



north central news

the voice of the north central phoenix community

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Brophy may allow more bids for pool

By Teri Carnicelli

The question regarding whether a special use permit can be removed in order for the aquatic and recreational campus at 29th and Campbell avenues to be razed to make way for new housing will come before the Phoenix Planning Commission on Oct. 8—maybe.

Brophy College Preparatory, which currently owns the 10-plus-acre property, early this year had announced its intention to sell the land to a housing developer in order to use the funds to construct Phase II of its Brophy Sports Complex, which would include an indoor athletic pool for its students.

Since Brophy's announcement, longtime users of the swimming facility and other community activists have worked to try and find another solution that would serve the school's and the community's needs—including finding another potential buyer who would keep the swim club intact.

Just last month, Brophy agreed to review any additional bids on its property, which was good news for newly formed nonprofit Preserving Community Aquatics (PCA) and its supporters. However, PCA spokesperson Trisha Schafer, while grateful for Brophy's cooperation and assistance, was cautious about being too optimistic.

please see POOL on page 6



Business entrepreneur Eric Diaz hopes to attract creative start-up companies and "solopreneur" businesspeople who share a love of healthy lifestyles to his co-working business center near 15th Avenue and Osborn Road (submitted photo).

New businesses find niche on Osborn Road

By Teri Carnicelli

Making something old "new" again seems to be a theme for businesses along Osborn Road in Phoenix. For example, Old School O7, an adaptive reuse and new construction project at the northwest corner of 7th Street and Osborn Road, embraces the past while reimagining its future place in the midtown area.

The urban infill project, which celebrated its ribbon cutting ceremony on Aug. 28, transforms the corner into a retail and restaurant complex consisting of a Starbucks, Taco Guild, and future retail space. Starbucks opened on Aug. 29.

Local development team Wetta Ventures has remained focused on three elements: true, local and renewal, and this precise concentration is seen throughout the design.

District 4 City Councilman Tom Simplot views the project positively. "Old School O7 will bring new commercial activity to the midtown area and is an example of our work to revitalize 7th Street," he said.

"This is a great example of responsible development, as it retains a piece of Phoenix history while meeting modern needs," he added.

Old School O7's history dates back to 1886, when the original building was the Osborn School House,

from which the name originates. The existing church was constructed in 1948 and is currently under construction to become Taco Guild, a new concept by Z'Tejas Southwestern Grill.

Complementing the adaptive reuse of the church and school buildings is a newly built Starbucks, with a design reflects the mid-century heritage of the existing church building. To further embrace history and engage visitors, an art display showcasing the historical significance of Old School O7's past will be incorporated on an outside wall for all to see.

Kitty-corner from the redevelopment project is another new business that took an older building and

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Doctors Matt and Courtney Dunn are clearly some of North Central's brightest stars. They and their three beautiful children (Grace, Cate and Patrick) moved into their North Central Corridor home in February of 2011. Drs. Matt and Courtney Dunn

are well known throughout the North Central area for their state-of-the-art orthodontic office, Dunn Orthodontics, located at 1515 East Bethany Home Road #130, Phoenix, AZ 85014. Taking their positive impact on our North Central community one step further, Matt and Courtney started a successful charity called Our Hope Phoenix (www.ourhopephoenix.org), an organization dedicated to helping LOCAL charities with the HOPE of making our community a better place. Congratulations Matt and Courtney, keep up the great work!



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Longtime North Central resident and owner of The Urban Farm, Greg Peterson (right), and Mary Beth Markus, owner of Desert Song Yoga, enjoy fresh sushi and other appetizers while chatting with Theresa Sarna (left) of Whole Foods Market Camelback during the community preview night of the new store, held on Sept. 16 (photo by Teri Carnicelli).

Markets open, close in North Central

By Teri Carnicelli

It's been a case of good news, bad news when it comes to the grocery shopping options available to North Central Phoenix residents.

The bad news was that after it was announced that Fresh & Easy Markets were acquired by The Yucaipa Companies LLC, there also was a statement released that some of the Fresh &

Easy stores would be closing. Almost immediately, the store at 7th Street and Thunderbird Road shut its doors. This, just months after longtime market AJ's Fine Foods went out of business, has left some area residents reeling.

But thus far, it appears that the markets at 12th Street and Northern Avenue, and 7th Avenue and Indian School Road, will remain open.

Yucaipa's purchase is expected to be complete by the end of the year; in the

please see MARKETS on page 10

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The winner will be announced in our November issue.

Congratulations to our September Reader Rewards Drawing winner!

\$100 Gift Certificate for Services from North Central Animal Hospital:

Brett Freidhof

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

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Show purple to help end domestic violence

One in four women and one in five teens in Arizona will experience domestic or dating violence in their lifetime. In October, the city of Phoenix will “Paint Phoenix Purple” in observance of National Domestic Violence Awareness Month. Phoenix is committed to becoming a national leader in preventing and responding to domestic violence.

Staff and volunteers with the Phoenix Parks and Recreation Department will be installing purple lights on Tovrea Castle at Carraro Heights that will bathe it in purple every night in October.

Residents can show their support for this first-ever campaign with displays of purple. Displaying purple throughout the community sends a strong message that there is no place for domestic violence in our homes, neighborhoods, schools or workplaces.

You can install a purple light bulb on your porch, wear purple clothing on Fridays, tie a purple ribbon on your car



antenna, etc., to help raise awareness about domestic violence and its impact on families.

For more information about the Paint Phoenix Purple campaign, visit paintphoenixpurple.org.

If you or someone you know is in need of victim services, call the city’s Family Advocacy Center at 602-534-2120 or the National Domestic Violence Hotline at 1-800-799-7233.

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COMMUNITY

Troubled teens find a 'safe place' at LRT stops

By Teri Carnicelli

Every year, hundreds of Arizona youth wind up on the streets. It could be from substance abuse problems, or unsafe home situations, or simply because a teenager got into a fight with his parents, ran away, and now doesn't know how to go back home.

In any of these situations, there is an opportunity for these vulnerable young people to get off the streets and into a better situation—and all it takes is the push of a button.

Last month Valley Metro and Tumbleweed Center for Youth Development announced that all light rail stations are now considered a "Safe Place" for youth ages 17 and younger who are in distress. The program was officially unveiled during a press conference on Sept. 18 at the highly used Central Avenue and Camelback Road light rail station.

"Any teen can experience an unsafe situation," explains Michelle Cerniglia, Safe Place education and outreach manager for Tumbleweed. "Last year we had 129 calls, or one every three days on average. We expect that number to increase thanks to this new partnership with Valley Metro."

How the system works is a youth in crisis presses the bright red button found at all 28 light rail stations in the Valley, and the call is answered by a Valley Metro dispatcher. After asking a few basic questions, the dispatcher will send a Valley Metro employee to wait with the youth until a service vehicle arrives from Tumbleweed to transport the youth to its Open Hands shelter. The service is available 24 hours a day, seven days a week.

There the teen will receive a bed, food, counseling and any other needed services for a two-week period. The goal, Cerniglia explains, is family reunification, but if that's not possible, Tumbleweed will try to find more permanent housing and ongoing services for the youth in crisis.

City of Phoenix Mayor Greg Stanton attended the kick-off event and commented, "I've been in public life a long time and have had the opportunity to interact with many nonprofit organizations. Tumbleweed is a truly great organization. In our city, we have no 'throw-away' kids. If we believe every child has a chance for suc-



Light Rail Supervisor Michelle Enciso, right, points out the new "Safe Place" emergency button for homeless youth to use for assistance to Doug Criswell, a teen who has been served by the programs at the Tumbleweed Center for Youth Development (submitted photo).

cess, we have to do more for those youth. We are all in this together."

The addition of light rail stations to the existing network expands the reach of the Safe Place program and provides 24-hour access to those services. Additional Safe Place locations include Quick Trip gas stations, Arizona Federal Credit Union branches, and all city of Phoenix public libraries. In addition, teens can text "Safe" and their current location to 68966 or call 602-841-5799.

To learn more, go to valleymetro.org/safeplace.

Parade applications now being accepted

The Phoenix Parks and Recreation Department is now accepting applications for the 2013 APS Electric Light Parade on Dec. 7. The theme for the 2013 parade is "Wild West Holiday Roundup."

Entry options include group and organization motorized floats, custom helium parade balloons, performance groups and marching bands. Entry fees range from no charge up to \$400.

Those interested in participating can find comprehensive registration information on the department website at phoenix.gov/parks or they can call 602-261-8069. Parks staff will accept applications until Nov. 5 or until the parade has reached a total of 65 entries.

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“It could be difficult to find someone who can match Ryland Homes’ \$6 million bid, especially in such a short time frame,” she says. “It’s my hope that when we meet with Brophy on Sept. 30, we will be able to present some bids that they will be willing to consider.”

Schafer says that from the beginning, PCA (www.preservingcommunityaquatics.org) has always been very solution-oriented and has been respectful of Brophy as both the property owner and a longtime community member. She hopes that the two nonprofit groups can ultimately find a solution that gains the Jesuit all-boys high school the funds it needs for its construction project while keeping an important community asset around for generations to come.

The swim club, acquired by Brophy College Preparatory in 2002 for \$1.5 million, is the only competition-certified, 50-meter pool in the city of Phoenix. It was the home of the fledgling Hubbard Family Swim School, has been used for training by Olympic



The aquatic center owned by Brophy College Preparatory at 29th and Campbell avenues over the years has played host to numerous national and college swim meets, as well as served as a training facility for several future Olympic swimmers (photo courtesy of Preserving Community Aquatics).

swimmers from around the globe, and is home to several competitive swim clubs in the Valley, including the Phoenix Swim Club. It also has hosted many national and college swimming competitions.

The pool was built in 1988 by well-known Valley real estate developer Charles Keating. The special use permit was approved by the Phoenix City

Council in January 1990 to allow for a private athletic club with non-member usage (i.e. visiting swim teams) but no open public swimming.

The Camelback East Village Planning Committee was scheduled to review the use permit removal request at its Oct. 1 meeting, and forward its recommendation to the Phoenix Planning Commission for its Oct. 8 meeting,

scheduled for 6 p.m. in the Phoenix City Council Chambers, 200 W. Jefferson St. However, if a viable new bidder comes forward, it’s possible the item will be pulled—again—from both the CEVPC and Planning Commission agendas.

The *North Central News* went to press prior to the Oct. 1 CEVPC meeting. For updates on this story, check the website at www.northcentralnews.net.

Mystery authors visit Burton Barr

Burton Barr Central Library, 1221 N. Central Ave., will host two well-known authors this month: Anne Hillerman and Valerie Plame.

Hillerman, daughter of bestselling mystery author Tony Hillerman, will discuss her new novel, “Spider Woman’s Daughter,” 7 p.m. Tuesday, Oct. 22.

Plame, a former CIA operative, will talk about her new spy thriller, “Blowback,” at noon Thursday, Oct. 24.

The authors will sign books that will be available for purchase at the event. For more information, visit www.phoenixpubliclibrary.org or call 602-262-4636.

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Who is the Divorce Doctor?



Laurence Hirsch is a family law attorney at the Phoenix law firm Jaburg Wilk. Larry has expertise representing high net worth individuals such as professional athletes, business leaders, doctors, philanthropists, attorneys and entertainers. He is a frequent speaker and lecturer to many business and legal professionals on family law matters and has been a guest on several local and national radio and television programs as an expert in divorce law. Larry was selected as a Southwest Super Lawyer Rising Star in 2012 and 2013 and selected by the Phoenix Business Journal for induction into the 2011 class of “Forty Under 40”.

Contact the Divorce Doctor

Email questions to divorcedoctor@jaburgwilk.com and it may appear in the next column.



Why might I need a family law attorney?

Family law encompasses all aspects of domestic relations cases. This includes divorce, custody, parenting time, child support, spousal maintenance, prenuptial agreements, postnuptial agreements, legal separation, orders of protection, post-decree enforcement issues, annulments, paternity, division of assets and liabilities, grandparent’s rights and mediation. The family law attorneys at Jaburg Wilk have significant experience in all aspects of family law.

Should I have a prenuptial agreement?

It is extremely rare that an engaged couple considers the possibility of their future marriage ending. A simple precaution could reduce a plethora of stress if the marriage did indeed end in divorce. A prenuptial agreement is a binding legal document between a prospective husband and wife which addresses the financial consequences of their marriage ending. Technically, all couples who are married have a “prenuptial agreement” under the divorce laws of Arizona. According to Arizona law, absent a prenuptial agreement, property will simply be divided. A prenuptial agreement is appropriate for those who would prefer to take control of their own lives rather than leaving it in the hands of the divorce lawyer. Although I personally feel that everyone would benefit from a prenuptial agreement, the scenarios which cry out for a prenuptial agreement are as follows: You have significantly greater assets than your future partner; There exists now, or will exist a significant income disparity between you and your partner (you will want to limit your spousal maintenance exposure in such a situation); This is not your first marriage; Your future partner has significant debt obligations; You own a business or have a future interest in owning a business; To solidify estate planning; And finally, if you anticipate significant lifestyle changes in the future (for example, you are going to retire early, or drastically reduce your income even though you have the potential to earn more). I recommend having a customized prenuptial agreement drafted by a competent domestic relations lawyer. We have drafted and negotiated both simple and complex prenuptial agreements, always successfully protecting our client’s financial well-being.

Because divorce can be critical financially and emotionally, it helps to have an accomplished, sophisticated, and sensitive legal team fighting for you and your children.



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The timing could hardly have been better as the city of Phoenix officially opened a new pedestrian and bicycling bridge crossing the Arizona Canal at 15th Avenue north of Dunlap Avenue, just in time for bike riders and walkers to enjoy the cooler mornings and evenings (photo courtesy of Skyline Productions).

Bike, pedestrian bridge opens over canal

City council members, community members and city staff celebrated the completion of a pedestrian and bicycling bridge crossing the Arizona Canal at 15th Avenue north of Dunlap Avenue on Sept. 14.

The event, which drew more than 40 attendees including entire families riding their bicycles, included a ribbon cutting and remarks by city officials, followed by a bicycle ride from the location along the Arizona Canal to 23rd Avenue, and returning along the canal to Central Avenue. The ride was approximately 5 miles.

The new bridge, which cost approximately \$797,000 to build, connects the Arizona Canal Diversion Channel multi-use trail, to the nearby 15th Avenue Bikeway providing a direct bike route to downtown Phoenix.

“During the public comment portion of our budget process, thousands of cyclists came out and asked for more bridges over the canal areas to connect them to more bike paths,” said Councilman Daniel Valenzuela, who represents Phoenix District 8. “They were looking for connections south and north of the Arizona Canal,” which help keep cyclists out of the roads and away from potential traffic dangers, he explained.

Phoenix promotes a variety of activities for residents, including cycling, via

FitPHX, a citywide wellness program. More information is available at www.phoenix.gov/fitphx.

