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City budget woes pose tough choices

By Teri Carnicelli

The city of Phoenix is once again facing a budget shortfall, though not as steep as the record \$270 million deficit it struggled with in 2010. However, for many residents it has been a case of déjà vu as the preliminary city budget for 2014-15 proposes closing the \$37.7 million deficit gap through deep cuts to some vital city programs, including senior and community centers, as well as the elimination of civilian positions in the police and fire departments.

Currently the city is proposing closing three of its 15 seniors centers—though which centers, the city has not yet said—as well as all 13 full-service community centers, and seven year-round neighborhood recreation centers. In addition, programming at the remaining senior centers will be reduced by 50 percent.

Also eliminated would be supervised activities at the Rose Mofford and Encanto Sports Complexes, which

please see BUDGET on page 12





Enjoying a spectacular sunset at the Madikwe Game Reserve in South Africa are the members of the globe-trotting Simmons family, clockwise from top left: dad Jeremy, mom Carrie, and sons Nathan and Seamus (photo courtesy of Travel With Kids).

Family turns passion for traveling into TV show

By Patty Talahongva

Summer vacations for families typically means heading to the nearest theme park, beach or campground. Yet, one North Central family is proving that you can head to exotic places like South Africa with your kids.

In fact, they're inviting you to join them on their family trip.

For Jeremy and Carrie Simmons, travel has been their life for 10 years. It's the family business because "Travel with Kids" is an internationally syndicated TV show, airing in 150 cities and 30 countries. Along for the ride are their sons, Nathan and Seamus, who were just 1 and 3 years old when the family first hit the road with camera gear in tow.

"Experiencing the world through the kids' eyes," is very rewarding, says their mother. "They notice different things than I would and their sheer excitement is contagious."

One notable moment came when the family traveled to Machu Picchu. At the time the boys were 5 and 7. "Nathan made it to the end of the path that overlooks the ruins first," Carrie recalls. "A man coming down the path noticed us and asked if that was our son. I said yes, and he said, 'The look on his face when he saw Machu Picchu for the first time just

made my journey. Thank you for that'." She says his appreciation and words filled her with emotion.

Imagine their boys' passport books filled with stamps from trips that have taken them to Mexico, where they buried turtle eggs with scientists, or to Rome, where they learned to fight like a gladiator while visiting the Coliseum. Few other children their age can boast that they have hiked the Great Wall of China. The family has racked up a lot of memories with trips to five continents, exploring their global community.

These adventures have been captured for their TV show. Jeremy, a former television reporter and anchor, does all the videotaping and most of the editing, while Carrie, who has worked in newspaper advertis-

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Crystal Thomas, center, is congratulated on graduating from The Bridge to Hope by B2H Director AmySue Seiser, left, and B2H case manager Sallie Jarboe, right (photo by Teri Carnicelli).

Bridge to Hope honors first graduate

By Teri Carnicelli

Festive balloons adorned the purple-draped tables as people of all ages slowly filed into the church auditorium on the night of April 3. They were all there to honor a single person: Crystal Thomas, the first graduate of The Bridge to Hope (B2H).

The vision of The Bridge to Hope is to end homelessness, one family at a time, by working with a partner Christian church to take a vested interest in a single mother and her children in crisis—a family that has lost hope and direction. The mothers that come

into the program may have experienced domestic violence, a financial crisis or are recovering from substance abuse.

Launched in January 2012, Bridge to Hope provides an avenue for a church to motivate their members to directly aid homeless women and children by encouraging them along the road to recovery from homelessness. Each mother and her children are mentored by a church team, which comes along beside her and her family to encourage and assist her. In Thomas' case, her church partner was La Casa de Christo Lutheran Church in Scottsdale.

"The most valuable part of my experience has been the strong mentoring

please see BRIDGE TO HOPE on page 6









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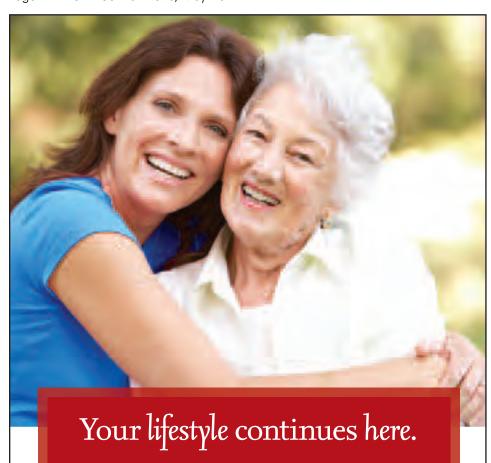
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COMMUNITY

Help the homeless, elderly this summer

Scorching temperatures are a health hazard to the Valley's homeless and elderly shut-ins, and one nonprofit organization is mobilizing to prevent heat-related deaths and illnesses among this vulnerable, growing population.

Phoenix Rescue Mission is partnering with several municipalities and businesses to launch its second-annual "Code Red: Summer Heat Relief Campaign" on May 1. While the Mission has conducted annual summer water drives for several years, "Code Red" elevates the urgency of the call to action with a public plea for water, white socks, toiletries, cool snack packs, hats, light-colored T-shirts, sunglasses, sunscreen, lip balm, chilly neck coolers and more.

Arizona ranks as the fourth-worst state in the nation for homelessness. A startling 13,248 men, women and children are homeless in Maricopa County, according to the most recent Maricopa Association of Governments street count and point-in-time shelter data. In addition, Phoenix was identified in a national HUD survey as one of the few places in the U.S. where the homeless street population grew by 11 percent in 2012 as compared to 2011.

"Last year's summer heat was deadly, and we need to plan now for another long stretch of extreme triple digit temperatures," said Jay Cory, Phoenix Rescue Mission president and CEO. "It's critical that we help homeless people on the streets. Many are battling



A volunteer with Phoenix Rescue Mission's Hope Coach offers a hygiene kit to members of a homeless family. Arizona ranks as the fourth-worst state in the nation for homelessness (photo by Cliff Danley).

addiction challenges, which means they are already severely dehydrated because of their substance abuse. Combine that with extreme heat and it can be fatal."

Volunteers are needed to help with distribution efforts and other tasks. Monetary donations also are requested, particularly in May when the Mission qualifies for a matching grant made possible by several friends of the Phoenix Rescue Mission that ends May 31.

Public drop-off sites for water, socks, sunscreen, hats, toiletries and other heat relief items are located throughout the Valley. For a complete list of items needed and drop-off locations, visit www.phoenixrescuemission.org or call 602-233-3000.

north central news

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5308 N. 12th Street, Suite 402 Phoenix, AZ 85014 (602) 277-2742 • Fax: (602) 277-6689 www.northcentralnews.net

Publisher Editor Staff Writer Sales and Marketing Tara A. Blanc Teri Carnicelli Patty Talahongva Joanne Day Connie Dahlin Janice Backus

Office Manager

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Showing off the vegetable garden beds at the Beatitudes Campus are Garden Club volunteer Lou Hanson, Garden Club founder Lowell Bailey, and his wife and club volunteer Joannie Bailey, who he met and married after moving to the campus (photo by Teri Carnicelli).

A garden blooms at Beatitudes Campus

By Teri Carnicelli

It was no coincidence that members of the Beatitudes Campus Garden Club chose to show off the fruits of their labors on Earth Day. Visitors and residents of the not-for-profit, continuing care retirement community were invited on April 22 to a barbecue and tour of the extensive garden, which covers a long stretch of where an abandoned alley used to be inside the 22-acre campus, located at 1610 W. Glendale Ave.

The garden was the brainchild of Beatitudes resident Lowell Bailey, who says he always had a backyard garden throughout his life and didn't see why he should stop just because he no longer had a backyard to speak of.

Though his career path led him to teaching physical education and coaching a variety of sports, Bailey always had a love of the land. He volunteered as a docent at the Desert Botanical Garden until recently and was instrumental in planning and organizing a fundraiser for the garden's education department, earning a significant amount of money used to bring Title One kids to the garden.

Bailey, a Tucson native, moved to the Beatitudes in 2009 and shortly after started petitioning the powers-that-be for a small garden plot. The V-shaped abandoned alley that was not only an eyesore but also a waste of space looked like just the spot he needed. Bailey, who will turn 87 in June, found like-minded residents who were also gardening enthusiasts and who were more than ready to pitch in on a garden project. Soon the

Beatitudes Garden Club was formed.

Funding for the Community Garden comes from individual club dues and donations, grants, and a budget of \$5,000 annually from the Campus Auxiliary.

"We started in 40-foot increments," Lowell recalled. A greenhouse was erected, and a composting area was set up next to it. Then the alley's soil was tilled and several tons of organic compost was layered over it.

Over the course of five years, the garden has spread to include a waterfall, windmill, patio, 20 fruit trees, a variety of flowers, as well as 21 raised-bed, 4-foot by 12-foot plots. Many are for the Beatitudes community to enjoy, and some are "private plots" belonging to individual residents, who also share their abundance with Beatitudes members.

More than 20 residents volunteer year-round to plant and harvest vegetables that are offered to all residents weekly, in "veggie stations" located inside each building on campus. The spring harvest will include organic tomatoes, corn, squash, potatoes, onions, zucchini and more than two dozen herbs.

Last year when there was an abundance of vegetables, 100 pounds of tomatoes were donated to St. Vincent de Paul and St. Mary's Food Bank.

Bailey isn't able to do much of the physical work, like the tilling and hoeing, but "the vision is still there, and the love is still there," he says. And it was his vision that created a beautiful and bountiful garden that hundreds can now enjoy.

For more information, visi www.BeatitudesCampus.org.

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COMMUNITY

BRIDGE TO HOPE continued from page 3

and encouragement to move forward, as well as the friendships I have made," says Thomas, whose two youngest children, ages 4 and 23 months, are now living with her in her own rental condo. "Bridge to Hope has allowed me to have a fresh start for myself and my family, and has given me the tools I will need to succeed."

To qualify for the B2H program, the mother must meet minimal requirements, including being willing and able to work full-time. The program offers each mother training in skills needed to maintain a full-time job and establish a savings account.

Mothers also must be drug free prior to entering the housing ministry. In fact, some of the women in the program have been referred by drug counselors from local treatment programs.

The Bridge to Hope also provides emergency services, crisis intervention, group and one-to-one counseling, and food and clothing to the families in the program. B2H matches families with volunteer teams for guidance, mentorship and emotional support.

B2H is considered a parachurch organization, meaning it is a faith-based ministry that works outside of and across denominations to engage in social welfare. It's AmySue Seiser's job to find those church partners. As director of The Bridge to Hope, Seiser works with the church teams, supports the B2H case managers, and provides general leadership to the program.

The Bridge to Hope is a registered nonprofit organization, which means that cash donations qualify for the Arizona Working Poor Tax Credit. As a nonprofit, B2H relies solely on financial donations from its church partners and individuals, Seiser explains.

Right now, the program is assisting two women, but has the capacity to serve up to four. Each woman is enrolled in the program for up to two years. Housing is provided in a central Phoenix apartment complex, and once the woman has obtained a job, she also contributes to her rental fees.

"The first year of the program is focused on overcoming those barriers that brought them into the program in the first place, including domestic violence issues, substance abuse issues, and poverty or homelessness," says B2H case manager Sallie Jarboe.

The church mentors help model things like healthy relationships, and men who are responsible and reliable—"dads who stay around for their kids," Sallie explains. They become the strong, nurturing family that the woman might not have ever had, she adds.

Graduation from The Bridge to Hope is an exciting turning point in each family's life. Mothers leave the program with a job, a start at creating healthy credit, a savings account, vocational training, and affordable housing. Each family also exits with knowledge of how to utilize community resources. Thomas is now working in the employment services field, helping people to fill out resumes and search for jobs. She says that as someone who has been there herself, the guidance and advice she offers job seekers rings much more true, because "I've gone through similar challenges and can show them that there is hope, there is a light at the end of the tunnel."

The Bridge to Hope is located at 1815 W. Missouri Ave., #105. Christian churches in the Phoenix metro area are encouraged to learn more about B2H and the women it serves by contacting AmySue Seiser at 602-589-5556 or amysue@b2hope.org. In addition, a list of ongoing needs, such as toiletries, diapers and women and children's clothing, can be found on the organization's website: www.b2hope.org.

Free concert, movie on church square

Central United Methodist Church hosts a free "Music and Movie in the Square" event 6:30 p.m. Friday, May 2. The church is located at 1875 N. Central Ave.

Bring a lawn chair, picnic blanket and picnic dinner. Doors open at 6 p.m. A free concert will be performed at 6:30 p.m. by children from Rosie's House, a free music academy for children in inner-city Phoenix.

The featured movie, which begins at 7 p.m., will be the 2009 animated story, "UP," produced by Pixar Animation Studios and released by Walt Disney Pictures.

Both events are free and open to the public. For more information, call the church at 602-258-8048, ext. 108.



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Local authors reflect on their inspirations

By Allison Walker

For local photographer Mara Blom Schantz, it was the untimely death of her own mother that motivated her to produce her second photography book, "A Celebration of Motherhood," about the individual lives of local moms.

For neighborhood activist G.G. George, it was the destruction of 2,200 homes and businesses six blocks away from her own house that launched her passion for neighborhood preservation, which eventually led to her co-authoring a book about her own historic neighborhood.

About one and a half years is how long it took George and co-author Leigh Conrad to produce their new book, "Phoenix's Greater Encanto-Palmcroft Neighborhood," which will be available beginning May 5.

"But that's because I had lived most of it," explained George. "I was writing about a good many of my experiences." For George, her journey researching the history of the neighborhood she lives in



G.G. George and her cat, Snowball, sit in front of their historic home in Phoenix's Encanto-Palmcroft Neighborhood. George recently co-authored a book about the history of this area, which in 2002 was named one of the 10 best places to live, out of a pool of more than 1,200 American cities, by Money Magazine (photo by Allison Walker).

began more than 40 years ago when the Arizona Highway Department began tearing down homes and businesses just six blocks from her house in order to build a new freeway.

"[They] were tearing down homes

and businesses in the heart of Phoenix because the Arizona Highway Department said they had outlived their usefulness," George recalled.

With the help of nearby neighborhoods, George was able to organize

2,000 homeowners into opposing the construction of the new freeway. It was an action that would forever change her life, eventually turning her into the neighborhood's "unofficial historian."

Similarly, Schantz's inspiration for "A Celebration of Motherhood" was fueled by her own experiences from living in Phoenix.

"It was my mother, and my own journey as a mother," explained the long-time North Central resident. She remembers her mother as being unconventional at a time when most were stay-at-home moms, and of giving each of her children a strong sense of responsibility.

Schantz's book highlights not only the stay-at-home moms in the Valley but also businesswomen and business owners, like restaurant developer Kris DeMarco of Upward Projects, and even local television news anchor Carey Peña.

"A Celebration of Motherhood" is Schantz's second photography book. She described the challenge of not only choosing which photos to fill the pages with, but in writing about the mothers themselves.

"The challenge was in writing



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about each of the women to do them justice," she said. "They're all inspiring in their own ways. I know many of them very intimately through my work on the book. Many have faced hardships with regards to their own lives and as mothers."

George and Conrad's book also is something of a photo album. After fielding pleas from Arcadia Publishing for five years, the two authors would finally assemble 200 images from George's own collection, those of other neighborhood residents and the City of Phoenix to be placed in "Phoenix's Greater Encanto-Palmcroft Neighborhood" (Arcadia Publishing, \$21.99, www.arcadia publishing.com).

"Our hope for the book is that it will educate people about how these houses came to be and why we want to preserve them," George said.

As to why she, personally, feels so passionately about preserving her neighborhood, George said, "Every house is different. That's what I love about [my neighborhood]. They all have their own unique personalities."

George and Conrad will be hosting a book signing 1-3 p.m. Sunday, May 18 at Antiques on Central, 5037 N. Central Ave, northeast corner of Central and Camelback Road. Readers will have the opportunity to purchase the book and have it signed, as well as to speak with the authors.

Schantz's "A Celebration of Motherhood" is already for sale at Amazon.com; MomBomb Boutique, 5021 N. 44th St.; and at Artistic Impressions by Mara Fine Photography Studio, 3117 N. 44th St. A portion from the book sales will be donated to the Ryan House and to Casa of Arizona.

Editor's note: Allison Walker is a journalism student at ASU's Walter Cronkite School of Journalism and Mass Communications.

Correction

In last month's story, "Child drownings can be prevented," it incorrectly stated that, "most child drownings happen to children from ages birth to 5 during large pool parties where there are lots of adults around." According to Lindel Millar of the Glendale Fire Department, the age range for a high percentage child drownings is 18 months to 5 years, and while pool parties can pose a danger, saying that "most child drownings" in the summer happen at these events is inaccurate. We apologize for the error.

Free comics given out on May 3

Mark your calendars for the 13th Annual National Free Comic Book Day Celebration and Party at All About Books and Comics on Saturday, May 3. All About Books and Comics, 5060 N. Central Ave., has been in business in uptown Phoenix since 1973 and has a rich history as the oldest comic book store in the Valley, with more than 4,000 square feet devoted to comics from 1940 to the present.

From 10 a.m. to 6 p.m. on National Free Comic Book Day, the store with be giving away thousands of free comics as well as hosting free photos with live superheroes, including Spider-Man, Wonder Woman, Batman, The Joker, Green Lantern, Supergirl, Batgirl and others. Children also will enjoy free superhero face painting from 11 a.m. to 2 p.m.

