



north central news

the voice of the north central phoenix community

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Seats up for grabs in Districts 4 and 6

By Teri Carnicelli

Perhaps the most surprising thing about this month's City Council primary election, set for Tuesday, Aug. 27, is the number of candidates fielded for Council District 4. That's because longtime District 4 City Councilman Tom Simplot announced in January that he would not seek re-election, leaving the field wide open to all comers. Which means voters will have seven diverse candidates from which to choose.

In District 6, sitting Councilman Sal DiCiccio is facing tough competition from challenger Karlene Keogh Parks. Parks has positioned herself as an "independent" candidate who has the backing of Phoenix Mayor Greg Stanton and high-profile citizen activists Paul Barnes and Ann Malone.

North Central News gathered some basic information about the candidates to help you in the decision process. We also asked each to make a statement in response to the following question: *What is one thing you think the city of Phoenix can do to help its residents in these challenging times?* Read their answers beginning on page 4. To learn more about your City Council candidates, check out their websites, blogs, Facebook pages and more, all of which are included here for each candidate.

And don't forget to get out and vote!

please see CANDIDATES on page 4



Contributing books to the new "Hinske Hall" Little Free Library, located in the Casa de Northern condo community, are, from left: Joan Wallace, who put in "And the Mountains Echoed" by Khaled Hosseini; Kate Rakoci, who contributed "Planning Children's Birthday Parties" by Libby Worsley Crouch, Penny Barlow Liston and Chellie Buzzee; Barb Hinske, who put in her self-published novel, "Coming to Rosemount"; and Mickey Smith, who donated "Cleopatra: A Life" by Stacy Schiff (photo by Teri Carnicelli).

Fictional home inspires free library

By Teri Carnicelli

Take a book, leave a book.

That's the concept behind the "Little Free Library," a not-for-profit international organization that encourages people to build miniature, sharable "library" boxes in their communities. The original idea was to serve rural populations or the elderly, who didn't have the means or ability to travel longer distances to a real library.

But both the idea and the purpose have spread, with Little Free Library (LFL) boxes being dedicated to loved ones who have passed on, or to serve a neighborhood's children, or even as a means of promoting a new book by a local author.

For North Central resident and author Barb Hinske, it was a combination of factors that inspired her to put a library box in her small condo complex at 3rd Place and Northern Avenue.

"A couple of months back I was reading about the Little Free Libraries; as a recently published novelist, I decided to put a copy of my book in every Little Free Library in my area," Hinske recalls.

"The concept of the free library box grabbed me and I idly remarked to my husband that I'd like to sponsor a library that looked like Rosemont, the

mansion that is almost a character in my novel. My husband said he could do it, and the next day there was plywood and tools all over the yard."

In a short amount of time, Little Free Library #6616 was born. Brian Willis, Hinske's husband, said it took him three weeks to build the dollhouse-like library box, complete with stone-finished exterior, tile roof, and even a miniature dog in the window. It's mounted on a cement post with metal rebar reinforcement, so it can't be knocked over—or stolen.

"When I was a kid, we always did little construction projects like that," says Willis, who is a sales manager by trade. "I had a lot of fun doing this."

please see LIBRARY on page 10

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COMMUNITY



Heavy metal lovers who'd love to showcase their metal knowledge before the world are invited to join Heavy Metal Television veejay Tara on the roster of local talent. An audition for new veejays will take place 6 p.m. Aug. 10 at Zia Records Exchange (photo courtesy of Heavy Metal Television).

Heavy Metal TV auditions new VJs

Arizona resident Eric Braverman in November 2012 created the first and only Internet television network in the world, which is a 24/7 shrine to heavy metal music and its associated videos.

Heavy Metal Television, in conjunction with Zia Record Exchange and Troop Fuel Energy Drink, will hold open auditions for veejays to join the show's roster of online/on-air jocks beginning at 6 p.m. on Saturday, Aug. 10 at Zia's flagship store at 19th Avenue and Camelback Road.

The panel of four judges deciding the fate of these veejay auditioners will be: Sacred Reich drummer Greg Hall;

St. Madness vocalist Prophet; Metal Mondays blogger and contributor for Phoenix New Times Lauren Wise; and Heavy Metal Television founder Eric Braverman.

No pre-registration necessary. Come to Zia between 5 and 6 p.m. to sign up. Each audition will be videotaped for possible use on Heavy Metal Television and applicants must sign a release form. The winner will receive a deluxe prize package courtesy of Metal Blade Records. The two-runner-ups also will receive a prize. There also will be free Troop Fuel Energy Drink while supplies last, and giveaways to first 50 participants.

The show is taped daily at Asylum Records in Mesa. To learn more, visit www.HeavyMetalTelevision.com.

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COMMUNITY



City Council District 4 candidates include (top, from left) Laura Pastor, Scott Fistler, Dan Carroll, Austin Head, (bottom, from left) David Lujan, Justin Johnson and Jeffrey Brown (submitted photos).

CANDIDATES continued from page 1

COUNCIL DISTRICT 4

Candidate: Laura Pastor, 43

Occupation: Early outreach director for Achieving a College Education, a South Mountain College program designed to increase the number of high school students entering and completing college

Born: Phoenix, Ariz. "I was born and raised in Phoenix, and I now live two houses down from my childhood home."

Response: "We need to hire more police officers to keep our community safe. We have not hired a police officer since 2009, and we are currently down about 300 officers from a full force. Crime rates in District 4 are beginning to creep back up, and we cannot afford to be complacent and allow a lack of staffing to result in increased criminal

activity. By keeping Phoenix safe and maintaining our quality of life, we can keep Phoenix attractive to both entrepreneurs looking to start small businesses and larger companies with high-wage, career jobs."

More info: Pastorforcouncil.com; [Facebook.com/LauraPastorPhoenix](https://www.facebook.com/LauraPastorPhoenix); laura@pastorforcouncil.com

Candidate: Scott Fistler, 33

Occupation: Disabled veteran, precinct committeeman, student

Born: Mount Clemens, Mich.

Phoenix resident: 2 years, 6 months

Response: "I think there are many things the city can do to help its residents. We have a variety of people with different needs. We will not leave anyone behind." Fistler understands the importance of keeping fire, police, and rescue services well funded, but does not support the continuation of the

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COMMUNITY



Candidates for City Council District 6 include Sal DiCiccio and Karlene Keogh Parks (submitted photos).

Emergency Food Tax. He also would like to see the city’s public transit system be more affordable, for everyone.

More info: <http://fistler.blogspot.com/2013/05/elect-scott-fistler-for-phoenix-city.html>; [Twitter.com/ScottFistler](https://twitter.com/ScottFistler); scott.fistler@hotmail.com

Candidate: Dan Carroll, 47

Occupation: Neighborhood Realtor

Born: Connecticut

Phoenix resident: Lived in Phoenix since I was 10 years old; widowed mother still lives in the Phoenix home I grew up in

Response: “The single most important thing the city can do is to provide pre-recession levels of service for our neighbors, and build from there. North Central News readers have been asked to make sacrifices during the great recession while the city manager asked for, and received, a \$78,000 a year pay raise. To me, this is a great betrayal of the public trust.”

More info: www.Neighbors4DanCarroll.com; [Facebook.com/Neighbors4DanCarroll](https://facebook.com/Neighbors4DanCarroll); [@DanCarroll4Phx](https://twitter.com/DanCarroll4Phx); ILuvPhx@Gmail.com; 602-518-1514

Candidate: Austin Head, 29

Occupation: Marketing, public relations and event production

Born: Phoenix, Ariz. “I have lived in Phoenix for 25 of my 29 years, born and raised in North Phoenix.”

Response: “I will immediately propose the expansion of light rail service in both hours of operation and number of trains per peak hour. When opened for operations, the light rail system was operated on a six-times-per-peak-hour schedule. Since that time rates have been increased by 33 percent and the service has been decreased to five times per peak hour. This is unfair to both the 44,000 users and the 1.5 million residents that are funding the light rail system. We should fully utilize our huge investment in the light rail system by operating the Phoenix elements of the system on a 24-hour basis.”

More info: austinhead.com; austin@austinhead.com

Candidate: David Lujan, 48

Occupation: Chief administrator, ASU Preparatory Academy

Born: Phoenix, Ariz. “I have lived in the Valley my whole life, with the exception of one year after law school. I have lived in my current District 4 home for 16 years.

Response: “Ensure our neighborhoods are safe by putting more police officers and firefighters on the streets and providing more opportunities for children to engage in quality, academic-enriching afterschool programs. When I

please see CANDIDATES on page 10



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COMMUNITY

Station owner reapplies for liquor license

By Teri Carnicelli

The owners of the Chevron service station located at the southeast corner of 7th Avenue and Bethany Home Road are in the process of updating the station, first built in 1957, with a brand-new, 2,000-square-foot market to better serve their customers. And part of that plan includes beer and wine sales—something that nearby residents have made clear in the past that they do not want.

John Afshar and his family have owned that station, and the vacant lot directly to the south, since December 2000. In 2009 Afshar filed several requests with the city's Planning Department to allow the site to be completely redeveloped with a drive-through car wash and convenience store with higher-end packaged beer and wine sales.

The neighborhood rallied together to oppose both the car wash and the liquor sales. Detective Chris Wilson from the Phoenix Police Department's Liquor Enforcement detail testified as

to the criminal element that exists in the neighborhood already because of liquor sales. He said the Phoenix Police Department was opposed to any additional sale of alcohol in the area.

In addition, representatives from the four neighborhoods near the intersection—Vallombrosa, Rancho Solano, Sun View and Rose Ridge—also asked that the use permit for alcohol sales be denied.

In the end, the car wash proposal was denied by the city, but Afshar did receive the use permit for liquor sales. However, that approval by the city's zoning administrator was appealed by neighbors to the Board of Adjustment in October 2009, which ultimately overturned the approval.

Now Caspian Chevron is requesting a Series 10 – Off-Sale Beer and Wine liquor license to go with its new mini-market. And neighbors are once again rallying together to oppose it.

The convenience store is planned to have limited grocery items, such as bread, milk and snacks, along with pre-made breakfast and packaged lunch items that can be heated in a

microwave, if needed. Afshar also wants to sell high-end packaged beer and wine, something neighborhood residents have protested, saying that with a Circle K kitty-corner from the Chevron, there is no need to add more liquor sales to the area.

Afshar emphasized it will be a different product, and therefore a different clientele, than Circle K, which sells, among other items, single cans and bottles of beer. Afshar said his market will only sell microbrewed or specialty beers and a more sophisticated wine selection, something someone might pick up on the way home for dinner or a social event.

Afshar contends that he needs those income-generating items in order to help pay off the \$2 million loan he obtained for the new mini-market. The Caspian Chevron liquor license application is scheduled to be heard by the Phoenix City Council on Aug. 28, after two previous postponements. To confirm the item will be voted on at this time, visit phoenix.gov/cityclerk and check the Aug. 28 agenda for the formal City Council meeting at least 48 hours before the meeting.

The City Council has the option to approve, disapprove, or make no recommendation on the liquor license application.

Volunteers sought for clothes silo

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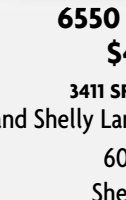
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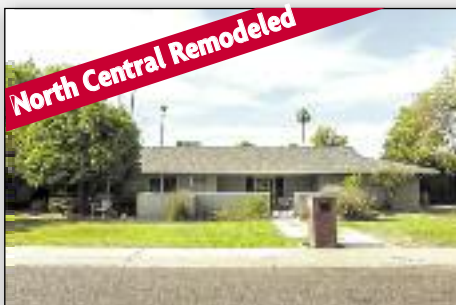


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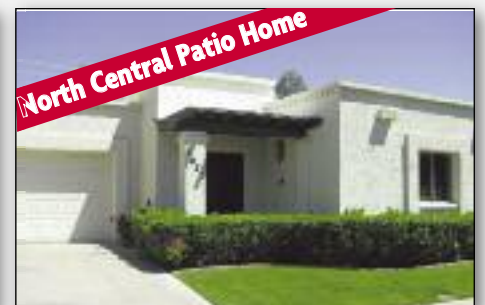


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About 27 years ago I was playing tennis at my friend Dr. Peter Nutley's home when he stopped for a few minutes to walk up to his dog and give him a treat. When he started



ed talking to the dog like he was human. I said to myself, "What a wacko," and then Peter went on to tell me that he took his dog hunting with him and camping. I started to worry a little that my friend

was so attached to his dog because I had never owned a dog and did not understand.

Later that year I surprised my wife when we got back from our honeymoon with our first dog, a shar-pei named Irie and we became hooked. Irie would sleep under our newborn son Sean's bed and then two years later, protected Sean's sister Juliann when she was born. Irie was a great friend and we enjoyed him for many years. About seven years later we got another shar-pei, Punam, and then about 11 years after that we bought a weimeraner named Jakki who is still prancing around the home. After Irie and Punam passed on we got our third shar-pei, Shay, about nine years ago. Shay was an amazing pet. He never had a bad day and would wake me up when he was hungry and had me trained to do whatever he wanted me to do. When we bought a boxer, Layla, a couple of years ago, Shay would run interference whenever Layla starting getting aggressive with Jakki and was the protective father that he needed to be.