City to hold food tax hearings

The city of Phoenix will conduct public hearings to gather input from the community on proposed solutions to reduce the 2 percent food tax to 1 percent on Jan. 1 without reducing services to the community.

The remaining 1 percent will expire in March 2015.

The city manager presented proposed solutions along with public input to the City Council on Tuesday, Sept. 24. The City Council is expected to vote on Wednesday, Oct. 16, on whether to adopt an ordinance to reduce the emergency sales tax.

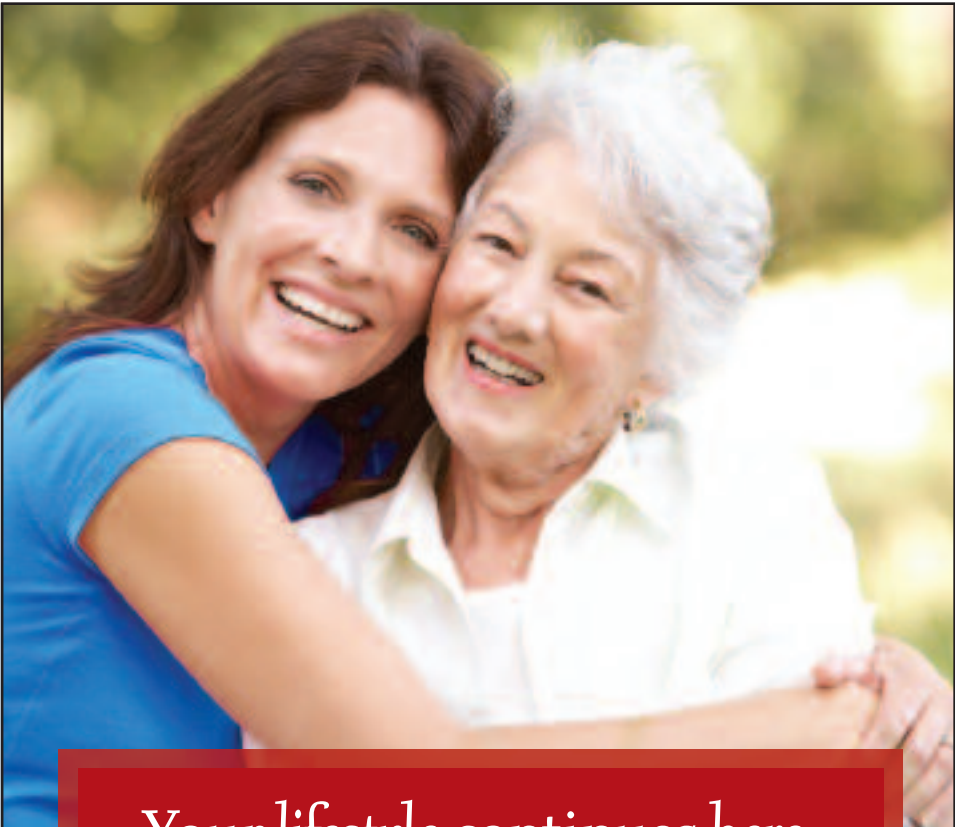
Public hearings are scheduled at the following locations:

6 p.m. Wednesday, Oct. 2, Sunnyslope Community Center, 802 E. Vogel Ave.

6 p.m. Thursday, Oct. 3, Yucca Library, 5648 N. 15th Ave.

See details of the proposal at phoenix.gov. Questions can be submitted to budget.research@phoenix.gov or by calling 602-262-4800.

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Old School 07 is an urban infill project that transforms the northwest corner of 7th Street and Osborn Road into a retail and restaurant complex consisting of a Starbucks, Taco Guild, and future retail space (submitted photo).

OSBORN continued from page 1

made it “new” again while still keeping some familiar aspects.

Gadzooks Enchiladas & Soup, 3313 N. 7th St., was once a gas station. And a women’s dress shop. Now, it offers a sort of build-your-own enchilada menu and a couple of soup selections to round out your meal.

Gadzooks acquired the building in fall 2012, and after a great deal of renovations—including turning the old gas station service bay doors into floor-to-ceiling windows—the eatery opened in spring 2013. To see a photo history of the building’s remodel, visit Gadzooks on Facebook at GadzooksAZ.

There wasn’t much that could be done regarding the limited amount of parking at that corner, however, some rather nifty “G”-shaped bike racks were

installed to encourage neighbors to cycle over, especially now that the weather is cooling down and patio seating is opening up.

“I’ve been in love with Mexican food since the days I was riding my big wheel around the neighborhood block,” said Aaron Pool, founder of Gadzooks. “When my parents would take my brothers and I out to a Mexican restaurant I would always order cheese enchiladas. I soon found out enchiladas could be something different and spectacular. They could be filled with slow-braised meats, sautéed vegetables, wrapped in handmade tortillas, covered in freshly grated Mexican cheeses, complimented with unique sauces, and topped with bright and flavorful garnishes.”

There are 2,638,594 different combinations of enchiladas you can order.

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COMMUNITY

For details, visit www.gadzooksaz.com or call 602-279-5080.

When it comes to finding the right combination of ingredients to make it all work together, Gadzooks is not alone. A new business concept of sharing space has come to the area of 15th Avenue and Osborn Road.

Business owner Eric Diaz came to Phoenix with an idea to create a co-working space that incorporates healthy lifestyles to share with like-minded entrepreneurs. Tired of renting from lackluster office buildings, Diaz decided to create the type of environment he would want to work in, that allows entrepreneurs to work productively, collaborate with others and enjoy a healthy lifestyle.

Temporarily called “Coworking on 15th Ave.,” Diaz held a naming contest for the space that ended on Sept. 30, with the new name to be announced 6 p.m. on Thursday, Nov. 7, during the grand opening of the building, located at 3428 N. 15th Ave. The winner will receive a rent-free business space for one year.

Diaz says he decided to create a co-

working space to enhance the business vibrancy of Phoenix because of the success of other co-working centers he has visited across the country, including Creative Density in Denver, Quirk in Columbus, and CO+HOOTS in Phoenix.

He currently is leasing out affordable workspaces to creative start-up companies and “solopreneur” business people who want a professional workspace, without a high price tag. They also benefit from networking, shared expertise, and shared ideas.

“Our mission is to provide workspace for entrepreneurs from all fields, who enjoy working in a collaborative environment conducive to a healthy lifestyle,” Diaz said.

“We offer private spaces for teams as well as shared open spaces for individuals, and an outdoor patio complete with a barbecue grill and fountain.” Diaz’s office building, which is located on the 15th Avenue bike path, also will encourage a work/life balance for its tenants. “We encourage coworkers to engage in physical activities such as bike riding, hiking and dodgeball and

have set up events and community partnerships with sports leagues to motivate our coworkers.”

Diaz invites those interested to come by and see the space to experience how unique this co-working location is. A free week’s pass can be obtained by sending an email to: eric@coworkingon15th.com.

Councilman chairs leadership reception

District 4 Phoenix City Councilman Tom Simplot will serve as the co-chair for the 2013 Diversity Leadership Reception, hosted by the Boy Scouts of America’s Grand Canyon Council. The reception will take place at 5:30 p.m. Thursday, Oct. 17, at the Phoenix Art Museum, 1625 N. Central Ave.

The event will honor local leaders and organizations who are dedicated to supporting diversity in Scouting and beyond, while impacting minority communities in the Greater Phoenix Area.

For more information on this event, call 602-262-7447 or e-mail council.district.4@phoenix.gov.



Central United Methodist Church

Sunday Worship

8:00 am
Sermon with Holy Communion

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

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



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COMMUNITY

MARKETS *continued from page 3*

meantime it is business as usual for most Fresh & Easy stores, which will continue to use the store “Friends” card and honor all coupons and reward points.

Also in the arena of bad news—the Wal-Mart Market, expected to open in the Sunnyslope community at Central and Dunlap avenues sometime in January 2014, has now been delayed until summer 2014. The reason, market officials say, is getting permits and

other approvals through the sometimes-complicated city of Phoenix Development Services process.

But there is good news in the grocery shopping world, and that is the opening of the Whole Foods Market at 20th Street and Camelback Road, in the former home of Linens ‘N Things. The store, known for its extensive produce department and all-natural meat and wild-caught seafood selections, welcomed its first customers on Sept. 18.

The store is 35,000 square feet and

features two items unique to this location—a “wokeria,” where customers can order their own stir-fry bowl or wrap and have their choices of meat and vegetables cooked to order; and a full in-house bakery where breads, cakes, tarts and more will be made fresh on premises daily.

The store also features a casual lounge and restaurant called Twenty Highland Tavern, serving up several wines and dozens of beer on tap—with at least 20 local options—as well as mixologist-inspired cocktails and an extensive menu featuring local produce and sustainable meats, served inside and outdoors on a new patio.

The store sports a juice and smoothie bar, perfect for those morning meals on the go, as well as and a Specialty Coffee & Espresso Bar serving caffeine by the cup made from in-house roasted 100 percent Arabica beans.

The new Camelback store reflects the company’s mission of supporting locally sourced and locally made products, sustainable agriculture and the environment. That commitment is evidenced by its offerings from several local vendors and farmers including: Briggs & Eggers, Willcox Greenhouse, and Sunizona.

“We are excited to be able to serve our loyal customers in this beautiful new location and look forward to delivering an experience that truly sets Whole Foods Market apart from any other market,” said Mike Hardy, store team leader at Whole Foods Market Camelback.

For more information on Whole Foods Market’s Camelback store, visit www.wholefoodsmarket.com/stores/camelback or follow it on Facebook at: www.facebook.com/WholeFoodsMarketCamelback.

Association hosts neighbor meeting

The Squaw Peak Heights Neighborhood Association will hold a meeting 7 p.m. Wednesday, Oct. 16 at Our Saviour Lutheran Church, 1212 E. Glendale Ave.

A police department representative will provide an update on safety and security issues for the neighborhood and the surrounding areas. Also Councilman Sal DiCiccio is scheduled to attend and will respond to issues and questions impacting the general area.

The Squaw Peak Heights Neighborhood Association boundaries run from 12th to 16th streets, and the cul-de-sacs north of Glendale Avenue down to Maryland Avenue. Residents from the adjacent neighborhoods are welcome to attend. For more information, contact Dan Trozzi at dtrozzi@cox.net or at 602-230-8556.

Learn more about G.A.I.N. at event

The City of Phoenix, along with Metrocenter Mall has created a special G.A.I.N. 2013 kick-off event set for 10 a.m.-1 p.m. Saturday, Oct. 5 to offer neighborhood groups, block watches and members of the public opportunities to learn about programs and resources available to them.

The event will take place by the Sears court area at Metrocenter Mall, 28th and Peoria avenues. G.A.I.N. stands for “Getting Arizona Involved in Neighborhoods.”

Attending the event will be city of Phoenix officials from Neighborhood Services, Parks and Recreation, Streets and Transportation, and other departments; Community Action Officers



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(CAOs) from the Police Department, members of the police's Special Assignment Unit (SAU); Phoenix Fire Department officials; local businesses and organizations; and more.

There will be a limited number of Crime Prevention totes handed out to neighborhoods that have registered for a G.A.I.N. event (deadline is Oct. 2) as well as raffle prizes for their event and G.A.I.N. T-shirts. At the kick-off event there will be fingerprinting for kids and a visit by McGruff the Crime Dog.

G.A.I.N. is Saturday, Oct. 19. For more information or to register your neighborhood group by the Oct. 2 deadline, visit <http://phoenix.gov/police/gain.html>.

Open house held for proposed apartments

Developers of a potential 56-unit apartment community proposed for just east of the northeast corner of 3rd Avenue and Camelback Road will host an open house about the project 6:30 p.m. Wednesday, Oct. 23 in the Poolside Meeting Room at the Camelback Sahara Hotel, 502 W. Camelback Road.

The property is zoned C-2 commercial, and the developers are requesting a zoning change to R-5 multifamily residential.

Currently, there is a vacant one-story building on the 1.14-acre property, and the remainder is undeveloped. The proposed project would feature parking on the ground floor and three levels of residential living above.

The apartments will be a mix of one-, two- and three-bedroom units around a central courtyard. Ten percent of the units will be market-rate rental housing, with the rest of the units being affordable housing.

For more information, contact Marci Rosenberg with Lazarus, Silbyn & Bangs law firm at 602-340-0900 or mrosenberg@lsblandlaw.com.

Care Card shopping event aids UMOM

The Board of Visitors 14th Annual Care Card Shopping Event takes place valleywide Oct. 18-27. Purchase a Care Card for \$60 and receive a 20-percent discount at participating retailers.

More than 600 stores, restaurants and services throughout the Valley are participating in the Care Card program this year. Participating stores include

Fox Restaurant Concepts, J. Crew, Williams-Sonoma, COACH, Tory Burch, Gap/Gap Kids, lululemon athletica, Schmitt Jewelers, Bungalow, Sauce, Ace Hardware, Chico's, Bottega Veneta, Massage Envy, Jimmy Choo, Leslie Pools, California Pizza Kitchen, Pottery Barn, and more. A complete list of retailers can be found at www.TheCareCard.org.

Care Cards are being sold by retailers, members of The Board of Visitors, or online at www.TheCareCard.org. The proceeds of the Care Card benefit the healthcare clinic at UMOM New Day Centers, the largest homeless shelter for families in the state of Arizona.

Local author signs book about Sunnyslope

Phoenix author Reba Wells Grandrud tells the story of Sunnyslope's past century in her book, "Images of America: Sunnyslope," featuring more than 200 images culled from the archives of the Sunnyslope Historical Society. She will sign copies of her book from 2 to 4 p.m. Friday, Oct. 4, at the Sunnyslope History Museum, 737 E. Hatcher Road. Books will be available for purchase at the event.

Founded in 1911 by William R. Norton, Sunnyslope is older than the state of Arizona. By 1919, the desert settlement had only four or five cottages and no roads, no electricity and no running water.

That soon changed as those recovering from tuberculosis sought the relief of Sunnyslope's dry climate. In 1927, the Desert Mission was established, with its nurses dubbed the "Angels of the Desert." This would eventually become the modern, multistory John C. Lincoln Hospital at North Mountain.

A post-World War II boom saw Sunnyslope's population grow with small businesses, schools and churches being established that still serve the community today.

Annexed by the city of Phoenix in 1959, Sunnyslope, with its roughly 40,000 residents, retains its unique identity to this day. "Images of America: Sunnyslope" allows readers to glimpse this unique past through rare, historic images.

The softcover book is available at area bookstores, independent retailers, and online retailers, or through Arcadia Publishing at 888-313-2665 or online at www.arcadiapublishing.com.



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Take advantage of local Realtor home tours



Since I was first interested in home ownership I have loved to tour homes that are on the market. It allows you to take a peek at

someone else's lifestyle and decorating skills and get ideas for your own home! But why do real estate professionals tour homes that are listed for sale?