Discounts will be given on all merchandise with the purchase of a \$5 raffle ticket. All of the raffle ticket proceeds will be donated to Make-A-Wish Arizona. The raffle prize is a superhero gift basket valued at more than \$300.

For more information, contact Alan or Marsha Giroux at 602-277-0757 or Alan@AllAboutComics.com.

Thrift shop gets new name, location

Treasure Trove, the John C. Lincoln North Mountain Hospital Auxiliary's community thrift shop, is getting a new name and a new location in May.

On May 17, the doors will open to the North Mountain Community Thrift Store, 336 E. Dunlap Ave., replacing the old shop at 9203 N. Central Ave.

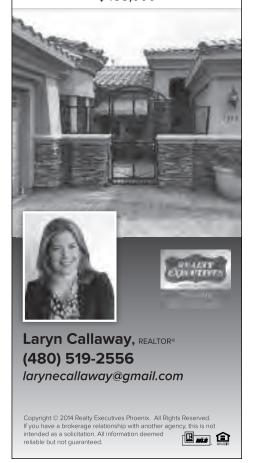
A larger store means your gently used clothing and household items are needed more than ever. Clean out your closets and garages to help stock the shelvesdonations are tax-deductible and receipts are provided for tax records.

The thrift shop sells gently used items to support the hospital and community programs of the North Mountain Auxiliary. For more information, call Treasure Trove at 602-870-6060, ext. 1547, or the North Mountain Gift Shop at 602-870-6060, ext. 1230.

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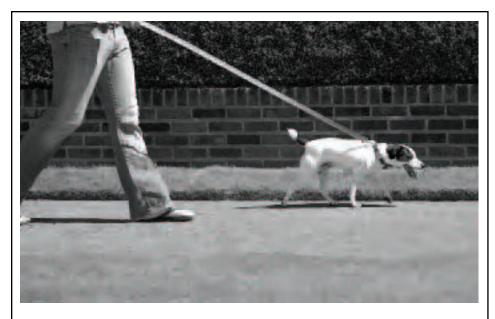




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COMMUNITY



Picking up trash as part of the monthly Sunnyslope Graffiti Fighters volunteer group are, from left, Sunnyslope High School junior Emily Campagnolo and sophomores Emily Westfall and Jasmine Torres (photo by Teri Carnicelli).

Volunteers unite to keep Sunnyslope clean

By Teri Carnicelli

Before high schoolers decked out in their fanciest duds took the gym floor to dance, and before art lovers and craft shoppers strolled along Central Avenue looking for bargains, a group of volunteers spent a couple of hours making the area free of litter and graffiti.

Sunnyslope High School held its prom the night of April 12, the same night that the Sunnyslope Art Walk returned to several parking areas and dirt lots along Central, from Dunlap south to the canal. But prior to both events, more than 40 volunteers took to the sidewalks, medians, and land-scaped lots, cleaning up trash.

They were part of the Sunnyslope Graffiti Fighters, a group that meets once a month to beautify the Sunnyslope area and in some cases paint out graffiti. They are supervised by volunteer Genie Smith, who is a city of Phoenix Blight Busters program graduate, and coordinated by Arizona State Rep. Kate Brophy McGee, who represents District 28, which includes the Sunnyslope community.

"It is a partnership of neighborhood leaders, Sunnyslope High School student leaders—including Key Club and National Honor Society—and the city of Phoenix Neighborhood Services Department (NSD)," McGee explains. "We go out once a month when the kids are in school and paint out graffiti and pick up trash in the neighborhoods surrounding the school."

Volunteers identify where graffiti needs to be eradicated and call up Dave

E., who has turned and old SUV into a graffiti-busting tool, complete with dozens of paint cans, rollers and more. The rest of the group tackles the trash, using heavy-duty gloves, trash-pickers, and trash bags provided by NSD.

Students are broken up into groups, several of which become designated "tunnel rats. They help clean out the under-street tunnels at 7th, Dunlap and Central avenues, as well as 7th Street and Northern Avenue.

"We make a very big difference for our neighborhood," McGee says. "We have had participation from neighborhood leaders stretching south of Northern Avenue, as well as students from Madison Schools and even the Arizona School for the Arts."

On this particular occasion, a surprising number of Sunnyslope High students turned out, despite the fact that prom was just a few hours away. Eight Key Club students were on hand, along with their club advisor, Tom Birk, as well as 27 students from the school's National Honor Society. Other volunteers included local business owners, and even a first-time family group: Joe Labrie and his daughter, Elizabeth, 14, and son, Christopher, 16.

"It's a great experience for them, learning about giving back to the community," he said. "Plus, it's pretty good exercise."

"This is the largest turnout we have ever had," McGee says. "We actually ran out of gloves and trash-pickers. The crews worked very hard."

To learn more about the Sunnyslope Graffiti Fighters, visit their Facebook page atwww.facebook.com/sunnyslopegraffitifighters.







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COMMUNITY

TRAVEL continued from page 1

ing sales, writes the scripts and markets the show. It airs on KAET's Life Channel on Wednesdays at 1 and 8 p.m., found on antenna channel 8.2, Cox channel 80, and CenturyLink Prism channel 9. The show is repeated at 2 and 9 p.m. Fridays. You also can watch it on demand via free streaming at https://travelwithkids.pivotshare.com/.

Now the Simmons family wants to share its adventures with other families who are game to travel with their kids. Two trips are planned for this summer to South Africa. The first one is already sold out. But you can still sign up for the trip slated for Aug. 4-13.

"We chose South Africa because our kids were so incredibly impacted by our trip there," Carries explains. Two years ago they visited a school in the township of Soweto and saw firsthand the lack of basic supplies for the school children. It made such an impression on her younger son, Seamus, that when he returned home he started fundraising to buy supplies and send them to the school. Two years later, he's still selling lemonade and other items to joggers and classmates to raise money.

Each trip includes some sort of history lesson at the site where the history was made. So in South Africa they will learn about the life work of Nelson Mandela. They will also be involved in some volunteer work and of course they will take in the exotic nature by going on a safari.

For itinerary and pricing, go to www.travelwithkids.tv and select the link for the Family Adventure South Africa Tours. If you don't have a passport or need to renew an expired one, you still have time; go to http://travel.state.gov. Passports can be processed in four to six weeks or expedited in eight days to three weeks.

A note of caution to the parents: be prepared to really spend time with your kids and not have them glued to any electronics. "That is the other vital component of family travel for me," Carrie points out. "That uninterrupted family time that you get on the road, engaged with your kids, without work schedules, school work, after school activities, house cleaning, and all the other things that vie for our attention in everyday life. So we limit electronics to protect our family time on the road."

Parts of this trip will be videotaped for their show and participants can decline to be in the video if they wish. After this inaugural multiple-family trip to South Africa, the Simmons clan plans to invite more families to travel with them to the Mayan Riviera, Costa Rica, Ireland, Israel, Fiji and Peru.

For more information, call 602-326-9048 or e-mail simmons@travel withkids.tv.

BUDGET continued from page 1

cuts about six employee positions.

Public safety and criminal justice/courts make up 70 percent of the general fund operating costs, however, city officials assert that there will be no reductions in sworn police and fire positions. Where those departments are being hit include the elimination of 23 civilian positions throughout the police department.

The proposed budget also not only eliminates funding for the final phase of the Central Booking Unit plan, but closes that unit altogether, which eliminates the 15 civilian jobs at the facility.

The fire department would have to cut 26 civilian positions, including three



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in the Crisis Intervention Program, which would result in the department no longer providing support and grief counseling to victims of tragic fire and medical events. Also eliminated would be 19 civilian jobs in the Fire Prevention Section, which in part would eliminate the department's Pool Safety Program.

Also on the chopping block are staff positions and funding for the city's Graffiti Busters program, resulting in a 14-percent reduction in graffiti removal or over 10,000 fewer sites cleaned each year citywide.

Library hours and services will remain unchanged due to certain requirements in the city's charter.

The city hosted a series of public meetings last month where residents could express their concerns as well as their suggestions. Perhaps the biggest surprise has been support for increasing revenue through new taxes or service fees, although many who spoke did not want to see a return of the half of the food tax that was eliminated in January, primarily since the food tax more greatly impacts the most struggling members of the community, such as seniors and the working poor.

Rather, suggestions included a 1 percent "dining" tax on all food and beverages purchased at restaurants and bars, as well as a small bump to the city's existing retail sales tax. Many residents who spoke at the public hearings said they'd be willing to pay a little bit more if it meant saving vital community programs that serve the city's most vulnerable populations, including seniors, children and the homeless.

There also were suggestions of finding more public/private partnerships and other sponsorships to help keep programs and centers up and running. For example, Grand Canyon University recently announced a \$125,000 donation to the city of Phoenix to specifically fund the Pool Safety Program as well as graffiti-abatement efforts in the "canyon corridor," bordered by I-17, 35th Avenue, Indian School Road and Missouri Avenue.

When the North Mountain Visitor Center was closed due to budget shortfalls, four nonprofit agencies stepped up and offered to operate the center together, which they have continued to do successfully, seven days a week, since January 2011.

On May 6, the City Council will receive a revised, balanced budget proposal from City Manager Ed Zuercher that reflects priorities communicated by residents during the hearings, with council action scheduled to take place on May 20. Residents who were unable to attend any of the public hearings are invited to send their comments and suggestions to budget.research@ phoenix.gov or call 602-262-4800.

Drawing contest features anime

Local artists have until May 16 to submit entries to the 6th Annual Anime & Manga Drawing Contest, presented by Japanese Friendship Garden.

The contest features three different age groups: 12 and younger, 13 to 17, and 18 and older.

Entrants are not limited to characters but should feel free to explore backgrounds and settings. Entries will be displayed from 10 a.m. to 4 p.m. May 24-25 at the garden, 1125 N. 3rd Ave.

For more information, including an entry form and contest rules, visit www.japanesefriendshipgarden.org or Facebook.com/jfgphx, e-mail info@ jfgphx.org or call 602-256-3204.



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Relentless, dynamic and energetic, Brian North, residential broker for Green Street Real Estate, Inc. in Phoenix, Arizona, is a passionate REALTOR who knows no bounds. The independent brokerage is gaining strength in the competitive Phoenix market, ranked number three in the state for per capita production, and his team, North & Co., is at the head of the pack.

Brian has the heart of an entrepreneur, starting in sales at just 15 years old selling shoes. "I've always been in sales and coming to real estate was a gradual process," he explains. "I was investing for myself and I wanted to grow my business into something more. I got addicted to the pace of real estate. I love the thrill of the deal and the relationships that we build in this business." Starting with just a business card and a handshake, he built his career from scratch, working hard to establish a network of clients and a strong foundation for his business.

Brian never takes his success for granted. He knows that his business will only grow through sustained and diligent attention. "I reinvent my business three to four times a year," he explains. "I am constantly reviewing our practices and injecting dollars and time into the aspects that work and throwing out the others. Our team always has a very close eye on market conditions so that we can be proactive rather than reactive to changes as they occur." Because of his careful attention, he was processing short sales in 2006 well before the market demanded these types of sales. By 2010, he was refocusing his efforts on re-sales and away from distressed properties, and today he is readjusting as the market once again makes another shift.

While running a brokerage would be enough for most, Brian loves the business too much to be away from the action. Within the brokerage, Brian has taken the success of North & Co., a team of talented, hard-working Arcadia area agents and has added a Biltmore team that includes Amy Owens, Justin Weaver, Katie Lund and Katie Gilbert. "We think of ourselves as practicing real estate by trade," says Brian. "We are trades people who are not afraid to answer the tough questions and do whatever it takes for the client. There is no sense of pretentiousness with us, just hard work and good service." Brian sees himself as a mentor and partner with his team, and his highest hopes for each of them is that they will all find their own success and build a strong career. "I love my team and want each of them to excel," he says.

As is true with the brokerage, Brian is always looking for innovative ways to change the practice of real estate with his team. "I love listening to other agents talk about things that don't work for them and trying to find a way to rejuvenate those practices," he says. "For instance, many agents have given up on open houses altogether labeling them a waste of time. Instead of abandoning them, we have re-invented them. We hold open houses with six properties at a time, creating maps of the properties and drawing in much more traffic than a traditional open house." Brian is not afraid to try new ideas and invest in experimentation. He reaches deep into his pockets for marketing utilizing a wide variety of media from print to billboards to the Internet.

Continually on an upward trajectory, Brian's focus is not on his stellar production numbers or his list of accomplishments, but on staking his reputation on the highest quality service to both his clients and his colleagues. "My greatest goal is that someday I'll be voted REALTOR of The Year," he says, "Not from any vain pursuit, but because the award is voted on by my peers. Their recognition of my work would be the best accolade I could imagine." Everything Brian does is working toward this end goal and with this kind of outlook he will leave an incredibly positive mark on his community as he builds his bright career.

For more information about Brian and North & Co. visit www.NorthandCo.com or call 480.250.6687 or email brian@northandco.com

NORTH&CO.

REAL ESTATE BY TRADE





AMY OWENS

Property Specialist

Amy Owens is a seasoned agent who manages to bring a fresh approach to the team. She is very open with her clients and wants them to be a part of the process. "I'm very straightforward and I work hard for everyone no matter the price of the listing, or the type of property," she says. "I'll fight for my clients and protect their interests with honest service and integrity." As a result of her approach, many of the people she works with start as clients and end up as friends. Amy is well connected in the community with ties to the local school system and she is a great resource for clients, particularly for those with families. As for Amy's favorite Biltmore area hot spots? "I love to eat at Hillstone, best Veggie burger in town! I'm also a big fan of True Foods for a lighter, healthier meal with a trendy flair."

Contact Amy at amy@northandco.com

R. JUSTIN WEAVER

Property Specialist

Born and raised in AZ with degrees in Philosophy and Psychology from Arizona State University, Justin is both analytical and intuitive. This perspective makes him adept at market analysis and gives him a compassionate ear for his clients' needs. "In my previous career, I was a legislative research analyst," he says. "I worked with a number of bipartisan issues at the Arizona Senate and that experience helps me to see all sides of the transaction in real estate. I understand what it takes to make a great investment and find the best deal, but I also know that our listings are, in reality, places where people will build their lives. We can never lose sight of that."

Contact Justin at justin@northandco.com

KATIE LUND

Property Specialist

Outgoing and energetic, Katie Lund moved here from Minnesota with high hopes and high ambitions. She is a fourth generation real estate agent who knows how to get the job done. "Being in real estate is like being a matchmaker," she says. "There's nothing I love more than finding the perfect home for my clients." As a first time homebuyer herself, she loves helping people get started in the market, especially in her areas of expertise, Biltmore and Arcadia. When you work with Katie, you get an agent whose enthusiasm and passion for real estate are matched only by her tenacity.

Contact Katie at katie.lund@northandco.com

KATIE GILBERT

Property Specialist

Katie joins North & Co. with five years of experience selling across the valley. She is part of the initiative to expand the company's footprint in the Biltmore. A transplant from Victoria, British Columbia, Katie loves exploring Arizona and thrives on meeting new people and building her network of friends and clients. She is a bold agent who is eager to learn from this dynamic team. "Real estate has always been my path," she says. "For the last five years I have been working as an individual agent, but I was drawn to the spirit of collaboration with North & Co. I'm excited to bring my expertise to this team and to continue to expand my business."

Contact Katie at katie@northandco.com



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Skin Cancer Awareness Month Did you know ...

- Skin tumors, are the most common tumors found in dogs.
- Tumor means an abnormal growth or swelling.
- Lumps can include cysts, abscesses, & granulomas.
- All skin lumps should be tested for malignancy.
- Three out of ten of these skin tumors are malignant.
- When caught early, many can be treated successfully.
- Four types of skin cancers: epithelial tumors, mesenchymal tumors, round cell tumors, and melanomas.
- Different cancers may require different treatment.
- A cytology or biopsy of the lump is needed. You can't tell by just looking or feeling the area.
- Make it a habit of checking over your pet every month!

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Read the Pet Primer Article online at www.NorthCentralAnimalHospital.com

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COMMUNITY



This 3-year-old girl is true to her Bloodhound nature and loves to explore. Xena is housetrained and is great with kids and other friendly dogs (submitted photo).

Pet of the Month Xena wants to explore, friends to play with

Like the female television warrior, Xena is a fearless explorer of her environment. Xena is a typical Bloodhound, and this nosey 3-year-old insists on smelling every flower, shrub and tree during her mile walk each day. Afterwards, she will sniff around the yard and maybe sunbathe for a bit before heading inside to get cozy on her oversized dog bed.

She is housetrained, leash trained and serves as a great alarm clock each morning. She loves belly rubs and having her long hound dog ears rubbed. Xena adores playing fetch in the backyard with the kids and has a blast playing tag with other fun-loving canines. She is the ultimate family companion.

Xena is available for adoption now at the Arizona Humane Society's Sunnyslope campus, located at 9226 N. 13th Ave. Her adoption fee is just \$110 and includes her spay surgery and vaccines. For more information, call 602-997-7585 and ask for animal ID #A444140 or visit www.azhumane.org.

Xena may have been adopted by the time you reach the shelter, however, AHS has dozens of great family dogs awaiting their forever home. Go to the website for more information and to see photos.

Summer changes for pet food, exercise

The onset of Phoenix's scorching summer temperatures may also bring necessary changes for your pet's food intake and exercise regimen. Your pet may have to exercise a little less because of the hot temperatures, which may mean a decrease in overall food intake.

