



# north central news

the voice of the north central phoenix community

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## Child drownings can be prevented

By Teri Carnicelli

North Central mom Christie Shaw-Ulichny's voice shakes as she talks about the day she nearly lost her daughter, then age 2. It was a birthday pool party at her home, she explains, and her husband, Mike, was stationed inside the pool to keep an eye on the kids. Somehow their little girl went from sitting on the top step to being submerged under water, just a foot away—and behind Mike. It was the alarming cry from a friend standing by the patio that alerted Mike, who quickly pulled Maddie out of the water.

Maddie was conscious and spewing out the water from her lungs and stomach, but they took her to the hospital just to be safe. She eventually was given the all-clear. But to this day, Shaw-Ulichny is stunned by what happened. She and Mike both grew up around water, were strong swimmers, and were, they thought, very aware of their children's locations at all times. It

*please see DROWNINGS on page 6*



Sheila Shaffer, the middle school program instructor for the Phoenix Hebrew Academy, congratulates the two young men who came up with the winning slogan and artwork for the school's reusable canvas bags. Yaakob Almoslino, left, 12, and Shmuel Brekan, 9, were the lucky winners. The bag's slogan reads, "Reuse the things you throw away to help our Earth in every way" (photo by Teri Carnicelli).

## Local academy is winner of the 'Recycle Bowl'

By Teri Carnicelli

The city of Phoenix, Arizona Recycling Coalition and Keep Phoenix Beautiful on March 3 recognized Phoenix Hebrew Academy as the Arizona winner of "Recycle Bowl," a nationwide recycling competition for elementary-, middle- and high-school students. Arizona is second in the nation for number of schools participating in the competition.

Phoenix Hebrew Academy, 515 E. Bethany Home Road, recycled an average of 12 pounds per student in the contest's two-week period. The school has a total of 132 students and their average pounds-per-student far surpassed much larger public schools in the Valley.

In addition to bragging rights, Phoenix Hebrew Academy received a \$1,000 check from Keep America Beautiful, the program's administrator. Other sponsors include Nestlé Waters N.A. and ReCommunity.

The award ceremony was attended by Phoenix Vice Mayor Jim Waring, Councilman Sal DiCiccio and members of the city's Public Works Department, as well as representatives from the Arizona Recycling Coalition and Keep Phoenix Beautiful.

As part of the school's ongoing recycling efforts, the sixth graders researched what the largest amount of waste was that the school produced that was going

into the dumpster instead of a recycling bin. They discovered that 6 percent of that waste was white office paper.

Phoenix Hebrew Academy, an Orthodox Jewish day school founded in 1965 by Rabbi David Rebibo, also ran a school-wide contest to come up with a logo and motto for a reusable canvas tote bag.

"We really enjoyed participating in the Recycle Bowl," said Rabbi Isaac Entin, principal, Phoenix Hebrew Academy. "Every time you drop something in that bin, you feel like you are doing something good." He pointed out that everyone, including his students, has a responsibility to the Earth and to the future.

Sheila Shaffer, middle school program instructor

*please see RECYCLE on page 12*

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COMMUNITY



Having a festive time at last year's Hungerbowl event are, from left: Kiki Whissen, George Cuprak, Lorraine Cuprak, Cindi Miller, and ICM Board Member Christine Trainor (submitted photo).

## Event raises funds for hungry families

In 2013, Phoenix's ICM Food & Clothing Bank served more than 118,000 of the Valley's neediest families and individuals. Instead of just asking for people to write checks to help continue its cause, ICM is making it a little more fun—and competitive—with its annual Hungerbowl fundraising event.

Hungerbowl will take place 12-4 p.m. Sunday, May 4, at Let It Roll Bowl, 8925 N. 12th St. The event will include bowling, prizes, a DJ, goody bags and a raffle. Adults and children of all ages will enjoy the afternoon while helping to raise funds for ICM.

How it works is a team captain finds four friends and/or relatives to form a team, and each member pays a \$20 registration fee. Next, the bowlers

are asked to find some pledges from other family and community members. It could be a per-pin pledge (i.e. 10 cents a pin, and the bowler scores 180, so that's \$18), or just a set donation amount, such as \$10.

After registering, the team captain will be contacted with an assigned time to show up and bowl. Individuals who want to participate but don't have a team will be put on a team with other single bowlers.

There will be prizes for the highest game bowled, the most pledges brought in, and other fun categories.