We almost lost Shay a couple of years ago due to health issues but our vet, Dr. BJ Umstead, saved him with proper medications and Shay continued to give our family daily smiles. A couple of weeks ago, Shay stopped eating and although we did everything that we could we realized that his time was near. We took Shay in July 5 to the vet and made that really difficult decision to put

him at peace. That choice was probably the hardest decision that I ever had to make but I just did not want to see him suffer anymore. Four days later my two dogs are very confused about where their pal is and my wife and I also are having a rough time because Shay was a huge part of our family. It has taken me 27 years to realize what Dr. Nutley showed me to that day and that is whatever pet you have—dogs, cats, birds, gerbils, etc.—they are addicting and habit forming. Any of you who have suffered the loss of a pet, I sympathize with you and I now realize that these pets are HUMAN after all! I would love to hear about your stories so you can email me at boblieb@aol.com.

On to Real Estate. We have now sold 70 homes and have 12 in escrow for 2013. Thanks to all of you for helping me become ranked by *The Phoenix Business Journal* as the number-six Realtor in Phoenix for 2012 with more than \$50 million in sales and more than 110 home sales. I will never take anything for granted and I have been fortunate to have sold more than 1,000 North Central homes over the past 20 years, some of them even two or three times. North Central is my specialty area and I think this is the best area to live and work anywhere in the Valley. All the new restaurants and businesses are opening here because the retail world realizes what a great area we live in, as well as all of the new construction. Have you seen the long lines at these places? Even in 110 degree weather!!

Have a great August. Be safe with kids going back to school and remember my parting words for this month. Love those PETS because they love you!!

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COMMUNITY



If it seems like you're seeing double, that's because you are. These three children standing in front of the Assistance League of Phoenix's new Delivering Dreams Bus have their pictures on the side of the bus. They are, from left: Amare Runyon, Brody Benes and Inari Cooper (photo courtesy of ALP).

ALP takes program mobile with bus

Assistance League of Phoenix (ALP) unveiled its new Operation School Bell Delivering Dreams Bus just before the start of the Diamondbacks game on July 14 at Chase Field.

As a recipient of the Arizona Diamondbacks Grand Slam Award, ALP is taking the 27-year-old Operation School Bell program mobile. Thanks to the \$100,000 grant from the Arizona Diamondbacks Foundation, a 40-foot city bus has been retrofitted into a mobile dressing center, complete with a waiting area, dressing rooms, racks for clothing and shoes, shoe fitting area and a sewing station.

The grant award from the Arizona Diamondbacks and a matching grant from BHHS Legacy Foundation will enable the bus to bring new school clothing, shoes and hygiene kits to low-income children at Title 1 schools throughout the Greater Phoenix area. The bus began operating in July and is already booked for the first few months.

The idea to provide a mobile platform was sparked by the difficulty that many of the schools experience in bussing the children to the Assistant League's Philanthropic Center in Sunnyslope. The Delivering Dreams Bus solves this by bringing much-needed clothing to the schools.

"We are proud to know that kids will now approach the D-backs Operation School Bell Bus to pick up

these shoes, clothes and other necessities with feelings of excitement, rather than fear or embarrassment," said D-backs president and CEO Derrick Hall. "We want them to feel like they are a part of the D-backs family."

"The partnership with the Arizona Diamondbacks is perfect for this project, and will help more than 3,000 children in need to receive clothing assistance in its first year," said Aimee Runyon, ALP executive director.

Last year, Assistance League of Phoenix members volunteered more than 25,000 hours and raised more than \$500,000 that served nearly 43,000 children and families in the greater Phoenix community through four philanthropic programs. The organization recently celebrated 50 years of service to the Phoenix community. For more information, call 602-944-7376 or visit www.alphx.org.

Learn more about library architecture

Learn more about one of Phoenix's most recognizable and unique buildings during the Burton Barr Central Library's Art and Architecture Tour, 11 a.m.-12 p.m. Saturday, Aug. 3 at the library, 1221 N. Central Ave. The walking tour takes about an hour and goes over architectural highlights of the building and the art of its collection provided by a volunteer docent.

The tour is not appropriate for small children. No RSVP required.

COMMUNITY

Transit riders urged to keep their ‘cool’

As the outside temperatures continue to stay in the 100-plus range, the city of Phoenix Public Transit Department is reminding its passengers to keep their “Personal Cool” to stay safe and healthy during the summer months.

Passengers will see the message on posters and other signage throughout the transit system as well as in a public service announcement airing on PHX11 and phoenix.gov.

Phoenix buses see more than 126,000 weekday boardings, making the transit system heavily used throughout the year. While approximately 2,500 of Phoenix’s nearly 4,000 bus stops have some sort of shade structure, many locations cannot, due to space limitations. The campaign showcases important ways to “keep your cool.” Tips for transit users to stay heat safe include:

• Cover up: Protect your skin from the sun’s damaging rays by your choice of clothing or by using a sunscreen

lotion. Make sure babies in strollers are well shaded from the sun; they are less able to move out of the sun’s direct rays.

• Carry portable shade: Small umbrellas are easy to carry and create shade for you and your children. And there are lots of choices of hats to cover your head to help protect you from the sun.

• Carry water: Prevent heat exhaustion by drinking lots of water throughout the day, and making sure children do the same. Take water along for the walk, the wait, and the travel on the bus. You can bring plastic drink containers with a hard plastic lid such as water bottles on the bus.

“Arizona’s summer heat will sneak upon you if you’re not careful,” said Arizona Department of Health Services Director Will Humble. “The key is staying hydrated. Camel up if you’re going out in the heat and make it a habit to stay hydrated with water all summer.”

For more information on Personal Cool, call 602-262-7242 or visit www.phoenix.gov/publictransit.

Suns Dancers set auditions

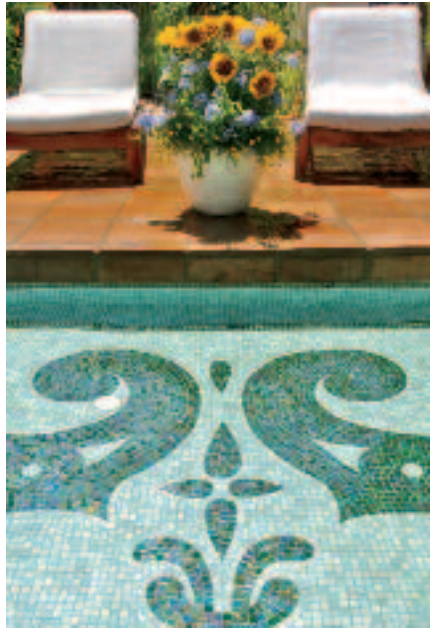
Dancers possessing the skill and enthusiasm to be a member of one of the premiere dance teams in the NBA are encouraged to audition for the 2013-14 Suns Dancers on Saturday, Aug. 17. Registration begins at 8 a.m. at the Downtown Phoenix Convention Center, 100 N. 3rd St.

Successful candidates will attend the semifinals on Sunday, Aug. 18. A two-day training camp for finalists will follow, with finals held on Saturday, Aug. 24. The 2013-14 Suns Dancers will be announced on Wednesday, Aug. 28 on Suns.com.

Candidates should bring a completed registration form, a resume and headshot (which will not be returned). Appropriate dance attire should be worn. Dancers must be 18 or older to participate in auditions. It is highly recommended that candidates attend a prep class on Aug. 7 or Aug. 13. Register at Suns.com.

For details, contact Taryn Carmichael at tcarmichael@suns.com.

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If you remember Crazy Ed’s Place, or have heard The New Christy Minstrels or Igor’s Jazz Cowboys, you might have met Igor before. Music is his life-long passion and with regular bookings at music festivals and special events, slowing down is not even in the picture. He’s also the organizing force behind on-campus jam sessions. In fact, shortly after Igor and his wife, Barbara, moved to Beatitudes Campus, so did a 25-year-strong tradition among local musicians to gather on Wednesday evenings for a folk music round robin. Open to the public, it’s quite popular with residents and the greater community.

Igor invites you to stop by and enjoy the music Wednesday evenings. For information or to schedule a private tour, call (602) 995-6100.

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COMMUNITY

LIBRARY *continued from page 1*

"We've named our library 'Hinske Hall,' in loving memory of my dad, Edward R. Hinske, who was an author and read to me every night of my childhood," Hinske says.

Hinske and her "Casa de Northern" 13-home condo community, along with supporters and friends, celebrated the ribbon cutting of "Hinske Hall" on July 13. Several visitors brought books to put in the box, and at least one person eagerly grabbed a new release that she said she had been "dying to read." Also in the box is a copy of Hinske's first self-published novel, "Coming To Rosemount," the first in what she plans will be a series.

"I published in December, and it is actually selling well and I've done book clubs and have 36 reviews on Amazon. Our Little Free Library is meant to look a bit like Rosemont, the manor house in my book," Hinske explains.

Hinske, who is president of her community's Homeowners Association, first brought the idea to the HOA

board, which gave its unanimous approval. "Hinske Hall" now joins two other Little Free Libraries in the North Central community—at 1218 W. Ruth Ave., and another at 1319 W. Towley Ave., both built and dedicated in honor of loved ones.

Little Free Libraries now exist in all 50 states and 40 countries. According to the website, www.littlefreelibrary.org, "Little Free Libraries have a unique, personal touch and there is an understanding that real people are sharing their favorite books with their community. These aren't just any old books, this is a carefully curated collection and the library itself is a piece of neighborhood art."

That is particularly true in Hinske's case. "Hinske Hall" is one of a relatively few number to be awarded LFL's "Library of Distinction" recognitions, "due to its unique design, creative outreach to friends and neighbors, and the enthusiasm of its stewards and patrons."

CANDIDATES *continued from page 5*

am on the city council, I will focus on ensuring our neighborhoods are safe, and that we have a city that has a thriving small business community, quality public schools, and a city that values diversity, historic neighborhoods, arts and culture."

More info: www.davidlujan.com; david@davidlujan.com

Candidate: Justin Johnson, 32

Occupation: Small-business owner, general contracting and homebuilding

Born: Phoenix, Ariz. "I was born and raised in Phoenix. I have owned a home in District 4 for six years."

Response: "The biggest issues that I have heard from the citizens of Phoenix as I have gone door to door are crime and graffiti. I believe that the solution is a two-part approach. First, the city of Phoenix must stabilize funding for our brave public safety officers so they have the tools necessary to combat crime and keep our neighbors safe. Currently, the city relies on a food tax that is set to expire in less than two years to provide funding for public safety. I support phasing out the food tax because I believe that we cannot eat our way to a safer city and we must find a long-term, stable solution to provide funding to keep our neighbors safe. Second, I believe that we need to find more ways to come together as a com-



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munity to fight crime and increase public involvement. That is why I have launched a public safety plan that includes Neighborhood Block Watch, increased technology and communication, tactics to battle graffiti, and other strategic elements.”

More info: 602-759-0036; www.JohnsonForPhoenix.com; [Facebook.com/JohnsonforPhoenix](https://www.facebook.com/JohnsonforPhoenix); Twitter: @Johnson4Phoenix

Candidate: Jeffrey Brown, 47

Occupation: Political consultant and mental health advocate

Born: Born and raised in Phoenix City Council District 4

Response: “I am calling for restoration of Library, Parks and afterschool programs budget and to pre-recession levels, as well as restoration of library hours. In 2008, the city operated 81 after school centers for our youth; that number was drastically reduced and needs to be fully restored so that our most vulnerable are given a chance to succeed. I would also restore the funding and reopen closed pools. I would also conduct a department-by-department review of the budget, from the city manager’s office on down, in order to ensure we retain our AAA bond rating.”

More info: 602-715-2740; www.brown4council.com,

COUNCIL DISTRICT 6

Candidate: Sal DiCiccio, 55

Occupation: Small-business owner

Born: Youngstown, Ohio

Phoenix resident: 50 years in Phoenix, District 6 resident for 27 years

Response: “Job creation, fiscal accountability and ending domestic violence are where Phoenix must focus our efforts. We have achieved significant reforms in these areas but we must continue to do better. Our new economy requires us to be constantly looking at better, smarter and faster ways to operate in this global market. When I was elected in 2009, Phoenix was facing a significant economic storm. I ran to put in place a plan with significant fiscal accountability and job creation reforms, making us better able to compete in a global market. Phoenix needed a focus on three areas: fiscal accountability, job creation and protecting our families. I wanted to bring reforms that save taxpayers’ money, create an atmosphere for businesses to thrive and create jobs for our communities.”

More info: <http://salforcitycouncil.com>; info@salforcitycouncil.com

Candidate: Karlene Keogh Parks, 66

Occupation: Senior vice president at HUB International Insurance Services

Born: Waverly, N.Y.

Phoenix resident: 42 years in Phoenix, 22 years in District 6

Response: “When I talk about my priorities once elected, I often mention three things: working with the private sector to create jobs, strengthening public safety, and protecting the unique quality of life in our neighborhoods. However, I believe that job creation is our most pressing issue. The city doesn’t create jobs—that falls to the private sector—but I do think we can help businesses along by reducing red tape and unnecessary regulations, making Phoenix a wonderful place to live in order to attract new high-wage jobs, encouraging entrepreneurship, and facilitating an open line of communication with the business community. I decided to run for City Council because I noticed time and time again that the council is not focused on the issues that matter most—protecting public safety, working with the private sector to spur job creation, and keeping our neighbors safe and vibrant.”