Here are some basic tips from Fetch! Pet Care to make sure your pet isn't tipping the scale during the hot summer months:

- Be consistent: Set exercise goals for your pet that are manageable for your schedule but that establish a consistent routine. A moderate level of exercise each and every day is key for fostering a healthy and fit pet. For example, a 20-minute walk in the early morning or an hour after sunset is more beneficial for your pet's health than an hour-long walk twice a week. For both dogs and cats, keep a set of toys and laser pointer handy for an energized and sustained play session, either indoors or out, at least once daily.
- Boost blood flow: While a leisurely stroll with your dog is better than no exercise at all, a fast-paced walk will elevate the dog's heart rate, improve its cardiovascular function and turn calories into fuel rather than fat. A multi-story cat climber or "tree" with strategically placed low-cal treats or play toys can readily get kitty jumping from level to level and its heart pumping in kind.
- Log on and learn: As with humans, Body Mass Index (BMI) can be a reliable indicator of an animal's body fat levels and serves as a free and easy way to screen your pet for weight concerns that may lead to health problems. One need only log on to the Internet to find freely accessible dog and cat BMI Calculators as well as Feline Calorie Counters to determine how many calories your cat needs to help manage or avoid an obese condition.
- Measure the meals: Even for animals, dieting and weight maintenance is all about portion control. Feed your pet using a designated measuring cup so that you know exactly how much food they're consuming each day. If you still aren't getting the desired results, call the pet food company for dietary recommendations to ensure you aren't over-feeding—especially as dietary requirements change as a pet ages and becomes less active.
- **Skip the scraps:** Your pet is likely smaller than you. So while a small scrap of table food might seem insignificant, it can be a huge portion for your pet. Instead of giving your pet random table scraps, try offering it raw veggies such as baby carrots.

Editor's note: The above should not be construed as medical or veterinary advice. Individuals should consult with their pet's own physician regarding any fitness, exercise and/or nutrition regime.

First Church hosts Blessing of Animals

All creatures great and small, First Church will bless them all! Animals, whether they be adorned with fur, feathers or scales, and their owners of all faiths are invited to a "Blessing of the Animals Service" at 9 a.m. Saturday, May 3, on the volleyball court at First United Methodist Church, 5510 N. Central Ave.

All animals must be properly leashed or caged in order to maintain their safety. No RSVP is needed and the event is free. Invite your family, friends and their pets.

For more information, call Kelli Anderson at 602-263-5013 or e-mail KAnderson@firstchurchphx.org.

HOV receives grant for dementia care

Hospice of the Valley has been awarded a \$285,000 grant from Virginia G. Piper Charitable Trust to develop a program designed to improve the quality of life for people with dementia and their families.

The Palliative Care for Dementia program will serve people with dementia at any stage and support their caregivers. Hospitals and hospice are not designed to serve dementia patients throughout the disease's long course. Patients usually fare best at home or in home-like settings at substantially lower cost than institutional settings.

Patients and families pay privately at the rate of \$250 a month. Services include home visits from dementia educators; 24/7 phone access to a nurse or social worker; and respite time for family caregivers provided by trained volunteers.

For more information, call 602-636-6363 or e-mail PCDReferrals@ azphc.org.

ALP hosts meeting for potential volunteers

Assistance League of Phoenix, a nonprofit organization that has been serving children and families in the Phoenix area for more than 50 years, is looking for volunteers that desire personal growth, leadership opportunities, and friendship.

An informational coffee will be held 10 a.m. Thursday, May 8, as part of an ongoing commitment to introduce the organization to individuals in the com-

munity. These informal events are offered monthly and offer an opportunity to learn about the organization and meet enthusiastic members.

May's meeting will be held at the Philanthropic Center, 9224 N. 5th St. Interested individuals should contact Bobbie at 602-944-7636 or info@alphx.org for further information.

Assistance League is an equal opportunity, volunteer-driven organization, and membership is open to anyone without regard to age, race, color, gender, religion, or national origin. Members set their own volunteer schedule, and many volunteer opportunities are available. There are approximately 240 members who have helped bring clothes, layettes, books, teddy bears and a smile to children through the four ALP philanthropic programs.

Creative writing classes for all

Phoenix Center for the Arts has partnered with professional local writers and writing instructors to sponsor creative writing classes that begin in early May at the center.

La Phoenikera Writers' Guild takes its name from the Spanish nickname for Phoenix, and maintains that encouraging linguistic and cultural diversity is crucial if literary arts are to thrive here in any real sense. Throughout the year, classes in Navajo Literature, Harlem Renaissance Literature, Mark Twain, Spanglish Poetry and other courses will be offered on a rotating basis. Classes will take place at Phoenix Center for the Arts and other downtown partner locations, including Burton Barr Library, Greenhaus, and Phoenix Youth Hostel.

Programming will include an impressive array of writing classes, from creative writing workshops to classes aimed at developing writing and reading skills by reading works from literary greats.

Programs are available Monday, Tuesday, Wednesday, Thursday, and Saturday; prices range from \$44 to \$202, depending on the class. To see a full schedule of classes and to register, visit www.phoenixcenterforthearts.org, select "Classes," then "Adult Classes," and "Creative Writing." For more information, call 602-254-3100.

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Mary Beth Smith 602-434-2900 cell mary0422@cox.net



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COMMUNITY



Maria D'Elia holds up a tiny pair of baby booties that she custom makes and donates for sale to the Hospice of the Valley White Dove Thrift Shoppe at 5035 N. 7th Ave., where she also volunteers (photo by Jaime Scowley, HOV).

Upcycled baby booties help hospice patients

It started with the impending birth of a grandchild. And then another. And then another. Maria D'Elia just couldn't stop herself—handcrafting baby booties for her family was just too much fun.

A pink pair with flowers. A blue pair with stars. A white pair with holly

The booties were adorable and held a sweet surprise-much of the material came from wool blazers and cashmere sweaters sold at the White Dove Thrift Shoppe in Phoenix.

So D'Elia, a longtime Dove volunteer, took her upcycled bootie project a step further. She donated several oneof-a-kind pairs to the Dove, which sells them to raise money for not-for-profit Hospice of the Valley. The Phoenix store, where D'Elia volunteers, is located at 5035 N. 7th Ave.

camel hair clothing that is distressed and unlikely to sell at the Dove. She then felts the pieces—washing them in hot water and drying them on high heat —and goes to work. It takes about two hours to design, cut, stitch and embellish each pair. They are made in varying styles and sizes for newborns who are not yet walking.

"I like to make multiples of things, I'm never satisfied with just one," explains D'Elia. "And it's therapeutic. I usually do one or two pairs in a sitting.'

The cost at the Dove is \$18. Each pair is sold in a clear plastic bakery container with a tag explaining the booties' unique origins.

The adorable booties draw the most oohs and aahs and D'Elia is happy to be selling them exclusively at the Dove. "We want to show people that they can get nice quality things at reasonable prices," she says.

For more information about the D'Elia buys wool, cashmere and White Dove, visit whitedovethrift.org.

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Benefits Central

Walk to Cure Arthritis 8 a.m. Saturday, May 3 Phoenix Zoo 455 N. Galvin Parkway 602-212-9900

The Arthritis Foundation's annual event raises funds to fight and cure the nation's No. 1 cause of disability. Participants celebrate advancements in arthritis treatments and raise funds to support arthritis research. Participants enjoy the walk and festival and receive free admission to the Phoenix Zoo for the day. There is no fee to participate. Register at www.azarthritiswalk.org. Onsite check in begins at 7 a.m.

International Firefighters' Day 1-4 p.m. Sunday, May 4 Hall of Flame Firefighting Museum 6101 E. Van Buren St.

Event includes receive free admission to the museum. Attendees will be able to purchase raffle tickets for the chance to win an "Honorary Firefighter for a Day" certificate for a ride-a-long on an active Phoenix fire truck. Retired Phoenix fire-fighter, Rebecca Joy, will sign and read from the book she coauthored with her mother, Betty Joy, "Classic Tales from the Firehouse: Firefighters' Stories of Calamity, Courage and Caring." Proceeds from the raffle and a percentage of the Joys' book sales will go to retired Phoenix police officer Jason Schechterle's "Beyond the Flames Foundation" (beyondtheflames.com). There will be live music and food available for purchase. For more information or register, visit http://tinyurl.com/TalesEvent.

Ryan House Community Breakfast 8-9 a.m. Wednesday, May 7 Arizona Biltmore Resort & Spa 2400 E. Missouri Ave.

This fundraising breakfast will provide guests the opportunity to learn more about Ryan House and hear stories about the inspiring work being done by the organization for children with lifethreatening medical conditions. During the breakfast, guests will also have the chance to contribute much-needed funding that will provide care, comfort

and community to children and families at Ryan House. For more information, visit www.ryanhouse.org.

AFS National Walk 9 a.m. Saturday, May 17 Steele Indian School Park 300 E. Indian School Road

The Angelman Syndrome Foundation hosts this 1.25-mile walk designed to raise awareness of and provide funds to support improving the lives of those affected by Angelman syndrome, a severe, neurogenetic disorder often misdiagnosed as autism and cerebral palsy. On-site registration begins at 7:30 a.m. There is a \$25 fundraising goal/donation per participant. Visit www.angelman.org/walk.

CHAIRity Event6 p.m. Thursday, May 29 Herberger Theater Center 222 E. Monroe

This event, which provides funds to the city of Phoenix Family Advocacy Center (FAC), includes a short theater piece beginning at 7 p.m., "Domestic Violence, the Musical," a firsthand experience of the pain that comes from an abusive relationship and the healing that occurs at FAC. There also will be custom-decorated chairs and artwork designed and created by Interior Design students at ASU Herberger Institute for Design and the Arts, which will be auctioned off. Enjoy hors d'oeuvres and a no-host bar. Tickets are \$103.50 plus fees. Visit www.herberger theater.org.

IDEA SOUP

3-5 p.m. Saturday, May 31 YWCA Board Room 755 E. Willetta St.

A micro-granting dinner celebrating creative projects in Phoenix. For a donation of \$5 and up you receive soup, salad, bread and a vote. Hear from presenters who will share their ideas about making a difference in the lives of refugees in Phoenix . Vote on which project you think should win the money gathered from the night. Winners come back to a future IDEA SOUP event to tell the audience how their project went. For more information, visit www.facebook. com/idea.soup.

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Be sure to visit my real estate web site, which features my current listings and offers you the ability to search virtually every home for sale on the multiple listing service. In addition, you'll find comprehensive community information for Arizona's cities and towns that will help guide you in selecting the right real estate or home for sale.



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Community Central

Spring Fling
Arts & Crafts Fair
8 a.m.-2 p.m. Saturday, May 3
First Mennonite Church of Phoenix
1612 W. Northern Ave.
602-944-0875

Featuring dozens of vendors selling art, crafts and yard-sale items. Bring a picnic lunch or purchase refreshments. Admission is free, however, a non-perishable food item for donation to the church's Helping Hands food pantry would be greatly appreciated.

Spring Fling Carnival & Unique Boutique

10 a.m.-2 p.m. Sunday, May 4 Beth El Congregation 1118 W. Glendale Ave. 602-944-3359

Enjoy train & pony rides, games, bounce houses, cotton candy, crafts, face painting, snow cones, music, a game truck, prizes, a Preschool art auction, raffle prizes, and more. A \$20

wristband allows access to all activities and a pizza lunch. Game and ride tickets also are available for individual purchase. The Unique Boutique, which will be intermixed with the carnival, features various vendors selling everything from jewelry to cookware to sheets.

Lifetree Café

12-1 p.m. Mondays, May 5 & 12 First United Methodist Church, Centennial Room 5510 N. Central Ave. 623-696-7344

The hour typically includes a short original film and guided conversation. A local host directs the hour. Topics for May include: "Out of Anger: The Battle Between Self-Control and Out of Control" on May 5; and "To Heaven and Back: An Exclusive Filmed Interview with the Author of 'Heaven Is for Real'" on May 12. Admission is free. Snacks and beverages are available, or you can bring your own sack lunch. Lifetree will be closed after May 12 and reopen on Aug. 4.

'Hopi Summer' Lecture 7:30 p.m. Wednesday, May 7 Pueblo Grande Museum 4619 E. Washington St. 602-495-0901

Join author Carolyn O'Bagy Davis for a lecture on her book, "Hopi Summer—Life, Friendship, Survival on the Hopi Mesas." During a 1927 road trip to the Hopi Indian Reservation in northern Arizona, Maud and Carey Melville of Worcester, Mass., met Wilfred and Ethel Muchvo, a Hopi family on First Mesa. Following their first meeting that summer, a lifelong friendship developed between the two families. The story develops through years of correspondence from Ethel. This program is free and open to the public. Visit www.pueblogrande.com.

Arizona Flycasters Club 7-9 p.m. Thursday, May 8 Sunnyslope Community Center 802 E. Vogel Lane

The Arizona Flycasters Club is a nonprofit organization dedicated to advancing the sport of fly fishing. Guest speaker and club member Jack Houck will offer tips on fishing for pike in Arizona. There is no charge for this event and the public is welcome. For more information about the Arizona Flycasters Club, visit www.azflycasters.org.

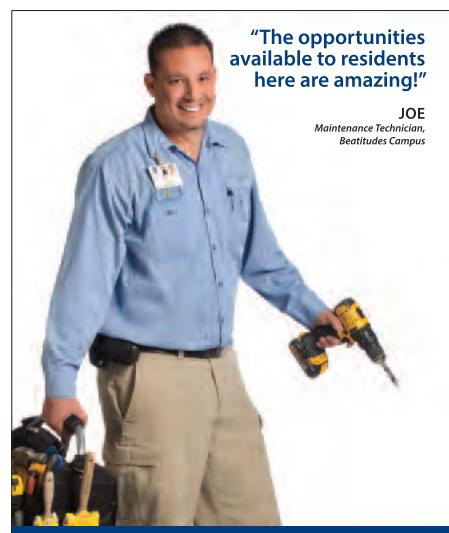
Arizona Psychic Fair 10 a.m.-4 p.m. & 6-10 p.m. Saturday, May 10 Pointe Hilton Squaw Peak 7677 N. 16th St. 520-338-8773

Receive lots of positive energy from psychics, mediums, Tarot card readers, palmists, astrologers, Reiki practitioners, animal communicators, aura readers, and more. Shop vendors selling locally made jewelry, locally made soaps, local artists and more. Admission is free. Visit www.arizonapsychicfair.com.

Mother's Day Remembrance

1-3 p.m. Saturday, May 10 Hospice of the Valley 1510 E. Flower St. 602-636-5390

Participants are invited to bring please see CALENDAR on page 22



It's funny, how living a rich life has so little to do with money and so much to do with helping people you care about. Like the friends you make among residents and staff of Beatitudes Campus.

MEET JOE.

When you're trained in construction and maintenance, the idea that working for a retirement community could be the best job you ever had is not likely to cross your mind. But, that's what friends are for – in particular, one who works there and sings its praises in an all-out effort to recruit you. That's how Joe found his way to Beatitudes Campus two years ago and he's so glad he did. Any given day finds him and other members of the maintenance team updating apartments for new residents, working on full-scale renovations, or making service calls to apartments or garden homes. For Joe, doing his part to keep Beatitudes Campus in top shape is work to be proud of. Even better, is getting to know the residents and being part of the community of people who live here and work here – it's the people that make this such a special place.

Joe invites you to discover how living at Beatitudes Campus can enrich your life, too. To schedule a private tour, call (602) 995-6100.



INDEPENDENT LIVING RESIDENCES

Plus Complete Health Care Services

(602) 995-6100 1610 West Glendale Avenue, Phoenix www.BeatitudesCampus.org



Spotlight On ... ASPRA honors editor with media award

Teri Carnicelli, editor of the *North Central News*, was recognized last month by the Arizona School Public Relations Association with an "Award of Excellence-News Media." The award recognized her for "consistent and accurate reporting on education."

Carnicelli, who has been with the monthly community newspaper for more than 10 years, was nominated for the award by Carol Donaldson, director of Communications Services for the Washington Elementary School District. The nomination read, in part, "Teri ... is a strong advocate for public education. She devotes space in every issue to spotlight happenings, awards, recognition and events in the public schools ... In addition, Teri provides an outlet for local civic and nonprofit organizations to highlight their programs that support the children in our area."

The Arizona School Public Relations Association is a professional organization that provides support to educators involved in school public relations, as well as professional development activities for school public relations specialists.

Petersen earn highest award in Girl Scouts

Arizona Cactus-Pine Council recently announced that North Central teen Mary Margaret Petersen has earned the Scout Gold Award, the highest honor a Girl Scout can receive.

This prestigious award requires a girl to stretch her skills and step forward as a leader to meet a local or global need, and to create sustainable change. In the process, she develops and enhances her own leadership, determination, creativity and confidence. For many of these girls, this award is the culmination of more than 10 years in the Girl Scouts, and countless hours of dedication to their community.

Since she was 12, Petersen has been an active member in her youth group at Saints Simon and Jude Cathedral. Because of the positive impact this group has had on her life, Petersen decided to renovate the storage room and repaint the bathroom in the Life House, where her youth group meets.

She organized a team of volunteers to insulate, drywall and paint the storage room and bathroom. She also had



volunteers donate their time to rewire the existing light fixture and install an additional light fixture.

While working on the project, Petersen discovered the exterior walls and portions of the frame had wood rot, so she repaired those as well.