One hundred percent of the proceeds from this event will be used to purchase healthy food and snacks for families in need. For more information and to participate, call Abby Loza at 602-403-3577, e-mail [abby@icmaz.org](mailto:abby@icmaz.org) or visit [www.icmaz.org](http://www.icmaz.org).



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## Your Monthly Family Law Focus

### Do I need an order to protect me from domestic violence?

Domestic violence is defined under Arizona law as any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, aggravated stalking, kidnapping, false imprisonment, harassment or any criminal offense resulting physical injury. Arizona law provides protection against domestic violence in the form of temporary or permanent injunctions, also commonly known as orders of protection or orders against harassment.

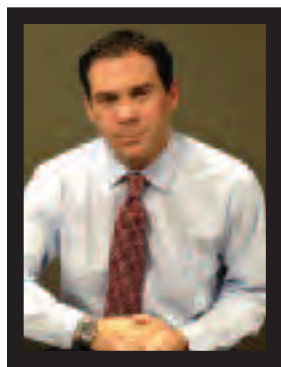
To obtain protection against domestic violence, a family or household member must file a petition with the Court. This person is known as the Petitioner. The Respondent is the alleged abuser, legally known as the person who answers the petition.

No acts of violence need to have occurred prior to filing as long as the petitioner has a reasonable fear that domestic violence may occur in the near future. A petitioner may ask for protection in any court where the petitioner or the respondent currently lives or where the violence occurred. The petitioner must provide the court with specific facts that he or she has been a victim of domestic violence or is in danger of abuse in the very near future. The court then holds a hearing to assess the parties' danger and the petitioner's right to protection.

If the petitioner is in great danger, the court has the power to issue an ex parte order of protection, which is a temporary injunction against the respondent before a hearing on the specific allegations of domestic abuse. The court may enter a temporary protective order without the necessity of an immediate hearing based upon the sworn allegations contained within the petition. After hearing the specific allegations during a future evidentiary hearing, the court may keep the order of protection in place or may dismiss it. The order lasts for one year, although either the petitioner or respondent may petition the court to modify or terminate the order, but only after proving to the court that the circumstances have changed and there no longer needs to be an order of protection in place to protect the petitioner.

An order of protection places restrictions on the respondent, such as no contact with the petitioner or their children, exclusive use of a shared dwelling, exclusion of the respondent from the petitioner's residence, place of employment, school or other designated places frequented by the petitioner, family, or household members, temporary custody of minor children to the petitioner and temporary surrender of firearms and ammunition.

### Laurence Hirsch



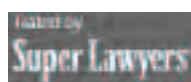
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## COMMUNITY

### Annual dinner funds dictionaries

The Sunnyslope Kiwanis Club invites the community to help the club support "unplugged learning."

Each year the club hands out more than 3,000 dictionaries to third-grade students in the Washington Elementary School District. But these aren't your ordinary student dictionaries. They also contain an abbreviated encyclopedia, a basic sign-language alphabet, a history of the U.S. presidents and more.

Most of the WESD schools are Title 1, meaning they receive funding for educational assistance based in part on the number of low-income students attending that school. What that often translates to is students from families who can't afford a home computer and Internet access. This makes "unplugged learning" even more important.

Each year third graders throughout the district are given a personalized learning resource with their names on a sticker nameplate inside that will help them look up words, find assistance with homework, and more. It's a resource that lasts well beyond the third grade.

This dictionary program is funded in part by the Sunnyslope Kiwanis Club's annual Dinner in the Desert, set for 6-9 p.m. Friday, April 25 at North Mountain Park, 7th Street and Peoria Avenue.

For \$30 (\$5 for children 11 and younger), attendees can enjoy chicken or ribs, side dishes and dessert provided by Burnt Biscuit and served by Kiwanis volunteers, along with live entertainment and a 50/50 raffle.



Eric, an adult client from Valleylife, carefully affixes a nameplate sticker inside a paperback dictionary that will be given to a third-grade student in the Washington Elementary School District, courtesy of the Sunnyslope Kiwanis Club (submitted photo).

Tickets are available from Sunnyslope Kiwanis Club members. Call Brian Vance at 602-550-3991 for tickets.

Part of the funds raised also benefit another community partner who pitches in on the dictionary project each year. Clients at Valleylife (www.valleylifeaz.org), a not-for-profit organization providing services to individuals with disabilities, spend hours placing the nameplate stickers inside each paperback dictionary. The Valleylife clients can do close to 300 dictionaries in one day. They are part of the organization's Vocational Program.