More info: Karleneforcouncil.com; [Facebook.com/karleneforcouncil](https://www.facebook.com/karleneforcouncil); karlene.keogh.parks@gmail.com

ELECTION INFORMATION

Early ballots will be mailed Aug. 1.

Request forms are available online at www.phoenix.gov/cityclerk/services/electinfo or by calling 602-261-VOTE (8683). The city clerk must receive a signed, written request for an early ballot by mail no later than 5 p.m. Friday, Aug. 16.

Voting centers will be open 10 a.m. to 4 p.m. Saturday, Aug. 24; 9 a.m. to 6 p.m. Monday, Aug. 26, and 6 a.m. to 7 p.m. Tuesday, Aug. 27.

Voting centers in the North Central Phoenix area include: Burton Barr Central Library, 1221 N. Central Ave.; Devonshire Senior Center, 2802 E. Devonshire Ave.; LDS Church, 3102 N. 18th Ave.; Memorial Presbyterian Church, 4141 E. Thomas Road; and North Phoenix Baptist Church, 5757 N. Central Ave.

In the event that a runoff election is required for District 4, that election will be held on Nov. 5.



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HOME STALKING

Home Buyers finding ways to buy homes that aren't for sale...



I came across some language this month I have never heard before, “Home Stalking.” I read about it in a recent article published in

Forbe’s online magazine as a “Hot 2013 Summer Trend.” I decided to Google the term to see if there was any additional articles written and to my surprise there were dozens!

The Arizona housing market is a flurry with excited buyers wanting to purchase a home however, the inventory still remains a record low. Normal levels of active listings in the Arizona Multiple Listing Service (ARMLS) would typically run around 30,000. Currently, we have been hovering around 13,000- 15,000 for several months creating a frenzy of activity hence, the need for buyers to take matters into their own hands.

They are knocking on the doors of attractive properties, leaving letters in home owners’ mailboxes, scanning foreclosure listings and surfing the web for prospects. According to Forbes, Zillow’s, Make Me Move section, where homeowners list their properties with a “dream” price is seeing enormous activity. There are now 148,000 listings and contact to owners are up 132% over last year.

If you are having a tough time finding something on the market here are some tips on securing your dream house, even if it is not for sale:

Ask a Realtor to help you pound the pavement for a home. Realtors have access to property data that can narrow down an area which meets your criteria so you are not spending time in an area that won’t net the results you are looking for. Go together with the

Realtor to knock on doors. They are good partners and can help with starting the conversation with a seller about selling their home.

Send a Personal Note by mail to the owner. Compliment the owner by saying how much you love the house, or sell yourself with personal details such as your gardening abilities or your childhood memories of the neighborhood.

The Web can be a resourceful tool for buyers. Sites such as Zillow and Trulia allow prospective buyers to set up alerts on any property address, whether it is listed or not. Buyer will get an email if anything pops up. Buyers may also consider looking for homes that were once for sale but are now off the market. Home Sellers in that case might have taken their home off the market to wait for the real estate market to recover.

In conclusion if you are looking to purchase a home in this market you need to get creative! A North Central Real Estate Professional can help you do that and may be able to suggest incentives that would appeal to the homeowner. Don't just sit and wait as interest rates start to climb; contact me today for a referral to an agent who can help get you that home of your dreams at the best price possible!

Lisa Capes

Lisa Capes
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PET PRIMER



Caring for your pet birds

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

Birds hide symptoms of disease until they are very ill. In order to survive in the wild, birds must keep a normal appearance or they will be picked off by predators. As bird owners, we must be able to recognize early symptoms of illness. Any change in appetite, vocalization, activity, and droppings should be brought to the attention of your veterinarian.

Improper diet is the underlying cause of most health problems in pet birds. Their diet should be at least 80 percent of a high quality un-dyed formulated pellet diet and the rest can include dark green leafy (kale, collard greens) or yellow meaty vegetables (squash, sweet potatoes). A seed diet is nutritionally deficient and can be contaminated with insecticides, mold, and bacteria. Excessive calories in diets also encourage abnormal reproductive behaviors and increase health problems.

Clean the cage daily to see the number and consistency of the droppings in a timely manner. Keeping water and food bowls clean is imperative. Feed only the amount of food that you know your bird will eat in one day, and discard any remaining food. Do not leave moist foods in the cage for more than two hours.

Frequently examine your bird for abnormalities. The eyes should be clear, without swelling or redness. The nostrils should be clean, without any discharge, redness or swelling. Feathers should be brightly colored, smooth, shiny, and clean. The vent area should be clean. Skin should be light pink, smooth with very little flaking. Watch for redness or loss of pattern on the underside of feet.

Serious signs of illness would include a fluffed bird standing with eyes partially or fully closed at an active time of day, and labored or noisy breathing. These require immediate veterinary attention.

Grooming without a recent examination can lead to sudden death due to underlying health issues. If grooming is done incorrectly, serious injury can occur. During the grooming, a wing can be broken or a toe can be amputat-

ed if the bird is not restrained properly. If the wings are cut improperly, the bird may have a tendency to fall, breaking their beak or leg or splitting the skin on the keel. Normal birds don't need any beak trimming, just smoothing and cosmetic cleaning. Uneven beak wear or excess length usually indicates prior injury, misalignment, infection, or liver disease.

Your bird needs yearly veterinary check-ups just like your dog or cat. Most people are surprised that their seemingly healthy bird has heart disease or infections. Detecting problems early is the best way to avoid losing a bird. Careful observation by the pet bird owner can greatly reduce the number of life-threatening emergencies.

Regular visits to the animal hospital at least every 3-4 months for routine grooming can help monitor for problems by having a veterinary technician screening the bird for obvious problems between the annual veterinary examinations for wellness checks.

Routine care will maximize your bird's health and life span, and can often reduce the long-term cost of caring for your feathered friend.

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. The information in "Pet Primer" is provided as general information only. For specific advice on your pet's health, consult your veterinarian.

Reduced adoption fees at shelters

PetSmart Charities is teaming up with two local adoption partners to host the "ABC15 and PetSmart Charities Adopt-A-Pet Weekend" on Saturday, Aug. 3 and Sunday, Aug. 4.

Adoption fees will be reduced during the two-day event at the Arizona Humane Society's Sunnyslope Shelter, 9226 N. 13th Ave. (602-997-7585), and the Arizona Animal Welfare League & SPCA, 25 N. 40th St. (602-273-6852). Hours are 11 a.m. to 6 p.m. both days.

Puppies under one year are \$50; kittens under 6 months are \$50; adult dogs are \$25; and cats 6 months or older are priceless (waived adoption fees). All adoptable pets are spayed/neutered, vaccinated and microchipped.

New pet parents and their furry friends are encouraged to flash their best smiles and join the conversation by using the hashtag #adoptlove.

COMMUNITY



Carlos is a love bug who is happy going on walks or lounging at home. His adoption fee is only \$35 (submitted photo).

Pet of the Month
Carlos is the perfect
'instant dog' for you

Since April, the only home Carlos has known is a kennel at the Arizona Humane Society and his time at the shelter is weighing on him.

Spend some time with the 82-pound love bug and you will see that he's a perfect gentleman who only wants a home and someone who will give him frequent belly rubs or massage his ears. He is smart and has mastered several tricks including shake, sit and down.

He would be a wonderful walking partner for someone who enjoys a causal morning stroll and afterwards all he wants to do is lounge around the house. He likes to spend the evenings relaxing in a grassy yard or lying at his owner's feet while they watch television.

He is an "instant dog"—just add love and give him a place to call home. If Carlos sounds like the perfect addition to your family, call 602-997-7585, ext. 2045 and ask for animal ID number A434272 or bring the whole family down to the Sunnyslope Adoption Center located at 9226 N. 13th Ave. to meet him. His adoption fee is \$35 including neuter surgery and vaccines.

Pets face their
own heat dangers

With hot weather here, the Arizona Animal Welfare League & Society for Prevention of Cruelty to Animals (AAWL & SPCA) is reminding pet owners not to leave animals in their cars and offering other ways to keep them safe.

Dogs are especially vulnerable to heat-related illness because they can only cool off by panting and through the pads of their feet. A dog's normal body temperature is between 101 to 102.5 degrees; a dog can only withstand a high body temperature for a short time before suffering nerve damage, heart problems, liver damage, brain damage or even death.

AAWL & SPCA reminds pet owners that in the state of Arizona, it is against the law to leave an animal in a parked car if injury or death can be a result. Other heat safety tips include:

- Do not to over-exercise your pet. Only walk your dog early in the morning or at night well after the sun has set. Before walking, test the pavement—if it's too hot for the palm of your hand, it's too hot for your pet's paws, too.
- If your dog must be outside during the day, be sure that he has shade available at all times. Keep pets indoors if the temperature is over 90 degrees.
- At all times provide cool, clean water in a nonmetal, spill-proof bowl.
- Dogs get sunburns too. Be sure no skin is exposed to direct sunlight.

Other ways to help your dog cool off include treating him to "pupsicles" by freezing chicken or beef broth in ice cube trays; add bits of doggie treats before freezing. Or, use the hose to give your dog a bath and some summer fun. Be sure to let the water run until cool before spraying your pet.

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Adults' Night Out

5:30-9 p.m. Friday, Aug. 2
Arizona Science Center
600 E. Washington St.

The First Friday of each month, the center features a local DJ, rolls out the cash bar and offers free general admission to all four floors of hands-on science, to anyone 18 and older. Includes admission to a New Times "Best of Phoenix" award-winning lecture series in the IMAX Theater. Seating is limited and granted on a first-come, first-serve basis. For details, visit azscience.org.

End of Summer Bash

11:30 a.m.-1:30 p.m. Friday, Aug. 2
Sunnyslope Community Center
802 E. Vogel Ave.
602-262-6661

Enjoy hot dogs, snow cones, water play and more during this free event presented by the Sunnyslope Community Center, the Sunnyslope Kiwanis, Civitan Foundation, Desert Mission and McDonald's. All activities are free.

'Fred Harvey and the Business of Civilizing the Wild West'

12 p.m. Thursday, Aug. 8
Steele Auditorium,
Heard Museum
2301 N. Central Ave.

The Heard Museum's Books & More presents Stephen Fried, author of the biography, "Appetite for America: Fred Harvey and the Business of Civilizing the Wild West – One Meal at a Time." The event is free and open to the public. Fried will sign copies of the book. Attendees may reserve a box lunch from the Heard's Courtyard Café for \$14.95. To order, call 602-251-0204 before 3 p.m. on Tuesday, Aug. 6.

An Evening of Art Fundraiser

6:30-9:30 p.m. Saturday, Aug. 10
The Cowley Companies
1242 E. Jackson St.

Join PSA Art Awakenings for an evening of art, wine and the chance to win jewelry and paintings made by talented artists and prizes donated by local businesses. Celebrate the power of creativity and support youth and adults whose lives are affected by behavioral health illnesses. Advance tickets are \$20; tickets are \$25 at the door. RSVP to 602-393-3155 or David.Reno@azpsa.org. Pay via PayPal on the ArtAwakenings.org Events page or over the phone.

Amazing Women's Expo

10 a.m.-5 p.m. Aug. 17-18
Phoenix Convention Center
100 N. 3rd St.

The event features celebrity guests, retail shopping, wine tastings, facials, spa treatments, makeovers, book signings, giveaways, vendors showcasing

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Phoenix Writers Club

12-2 p.m. Saturday, Aug. 17
Bluewater Grill
1720 E. Camelback Road

Members of the club will share their writing experiences. The cost is \$15 for members and \$20 for guests. Reservations must be made by Aug. 15. RSVP to neeliepubl@aol.com with Phoenix Writers Club in the subject line. Members and the public are welcome.

Bridal & Commitment Ceremony Showcase

10 a.m.-2 p.m. Aug. 24-25
Wrigley Mansion
2501 E. Telawa Trail
602-955-4079

The best in bridal food, fashion, flowers, favors, music and more, all in one stunning location. Admission is free. A fun-filled goody bag will be given to the first 100 guests. Enter to win \$5,000 in prize giveaways, including a Shaffer's Bridal dress (Saturday only, must be present to win). Visit www.wrigleymansionclub.com.

Night Golf

7 p.m. Saturday, Aug. 24
Palo Verde Golf Course
6215 N. 15th Ave.
602-249-9930

Four-person scramble format. Fee is \$25 per person, and 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.

27th Annual Lincoln Guild Invitational

Friday, Sept. 20
Wildfire Golf Club,
JW Marriott Desert Ridge
5350 E. Marriott Drive
602-331-7860

More than 250 golfers will play Wildfire's championship courses, compete for prizes and enjoy an awards luncheon. The day starts with a 6:30 a.m. registration and breakfast, followed by a 7:30 a.m. shotgun start. Lunch and awards follow at noon. Registration is \$350 each. Register at JCL.com/golf or e-mail brooke.edelman@jcl.com.