Through her project, Petersen improved her communication skills, learned construction basics and discovered the value of asking people for help. She plans on using all of these skills throughout her college studies and into a career in medicine.

Petersen was honored at the 2014 Girl Scout Gold Award Celebration on March 29. Arizona Cactus-Pine Council (GSACPC), in partnership with more than 11,000 adult volunteers, serves 25,000 girls ages 5-17 in more than 90 communities across central and northern Arizona. For more information, visit our www.girlscoutsaz.org,

Slovin receives CPA award

North Central Phoenix native Ilan Slovin has been named a recipient of the 2013 Elijah Watt Sells award. The award is given out each year by the American Institute of CPAs to recognize candidates who obtained a cumulative score above 95.5 across all 4 sections of the CPA examination on the first attempt.

There were 94,154 candidates who sat for the examination in 2013 with only 55 meeting the criteria for the award. The Elijah Watt Sells Award program was established by the AICPA in 1923 to recognize outstanding performance on the CPA Examination.

Slovin went to Sunnyslope High School before moving on to the





LEFT: Teri Carnicelli, left, editor of the North Central News, was honored last month with an Award of Excellence from the Arizona School Public Relations Association (ASPRA). She was nominated for the award by Carol Donaldson, right, director of communications services for the Washington Elementary School District (submitted photo). ABOVE LEFT: Mary Margaret Peterson has earned the Scout Gold Award. ABOVE RIGHT: llan Slovin is a recipient of the 2013 Elija Watt Sells award (submitted photos).

University of Arizona, where he graduated with majors in Accounting and Finance and a minor in Spanish. Upon graduating from the U of A, he was recognized as the top accounting student in his graduating class. He is currently working for Deloitte in Los Angeles. His parents, Rosalyn and Martin Slovin, live in North Central Phoenix.

CALENDAR continued from page 21

photos and personal mementos to display on a remembrance table, and also reflect on what mothers have taught us about the art of living. The event is free, however, reservations are requested.

Celebrating Moms & Daughters

1-3 p.m. Saturday, May 10 Desert Song Healing Arts Center 3232 N. 20th St. 602-265-8222

Bring a few of your favorite photos to be used in an art project. This workshop is specifically for moms and daughters (or any adult female role model). Celebrate the unique mother-daughter relationship through respect, trust and creativity. The workshop will enhance connection through yoga, conversation, breath work, art and storytelling. No yoga experience necessary. Cost is \$35 per family; pre-registration is requested.

An Afternoon with Philip Kerr 1-3 p.m. Monday, May 12 Burton Barr Central Library 1221 N. Central Ave. 602-262-4636

Kerr is a New York Times-bestselling author of the Bernie Gunther series of

historical thrillers. He will discuss "Prayer–A Novel," an intense psychological thriller featuring Gil Martins, an agent with the FBI's Domestic Terrorism Unit in Houston. The program is presented in partnership with The Poisoned Pen. Kerr will sign books following the talk. Books will be available for purchase at the event.

Phoenix Writers Club 12-2 p.m. Saturday, May 17 Bluewater Grill 1720 E. Camelback Road

Join Phoenix Writers Club for lunch and hear from guest speaker is Brooke Bessesen, children's author/wildlife conservationist. Cost is \$15 for members and \$20 for guests. Reservations must be made by May 14. RSVP neeliepubl@ aol.com with Phoenix Writers Club in the subject line. Members and the public are welcome.

A Discussion of Separation of Church and State

6:30 p.m. Tuesday, May 20 Beatitudes Luther Life Center 1616 W. Glendale Ave. 602-510-1544

The Phoenix Branch of the American Association of University Women (AAUW) hosts Anne Mardick, founder and president of Americans United for Separation of Church and State-Greater Phoenix Chapter. She will speak on "What Does the Separation of Church and State Mean, and Why You Should Care." An optional dinner (\$14) will be served at 5:30 p.m. RSVP for the dinner. Visitors are welcome. Enter the Beatitudes at the gate by the flagpole.

Women in Leadership Symposium

7:30 a.m.-12 p.m. Tuesday, June 24 Phoenix College 1202 W. Thomas Road 713-592-6998

This year's theme is "Women of Vision: Leading Transformation in the Workplace." Discussion topics include: Leadership Lessons Learned; Strategies on Positioning Yourself for Success; Smart Women Take Smart Risks; Women of Color–Striving for Excellence; and Changing Lanes–How Do I Know the Time is Right? Registration fee is \$59 and includes a plated breakfast. To register, visit https://nationaldiversitycouncil registration.org/az/wil.

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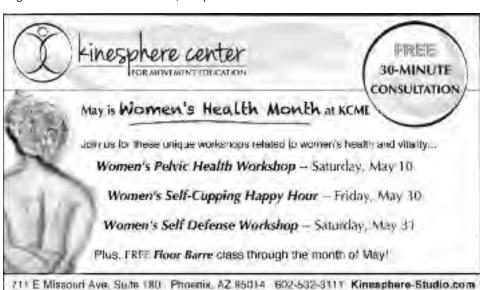
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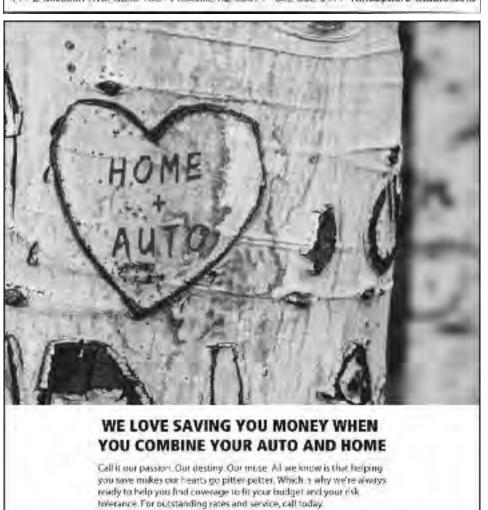
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TAKING CARE OF BUSINESS

Business Briefs Red Cross honors

two for service

Kelly Ausbun, a licensed practical nurse and a member of the American Red Cross Grand Canyon Chapter disaster health service team, recently received the Bill Bombeck Disaster Volunteer of the Year Award.

In 2013, Ausbun served many weeks helping victims of Hurricane

Illinois and Oklahoma tornadoes and Colorado floods as well as the Yarnell Hill wildfire in Arizona during which 19 firefighters died.



Kelly Ausbun

"Kelly deploys more frequently and for longer periods of time than any other Grand Canyon volunteer," said Trudy Thompson Rice, communications officer for American Red Cross Phoenix Region.

Ausbun provides medical care and helps disaster victims replace lost medical items such as prescription medications, eyeglasses, wheelchairs, walkers, canes, shower chairs, hearing aids, dentures, wound care supplies, CPAP machines, glucose monitors and strips.

One of the toughest but most rewarding jobs that Ausbun has done with the American Red Cross has been working on the National Integrated Condolence Teams.

"I have been able to advocate and provide assistance to clients who have lost family members during a disaster,"

said Ausbun who has been volunteering for about four years.

The American Red Cross Tiffany Circle of Arizona's Anchor of Hope Award was presented to Kate Forbes, a 33-year volunteer for the American Red Cross and Chief Financial Officer for Electric Applications Inc.

Forbes, a Phoenix native, received the Anchor of Hope pendant designed by Addison-Taylor Fine Jewelers of Scottsdale and presented by owner Scott Berger on behalf of the Red Cross at a March fundraiser for the organization.

Since 2010, Forbes, a certified public accountant, has served as chairman of the Audit and Risk Committee for the International Federation of Red Cross and Red Crescent Societies. She has served in various volunteer leadership roles for the Red Cross including National Chairman for Volunteers

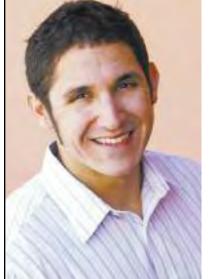
from 2006 to 2010. Her volunteer work with the Red Cross has taken her to nearly every state in the United States and four conti-



Forbes said that the work that volunteer auditors do behind the scenes is not as visible as volunteers helping victims of disasters or people donating blood. But the work they do is vital because they help instill the public's trust in the American Red Cross.

For more information about becoming a Red Cross volunteer, go to www.redcross.org/gcc.







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TAKING CARE OF BUSINESS

Chamber honors Impact winners

The Greater Phoenix Chamber of Commerce (GPCC) has selected eight deserving local companies as winners for its 27th Annual IMPACT Awards. The IMPACT Awards honor the accomplishments of small and large businesses and the impact they have on the Valley's business community and economy.

This year, the GPCC will recognize two recipients in each of four categories: Community Champion, Economic Driver, Entrepreneurial Excellence, and Response to Adversity.

The 2014 IMPACT Businesses of the Year will be selected from these honorees and announced at a luncheon this month. The 2014 IMPACT Awards recipients include Native American Connections, based in North Central Phoenix, for the "Community Champion" in the Small to Medium Business Category (250 employees or fewer).

Native American Connections has been improving the lives of individuals and families since 1972 through Native American culturally appropriate behavioral health, affordable housing, and community development services.

The 27th Annual IMPACT Awards luncheon will take place 11:30 a.m.-1:30 p.m. Thursday, May 15 at the Arizona Biltmore Resort, 2400 E. Missouri Ave. Tickets are \$75 for GPCC members and \$85 for nonmembers. For reservations, visit www.phoenixchamber.com/impact.

Smarty Pants hosts food, toiletry drive

Smarty Pants Consignment, 3138 E. Indian School Road, is celebrating its 5-year anniversary by hosting a food and toiletry drive for Interfaith Cooperative Ministries (ICM).

ICM's Food & Clothing Bank in downtown Phoenix serves more than 120 families and individuals every day. Most of ICM's clients are the working poor; families with children make up more than 50 percent of all ICM clients.

Those who drop off a donation at Smarty Pants in May will receive a coupon good for 10-percent off their total purchase. Only one 10-percent off coupon can be used at a time and cannot be combined with other sales.

Smarty Pants helps ICM on a weekly basis by donating clothing, books and toys that cannot be sold in the store. All donations are given with the consignor's permission and the consignor takes the tax credit.

Suggested items for donation include toiletries (shampoo, toothpaste, laundry soap, etc.); baby formula and diapers; tuna or canned meats; peanut butter & jelly; bags of rice and noodles; and miscellaneous canned foods.

There will be an ICM collection box at the back of the Smarty Pants store near the "Take-In" table. For more information, call 602-957-0989.

Get your small biz questions answered

The city of Phoenix hosts a Sunnyslope Business Roundtable from 7:30 to 9 a.m. Wednesday, May 14 at North Mountain Brewing Company, 522 E. Dunlap Ave.

Join City Councilman Bill Gates, who represents District 3, for a discussion about what the city of Phoenix can do to better address your business needs.

Various city departments including Economic Development, Planning and Zoning, Neighborhood Services, Street Transportation and Phoenix Police will present business-friendly programs they provide.

For more information or to RSVP, contact Gates' office at 602-262-7441 or e-mail council.district.3@phoneix.gov.

Boutique opens third location

Classy Jazzy Cutique is celebrating the Grand Opening of its newest boutique, located at 3147 E Lincoln Drive. Owners Hilda Bourdamis and Lindsay Malek are excited to bring something new to the Lincoln View Plaza shopping center. "When we were researching the area, we got an overwhelming show of support from other tenants who told us, this is exactly what our customers have been asking for," said Bourdamis.

Classy Jazzy Cutique is a women's clothing and accessories boutique that specializes in unique, selections. Currently the store features its newest collections of women's spring and summer fashions in apparel and accessories.

For more information, call 602-956-2467 or visit www.classy-jazzy.com.

Phoenix Baptist honored for cardiovascular care

Phoenix Baptist Hospital has been named among the nation's 50 Top Cardiovascular Hospitals by Truven

please see HOSPITAL on page 26



GIVE YOUR KIDS A WONDERFUL SUMMER CAMP EXPERIENCE right in the heart of the city at Phoenix Country Club Summer Camp. Kids 3 to 12 will enjoy an amazing variety of camp activities including introductory golf, tennis and swimming plus extended activities like karate and Zoo to You — where the PHX Zoo comes right to the Phoenix Country Club. And so does the AZ Science Center and Movie Week. Trained counselors will guide your kids from one great activity to the next. Best of all, it can all be yours with a convenient and affordable family membership. Call today and let your kids get in on all the fun!

Phoenix Country Club is a private club and membership is accepted through sponsorship by current members. Please contact Colette Bunch to inquire about introductions and the membership committee process.

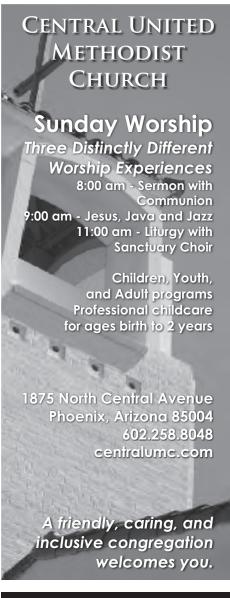
SUMMER CAMPS

CALL NOW FOR DETAILS ON OUR AMAZING SUMMER CAMP PROGRAM.

602.636.9823 or cbunch@phoenixcc.org FOR MORE INFORMATION: PHOENIXCC.ORG/REQUEST







TAKING CARE OF BUSINESS

HOSPITAL continued from page 25

Health Analytics. Truven Health Analytics is a leading provider of information and solutions to improve the cost and quality of healthcare.

Phoenix Baptist was selected from more than 1,000 hospitals in the country for achieving superior clinical outcomes.

More information on this study and other 100 Top Hospitals research is available at www.100tophospitals.com.

FastMed acquires **Advanced Urgent Care**

FastMed Urgent Care, the sixthlargest urgent care provider in the United States, has acquired Advanced Urgent Care, the fourth-largest urgent care operator in the state of Arizona. Central Phoenix locations include 5201 N. 19th Ave., 2423 W. Dunlap Ave., and 2301 N. 44th St.

Advanced Urgent Care opened its doors more than 10 years ago and operated eight clinics throughout the metropolitan Phoenix area. The company's clinics provide convenient care for urgent, non-life threatening medical illness and injuries on a walk-in basis.

The acquisition was effective April 1. As part of the transition, Advanced Urgent Care centers will be rebranded as FastMed Urgent Care. For more information, visit www.fastmed.com.

Marstall receives national recognition

Phoenix Baptist Hospital surgical services nurse Paul Marstall has been inducted into the Tenet Heroes Hall of Fame

Marstall is recognized for his compassion and professionalism during one family's difficult decision to remove a loved one from life support and



Paul Marstall

donate her organs. The patient's cardiac arrest created a time-sensitive situation in which the family had limited time to say goodbye so the transplant team could retrieve her organs.

Marstall worked to make the patient's final moments meaningful for the family, going beyond the medical definition of "care" by providing emotional support and guidance in a delicate situation. Due to his professional care, several patients received organ transplants from the patient's donation.

Marstall was one of seven employees inducted into the Tenet Heroes Hall of Fame, Tenet Healthcare Corporation's highest honor for employees. This year's recipients were chosen from more than 130 nominations.

Two vintage stores open in north Phoenix

If you're looking to add a little vintage chic to your wardrobe or your home décor, you now have two new places to hunt for those new-to-you treasures.

Pearly Mae's Resale Shop recently opened in the Melrose District, at 4314 N. 7th Ave. Pearly Mae's offers vintage, retro resale clothing for men and women, as well as a variety of accessories to appeal to both sexes. The shop already boasts an established consignor base from a previous incarnation elsewhere, as well as two regular vendors who add to the store's inventory every month.

In addition to clothing and accessories, you can shop for shabby chic furniture and home décor, vintage garden and kitchen gadgets, Pyrex and retro glassware, and more. The selection is added to on a weekly basis. Hours are 10:30 a.m.-5:30 p.m. Tuesday through Saturday and 11 a.m. to 4 p.m. Sunday. For more information, call 602-997-1606, or visit www.pearlymaes.com.

Established in 2013, Rare Scarf Vintage, 11428 N. Cave Creek Road, caters to the stylish Phoenician who understands that the best of the moment fashion is a mix of the past and the present.

Rare Scarf creates a total look for both men and women from the store's extensive glam vintage wardrobe and carries a full range of accessories including jewelry, shoes, handbags and more. The store also offers a selection of handmade lace dusters, boleros and bell bottoms as well as handmade jewelry from local artists. This Phoenix vintage hotspot is the place to get that over-the-top, authentic wardrobe that no one else in the room will have.

Proprietor Michelle "Mitch" Phillips has been collecting for years and has got an eye for fashion and design. She'd be happy to take a look at your well-preserved vintage apparel for a potential purchase as well; call for an appointment.

The store is open 11 a.m.-5 p.m. Thursday through Saturday and 12-5 p.m. Sunday. For more information, call 602-870-6678 or visit www.rare scarfvintage.com.

Get your skin analyzed for specific skin care

Arabella's Total Skin Care, located at 3938 E. Campbell Ave., specializes in enhancing the customer experience by educating you on what product and services are appropriate for your specific skin care needs and concerns.

Owner and operator Mitti Arabella, Davis Licensed Aesthetician, heads a team of licensed salon and spa professionals who address all treatments and service needs, including: anti-aging and corrective facials; chemical peels; microdermabrasion, and dermaplaning. The spa side also offers all waxing services and professional make-up services.

