday, July 31st. Student must be accompanied by her parent or guardian during the visit. Student must be a prospective GLAAZ student.



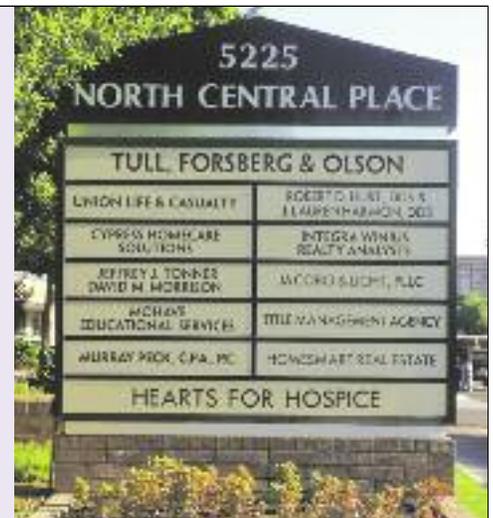
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**SCHOOL DAYS**

**BEATITUDES continued from page 27**

Throughout the 2012-2013 school year, the Beatitudes Campus Community Outreach Committee recognized two students every month as “Students of the Month.” These students exemplified outstanding scholarship, leadership and community spirit and were presented with gift cards and a commemorative plaque. In addition to the four scholarship winners, the Students of the Month who were honored during the school year were: Anahi Barraza, Mansur Dudurkaew, Katherine Le, Andriy Yarema, Bianca Sandoval, Cole Humphries, Ella Burrus, Cameron Brown, Aaliya Crawford, Brandon Faiss, Nawida Hussaini, Marco Antonio Galvan, Alice Phan, and Vincent Indelicato IV.

**MADISON ELEMENTARY SCHOOL DISTRICT  
Madison District looking for alums**

Did you attend a Madison elementary or middle school? Were you a student at Simis back when it was a K-8



Eighteen students from Washington High School were recognized as “Students of the Month” by the Beatitudes Campus Community Outreach Committee during the 2012-13 school year (photo courtesy of Beatitudes Campus).

school? Or maybe you attended the original Madison No. 1 school on 16th Street? The Madison Education Foundation is looking for you!

The foundation is getting ready to launch the Madison Alumni Association and is looking for former students, teachers, principals and staff members from all eight Madison schools. Visit [www.madisonaz.org/alumni](http://www.madisonaz.org/alumni) and share your memories. Then visit and “like” the

Madison Alumni Facebook page at [www.facebook.com/MadisonAzAlumni](http://www.facebook.com/MadisonAzAlumni) and the Madison Education Foundation page at [www.facebook.com/MadisonEducationFoundation](http://www.facebook.com/MadisonEducationFoundation).

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## SCHOOL DAYS



The Madison district is forming an alumni association and seeks former students, educators, staff members and more. Pictured is the 1925 second-grade class at Madison No. 1 School (photo courtesy of the Madison School District).

donations of gently used musical instruments. For more information, contact Rhonda Olson at rhonda@madisoneducationfoundation.org or 602-664-7964.

### OSBORN ELEMENTARY SCHOOL DISTRICT Osborn prepares to shred student files

On Sept. 1, 2013, Osborn School District will destroy special education records on students who have withdrawn, transferred or graduated and have been gone from the district for four or more years. Records will be destroyed according to the State of Arizona Records Retention and Disposition Schedule, pursuant to A.R.S. 41-1351.

Call the District Office at 602-707-2014 before the above date to obtain any information in your student's file.

### PHOENIX UNION HIGH SCHOOL DISTRICT Central teacher also an author

Mark Williams is an English teacher at Central High, so he knows a thing or two about a good book. As an author, he has just released his third novel, titled "Looking for Indianola." It is part of his Emancipation series that began with Emancipating Elias in 2007 and followed up by Holy Ground in 2010.

Williams spent the first 21 years of his career as a special agent for the Organized Crime Division of the State Attorney General's Office. He traveled across the United States as an instructor for law enforcement in various capaci-

ties. After he retired, he became a high school English teacher.

### Central photographers work with galleries

Five Central High advanced photo students were involved in a special project working with five professional photographers. *please see PHOTOGRAPHERS on page 30*

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**SCHOOL DAYS**

**PHOTOGRAPHERS continued from page 29**

tographers this past school year. Their project, called "Through Each Others Eyes," was to make images that represent themselves, culturally.