Tours are a valuable tool for a seller to expose their home to Realtors who may have a buyer looking for your home. Making your home available to be seen by several agents at one time can create synergy, excitement and momentum about the sale of your home. Tours help improve the visibility of the listing and are designed to give a homeowner an unbiased opinion of the factors that drive decisions in your neighborhood from agents who are actively selling in that area. Feedback from the agents will consist of staging suggestions, design issues and suggested list price to name a few. The agents who attend tours learn about the inventory, pricing, Home Owner Association dues and rules, school districts, financing strategies and selling tips.

In the case of the North Central Corridor, of added value is knowledge of the unique areas that make up this community. These agents are often sought by homeowners because of their knowledge of inventory and best practices in selling a home in this specific area of Phoenix.

Realtors who attend the North Central Tour say, "The quality and experience of the agents on North Central Tour is simply second to none. Home sellers in North Central Phoenix should always list their home with an agent who is a member of the tour. They have knowledge of current inventory and provide targeted exposure to agents who specialize in North Central Phoenix real estate"

Christa Lawcock, Managing

Broker of Prudential Arizona Properties and Tour Director for Central City Tour say's statistics show Realtors sell 98 percent of all homes listed in the Multiple Listing Service of Arizona. The benefit to a homeowner who lists their home with an agent who is a member of a Realtor tour is that they may sell faster due to the unbiased opinions given by a collective group of Realtors working with active buyers. Realtors who attend tours do so because they have active qualified buyers. Agents use the tours to preview listing inventory for their buyers so they can provide them with the best possible experience of purchasing a home.

If your home is currently listed for sale and you have not had it on a tour please contact: Lisa Capes at Chicago Title Agency at capesL@ctt.com or 480.695.3136.

Here are boundaries for a few of the realtor tours that service the North Central area:

North Central Tour:
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40th St. to 19th Ave.

Central City Tour:
Missouri to Roosevelt
19th Ave. to 40th St.

Historic Tour:
Covers all Historic
Neighborhood's in North Central
and Central City Tour Boundaries
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Lisa Capes

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Buddy, a 3-year-old cocker spaniel and Labrador mix, is looking for a family with whom he can share his abundant affection (submitted photo).

Pet of the Month

Ladies' man is looking for love

Buddy is a ladies' man. He prefers treating them to romantic walks at sunset, candle lit dinners for two, picnics in the park on Sunday afternoons and lots of cuddle time on the couch.

This mellow and well-mannered 3-year-old cocker spaniel and Labrador (or shaggy span-rador) is exceptionally sweet and would love to find a home where he can spend the mornings watching cartoons with the kids. He is an all-around good dog who doesn't need much—just a cozy place to call home and someone to shower him with unconditional love.

Buddy is available now at the Sunnyslope Adoption Center located at 9226 N. 13th Ave. His adoption fee is

\$110 and this fee includes his neuter surgery and vaccines. For more information, call 602-997-7585 ext. 2045 and ask for animal ID number A455991.

Dog park opens at Hance Park

Dog lovers will be able to celebrate the grand opening of Phoenix's first dog park in the downtown area when the Parks and Recreation Department unveils the off-leash activity area at (Margaret T.) Hance Park, 8 a.m. on Saturday, Oct. 5. The dog park is located in the northwestern part of the park on Culver Street between 3rd and 5th avenues. After the Oct. 5 grand opening, the Hance Park dog park will be open daily from 6:30 a.m. to 9 p.m.

The dog park at Hance Park features separately fenced, ADA-accessible areas for large and small dogs. The large-dog area is .76 acre and the small-dog area is .23 acre. There also are chilled water fountains with integrated drinking bowls at ground level for pooches, ADA-accessible benches, and 18 large Pistache and Ash trees (up to 15 feet tall at planting).

Along the park's north edge, which is adjacent to a residential area, there are gabion (stone) wall sound buffers, with integrated Plexiglas visibility panels.

This is Phoenix's sixth fenced off-leash activity area for dogs. Details on all of the city's dog parks are available online on the Parks and Recreation Department website at: phoenix.gov/parks/parks.

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Doggie wash benefit offers cool prizes

The parking lot of ReThink Advertising, 4714 N. 44th St., will once again be transformed into the agency's 4th Annual Rescue Rinse on Saturday, Oct. 26. Valley residents are invited to bring their pups in from 9 a.m. to noon to get squeaky clean and showered with affection, all for a compassionate cause.

This year's beneficiary will be Woofs, Wiggles n' Wags, one of Phoenix's animal rescues. All pets brought into the rescue are evaluated, seen by a vet and placed into a safe foster home. All adopted dogs have been spayed, neutered, vaccinated and microchipped.

The ReThink offices will be stocked with clean water, organic shampoo, treats and more for any canine in need. Pet parents can socialize while munching on a variety of bagels provided by Einstein Bagels, fresh coffee, and pastries.

Attendees also can participate in a silent auction with prizes such as ASU Sun Devil Football tickets and an opportunity to see Mannheim Steamroller this holiday season at Mesa Arts Center.

All washes are by donation only, and a minimum \$20 donation will get you a special gift. Visitors also can purchase raffle tickets for a chance at a basket loaded with dog-gone goodies.

For more information about Woofs, Wiggles n' Wags, visit www.woofswigglesnwags.com.

Mapping tool helps reunite pets & owners

In an attempt to increase the number of lost animals returned home, MCACC has developed an interactive mapping tool that will assist pet owners in their search for lost animals. This innovative tool is the first of its kind among animal control agencies in the United States.

Pet owners who have lost their animal can find a link to the mapping tool by visiting www.nolostpetsmaricopa.org. The map allows users to perform various searches, including entering the cross streets of where their pet was last seen; entering a home address; or, by using GPS to determine an owner's current location and searching from that point.

If an owner identifies their dog or cat, they can call MCACC at 602-506-PETS (7387) and learn which Animal Care Center is housing their pet.

Pets get blessed in beautiful setting

The St. Francis Festival returns to the Franciscan Renewal Center 10 a.m. to 3 p.m. Saturday, Oct. 26. The center is located at 5802 E. Lincoln Dr.

Every year the center holds a Pet Adopt-a-Thon and the St. Francis Blessing of the Animals, where many of the Valley's rescues and shelters come together to bring adoptable animals to be blessed and hopefully find "fur-ever" homes. Regular leashed pets also are welcome. Blessings will take place at 10 a.m. and 2 p.m. There is free parking and free admission.

There also will be dog washing, family friendly events, food available for purchase, and more. For more information, call 602-273-6852.

Bring your pet to the Shemer

Leashed and well-behaved pets and their owners are welcome to tour the Shemer Art Center's latest exhibit, "Animal Other," during a special Pet Day set for 10 a.m. to 3 p.m. Saturday, Oct. 12. The Shemer is located at 5005 E. Camelback Road.

Pet owners can commission a special portrait from artists available in booths on the veranda, or purchase a caricature drawing to benefit the Shemer. In addition, your pet can create a one-of-a-kind paw print and/or painting under the tutelage of Shemer instructors. Refreshments include water and animal crackers.

Consider adopting your own "Animal Other" to take home with you as you visit several on-site animal rescue groups including: AZK9, Forever Loved Pet Sanctuary, Brambley Hedge Rabbit Rescue, Safe Haven for Animals, and Arizona Animal Welfare League & SPCA.

Special packages from area pet shops have been donated to the Shemer Art Center for a raffle. Tickets will be 3 for \$10.

Admission to the Shemer Art Center is free, however, there is a suggested donation of \$7. For more information, visit www.shemercenter.org or call 602-262-4727.

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Churchard inducted into IFEA Hall of Fame

North Central resident Karen Churchard, assistant deputy director at the Arizona Office of Tourism in Phoenix, was inducted in to the IFEA Hall of Fame on Sept. 16, during the 58th Annual International Festival & Events Association (IFEA) Convention & Expo in Pittsburgh, Pa.

The IFEA Hall of Fame recognizes those outstanding individuals who, through their exceptional work and achievements, have made a significant contribution to the festivals and events industry and a profound difference in the communities they serve. Churchard joins the ranks of 53 others inducted into the hall over the past 22 years.

In 1981, Churchard began an internship at the Fiesta Bowl. As the success of the Fiesta Bowl took off, Churchard's job followed, dramatically expanding and changing its focus. Her role as events intern matured into director of Special Events, and finally vice president of Operations, overseeing all 50-plus special events, two col-



North Central resident Karen Churchard, recently was inducted in to the IFEA Hall of Fame (submitted photo).

lege bowl games, staff and volunteers.

Churchard also was instrumental in writing persuasive bids that earned Arizona and the Fiesta Bowl the opportunity to host major national events including the Bowl Championship Series and the 1993 U.S. Figure Skating Championships.

After 21 years, Churchard left the Fiesta Bowl to open her own consulting business. She was quickly tapped by the Greater Phoenix Convention & Visitors Bureau to write Arizona's Bid for Super Bowl XLII (42)—which was awarded and held in February 2008.

While continuing her consulting, she was hired in 2004 as president and CEO of the Arizona Tourism Alliance. In 2007, Churchard was appointed by then-Gov. Janet Napolitano to establish the Arizona Centennial Commission, serving as its director and ultimately helping to plan and direct the state's 100th anniversary of statehood.

Churchard continues to work in state government as the assistant deputy director of the Arizona Office of Tourism, overseeing Strategic Planning and Research for the state agency. In her role, she also consults with the agency's director on sponsorships of major events in Arizona and is assisting the Arizona Super Bowl Host Committee with the planning of Super Bowl XLIX (49) in 2015.

Her Arizona peers who collectively nominated her for this prestigious award said she is the ultimate event professional, has been a huge difference maker to the industry and they couldn't even begin to describe the void that would exist if she had not dedicated her life's work to the field.



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Jeremy Vasquez of Butler Urban Gardens, right, discusses proper garden care and feeding with a group of community residents during the opening day celebration of the new Mountain View Park Community Garden (photo by Teri Carnicelli).

Community garden opens in city park

It was a busy morning on Sept. 6 as officials from the city of Phoenix, the Sunnyslope Village Alliance, the Phoenix Parks Foundation, members of the community and more gathered to plant a tree, rake some gravel, and learn fertilizing tips.

It was all part of the official dedication of a community garden at Phoenix’s Mountain View Park, 9901 N. 7th Ave.

The Phoenix Parks Foundation was able to donate \$66,000 to cover costs of irrigation, site preparation and other materials necessary to make the garden possible thanks to financial support from United Healthcare through CBS EcoMedia and the National Recreation

and Park Association. The Phoenix Parks Foundation will partner with the city of Phoenix Parks and Recreation Department, the Sunnyslope Village Alliance, neighboring businesses, households, and local gardening groups to develop and grow the garden as a collaborative community service and wellness project. In addition, nearby residents will have an opportunity to grow their own fruits and vegetables, get outdoors and improve a vital neighborhood park. Those interested in obtaining a small plot can get more information online on the Sunnyslope Village Alliance website at www.mysunnyslope.com or by calling the Alliance at 602-944-0941, or sending an e-mail to info@mysunnyslope.com.

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Understanding the VA Loan program

I am often asked who was the biggest influence on me in helping to jump start my real estate business and without a doubt it was my father, Herb. Dad moved out here in 1965 and created a name for my brother Mike and myself, which has been very beneficial to the both of us in the business and social world. I am proud to say that my dad was a war veteran, having served in WWII. Like many veterans, there are many benefits that they have earned and one of them is the VA Home Loan, which many of us do not understand. Jimmy Vercellino, who is a vet and now a lender with PrimeLending, is helping me with this month's column explaining the VA Home Loan.



Many Veterans have no idea that they can use this benefit as many times as they would like, as long as they have sufficient VA entitlement. In fact, a Veteran may have more than one VA Home Loan at a time, allowing him or her to purchase another home in a different, more desirable location. The VA Home Loan also allows the Veteran freedom from getting "trapped" in the loan because there are no pre-payment penalties. This means you can sell your home whenever you want and avoid costly fines and penalties. In addition, in many cases, the Veteran is eligible to have certain closing costs waived, which further reduces out-of-pocket expenses. This loan program provides the opportunity to choose from a variety of mortgage options ranging from a 30-year fixed rate mortgage to a 15-year fixed rate mortgage. Lastly, a Veteran who has experienced a bankruptcy or foreclosure can purchase a home after waiting just two years with his or her VA home loan, unlike other mortgage products that can require a wait up to seven years.

To see if a VA Home Loan is right for you, give me a call. I speak your language and I know what it means to serve. Email me at jimmyv@primelending.com or call 480-538-4980.

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COMMUNITY



Pointe Hilton Squaw Peak transforms the popular River Ranch into a scene of jack-o-lanterns, ghouls, goblins and ghosts on Friday, Oct. 25 (submitted photo).

Fall Festivals & Holiday Events

Greater Phoenix Greek Festival

Oct. 11-13

Holy Trinity Greek Orthodox
Community Center
1973 E. Maryland Ave.
602-264-2791

The 53rd annual Greater Phoenix Greek Festival features Greek food, music, dancing, jewelry, art, grocery items and activities for children, as well as guided tours of the cathedral. A portion of proceeds will benefit Cathedral ministries. Parking is free at the Charles Schwab lot at 24th Street and Lincoln Drive with shuttles every 15 minutes. Admission is \$3, free for children younger than 12. Hours are 5-10 p.m. Friday; 11 a.m.-10 p.m. Saturday, and 11 a.m.-8 p.m. Sunday. Saturday, admission is \$2 for age 61 or older. Visit phoenixgreekfestival.org.

Otsukimi

Moonviewing Festival

5-9 p.m. Saturday, Oct. 19

Japanese Friendship Garden of Phoenix
1125 N. 3rd Ave.

Feel the thrill of Taiko drumming, listen to music from Japan, be amazed at demonstrations of Aikido and swordsmanship, discover shopping pleasures from a variety of vendors, and taste Japanese tea. Stroll the paths, feed the koi and peer through a telescope at the heavens. Gates open at 4:30 p.m. Admission is \$25 General (11 years and

older); \$12 youth (4-10 years); and children under 3 years are admitted free. Purchase presale tickets with discount price at <http://moon2013.bpt.me/>.

Arab American Festival

11-9 p.m. Oct. 19-20

Steele Indian School Park
300 E. Indian School Road
602-412-1525

Celebrate the rich culture and history of one of the world's oldest civilizations. Enjoy an international food court, live entertainment, arts and crafts, a children's area, local vendors and service providers, and more. Admission is \$5 for those ages 13 and older. Visit <http://www.arabamericanfestival.com>.

Rainbow Festival & Street Fair

10 a.m.-6 p.m. Oct. 19-20

Heritage Square Park
115 N. 6th St.
602-277-7433

Produced by Phoenix Pride, this free event includes live entertainment, 150-plus exhibitors, food trucks, a beer garden and more. For more details, visit <http://www.phoenixpride.org>.