It's a mutually beneficial partnership, as the Kiwanis receive many hours of assistance from the Valleylife clients and, in return, the Kiwanis make financial donations to the nonprofit organization.

But in the end, the ones who benefit the most are the children who receive this special gift each year.

### north central news

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## COMMUNITY



Hannah Toledo, left, and Kate Randolph of Xavier College Preparatory display the Color Canalscape project they created as part of The Bridge Team (submitted photo).

## Project transforms canal for a day

Identifying the need to embrace and transform the Valley's vast network of canals into place-makers for the community, Arizona Forward on March 1 hosted Color Canalscape on the Grand Canal between Central Avenue and 7th Street.

Arizona Forward, in collaboration with Brophy College Preparatory, Central High School, St. Francis Xavier and Xavier College Preparatory, unveiled student art-themed projects depicting their vision for canal enhancements themed around shade, water, bridges and connectivity. The students were divided into three teams: The Art Team, The Environment Team and The Bridge Team.

Students designed and created new uses and improvements for canal banks as part of Arizona Forward's Canalscape initiative, designed to engage residents in transforming the Valley's more than 180 miles of canals into gathering spaces that foster connectivity and recreation.

Phoenix has more waterways than Venice and Amsterdam combined, yet the Valley has turned its back on what could be a key community asset, explained Heidi Curiel, director of marketing and public relations for Arizona Forward. Residents typically experience the canal system as a grid of hidden alleys disconnected from their daily lives.

"It's no secret that the Phoenix metro area's canal system packs enormous potential to transform the way we commute to and from work daily,

interact with friends and family on the weekends and connect with the entire community," Curiel pointed out.

"Arizona Forward believes America's 'Canal City' can obtain the connectivity of Venice, the diversity of Amsterdam and the strong sense of public interaction as in San Antonio. Our canal system has the potential to be an iconic landmark for our region."

For information, visit [www.arizonaforward.org](http://www.arizonaforward.org) or call 602-240-2408.

## Fun benefit helps Habitat for Humanity

Wear your favorite blue jeans and enjoy an array of gourmet samplings from the Valley's most popular food trucks during the "Jewels and Tools" fundraiser for Habitat for Humanity, set for 6-10 p.m. Friday, April 11.

Held at a private home in central Phoenix, the event includes gourmet food trucks, nosh, libations and brew and delectable desserts. Proceeds will help fulfill the dream of affordable homeownership for a low-income working family.

The evening includes a mystery toolbox drawing, competition for a bounty of themed baskets, and a tool and equipment-funding rally.

Parking will be at the nearby First United Methodist Church, 5510 N. Central Ave.; guests will be shuttled to the residence. Cost is \$125 per person. Tickets can be purchased online at [www.habitatcaz.org/tickets](http://www.habitatcaz.org/tickets).

For more information, contact Event Chair Robyn Anderson at 602-290-2085 or [robyn.anderson14@gmail.com](mailto:robyn.anderson14@gmail.com).

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## Real Estate Corner

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## Athletic injuries in young people

I am a huge baseball fan and there is no bigger thrill for me to have the baseball season beginning soon. I played four years of college baseball



and far and away it is my favorite sport. My concern with the beginning of the 2014 season is all of the major arm injuries that the teams are experiencing including

the Diamondback's star pitcher, Patrick Corbin, who will be out the entire season due to "Tommy John" surgery. My belief is that our kids are throwing a lot of innings as young boys and by the time they are in their early 20s, they are paying the price with injuries.

I am guilty as a dad because my son Sean played competitive baseball beginning at age 8. I believe he played in more than 75 baseball games that year and subsequently the same amount of games for the next six years, (and that does not include basketball and football games). We watched kids throwing sliders and curve balls even at age 8 with total amazement, not realizing how much impact that would have on some of these young arms when they got older. The problem we have in Arizona is that the weather is so awesome that we play sports all year round on many teams and with different coaches, some very experienced and some just there because they are the parent or the legal guardian. I am not saying what we do as parents and coaches is wrong because I coached my kids for more than 10 years. My point is to understand what has taken me a long

time to realize, that these young athletes are still growing and the impact of what they are doing at a young age could impede their growth in sports later on because of serious injuries.