Each student created four to five photographic works that were exhibited at MonOrchid gallery, May 14-18. The work of Kemi Sholola, Javier Jimenez, Alondra Burgos, Alejandra Rodriguez, and Allysa Phillips was at the gallery at 214 E. Roosevelt St.

Six other Central students participated in the Scottsdale Museum of Contemporary Arts Visions project. They had the opportunity to work with six internationally known fine art photographers, culminating with an exhibit of their work in the gallery at Scottsdale Museum of Contemporary Art.

The students were Alexa Guy, Sabrina Hernandez, Adam Ortiz, Jazmine Moore, Alejandra Rodriguez and Johnalys Medina. Their work will be displayed through Sept. 8.

**'Expect More' at Metro Tech High**

Metro Tech High School was recognized as one of four Expect More Arizona Spotlight award winners for Central Arizona, culminating the Expect More Excellence Tour, in which schools or programs submitted videos demonstrating excellence in five criteria.

Principal Kate McDonald and 15 staff members attended the awards ceremony on May 7 at the Phoenix Civic Center, where they received a

plaque, and \$1,000.

The five criteria are Expect More Arizona's building blocks for world-class education: Communities working together; excellence for all; world-class achievement; commitment to innovation, and strategic investment.

**WASHINGTON ELEMENTARY SCHOOL DISTRICT WESD honors staff, others for contributions**

Once each year the Washington Elementary School District (WESD) celebrates the unique, exemplary contributions of special members of the WESD family by honoring them with the Lamp of Learning Award.

This year 37 people were honored at a ceremony on May 4. Among the 2013 honorees were Rebecca Thursby Hayes, a social worker at Royal Palm Middle School; Terry Marden, facility manager for Sunnyslope School; Margaret Aragon, a kindergarten teacher at Desert View Elementary; Heather Davis, second grade teacher, Maryland School; Becky Fogarty, Student Services specialist, Mountain View School; Allison Jefferson, a third Grade teacher, Richard E. Miller Elementary; and Beth Perry, fourth grade teacher at Sunnyslope School.

The Lamp of Learning Award allows WESD the opportunity to thank community members and staff members for the extras that they do to support the education of students. It is the highest recognition given in the school district.

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**SCHOOL DAYS**



Harlem Globetrotter Anthony "Buckets" Blakes, a Phoenix native, demonstrates to the children of Desert View Elementary School the spinning ball trick during a visit on May 9 to promote the importance of physical fitness (photo by Teri Carnicelli).

**Basketball player visits Desert View**

Anthony "Buckets" Blakes of the world-famous Harlem Globetrotters paid a visit to Desert View Elementary School to show of some of his basketball skills as well as talk about the Globetrotters' S.P.I.N. program.

S.P.I.N. stands for "Some Playtime is Necessary," a way to make fitness fun for children and help cultivate an active lifestyle, urging kids to be on the move and get into the action.

Globetrotter players such as Blakes, who is a Phoenix native, recognize that an active lifestyle can mean anything from dribbling a basketball, to riding a bike or walking the dog.

**Register now for the fall**

Parents can register their kindergarten through 8th grade students for the 2013-14 school year throughout the summer in the Washington Elementary School District. The WESD Welcome and Registration Center, 3200 West Cholla, is open Monday through Friday from 7:15 a.m. to 4:30 p.m. On Wednesdays, the center is closed from 11:30 a.m.-1:30 p.m.

Children must be 5 years old before Sept. 1, 2013 to be registered for kindergarten. Children must turn 6 years old before Sept. 1, 2013 to be registered for first grade. Call 602-896-6950 for more information.

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**SCHOOL DAYS**

**PRIVATE AND CHARTER SCHOOLS**  
**Brophy senior honored with North Star award**

Brophy senior Gabriel Lopez was awarded the Catholic Charities North Star Youth Leadership Award, which included a \$600 scholarship. Lopez's project at St. Vincent de Paul was sparked while volunteering at the family dining hall. He noticed a group of teenagers who were disengaged from the nights' activities at the "Dream Center."



Gabriel Lopez

Lopez created a Teen Night project aimed at engaging the teenagers who come to dinner at St. Vincent's, devoting one to two nights a week.