Family Fright Night

7-9 p.m. Thursday, Oct. 24

Washington Activity Center
2240 W. Citrus Way
602-262-6971

Families can enjoy a free animated movie, "Hotel Transylvania." Refreshments will be available for purchase. The event begins in the courtyard of the center. No registration is required.

COMMUNITY

17th Annual Pumpkins at the Peak
5-7 p.m. Friday, Oct. 25
Pointe Hilton Squaw Peak Resort
7677 N. 16th St.
602-997-2626

Pointe Hilton Squaw Peak transforms its River Ranch into a scene of jack-o-lanterns, ghouls, goblins and ghosts. Halloween treats, family fun and an opportunity to help stop hunger in the Valley are all a part of the festivities taking place. For admission, attendees are asked to bring two cans of food or \$5 per person to benefit St. Mary's Food Bank. More than 20 activities and craft booths will provide non-stop entertainment. Families are encouraged to dress in their most spirited Halloween costumes.

Sunnyslope Fall Festival
11 a.m.-2 p.m. Saturday, Oct. 26
Sunnyslope Community Center
802 E. Vogel Ave.

This annual free event features a costume parade for kids, face painting, bounce houses, entertainment, community resource booths, refreshments and more.

Zombie Walk 5
2-10:30 p.m. Saturday, Oct. 26
Heritage & Science Park
115 N. 6th St.

Zombie Walk 5 is a free, daylong celebration of the undead that encourages zombies of all sizes, ages and states of decay to walk, shuffle, limp, drag or crawl their way through the streets of Downtown Phoenix in what has become the largest—and bloodiest—gathering of zombies west of the Mississippi. The 1.2-mile walk sets off at 6 p.m. Throughout the day and evening there will be live music, children's activities, a beer garden, food trucks, vendors, makeup artists, and more. Bring a non-perishable food item for St. Mary's Food Bank. For a full list of the event attractions and schedule, visit: downtownphoenix.com/zombie.

Safe Harvest Festival
4-7 p.m. Sunday, Oct. 27
Church of the Beatitudes
555 W. Glendale Ave.
602-264-1221

There will be face painting, costumes, crafts, games and photos opportunities available, as well as a Truck or Treating Event. Hot dogs and popcorn will be served. Free admission for the whole family.

Rock the Block!
5:30-8 p.m. Thursday, Oct. 31
Royal Palms Baptist Church
8802 N. 19th Ave.

A free event for children birth through sixth grade and their families. There will be inflatable bouncers, hot dogs, popcorn and plenty of candy. You do not need to be a member of the church to attend.

Editor's Note: To see a full list of fall festivals and special events in Phoenix, visit www.northcentralnews.net and select the "Fall Festivals" page.

Community Central
Arizona Archaeology Society Meeting
7 p.m. Thursday, Oct. 10
Pueblo Grande Museum
4619 E. Washington St.
nferth@aol.com

The guest speaker is Todd Bostwick, Ph.D., recently retired archaeologist for the city of Phoenix, who will discuss

please see CALENDAR on page 18

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CALENDAR continued from page 17

"The Ancient and Modern Maya of Guatemala and Honduras." Bostwick will talk about his recent trip to Guatemala and Honduras where he visited with the local people and toured ancient Mayan archaeology sites. The meeting is free and open to the public.

Annual Fall Sale

Oct. 11-13

Heard Museum Shops

2301 N. Central Ave.

www.heard.org

This twice-yearly shopping event offers discounts on the finest authentic American Indian artwork. Almost everything from katsina dolls and jewelry to baskets, textiles, pottery and fine art will be 10-percent off.

2013 Arizona State Fair

Oct. 11-Nov. 3

State Fairgrounds

19th Ave. and McDowell Road

Enjoy 18 days of rides, unique attractions and fair food. New attractions include Star Trek: The Exhibition, The Great American Duck Race, Tyzen the Hypnotist, Secret Circus, Cartoon Alley Demonstrations, and six new Midway rides. Two all new respite areas will debut: The Hangout for adults and Play Space, featuring fun, indoor activities for kids eight and under. Entertainers from multiple genres and generations will shine in the Arizona State Fair Concert Series. Closed Mondays and Tuesdays. Visit www.azstatefair.com.

Rummage Sale

9 a.m.-2 p.m. Sat., Oct. 12

VFW Post 9400

804 E. Purdue

Browse through attic treasures and other great finds just in time to do some pre-holiday shopping. Proceeds benefit the VFW.

Western States

Karate Championships

9 a.m. Saturday, Oct. 12

Phoenix Convention Center

West Ballrooms 301 A&B

100 N. 3rd St.

602-274-1136

Shojiro Koyama and The Arizona Karate Association, located in North Central Phoenix, host this 49th-annual competition; a portion of the proceeds will benefit the 100 Club of Arizona. Eliminations begin at 9 a.m. and the

finals begin at 2 p.m. For more information, visit www.arizonakarate.com.

The 31st Annual Native American Connections Parade

9-11 a.m. Saturday, Oct. 12

Downtown Phoenix

3rd Street and Oak

The parade will head north on 3rd Street and will end at the Steele Indian School Park. The judges and emcee station will be located at 3rd Street and Earll, where spectators can view each entry. This year's emcees include renowned Native American journalist Patty Talahongva and nationally recognized Native American business leader Jason Coochwyetewa.

'Japanese Garden Pruning'

9 a.m.-4 pm Sunday, Oct. 13

Japanese Friendship Garden

1125 N. 3rd Ave.

602-432-5070

Presented by Dennis Makishima, professional aesthetic pruner and Bonsai instructor. The workshop will include a tree pruning theory lecture, demonstration and hands-on techniques and a Q&A. Workshop fee is \$45, lunch and beverages are included. To register, call or e-mail maconsultarch@cox.net by 5 p.m. Monday, Oct. 7. Space is limited.

A Consumer's Look at GMOs

6:30 p.m. Tuesday, Oct. 15

Beatitudes Luther Life Center

1616 W. Glendale Ave.

602-510-1544

The Phoenix Branch of AAUW (The American Association of University Women) will host Rachel Linden, founder and director of GMO Free Arizona who will discuss "Genetically Modified Organisms from a Consumer's Perspective." Visitors are welcome. An optional dinner (\$14) will be served at 5:30, and the program will begin at 6:30 p.m. RSVP by Oct. 11 for the dinner.

Adult & Child CPR Class

7 to 8:30 p.m. Thursday, Oct. 17

Hubbard Family Swim School

13832 N. 32nd St., Ste. 100

602-971-4044

Adults and youths ages 12 and up are invited to learn adult and child CPR. Hubbard has partnered with the American Safety & Health Institute to

COMMUNITY

offer the CPR class. Cost is \$20 per person (certification card included). Limited spots are available. Advance registration is required.

Phoenix Writers Club

12-2 p.m. Saturday, Oct. 19

Bluewater Grill

1720 E. Camelback Road

Laurie Schnebly Campbell, romance novelist, writer's workshop leader, advertising copywriter and much more, will discuss the subject of her most recent publication, "Believable Characters: Creating with Enneagrams." The cost is \$15 for members and \$20 for guests. Reservations must be made by Oct. 16. RSVP neeliepubl@aol.com with Phoenix Writers Club in the subject line. Members and the public welcome.

Beatitudes Campus Furniture Sale

9 a.m.-3 p.m. Saturday, Oct. 19

Beatitudes Campus

1610 W. Glendale Ave.

602-995-6136

Shoppers can choose from a wide variety of discounted treasures, such as tables, chairs, cabinets, dressers, night stands, bookcases, sofas, lighting fixtures and table lamps and artwork. This furniture is largely from residents. The Auxiliary maintains a "Back Street Boutique," which is a thrift store, and for two years has been saving the "best stuff" for this sale. Proceeds of the sale will benefit the residents and programs at Beatitudes Campus.

'Human Trafficking: Modern Day Slavery'

2-4 p.m. Sunday, Oct. 20

First United Methodist Church

5510 N. Central Ave.

The United Methodist Women of First United Methodist Church present the program. Refreshments will be served from 1:30-2 p.m. Speakers include J.J. Hensley, *Arizona Republic* reporter; Karen Bugg, StreetLight USA; and a representative from law enforcement. RSVP to 602-263-5013.

Metrocenter's 40th Anniversary Celebration

11 a.m.-6 p.m. Saturday, Oct. 26

Metrocenter Mall

28th and Dunlap avenues

Activities for the whole family include ice skating from BH Skating, food trucks, festival games such as an

obstacle course, cake walk and dunk tank, plus fire truck and police car tours, and live entertainment. An amazing laser show caps the festivities. There will be cupcakes for everyone, plus giveaways like a \$1,000 shopping spree from Hot 97.5. All events are free.

Fall Orchid Show & Plant Sale

Nov. 2-3

Baker Nursery

3414 N. 40th St.

602-463-7352

Presented by the Desert Valley Orchid Society. Admission is free, and there will be free demonstrations at 10 a.m. and 2 p.m. each day. In addition, there will be orchids for sale, a plant raffle, and more. Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday.

Editor's Note: To see a listing of Fall Benefits and Fundraisers featuring organizations such as Phoenix Rotary 100, Esperanza, the Phoenix Art Museum, Goodwill, the Heard Museum, and more, visit www.northcentralnews.net and select the "Benefits & Fundraisers" link on the left side of the home page.

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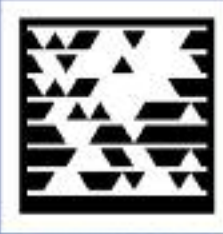
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Phoenix Rotary 100 members, from left, Nancy Teff, Candy Carroll and Troy McNemar pack up bags of food that will be shipped to hungry families around the globe during its “Mega Pack” event for nonprofit Feed My Starving Children (submitted photo).

Rotary 100 continues its mission of service

Members of Phoenix Rotary 100 and their guests recently helped pack nearly 273,000 meals for needy families during a “Mega Pack” event for Feed My Starving Children, which has

a permanent site in Tempe. The event took place all day on Aug. 24, and the club and its volunteers numbered more than 300 packers. Feed My Starving Children (FMSC) is a nonprofit Christian organization that provides children and adults with hand-packed meals specifically formulated for malnourished children, and ships the meals to nearly 70 countries around the world. Anyone age 5 and older is permitted to volunteer. Visit www.fmsc.org.

Phoenix Rotary 100 was chartered in 1914 and is Arizona’s oldest and largest Rotary Club. With a membership of more than 275 business and professional men and women from throughout greater Phoenix, the service organization provides opportunities for business networking and the Rotary tradition of “service above self.”

The club’s charitable giving supports a wide variety of activities, both domestically and abroad, that range from recreational complexes for disadvantaged youth to health projects in Africa and Mexico. Members also provide “hands on” community service, like the recent Mega Pack event.

Phoenix Rotary 100 meets 12-1:30 p.m. Fridays at the Phoenix Country Club, 2901 N. 7th St. There generally is a special topic and guest speaker; for Oct. 4, the topic is “The Argument Against Increased Gun Control.” Visitors are welcome; to RSVP for the luncheon, call Executive Director Beth Baldacchino at 602-604-8221.

For more information about the club, visit www.rotary100.org.



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TAKING CARE OF BUSINESS

Athena winners honored on Oct. 15

The Greater Phoenix Chamber of Commerce has announced the 11 women chosen as finalists for its annual Athena Awards. The Athena Businesswoman of the year award recognizes a woman in the public and private sector, in addition to highlighting an upcoming leader in the Valley as an Athena Young Professional.

Among the finalists is North Central resident Kimber Lanning, executive director of Local First Arizona. She is a finalist in the Public Sector category.

The Athena Award, an honor bestowed internationally, highlights women who have consistently invested in themselves, their profession, their community, and especially other women. They have achieved the pinnacle of success within their industry, have mentored women throughout their career, and have dedicated themselves to the community through various activities and charities.

Three award recipients will be announced at the Chamber's 26th Annual Athena Awards luncheon from 11:30 a.m. to 1:30 p.m. Tuesday, Oct. 15, at the Arizona Biltmore Resort & Spa, 2400 E. Missouri Ave. Registration for this event closes 5 p.m. Oct. 8. To register, visit www.phoenixchamber.com/athena. For more information, call 602-495-2182.

New home offers new, 'old' favorites

JJ Green Builders is nearing completion of its latest contribution to the North Central community. The home sits at the corner of 4th Street and Missouri Avenue on a half-acre site.

It includes what is expected in today's new homes: ample rooms, high ceilings and doors, gourmet kitchen, and large baths, as well as the latest in energy-efficient green building equipment and techniques.

However, the home also offers a bit of nostalgia as the design harkens back to Phoenix's traditional ranch-style homes—long and low, sitting on large lots with verdant green space.

"Our goal was to build a home that



North Central resident Kimber Lanning, executive director of Local First Arizona, is one of the finalists for the 2013 Athena Awards (submitted photo).

belonged in its surroundings and honored tradition while including the luxury, comfort and convenience demanded by today's family," said John Lutich, president of JJ Green Builders and veteran home builder. "We are very proud of our addition to the community."

The home will be ready for occu-


pancy at the end of October. Contact Shelley Caniglia, 602-292-6862 or Steve Caniglia, 602-301-2402, with Realty Executives, for updates and additional information.

Blackstone Security lauded by magazine

Blackstone Security Services, Inc. recently was included in *Inc.* magazine's Inc. 5000, recognizing the country's fastest-growing private companies.

Blackstone was notified that its position of 3,554 of the 5,000 made it a part of a "very exclusive" club. "Blackstone now shares a pedigree with Intuit, Zappos, Under Armour, Microsoft, Jamba Juice and dozens of other recent notable alumni," *Inc.* Editor in Chief Eric Schurenberg said in a letter to Blackstone President & CEO Dan Swindall. "You are in some pretty impressive company—which is exactly where you belong."

please see RECOGNITION on page 22



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TAKING CARE OF BUSINESS

RECOGNITION *continued from page 21*

Blackstone is headquartered in Phoenix at 6232 N. 7th St., Suite 107. It has permanent district offices in Tucson, Albuquerque, and El Paso.

The recognition comes in a year when Blackstone is celebrating its 20th anniversary and just one year removed from the company becoming the first and only security company to win the Arizona Better Business Bureau's coveted 2012 Business Ethics Award. Blackstone delivered an encore that same year when it became the first private security company to reach semifinalist status for the prestigious Spirit of Enterprise Award given by the Spirit of Enterprise Center in Arizona State University's W.P. Carey School of Business. Blackstone is also a semifinalist in this year's SOE competition.

Swindall said the awards and recognitions were made all the more special because they came from outside the security community from organizations that recognize and reward excellence in business ethics and entrepreneurial skill.