Local charities need your votes

Three local charities will receive \$1,000 or more as part of Dunn Orthodontics' new charitable organization called Our HOPE Phoenix. How that money is distributed depends on the votes of the public.

Beginning Aug. 1, the three charities—Arizona Camp Sunrise, Valley Youth Theatre and Hope for Hypothalamic Hamartomas—will be featured on the website www.ourhopephoenix.org. People are encouraged to visit the website, learn about the three featured charities and then vote for their favorite. At the end of the voting period, the charity with the most votes will receive \$5,000, second place will receive \$3,000 and third place will receive \$1,000.

“Not only do these charities receive the money, but thousands of people will learn about the good work these charities are doing,” says Dr. Matthew Dunn, a partner with Dunn Orthodontics.

Dunn Orthodontics is located 1515 E. Bethany Home Road, #130. For more information, call 602-864-0004.

Paint-A-Thon homes, volunteers sought

Rebuilding Together Valley of the Sun is looking for qualifying low-income elderly, veterans, or permanently disabled homeowners of any age, whose one-story homes need exterior painting for the annual Rock & Roll Paint-A-Thon on Saturday, Oct. 26. Volunteer teams to paint also are being sought.

The Paint-A-Thon is Rebuilding Together's largest community service program with more than 3,000 volunteers working each year in neighborhoods across metropolitan Phoenix.

To qualify, applicants must own and live in the homes and provide proof of income. Application deadline is Sept. 1. Applications are available by visiting www.rebuildingtogetherphx.org or calling 480-774-0237.

Rebuilding Together provides all paint, paint supplies, T-shirts (up to 25 per team) and insurance for the day to teams of volunteers from families, businesses, churches, schools, social service organizations and civic groups. Volunteers must be at least 16 years of age and those under 18 need a signed parental permission form. Teams should be between 15 and 25 volunteers.

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 Phoenix, Arizona 85020

COMMUNITY

Spotlight On ...

Flower Girls focus on scholarship, service

The Board of Visitors (BOV) has named 42 exceptional high school seniors as Flower Girls for 2013-14. Dressed in traditional white, the Flower Girls will be presented at the BOV's annual Charity Ball on April 5, 2014, by their fathers or other male family members.

The first Flower Girls appeared 99 years ago, selling flowers as part of a fundraiser for what became St. Luke's Medical Center. Today, the Flower Girls are models at the annual BOV Fashion Show Luncheon, sponsored in part by Dillard's, and take part in philanthropic events throughout the year.

The proceeds of the culminating Charity Ball are granted to organizations in the community that provide healthcare for women, children and the elderly. It is the longest running charity fundraiser in Arizona. Last year the BOV granted \$800,000 to the community. For more information, visit www.boardofvisitors.org.



The Board of Visitors 2013-14 Flower Girls from Central Phoenix are (bottom, from left) Stacy Wilmer, Shea Click, Natalie de Guzman, Kelly Gullett, Katy McKone, (middle, from left) Madison Marks, Mackenzie Jones, Hayden Riley, Lizzie Pomeroy, (top, from left) Kristi AmRhein, Danielle Westfall and Genevieve Valladao (photo courtesy of the Board of Visitors).

Janssen studies in Netherlands

Lauren Janssen, 17, of North Central Phoenix was selected for a Rotary Youth Exchange scholarship program in the Netherlands. After graduating from Arcadia High School

in July, a year ahead of schedule, Janssen departed for Meppel, a small town in the northeastern part of the Netherlands.

Janssen started her program by first participating in an intensive language immersion program with Rotary

Youth ambassadors from all over world. She will spend the year with three host families, attending school, assisting with English classes, and participating in Rotary meetings, community service projects and a variety of cultural activities.

Janssen will return home briefly in July 2014 after her culmination "Eurotour" program and just prior to starting her freshman year in college. The Rotary Youth Exchange is sponsored by the Phoenix-Camelback Rotary Club and Arizona Rotary District 5510.

Janssen had a busy combined junior/senior year preparing for her exchange, including participating in intensive interviews and speaking at Rotary meetings. Last summer, she attended an educational trip to Peru sponsored by Arcadia High School where she was able to practice her Spanish fluency.



Lauren Janssen

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The Terraces of Phoenix in Phoenix, Arizona is managed by ABHOW, a California nonprofit public benefit corporation. ABHOW is a nonsectarian corporation, serving seniors through quality retirement housing since 1949.



COMMUNITY

Janssen was an active member of the International Club at Arcadia High School and served as a volunteer for both the Miracle League of Arizona and Highland Manor. As a member of Scottsdale Sister Cities, she served as a youth ambassador from the United States in Alamos, Mexico and in Marrakech, Morocco, during her school breaks.

Janssen’s family has lived in the North Central community near Central and Glendale avenues for more than eight years. She is a graduate of All Saints Episcopal Day School.

Trujillo re-appointed to CLS Board of Directors

North Central resident Susan Brichler Trujillo, an associate with the Phoenix firm of Quarles & Brady LLP, has been re-appointed to the Community Legal Services (CLS) board of directors by the State Bar of Arizona’s board of governors.

In October 2011 she was appointed to serve the remainder of an unexpired term. Her newly appointed term will run through June of 2019.

CLS is a not-for-profit Arizona law firm incorporated in 1952 as a legal aid program organized to promote “equal access to justice for all.” CLS provides legal services to clients in certain civil (non-criminal) areas of the law that affect the critical needs of the low-income client community.

Trujillo practices in the areas of health law and litigation. Her practice includes the representation of commercial and individual health care clients in contract disputes, licensing and regulatory issues, and litigation matters and the representation of commercial health care clients and health care professionals before state agencies and regulatory boards.

Last year, Trujillo was selected as a Fellow in the Flinn-Brown Civic Leadership Academy, a component of the Arizona Center for Civic Leadership. She earned her law degree from the University of Notre Dame.



Susan Brichler Trujillo

Meyer named 2013 ‘Clerk of the Year’

Phoenix City Clerk Cris Meyer was named the 2013 Clerk of the Year by the Arizona Municipal Clerks’ Association (AMCA) at its annual conference last month.

The Municipal Clerk of the Year award is given annually to a deserving candidate selected by the AMCA’s Executive Board to recognize an AMCA member who has made significant contributions to the profession. In addition to advising clerks across the state, Meyer serves as the AMCA Legislative Committee Chair and does training on campaign finance law at each annual elections conference.

“Cris consistently finds new and improved ways of serving the public,” said City Manager David Cavazos. “Those innovations have become models for other local governments. “He is a tremendous asset to the city of Phoenix and is well-deserving of this honor.”

Meyer has been involved in Phoenix elections in various capacities since he joined the city in 1985 and has participated in conducting more than 30 elec-

tions. He has managed the development and implementation of Phoenix’s successful early voting by mail program that now accounts for more than 90 percent of all ballots cast.

Most recently, he managed the launch of the city’s innovative voting centers, which is the first in the nation to offer three days of voting, with one of those days being a Saturday.

Meyer is the recipient of several public service awards, including the Governor’s Excellence Award in 1994 for coordinating a state interagency effort to better handle child support cases. He also received a City Excellence Award in 2011 and 1997.

Meyer has a law degree from the University of Illinois and is a member of the Bar in Arizona and Illinois. Prior to joining the city of Phoenix, he worked as a law clerk in federal district court and as assistant attorney general in the Arizona Attorney General’s Office.



Cris Meyer



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TAKING CARE OF BUSINESS



MONEY MATTERS

Paperwork: keep or shred?

By Harvey Amwake, C.P.A.

Confused about managing paperwork? Here are some tips that will help you keep what's important and toss what you no longer need.

1. Tax records. Keep tax records for at least seven years. Tax records include copies of income tax returns, documents supporting your reported income and deductions (W-2s, 1099s, receipts for claimed deductions, etc.) and proof of timely filing. Although the normal statute of limitations for an IRS audit is three years, the open period will double if the agency believes your gross income was understated by more than 25 percent. This six-year period doesn't begin at the end of the earliest year filed; it starts at the later of the earliest returns due date or the date it was filed.

2. Miscellaneous. Retain your paycheck stubs throughout the year until you've received your W-2 and reconciled it to the stubs. Discard credit card statements after 12 months, unless they support a tax deduction or a major purchase. Keep ATM receipts and bank deposit slips until the transactions show up in your account statement. Do the same with credit card receipts, unless you might return the item or need proof of purchase for warranty or other purposes.

3. Large purchases. Retain records for large purchases as long as you own the items. Records of real estate purchases and improvements should be kept as long as you own the property, plus seven years after disposition. The same is true for records of investments such as stocks and mutual funds, including purchases, dividends, dividend reinvestments, and related expenses.

4. Electronic records. Electronic records are generally considered legally valid, so you can scan tax returns, receipts, and other paper documents and retain them in electronic formats. Store these records as PDFs, on external hard drives, or on a website, but be sure to maintain copies in at least two formats.

Finally, to avoid becoming a victim of identity theft, shred obsolete records rather than tossing them.

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.



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Business Briefs

Adaptive reuse fee reductions available

Small business owners renovating existing buildings for new uses can now apply for adaptive reuse project fee reductions from the city of Phoenix for construction plan review and permit assistance.

Up to \$4,500 in fee incentives are available to projects that meet eligibility requirements, including: An independent structure permitted prior to

please see ADAPTIVE on page 20

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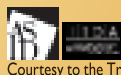



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TAKING CARE OF BUSINESS

ADAPTIVE *continued from page 18*

the year 2000; a change of occupancy or significant alteration to the character of the building; a change that incorporates the entire building; and a building that is 25,000 square feet or less in size.

To apply for the incentive, contact the Planning & Development Department's Office of Customer Advocacy at 602-534-7344 or visit phoenix.gov/pdd/services/permit-services/arp.html.

Learn how to stay competitive, current

SCORE has assembled a team of top-notch speakers for its 2013 Business Symposium who will provide local small business owners with the tools and techniques they need to thrive in an ever-changing marketplace.

The symposium is set for 8 a.m.-4 p.m. Thursday, Aug. 15 at Grand Canyon University, 3300 W. Camelback Road. Attendees will learn from representatives of powerhouse organizations such as: Google, GoDaddy, Constant Contact and

Infusionsoft. In addition, Gelie Akhenblit, founder of Networkingphoenix.com, will provide those in attendance with important insight into how to use networking as a key part of an entrepreneur's arsenal for success.

General admission is \$19.95, with reserved floor seating beginning at \$29.95. VIP packages including the reception also are available. For more information, go to the event website at www.scorephoenixsymposium.org or contact the SCORE offices at 602-745-7250.

Credit Union West named a top company

Credit Union West recently earned a spot on the inaugural CareerBuilder's Top Companies to Work for in Arizona list.

Companies were evaluated and selected based on a combination of overall satisfaction scores from an Employee Engagement Survey and evaluation from an Employer Questionnaire covering topics related to HR programs, benefits and workplace culture.

"We are proud to be recognized as one of Arizona's 'Top Companies to Work for' this inaugural year," says Robert MacGregor, CEO of Credit Union West. "Our ability to attract and retain top talent directly contributes to Credit Union West's consistent growth and further underscores our commitment to be so much more than money." Winners were announced at a "Top Companies" breakfast reception June 20 and the full list is available online at TopCompaniesAZ.azcentral.com. For more information about the company, visit www.cuwest.org.

Lieb ranks in top 10 for real estate agents

Bobby Lieb of HomeSmart Realty recently was recognized by *The Phoenix Business Journal* in its list of Phoenix's top-10 real estate agents for 2012.

Lieb sold 118 homes in 2012 for a total of \$53 million in sales. Lieb opened a new HomeSmart office at 5225 N. Central Ave. in 2011 and currently manages the office of 152 agents, who mostly specialize in the Central Phoenix area.

You can reach Lieb at the HomeSmart office at 602-761-4646 or visit www.centralphx.com for more information.

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TAKING CARE OF BUSINESS



Celebrating the \$25,000 grant presentation from the National Bank of Arizona (NB|AZ), are, from left: Pamela O’Keefe and Kathleen Pechman of NB|AZ; Dana Campbell Saylor, chief executive officer of the YWCA Maricopa County; and NB|AZ representatives Jathan Segur, Catherine Arvizu, and Deborah Bateman (submitted photo).

Bank funds YWCA financial literacy program

YWCA Maricopa County has partnered with National Bank of Arizona (NB|AZ) to expand the Own It Financial Education Program, providing financial literacy to primarily low-income women and families at no-charge. NB|AZ recently presented the YWCA Maricopa County with a \$25,000 grant to expand the program.

With the support of NB|AZ, the YWCA will be able to expand its financial education program to reach more underserved individuals, and provide them with the tools they need to become financially stable.

To learn more about Own It, visit www.ywcaaz.org or call the YWCA office at 602-258-0990.

Design studio wins ADDY Award

The national American Advertising Federation awarded Phoenix-based design and advertising firm P.S. Studios, Inc. a Gold Book Design ADDY for “And the Land Grew Quiet: New Work by Matthew Moore,” on behalf of Phoenix Art Museum.