**Blake named an All-American**

Brophy College Prep senior Hudson Blake was among 40 high school young men and 40 young women listed as All

American Tennis players by the National High School Tennis All-American Foundation.



Hudson Blake

His exceptional play made him the fifth singles champion in Brophy's history. He was an outstanding team leader and a driving motivational force behind the success of the Brophy team. When off the court, Blake often could be found as a one man cheering section for his teammates.

**Congressman Franks visits Phoenix Christian**

U.S. Congressman Trent Franks presented the Ronald Reagan Presidential Foundation award to eight students at Phoenix Christian High School's 2013 Honors Ceremony.

The award recognizes students who have shown qualities attributed to President Ronald Reagan: Drive, integrity, citizenship, student involvement, athletics, government and academics. They received a certificate and a commemorative coin honoring them as a Ronald Reagan Student Leader.

Franks addressed faculty, parents and students and was honored for his commitment to education and fighting for school choice.

**All Saints' students travel to Haiti**

All Saints' Episcopal Day School and Church recently commissioned members of the All Saints' community as ambassadors to St. Paul's School and Parish in Gascogne, Haiti. Four students, along with a parent each, three faculty members and the associate rector made the trip.

This was the first year since the partnership began that students made the journey. Students in seventh and eighth grades were offered an opportunity to represent All Saints' as student ambassadors to St. Paul's. Students were selected based an application form, short answer questions, and an essay detailing why the student wished to visit Haiti.

The Episcopal Diocese of Haiti Partnership Program was established to foster connections between churches and schools in the United States and Canada with Episcopal churches in Haiti. The partnership between the two communities began in 2010.

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# 2013-2014 Sports Schedule

Registration forms are available online at [www.ramms.org](http://www.ramms.org).

FALL	WINTER	SPRING 
 <p><b>Flag Football</b> (Grades 1-8) Evaluations 08/17/13 Season starts 09/07/13 Playoffs end 10/26/13</p> <p><b>Volleyball</b> (Grades 3-8) </p> <p>Evaluations: 08/12/13 (Juniors) 08/15/13 (Seniors) Season starts : 09/03/13 (Juniors) 09/05/13 (Seniors) Playoffs end 10/26/13</p>	 <p><b>Boys Basketball</b> (Grades K-8) Evaluations 11/09/13 Season starts 12/07/13 Playoffs end 02/07/14</p> <p><b>Girls Basketball</b> (Grades K-8) Evaluations 11/09/13 Season starts 12/07/13 Playoffs end 02/07/14</p>	<p>T-Ball \$80 each Baseball/Softball \$140 each</p> <p><b>Baseball &amp; Softball</b> (Grades K - 8) Evaluations 02/08/14 Season Starts 03/01/14 Playoffs End 05/30/14</p> <p><b>Opening Day 3/1/14</b> Playoffs end 5/30/14</p>

### Support RAMMS

Business owners, if you are looking for a way to support youth sports and advertise your business in the community, please consider supporting RAMMS. For a fee, your business can become a team sponsor and have its name on the back of a team's jersey. For more information, please contact a RAMMS Director.

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

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**FARMERS**



**GENERATIONS**

## Senior Living

### Educational, fun events at center

The Sunnyslope Senior Center, 802 E. Vogel Ave., offers a monthly calendar of events to entertain, educate and enliven. This month's events include:

- World Beat Music Hour, 3-5 p.m. the first and third Fridays of the month. Enjoy the Amazing Grace Bagpipes on July 5, and Sean Mireau Steel Drums on July 19.
- Benefits Assistance, 9:30-11 a.m. Tuesdays. Volunteers from the Area Agency on Aging assist with Medicare benefits questions.
- A trip to see the comedy "Afternoon Delight," 11 a.m.-1:30 p.m. Tuesday, July 23 at the Herberger Theater, 222 E. Monroe. Cost is \$8; a sack lunch is available for an additional \$2.50. Payment and reservations must be made in advance; limited to 12 people.

The center is open 8 a.m. to 5 p.m. Monday through Friday. For more information on these and other programs, call 602-262-7572.

### Homebound seniors benefit from your time

Recent retirees looking to give back or younger adults who want to connect to an older generation are invited to become a volunteer with Duet, which provides a variety of services to homebound seniors in the Phoenix metro area. An orientation is set for 4-6:30 p.m. Thursday, July 25 at the Church of the Beatitudes, 555 W. Glendale Ave.