Arabella's uses natural ingredientbased skin care products. Clinical skin and beauty products are available for nurchase

For more information, call 602-955-4100 or visit www.totallybellas.com.



Thursday, May 15 | 11:00 am - 1:30 pm The Arizona Biltmore, A Waldorf Astoria Resort

Join us in celebration of our eight honorees. You'll hear their inspirational stories, see what makes them "the best of the best" in Valley business, and find out which two companies are honored as the IMPACT Businesses of the Year.

SMALL TO MEDIUM BUSINESS CATEGORY (250 employees or fewer)

Community Champion **Native American Connections**

Economic Driver Translational Genomics Research Institute (TGen)

Entrepreneurial Excellence **Risas Dental and Braces**

Response to Adversity NJOY, Inc.

LARGE BUSINESS CATEGORY (More than 250 employees)

Community Champion Phoenix Children's Hospital

Economic Driver Sundt Construction, Inc.

Entrepreneurial Excellence The CORE Institute

Response to Adversity The Phoenix Zoo

www.phoenixchamber.com/IMPACT

Coming Soon!New North Central Spec Homes

Coming from Magee Custom Homes

7220 N. 15th Ave.

3411 SF • 4 bdr/4 bath
3 car garage
Over 1/2 acre lot
Available for move in early May
Low \$800,000s

405 E. Montebello

3450 SF · 4 bdr/4bth 3 car garage Over 1/2 acre lot Available for move in mid June Low \$900,000s

5506 N. 2nd Street

3050 SF · 4 bdr/3 bath
3 car garage
Available for move in mid July
Mid \$700,000s

8420 N. 15th Ave

3050 SF · 4 bdr/3 bath
3 car garage
Available for move in mid August
Low \$700,000s

1335 E. Ocotillo

3050 SF · 4 bdr/3 bath
3 car garage
Available for move in late August
Low \$700,000s



Coming from Porchlight Homes

Claremont Estates

(7th Avenue and Bethany Home)

714 W. Claremont

3529 SF \cdot 4 bdr/3.5 bath \cdot Listed for \$700ks \cdot Over 100k in upgrades

718 W. Claremont

3167 SF · 4 bdr/3.5 bath · Available for move in approximately June

812 W. Claremont

2811 SF · 3 bdr/2.5 bath · Available for move in approximately August

723 W. Claremont

2811 SF · 3 Bdr/2.5 bath · Available for move in approximately July

Sendero Villas

(Northern Avenue 1/4 Mile north on Central Avenue)

15 E. Laurie Lane

1694 SF · 3 bdr/2 bath · Available for move in approximately July

19 E. Laurie Lane

2516 SF · 4 bdr/2.5 bath · Available for move in approximately June

6 E. Laurie Lane

1694 SF \cdot 3 bdr/ 2 bath \cdot Available for move in approximately April

10 E. Laurie Lane

2150 SF · 4 bdr/2 bath · Available for move in approximately April

Call for pricing!



Exclusively presented by



Bobby Lieb 602-376-1341 www.centralphx.com





New Construction= New Families= New Businesses

I mentioned a couple of months ago how excited that I am to be involved with two builders who are helping to change the dynamics in North Central, Porchlight Homes and Magee Builders. Porchlight has a 15-home gated subdivision called



Claremont Estates, located on 7th Avenue between Maryland and Bethany Home with nine sales to date. Claremont Estates currently has one home active on the market and will have three spec homes

completed between June and August. Porchlight also has a second gated subdivision called Sendero Villas, located on Central Avenue just north of Northern, that consist of 10 homes. We currently have sold two homes and there are four specs under construction. The floor plans can all be seen on my web page at centralphx.com.

Magee Builders has plans for more than 20 custom homes in North Central over the next 24 months. They currently have three spec homes under construction. The first one will be completed by May 1 and the next two will be done within the next 60-90 days. If you plan on moving to North Central over the next two to four months, you certainly have many home choices from either Porchlight or Magee Builders. You also can call me for specs and pricing.

We are no longer a sleepy little villa in North Central with all the new businesses, including restaurants, that are either relocating or moving here ... and there seems to be a daily wait time for a table. We are seeing numerous buyers from Paradise Valley and Arcadia moving to our area because of the new homes and the quality of our schools. Change is inevitable and I hear some long-time residents are not always excited to see changes. Our values, which suffered greatly for about five years, have increased considerably and the new homes as well as the remodeled homes have con-

tributed to the higher prices. I welcome new families and businesses to our area and hope that this trend will continue.

I have always been very supportive of longtime area businesses since my dad and I used to own the Jockey Club Nightclub. This month I am featuring my friend Mark Hester of Hester. Heitel and Associates.

"North Central Phoenix is the home to Hester, Heitel and Associates. We are an independent insurance agency that has been in the Valley of the Sun since 1953. The agency was founded by my father, Lynn Hester. Our agency specializes in business insurance and high-net-worth personal insurance. As a specialist in the field of high-net-worth personal insurance, we are very aware of the unique insurance exposures that accompany the highnet-worth profile. Large jewelry schedules and fine arts schedules are commonplace. There are unique coverage techniques that can save money, and simplify large schedules of insurance, for the consumer. There are also critical liability issues to consider like excess uninsured and under-insured motorists coverage and larger limits for personal umbrella liability. We love insuring some of the most beautiful and well-maintained homes in North Central Phoenix, Paradise Valley and Scottsdale. Our personal attention to our client's insurance needs and our convenient location at 6122. N.7th St. in Phoenix allows us to service our customers with great ease and accessibility... Our valued customers are our friends and neighbors in North Central Phoenix."

Have a happy and healthy May. Good luck to the Graduates for 2014. My daughter Juliann will graduate from Barrett, The Honors College at Arizona State University.

Bobby Lieb

Bobby Lieb
Associate Broker
HomeSmart Elite Group Manager/Founder
5225 N. Central Ave., Ste. 104
Phoenix, AZ 85012
Mobile: 602-376-1341
Fax: 602-996-9141
www.centralphx.com





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Bobby Lieb Associate Broker 602-376-1341 mobile E Mail: bobby@centralphx.com

Bobby Lieb's Honors and Awards

HomeSmart's #1 **Top Performing Agent** for 2011, 2012 & 2013

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HomeSmart's **Diamond Club** for 2011, 2012 and 2013

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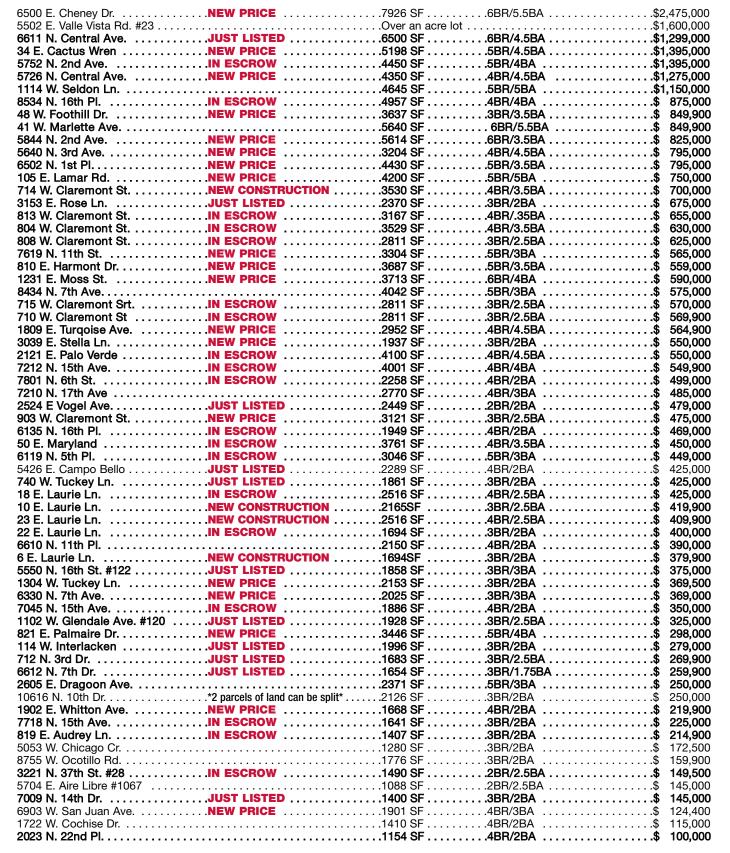
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7151 N. 3rd St.	\$ 882,000	1147 W. Northview Ave.	\$ 520,000	5302 N. 6th St.	\$ 337,000	3646 N. 38th St. B	\$ 185,000
3500 E Lincoln Dr. #19	\$ 850,000	7212 N. 15th Ave.	\$ 520,000	1202 W. Stella Ln.	\$ 333,000	6533 N. Maryland Cr.	\$ 185,000
6111 N. 2nd Pl.	\$ 810,000	1652 E. Rose Ln.	\$ 475,000	7001 N. 2nd St.	\$ 325,000	1613 W. Verde Ln.	\$ 179,900
711 W. Claremont St.	\$ 783,410	7801 N. 6th St.	\$ 465,000	202 W. Turney Ave.	\$ 295,000	7003 N. 11th Way	\$ 158,000
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809 W. Claremont St.	\$ 739,582	1338 W. Hayward Ave.	\$ 425,000	1732 E. Belmont Ave.	\$ 265,000	1009 E. Weldon Ave.	\$ 140,000
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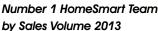


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HEALTHY LIVING



to your health tPA a brain saver, but too few get it

By Victor Zach, M.D.

Every 40 seconds, an American has a stroke. It happens when a blood vessel that carries oxygen and nutrients to the brain either bursts, ruptures or is blocked by a clot. As a result, the brain cannot get the blood and oxygen it needs, and pieces of the brain die.

That adds up to 795,000 a year, making stroke the No. 4 cause of death and a leading cause of adult disability. Yet the American Heart Association says that nine in 10 Americans don't think of stroke as a major health concern. It's why I treat a lot of stroke patients in the intensive care unit.

There are two kinds of stroke: hemorrhagic and ischemic. A hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain and has a higher mortality rate. The most common type of stroke is ischemic. It can be treated with a clotbuster called tPA (tissue plasminogen activator).

Yet only 1 to 2 percent of eligible patients, out of 750,000 patients annually, receive it. Why? Because there's less than a three-hour window of opportunity to administer tPA and too few specialists who can quickly prescribe it.

John C. Lincoln Hospitals are certified as Primary Stroke Centers by DNV Healthcare, showing they demonstrate better outcomes in stroke care. North Mountain also has a telerobot that lets me or a fellow neuro-intensivist coordinate a stroke alert at a John C. Lincoln Health Network facility. From miles away, I can evaluate the patient and test results on the screen. If it's within three hours of onset of symptoms, I can prescribe tPA to restore blood flow to the brain.

Believe me, timing is everything. During a stroke, every minute costs about 2 million brain cells. We have billions, but to lose 2 million a minute is huge. Those cells contain valuable memories and functions that cannot be recovered quickly or, for a lot of people, at all.

Attend a free stroke screening from 8 a.m. to noon on Thursday, May 8 at the Cowden Center, 9202 N. 2nd St. The screening will look for such risk factors as plaque buildup in the carotid artery, your heart rate and cholesterol (non-fasting) levels. You'll also learn steps to take to prevent strokes and improve your health. Physicians and health care providers will be on site for counseling as well.

Register at 623-434-6265. Learn more at www.JCL.com/events.

Victor Zach, MD, is a board-certified vascular neurologist and neuro-intensivist at John C. Lincoln North Mountain Hospital. 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 New hospital technology reduces radiation

John C. Lincoln North Mountain Hospital is the first in Arizona, and only one of eight hospitals in the United States, to reduce or eliminate radiation for minimally invasive cardiac procedures using MediGuid technology.

MediGuide is a navigation and imaging system intended for the evaluation of vascular and cardiac anatomy on a recorded three-dimensional image, instead of live fluoroscopy (a series of X-ray images). Procedures using MediGuide include patients with cardiac arrhythmias such as atrial fibrillation (A-Fib), cardiac resynchronization therapy (CRT), and device implantations such as pacemakers and defibrillators.

"Radiation exposure in hospitals has gone up dramatically in the last several years, and there is a measurable increase in cancer risk with the increase in radiation exposure," explained Mark Siefert, M.D., board certified cardiac eloctrophysiologist, which basically means he is a heart rhythm specialist. Electrophysiology (EP) is a branch of cardiology that deals with the diagnosis and treatment of heart rhythm disorders.

"Our ability to reduce that radiation exposure is not only a major benefit to public health, but also to our staff members who perform these X-rays regularly," he added.

Traditionally, fluoroscopy is used in EP labs for catheter manipulation during cardiac procedures. On average, a heart procedure in a typical EP lab could require 20 to 30 minutes of continuous fluoroscopy; the radiation exposure is equivalent to 500 chest X-rays.

MediGuide cuts radiation at least by half, if not 100 percent during certain heart procedures. It uses low-powered electromagnetic signals to locate a miniature sensor, which is placed in the tip of the catheter, much like GPS technology drivers use to determine the location of their vehicle on a map. MediGuide provides physicians with the precise position of the sensorenabled catheters and tools to create recorded three-dimensional images.

Instead of multiple monitors spread around the lab, one giant screen can display any X-rays, results from EKG monitoring, the 3-dimensional model of the heart produced by the MediaGuide, the catheter position, and more. Lights are specialized to reduce their heat output, and much of the equipment in the lab is on booms that can be easily moved around.

The hospital on average performs 300 cardiac catheter lab procedures, which will now be done in the EP lab.

For more information, visit www.JCL.com/heart.

Yoga classes get you fit with fun

Fun Fit Yoga is a women-only class with an emphasis on fun. Women of all shapes, sizes, ages and levels are welcome in these classes, which are designed to improve wellbeing, strength and stamina through yoga and sculpt. The classes take place inside the Hot Yoga studio at 6060 N. 16th St., however, the temperature is not turned up for the Fun Fit Yoga classes.

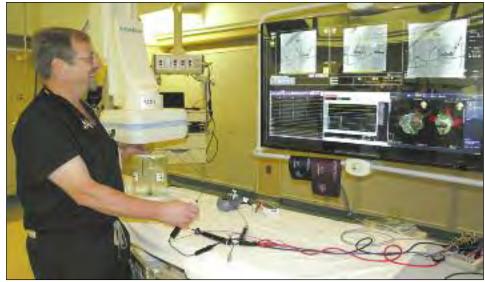
Classes are 9 a.m. Tuesdays and Thursdays and run in eight-week sessions. Drop-ins are welcome. Bring a yoga mat, small towel and drinking water. Call 480-694-3394 for pricing options, or e-mail tiana@tianahil.com.

Intro classes on Tai Chi, meditation

Desert Song Healing Arts Center, 3232 N. 20th St., hosts two intro classes this month to help you on your way to a healthier and more centered "you."

A three-week Intro to Tai Chi class takes place 1-2 p.m. Sundays, May 11, 18 and 25. This series introduces self-enrichment through Tai Chi mind and body practices. Improve your strength, balance, ability to relax, and mental clarity. The fee is \$35.

Are you new to meditation but would like to get started because of its benefits? Have you been meditating for a



Mark Seifert, M.D., heart rhythm specialist at John C. Lincoln North Mountain Hospital, demonstrates the new electrophysiology (EP) lab equipment, used for catheter manipulation during cardiac procedures (photo by Teri Carnicelli).

while but would like to refresh and/or refine your foundation? Sign up for a three-week Intro to Meditation class set for 7-8:30 p.m. Thursdays, May 15, 22 and 29. Instructor Adam Montoya will teach you how to build and sustain a fulfilling practice. Cost is \$35.

To register for either program, call 602-265-8222. For more information, visit www.desertsongyoga.com.

Women's health, safety a focus

Kinesphere Center for Movement Education in May focuses on women's health, offering unique workshops geared toward women's health and vitality.

A Women's Pelvic Health Workshop will take place 12:30-2 p.m. Saturday, May 10 (register by May 5). The goal of this workshop is to offer tools to create better function and stability in the pelvis. Learn and practice exercises to build the appropriate strength and yield in the muscles, explore a toned but balanced pelvic floor that can help prevent or lessen incontinence, organ prolapse, and other pelvic floor dysfunctions, and gain a better understanding of how postural habits influence the health of one's body. Cost is \$30.

A Women's Self-Cupping Happy Hour is set for 5:30-7:30 p.m. Friday, May 30 (register by May 35). Join Kat Myers as she shares some self-cupping techniques for toning and detoxifying your body. Cupping therapy uses oxygen-depleted glass cups placed on the bare skin to relieve pain and muscle tension. Cost is \$35.

Learn to defend yourself from unexpected situations in the Women's Self Defense Workshop, 12:30-2:30 p.m. Saturday, May 31. Those ages 12 and older can learn about effective choices in the event of an undesirable situation. Cost is \$25.

Floor barre class will be free during the month of May.

For more information about these workshops and events, call 602-532-3111, e-mail info@kinesphere-studio.com, or drop in the studio at 711 E. Missouri Ave., Suite 180.

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Preschool is offered at the following campuses:

Camelview 2002 E. Campbell Ave Simis* 7302 N. 10th Street Rose Lane 1155 E. Rose Lane

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Madison Traditional Academy*

7150 N. 22nd Street

Located at: 1431 E. Campbell Ave.

*Simis and MTA are currently on a wait list

Madison offers Open Enrollment for any family living outside the Madison attendance boundaries.