I asked the North Central sports guru Itamar Stern of Foothills Sports Medicine to comment on his findings-

"Over my long career as a sports physical therapist, I have seen numerous injuries in the adolescent athlete related to overwork and overuse, none more prevalent than in the throwing athlete. The throwing motion overloads the immature musculoskeletal system, causing injuries to tendons, ligaments and bones when the thrower is asked to throw at a high frequency.

"Another problem is general weakness of core and shoulder girdle muscles contributing to injuries at the elbow and shoulder level. At Foothills Sports medicine PT we recommend a professionally supervised strengthening program specific to the thrower and the pitch count, taking into consideration the amount of practice and number of games, how frequently the athlete is seen, and how many teams the athlete plays on. Every parent thinks his kid is the next Steven Strasburg but incorrect training might lead to disastrous injuries and shattered dreams."

Have a great and healthy April. PLAY BALL!

*Bobby Lieb*

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## COMMUNITY



Pam Kasovac, who teaches swim lessons at her North Central home, shares pool safety tips with mothers from Cross Roads Preschool and Kindergarten, including (far left) Christie Shaw-Ulichny, whose daughter nearly drowned during a pool party at her own home, and (second from left) firefighter paramedic Lindel Millar, who shared her personal experiences of responding to a child drowning emergency call (photo by Teri Carnicelli).

## DROWNINGS continued from page 1

was their overconfidence, she said, that nearly spelled death for Maddie.

"For weeks on end, I sat on the edge of my bed with my head in my hands asking, 'How did this happen? Why did we get so comfortable that we didn't have our eyes on her, the way we should?'"

She was addressing a group of parents—mostly mothers—at Cross Roads Preschool and Kindergarten's annual Water Safety Day, held on March 12.

Also sharing stories and key water safety tips was Channel 10 Chief Weather Anchor Dave Munsey, who is known throughout the Valley for his "Watch Your Kids Around Water" tagline and community campaign that he started in 1980 to help prevent child drownings. Thirty-four years later, he still does presentations like this, because, he says, "Even if I get just one person to go home and improve the safety around their pool, if I get one family to be more aware, then it's worth it."

Munsey said he started his public-awareness campaign after the 2-year-old son of a close family friend drowned in a lake. The first three adults to reach him—including the boy's father—didn't know CPR.

"Studies have shown there is a rise in drowning incidents when something changes in the family dynamic—a new job with new hours, a vacation away from home, even having new carpet installed," Munsey says. "Your schedule

changes, you get distracted, and that's all it takes to lose focus for a minute."

Munsey played a tragic 9-1-1 call from a mother whose young son fell in the pool and was unconscious. The operator was trying to talk her through doing CPR, but the woman was too distraught to do anything. The boy died.

Many of the mothers in the room were in tears.

"We need parents to hear the tragedy," Munsey said. "We need them to believe it could happen to them."

North Central resident and firefighter paramedic Lindel Millar knows only too well how easily a child can accidentally drown. She's been on more emergency calls than she cares to think about, especially as the mother of a 6-year-old son.

Millar, who works for the Glendale Fire Department, explained to the parents that most child drownings happen to children from ages birth to 5 during large pool parties where there are lots of adults around—talking and, in many cases, drinking alcohol. Someone may have been put in charge of watching the pool area. But with so much going on, that person can easily be distracted. And alcohol can make a person less aware and slow his or her response time in an emergency.

Millar said the fire department has a special alert tone for when the emergency call is a child drowning. "Your stomach just drops. You try to get everything ready en route, who is going to handle what, even as you prepare for

COMMUNITY

the worst-case scenario.

“It’s a high-stress incident for everyone,” she said, adding that, “Every firefighter after a drowning calls their kids just to hear their voices and know they are OK.”

Pam Kasovac, who teaches swim lessons at her North Central home, offered several tips to help prevent this kind of tragedy from happening. She emphasized keeping all pool equipment and toys put away when finished swimming, somewhere removed from the pool area. Toys are like a magnet to children, she pointed out, and to leave one in a pool or on the pool’s edge creates a potentially dangerous situation.

Kasovac also advised checking the pool area first when a child goes missing, and not walking around the house calling his or her name.

“Those extra couple of minutes could be the difference in saving a child’s life,” she said.

She also told the parents not to get overconfident if their children wear floatation devices on their arms or use an inflatable swim ring. Because what happens if they go to a friend’s house

that doesn’t have those items, and they get in the pool anyway? Both a parent and a child can rely too much on flotation devices for safety, she said. Teaching children to swim is a far more effective safety measure.