The award was presented at a ceremony held at The Biltmore Resort & Spa on June 8. Brad Jones of P.S. Studios was the graphic designer on the project, working closely with Peter Shikany, who provided creative direction.

The book documented the 2013 exhibition of Arizona artist Matthew Moore at the Phoenix Art Museum. The two-gallery installation was a meditation on the issues of land use, urban

growth and its economic consequences. The book successfully captured the complex issues and subtle beauty of the exhibition.

The Gold ADDY came after P.S. Studios had won three additional ADDY awards at the local and regional award shows.

P.S. Studios, located 3002 N. 3rd St. provides design and marketing services for national and local clients. For more information, visit psstudios.com or call 602-253-0390.

Tire repair, sale shop moves to Metrocenter

Metrocenter Mall and its surrounding area is coming back to life and Community Tire Pros & Auto Repair is a part of that resurgence. With a new location in the heart of the Metrocenter area at 2751 W. North Lane, the auto repair shop provides the same quality service alongside other unique offerings, such as shuttle service for customers and convenient hours seven days a week.

Community Tire Pros & Auto Repair hired 10 new employees and is a member of Local First Arizona.

To celebrate the expansion, all locations of Community Tire Pros & Auto Repair, including Metrocenter, will offer deals to new clients through the end of August, including a free oil change, \$20 off of the second visit, \$10 off of the third visit and then ongoing points earned by service, repair or tire purchases to be used on future expenses.

For more information, visit www.communitytirepros.com or call 602-422-9898.



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in North Central**
for the 10th year in a row

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Volume for 2011**
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Phoenix Business Journal

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by the
Phoenix Business Journal

Runner up for
Broker/Agent Magazine
**Realtor of the Year
in 2003**

Winner
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2005, 2006,
2007, 2008,
2009 and 2010**

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Current Listings/Escrows

(North Central homes in bold)

5225 N. 23rd St.	JUST LISTED	.5405 SF	4BR/4.5BA	...	\$2,250,000
6034 N. 21st Pl.4795 SF	4BR/5BA	\$1,750,000
645 E. Calle Del Media	IN ESCROW	.4167 SF	4BR/4.5BA	...	\$1,099,000
2444 E. Lincoln Cr.5064 SF	4BR/3.75BA	...	\$ 950,000
327 W. San Juan Ave. ..	JUST LISTED	.3605 SF	4BR/3.5BA	...	\$ 875,000
2317 E. Gardenia Dr. ...	NEW PRICE	.3887 SF	6BR/4.5BA	...	\$ 850,000
6111 N. 2nd Pl.	COMING SOON	.3400 SF	4BR/4BA	\$ 850,000
27 W. Sierra Vista Dr. ...	IN ESCROW	.4068 SF	4BR/3.5BA	...	\$ 825,000
25 W. Frier Dr.	IN ESCROW	.4241 SF	4BR/3BA	\$ 750,000
7726 N. 4th Ave.	NEW PRICE	.3594 SF	5BR/3BA	\$ 699,500
115 W. Morten Ave. ...	NEW PRICE	.3552 SF	3BR/3.5BA	...	\$ 599,000
320 W. Bethany Home Rd.	NEW PRICE	.4099 SF	4BR/5BA	\$ 575,000
7743 N. Dreamy Draw Dr.	IN ESCROW	.2629 SF	4BR/2.75BA	...	\$ 525,000
1017 W. Claremont St. ..	JUST LISTED	.2657 SF	3BR/2BA	\$ 485,000
6014 N. 3rd Ave.	IN ESCROW	.2470 SF	4BR/3BA	\$ 475,000
5649 N. 6th St.	IN ESCROW	.3723 SF	4BR/4BA	\$ 449,500
3800 E. Lincoln Dr. #30	IN ESCROW	.2824 SF	3BR/2.5BA	...	\$ 410,000
347 E. Hayward Ave. ...	JUST LISTED	.2126 SF	3BR/2BA	\$ 399,000
1325 E. Ludlow Dr.	IN ESCROW	.2568 SF	4BR/2.5BA	...	\$ 395,000
501 E. Colter St.	IN ESCROW	.1744 SF	3BR/2BA	\$ 375,000
6414 N. 13th Ave.	JUST LISTED	.2567 SF	3BR/3BA	\$ 360,000
1254 S. Nassau	IN ESCROW	.2831 SF	5BR/2.5BA	...	\$ 349,500
202 W. Turney Ave.	NEW PRICE	.2186 SF	3BR/2BA	\$ 349,000
723 W. Glenn Dr.	IN ESCROW	.2381 SF	3BR/2BA	\$ 349,000
1040 E. Osborn Rd. #203	JUST LISTED	.1981 SF	2BR/2BA	\$ 325,000
6135 N. 16th Pl.	IN ESCROW	.1949 SF	4BR/2BA	\$ 285,000
7633 N. 7th St.	IN ESCROW	.1861 SF	3BR/2BA	\$ 275,000
1252 E. Edgemont Ave.1919 SF	3BR/2BA	\$ 275,000
1042 E. Myrtle Ave. ...	IN ESCROW	.1527 SF	3BR/2BA	\$ 275,000
6144 W. Saguaro Park ...	IN ESCROW	.2046 SF	3BR/2.5BA	...	\$ 245,000
7003 N. 11th Way	NEW PRICE	.1260 SF	3BR/2BA	\$ 199,000

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Bobby Lieb
Associate Broker



Featured Homes for August



327 W. San Juan Ave. ■ \$875,00



2317 E. Gardenia Dr. ■ \$850,000



6111 N. 2nd Pl. ■ \$850,000



1017 W. Claremont St. ■ \$485,000



347 E. Hayward ■ \$399,000



6414 N. 13th Ave. ■ \$360,000

Coming Soon to North Central by Magee Builders

- 6111 N. 2nd Pl. 3400SF BR/3.5BA \$850,000 - \$875,000

405 E. Montebello Ave 3400SF 4BR/3.5BA Mid \$800,000s

5506 N. 2nd St. 3000SF 4BR/3BA Mid \$600,000s

5512 N. 2nd St. 3200SF 4BR/3.5BA Mid \$700,000s

5518 N. 2nd St. 3400SF 4BR/3.5BA Mid \$800,000s
- 7212 N. 15th Ave. 3500SF4BR/4BA Mid \$500,000s

7212 N. 15th Ave. 3400SF 4BR/3BA Mid \$800,000s

8430 N. 15th Ave. 1650SF 3BR/2BA Mid \$400,000s

8430 N. 15th Ave. 3000SF4BR/2BA Mid \$600,000s

8430 N. 15th Ave. 3200SF 4BR/3BA Mid \$600,000s

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9427 E. Sonoran Sunset	\$ 915,000	721 E. Circle Rd.	\$ 485,000	4925 E. Cordia Way	\$ 375,000	1844 E. Hazelwood	\$ 277,000	6517 N. 10th Pl.	\$ 170,000
2211 E. Camelback Rd. #805	\$ 900,000	7739 N. 11th Ave.	\$ 475,000	7142 N. 14th St.	\$ 365,000	102 W. Seldon Ln.	\$ 275,000	9432 N. 17th St.	\$ 155,000
5750 N. Central Ave.	\$ 875,000	6838 N. 3rd Ave.	\$ 457,500	6409 N. 11th Dr.	\$ 349,500	77 E Missouri #37	\$ 250,000	2 W. Northern Ave. #3	\$ 145,000
540 W. Kaler Dr.	\$ 805,000	6805 N. 18th St.	\$ 425,000	14033 N. 10th Pl.	\$ 340,000	5741 N. 4th St.	\$ 245,000	5136 N 31st St. #662	\$ 136,500
6899 N. Central Ave.	\$ 760,000	316 W. Glendale Ave.	\$ 410,000	307 W. Herro Ln.	\$ 325,000	6120 E. Evans Dr.	\$ 235,000	15178 W Taylor St.	\$ 128,000
5034 E. Lafayette Blvd.	\$ 750,000	312 W. Stella Ln.	\$ 410,000	6159 N. 9th Ave.	\$ 317,500	635 W. Coral Gables	\$ 230,000	8434 N. Central Ave. B	\$ 111,000
727 W. Seldon Ln.	\$ 727,700	105 W. Harmont	\$ 405,000	26427 N. 42nd Pl.	\$ 317,000	723 W. Cactus Wren	\$ 224,000	3516 E. Everett Dr.	\$ 97,500
306 W. Claremont Ave.	\$ 717,800	1511 E. Villa Theresa Dr.	\$ 402,500	77 E. Missouri Ave. #8	\$ 302,000	848 N. 54th Cr.	\$ 210,000	225 E. Orchid Ln.	\$ 90,100
5961 E. Whitehorn Pl.	\$ 715,000	601 W. Moon Valley Dr.	\$ 400,000	421 E. Locust	\$ 300,000	2319 E. Glenrosa Ave.	\$ 210,000	833 E Echo	\$ 70,000
6106 N 2nd Ave.	\$ 630,000	1151 E. Ocotillo Rd.	\$ 400,000	2 W. Beryl	\$ 295,000	1545 W. Glenn Dr.	\$ 195,000	1545 E. Sahuaro Dr. #2	\$ 58,000
8702 N. 7th Ave.	\$ 615,000	1738 E. Myrna Ln.	\$ 400,000	529 W. Las Palmaritas Dr.	\$ 295,000	7362 E. Rovey Ave.	\$ 192,000		
6022 N. 3rd Ave.	\$ 580,000	803 W. Rancho Dr.	\$ 395,000	1315 E Gardenia Dr.	\$ 295,000	1124 E. Rose Ln. #10	\$ 185,000		
77 E. Missouri Ave. #37	\$ 524,250	338 E. Orange Dr.	\$ 375,000	201 E. Georgia Ave.	\$ 294,000	207 W. Clarendon #22E	\$ 181,000		
6828 N 3rd Place	\$ 520,000	10257 N. Central Ave.	\$ 375,000	3828 S. Vermeersch	\$ 280,000	18402 W. Maui Ln.	\$ 172,000		



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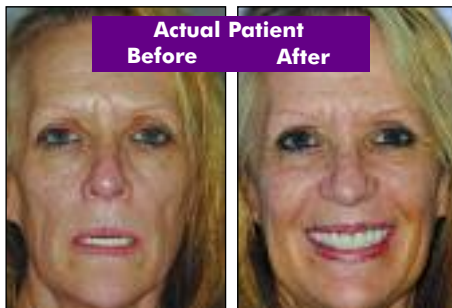
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HEALTHY LIVING



TO YOUR HEALTH

Dealing with a bad gall bladder

By Joshua Millstein, D.O.

Gallstones may be small, but they can cause major pain. Each year, millions of Americans develop gallstones that can interfere with the function of the gallbladder and cause distressing symptoms.

The gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver. After your liver produces bile, a fluid that helps your body digest fat, it's stored in your gallbladder until you need it.

After you eat, your gallbladder releases the bile into your small intestine through a system of ducts. When your gallbladder is working properly, this process is smooth and painless. When your gallbladder is diseased, it's a different story.

Gallstones, which often are a result of an excess of cholesterol, are a frequent cause of gallbladder disease. When gallstones interfere with the flow of bile into the small intestine, they can cause symptoms such as pain in the right upper abdomen and in the back between the shoulder blades—especially shortly after eating a meal high in fat.

You have a higher risk of developing gallstones if you're overweight or obese, are female, have diabetes, use hormone replacement therapy or birth control pills, are over age 60 or have a family history of gallstones. In addition, rapid weight loss and cholesterol-lowering medications can contribute to gallstone formation.

Certain ethnicities, such as Native Americans and Mexican Americans, are at greater risk of developing gallstones. It's possible to experience gallbladder issues without the presence of gallstones. The gallbladder may simply begin to function poorly, resulting in such symptoms as nausea and vomiting after eating foods high in fat.

If you're experiencing symptoms of gallbladder disease, see your doctor. He or she can prescribe blood tests and imaging studies to determine if your gallbladder is the culprit.

Fortunately, your body can function well without the gallbladder. Surgery to remove the gallbladder is one of the most common surgeries performed today, and is typically done on an outpatient basis. Most patients return to normal activities within a week or so.

Joshua Millstein, D.O., specializes in kidney diseases, hypertension and diabetes management at North Phoenix Medical Clinic, 9100 N. 2nd St., Suite 121. Call 602-997-7331 or go to 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.

Health Briefs

Tips for creating a non-toxic home

Heather Paulson, ND, FABNO, naturopathic physician from the Life Center at Arizona Natural Health Center, offers a special presentation about how to detoxify your home environment 6-7:30 p.m. Thursday, Aug. 15, in the Surgery Classroom at Banner Good Samaritan Medical Center, 1111 E. McDowell Road. Attendance is free.

Paulson, a guest speaker for Banner Good Samaritan's Cancer Program, will talk about areas of the home most likely to harbor chemicals as well as guide attendees through the simple process of making safe, non-toxic cleaning products. Visitors will leave the workshop with their own natural cleaner and additional recipes to use at home.

For more information or to RSVP, contact Terry Ratner, RN, MFA, at 602-839-4970.