Still have questions? We are here to help! Call us at 602-664-7956



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SCHOOL DAYS



Members of the St. Francis Xavier Blanket Club, which helps children at Phoenix Children's Hospital, include, clockwise, from bottom left: Hadley Oviatt, Breannah Smiley, Sophia Alameddin, Lauren Pierce, Juliana Ramirez, Leina Rascon, Annabel Rodriguez, Chloe Pradhan, Nataly Oviatt, Lyndee Sundberg and Cate Pradhan (photo by Teri Carnicelli).

Students donate blankets to hospital

Two St. Francis Xavier fifth grade students, Leina Rascon and Juliana Ramirez, started "The Blanket Club" to help children at Phoenix Children's Hospital. Leina came up with the idea of the club because as a child she had to spend time at PCH. Leina said that while she was in the hospital she received a blanket and she remembered how much it meant to her and how much comfort it brought her.

Last school year Leina recruited her good friend, Juliana, to help start The Blanket Club at St. Francis Xavier School. They asked students, friends and family to help with the club and they have had an overwhelming response.

The club has more than a dozen student members, ranging from kindergarten to eighth grades. They get together to carefully cut small strips in the pre-sized blankets, which are made primarily of a fleece or flannel material. The strips are then tied with a knot closest to the base of the material. These tied or "knotted" blankets are in sizes ranging from infant to adult, since some of the patients at PCH are teenagers. The girls say they can finish a small blanket in as little as five min-

utes and a larger blanket in under 15 minutes.

All the blankets are laundered and placed in sealed plastic bags, with a signed note by the student(s) who made it, before being delivered to the hospital.

St. Francis Xavier teacher Nancy Crucky lets the club meet in her classroom after school on Fridays. Club members also are assisted by parent volunteers, including Leina's mom, Addey Rascon, who keeps the blankets stored in large plastic totes at her home, and also helps cut the material to size and purchase fabrics using donations. Teachers, parents and members of the community have donated both cash and old blankets that have been cut down to appropriate sizes.

Thus far the club has delivered more than 119 blankets to Phoenix Children's Hospital, and expects to deliver another 80 or so on May 16. The club also has received the "Kids Helping Kids" Award from the hospital for its incredible support and making a difference in other children's lives.

If you are interested in donating money or gently used fleece or flannel blankets to the club, contact Sara Hogan, SFX assistant development director, at 602-266-5364, ext. 4107, or sara.hogan@sfxphx.org.

SCHOOL DAYS

School Briefs GLENDALE UNION HIGH SCHOOL DISTRICT

Two students make **All-State Choir**

Two GUHSD students made the Arizona Music Educators' All State Choir this year. This choir is made up of the top 200 high school singers in the state who are selected after a rigorous audition process.

Thunderbird Junior Brenna Ellington and Sunnyslope Senior Luke Maschue spent three days rehearsing with Brad Holmes, the director of Choral Studies at Millikin University. The event culminated in an outstanding performance on April 12 at Gammage Auditorium.

MADISON ELEMENTARY SCHOOL DISTRICT

Moore makes it to state spelling bee

Anjali Moore of Madison Meadows School made it all the way to this year's 2014 AEF Arizona Spelling Bee, held at the end of March. She was part of a group of the state's top 27 spellers, ranging in age from 10-14.

Anjali, 13, is an eighth-grader at Madison Meadows and this was her first

time appearing in the AEF Arizona Spelling Bee. Her interests include art, history, writing, human civil rights, societal/global issues & activism, reading, drawing and cooking.



Anjali Moore

This is the 15th year the event was sponsored by the Arizona Educational Foundation (AEF), a nonprofit organization that promotes excellence in education through diverse statewide programs and community partnerships throughout the year.

OSBORN ELEMENTARY SCHOOL DISTRICT

Longview hosts summer preview

"Swing into Summer with Longview School" is an event sponsored by the Longview PTO where students, families, community members, businesses and organizations from around the area will come together to



Thunderbird Junior Brenna Ellington and Sunnyslope Senior Luke Maschue made the Arizona Music Educators' All State Choir this year (submitted photo).

welcome the start of summer. It will take place 5-7 p.m. Tuesday, May 6 in the Longview School Gym, 1209 E. Indian School Road.

The event will enable the district's community partners to show off their best, and allow parents to discover some great opportunities in which to involve their children. Entrance and activities are free. There will be popcorn, hotdogs, pizza and more for sale.

For more information, contact Annie Eldon at 602-707-2715.

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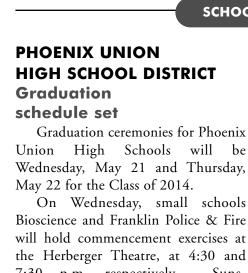




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On Wednesday, small schools Bioscience and Franklin Police & Fire will hold commencement exercises at the Herberger Theatre, at 4:30 and 7:30 p.m. respectively. Diamondbacks Education Academy will hold graduation, Wednesday at 7 p.m. at Central High School.

The large schools will have graduation ceremonies at the Veterans Memorial Coliseum. Central Phoenix schools Metro Tech (8 a.m.); Central (10:30 a.m.); Camelback (1 p.m.) and North (3:30 p.m.) will graduate their 2014 classes, Thursday, May 22.

Register now for summer school

Free summer school will be offered for both current Phoenix Union students and incoming ninth graders. Current students will have the opportunity to earn a half-credit or a full credit this year at 12 campuses. The schools will run two sessions: a morning, and an afternoon. Students can attend one session for half credit, or both sessions for one full credit.

SCHOOL DAYS

Most schools will hold classes May 27-June 26, Monday through Thursday. Courses will vary by campus. Current students should see their counselor for recommendations.

The Freshman Academy is for incoming ninth graders who need to increase their math or English skills necessary to succeed in high school. Classes will be from 8-11:45 a.m. Mondays through Thursday.

Courses offered will be: Independent Reading, Introduction to High School Literacy, and Introduction to High School Math. Enrichment classes in science and Academic Decathlon will also be available at some locations. Freshman Academy students who pass receive onehalf credit if they attend a Phoenix Union school in the fall.

Free transportation, breakfast and lunch are available for Freshman Academy and regular summer school. Registration deadline is May 16. For more information, visit www.Phoenix Union.org/SummerSchool or call 602-764-1307.

Padilla honored with leadership award

Central Speech and Debate closed out its season at the National Forensic League (NFL) National Qualifying tournament, April 4-5. Senior Shad Padilla was awarded the Chapter

Leadership Award for earning the highest number of competitive points for Central High over the course of the season. This award went to the top from student



Shad Padilla

each NFL member school.

Students recognized for superior artwork

Three Central High students were awarded for their work in the COBA annual student art show. The students were honored at the annual luncheon at ASU, held on April 22.

Kemi Sholola won First Place in Photography; Lucia Valtierra placed



 $Girls\ Leadership\ Academy\ of\ Arizona,\ a\ Florence\ Crittenton\ initiative.\ Empowering\ all\ girls\ to\ reach\ their\ full\ potential.$



SCHOOL DAYS

First in Sculpture/Ceramics; and Juan Alonso took Second Place in Digital/Computer.

Sholola also won the prestigious Classics through the Ages award. This is the Signature Arts Project of The Links, Inc. National Program and earns her scholarship funds as well as a number of opportunities to practice her art in photography with master artists and in workshops over the coming years.

Garcia earns perfect score

Karla Garcia of North High School earned a perfect score on the National French Test given in March to French students across the United States. A

junior who tested at the third-year level, Garcia will not only receive a gold medal and a first place prize, but she is also eligible to win an all-expense paid two-week trip to



Karla Garcia

France, offered by the French Embassy.

Garcia is in the International Baccalaureate program, and is so fluent that she wrote her IB Extended Essay in French this year. This is the first time North has had a non-native national winner.

North traditionally has students ranked near the top for the state and nationally, but those rankings for the rest of the school's National French Test-takers will not be reported until May.

"We were notified right away about her national prize," French teacher Anne Boisdin said. "Karla is an amazing French student and young lady."

Heimbichner awarded \$2,500 scholarship

Taylor Heimbichner of North High School has earned an Achievement Scholarship through the National

Achievement Scholarship program. He will receive \$2,500 toward his college education.

Heimbichner qualified by being a Finalist in the National



Taylor Heimbichner

Achievement Scholarship Program, which was established to honor scholastically talented Black American youth.

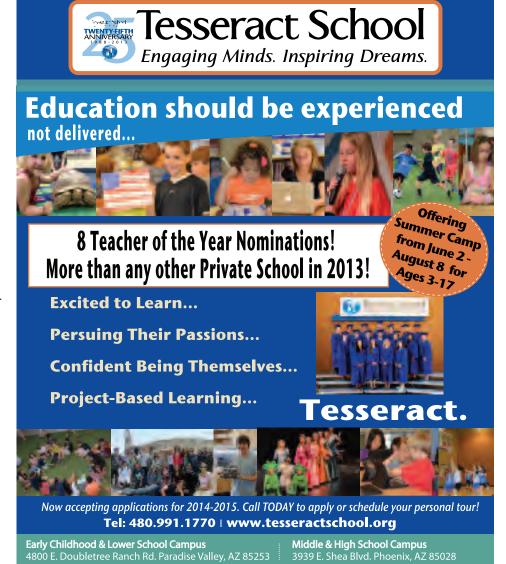
Of the 160,000 students that entered the program when they took the 2012 PSAT test, 1,300 became finalists, and 800 earned scholarships.

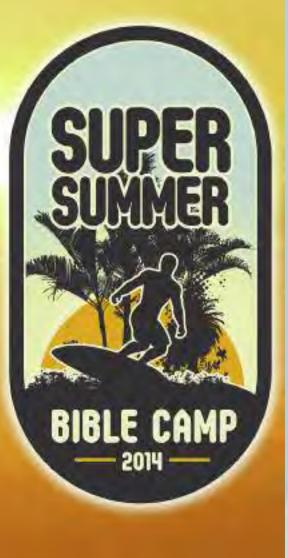
In Arizona, only seven received the scholarships. Heimbichner, who is also a National Merit Scholarship Commended student, plans to study physics or computer science in college, and become a physicist or computer scientist.

Morales receives President's Award

Lidia Gonzalez Morales, 18, of Metro Tech has been honored for her exemplary volunteer service with a President's Volunteer Service Award. The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was granted by The Prudential Spirit of Community Awards program on behalf of President Barack Obama. Metro Tech High School nominated Morales for national honors this fall in recognition of her volunteer service.

please see AWARD on page 36





North Phoenix Baptist Church MAY 27 - AUGUST 1

A DAY CAMP FOR KIDS ENTERING GRADES K-7 AT THE FAMILY LIFE CENTER 7:30 AM - 5:30 PM DAILY

SSBC is a very flexible camp! You can bring your child one or two days a week or for the whole week depending on what your childcare needs are.

Activities include craft time, organized gym games, table games, board games, Bible study lessons, memory verses and roller skating.

\$135 PER CHILD, PER WEEK

3 days or less, \$31 per day | 4-5 days, \$135
Tuition does NOT include the cost of lunches or field trips

Registration involves submitting the enrollment form along with child's first week's payment.

Register at the Family Life Center or online at www.nphx.org/ssbc

Mention this ad and receive \$5 off per week!



SCHOOL DAYS

AWARD continued from page 35

Morales volunteered more than 400 hours to CASE (Central Arizonans for a Sustainable Economy), educating people about the importance of voting. She made phone calls, visited homes, and spoke to City Council Members. CASE asked her to take a leadership role because of her energy and enthusiasm.

For the 2012 Presidential Election, she helped register 33,000 people to vote. She has also volunteered more than 100 hours at St Joseph's Hospital and volunteers at Hospice of the Valley.

"Every person has a right to speak for themselves and I try to explain that to people," she says. "I know a lot of people are not happy with the economy or decisions our city makes, so the only way to make a change is by voting for what you want."

Schools receive awards for video, audio PSAs

Metro Tech High School received \$4,000 for its communications and digital film program as runner-up of the Phoenix Police Department Video Public Service contest. The "Too Young



Metro Tech's Film and Digital Arts class received a \$4,000 prize as the runner-up in the Phoenix Police Department's Video Public Service contest. The school was represented at the April 9 awards ceremony by students Claudia Baldenebro, Edwin Eliosa, Juan Olivas and teacher Bob Marquis (submitted photo).

to Drink" Stop Underage Drinking winners were announced last month at an awards banquet at Metro Tech. South Mountain took the top prize this year as well as last year.

Metro Tech's Film and Digital Arts class was represented at the April 9 awards ceremony by students Claudia Baldenebro, Edwin Eliosa, Juan Olivas and teacher Bob Marquis.

Camelback High earned \$1,000 for a third-place finish in the audio PSA category, and received another \$500 as a finalist in the video contest. Camelback's entries came from the television class and club of Katherine Larkin and Bob Dudley. The students who participated in the video PSA were

Alexis Ibarra, Gavin Vandine, Ada Mack, Azalea Yuhnke, Erik Salazar, Jonathan Perez, Irving Castro and Alina Estrada. The students who participated in the audio PSA were Jon Diaz, Legend Matthews, Gavin Vandine, Sena Rowaid, Allyssa Peralta, Arturo Calles, Azalea Yuhnke, Lucinda Lucero and Esperanza Serrano.

The public was allowed to hear and view the entrees on YouTube, and seven members of the media served as judges to determine the top three finishers.

The police department received funding for this program through the DUI Abatement Council. Camelback, Metro Tech and South Mountain were video finalists along with Desert Vista, Mountain Pointe, Metropolitan School for the Arts, Shadow Mountain, and Sandra Day O'Connor. Audio finalists were South, Camelback, Metropolitan Arts and Shadow Mountain. Of the \$21,000 available, the three PUHSD schools collected \$12,500 for their communication programs.

To view the videos of the finalists, go to www.YouTube.com and type in 2014 "Too Young to Drink".

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SCHOOL DAYS

Student teachers aiding students

A program that started at Metro Tech two years ago to help students write better has been expanded to three additional schools this year, including Camelback High.

Writing Centers, housed in the school libraries, are staffed by ASU Education students who tutor high school students. Thirty-seven tutors, juniors in the College of Education, are required to spend 75 hours each, working with high school students. Not only does the one-on-one tutoring help the student and the teachers who often allow the students to leave class for the Writing Center, but it provides a training ground for future teachers, before they begin their student teaching stints as seniors.

WASHINGTON ELEMENTARY **SCHOOL DISTRICT**

McDonald's grants \$500 to Orangewood PTA

In celebration of "Take Your Family to School Week" (Feb. 18-22) and its commitment to education, McDonald's



McDonald's supervisor Kwong Ma (left center) presents Orangewood Elementary School PTA president Jenny Chavez (far left), school science teacher Mark Thorton (right center) and school principal Andree Charlson (far right) with a \$500 grant check as part of McDonald's support of the Arizona Parent Teacher Association (submitted photo).

Restaurants of Phoenix and Northern Arizona awarded ten \$500 grants to Arizona Parent Teacher Association (PTA) chapters to promote family engagement in schools. Among the recipients was the Orangewood Elementary School PTA.

"Take Your Family to School Week"

is a national PTA initiative that aims to help build positive partnerships with teachers and families, and connect parents to their children's school experiences through fun, innovative programs.

The funds will be used by chapters to plan programs, host events, and implement activities that welcome and

engage families into the school community. These grants also are used to give children fun ways to share what they are learning and doing in class throughout the school year. Examples of activities planned include family field days, movie/game nights, holiday parties and literacy events.

Students draw portraits for orphaned children

Art students at All Saints' Episcopal Day School have joined the Memory Project, a nationwide initiative in which art students create portraits for children and teens around the world who are living in orphanages or similar homes.

Given that youth in such situations usually have few personal keepsakes, the purpose of the portraits is to provide them with meaningful mementos of their youth. The project also allows art students to practice kindness and service to others while enhancing their portraiture skills.

Students at All Saints' are participating as part of the seventh- and eighthgrade Art and Drawing Elective classes.

please see PROJECT on page 38

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SCHOOL DAYS

PROJECT continued from page 37

To do this, the students receive photos of children who are waiting for portraits, and then work in their art classroom to create the portraits. Once finished, the project delivers the portraits to the children. In total, the students will make portraits for 24 children in Nepal.

PRIVATE AND CHARTER SCHOOLS **Hundreds** attend 'Girls Have IT Day'

Approximately 700 female middle school students from around the Phoenix metropolitan area attended Xavier College Preparatory's sixth-annual Girls Have IT Day on March 28.

Part of this year's Arizona SciTech Festival, the event showcased young women's involvement in science, information technology (IT), engineering, art and math (STEAM).

Following a keynote lecture by Mitzi Montoya, vice president and university dean for Entrepreneurship and Innovation at Arizona State University, the middle school students participated in a hands-on, STEAM-focused activity fair hosted by more than 300 Xavier student mentors.

Xavier senior wins engineering scholarship

North Central resident Kaitlyn Krushinsky, a senior at Xavier College Preparatory, has won the Catholic Community Foundation's Ralph M. Knight Chemistry and Engineering Scholarship.

As part of her recognition, she will receive a \$5,000 tuition award to the fouryear United States college or university that she chooses to attend.



Kaitlyn Krushinsky

Kaitlyn says she plans on studying mechanical engineering at Purdue University, a major research school located in Lafayette, Ind., known for discoveries in science, technology, engineering and more.