For more information and tips about water safety, visit [www.preventdrownings.org](http://www.preventdrownings.org). To learn more about Pam’s School of Swim, go to [www.pamssos.com](http://www.pamssos.com).

By the numbers

Maricopa County drowning incidents and fatalities took a nosedive in 2013, according to statistics collected by the Children’s Safety Zone for the Drowning Prevention Coalition of Arizona (DPCA).

Pediatric and child fatalities were half of what they were in 2012 and teen/adult fatality numbers dropped from 40 to 33.

In 2013 there were 140 total incidents, resulting in 43 fatalities—10 of which were children ages birth to 5 years old.

As of March 19, 2014, there have been four child drownings in the Valley

area, one of which was a child under the age of 5 in Phoenix. The others were in Mesa, El Mirage and the Daisy Mountain area.

“Barriers remain one of most common broken links in the injury prevention chain,” Lori Schmidt, DPCA president, said. “The lack of pool fences across the Valley is alarming. There are too many pools left unprotected because they were grandfathered in or city ordinances provide loopholes.”

The DPCA stresses that families should take a 3-pronged approach to drowning prevention: Block, Watch, Learn.

- Block: Block access to water hazards. Put fences around pools, use protective covers on spas, close bathroom doors, and dump out water buckets.

- Watch: Watch each other around water. Neither adults nor children should swim alone. And if you lose track of children, always check your water hazards first.

- Learn: Learn CPR and ensure all family members know how to swim.

For more information, log on to [www.preventdrownings.org](http://www.preventdrownings.org).

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- \*April 17 - Maundy Thursday Service at 7 p.m.
- \*April 18 - Good Friday Worship Concert at 7 p.m.

## Easter Sunday

**Sunday, April 20**

- 6 a.m. Sunrise Service, Steele Indian School Park
- \*9 a.m. Contemporary Worship
- \*10 a.m. Taste Of Easter Brunch  
Children's Easter Egg Hunt
- \*11 a.m. Traditional Worship

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## COMMUNITY

### Rezoning request for apartments withdrawn

By Teri Carnicelli

The developers of a proposed four-story apartment complex across from the light rail station at Central Avenue and Camelback Road have withdrawn their rezoning request for the property, fearing they just didn't have the City Council votes to get it passed.

The council was scheduled to review the rezoning request on March 19, which would change approximately 1.14 acres located near 3rd Avenue and Camelback Road from commercial to multi-family residential. However, the developers pulled the request in early March.

Neighborhood opposition had been strong against the proposal, which would have created 50 primarily workforce housing units within easy walking distance of the busy light rail station.

Representatives from the adjacent Medlock Place historic neighborhood objected to the height and the density of the project, which abuts their 100-year-old, single-story community. It was the

strong opposition that ultimately made the developers choose to withdraw the rezoning request, explains Larry Lazarus of Lazarus, Silvyn & Bangs, P.C., who represents the developers.

Nearly 500 signed petitions were turned into city staff opposing the project, and leadership from adjacent neighborhood groups also wrote strongly-worded letters against it. Such organized opposition meant that the City Council would have to pass the rezoning request by a supermajority, or three-quarters vote. And City Councilwoman Laura Pastor, who represents that district, had already stated she would not vote in favor of the rezoning request. Which meant that just two more council members would have to vote no in order for the request to fail.

Michael Stringfellow from the Chasse Building Team had contacted the project's financing partners to determine whether reducing the height to three stories across the board or otherwise reducing the density of the units to below 50 would compromise the financing. The project qualified for certain tax credits and other financial incentives; however, the answer came back that to reduce the number of units any further would jeopardize those tax credits.

"We have to make sure we have a project that is financially feasible," Lazarus said. By reducing the height and the number of units, "We would not have been able to get the tax credits necessary to make the project work."

Ellen Bilbrey, secretary for the Medlock Place Neighborhood Association, said, "Now we are moving forward again to find those individuals who see the potential for creating exciting retail, entertainment, or public projects that match the Historic Neighborhood Station Place Type at Central and Camelback."

Residents in the area have long envisioned something low intensity, low height, and mid-century modern in design (to match the adjacent neighborhoods) for this underused property. The property remains zoned for commercial uses. "We are investigating other possible uses for that site," said Lazarus, who added that, given the proximity to the light rail, the best uses would be something with a higher concentration of employment, such as an office complex, or a higher concentration of living, such as a hotel, apartments or skilled nursing.