Business Briefs

Build relationship between biz, education

The Washington Elementary School District Business Advisory Team hosts its first meeting of the school year 9-11 a.m. Wednesday, Oct. 16 at the WESD Administration Center, 4650 W. Sweetwater Ave.

The Business Advisory Team was

formed to develop, enhance and maintain mutually supportive, strategic relationships between WESD and its surrounding business community. Paul Koehler, director of the Policy Center at WestEd, will speak about the relationship between public education and business.

RSVP to jill.hicks@wesdschools.org.

New technology targets fat cells

Body Beautiful Spa now offers the innovative Invasix TiteFx technology—non-invasive fat cell destruction and body contouring. The TiteFx uses a unique combination of radio frequency, vacuum massage, and high amplitude pulse that is clinically proven to permanently destroy fat cells, reduce the appearance of cellulite, and tighten skin.

Sessions are about 45 minutes per area, with minimal discomfort and no down time following treatment. Most people can see a visible difference immediately after the first treatment, however optimal results require six to eight subsequent weekly treatments.

For more information, call 602-522-9222 and schedule a consultation. Body Beautiful Spa is located at 4449 N. 24th St.

Hospital groups reach agreement

The boards of directors of Scottsdale Healthcare and John C. Lincoln Health Network have agreed to a definitive agreement to form a system-wide affiliation to improve the

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TAKING CARE OF BUSINESS

health of the communities served by the respective organizations.

The agreement creates a new non-profit corporate entity, Scottsdale Lincoln Health Network, which will oversee the affiliated entities.

Tom Sadvary will be chief executive officer, and Rhonda Forsyth will be president of Scottsdale Lincoln Health Network. Sadvary is currently president and CEO of Scottsdale Healthcare, and Forsyth is currently president and CEO of John C. Lincoln Health Network. The affiliation is expected to close by Oct. 1; a Letter of Intent to affiliate was approved by both organizations in April.

Affiliation does not include the combination of assets and thus is not considered a merger. However management of the affiliated assets will now be vested in a board made up of Scottsdale Healthcare and John C. Lincoln directors.

Integration planning for the new Scottsdale Lincoln Health Network will continue during the next few months to develop an outline of key priorities, Sadvary said.

Free economic forum for women

Women Talk: Money and More!" is the topic of the 2013 Women's Economic Forum, from 10:30 a.m. to 1:30 p.m. Wednesday, Oct. 16, in Phoenix College's John Paul Theatre, 1202 W. Thomas Road.

The free event will provide a forum for women of all ages to learn about personal and professional growth and development. Panelists will offer presentations on career planning, personal safety, health and financial literacy.

The panel discussion will be from 11:15 a.m. to 1:15 p.m., beginning with remarks from former Secretary of State of Arizona Betsey Bayless. She will be followed by presentations from several speakers.

Seating is limited. For more information or reservations, visit phoenix.gov/phxwomen or call 602-495-3737 by Oct. 10.

New retailers at Metrocenter

More than 55,000 square feet of new leases have been completed at Metrocenter Mall since the start of 2013, including the most recent—a 13,327-square-foot lease by Rainbow Shops, one of the fastest-growing junior clothing retailers in the United

States. The store opened on Aug. 18.

According to Blackford and Specialty Leasing Manager Jessica Theberge, the mall is in negotiations with several other national fashion retailers, and hopes to welcome those companies to the mall later this year and into 2014.

Other leases completed during second quarter include Denali Contemporary Furniture; Vision Mattress Depot; Pop Shots Photo; All American Burger; Jewelry World; and Cinnabon. Also new to the mall is the International Cancer Advocacy Network, which opened an office in June.

These tenants join Ashley Furniture, the Scottsdale International Auto Museum and Metrocenter Arcade, which opened at Metrocenter Mall during first quarter 2013.

New York-based Carlyle Development Group (CDG) purchased Metrocenter in January 2012. The goal: to re-establish Metrocenter as a safe, fun, dynamic family destination for shopping, dining and entertainment.

CU West helps youth with finances

Credit Union West recently introduced MoneyIsland, an educational and entertaining online world that helps "twens" ages eight to 14 in three key financial areas: saving and spending, earning and investing and using credit wisely.

Kids go on quests to exotic destinations while becoming financial gurus along the way. Meanwhile, parents and teachers have access to an administrator tool where they can track progress and assist in the learning experience. Rewards are built into the game and to help youngsters stay motivated.

"MoneyIsland is free to our young members as well as local schools and youth programs," says Robert MacGregor, CEO of Credit Union West. "Offering MoneyIsland helps parents and teachers address an important challenge for the children of our community and instill lifelong financial literacy lessons."

There are lesson plans for every level of the learning experience, along with ongoing educational resources for teachers and parents. Created by master teachers to align with national standards, these lesson plans employ a hands-on approach that works in tandem with the online experience.

For more information, visit <https://cuwest.moneyisland.com>.



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5225 N. 23rd St.	5097 SF	4BR/4.5BA	\$2,250,000
3958 E. Northridge Cr.	10384 SF	6BR/6.5BA	\$1,725,000
2109 E. Kaler Dr.	JUST LISTED 4110 SF	3BR/3.5BA	\$1,195,000
5844 N 2nd Ave.	JUST LISTED 5126 SF	6BR/3.5BA	\$ 949,500
105 E. Lamar Rd.	JUST LISTED 4200 SF	5BR/5BA	\$ 849,500
27 W. Sierra Vista	IN ESCROW 4068 SF	4BR/3.5BA	\$ 825,000
3617 E. Hazelwood St.	IN ESCROW 3433 SF	4BR/3.5BA	\$ 824,900
2348 E. Brown St.	JUST LISTED 4800 SF	5BR/4BA	\$ 790,000
7726 N. 4th Ave.	NEW PRICE 3594 SF	5BR/3BA	\$ 675,000
2749 E. Winchcomb Dr.	IN ESCROW 4029 SF	5BR/4BA	\$ 675,000
2626 E. Arizona Biltmore Cr.#10	NEW PRICE 2913 SF	4BR/3BA	\$ 625,000
1231 E. Moss St.	NEW PRICE 3713 SF	6BR/4BA	\$ 620,000
115 W. Morten Ave.	NEW PRICE 3552 SF	3BR/3.5BA	\$ 599,000
24 W. San Juan Ave.	NEW PRICE 3731 SF	5BR/3BA	\$ 599,000
314 W. Vista Ave.	IN ESCROW 2481 SF	3BR/2.5BA	\$ 539,000
8205 N. 3rd Ave.	JUST LISTED 3398 SF	5BR/3BA	\$ 499,000
6330 N 7th Ave.	JUST LISTED 2025 SF	3BR/3BA	\$ 495,000
6119 N. 5th Pl.	IN ESCROW 3046 SF	5BR/3BA	\$ 485,000
77 E. Missouri Ave. #40	IN ESCROW 3575 SF	3BR/2.5BA	\$ 460,000
1017 W. Claremont St.	NEW PRICE 2657 SF	3BR/2BA	\$ 450,000
7127 N. 15th Pl.	IN ESCROW 2474 SF	5BR/2BA	\$ 399,000
10244 N. Central Ave.	JUST LISTED 2209 SF	3BR/3BA	\$ 390,000
1 E. Lexington Ave. #201	NEW PRICE 1973 SF	3BR/3BA	\$ 388,000
1040 E. Osborn Rd. #1403	JUST LISTED 1981 SF	2BR/2BA	\$ 385,000
202 W. Turney Ave.	NEW PRICE 2186 SF	3BR/2BA	\$ 349,000
1340 E. Maryland Ave.	JUST LISTED 1790 SF	4BR/3BA	\$ 348,500
1104 W. Seldon Ln. #1	LOT		\$ 325,000
399 W. Marshall Ave.	IN ESCROW 1934 SF	3BR/1.75BA	\$ 300,000
4149 N. 42nd St.	NEW PRICE 1339 SF	3BR/2BA	\$ 260,000
1252 E. Edgemont Ave.	1919 SF	3BR/2BA	\$ 264,500
5629 N. 8th Dr.	IN ESCROW 1532 SF	3BR/2BA	\$ 229,000
7003 N. 11th Way	NEW PRICE 1260 SF	3BR/2BA	\$ 199,000
3646 N. 38th St.	IN ESCROW 1674SF	2BR/2.5BA	\$ 190,000
26316 N. 53rd Ln.	IN ESCROW 1871 SF	3BR/2.5BA	\$ 185,000
750 E. Northern Ave. #1034	IN ESCROW 1248 SF	3BR/2BA	\$ 150,000
8412 N. Central Ave. #C	NEW PRICE 1308 SF	2BR/1.5BA	\$ 138,000
2103 E. Virginia Ave.	JUST LISTED 688 SF	2BR/1BA	\$ 110,000

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2109 E. Kaler Dr. ■ \$1,195,000



5844 N. 2nd Ave. ■ \$949,500



6111 N. 2nd Pl. ■ \$850,000



1128 W. Northview Ave. ■ \$650,000



8205 N. 3rd Ave. ■ \$499,000



6119 N. 5th Pl. ■ \$485,000



10244 N. Central Ave. ■ \$390,000



1340 E. Maryland Ave. ■ \$348,500



7003 N. 11th Way ■ \$199,000

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6445 E Calle Del Media	\$ 980,000	6022 N. 3rd Ave.	\$ 580,000	1511 E. Villa Theresa Dr.	\$ 402,500	14033 N. 10th Pl.	\$ 340,000	7633 N. 7th St.	\$ 271,000	207 W. Clarendon #22E	\$ 181,000
9427 E. Sonoran Sunset	\$ 915,000	77 E. Missouri Ave. #37	\$ 524,250	601 W. Moon Valley Dr.	\$ 400,000	307 W. Herro Ln.	\$ 325,000	6135 N. 16th Pl.	\$ 267,500	18402 W. Maui Ln.	\$ 172,000
2211 E. Camelback Rd. #805	\$ 900,000	6828 N 3rd Place	\$ 520,000	1151 E. Ocotillo Rd.	\$ 400,000	6159 N. 9th Ave.	\$ 317,500	2246 E. Virginia Ave.	\$ 257,600	6517 N. 10th Pl.	\$ 170,000
2359 E. Brown St.	\$ 900,000	7743 N. Dreamy Draw Dr.	\$ 500,000	1738 E. Myrna Ln.	\$ 400,000	26427 N. 42nd Pl.	\$ 317,000	1042 E. Myrtle Ave.	\$ 257,500	9432 N. 17th St.	\$ 155,000
5750 N. Central Ave.	\$ 875,000	7023 N. 2nd St.	\$ 500,000	803 W. Rancho Dr.	\$ 395,000	1040 E. Osborn Rd. #203	\$ 315,000	77 E Missouri #37	\$ 250,000	2 W. Northern Ave. #3	\$ 145,000
540 W. Kaler Dr.	\$ 805,000	721 E. Circle Rd.	\$ 485,000	1325 E. Ludlow Dr.	\$ 395,000	77 E. Missouri Ave. #8	\$ 302,000	5741 N. 4th St.	\$ 245,000	5136 N 31st St. #662	\$ 136,500
6899 N. Central Ave.	\$ 760,000	7739 N. 11th Ave.	\$ 475,000	347 W. Hayward	\$ 380,000	421 E. Locust	\$ 300,000	6120 E. Evans Dr.	\$ 235,000	15178 W Taylor St.	\$ 128,000
5034 E. Lafayette Blvd.	\$ 750,000	6838 N. 3rd Ave.	\$ 457,500	338 E. Orange Dr.	\$ 375,000	529 W. Las Palmaritas Dr.	\$ 295,000	635 W. Coral Gables	\$ 230,000	8434 N. Central Ave. B	\$ 111,000
727 W. Seldon Ln.	\$ 727,700	6014 N. 3rd Ave.	\$ 453,000	10257 N. Central Ave.	\$ 375,000	1315 E. Gardenia Dr.	\$ 295,000	723 W. Cactus Wren	\$ 224,000	817 E. North Ln. #3	\$ 100,000
306 W. Claremont Ave.	\$ 717,800	6805 N. 18th St.	\$ 425,000	4925 E. Cordia Way	\$ 375,000	201 E. Georgia Ave.	\$ 294,000	2319 E. Glenrosa Ave.	\$ 210,000	3516 E. Everett Dr.	\$ 97,500
5961 E. Whitehorn Pl.	\$ 715,000	316 W. Glendale Ave.	\$ 410,000	7142 N. 14th St.	\$ 365,000	3828 S. Vermeersch	\$ 280,000	1545 W. Glenn Dr.	\$ 195,000	225 E. Orchid Ln.	\$ 90,100
25 W. Frier Dr.	\$ 685,000	312 W. Stella Ln.	\$ 410,000	501 E. Colter St.	\$ 365,000	1844 E. Hazelwood	\$ 277,000	7362 E. Rovey Ave.	\$ 192,000	833 E Echo	\$ 70,000
6106 N 2nd Ave.	\$ 630,000	3800 E. Lincoln Dr. #30	\$ 410,000	6409 N. 11th Dr.	\$ 349,500	102 W. Seldon Ln.	\$ 275,000	1124 E. Rose Ln. #10	\$ 185,000	1545 E. Sahuaro Dr. #2	\$ 58,000
8702 N. 7th Ave.	\$ 615,000	105 W. Harmont	\$ 405,000	1254 S. Nassau Dr.	\$ 341,000						



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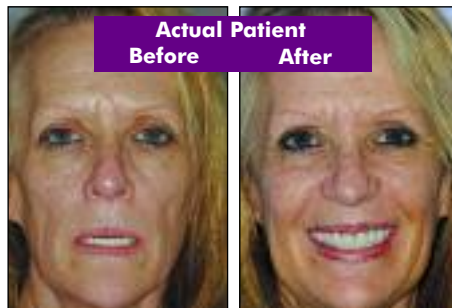
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HEALTHY LIVING



TO YOUR HEALTH

Myths about breast cancer

By Linda Greer, M.D.

October is Breast Cancer Awareness Month. Despite the pink ribbons flying, many breast health myths still exist. For example:

Myth 1: Only women with a family history of breast cancer are at risk.

Truth: Roughly 70 percent of women diagnosed with breast cancer have no identifiable risk factors for the disease. But the family history risks are these: If a first-degree relative (a parent, sibling or child) has had or has breast cancer, your risk of developing the disease approximately doubles. Having two first-degree relatives with the disease increases your risk even more.

Myth 2: Young women don't have to worry about breast cancer.

Truth: A study in the *Journal of the American Medical Association* found the number of American women ages 25 to 39 with advanced cases of breast cancer has climbed 2 percent every year since the 1970s. Young women's tumors are likely to be more dangerous than older women's cancers.

Myth 3: Mammograms are not effective until a woman is at least 50.

Truth: Because most women under 50 have denser breast tissue, it was more difficult for radiologists to find tiny cancers with film mammography. Digital technology improved the diagnostic rate. But because digital still looked at an image of the whole breast, it was possible for tiny cancers to hide behind healthy tissue. Three-dimensional mammography looks at breast tissue layer by layer, making it harder for cancer to hide.