Drama students present comedy

Middle school students from Phoenix Christian Preparatory School present "The High- Schooler's Guide



Xavier student mentors assist visiting younger students during the STEAM fair, part of the sixth-annual "Girls Have IT Day" on the Xavier campus (submitted photo).

to the Galaxy," 7 p.m. Friday, May 9 and 3 p.m. Saturday, May 10 on the Phoenix Christian Elementary Campus, 4002 N. 18th Ave.

Do you remember the fear of your first year of high school? Come and enjoy a comedy of trying to fit in, deal with schedules, dating and worst of all-gym class! Tickets are \$10 for adults and \$8 for students. Call 602-265-4707 for more information.

Bicycle club racks up nearly 1,400 miles

AmeriSchools Academy's Bicycle Club recently concluded its fourth season, with a record initial turnout of more than 20 students in grades 6-8, completing 1,392 total miles logged. One student logged more than 200 miles, and six others logged over 100 miles.

Biking is a growing sport and activity worldwide and AmeriSchools Academy is proud to be able to bring it to its Camelback campus, located at 1333 W. Camelback Road. Students there have been introduced to numerous safety discussions, functions of bike parts and etiquette rules of riding along the streets as well as riding as a group.

As a result of the many sponsors and supporters of the program, the club has been able to equip the students with refurbished bikes to use, new helmets, new gloves, insulated water bottles, a variety of miscellaneous items and a free family membership to the Arizona Bicycling Club-which also insures the children when on group rides for the club.

SCHOOL DAYS



Members of Tesseract Middle School's Student Government and other volunteers set to work assembling 2,000 markers in a long chain to beat the world record (submitted photo).

Being able to ride on a consistent Santini of Chandler. basis has many positive benefits. It gets the child in shape while making him or her feel comfortable with the control of a bike. The Bicycle Club promotes fun, enjoyable and safe biking practices, which hopefully will lead to bicycling as a lifelong activity.

Co-ed team captures state championship

The Brophy-Xavier Speech and Debate team won its first-ever state team championship against the 10time reigning state champs, Desert Vista High School, March 15-16.

Ten Xavier College Prep students competed on the team. Among them were individual finalists Sarah White, Duo Interpretation, fourth place; Jaela Robinson, Duo Acting, third place; Rebecca Red Horse, Prose Interpretation, fourth place; and Kaitlin Coltin, Lincoln-Douglas Debate, second place, and Impromptu Speaking, fourth place.

Semifinalists included Elizabeth Vietor for Poetry Interpretation, Shaloni Pinto for Extemporaneous Speaking, Rebecca Red Horse for Humorous Interpretation, and Kaitlin Coltin for Expository Speaking.

Brophy College Prep team members won seven state individual titles. The 2014 individual event state champions include North Central residents Ryan Q. McCoy and Gavin Singer, for Policy Debate; Carlos Ochoa, Expository; Humorous Ieremiah Johnson, Interpretation; and Jim Welty who won Duo Interpretation with partner Carter

Finalists included North Central resident Jim Stickell, who received a fourth place in Duo Interpretation.

Tesseract students break world record

Tesseract Middle School's student government on March 21 broke the world record for creating the longest marker chain. The previous record was 1,468, and the students broke the record by 532 markers, for a total of 2,000. When finished, the chain looped around the school campus at 3939 E. Shea Boulevard and reached more than 900 feet.

The student government is composed of students in fifth through eighth grade who reached out to the entire Tesseract community asking for donations of Crayola wide markers. These markers later were donated to Golden Gate Community Center in west Phoenix.

The student government decided to build this chain to beat the world record as well as make a difference by accumulating a large number of markers to donate to Golden Gate. High School students joined the Middle School students to assist in building the chain.

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GENERATIONS



Proving you are never to old to be an active recycler are, from left, Anna Barker, Greta Grier and Bev Arthur (submitted photo).

Never too old to support recycling

It's never too late in life to dedicate time and passion to a project that affects the planet in a positive way. In fact, a group of residents, all over the age of 80, at Fellowship Square in North Central Phoenix, have spearheaded a vigorous recycling program in their community.

To date, Greta Grier, 80, Bev Arthur, 85 and Anna Barker, 83 (as well as others on their committee) have hand-collected and recycled more than 300 pounds of items from their senior living community that serves 350 residents with an average age of 88 years old.

"We felt there was a need for recycling here. Everything was simply going in the garbage," explains Grier. "So we went door-to-door, explaining our mission and getting residents excited about saving trash from landfills that could be recycled."

The three ladies have devoted nearly every Saturday since December to the collection, sorting and bagging recyclable items like water bottles, aluminum cans and tins. They drop them off weekly at a local recycling company and any money collected goes back into the residents' fund. Additionally, they collect newspapers, glass bottles or jars, and then take these items to the Waste Management bins on the property.

Grier uses a walker and an oxygen tank but feels strongly this process has made her stronger and healthier as she's getting "more exercise than I have in a long time."

Arthur says the group is actively seeking more help for their efforts, as aches and pains tend to set in after a long day



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GENERATIONS

of recycling for their team. They have a few residents on their board who help out as well, but they'd love more interest from the community.

"Our next phase is to add recycling bins to every floor of our buildings. This amounts to 15-20 bins and the costs adds up," Arthur points out.

Barker spends over six hours per week on this project but says, "I don't care how many hours it takes, if I keep trash out of the landfill and make the planet better for our kids and grand-kids, every hour spent is worth it."

Fellowship Square Phoenix, 2002 W. Sunnyside Drive, is part of Christian Care Companies, a not-forprofit provider of senior housing and services, so there's not currently an abundance of excess funds to pay for the recycling bins and the group would be grateful for donations of bins or cash to help fund their project. Donations can be made in person or via mail: Fellowship Square, 2002 W. Sunnyside Dr., Phoenix, AZ 85029. Make checks payable to Fellowship Square Phoenix and put "recycling program" in the memo line.

Senior Living Know your rights for legal guardianships

Do you know whether you need to be the legal guardian of your grandchildren? Duet can help answer that question in a special Guardianship Clinic set for 3-5 p.m. Friday, May 9, at the Duet offices on the campus of Church of the Beatitudes, 555 W. Glendale Ave.

If you are raising a grandchild or a minor relative, you will need formal custody to obtain benefits such as health care or to enroll the child in school. The legal process to gain custody can be complex and overwhelming. Duet has partnered with the Children's Law Center (Volunteer Lawyers Program) to provide this free clinic that will help you complete the proper paperwork.

Though the workshop is free, reservations are required. Call Patricia at 602-274-5022, ext. 31.

Receive continuing support and information by attending Duet's bimonthly Grandparents Raising Grandchildren Support Group. The next group is scheduled for 9-11 a.m. Thursday, May 22, also at the Duet offices. Attendance is free. Call 602-274-5022 for more information.

Kids & Families

Summer storytelling at Pueblo Grande

Arizona Authors Summer Time Storytelling keeps kids reading every Saturday from 10 a.m. to noon starting May 31 through June 28 at Pueblo Grande Museum, 4619 E. Washington St.

All stories are written and presented by a local author and feature desert animal characters learning lessons about music, growing up, bullying and more.

Children in kindergarten to fourth grade will love these characters and the craft activity that follows each story. Each story time is \$5 per child and includes a light snack. All participants must be accompanied by an adult.

The schedule includes: May 31, "Cheery: The True Adventures of a Chiricahua Leopard Frog"; June 7, "The Moon Saw It All"; June 14, "Fang and Stinger: An Arachnid Story" June 21, "Zachary Z. Packrat Backpacks the Grand Canyon"; and June 28, "Did My Owl Just Growl?"

For more information, call 602-495-0901 or visit www.pueblogrande.com.

Creative Arts Day Camp at First United Methodist Church!



We are so excited to announce the second annual First Church Creative Arts Camp! Kids will participate in an artist showcase AND select their own schedule of classes from offerings in watercolor, sculpture, hand bells, singing, drama, dance, mosaics, knitting/crochet, martial arts and MORE!

You won't want your child to miss this wonderful opportunity!

Registration is \$90.

To register and for more information, visit www.FirstChurchPhx.org

Join us for Sunday Worship: 9 a.m. (Contemporary Service); 10 a.m. (Sunday School classes for children and adults); 11 a.m. (Classic Service)



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GENERATIONS

Early Head Start now enrolling

The city of Phoenix Human Services Department Early Head Start and Head Start programs are recruiting children for the 2014-15 school year. The Early Head Start program is seeking parents with children from birth to 3 years old and pregnant women to participate in this home-based program, which offers comprehensive parenting and education services to families.

Weekly home visits are made to families to educate them about child development, quality parent-child interactions and emphasize that parents are their children's first teachers.

Also, pregnant women receive weekly visits and are provided information about prenatal care, oral health, breastfeeding, postpartum depression, mental health, early intervention services, health and nutrition, and other resources.

Families participate in bi-monthly playgroups allowing the children and parents to socialize with other families and work on their children's development skills.

The center-based Head Start program is looking for children 3 or 4 years old. Parents of children with special needs are also encouraged to apply. Families must meet federal income guidelines for family size to be eligible to enroll in these educational programs. For more information, call Early Head Start at 602-495-7050 or Head Start at 602-262-4040 or visit www.phoenix. gov/headstart.

Open houses held for sports camps

Hubbard Sports Camp will host informative, free open houses at two of its day camp locations, from 1 to 3 p.m. on Sunday, May 4. The open house events will be held at Sunnyslope High School, 35 W. Dunlap Ave., and Tesseract High School (Shea Campus), 3939 E. Shea Blvd. Admission is free.

These open houses will give parents and children an opportunity to meet the camp staff, tour the facilities, ask questions, and learn all about the summer sports day camp program, which will take place at both these sites.

Hubbard Sports Camp is for chil-

dren ages 4 ½ to 13. It is a co-ed, multi-sport summer camp offering 11, one-week sessions from May 27-Aug. 8. Dates vary by location. Campers enjoy soccer, basketball, volleyball, baseball, archery, swimming and many other indoor and outdoor games and activities.

For more information about Hubbard Sports Camp or the summer camp open houses, call 602-971-4044 or visit www.hubbardsports.com.

Sign up now for summer music

Prelude piano classes for young musicians, ages 3 through 1st grade, are offered in June and July at Music Works Academy (MWA), 302 W. Bethany Home Road. Classes are available on Tuesdays and Thursdays.

A 60-minute intro class for your 3 to 6-year-old young musician-to-be is an ideal way to determine if your student is ready for the 15-week Prelude fall classes. Registration forms for both the summer Intro class and fall semester 2014 are at www.musicworksacademy.com/ young-children/prelude.

Piano, guitar, voice, violin and cello lessons are available during the MWA Summer Session from June 2 to Aug. 9. The fall semester begins the week of Aug. 11.

Music Works Academy, in the Valley since 1974, offers lessons in piano, voice, guitar and beginning strings for all ages and levels. E-mail Carolyn@musicworksacademy.com or call the studio at 602-264-5188 for more information.

Find summer camp info on our website

There is still time to register for some summer day camp programs in the central Phoenix community, though they are filling up quickly. Some are full day and some are halfday; options include academics, sports, and the arts.

To view a list of summer camp options in the area, visit the North News website Cental www.northcentralnews.net and click on the "Summer Camps" link. The listings will be updated as new information comes in.



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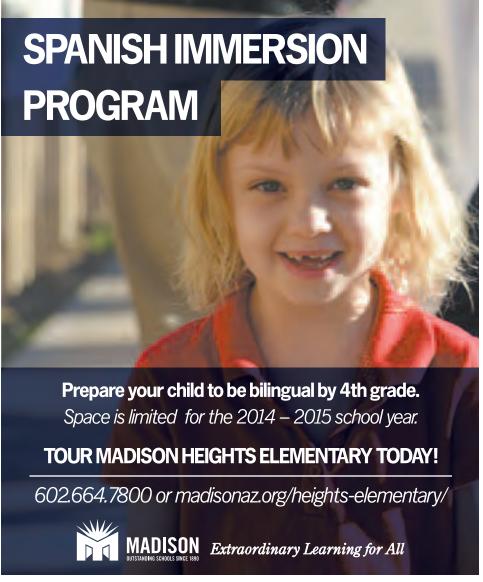












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HOME & GARDEN

Calif. drought means higher produce prices

With California experiencing one of its worst droughts on record, grocery shoppers across the country can expect to see a short supply of certain fruits and vegetables in stores and to pay higher prices for those items.

Professor Timothy Richards of the W. P. Carey School of Business at Arizona State University recently completed some research on which crops will likely be most affected and what the price boosts might be.

"You're probably going to see the biggest produce price increases on avocados, berries, broccoli, grapes, lettuce, melons, peppers, tomatoes and packaged salads," says Richards, the Morrison chair at the Morrison School of Agribusiness within the W. P. Carey School of Business. "We can expect to see the biggest percentage jumps in prices for avocados and lettuce—28 percent and 34 percent, respectively. People are the least price-sensitive when it comes to those items, and they're more willing to pay what it takes to get them."

Industry estimates range from a half-million to 1 million acres of agricultural land likely to be affected by the current California drought. Richards believes between 10 and 20 percent of the supply of certain crops could be lost, and California is the biggest national supplier of several of those crops. For avocados, the state is the only major domestic source.

The fruit and vegetable crops most likely to be affected by the drought are



Arizona shoppers could see prices for avocados rise as much as 17 to 35 cents each, and tomatoes jump 22 to 45 cents per pound, thanks to the ongoing drought in California (submitted photo).

the crops that use the most water and simply won't be grown, or those sensitive to reductions in irrigation.

Richards adds, "Because prices are going to go up so much, retailers will start looking elsewhere for produce. This means we'll see a lot more imports from places like Chile and Mexico, which may be an issue for certain grocery customers who want domestic fruit and vegetables."

Clean weeds from common areas

Spring is a beautiful season in Phoenix. April rain can bring May flowers, but with the flowers come the unsightly weeds.

Weeds can be one of the biggest eyesores to our neighborhoods. Not only are they unattractive (and a pain to pull), but they are a violation of city code. Weeds, tumbleweeds, grass and dead vegetation more than 6 inches tall are a violation of the city code. This includes weeds on the property and on

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HOME & GARDEN

any adjacent right-of-way sidewalk, alley or street.

In addition, during hot summer months, the once green weeds become combustible dry vegetation and can present a fire hazard to the community. When dry vegetation catches fire, they can become spot fires that spread to neighboring structures and foliage.

Take steps now to stay in control of weeds and to keep them from growing and spreading. One resource available to assist with the removal of weeds is Neighborhood Services Department's Tool Lending Program. Neighborhood groups listed with the department can borrow tools free of charge for cleanup efforts. For more information on this program or to list your organization, call 602-534-4444.

If you observe weeds, grass and other vegetation more than 6 inches tall, report it as soon as possible. Call 602-534-4444, email blight@phoenix.gov along with an address of the property, use the free, downloadable "myPHXAZ" application on your smartphone or complete the online reporting blight form at phoenix. gov/nsd.

Free workshop looks at the science of soil

Learn the skills and tools you need to start your own seedlings at home this year during a free garden workshop offered by the Phoenix Parks Department, 8:30-9:30 a.m. Saturday, May 10 at Mountain View Park, 9901 N. 7th Ave.

Topics will include choosing the proper soil, crops, trays, pots and lighting, along with a hands-on seed planting activity. Each participant will receive a schedule and instructions for seeding common garden crops. Workshops are designed to be an open forum of garden related topics. Master Gardeners will be leading the workshops and are eager to answer any and all questions.

Register online at www.phoenix. gov/parks/classes, using course code #105158, or register in person at any of the city's community centers. Walk-up registrations the day of the event also will be accepted, space permitting. For more information, contact the Parks Department at 602-262-6696.



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7726 N. 4th Avenue \$635,000

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Rancho Solano

5818 N. 3rd Avenue \$699,000

Charming, prestigious & inclusive. Classic redbrick ranch style home on over a half acre lot. Great split floor plan that is move-in ready or well priced for a complete renovation. One of the best neighborhoods in the North Central Corridor. 5 BD, 4.5 BA 3,475 sf.



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326 W Orchid Lane \$429,999

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Party Bar Bingo!

Saturday, May 17, at 6:30 p.m. Music from Roscoe Taylor, Jimmie McElroy, Tommy Washington and special appearance by Rebecca Bonds on vocals.

Greek Night Dinner and Dance

Saturday, June 7, \$20 per person. Tickets must be purchased in advance. Music by Space Greek Cowboys • Dinner at 6 p.m. & Dance at 7 p.m.

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Friday, May 2: TOUCAN EDDY - The return of one of Arizona's finest classic rock bands. Friday, May 9: THE CHUCK HALL BAND - The band creates art in the form of music. Friday, May 16: BIG NICK & THE GILA MONSTERS - A rocking roadhouse band. Friday, May 23: HOT FOOT WITH THOMAS OLIVER – Rocking funky blues & dance favorites. Friday, May 30: THE ROCKET 88'S - Sweet blues and rock by the AAIC favorite blues band! All events are open to the public. One person in your party must be a member for alcohol service.

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ARTS & ENTERTAINMENT

TV stars abound at Phoenix Comicon

Phoenix Comicon, the signature pop culture experience of the southwest, returns to downtown Phoenix June 5-8 at the Phoenix Convention Center, North Building, 100 N. 3rd St. Headliners include television/film stars Nathan Fillion (Castle, Firefly), Bruce Campbell (Evil Dead, Burn Notice), Richard Dean Anderson (McGuyver, Stargate), Eliza Dushku (Doll House, Buffy), and John Barrowman (Arrow, Scandal). The wildly popular comic book master Stan Lee will make an appearance on Sunday only. Fans of The Dresden Files sci-fi book series will get a chance to meet author Jim Butcher in person all four days.