If you are interested in directly helping a homebound senior, you can choose

from a variety of service options, including grocery shopping for or with; paperwork assistance such as sorting mail and filling out forms to be signed; transportation to medical appointments or other miscellaneous appointments; computer assistance, such as teaching basic e-mail; respite assistance to give a break to the regular family caregiver; and more. Services are flexible enough to be done in the evening or on weekends, around a volunteer's schedule.

A Level 1 fingerprint background clearance is required and will be completed during orientation. If you already have a Level 1 fingerprint clearance card, bring a photocopy of the card with you.

To RSVP, e-mail [volunteer@duetaz.org](mailto:volunteer@duetaz.org) or call 602-274-5022. Be sure to note the date and location of the orientation you are registering for.

## Kids & Family

### Cannedy offers summer camps

Cannedy Performing Arts Centre, located at 6222 N. 7th St., offers summer Intensive Dance Camps for ages 7 to 15. The camps run 9 a.m. to 1 p.m. Tuesday through Thursdays, July 9-11 and 16-18. Dancers may enroll in one week or both weeks, as both camps will be different.

The intensive is for beginners through intermediate levels. Each camp includes musicality, character/theatrics, ballet technique, jazz, strength conditioning, flexibility work, hip hop, contemporary, lyrical and more.

Cost for the camp is \$195 for one week or \$325 for both weeks. Students



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**The Stratford, an Assisted Living and Memory Care Community, invites you to our weekly musical social in our Grand Lobby!**

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**GENERATIONS**

can choose one or both weeks as camps will be different each week. Pre-registration is required. For more information or to register, visit [www.cannedperformingarts.com](http://www.cannedperformingarts.com) or call 602-265-0227.

**Stars and Stripes, Kids Night Out**

The Arizona Sunrays Gymnastics & Dance Center, 3110 E. Thunderbird Road, hosts two exciting “Kids’ Night Out” events this month. First up is the Stars & Stripes Kids Night Out, set for 6 to 10 p.m. Saturday, July 6, for children ages 3 (must be potty trained) to 13.

Kids are invited to come dressed in their favorite red, white and blue leotards or gym clothes and enjoy an evening of gymnastics, organized games, sports, jumping in a bounce house and on trampolines, and then wind down by watching a movie.

Sunrays also will host its monthly “Kids’ Night Out” from 6 to 10 p.m. on Saturday, July 20, also for ages 3 to 13. Similar activities will be offered.

Cost is \$25 per child with a \$5 off sibling discount for either event. Pizza, snacks and drinks are included.

Advanced registration is required. Call 602-992-5790 or visit [www.arizonasunrays.com](http://www.arizonasunrays.com).

**Free backpacks, health fair at McDonald’s**

McDonald’s restaurants, including those at 7th Street and Townley Avenue and 19th and Northern avenues, will distribute free backpacks for the upcoming school year to needy families from 8 to 9 a.m. on Saturday, July 27.

This year the Desert Mission Food Bank will set up a Health and Safety Fair at the North Central locations. Parents will receive information about local health resources. The event is free; backpacks are available while quantities last and on a first-come, first-served basis.

**Host a foreign exchange student**

Aspect Foundation is seeking volunteer host families in the Phoenix area for high school students from nearly 30 countries who want to experience the American way of life.

Aspect Foundation’s host families can be single people or married people, cou-

ples, with or without children, who want to provide a home for an exchange student, complete with family meals.

For more information about becoming a host family, call Sabrina Carretie at 480-586-8306 or visit [www.aspectfoundation.org](http://www.aspectfoundation.org) to view online profiles of available students.

**CUMC hosts ‘Fun Fair’ bible school**

Central United Methodist Church invites local children to its “Everywhere

Fun Fair: Where God’s World Comes Together” Vacation Bible School. The program begins July 14 and ends July 18 at the church, located at 1875 N. Central Ave. Hours are from 5:30 to 8:30 p.m.

The adventures include interactive Bible fun and music, super science, cool crafts, hands-on mission work, global games and more. To be a part of the Everywhere Fun Fair, call the church office at 602-258-8048 or visit [www.centralumc.com](http://www.centralumc.com).