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## COMMUNITY



Did you know that if you ride your bicycle after sunset, Arizona law requires you to have a front light? That doesn't mean it has to be a boring one. Lynn Teitel of Pedal Brite in Scottsdale sales flower bike lights that add some style to your cruiser's bike basket. She will be at the Sunnyslope Art Walk at Central and Dunlap avenues on Saturday, April 12 (submitted photo).

## Get on your bikes and ride

Nearly 4 percent of commuters bike to work at least once a week. Valley Metro transports more than 2.6 million bicycles on buses and light rail trains every year.

More people continue to recognize the benefits of bicycling, and this month Valley Metro gives that alternative mode of transportation a boost with a special series of events for April Bike Month.

Bike to Work Day is set for 7-9 a.m. Tuesday, April 22. Join Phoenix City Council members and other dignitaries at Park Central Mall, Central Avenue and Earll Drive, for a police escorted 3-mile ride to CityScape. There will be free T-shirts, a GR:D bike share demonstration, prize drawings, and more. There also will be free breakfast for the first 300 registered participants. Pre-registration is required at: [www.maricopa.gov](http://www.maricopa.gov).

Valley Metro also will host a Bike Month Contest April 1-30 for residents

age 18 and older. Ride your bike for work, school, for fun or to run errands, or attend a biking event for a chance to win great prizes. Visit [ShareTheRide.com](http://ShareTheRide.com) to register, track your trips, and enter prize drawings.

Ride your bike to select North Central businesses and receive special discounts in April. Participating businesses include the British Bicycle Company at the Biltmore Fashion Center; Landis Cyclery at 712 W. Indian School Road; Spoke & Wheel Tavern, 8525 N. Central Ave.; Trailhead Bike Café, 6825 N. 16th St.; and Urban Cookies, 4711 N. 7th St.

For more Bike Month events taking place Valley-wide, visit [Valleymetro.org/campaigns\\_contests/valley\\_bike\\_month](http://Valleymetro.org/campaigns_contests/valley_bike_month).

Bicycle riders know that the safest way to protect themselves when out on the road is to wear a safety helmet. It's also important to make sure you are visible to other riders and, more importantly, to motorists who share the road.

Arizona law requires that all bicycles being ridden between the hours of sunset and sunrise have a lamp on the front that emits a white light visible from a distance of at least 500 feet to the front, and a red reflector on the rear that is visible from all distances from 50 to 300 hundred feet when the reflector is directly in front of upper beams of head lamps on a motor vehicle. A bicycle may also have a lamp that emits a red light visible from a distance of 500 feet to the rear, in addition to the red reflector, but the rear light isn't a requirement.

For more information, visit the Coalition of Arizona Bicyclists at <http://www.cazbike.org>.

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## Students will pick your excess citrus

As a community service project and to raise money for the club, members of the Key Club at Sunnyslope High School are offering to pick residents' over-abundant citrus trees for a small fee. All the citrus will be donated to the Desert Mission Food Bank.

With no hard freeze this winter and warm temperatures coming early this year, many citrus trees are now experiencing a second bloom. Rather than letting all that fruit go to waste, you can help two great causes at one time.

For more information, call club advisor Tom Birk at 623-915-8760, ext. 2881, or e-mail him at [tlbirk@guhsdaz.org](mailto:tlbirk@guhsdaz.org).



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## COMMUNITY



This beautiful calico cat, named Firefly, was turned into the Arizona Humane Society because her owner had allergies. Her adoption fee is only \$20 (submitted photo).

## Pet of the Month

### Firefly has a spirit burning bright

Firefly is a petite, colorful, 1-year-old kitty who was given up to the Arizona Humane Society because her owner was allergic. She's a gorgeous diva who would love to be pampered in her new home and have hovering servants (you) to dote on her as well as luxurious accommodations (the couch or your bed) where she can take long cat naps.

In exchange for a good life, Firefly will repay you with unconditional love and each day when you come home, she'll be waiting for you by the door and greet you with cheerful meows and a fancy kitty tap dance at your feet. The moment you pick her up, this loving little lady will start purring readily in your arms and nuzzle her whiskers in affection.

Firefly has been waiting for a forever friend at the Sunnyslope Adoption Center located at 9226 N. 13th Ave. for well over a month and her adoption fee is only \$20. For more information, call 602-997-7585 and ask for animal ID number A468520 or visit [www.azhumane.org](http://www.azhumane.org).