Myth 4: 3D mammograms expose women to too much radiation.

Truth: Exposure from original 3D mammograms approved two years ago was about the same as film mammography, well within FDA safety limits. The new lower-dose 3D software reduces exposure, so it's now about the same as 2D digital imaging. Also, compression time is reduced.

Myth 5: Mammograms lead to too many "false positives," requiring more testing.

Truth: Stress associated with additional testing to rule out cancer is far less than the stress of radiation, chemotherapy and/or surgery. Also, because medical images from 3D mammograms are so much clearer, the rate of false positives from 3D is far lower than with digital mammograms.

Three-dimensional imaging detects up to 40 percent more early cancers than 2D, according to large-scale clinical research published in *Radiology*, the scientific journal of the Radiological Society of North America, and later in *Lancet*, the leading British medical journal.

For more information, visit JCL.com/breasthealth.

Linda Greer, MD, a radiologist specializing in breast imaging, is medical director for John C. Lincoln Breast Health. 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

A look at spinal stenosis, back pain

Igor Yusupov, M.D., a neurology spine surgeon at John C. Lincoln Hospitals, will give a free talk about spinal stenosis, 6 to 7 p.m. Wednesday, Oct. 9 at Cowden Center, 9202 N. 2nd St.

Spinal stenosis is the narrowing of open spaces in the spine that creates pressure on the nerves and spinal cord and causes pain. Yusupov also will discuss minimally invasive treatment options. Register for the event at JCLspine.eventbrite.com or call 623-434-6265.

New drugs for lung cancer discussed

Banner Good Samaritan's Cancer Support Group offers support for patients, families and community members dealing with all types of cancers. The next meeting is scheduled for 6-7:30 p.m. Thursday, Oct. 17, in the Sandstone North Conference Room at Banner Good Samaritan, 1111 E. McDowell Road.

Guest speaker is Klaus Wagner, M.D., Ph.D., a medical oncologist at Banner MD Anderson Cancer Center treating thoracic and head and neck malignancies. Wagner, who performs basic and translational lung cancer

HEALTHY LIVING

research will discuss “Designer Drugs for Lung Cancer.”

Guests can park in the visitor’s parking structure outside of the main lobby, or use the hospital’s free valet service. Dinner will be provided. Attendance is free.

RSVP to Terry Ratner, RN, MFA, at 602-839-4970 or 602-527-3776.

New physical rehab clinic in Sunnyslope

Valley Rehabilitation Associates opened its newest Physical Therapy clinic on July 9, located 1 mile from John C. Lincoln North Mountain Hospital at 717 W. Dunlap Ave., Suite 100.

The clinic, owned and operated by Julie Kresl, PT, provides one-on-one, personal attention and treatment plan unique to each patient’s situation. Valley Rehabilitation’s staff of therapists treat a full range of musculoskeletal, soft tissue and sports injuries.

Valley Rehabilitation is accepting new patients for the following services: physical therapy, manual therapy, sports therapy, general orthopedics, spinal rehabilitation, de-conditioning, vestibular rehabilitation, workers compensation, and pre/post-operative rehabilitation.

To learn more or to schedule a new appointment, call 602-944-2146 or visit www.valleyrehabilitationaz.com.

Desert Song hosts celebration Oct. 19

Once Phoenix’s first yoga studios, Desert Song has evolved into a complete healing arts center. The center celebrating its 30th anniversary this month as well as its relocation into larger, more state-of-the-art digs, which are in the remodeled and repurposed

former Electrical Worker’s Union building at 3232 N. 20th St.

The whole family is invited to the new studio space from 8:30 a.m. to 3:30 p.m. on Saturday, Oct. 19 to join the celebration. There will be free yoga classes, massages, food and live entertainment.

Known for specializing in services for infants through seniors, Desert Song offers a wide range of yoga classes as well as tai chi, massages, counseling, one-on-one sessions, teacher training, and acclaimed speakers. New programs, and indoor/outdoor events, are continually being developed to celebrate and support the entire community.

Giving back to the community is a priority, and Desert Song has partnered with several businesses, nonprofits, and charitable organizations, including Local First Arizona, Whole Foods Marketplace and Free Arts of Arizona. For more information, visit www.desertsongyoga.com or call 602-265-8222.

Medical offices move to Camelback

Palo Verde Hematology/Oncology, Ltd. is in the process of relocating its practice to 1661 E. Camelback Road. It will relocate to the Camelback Arboleda office complex this fall from 5701 W. Talavi Blvd. in Glendale.

Palo Verde Hematology/Oncology, dba Palo Verde Cancer Specialists, already has leased 6,331 square feet of office space at the Camelback Arboleda for more than seven years.

Camelback Arboleda, located just southeast of the corner of 16th Street and Camelback Road, is a 178,792-square-foot mid-rise office property that was built in 1983. It is now at 83-percent leased.



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SCHOOL DAYS



Michaela Puffer, a reading specialist hired by Midtown Primary School in Phoenix, worked so successfully with the school's third graders last year that all of them passed the AIMS reading test. Puffer was later hired as a staff member (photo courtesy of Midtown Primary).

Research supports early focus on reading

Recent research indicates that third graders who can read at grade level are more likely to graduate from high school and enroll in college. These findings led Arizona and 31 other states to pass laws that identify and retain students if they are unable to read by third grade.

In Arizona, this year's third-graders are the first group impacted. It's estimated that about 3,000 students could be retained because their reading levels put them in the "falls far below" category on the AIMS test. The law does provide exemptions for some special education students and English Language Learners. A key aspect of this law is that it encourages schools to identify at-risk students earlier, provid-

ing students with the support and tools to succeed all the way to graduation.

Midtown Primary School leader, Judy White, said her K-4 charter has implemented this policy since the school opened its doors in 2002.

"If we keep passing the students who aren't ready, we are not giving the kids the ability to be successful," said White. "Our observation is that, for most kids, third grade is the right place to retain students. I'm glad that Arizona is now recognizing and enforcing it."

Over the last two years, the legislature also appropriated an additional \$130 per pupil to schools that serve K-3 students. Schools can use the funding for reading intervention, teacher training and other reading strategies.

Midtown had a reading specialist interning in the third grade last year.



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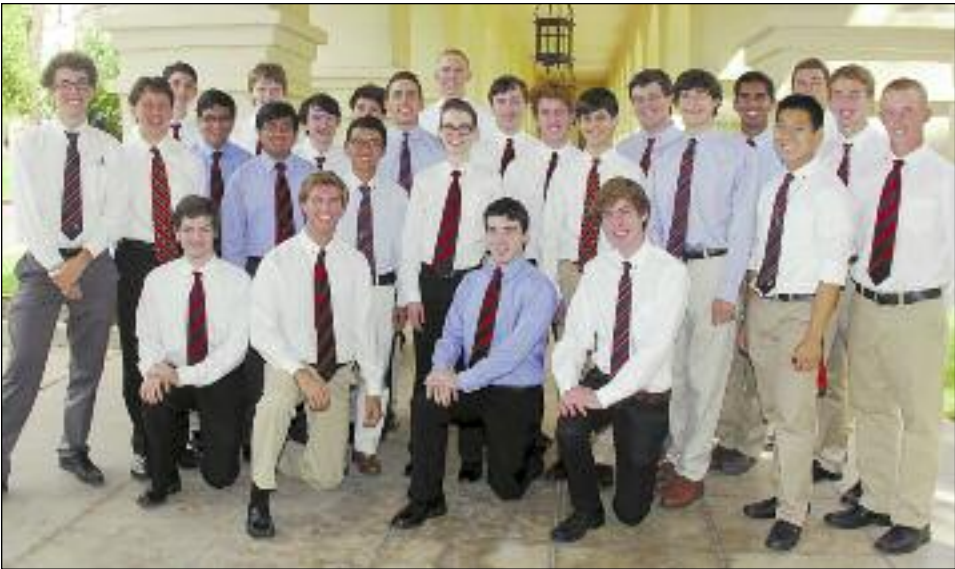
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SCHOOL DAYS



Brophy College Preparatory, an all-male Jesuit high school in North Central Phoenix, led the state with 26 National Merit Semifinalists this year, the most from any Arizona high school program (submitted photo).

One-hundred percent of the third graders passed AIMS reading and there wasn't a student on campus in the Falls Far Below category in reading. The reading specialist, Michaela Puffer, has been added to the staff this year to continue the strength of Midtown's reading program, which relies on small group learning and the use of hands-on activities.

Midtown Primary School, 4735 N. 19th Ave., received an A-rating from the Arizona Department of Education. For more information, visit www.midtownprimaryschool.com or call 602-265-5133.

Phoenix boasts dozens of Merit Semifinalists

Officials from the National Merit Scholarship Corporation (NMSC) recently announced the names of approximately 16,000 Semifinalists in the 59th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 8,000 National Merit Scholarships worth about \$35 million that will be offered next spring.

Dozens of North Central high school students made the Semifinalist roster, from city public schools such as North, Thunderbird and Sunnyslope High Schools, as well as private and charter schools such as Brophy, Xavier and Veritas Preparatory Academies, and Arizona School for the Arts. To view a list of all the students' names, by school, visit www.northcentralnews.net, click "Schools" in the top menu bar and then select "Merit Semifinalists."

In February 2014 the Semifinalists will be notified if they made it to Finalist. All National Merit Scholarship winners will be selected from this group of Finalists. Merit Scholar designees are selected on the basis of their skills, accomplishments, and potential for success in rigorous college studies, without regard to gender, race, ethnic origin, or religious preference.



fig. 1 - knight

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SCHOOL DAYS

College resource fair, more on Oct. 13

Phoenix families are invited to attend a free local college resource fair, featuring more than 50 organizations with scholarship and program information, 9 a.m. Sunday, Oct. 13 at Margaret T. Hance Park, 1134 N. Central Ave.

The fair will be followed by an address from Phoenix Mayor Greg Stanton and Be A Leader founders Gary and Melissa Trujillo at 10 a.m., and the “Taking Steps Toward College Success” Walk-A-Thon at 11 a.m.

The walk-a-thon, featuring thousands of students from more than 51 Arizona schools, will culminate at the National Association for College Admissions Counseling (NACAC) College Fair at the Phoenix Convention Center, with more than 200 universities looking for future students. The NACAC event runs from 12-3 p.m. Tours of the College Depot at the Burton Barr Library also will be available from 1 to 3 p.m.; the library is just a few steps from the Metro light rail stop.

The “Taking Steps Towards College Success” Walk-A-Thon is free, but registration online is recommended. For more information or to register, visit www.bealeaderfoundation.org or call 602-758-8000.

School Briefs CREIGHTON ELEMENTARY SCHOOL DISTRICT Students attempt world record

PwC US last month partnered with 20 different schools, including Loma Linda Elementary School in Phoenix, to host financial literacy classes for more than 6,000 third-, fourth- and fifth-grade students in Southern California, Arizona and Nevada.

As part of the effort, PwC is joining forces with community organizations Playworks and Junior Achievement to set the Guinness World Record title for “The Largest Simultaneous Financial Literacy Lesson in Multiple Locations.” This latest initiative is part of PwC’s larger Earn Your Future campaign, a \$160 million investment—\$60 million in cash donations and 1 million service hours—to address youth education with a focus on financial literacy, impacting more than 2.5 million students and educators.

On Sept. 24, PwC volunteers taught Loma Linda students lessons on credits and debits, savings and investments, and planning and money management. Following the class lessons, PwC hosted a celebration of the day’s record-setting achievement with the community organizations.

MADISON ELEMENTARY SCHOOL DISTRICT Parent of kindergarteners invited to Oct. 25 tour

Madison School District invites any parents who have children entering kindergarten next year to attend its Discover Madison Tour, set for 9 a.m.-12 p.m. Friday, Oct. 25.

The tour starts in the Governing Board Room at the Madison District Office, 5601 N. 16th St. There will be a brief welcome and overview, after which families will board a bus for a tour of Madison Camelview, Madison Heights, Madison Simis, Madison Rose Lane, and Madison Traditional Academy. These tours will be led by the principal of each site.

The bus will then return to the Madison District Office for lunch and a brief wrap-up that will be completed by noon. RSVPs for attendees need to be received by Oct. 11, and can be completed by filling out a short form at www.madisonaz.org/discovertour or by calling 602-664-7944.

OSBORN ELEMENTARY SCHOOL DISTRICT Osborn looks to pass budget override

The Osborn Elementary School District will have a budget override item on the Nov. 5 Maricopa County Elections Ballot. Currently there are just under 17,000 residents registered to vote for this item (Phoenixians living in the school district’s boundaries).

Osborn School District currently has a 15-percent budget override in place, passed by voters in 2009 and set to expire in 2016. The Nov. 5 election is a request to continue the override until 2020, which means homeowners in the school district will continue to pay approximately \$45 per year, on average.

If the budget override fails, approximately \$2 million will have to be cut from the district’s budget over the next two years. Prior to its original 2016 sunset, the override would decrease in increments in its final two years.

SCHOOL DAYS

Osborn School District offers full-day kindergarten, English language proficiency support and materials, and technology support staff, as well as art, music and physical education. It's likely many of these programs will face steep cuts if the override doesn't pass.

A group called "YES for Osborn Students" has formed to help pass the override. For more information, visit www.facebook.com/YESforOsbornStudents.

PHOENIX UNION HIGH SCHOOL DISTRICT Requests for academy nominations due

Students interested in one of the military academies must first be nominated by a U.S. representative or senator. Congressman Ed Pastor is accepting applications from high school seniors for the Air Force, Naval, Merchant Marine and Army Academies.

Requests for nominations must be received by Friday, Oct. 11 and completed applications must be returned by Friday, Oct. 18.

For more information, visit www.pastor.house.gov, click on Services and then Academy Nominations, or call Pastor's office at 602-256-0551.

STEM Symposium held at Central High

Central High School hosted hundreds of Phoenix Union seniors for a STEM Symposium, presented by the Basketball Hall of Fame/First Impressions Foundation on Sept. 26.

STEM stands for Science, Technology, Engineering and Mathematics.

The basketball stars were in town for the Jerry Colangelo Hall of Fame Golf Classic and Dinner, and visited the students, introducing them to a day of education and career exploration during breakout sessions.

The sessions included engineering, medicine, project management, financial management, computer networks, programming and energy and environmental engineering.

Students cater event for Phoenix Suns

Six of Central High's culinary students were chosen to help cater an event for the Phoenix Suns on Aug. 22. The event, called A Taste of the NBA, was directed at current and potential season ticket holders.

Each student was placed at a station where a different region from the United States was being showcased. The students were able to refill the stations as well as serve as the runners for all the stations.