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For store hours, visit [stvincentdepaul.net](http://stvincentdepaul.net)

**FREEDOM DAYS JULY 1-7**

**A celebration of  
artist Frida Kahlo**

“Celebrating Frida,” an exhibit of artwork inspired by Frida Kahlo and created by the Phoenix Fridas, will take place July 5-28 at Burton Barr Central Library, 1221 N. Central Ave.

The exhibit kicks off 6-8 p.m. Friday, July 5, with a free First Friday artist reception. Music will be performed by Maya Murillo and Carmen de Novais Guerrero.

The library will also will host a series of free programs throughout the month complementing the exhibit, including:

- Feliz Cumpleaños Frida Kahlo, 1-4 p.m. Saturday, July 6, with crafts, live music and more; good for all ages.

- “I Paint My Own Reality,” 6-8 p.m., Thursday, July 11, featuring a panel discussion with the Phoenix Fridas about how the artist has inspired their work and lives.

- Frida Shrine Workshop with Crafty Chica Kathy Cano-Murillo (registration required) 1-4 p.m., Saturday, July 20. Create a Frida-inspired shrine. Ages 16 and older.

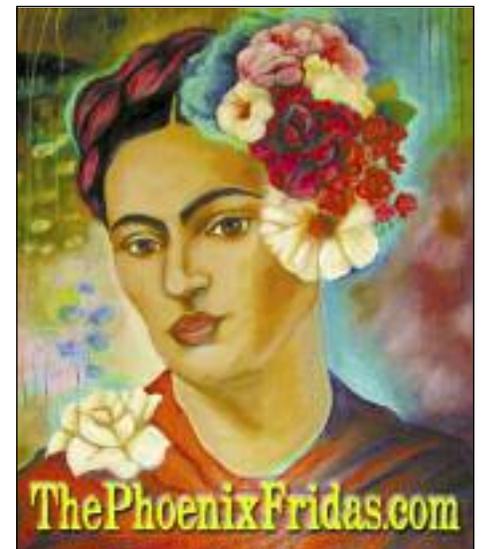
The Phoenix Fridas will offer a mercado of their work for sale as part of the activities on July 6 and 11. A portion of mercado sales will benefit the Friends of the Phoenix Public Library. The Phoenix Fridas are local artists including Crafty Chica Kathy Cano-Murillo, Carmen Guerrero, Emily Costello, Anita Mabante Leach, Annalisa Rios, Monique Sanderson-Mata, Michele Delgado, Gloria Casillas-Martinez, Veronica Verdugo-Lornell and Diana Calderon.

To register for the Crafty Chica workshop or for more information, call 602-262-4636 or visit [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org).

**A & E Briefs**

**‘Interconnections’ Exhibit Through August 8 @Central Gallery, Burton Barr Library 1221 N. Central Ave. 602-262-4636**

Artist Laura Spalding Best’s work explores the collective aesthetic of the urban landscape. Specifically, her paintings separate and celebrate the blights on the vista, and emphasize the unappreci-



An exhibit of artwork inspired by Frida Kahlo will take place at Burton Barr central Library July 5-28 (submitted photo).

ated flaws in our everyday view. Best has a bachelor of fine arts degree from Arizona State University. She created the public mural, “Centennial” at the APS Power Substation on Roosevelt Row.

**‘Feel the Heat: Desert Prints’ Exhibit Through Sept. 30 The Gallery @ City Hall 200 W. Washington St.**

Featuring 55 prints of the Arizona and Southwest landscape by George Elbert Burr and Oscar Strobel. Burr, who moved to Phoenix in 1924, was a leading American printmaker and illustrator known for his richly detailed etchings of landscapes. Strobel, who moved to Phoenix in 1926, was a well-known illustrator. Working from his hacienda on McDonald Drive in Scottsdale, he became known for calendars and murals inspired by the “vastness, force, light and color” he saw in the Southwest landscape. The show is the third in a series of rotating exhibitions from the city’s historic Municipal Art Collection of 1,000 artworks. Gallery hours will be 10 a.m. to 2 p.m. Monday through Friday. Visit [phoenix.gov/arts](http://phoenix.gov/arts).