Komen for the Cure awards Desert Mission

The Central and Northern Arizona Affiliate of Susan G. Komen for the Cure has awarded a \$20,370 grant to Desert Mission to provide breast cancer screenings and diagnostics to low-income women in the North Phoenix area.

At Desert Mission, the human services arm of John C. Lincoln Health Network, the grant from Komen CAN Arizona will increase the organization's ability to protect and improve the health of the community's uninsured and underinsured population.

The community grants program helps Komen CAN Arizona to carry

HEALTHY LIVING

out its mission of saving lives and ending breast cancer forever by partnering with nonprofit organizations throughout medically underserved communities to fill in the critical gaps of service.

“Part of delivering our promise is working day to day with our community partners to ensure that the women in our community do not go without vital screening and treatment services while we navigate the changing healthcare landscape, both locally and nationwide,” said Beverly Kruse, executive director for Komen CAN Arizona.

“Collaboration is key to reaching our goal, and we’re fortunate to work with so many organizations whose missions align with ours.”

Expectant parents have class options

Phoenix Baptist Hospital, located at 20th Avenue and Bethany Home Road, offers two class options for expectant parents who are juggling busy schedules.

A four-week Childbirth Education class held on Monday nights begins on Aug. 5 and continues through Aug. 26.

The class runs from 6:30 to 9 p.m. A weekend class also is available from 1 to 5 p.m. Aug. 17-18.

Both options are designed for mothers and their partners who have never attended preparation classes; the fee is \$50 for either course. The classes cover the physical and psychological changes, hospital admission procedures and routines, cesarean birth, pain management options, and the partner’s role in labor and delivery. Also covered are the stages of labor, relaxation techniques, medical options, and postpartum and infant care.

Both options also include a tour of the labor and delivery, postpartum and nursery units.

For more information or to register for either Childbirth Class option, call Laurie Emig at 602-246-5899 or e-mail lemig@abrazohealth.com. Discounts are available for teen parents or families on AHCCCS.

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A kindergarten student in Biltmore Prep Academy's Foreign Language Immersion (FLI) program writes on the whiteboard during the Spanish-language portion of class (photo courtesy of Biltmore Prep).

FLI program boosts enrollment at school

It wasn't long ago that the once-named Squaw Peak Elementary School was almost given up for dead. Like dozens of urban public schools challenged by budgetary constraints, the school saw its enrollment drop from almost 800 to just 250 students a few years ago. Some considered closing the school and selling the property.

But the parents, teachers and administrators came up with a better idea—start an innovative new Foreign Language Immersion (FLI) program in which English-speaking students as young as kindergarten age spend half their days learning in English, and half in Spanish.

By the time Biltmore Preparatory Academy was given its new name in 2011, it was on an upward trajectory that has made it one of the great successes in public education in Arizona over the past few years.

In 2010, when the FLI program began, total enrollment was only 238 students. At the beginning of the 2012-13 school year, it had swelled to 408. The staff expects to have more than 500 students enrolled for the 2013-14 school year. The program has been astonishingly successful and popular with both students and parents.

But it's not just the FLI program. Last year, Biltmore Prep was one of only five Arizona schools nominated for the prestigious National Blue Ribbon

Schools Award. And the school has been designated an "A-Rated" school by the Arizona Department of Education.

Biltmore Prep is accepting new students for the 2013-14 school year for grades K- 8, both for the FLI program and for traditional education. For more information, call Faith Burtamekh at 602-381-6160.

PV school district seeks volunteers

The new Volunteer in Paradise (VIP) program in the Paradise Valley Unified School District is looking for dedicated, high-quality volunteers.

VIP volunteers provide one-on-one and small group instruction to children in grades K-6. They are paired with teachers based on their interests and schedules, and receive the training needed to become effective, confident tutors.

Learn more at upcoming orientations. Visit pvschools.net/VIP for more information and to register for an orientation. Send questions about volunteering to Laurie Smith, VIP coordinator, at VolunteerInParadise@gmail.com.

School Briefs

MADISON ELEMENTARY SCHOOL DISTRICT

Staff members receive recognition

The Madison District's director of Technology, Jay Mann, and Technology Integration specialist Kim Thomas,

SCHOOL DAYS

have been selected as honorees of the *Phoenix Business Journal's* Innovation and Technology Awards program. They were selected by an advisory panel made up of industry leaders, last year's honorees and the *Phoenix Business Journal's* news team for their outstanding information technology efforts. They were honored at a reception in June.

Madison Park teacher Rhonda Sobon was named Gifted Teacher of the Year by the Arizona Association for Gifted and Talented. Sobon teaches gifted and advanced math at Madison Park.

OSBORN ELEMENTARY SCHOOL DISTRICT OMS earns A+ award for first time

The Arizona Educational Foundation (AEF) announced that Osborn Middle School was one of 28 Arizona public schools to have earned the coveted A+ School of Excellence distinction for the first time.

The AEF A+ School of Excellence program gives recognition to outstanding public schools, and strives to create a comprehensive framework of successful programs and practices that other schools throughout the state and nation might adopt.

Applicant schools are evaluated in the areas of student focus and support, school culture, active teaching and learning, curriculum, leadership, community and parent involvement and assessment data. Schools receive \$500 and a banner designating it as an A+ School of Excellence winner. All staff and faculty at

the award-winning schools will be eligible for partial scholarships from Argosy University Phoenix. The award is valid for three and a half years.

The AEF has honored exemplary pre-kindergarten through 12th grade public schools in Arizona since 1983.

PHOENIX UNION HIGH SCHOOL DISTRICT Tercero honored by Phoenix College

Cyndi Tercero, Phoenix Union's Dropout Prevention coordinator, received a Phoenix College Golden Bear Champion award at the 7th Annual "Golden Bear Awards" Community and Partner Recognition Breakfast in May.

Tercero was recognized lending significant support to students, employees, programs, and services. She was nominated for this award by a Phoenix College faculty or staff member as having made significant contributions to the success of Phoenix College students as a K-12 School Colleague.

Berlat receives national award

Central High English Teacher and Speech and Debate Coach Kevin Berlat was honored recently by the National Federation of State High School Association's (NFHS) Speech Advisory Committee. He was named Outstanding Speech/Theatre/Debate Educator Award winner for the section that represents Arizona, California, Hawaii, Nevada and Utah.



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SCHOOL DAYS**Marquis named the Filmmaker of Year**

Metro Tech digital film teacher Bob Marquis was named the Arizona Filmmaker of the Year for 2013 by the Phoenix Film Foundation. The prestigious honor, announced during the 2013 Phoenix Film Festival's Copper Wing Awards Ceremony on April 7, is given each year to a local filmmaker who has made significant strides to impact the Arizona filmmaking community.



Bob Marquis

Marquis also is the executive director and founder of Sailbear Labs. He has been making films since 2003, including the award-winning "Cordones," which screened at the 2013 Phoenix Film Festival. Sailbear Labs is a 501(c)(3) nonprofit that works with youth ages 12-18 in metro Phoenix to teach them filmmaking and creative storytelling. The organization, formed in 2011, provides a variety of free workshops and low-cost summer camps around the Valley, empowering students to create their own films.

Mercury 'adopts' team at Central

The Phoenix Mercury has selected Central High School's girls' basketball program as the team's official 2013 Adopt-A-Team.

Adopt-A-Team is a mentorship program designed to enrich the lives of female athletes through various programs, on and off the court. Entering its sixth season, the program not only provides the team with much-needed equipment and uniforms, but also

looks to increase the team's confidence by teaching healthy living and life skills such as writing resumes and proper etiquette.

The Adopt-A-Team is selected through an application and interview process. One team is chosen each year based on need and opportunity for positive impact.

Shakir honored at SkillsUSA event

Students from Arizona high school and college technical education programs early last month won the nation's highest awards at the SkillsUSA National Leadership and Skills Conference. Among them was Fahad Shakir, a student at Metro Tech High School, who was awarded a Skill Point Certificate in Technical Drafting. The Skill Point Certificate was awarded in 86 occupational and leadership areas to students who achieved a high score defined by industry.

Industry leaders representing more than 1,100 businesses, corporations, trade associations and unions recognized the students for their demonstrated excellence in 98 hands-on occupational and leadership contests, such as robotics, criminal justice, aviation maintenance and public speaking.

All contests are designed, run and judged by industry using industry standards. Top student winners received gold, silver and bronze medallions. Many also received prizes such as tools of their trade and/or scholarships to further their careers and education. The SkillsUSA Championships is for high school and college-level students who are members of SkillsUSA. In addition, high scorers in the contests received Skill Point Certificates. The SkillsUSA Championships have

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SCHOOL DAYS

Explaining their “WataWescue” device to a EurekaFest attendee are GLAAZ InvenTeam members, from left: Michelle Fuller, Hannah McGregor, and Ashley Hermosillo (photo courtesy of GLAAZ).



been a premier event since 1967. According to the U.S. Department of Education, students who take three or more career and technical education (CTE) programs in high school are more likely to attend college and stay there to graduate. For more information, contact www.skillsusa.org.

WASHINGTON ELEMENTARY SCHOOL DISTRICT
Educators honored by Middle Level Association

Sixteen WESD educators were honored for improving the educational experiences of young adolescents by the Arizona Middle Level Association at an awards breakfast on April 25. The Governing Board acknowledged the accomplishments of these teachers at its meeting on May 23.

Among those being honored were: Joy Metcalf, Arizona Cardinals Preparatory Academy; Katrina Lomax and Megan Tolway, Royal Palm Middle School; and Andrea Bennett, Theresa

Brooks and Stephanie Sanschagrin, Maryland School.

The Arizona Middle Level Association is a statewide service organization committed to advancing and improving the professional knowledge of middle level educators so that young adolescents have the opportunity to experience academic success and personal wellbeing. Each year, it honors middle level educators from throughout the state at a special breakfast awards ceremony.

PRIVATE AND CHARTER SCHOOLS
Students demonstrate water rescue device

A team of student inventors from the Girls Leadership Academy of Arizona (GLAAZ) recently visited the Massachusetts Institute of Technology (MIT) in Cambridge, Mass., to exhibit and demonstrate its invention at the InvenTeams Showcase.

please see INVENTORS on page 30

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SCHOOL DAYS

INVENTORS *continued from page 29*

The GLAAZ InvenTeam, one of only 16 high schools nationwide selected to receive 7,500 Lemelson-MIT InvenTeam grant in the 2012-2013 school year, showcased its drowning prevention device, the WataWescue. This WataWescue is a garment put on children when they are around a pool. If the child falls into the pool, an alarm will alert bystanders and a trigger will automatically inflate an inner tube, keeping the child afloat.

The GLAAZ InvenTeam, led by Jess Horton, chemistry and science teacher, demonstrated its WataWescue device during EurekaFest, a multi-day celebration of the inventive spirit, on June 21. EurekaFest is an annual event presented by the Lemelson-MIT Program, a non-profit organization at MIT that inspires youth to pursue creative lives and careers through invention.

The festivities also provided the GLAAZ InvenTeam with the opportunity to meet fellow student inventors from across the country, past and present Lemelson-MIT Program award winners,

MIT alumni and staff and leaders in science, technology and engineering.

On June 22, the InvenTeams participated in closing EurekaFest activities at the Museum of Science in Boston. The GLAAZ InvenTeam joined more than 200 high school students from across the country, along with the general public, in hands-on invention activities.

To learn more about GLAAZ and its programs, visit www.GLAAZ.org. More information about Lemelson-MIT InvenTeams is available at <http://web.mit.edu/inventeam>.

Brophy receives 'distinction' award

Seven Brophy students and their coaches traveled to Birmingham, Ala., in June for the world's largest academic competition: the National Forensic League's Speech and Debate nationals.

The Brophy team was named an "All-Around School of Outstanding Distinction," an honor only 10 schools (out of hundreds competing) received.



Carlos Ochoa

Brophy Speech and Debate student Carlos Ochoa, Class of 2014, who lives in North Central Phoenix, was individually recognized as a semifinalist in the "Congress" category.

Brown takes helm at prep academy

Keith Brown has been named the new principal of the Phoenix College Preparatory Academy (PCPA), Coming to PCPA from Skyline Prep High and South Valley Prep & Arts Academy, Brown brings to the position many years of experience in the classroom, the football field, and the principal's office.

Brown led Skyline Prep and South Valley Prep & Arts to the achievement of high AIMS scores and an "A" grade from the Arizona Department of Education. Previously, Brown served as a teacher and football coach at Casa Grande High School. He has 18 years of head coaching experience, including 10 years at Phoenix Christian High School.



Keith Brown

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SCHOOL DAYS

Brown’s goals for PCPA include increasing the school’s enrollment to 75 for the upcoming school year and reaching 100 for the following year. With an increased enrollment, Brown hopes to bring a more robust offering to students, including performing arts and athletics.

Brown is excited about the opportunities offered to students at PCPA, including access to facilities on the Phoenix College campus such as computer labs, science labs and libraries, as well as the ability for qualified students to take college courses for credit while still in high school.

For more information about Phoenix College Preparatory Academy (PCPA), call 602-285-7998.

Lewkowitz to head Brophy soccer program

Noah Lewkowitz has accepted the position of head varsity soccer coach at Brophy College Preparatory. Lewkowitz graduated from Brophy in 1998.