The students learned about the different foods from the regions and worked with professional chefs. Culinary teacher Erin Sullivan is networking with the general manager of the Levy Corporation to get more experiences like this for her culinary students.

North High to host a College Planning night

North High School will host a dis-
please see COLLEGE on page 32

Arizona Sunrays
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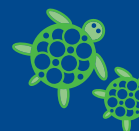
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|----------------------------------|----------------------------------|
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| C. Parsons New School for Design | G. Rhode Island School of Design |
| D. Duke | H. U Penn |

Answer: **All of the above.** Our 62 well-rounded graduates are attending 42 different colleges and universities. For their complete list of acceptances, visit www.pcds.org/acceptances2013.

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SCHOOL DAYS



Sunnyslope Elementary students thank "Mr. Sun" for his help in providing solar energy to the school (submitted photo).

COLLEGE *continued from page 33*

district-wide College Planning Night for students of all grade levels and their parents, 6 p.m. Wednesday, Oct. 16 in the North Library, 1101 E. Thomas Road.

Topics will include the application process; college interviews for admission; The College Experience, hosted by former North student Sarah Simms of Princeton; and financial aid and scholarships. In addition, officials from the Burton Barr Central Library's College Depot will present a writing workshop for personal statements and application essays.

Schools such as Princeton, Arizona State University, University of Arizona, Northern Arizona University, Carnegie Mellon, Grand Canyon University, MIT, St. Mary's, Tulsa and Westminster will have representatives. The event is free.

WASHINGTON ELEMENTARY SCHOOL DISTRICT Sunnyslope featured in solar commercial

Sunnyslope School students and staff will be featured in a solar commercial recently filmed by Arizona Public Service (APS). Since the Sunnyslope School solar system was installed last year, more than 80 percent of school's electrical load has been met by solar energy.

More than 1,400 solar panels were installed on rooftops, over parking areas and over the school's playground in 2012. This solar installation is owned and maintained by Tioga Energy, at no cost to the school district.

WESD buys the power back as a rate lower than utility company rates.

Solar incentives from Arizona Public Service Company combined with federal and state tax credits make this project, and other WESD solar projects, affordable. The school district has no ownership in these systems and is not responsible for maintaining them. Savings in the first year are expected to be \$17,300.

Parent University coming Nov. 2

Hundreds of parents from throughout the Washington Elementary School District are expected to attend the fourth-annual Parent University 7:30 a.m. to 1 p.m. Saturday, Nov. 2 at Mountain Sky Junior High School, located at 16225 N. 7th Ave.

Parent University is a special half-day educational opportunity designed to help parents and guardians assist their children with academics and behavior as well as provide important health and human service information and support.

The free event begins with breakfast. Parents will then attend an inspiring keynote address by Dr. Jennifer Johnson, deputy superintendent for Program and Policy, Arizona Department of Education.

Parents may take part in informative sessions on such topics as Common Core and language arts, nutrition, bullying, preparing children for kindergarten (for parents of young children), managing difficult behaviors in young children, understanding the new math, and parenting with love and logic.

In addition, parents can also learn

SCHOOL DAYS



Bios Christian Academy teacher Kelly Pierce Maguire (center left) and her sister, St. Francis Xavier teacher Anne Pierce Sanford (center right) are pictured with their students Kaylee Phillips and McKenna Crawford (left) and Johnny Vanderwey (right), all three of whom placed in a recent essay contest (submitted photo).

about sensible couponing to save money on things they already purchase, effective budgeting, how to teach their children about money, the importance of credit, and even how to make full use of the public library and transportation systems.

Guests will have the opportunity to visit the Community Resource area where numerous organizations will provide information helpful to parents and families in the community.

For more information on Parent University, visit www.wedschools.org.

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Like most sisters, Kelly Maguire and Anne Sanford have competed for recognition throughout the years.

please see ESSAY on page 34



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SCHOOL DAYS

ESSAY continued from page 33

Native Arizonans, they both attended and graduated from St. Francis Xavier Elementary and St. Mary's High School.

Although nearly 10 years apart in age, they both sought degrees in education: Maguire from the University of Arizona, and Sanford from Grand Canyon University. Both went on to pursue master's degrees in education as well.

Maguire currently teaches English at Bios Christian Academy in Gilbert, and Sanford teaches English at St. Francis Xavier Elementary in North Central Phoenix.

Fond of friendly competition, the sisters recently discovered that they both had students who placed in a well-known essay contest, "Letters About Literature," a reading and writing contest for students in grades 4-12. Students are asked to read a book, poem or speech and write to that author (living or dead) about how the book affected them personally. Letters are judged on state and national levels. This year more than 49,000 students from across the country entered the contest.

Maguire and Sanford accompanied their winning students to an awards reception on Sept. 13 that recognized the Arizona Letters About Literature winners and their teachers.

Olmsted dedicates new Bourgade chapel

Diocese of Phoenix Bishop Thomas Olmsted on Sept. 10 officiated the grand opening of the remodel of Bourgade Catholic High School's Chapel, Hillmann Center and brand new Blue Angels Hall. The school is located at 4602 N. 31st Ave.

Hillmann Center was originally built in 1962 to house the priests who served as administrators and faculty/staff for the school. The center later served as a retreat house for the Diocese of Phoenix.

In its new life, Hillmann Center houses Bourgade Catholic's music program with classroom and practice spaces, instrument storage, an expanded Campus Ministry Office, and space for a warming kitchen on the first floor. Blue Angels Hall is a new 4,125-square-foot multi-purpose room named after Bourgade Catholic's first mascot,

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At Madison School District, we are committed to providing extraordinary learning for all. We invite parents of children entering kindergarten for the 2014 – 2015 school year to join us for our "Discover Madison" tour to learn more about what our schools and programs can offer you and your child. For more information or to RSVP, please visit madisonaz.org/discovertour.

The tour will be conducted from 9 a.m. – 12 p.m.
Lunch will be served. We look forward to seeing you!



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SCHOOL DAYS

Xavier's College Preparatory's International Studies Program sent several young women to Quito, Ecuador earlier this summer (submitted photo).



the United States Navy Blue Angels.

The chapel remodel includes a carved altar and presider's chair. A relic of St. Elizabeth Ann Seton, the first native-born citizen of the United States to be canonized and founder of the first Catholic school in the United States, will be placed beneath the table of the altar.

Xavier girls spend summer around globe

More than 40 Xavier College Preparatory students and faculty members participated in the school's International Studies Program offerings in Ecuador, France and Nicaragua during the summer. The program marked Xavier's second year of international studies offerings since it expanded its program beyond an annual Easter pilgrimage to Lourdes, France, that began 31 years ago.

Xavier also offers an exchange program in Aachen, Germany. German students come to Phoenix each October, and Xavier students travel to Aachen each February.

Eighth Grade Day, Open House at Xavier

Xavier College Preparatory will host its annual "8th Grade Day" on Friday, Oct. 25, from 9:30 a.m. to 12:30 p.m., and its Open House on Sunday, Nov. 3, from 12 to 2:30 p.m. Both events are free, and will take place on Xavier's campus, 4710 N. 5th St.

The first event offers eighth-grade students from around the Valley an opportunity to experience Xavier on a school day. Scheduled activities will include a welcome assembly, student-led tours, classroom visits, an all-school pep rally, and lunch. Participation is free, but interested students are asked to register online by visiting www.xcp.org, clicking

"Admissions," then "8th Grade Day." Please note that this is a student event, so there will not be any planned activities for parents on this day.

The Open House is an opportunity for students of all ages and their parents to attend a Xavier information session, tour the school, and meet the faculty and coaches. Information sessions begin at 12:15 p.m. and 1:15 p.m. in the Virginia G. Piper Performing Arts Center, and campus tours will be available after each session. Registration is not necessary.



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GENERATIONS

Senior Living

Senior apartments taking applications

Rental applications are being accepted for Madison Gardens Senior Community, a 132-unit project located at 808 E. Missouri Avenue. The first phase of the complex is slated to

open by the end of this year.

Madison Gardens, a project of Wescap Investments Inc., was designed as a LIHTC (Low Income Housing Tax Credit) facility, serving seniors 62 and older and/or disabled persons. There will be one- and two-bedroom units available, along with elevator access, swimming pool and spa, fitness center, billiard

room, arts and crafts room, library, beauty salon, and more amenities.

Apartment features include energy-efficient stainless steel appliances, spacious closets, and a full-size washer and dryers in each unit. Covered parking will be available on site. A community van will be available to transport residents to off-site events and activities.

Qualified individuals are being placed on the waiting list. Units are being leased on a first-come, first-qualified basis. To receive an application, contact Karla at 602-200-5657 or pick up an application in person at 4745 N. 7th St., Suite 110.

Homebound seniors benefit from your time

Recent retirees looking to give back or younger adults who want to connect to an older generation are invited to become a volunteer with Duet, which provides a variety of services to homebound seniors in the Phoenix metro area. An orientation is set for 9-11:30 a.m. Saturday, Oct. 19 at Orangewood Presbyterian Church, 7321 N. 10th St.

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

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

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

Kids & Families

New resources helps teens quit smoking

Arizona has launched the first-ever comprehensive program aimed at helping adolescents and young adult smokers called "The Cignal." The program uses a website (www.thecignal.com) with customized tips and advice for young smokers and uses a toll free helpline (800-55-66-222) where they can talk to quit coaches for free.

Quit coaches will help teens recognize their addiction to tobacco and provide assistance in quitting. Over-the-counter medication and other drug therapies will not be advised or made available to tobacco users under the age of 18 through The Cignal. Callers under the age of 18 will be encouraged to speak to their doctor if they are interested in nicotine replacement therapy. Parental consent will not be required to speak to a quit coach.

Teen video contest targets peers with PSAs

Valley high school students will compete for a chance to win cash prizes and showcase their filmmaking talents

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GENERATIONS

on local TV in the fourth bi-annual My Message teen video competition.

Sponsored by the Maricopa County Attorney's Office in partnership with Tempe Marketplace and Desert Ridge Marketplace, My Message invites teens to create a 25-second video public service announcement (PSA) that encourages their peers to avoid behaviors that can lead to criminal activity. The deadline for entries is Nov. 11.

Eligible topics for the Fall 2013 edition of the My Message competition are illegal drug use, underage drinking, prescription drug abuse, bullying, and truancy. A panel of judges will select five finalists who will receive a \$500 gift card, and one Grand Prize winner who will receive a new Apple MacBook Pro.

Winning entries will be broadcast locally on cable networks with significant teen viewership.

The My Message video competition is open to all Maricopa County residents 13 to 18 years of age. Complete rules and submission instructions can be found at www.SafeTeensAZ.org. Winners will be announced at an awards ceremony at Tempe Marketplace on Dec. 12, with prizes provided by Tempe Marketplace and Desert Ridge Marketplace.

Sunrays offers two fun nights this month

The Arizona Sunrays Gymnastics Center will host an exciting Kids' Night Out with a special superhero theme for ages 3 to 13 (must be potty trained) on Saturday, Oct. 5.

In honor of Halloween, the Arizona Sunrays also will host a "spooktacular" Kids' Night Out for ages 3 to 13 on Saturday, Oct. 26.

At both events, children will enjoy a great evening of gymnastics, organized games, sports, jumping in a bounce house and on trampolines, and then wind down the evening by watching a movie.

Kids' Night Out is from 6 to 10 p.m. Cost is \$25 per child with a \$5 off sibling discount. Pizza, snacks and drinks are included. Kids are welcome to come dressed in their favorite superhero costume on Oct. 5 and in their Halloween costumes on Oct. 26.

Advance registration is required. Arizona Sunrays is located at 3110 E. Thunderbird Road.

For more information or to register your child for either of the above pro-

grams, call 602-992-5790 or visit www.arizonasunrays.com.

Radio Disney visits the Heard

Take the family to the Heard Museum to enjoy a special book reading and a visit from the Radio Disney Road Crew on Sunday, Oct. 20, at 2 p.m. The event includes music, games and tons of prizes, all supported by Radio Disney AM 1580. A full list of special guest reader events can be found at www.heard.org.

Admission to the Heard, 2301 N. Central Ave., is \$18 general admission, \$13.50 seniors (65+), \$7.50 children 6-12, and free for children 5 and younger.

'Tiny doors' in trees courtesy of Keebler

Tiny doors have been popping up in trees in central Phoenix, bringing to life the possibility that elves really do exist.

To remind parents and kids alike of the magic in believing, Keebler, in collaboration with arborists and local artists, installed Tiny Doors in Phoenix's local Encanto Park and Margaret T. Hance Park ... but they'll only be around until Oct. 9.

The Tiny Door Project creates magical elf entrances for local Phoenix families to explore. Families are encouraged to leave letters on the elves' tiny doorsteps and post photos to Twitter, Facebook and Instagram with the hashtag #TinyDoors—spreading the word about the magical elves who've moved in.

Encanto Park is located at 2605 N. 15th Ave., and Margaret T. Hance Park is at 1134 N. Central Ave. For details, visit www.TinyDoorProject.com.

Free movie held on church square

Central United Methodist Church, located at the southeast corner of Central Avenue and Palm Lane, is opening its campus to a night of community and family fun for a free movie night in the square, 7 p.m. Friday, Oct. 18.

Bring your picnic blankets and lawn chairs to enjoy the movie on the courtyard grass. Come early to enjoy The Grilled Cheese Truck, along with other food trucks will arrive at 6 p.m. for you to purchase your dinner.

The movie scheduled to be shown is "Hachi: A Dog's Tale," however, the movie is subject to change. For more information, call the church office at 602-258-8048.



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ARTS & ENTERTAINMENT

Find holiday gifts at Sunnyslope Art Walk

On Oct. 12, enjoy a cool evening filled with original art works and music as you stroll Central Avenue for the 12th installment of the Sunnyslope Art Walk. More than 130 artists will show and sell their original work ranging from fine art painting and ceramics to jewelry and fiber wearables.

The event runs from 5 to 9 p.m. along the quarter-mile stretch of Central Avenue from Dunlap Avenue to the canal. Sunnyslope Art Walk also features live local music along the route including Sunnyslope's own Refugees from the '60s. Other favorites are Bourbon Myst, JC & the Jukers, and newcomers Art Stream, Ben Anderson, Central Divides, Evans Frazer and Mick Farrell.

Fun Finder Mobile Kid Zone, sponsored by Credit Union West, will offer an indoor space in the shopping center at the southeast corner of Central and

Dunlap, where kids will enjoy free games and crafts. Vendors will display family-friendly products, and raffles will award family-oriented prizes.

A variety of restaurants and fast-food providers along the route will offer food and drink for purchase. Parking is available at the MarketPlace at Central, 115 E. Dunlap Ave.; Sunnyslope High School, 35 W. Dunlap Ave.; and John C. Lincoln North Mountain's Cowden Center, 9202 N. 2nd St.

For more details, visit facebook.com/sunnyslopeartwalk.