**Friday Night Concerts 7:30 p.m. Fridays in July Arizona American Italian Club 7509 N. 12th St. 602-944-3090**

Fridays are sizzlin’ at the AAIC with free concerts by some hot local bands. July 5 features Chicago blues with The Rocket 88’s, followed by fireworks in

## ARTS &amp; ENTERTAINMENT

the parking lot; on July 12, enjoy “The New Brothers” with Lewis Ray Cammarata; “The Neil Diamond Tribute” with lead singer Tad Lindstrom takes the stage on July 19; and classic rock band Toucan Eddy will shake things up on July 26. Seating is limited; an optional buffet will be available for \$12. Open to the public, however, club membership is required to purchase alcohol.

**The Freedom Wireless  
Fabulous Phoenix Fourth  
6 p.m. Thursday, July 4  
Steele Indian School Park  
300 E. Indian School Road  
602-534-FEST**

The fireworks display will begin at 9:30 p.m. Families also can enjoy free kids inflatable rides, plenty of food and beverage vendors and more. To avoid traffic congestion and limited parking around the park, attendees can use Metro light rail, with a stop located on Central Avenue just north of Indian School Road.

**Five Stages’  
Friendly People Productions  
July 9-18  
Herberger Theater, KAX stage  
222 E. Monroe  
602-252-8497**

Part of the Lunch Time Theater series. Inspired by “live lit” events like public radio’s This American Life, Friendly People Productions puts a theatrical spin on the work of contemporary authors and storytellers. The show features five actresses in solo performances about life’s surprises. Show times are 12:10 p.m. Tuesdays, Wednesdays and Thursdays. Tickets are \$6 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**‘Afternoon Delight:  
Now That’s Comedy!’  
Class 6 Theatre  
July 23-Aug. 1  
Herberger Theater, KAX stage  
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Part of the Lunch Time Theater series. Featuring works by Samara Siskind and A.R. Gurney, enjoy this existential fight to the finish that pits man against woman against the bleeding heart of drama in three brilliant comic scenes that will help you escape the heat with some thought-provoking laughter and perhaps, if you plan ahead, a delicious sandwich. Show times are 12:10 p.m.

Tuesdays, Wednesdays and Thursdays. Tickets are \$6 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**AAIC Charity Barbecue  
6p.m. Saturday, July 27  
Arizona American Italian Club  
7509 N. 12th St.  
602-944-3090**

Enjoy hamburgers, sides, beverages and live music by the Chez New Motown Band. Proceeds benefit the families of Phoenix Police Officer Daryl Raetz and Firefighter Bradley Harper, who died in the line of duty. Cost is \$20 per person. Tickets are available at the club bar, from 2 to 10 p.m. daily.

**‘Everything You Always  
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the Culture Wars  
(But Were Afraid to Ask)’  
New Carpa Theater Co.  
Aug. 6-15  
Herberger Theater, KAX stage  
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Playwright-actor-journalist-professor and hyperbolically hyphenated-American James E. Garcia ponders the question, “Can’t we all just get along?” and more in this fast-paced, farcically surrealistic satire about the rapidly changing makeup of U.S. society. Show times are 12:10 p.m. Tuesdays, Wednesdays and Thursdays. Tickets are \$6 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**‘Rent’  
Aug. 21-Sept. 15  
Phoenix Theatre  
100 E. McDowell Road  
602-254-2151**

Based on Puccini’s La Boheme, “Rent” follows a group of impoverished, young Bohemian artists and musicians struggling to live in New York City’s Lower East Side. Filled with humor and poignancy, love and laughter, these voices sing out to us about the struggles we all face today. Single tickets go on sale July 1. Visit [www.phoenixtheatre.com](http://www.phoenixtheatre.com).

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Friday, July 19: **THE NEIL DIAMOND TRIBUTE WITH LEAD SINGER TAD LINDSTROM** – Sweet Caroline comes to the AAIC! Three hours of Neil Diamond originals. Everybody loves Neil Diamond so this is a fun, upbeat and romantic blend of Neil Diamond.

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Tony "Dane" Rigoli stands next to his wife, Hilde, who holds up the Maxwell St. natural casing Polish sausage, and long-time employee Malena Romero. The Great Dane Dog House serves only Vienna all-beef hot dogs (photo by Patty Talahongva).

**Café Chat**  
Time to enjoy the 'dog' days of summer

By Patty Talahongva

Every July 4, Americans consume millions of hot dogs. According to the National Hot Dog and Sausage Council (yes, there is such an organization), on that day alone Americans will pig out on 155 million dogs.

But the real day to eat a hot dog is Tuesday, July 23. That's when National Hot Dog Day is celebrated every year.