The original Mighty Morphin Power Rangers members Walter Jones, Austin St. John and David Yost will be on hand courtesy of Galactic Productions.

Comicon presents guests and programming for hobbyists by attracting



Movie and television actors Bruce Campbell, left, and Nathan Fillion are two of the headliners at this year's Phoenix Comicon, set for June 5-8 in downtown Phoenix (photo courtesy of Bruce Campbell).

the top segments of the comics, anime, sci-fi, film, TV, and gaming industries. Entering its twelfth year, Phoenix Comicon is expected to draw more than 65,000 attendees to downtown Phoenix.

There also will be plenty of entertainment, including a film festival, Geek Prom, Captains Cantina Party, Charlie Ross' One Man Star Wars Show, a Comedy Mutant show, Cosplay Fashion Show, Doctor Horrible Shadowcast, and more (some events have separate ticket prices).

A membership pass for all four days is \$70 in advance online. Individual day passes range from \$15 to \$40. Children 12 and younger are admitted for free with paid adult (limit two children). For more information, go to http://www.phoenixcomicon.com.

Theater company holds auditions

Arizona Theatre Company will hold general season auditions for Equity and non-Equity actors for the 2014-15 season in Phoenix, May 12-13.

Auditions for Equity actors will take place on Monday from 10:30 a.m. to 1:30 p.m. and 2:30 to 6:30 p.m. Auditions for non-Equity actors will take place on Tuesday from 10 a.m. to 1 p.m. and 2 to 5 p.m. Auditions will be held at the Herberger Theater Center, 222 E. Monroe St. in downtown Phoenix.

Appointments are required to audi-

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ARTS & ENTERTAINMENT

tion. To schedule an audition appointment, call Natasha Smith at 520-884-8210, ext. 7510.

Actors must bring a recent headshot and current resume. Each actor is required to prepare two contrasting monologues totaling no more than four minutes combined.

Actors may substitute a song for one of the two pieces. Musical accompaniment will be provided if sheet music is presented, and the total length of the audition must not exceed four minutes. A CD player and piano will be available for those wishing to provide pre-recorded or their own accompaniment.

Callbacks for specific roles in specific productions will be held at later dates throughout the season.

All actor materials are kept on file for two years. Consequently, all actors who auditioned during the 2013-14 season are not required to audition at this time though they are welcome to attend again if they choose. Non-Equity auditions are limited to actors age 16 and older.

In an effort to keep current files of Arizona actors, ATC requests that local actors unable to attend the auditions send a headshot and resume to the following address: Casting, ATC, P.O. Box 1631, Tucson, AZ 85702-1631.

A & E Briefs

'Les Misérables' Through May 25 Phoenix Theatre 100 E. McDowell Road 602-254-2151

The tale of Jean Valjean's unjust imprisonment and quest for redemption is set against the highly volatile political backdrop of a revolutionary period in France. Tickets are \$40 to \$100, plus fees. Visit www.phoenixtheatre.com.

'Love Bomb' Opening Reception 6:30-8:30 p.m. Friday, May 2 Burton Barr Central Library, @Central Gallery 1221 N. Central Ave. 602-262-4636

An art exhibition by Don Clouse, on display through June 11. The free reception includes music by Rich Bailey. Clouse's work has been influenced by the United States invasion of Iraq and recent violent events. For more information, visit www.phoenixpubliclibrary.org.

'Til Death Do Us Part'

7 p.m. May 2-3 Phoenix Christian Preparatory School, Quad 1751 W. Indian School Road 602-265-4707

A comedy of love, murder, mystery and intrigue at, of all places, a wedding! If you have enjoyed the fast-paced game of Clue as well as the movie, you will love this play. Performed by PC High school students. Tickets are \$10 for adults and \$8 for students with ID.

'Heyre be Dragons, in My Mind'

8 p.m. May 2-3 & 9-10 Space 55 636 E. Pierce St. www.space55.org

Eight short original works by Arizona writers exploring different aspects of our thought process. The title comes from the custom of old mapmakers to put "Heyre be Dragons" on the areas of maps where they did not know what was there. Tickets are \$15 general admission.

please see A & E BRIEFS on page 48





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ARTS & ENTERTAINMENT

A & E BRIEFS continued from page 47

'Purlie' **Black Theatre Troupe** May 2-8 Helen K. Mason **Performing Arts Center** 1333 E. Washington St. 602-258-8129

Set in Georgia during the era of Jim Crow laws and deep-rooted prejudice, this is a musical adaptation of Ossie Davis's groundbreaking play. Tickets are \$35 general admission, plus fees. Visit www.blacktheatretroupe.org.

'Joyful Noise' **Orpheus Male Chorus** 3 p.m. Sunday, May 4 Camelback Bible Church 3900 E. Stanford Drive

Featured works include Handel's Hallelujah Amen and Faure's Cantique de Jean Racine, along with American spirituals. Tickets are \$20 for adults and \$15 for seniors and students. Children 12 years of age and younger are admitted free. For more information, visit www.orpheus.org.

'The Art of Blues' **Heddenart Group** 5 p.m. Sunday, May 4 Herberger Theater, Stage West 222 E. Monroe 602-254-7399

Includes live "speed painting," blues performances, dance and more celebrating the historical roots and progressive importance of blues in American society. Tickets are \$47.50 plus fees. Visit www.herbergertheater.org.

'Requiem for the Fallen' Sonoran Desert Chorale 3 p.m. Sunday, May 4

Valley Presbyterian Church 6947 E. McDonald Drive 480-305-4538

The chorale's season concludes by honoring the heroes of this nation who have given "the last full measure of devotion" in service to their country. French composer Gabriel Faure's "Requiem" will be the centerpiece of the concert, along with other selections. Tickets are \$18 for adults, \$15 for seniors, students and groups of 10 or more. Visit www. Sonoran Desert Chorale. org.

'Broadway on Parade' North Valley Chorale May 10-11 Steele Indian School Park, Memorial Hall 300 E. Indian School Road 602-464-4100

Celebrate the history of Broadway and the great heritage of musical theater in this collection of Broadway favorites, from the music of Tin Pan Alley to state-of-the-art contemporary Broadway. Show times are 7 p.m. Saturday and 3 p.m. Sunday. Tickets are \$20 adults, \$15 for seniors and students with ID, plus fees. Visit http://northvalleychorale.org.

Camelback Arts Festival 10 a.m.-4 p.m. Sunday, May 18 Camelback Bible Church 3900 E. Stanford Drive

Celebrating the visual and performing arts. The free festival includes juried fine arts by regional and local artists selling their original creations, as well as live music, food vendors, and children's art activities. There also will be an exhibit of the biblical art of Sadao Watanabe, Japan's foremost Christian artist of the 20th Century; the exhibit is on display through May 25. Visit www.camelbackartsfestival.com.

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FOOD FOR THOUGHT



Steve Capobres, left, vice president of business development for Catholic Charities, and John Strawn, manager of The Refuge, are proud of the social service-oriented eatery that sells its own locally roasted coffee, fresh-baked pastries and craft items created by refugees living in Phoenix (photo by Teri Carnicelli).

Café Chat A little social service

with your meal

By Patty Talahongva

It's not just a coffee shop, nor is it just a cool, locally owned restaurant. The Refuge, located at 4727 N. 7th Ave., is both—but it's also a place where you can pick up unique hand-crafted gifts and locally roasted coffee, or you can get a glass of wine or beer in the evenings.

And the money you spend benefits local refugees and social service programs that aid the disadvantaged.

Catholic Charities owns and operates The Refuge. Steve Capobres, vice president of business development, says the board wanted to start doing more social enterprises. At first they considered opening a world market.

"We were also looking to other economic development that ties to Catholic Charities' mission," he says. "Because we work with refugees, the idea was to tie them to this building."

Artwork created by refugees is displayed on the walls of the bright and airy eatery, and all of it is for sale. Catholic Charities works with refugees from more than 60 countries ... hence the name of the restaurant. The artists share a small percentage of their sales with the nonprofit organization.

Catholic Charities also has partnered with other local nonprofits that serve refugees, allowing them to display and sell their wares, including handmade purses, aprons, cup cozies, scarves and more, with profits shared among the refugees, their host nonprofit group, and Catholic Charities. In all instances, the refugees receive the bulk of their sales profits.

The building is right next door to the office of Catholic Charities, which renovated the former Melrose Flower Shop and opened The Refuge on Oct. 16 last year.

The coffee served at The Refuge, under the brand name Café Esperanza, also is an economic venture for Catholic Charities. Capobres started that business even though he admits to knowing next to nothing about coffee. In fact, the local coffee roaster is the one who actually suggested opening a coffee house.

The Refuge has become more than that with it's breakfast menu, lunch and dinner offerings and appetizers for a quick snack, as well as a rotating selection of microbrewed beers and boutique wines.

"Our chef, Eddie Robinson, has done a wonderful job," says John Strawn, the restaurant manager. "He's truly amazing and he makes his own mayonnaise."

please see REFUGE on page 50

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FOOD FOR THOUGHT

REFUGE continued from page 49

"You can customize what you're going to eat," Strawn adds. "People eat family style, communal, so a group of people can order four or five items and enjoy themselves maybe with a beer, wine or coffee."

Coffee and a breakfast sandwich will run between \$6 and \$7. A sandwich and salad at lunch is around \$10. The pulled pork dinner is a customer favorite and about as fancy as the menu gets because the kitchen is fairly small. Freshly baked goods such as banana bread and chocolate chip cookies are available as is the classic French dessert, clafouti, a layer of fresh fruit with batter made into a cake.

"Basically it's whatever Chef Eddie feels like baking," admits Strawn. "There's always something new and fun."

Other items like the scones and muffins come from "Never Enough Sugar," a local bakery.

Strawn loves the espresso but also encourages people to branch out. The Lavender Latte is quite popular, as is the Cayenne Mocha. "We have to ask people their heat levels when they order," he cautions.

There also is a nice selection of hot teas. Some favorites include Blue Lady Black, which has lavender and orange zest, Raspberry Chamomile and Moroccan Mint Green tea.

During Happy Hour, 3 p.m. to closing, there are discounts on draft beer and wine. Also, 7th Avenue merchants get a 15-percent off discount card.

Capobres says customers have told him the atmosphere is also a draw. "It's not really a bar, it's a nice place to have a conversation" and a drink in a laid-back setting. There's even a conference room for private meetings. "It's available at no charge," says Strawn. The room seats up to 18 people and has an overhead projector for presentations.

Strawn adds, "We just want to have a great place people want to come to and feel like they're giving back to the community." And every purchase at The Refuge achieves that goal.

The Refuge is open 7 a.m. to 8 p.m. Monday-Thursday, 7 a.m. to 9 p.m. Friday-Saturday, and 7 a.m. to 4 p.m. Sundays. You can follow them on Facebook or Twitter or visit www.therefugeaz.com, where you'll find a list of upcoming cultural events, live music nights, and more.

Want to make a difference?

If you are looking to make a difference with your dining, two other restaurants donate a percentage of earnings each month. Hula's Modern Tiki restaurant, 4700 N. Central Ave., offers Mahalo Mondays. When you dine there on any Monday, Hula's donates 10 percent of all proceeds to a different charity each month. In May the Ronald McDonald House will benefit.

Nearby at Maizie's Cafe & Bistro, 4750 N. Central Ave., 10 percent of its proceeds on Wednesdays goes to a local charity.

Dining Briefs

Clever Koi adds

new 'share' menu

Last month The Clever Koi launched its new Monday through Wednesday share menu called "It Takes Two." For \$30, two guests choose two dishes from the restaurant's rice or noodle section and share a 750 ml bottle of the housemade Korean Sochu Punch. Diners will be able to substitute four different cocktails for \$5 or a bottle of wine for \$10 in place of the punch.

The Clever Koi is located at 4236 N. Central Ave., just south of Glenrosa Avenue. Parking is in the rear of the building off Glenrosa. To view the "It Takes Two" menu online, visit www.thecleverkoi.com.

As of April 28, the restaurant is closed for lunch until Sept. 1. Summer dinner hours are 4-10 p.m. Monday through Thursday, and 4 p.m. to midnight Friday and Saturday. For more information or reservations (for parties of five or more), call 602-222-3474.

Classy Kitchen hosts variety of classes

North Central consignment store The Classy Kitchen will begin showcasing some of the Valley's top talent this month in a BYOB setting that is sure to improve even the most dedicated homemaker's skills in the kitchen.

Kicking off the May line-up is North Central's own Barb Fenzl, author and owner of Les Gourmettes Cooking School, who will reveal her favorite kitchen tips and delicious dishes, 6:30-8 p.m. Tuesday, May 6. Cost is \$50 and includes a copy of Fenzl's book, "Seasonal Southwest Cooking."

Other upcoming classes include: Sweet & Savory Summer Scones with

FOOD FOR THOUGHT

Joe Cambria, May 7; Carmella's Caponata with Carmella Dodge, May 13; One-Skillet Italian Pasta Dish with Trudy Maples, May 14; Gluten-Free & Allergen-Friendly Pizza with Chandice Probst, May 20; Organize Your Kitchen with Erika Faulkner, May 21; Building Gift Baskets with Brian Vetter, May 27; and Frozen Treats To Keep You Cool with Denise Clayton, May 28.

All classes are 6:30-8 p.m. and the fee is \$30. With a group of eight to 12 of your family and friends, you can customize your own class.

Shop and consign by day and sign up for these exciting demonstrations by night. The Classy Kitchen is located at 7118 N. 7th St. Visit www.theclassy kitchen.com or call 602-870-3530.

Celebrate burger month with 'Phoenix'

Del Frisco's Grille celebrates National Burger Month in May with the new "Phoenix" Burger, featuring exotic ingredients and a spicy Arizona kick.

Named the Phoenix (\$16), this two-fisted burger is topped with candied pepper wild boar bacon, fried and pickled nopales (an edible cactus), and jalapeno-peach mayo made with Arizona-produced Chato Loco jelly.

If the Phoenix is a little too adventurous for your taste buds, try Del Frisco's standard burgers: the lamb burger, the Grille prime cheeseburger, and green chili cheeseburger.

Del Frisco's Grille is located at the Camelback Esplanade, 2425 E. Camelback Road. For more information, call 602-466-2890 or visit www.delfriscosgrille.com.

Z'Tejas unveils spring menu

Z'Tejas Southwestern Grill, 16th Street and Bethany Home Road, is now offering its spring menu, featuring an array of innovative dishes.

Entrees include fish tacos, sweet chile pork tenderloin, Southern chicken thighs and seafood paella. Wrap up your meal with the new mango upside down cake, a warm mango cake finished with Myers Dark Rum butter and served with mango sorbet.

For more information, additional menus, locations and hours, visit www.ZTejas.com.

Why not pizza on Cinco de Mayo?

This Cinco de Mayo, Fired Pie, 3110 N. Central Ave. in the Park Central Mall, is offering its Spicy Southwest Pizza for just \$5 on Monday, May 5.

Topped with chipotle ranch sauce, mozzarella, grilled chicken, roasted peppers, onions, black olives, tortilla chips and jalapeños, this spicy Mexican-style pizza will make your mouth sizzle. For an added kick, diners also can top it off with mixed greens tossed with cilantro and ranch dressing.

Fired Pie lets you take on the roll of chef by picking exactly what you want on your pizza or salad. For more information including the full menu and hours of operation, visit www.firedpie.com.

New TV segment highlights local eateries

Great Food Good Neighbors (GFGN), a new television show high-lighting local restaurants and business in Arizona, began airing earlier this year.

Lisa Acquafredda and Tray Goodman, both locals in the Valley, are the hosts of GFGN. "We want to highlight a local place that helps make Arizona great," GFGN Co-host Lisa Acquafredda said.

GFGN takes you behind the scenes and into the kitchen to tell you why each location is known for its "great food." Learn about each restaurant's history, signature dishes, involvement in the community and more. What's also unique is that GFGN is not limited to restaurants—so it can showcase other business owners who are all about promoting local.

All episodes of GFGN are produced by Skyline Productions, a local television production company that was established in 1991. The series will start as a 5-minute segment of AZTV's Morning Scramble show beginning at 8 a.m. on Thursdays on Cox Cable Channel 13 or DIRECTV Local Channel 7. You also can live stream the show from www.aztv.com. GFGN hopes to turn the short segment into a 30-minute episode in the future.

To find out more about the show, visit the website at GFGNTV.com.

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



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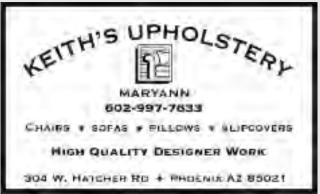
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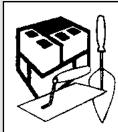
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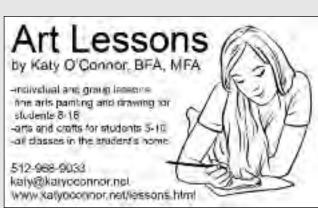














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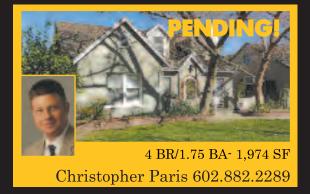
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