His own soccer pedigree is distinguished. While a student at Brophy, Lewkowitz was a four-year varsity letter-



Noah Lewkowitz has moved up from assistant coach to head varsity soccer coach at Brophy College Preparatory (photo courtesy of Brophy College).

man and member of Brophy’s 1995 state championship team. After Brophy, Lewkowitz attended Duke University, where he was a four-year varsity letterman and member of Duke’s 2000 ACC Championship team.

For the last eight years, Lewkowitz

please see COACH on page 32

Welcome Home

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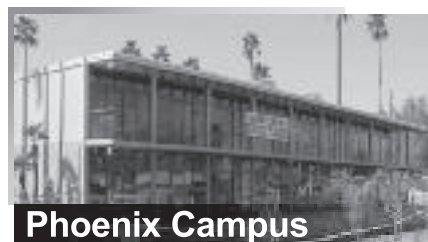
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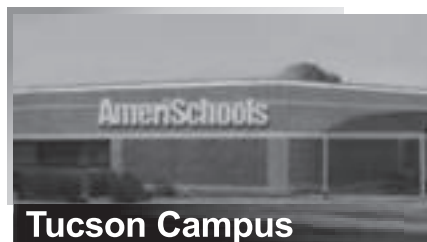
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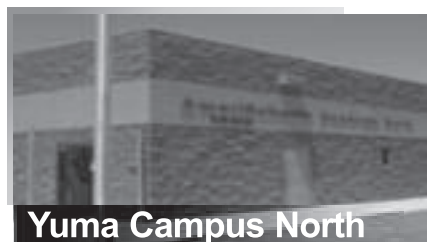
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SCHOOL DAYS

COACH continued from page 31

has been an assistant coach on Brophy’s varsity team. He not only brings a wealth of soccer expertise but as an alum and current teacher, Lewkowicz has a deep understanding of Brophy’s mission and values.

“I look forward to the leadership Noah will provide as he looks to build on the successes and momentum Brophy Soccer has enjoyed under Marc Kelly for the last 12 years,” said Brophy Principal Bob Ryan.

Golf coach honored in ‘Hall of Fame’

Xavier College Preparatory girls’ golf coach, Sister Lynn Winsor, BVM, CMAA, in June was inducted into the National High School Athletic Coaches Association Hall of Fame in Des Moines, Iowa. Winsor was honored for her 39 years of dedication to advancing girls’ high school golf and for leading her Xavier team to several national golf records.

Under Winsor’s guidance, Xavier holds the national records for the most girls’ state championships won (30) as well as the most consecutive state championships won (16). She and her Xavier team also hold the national record for most wins in dual matches (403 wins and 25 losses)—and a current record of 181 dual match wins without any losses.

In her 39-year golf-coaching career, Winsor has worked with student-athlete golfers who have gone on to careers in such fields as medicine, engineering, politics, teaching, and golf. In the professional golf arena, her graduates are past and present LPGA and European Tour players, directors of golf, teaching pros, collegiate golf coaches, and are involved in golf media outlets.

Heather Farr, Grace Park, Kimberly Kim and Amanda Blumenherst are among the LPGA professional golfers who played on Winsor’s team.

“Participating on Xavier’s golf team not only means that you are part of a nationally recognized golf program ... it means that you are a member of the Xavier golf family that extends over 50 years,” said Winsor, who is also Xavier’s vice principal of Activities and athletic director.

“In my 39 years of coaching golf at Xavier, it has been an honor to follow the school’s mission and to coach more



Xavier golf coach and Athletic Director Sister Lynn Winsor, BVM, in May received the “Pave The Way” Award for her outstanding work advancing sports in Arizona from the Dairy Council of Arizona and Arizona Coaches Association (photo courtesy of Xavier College Prep).

than 150 talented, generous and dedicated young women.”

Christ Church offers differentiated learning

Christ Church School’s Elementary Division is offering registration for the 2013-14 school year for first- through third-grade students who may flourish in a Differentiated Learning Community curriculum.

In a Differentiated Learning Community, students begin the day in a homeroom class. Then they rotate to different classrooms for reading (guided, small group and independent), communication arts (journaling, spelling, writing, word attack skills and grammar) and math (centers, small group work, fact drills). This model encourages problem solving, working independently and multi-age student partnering.

Founded in 2003, Christ Church School continues to honor its mission to provide local families with “an education enriched by faith.” The school campus is equipped with a state-of-the-art computer lab, a library and librarian, a Spanish program, sport court, shaded play areas and a strong fine arts curriculum.

Applications for the 2013-14 school year are available online at www.ccsaz.org. For additional information or to schedule a tour of the CCS campus, located at 4015 E. Lincoln Drive, contact the school office at 602-381-9906.



2013-2014

Sports Schedule

Registration forms are available online at www.ramms.org.

FALL	WINTER	SPRING
 \$100 each	 \$100 each	
Flag Football (Grades 1-8) Evaluations 08/17/13 Season starts 09/07/13 Playoffs end 10/26/13	Boys Basketball (Grades K-8) Evaluations 11/09/13 Season starts 12/07/13 Playoffs end 02/07/14	T-Ball \$80 each Baseball/Softball \$140 each
Volleyball (Grades 3-8) Evaluations: 08/12/13 (Juniors) 08/15/13 (Seniors) Season starts : 09/03/13 (Juniors) 09/05/13 (Seniors) Playoffs end 10/26/13	Girls Basketball (Grades K-8) Evaluations 11/09/13 Season starts 12/07/13 Playoffs end 02/07/14	Baseball & Softball (Grades K - 8) Evaluations 02/08/14 Season Starts 03/01/14 Playoffs End 05/30/14
		Opening Day 3/1/14 Playoffs end 5/30/14

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 or at www.facebook.com/rammsphoenix

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GENERATIONS

Senior Living

New therapy could aid balance, memory

Dr. Gerald Kevin Gifford of the Gifford Neurology Institute will discuss his Cerebellum Motor Coordination Rehabilitation Program (CMCRP) during a free event at 10:30 a.m. on Saturday, Aug. 17 at The Stratford, 1739 W. Myrtle Ave.

Gifford will present his researched-based neurological rehab program that has been shown to improve balance and memory. This research was conducted over the last five years by Gifford Neurology Institute. Statistical analysis showed that three months of therapy restored 35 percent of balance and 14 percent of memory and thinking in a group of senior adults, average age 83.

The presentation is free and open to the public. For more information, call Stephanie Templeton at 602-841-2500.

Adult day center is open Saturdays

Suntree Adult Day Health (for Seniors), located at 4120 N. 20th St., offers extended hours of operations on Saturdays from 9 a.m. to 1 p.m.

Suntree is an adult day center for seniors age 55 and older that provides caregiving, day respite, resources and education to family caregivers. The center specializes in caring for those with dementia and Alzheimer's while focusing on helping working professionals and families balance work and family caregiving.

Suntree is licensed by the Department of Health Services and is

contracted with Area Agency on Aging and Arizona Alzheimer's Association. Suntree accepts Long Term Care Insurance and ALTCS (Medicaid). Sponsorships are available for those who qualify, and additional rates and information are available.

The center's weekday hours are 7 a.m. to 5 p.m. Monday through Friday. For more information, call 602-441-4900 or visit www.suntreecenter.com.

Ice Cream Social for 'grandfamilies'

Duet offers a free Back to School Ice Cream Social for grandparents who are raising their grandchildren or other juvenile family members, 12-2:30 p.m. Saturday, Aug. 10 at the Church of the Beatitudes, 555 W. Glendale Ave.

Escape from the heat and dip into some cold ice cream in the company of friends while being entertained by the "Mad Scientist," a show on the principles of air and pressure with "Up, Up, and Away!"

While the event is free, each family is asked to bring a topping of their choice to share. Reservations are required. Call Patricia at 602-274-5022, ext. 44.

Free, fun exercise classes at Devonshire

SCAN Health Plan Arizona presents a new series of free exercise classes beginning in September at the Devonshire Senior Center, 2802 E. Devonshire.

The Art of Movement & Qigong takes place 1-2 p.m. every Tuesday beginning Sept. 3. Participants of all abilities benefit by using their entire body to increase strength and balance.

Join us for a

Improve Balance & Cognition – Cerebellum Rehab Program

Saturday, August 17, at 10:30 a.m.

G. Kevin Gifford, DC, of Gifford Neurology Institute will discuss an innovative new rehab program – CMCRP effective in improving participant's balance, coordination, and memory.

**Join us as a guest
for lunch!**

**FREE EVENT
Please RSVP to
602-841-2500**

**Visit our website
for upcoming events!**

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GENERATIONS

Zumba Plus is offered 1-2 p.m. every Thursday beginning Sept. 5. This Latin-inspired dance and fitness class is tailored to participants over age 50.

There is no charge to attend the classes, but registration is required as space is limited. Anyone interested can call the Devonshire Senior Center at 602-262-7807 to enroll.

Kids & Families

Free weekend at AZ Science Center

The Arizona Science Center, 600 E. Washington St., presents a special “Never Stop Wondering Weekend,” Aug. 24-25, featuring free general admission.

The center will offer a special appearance by Elmo from “Sesame Street Presents: The Body” on Sunday.

Note that the free general admission does not include IMAX Theater films, Dorrance Planetarium shows, Sky Cycle or admission into “Sesame Street Presents: The Body.” For more information, visit www.azscience.org or call 602-716-2000.

Song and dance storytelling event

Join Canyon Records artists Radmilla Cody and Tony Duncan for a free children’s Song and Dance Storytelling program 3-4 p.m. Saturday, Aug. 10, at Pueblo Grande Museum, 4619 E. Washington St.

Listen to stories of the Southwest followed by hoop dancing performance and “how-to” with Tony Duncan, five time World Champion hoop dancer. Grammy Nominee Radmilla Cody will share a couple of her favorite children’s books and perform songs from her children’s album “Precious Friends.”

This program is free and open to the public with limited seating. For more information, visit pueblogrande.com.

Preschool offers new “Extended Day” hours

Cross Roads Preschool and Kindergarten (Cross Roads PSK) has introduced an “Extended Day” program for the upcoming school year. The Extended Day program will begin at 1 p.m., when the regular school day ends, and will run until 4:30 p.m. on all regular school days.

Cross Roads PSK is located at 7901 N. Central Ave. The cost for the extended day program is \$25 per child per day,

with a 20 percent discount given for multiple siblings. It includes a nutritious snack, state required rest/quiet time, a daily learning activity, and outdoor free play (as weather permits).

For more information, call Preschool Director Annemarie Mansour at 410 570-3151 or email ajcmansour@gmail.com.

Hebrew school reopens at Chabad

Chabad of Phoenix, 2110 E. Lincoln Dr., has re-opened the Chabad Hebrew School (CHS), a Jewish Sunday school, primarily for children who attend public schools and other non-Jewish day schools. Registration is now available.

CHS welcomes every Jew, regardless of religious background or level of observance. Synagogue membership or prior affiliation is not a condition for enrollment. CHS will take place 10 a.m. to noon on Sundays throughout the scholastic year, and is geared for boys and girls aged 5 to 12.

To register or for more information, call 602-944-2753 or e-mail Youth@ChabadAZ.com.

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Display original works at Sunnyslope event

Organizers are seeking artists for the 12th Sunnyslope Art Walk, scheduled for Saturday, Oct. 12, from 5-9 p.m. The event will feature the work of more than 100 artists and requires that all work be original and available for sale.

An application is required for consideration and participation is restricted to artists selected by the Sunnyslope 2nd Saturdays Committee. Applications are available at sunnyslopecommunity.org. The application deadline is Sept. 5.

Apply by Aug. 15 to save \$5 on the \$25 application fee. All work must be original and for sale by the artist. No dealers or representatives are allowed.

Artists sought for Shemer exhibits

Artists are being sought to participate in the Shemer Arts Center's fall exhibit, "Animal Other," opening Sept. 12 and

continuing through Oct. 17. Artist application deadline is Friday, Aug. 16.

Artists are invited to share their relationship with "animal others" through art in this juried competition. The entry fee is \$25 for one entry, \$30 for two entries and \$35 for three entries.

The Shemer Art Center also seeks artists for its annual Sunday @ Shemer Festival on Sunday, Nov. 3. If you are an Arizona artist 18 years or older and are interested in participating, visit http://www.shemerartcenter.org/opportunities/artist_opps/. All applications must be postmarked or delivered in person by Tuesday, Sept. 3, at 3 p.m.

For more information, email info@shemerartcenter.org or call 602-262-4727.

A & E Briefs

Phoenix Symphony Chorus Auditions

7-9:30 p.m. Aug. 5-6

Central United Methodist Church
1875 N. Central Ave.

The all-volunteer chorus serves as a professional-level performing partner for The Phoenix Symphony. The 2013-14 season's choral works include Beethoven's Ninth Symphony, Handel's Messiah, Verdi's Requiem and a tribute to Marvin Hamlisch. The symphony and chorus also have received an invitation to perform with Andrea Bocelli in Phoenix during his 2013 concert tour. Interested singers must be at least 18 years of age and be proficient reading music. Each audition will take approximately 15 minutes. To request an audition time, email tpsc06@gmail.com.