A & E Briefs

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Opera Center Grand Opening

Oct. 4-5

Arizona Opera Center

1636 N. Central Ave.

602-266-7464

Arizona Opera celebrates the opening of its new center with a Grand Opening Weekend of activities and previews. There will be tours of the new center, makeup demonstrations, youth choir performances, and more. For details, visit www.northcentralnews.net and select "News Updates."

Herberger Theater Festival of the Arts

12-5 p.m. Saturday, Oct. 5

Herberger Theater Center

222 E. Monroe St.

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ARTS & ENTERTAINMENT



Carolyn and Lyle Mitchell show off their unique Chrysalis God Gourds during the spring 2013 Sunnyslope Art Walk. More than 130 local artists will display and sell their original work during the fall event, which takes place Oct. 12 (submitted photo).

costume contest), wine tasting, film shorts, Lunch Time Theater and more. Admission is \$5, free for children 12 and under, and (with ID) active military/veterans, and first-responders (police, fire and emergency medical personnel). For details, visit “News Updates” at www.northcentralnews.net.

**Singer-Songwriter
Buffy Sainte-Marie**
7 p.m. Thursday, Oct. 10
Heard Museum
2301 N. Central Ave.

Sainte-Marie (Cree) speaks about her career and her current role as a Native rights and education activist. Her song “Until It’s Time for You to Go” was recorded by Elvis Presley, Barbra Streisand and Cher, and her “Universal Soldier” became the anthem of the peace movement. For her very first album she was voted Billboard’s Best New Artist. She won an Academy Award and a Golden Globe Award for the song “Up Where We Belong.” Free and open to the public; visit www.heard.org.

**‘The Importance
of Being Earnest’**
Arizona Theatre Company
Oct. 10-27
Herberger Theater Center
222 E. Monroe St.
602-256-6995

In Oscar Wilde’s most beloved and endlessly delightful classic, Jack is in

love with Gwendolen, Algernon is in love with Cecily. But Gwendolen and Cecily are both in love with Ernest, who in fact does not exist. Tickets are \$36-\$67. Visit www.arizonatheatre.org.

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ARTS & ENTERTAINMENT

Open House & Community Day

10:30 a.m.-2 p.m. Saturday, Oct. 12
 Ballet Arizona
 2835 E. Washington St.

Check out the ballet company's new facilities while enjoy free dance demonstrations and performances, mini classes, and a grand prize drawing of a season subscription for two. The event is free and open to the public. For more information e-mail questions@balletaz.org.

'A Vampire Tale'

Scorpius Dance Theatre
Oct. 10-12 & 17-19
Phoenix Little Theatre
100 E. McDowell Road
602-254-2151

A young woman is drawn to the dark side and finds herself lured into an assorted band of bloodsuckers and becomes infatuated with the king vampire. Featuring visually stunning aerial feats. Tickets start at \$25; visit www.scorpiusdance.com.

Latino Folk Tales:
Cuentos Populares –
Art by Latino Artists
Oct. 13, 2013 - Jan. 5, 2014
Heard Museum
2301 N. Central Ave.

This exhibition features original illustrations from 12 award-winning children's book artists. Each focuses his or her lively imagination, distinctive style and colorful palette to bring alive bilingual Latino folk tales. Admission is \$18 general admission, \$13.50 seniors (65+), \$7.50 children 6-12, and free for children 5 and younger. Hours are 9:30 a.m. to 5 p.m. Mondays through Saturdays, 11 a.m. to 5 p.m. Sundays.

'Once On This Island'

Xavier Drama Department
7 p.m. Oct. 16, 18-19
Virginia G. Piper
Performing Arts Center
Xavier College Preparatory
4710 N. 5th St.
602-240-3161

Set on a Caribbean island, the production is the fable of Ti Moune, a poor girl who falls in love with the wealthy Daniel. The star-crossed youths struggle to change their fates, fighting against class, tradition, and prejudice. Tickets are \$7. There will be a 2 p.m. matinee on Oct. 19 as well. Call the Jackson Box Office, e-mail pacbox@xcp.org, or purchase at the door.

'An Evening at the Tonys'

The Choirs at XCP
7 p.m. Thursday, Oct. 24
Virginia G. Piper
Performing Arts Center
Xavier College Preparatory
4710 N. 5th St.
602-240-3161

The performance will feature award-winning Broadway tunes that audience members of all ages will enjoy. Tickets are \$5 apiece and may be purchased at the door.

'A Steady Rain'

Actors Theatre
Oct. 25-Nov. 10
Playhouse on the Park
1850 N. Central Ave.
602-888-0368

Described as "a gritty, rich, thick, poetic and entirely gripping noir tale of two Chicago police officers whose inner need to serve and protect both consumes them and rips them apart." Tickets are \$20-\$45; visit www.actorstheatrephe.org.

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Spend a Sunday afternoon at the Heard and enjoy a variety of performances from Native and Hispanic artists throughout the fall!

OCT. 6 – 11:30 A.M. & 1 P.M.

Hoopdancer Brian Hammill

OCT. 13 – 12:30 P.M. & 2 P.M.

Mariachi Viva! Youth Mariachi Group

OCT. 20 – 2:30 P.M.

The Radio Disney Road Crew will be at the Heard with music, games and tons of prizes to celebrate the new exhibit, *Latino Folk Tales: Cuentos Populares - Art by Latino Artists*. Enjoy a special book reading and giveaway supported by Radio Disney AM 1580!

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FOOD FOR THOUGHT



Phoenix College Culinary Arts instructor and chef Joe Kalfus and student Jaleala Green prepare a fruit platter for a catering order, while student LeVon Pope-Whatley grabs a tray of lamb chops for one of the the afternoon's entrée at Café Oso, the college's recently remodeled dining area (photo by Teri Carnicelli).

Café Chat

**Have a meal,
train a student**

By Teri Carnicelli

If you are traveling in the area of Thomas Road and 15th Avenue in the future around lunchtime, consider stopping at one of two locations that will give you a good meal for a great price—while you, in turn, get to help train a culinary student and potential future star chef.

Both Phoenix College and Metro Tech High School have cafés that are open to the public during the day, right around lunchtime. At one, you can enjoy a three-course gourmet meal; at the other, you can get a made-to-order fresh salad or sandwich. And at both, you'll pay less than you would at a retail establishment.

Café Oso

Phoenix College's Café Oso, located at the northeast corner of 11th Avenue and Flower, opened its newly designed digs on Aug. 23. Formerly the Culinary Café, Café Oso (Spanish for "Bear," the school's mascot) has been remodeled and features several new menu items.

Under the direction of Chef Joe Kalfus and Chef Anthony Redendo, students in the Phoenix College Culinary Studies Program craft three-course meals three days a week, while other students work as wait staff in the

dining area under the watchful eye of Yves Leger, instructor of Food Service Administration.

"The menus are based on class competencies, as well as current trends in the culinary field, while balancing it with classical techniques, cost and availability of ingredients," Kalfus says. He also was pleased to recently introduce more healthy, vegetarian, and gluten-free options, balanced with classical dishes.

Some of the entrees coming up in October include beef bourguignon, sautéed duck breast, seared scallops and herb-crusted prime rib. Vegetarian options will include zucchini a la romesco, stuffed grilled eggplant, chic pea and red cabbage pita pizza and capellini al pomodoro.

Dessert is a choice of New York-style cheesecake or a specially prepared treat for the day, such as a Linzer tort, bananas foster, apple strudel or tiramisu. The first course gives you the option of a tasty soup of the day, a house salad, and a third option such as a specialty salad, smoked salmon Napoleon, fried green tomatoes, or vegetable quiche.

They may sound like sophisticated dishes, but students say they are up the challenge. "The hardest thing is to be patient," says student LeVon Pope-Whatley, whose goal is to eventually

please see STUDENTS on page 42

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FOOD FOR THOUGHT

STUDENTS continued from page 37

open his own restaurant. “We do a lot of cuisines that we may not be used to. You’ve got to respect the recipe and listen to the instructors, who are so confident—they instill that confidence into us, too.”

Each three-course meal always is just \$10.25, not including tax or gratuity. And speaking of tips ... diners should know that all gratuities will go toward program improvements—in other words, not the individual servers.

To view upcoming weekly menus online, visit www.phoenixcollege.edu and type in “Café Oso” in the search box.

If a full three-course meal is too heavy for you, the café offers an a la carte menu that includes soup of the day, entrée salads, sandwiches and a burger. All breads are made in house by the students and herbs for the house foccacia are grown in the café’s on-campus garden.

The café also offers catering services and there is an adjacent banquet room that seats around 80 and can be rented out for private events.

Café Oso is open 11 a.m.-1 p.m. Tuesday through Thursday; reservations are requested so the proper amount of food can be prepared, eliminating extra waste. The last seating is at 12:45 p.m. For more information on private events, or to make a reservation at Café Oso, call 602-285-7764.

The café will be closed Thanksgiving Day, and then for fall break beginning on Dec. 5.

Metro Tech Express Café

Over at nearby Metro Tech High School, students in the Culinary Arts program are preparing appetizing meals under the direction of instructors Tina Hahn and Dean Wilberscheid.

The school, located at 1900 W. Thomas Road, operates its Express Café from 11 a.m. to 12:30 p.m. Tuesday through Friday. If you are worried about a noisy student atmosphere, fear not: the eatery is only open to students who are accompanied by an adult.

Unless, of course, they are making the food or serving it to you.

The Express Café offers a casual lunch experience featuring a salad bar, entrée salads, sandwiches, and desserts.

“We don’t compete with the cafeteria—this is different food, served in a different atmosphere,” explains Hahn. “It’s more about having a different

option, especially for teachers, while providing a hands-on learning environment for students.”

The salads and sandwiches run \$4.50-\$6. “It’s restaurant-quality food, but we can offer it at a slightly reduced price,” Hahn says. “We don’t price anything to necessarily turn a profit; we have a small profit margin, but it all goes back into the program.”

For example, students in the program will create a special buffet for their families during an upcoming Parent Open House.

Another on-campus dining area, called The Sustainable Table, is open for special events and can be reserved for private parties during the school day, using the menu from the Express Café or creating a specialized menu. Some of the herbs, fruits and leafy greens used in the menu are grown right on campus, and any non-animal-based leftovers are recycled in the campus compost area.

“We open The Sustainable Table to the public on a fairly limited basis,” Hahn says. “It has to do with student enrollment. Currently enrollment is very good, so we anticipate having it open more frequently this school year.”

Many of the students in Metro Tech’s culinary program are interested in working in the food service and restaurant industry. Getting training while still in high school can give them a leg up on their peers when they enter their post-secondary culinary education, Hahn points out.

“You just can’t replicate that need for speed, that sense of urgency when you are actually feeding a real customer as opposed to simply making food for an exercise,” she explains. “We have real customers who are on a tight schedule. It’s terrific real-world experience for the students.”

For more information about reserving The Sustainable Table for your event, call the café during school hours at 602-764-8114, or leave a message after hours.

Dining Briefs

Del Frisco’s diners help ‘Feed the Cure’

Del Frisco’s Grille has partnered with Susan G. Komen Central & Northern Arizona to host a “Feed The Cure” fundraiser on Saturday, Oct. 5.

From 6 to 10 p.m., all regular diners will enjoy a live musical perfor-

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FOOD FOR THOUGHT

mance by local favorite Elvis Before Noon, as well as have the chance to enter to win raffles and door prizes.

Plus, throughout October, \$1 will be donated directly to Komen CAN AZ for each signature VIP cocktail ordered at Del Frisco's Grille—the Hawaiian Sweet Pineapple-Infused Svedka Clementine Vodka cocktail. A portion of the proceeds donated directly to Komen CAN AZ's efforts to fund breast cancer services and research.

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

Half Moon amends theme, changes menu

As much as Chicago transplants love their adopted home in Arizona, there's something about that city that runs deep in the veins. That's why Half Moon Sports Grill in central Phoenix is now Half Moon Windy City Sports Grill, complete with Chicago décor and authentic menu items.

A grand re-opening party for the restaurant at 2121 E. Highland Ave. is slated for all day Oct. 10, and that evening, the Chicago Bears and New York Giants will battle it out on the field. The public is invited to enjoy \$1 Old Style cans in paper bags (the way they drink it outside of Wrigley Field), \$3 Goose Island beers and \$5 personal pizzas made the Chicago way—with a thin cracker crust and sweet sauce, based on a third-generation family recipe.

Also, when the Bears score a touchdown, the bar will sell \$2.50 blue-and-orange "Bears" shots. Fans of Chicago food will root for the new menu, featuring favorites like

real Vienna beef Chicago dogs with all of the traditional toppings and poppy seed buns flown in from S. Rosen's; Italian beef sandwiches on hoagie buns from Alpha Baking Company in Chicago; and Eli's Cheesecake, also "imported" from Chicagoland. The award-winning wings, juicy burgers and other popular items Half Moon fans have come to love are still there, too.

And Half Moon Windy City will be Game Day Central for any sports fans, thanks to a full upgrade with 32 new HD TVs, a new audiovisual system and games on TV with sound every Sunday. The new menus and drinks lists are available at: <http://halfmoonsportsgrill.com/menu-windycity.php>. For more information, call 602-977-2700.

Lunch series offers tips on fresh herbs

Have you ever bought a bunch of cilantro for a special recipe, used only half and didn't know what to do with the other half? Maybe you grew your own herbs and didn't know more than a handful of uses for each one. What do you do with the rest?

Chef Ken Arneson from Rico's American Grill, 7677 N. 16th St., wants to share with you how to reuse the same autumn herbs in multiple dishes—you'll never have to waste your fresh ingredients again.

Arneson will host a weekly garden lunch beginning Oct. 9 right next to his restaurant garden to share with guests a three-course lunch utilizing the same one to three herbs in each dish. The featured herbs will vary from week to week depending on what is available from his garden. The lunches take place from 12-1 p.m.

please see HERB TIPS on page 44

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FOOD FOR THOUGHT

HERB TIPS *continued from page 43*

Wednesdays through Nov. 6. The cost per guest is \$25 and each lunch can accommodate up to 20 guests. RSVPs required. For more information, call 602-997-5850.

All-you-can-eat chicken fried steak

How does a Texas-themed restaurant observe its 28-year anniversary? It celebrates the biggest way possible. Prepare yourself for the return of "all-you-can eat Chicken Fried Steak" at Texaz Grill, Oct.

17 through Oct. 26. For \$15 per person, per visit, the chicken-fried goodness doesn't stop until you throw in the towel.

Texaz Grill's 28th anniversary happens to fall around National Chicken Fried Steak Day (Oct. 26). The offer comes with a few restrictions: to-go

orders are not allowed, no doggy bags, and guests are not allowed to share their endless supply of Chicken Fried Steak.

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

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

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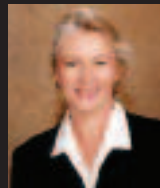
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