In North Central Phoenix, you will find several places that feature the dog prominently. In fact, at **Nogales Hot Dogs**, it's all you'll get.

"It's a one-item menu: Sonoran Dog," explains owner Pablo Perez. His version comes wrapped in bacon and served with pinto beans, onions, mayo and tomato. The all-meat (chicken, pork and beef) costs \$3. This type of hot dog is eaten in Nogales, Sonora, Mexico he says, and adds, "It works!"

Apparently it works in Phoenix, too, because for the past 11 years he's been selling his Sonoran hot dogs in the southwest parking lot at 20th Street and Indian School Road. He opens his cart around 7 p.m. and sets up a few tables and chairs, then serves his hot dogs until after midnight. On Friday and Saturday nights he will stay up until the last customer leaves.

Other condiments include cheese, guacamole, mushrooms and jalapeños.

The buns are made at a local Mexican bakery and are hearty enough to handle all the toppings. Add some chips and a drink and you get a complete dinner for \$5. Like them on Facebook at Nogales Hot Dogs No2.

Just west of Nogales Hot Dogs on 16th Street and Indian School Road is **Luke's of Chicago**. When Cary Del Principe and his wife, Diana Lee, opened this location in 1989, they had an instant fan base from Chicago. The name comes from Cary's father, whose nickname was Luke. The family opened up the original Luke's on Harlem Avenue and Addison Street in 1968.

The only type of hot dog served at Luke's is a Vienna all-beef dog, in seven varieties. They are steamed but upon request you can get them grilled. The dogs are served on a steamed poppy seed bun. It's a ritual that Cary calls, "Just another quirk of Chicago."

"Chicago customers were born and raised on Vienna hot dogs," he says. "I can't sell anything else and get away with it."

The most popular dog on his menu is the Chicago Style dog (\$4.85), which comes with mustard, relish, onion, tomato, pickles, peppers and celery salt. Another customer favorite is the Double Hot Dog (\$6.95) that packs two dogs on a bun. Every hot dog comes with fries but if you don't want fries the dog alone will cost you just \$4. Open seven days a week from 10 a.m. to 8 p.m. For details, visit [www.LukesofChicago.com](http://www.LukesofChicago.com).

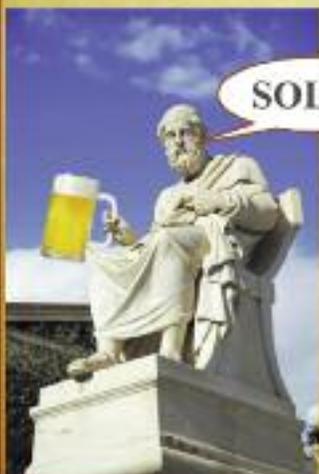
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**FOOD FOR THOUGHT**

North of Bethany Home Road at 6219 N. 7th St. is **The Great Dane Dog House**. Walk inside and you'll meet Tony "Dane" Rigoli, his wife Hilde, and Malena Romero, who has worked with them for nine years and is considered part of the family.

In 1986, Rigoli bought the property from the original owners who set up shop in 1978. Like Luke's, Great Dane's sell only pure Vienna hot dogs and also uses Vienna hot dog buns. "It's a gourmet food, a good hot dog," he says, and admits to loving hot dogs so much he even eats them for breakfast fried up with eggs.

The dogs come in three sizes, with the foot-long dog served on an egg bun. The bestselling dog is the Maxwell St. natural casing Polish sausage (\$5). It comes with grilled onions, mustard, pickles, tomato and hot pepper. Customers also love the Polish Sausage and the Fire Dog, which Rigoli says is a mild spicy. Any of the dogs can be steamed or grilled, based on customer preference.

The Coney Islander Dog has a hot meat sauce and sells for \$5.65. On the kids menu is a dog for 12 and younger that sells for just \$3 and includes fries and a soda. Each day Great Dane's offers a \$5 Lunch Special that includes French fries or potato chips and a drink. Check the board to see the special.

"We take pride in what we cook," Rigoli says and adds, "I won't give nobody something I won't eat myself."

Open daily from 10 a.m. to 6 p.m. except Thanksgiving, Christmas and New Year's. Reach them at 602-265-2817.