'Everything You Always Wanted to Know About the Culture Wars (But Were Afraid to Ask)'

New Carpa Theater Co.

Aug. 6-15

Herberger Theater, KAX stage

222 E. Monroe

602-252-8497

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



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ARTS & ENTERTAINMENT

changing makeup of society. Show times are 12:10 p.m. Tuesdays, Wednesdays and Thursdays. Tickets are \$6 plus fees. Visit www.herbergertheater.org.

Native American Song and Dance
7 p.m. Saturday, Aug. 10
Pueblo Grande Museum
4619 E. Washington St.
602-495-0901

Join Canyon Records for a concert featuring award-winning artists Tony Duncan, Estun-Bah and Grammy nominee, Radmilla Cody. Tickets are \$10 for adults and \$5 for children under 12. Seating is limited; reserve purchase tickets at Brown Paper Tickets at <http://bpt.me/414260>. The concert also will stream live on the Internet at Ustream.tv/user/canyonrecords. Viewers can interact via chat and will be able to send song requests and questions to the performers.

'Generations: Inspiration of Bird City'

7-10 p.m., Friday, Aug. 16
Willo North Gallery
2811 N. 7th Ave.
602-448-9041

The exhibit is a reflection of three generations of artists and how they are inspired by each other and also by their environment. Artists Martin Moreno, Luis Gutierrez and Sentrock Perez will display their art. The artists are nationally known and recognized. The opening reception is free. The exhibit will remain up through Aug. 23.

Orpheus Male Chorus of Phoenix Auditions

6 & 9:30 p.m. Tuesdays,
Aug. 13-Sept. 3
Central United Methodist Church
1875 N. Central Ave.
480-295-6106

The chorus will audition male singers in all voice types during the chorus' first through fourth Tuesday evening rehearsals. Interested men age 18 or older should love choral music and be willing to attend weekly rehearsals on Tuesday evenings from 7 to 9:30 p.m. The ability to read sheet music is also appreciated but not required. No preparation is necessary for the audition. Auditions will be held before and after regular rehearsals. For more information, e-mail brook.larson@gmail.com or visit www.orpheus.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.

Comedian Tom Cotter
Aug. 23-25
Stand Up Live
50 W. Jefferson St., Level 2
480-719-6100

Cotter has taken the comedy scene by storm this year as the runner up on NBC's, "America's Got Talent." Cotter's television credits include "Comedy Central Presents ... Tom Cotter," "The Tonight Show" and "The Late Late Show with Craig Ferguson." He has performed at more than 300 colleges and in a wide variety of venues from Alaska to China. He won The Seattle International Stand-Up Comedy Competition and Boston Comedy Festival. Tickets are \$22 plus fees. There is a two-drink minimum per person. Visit www.standuplive.com.

'The Cosmonauts'
8 p.m. Saturday, Aug. 24
Space 55 Theater
636 E. Pierce St.

The Cosmonauts are a sketch comedy troupe formed in Phoenix in January 2012. They will delight you with their smart, silly brand of humor. The show is for ages 21 and older. Tickets are \$5 at the door. Visit www.space55.org.

'Seussical the Musical'
Valley Youth Theatre
Sept. 13-29
Herberger Theater Center
222 E. Monroe

In this original Broadway version of Seussical, the Cat in the Hat tells the story of Horton the elephant who discovers a speck of dust containing Whos. Horton must protect them from danger and guard an abandoned egg. Ultimately, friendship, loyalty, and community are challenged but emerge triumphant. Tickets are \$20-\$38, plus fees. Visit www.herbergertheater.org.

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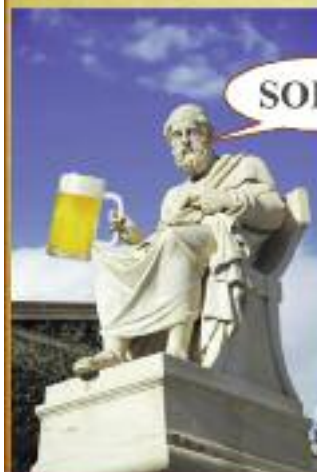
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FOOD FOR THOUGHT



Ron Ingram, left, manager of The Stand Burgers and Tacos, and Eva Hoffstedt, owner, had some help running their fledgling eatery over the summer from Eva's two children, Olivia, 8, and Harrison, 12 (photo by Teri Carnicelli).

Café Chat

The best of
both worlds

By Teri Carnicelli

At first it seems like a head-scratching combination: burgers and tacos? Why not just stick to one or the other?

The answer, says Eva Hofstedt, is that the Phoenix population, with its mix of cultures, has two favorite food items: the all-American hamburger, and the ever-popular street taco. So why not give both sides the best of both worlds?

Hofstedt opened The Stand Burgers & Tacos in January at 3538 E. Indian School Road, the former home of Maui Dogs—and a depressing succession of former failed eateries before that. But Hofstedt and her friend and manager, Ron Ingram, believe they have found a formula that will finally bring success to this otherwise nondescript building.

"We thought the concept was going to be a little out there, but so far it's been really well received," says Hofstedt, who comes from a long line of restaurateurs, starting with her grandmother, Olivia Garcia, an icon in the Phoenix food scene. Olivia and her husband started the original Garcia's, and her descendents are still part of familiar names such as Julio G's, Sylvia's La Canasta, Manuel's, El Pollo Asado and more.

For Hofstedt, this is her first solo venture as a restaurant owner, and

while she has plenty of moral support from her large family, she and Ingram are on their own when it comes to the success or failure of The Stand.

So far, the pendulum is swinging heavily toward success.

Part of what's making those near and far sit up and take notice of this modest eatery is its drilled down menu with few selections but heavy with big, bold flavors. For example, "The Standard" is a burger that is created from a mix of meats that are ground in-house, fresh every day. The chuck, brisket and short rib combination makes for an exceptionally flavorful—and juicy—burger. "You're going to need a few napkins, at least," Hofstedt laughs.

The two-patty sandwich comes with lettuce, tomato, onion, dill pickle and the "Standard" sauce. Add-ons include Niman Ranch bacon, butter-caramelized onions, and grilled jalapeño peppers. Specialty sides include hand-cut French fries, also made in house every day, and Mexican street corn.

If your taste buds are feeling more south of the border, there are three tacos to choose from: the short rib taco, the chicken taco, and a seasonal veggie taco that includes black bean and quinoa, pickled red onion, pickled cabbage, and cilantro.

Though they don't publicize it, nearly everything in the restaurant is gluten-free. You can even get a gluten-free bun for your burger, if you want. And don't



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FOOD FOR THOUGHT

forget to finish off your meal with a hand-spun shake. You'll find your usual chocolate and vanilla, as well as specialty flavors like salted dulce de leche, chocolate chile, and banana stand. Or, for a lighter selection, get a fresh-squeezed lemonade that's found that perfect balance between sweet and tart.

"Everything is made fresh; the only thing you'll find in our freezer is the ice cream," Hofstedt says.

The place itself is fairly small, although Hofstedt semi-enclosed the south-facing patio that was just feet from Indian School Road and put in a portable air conditioner with a powerful fan. The wall buffers the traffic noise and also provides a visual barrier from the busy roadway and sidewalk, creating additional outdoor seating that is particularly popular in the cooler months.

"So far we've been really well received by the local neighborhood," Hofstedt says. "They are fierce about supporting local proprietors and we're really grateful for that."

And it's not just the food that keeps the regulars coming back.

"Our customer service also is noticeably different," points out Ingram, who worked for many years at Houston's and modeled The Stand's customer service after the popular steakhouse. "We not only spend more on the quality of the food we serve, but we invest more in the quality of the people we hire."

Hofstedt adds that online reviews and word-of-mouth have brought in customers from as far away as Anthem and East Mesa.

"We want them to feel like we over-delivered, like they got more than their money's worth," Ingram says. "We feel like there are always things we can fix and do better, so we're always striving to improve."

The Stand Burgers & Tacos is open 11 a.m. to 9 p.m. daily for dine-in, and the popular drive through is open later. For more information, call 602-314-5259 or visit www.thestandbnt.com.

Dining Briefs

Blanco Tacos to replace Ling & Louie's Kitchen

Ling & Louie's Kitchen, an upscale urban brand extension of the successful Ling & Louie's Asian Bar and Grill, closed its Biltmore Fashion Park location on July 1.

Ling & Louie's Kitchen debuted in December 2012 and the Camelback corridor location was established to test the new menu and concept. It was the only Ling & Louie's Kitchen location.

Previously issued gift cards will be honored at Ling & Louie's Asian Bar and Grill locations; visit www.lingandlouies.com.

Michael McDermott, CEO of Ling & Louie's Restaurants, LLC, said veteran restaurateur Sam Fox will open a Fox Restaurant Concept (FRC) in the Biltmore location late this year. FRC officials have indicated that it will be a Blanco Tacos + Tequila, with one other Valley location currently open in Scottsdale's Borgata mall. To learn more, visit www.foxrc.com.

Bobby-Q's hosts photo contest

Win a rib-stickin' barbecue feast for you and 14 of your best friends, delivered right to your door, in the Backyard BBQ Photo Contest hosted by Bobby-Q's restaurant.

Slow-and-low food fanatics from across the Valley are invited to submit their best, funniest, most creative pictures to the Bobby-Q Facebook wall, with the top three winners receiving prizes. The first-place winner will receive the backyard feasts for up to 15 people, with delivery.

Simply "like" Bobby-Q in Facebook, click the "Enter Contest" tab, and upload a creative or funny photo anytime before Sept. 8.

Bobby-Q Great Steaks & Real BBQ is located at 8501 N 27th Ave. For more information, call 602-995-5982 or visit www.bobbyq.net.

Tempting summer additions at Z'Tejas

Nothing heavy—just simple, fresh food. That's the thought behind the new summer menu at Z'Tejas Southwestern Grill, 1525 E. Bethany Home Road. The menu is available through Aug. 16.

The menu, available now, is filled with pasta, steak and seafood dishes for even the most particular palates. Among them are a seared ahi tuna salad, Creole blackened cod, a cherry-chipotle glazed steak, and a habañero chicken pasta.

Two refreshing new cocktails, both under 250 calories, a new rosé wine and a deliciously decadent dessert—

please see ADDITIONS on page 40



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5 p.m. Darron Weston on the 12-string guitar

6 p.m. Hotfoot featuring Thomas Oliver

7:30 p.m. The Hoodoo Casters • 9 p.m. The Chuck Hall Band

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Friday, August 16: HOTFOOT – Rocking funky blues, dance favorites & originals with Thomas Oliver on guitar and vocals. They brought the AAIC down on their last performance here!

Friday, August 23: UNION STONE BAND – A musical experience that appeals to all tastes, playing a variety of hits from Motown, rhythm & blues to rock & roll, funk, and a little country.

Friday, August 30: JOHNNY LEONI FROM CHICAGO – Johnny will light up the night with songs by Ol' Blue Eyes, The Chairman of the Board, Frank Sinatra.

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— Phoenix New Times, 2013



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FOOD FOR THOUGHT

ADDITIONS continued from page 39

S'mores cake with a root beer float—are also featured on the new menu.

For more information, menus and hours, visit www.Ztejas.com or call 602-680-2806.

Summer specials at Texaz Grill

Every summer, Texaz Grill rewards its loyal fans with discounts on seasonal fare and ice-cold cocktails. This year's Summer Lunch Specials menu includes three all-new entrées that are available every Monday through Saturday from 11 a.m. to 4 p.m. The are a chicken ceasar salad, a summer wrap with grilled chick-

en breast, and a shrimp pasta salad.

Texaz Grill also will offer four classic summer cocktails everyday from 11 a.m. to 10 p.m. As for the sweetest addition this summer, guests can indulge with the new Super Shake Sunday, featuring four varieties of adult milkshakes for only \$6.50.

Texaz Grill is located at 6003 N. 16th St. For more information, call 602.248.STAR (7827), or go to: www.texazgrill.com.

Last Drop new menu, renovated space

Guests will notice a change upon entering LON's at the Hermosa. The resort's bar, Last Drop at the Hermosa,

has expanded its space to include a grill room with both couch and table seating to accommodate 70 people—up from just 25. In addition, there will be live entertainment during happy hour and a new lunch menu will feature everything from salads and sandwiches to shared bites and pizzas from the new wood-burning oven.

A new Facebook page also sets the casual dining locale apart from the resort and its fine-dining counterpart and will feature invites to special events, food and drink recipes and news from behind the bar.

For more information on Last Drop at the Hermosa, call 602-955-7878 or visit online via www.LastDropBar.com.

Spinato's salad dressing now available to buy

Spinato's Fine Foods, a division of Arizona-based Spinato's Pizzeria, has introduced a new line of salad dressings. All three varieties—Italian, balsamic and pomegratate—are available at each Spinato's Pizzeria location as well as several farmers markets across the Valley. The dressings are packaged in 12-ounce jars and sell for \$6.49.

While they are great to pair with summer salads they also can be used for marinades for meats and vegetables, dipping sauces or sandwich flavorings.

Spinato's is located at 12th Street and Glendale Avenue. For more information, visit www.spinatospizza.com.

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

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