To try some really unique flavor combinations, check out **Short Leash Hot Dogs**. Brad Moore and his wife, Kat, park their food truck for lunch in front of Urban Cookies on 7th Street and Highland Avenue every Tuesday from 11 a.m. to about 1:30 p.m., and every Friday night beginning around 6 p.m. in their "sit and stay" lot behind Stinkweed's and Halo Precision Piercing at 10 W. Camelback Road.

Short Leash has six different dogs on the menu; regular, spicy beef, beef, Bratwurst, chicken and veggie. They are all natural, nitrate free, preservative free, gluten free and no MSG. "Our menu is fun and a bit quirky, but everything we do and every flavor we put on hot dogs is well planned," Brad says. He encourages the first-time customer to experiment.

Brad couldn't stand the traditional hot dog buns so he uses naan instead of a tradition bun. "Hot dog buns are structurally terrible," he points out. "When loaded up with toppings you take one bite and everything falls out the bottom. The naan is soft and has a buttery texture and most importantly holds up well from start to finish."

Try Kat's award-winning 7th Inning Stretch Dog, which comes with peanut butter, cracker jacks, smoked Gouda, bacon and BBQ sauce. If that sounds a little too sweet, check out the Oliver, served with sauerkraut, Swiss cheese and a dollop of Thousand Island dressing. The Aiko is a very popular dog. It's covered in mango chutney, diced jalapenos, red onions, fresh cilantro and mayo.

The mobile dining car also offers throw-back bottled sodas in fun and nostalgic flavors, along with familiar soda brands and varieties.

The Moores plan to open a restaurant later this month in downtown Phoenix near Roosevelt and First streets. Until then you can study the menu at [www.shortleashhotdogs.com](http://www.shortleashhotdogs.com).

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**FOOD FOR THOUGHT**

**Dining Briefs**  
**Free sundae for military personnel**

Mary Coyle 'Ol Fashion Ice Cream Parlor is honoring all military personnel, active or retired, through July 31 by offering them a complimentary two-dip "Pippen" sundae by simply showing their military identification.

"As we look forward to the most patriotic of holidays celebrated in America, July 4th, the timing for this special offer to our military seemed apropos," said owner Mike Stoffey. "America's military men and women have shown honor, fortitude, dignity and pride in our country. We could

never repay them for their service but we can show our pride in them and pick up the tab for an ice cream treat."

Mary Coyle also will offer a patriotic-themed, three-scoop ice cream sundae for a short time to celebrate America's Independence. Strawberry, vanilla and blueberry ice creams will be paired together to scoop the ultimate red, white and blue confection. This specialty will be available Tuesday, July 2, through Sunday, July 7, only.

Mary Coyle also has announced that "Cookie Dough" ice cream will remain on the restaurant menu. This "flavor of the month" for both April and May has become the most popular specialty flavor ever to be served, earn-

ing it a permanent position among the offerings featured at the iconic spot.

Mary Coyle homemade ice cream can be purchased at the restaurant by the scoop, quart or gallon.

Mary Coyle is open Tuesday through Thursday 11 a.m. to 10 p.m., Friday and Saturday 11 a.m. to 11 p.m. and Sunday, 11:30 a.m. to 9 p.m. Closed Monday. Eat-in or drive-through at 5521 North 7th Ave. For details call 602.265.6266 or visit [www.marycoyle.net](http://www.marycoyle.net).

**Summer Sampler returns to Sauce**

Now through Aug. 31, Sauce Pizza + Wine at 7th Street and Glendale Avenue

offers its Summer Sampler, which includes your choice of salad, pizza and two glasses of wine for just \$20.

Choose from a variety of salads like the turkey and feta salad, and share a 12-inch pizza like the pepperoni and mushroom or chicken pesto. Top off the experience with two chilled glasses of wine.

Bring the kiddos to this family-friendly, fast-casual Italian concept for \$5 kids meals, offered year round. Selections include Sauce's famous mac n' cheese, grilled cheese or spaghetti and meatballs (includes kid's drink).

For store locations, phone numbers and a complete menu, visit [www.saucepizzaandwine.com](http://www.saucepizzaandwine.com).

**For local restaurant listings, visit our Dining Guide at [www.northcentralnews.net](http://www.northcentralnews.net)**

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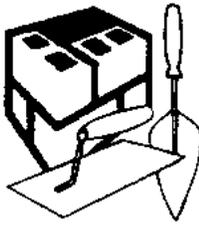
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