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

## Yoga event benefits AZ Humane Society

Join fellow yoga aficionados and animal lovers for a charity yoga event at the Arizona Biltmore that will benefit the Arizona Humane Society (AHS).

The hour-long charity yoga session, set for 10 a.m. Saturday, April 5 and orga-

nized by the Arizona Biltmore Spa, will be held on the resort's Squaw Peak Lawn with its lush grass, colorful flowerbeds and splashing fountains. Participants are asked to contribute a minimum of \$5. All profits will go directly to the AHS.

Leading the class will be Danielle Campagna, a popular local yoga instructor who is a committed supporter of the AHS. She has a strong student following in the Valley and is also a Lululemon Ambassador. No pre-registration necessary. Bring a yoga mat or towel to practice on. The Arizona Biltmore is located at 2400 E. Missouri Ave.

### RECYCLE continued from page 1

for the Phoenix Hebrew Academy, said the school has always recycled but hadn't been as aware of how much more could be done. She took the opportunity to integrate the recycling contest and message into the school's science curriculum as well.

### Recycling resources

The city of Phoenix offers its residents a wealth of recycling opportunities and tips. It hosts monthly Household Hazardous Waste and electronics collections at rotating sites around the city. The next HHW event takes place 8 a.m.-12 p.m. April 10-12 at Paradise Valley Park, 17642 N. 40th St. The event entrance will be on 40th Street near the community center.

If you have an old water heater, refrigerator, freezer, stove, dishwasher or other home appliance that is no longer working, the city will pick it up and have the parts recycled for a small fee. After proper removal of regulated materials, such as refrigerants, recyclable materials will be taken to a scrap metal dealer. Call the Solid Waste Customer Service Call Center at 602-262-7251 to set up collection or e-mail [pwserve@phoenix.gov](mailto:pwserve@phoenix.gov).

The city also advises residents on how to reduce the amount of items being placed in their residential recycling bins by stopping unwanted junk mail, such as credit card and insurance offers, as well as phone books that aren't being used. Tips on how to get the junk mail stopped at your home can be found on the city's website, [www.phoenix.gov](http://www.phoenix.gov), under the Public Works Department.

**For your local advertising needs,  
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 at 602-277-2742**



## COMMUNITY

## Tips to legally care for special needs

Learn how to protect and provide for your loved ones with special needs during a free program set for 9 to 10:15 a.m. Saturday, April 5, at Gompers Habilitation Center, 6601 North 27th Ave.

Co-presented by Valleylife, the program includes information about special needs trusts, guardianship, Social Security, Medicaid, Medicare, and more. The presenter is Bart Stevens, Special Needs Planning LLC.

A program on how to write a will follows at 10:30 a.m. with James Phelps, Esq., of Gillette Phelps PLC.

Refreshments and materials will be provided. RSVP to Diane Jezek-Powell at 602-283-3931 or djezek-powell@gomperscenter.org.

## Register now for annual family 5K

The St. Paul's School House was not much more than a thatched, poorly constructed one-room building, but it was school to some 200 children in Gascogne, Haiti. Now the school children have a beautiful, large building with many classrooms, a solid roof and stable construction.

These are the fruits of the labors of All Saints' Church and Day School and those who participated in the North Central Family 5K last year.

This year, the race is slated for 8:30 a.m. Saturday, May 3 and will be a regular fixture on the first Saturday of May going forward. While the emphasis is on fun, fitness, and family, the donations from the registration and sponsorships go to a higher purpose.

Everyone is invited to this race,

including serious runners—it is an officially sanctioned event by USA Track and Field and timed by Raceplace Events. The race, which includes a more leisurely 1-mile Fun Run, also is great for families, individuals, children, people with dogs, people in wheelchairs, babies in strollers ... you name it, all are welcome.

The race starts and finishes at the All Saints' campus located at 6300 N. Central Ave. Registration fees are \$35 for ages 12 and older, and \$10 for ages 11 and younger. On-site registration opens at 6:30 a.m.

All race details are available at [www.ncf5k.org](http://www.ncf5k.org). Dust off your running shoes, sign up, get the T-shirt, have fun, and help youth in North Central Phoenix and in Gascogne, Haiti.

For more information, contact Nickolas Jorgenson, director of Operations at All Saints' Episcopal Church, at [njorgenson@allsaints.org](mailto:njorgenson@allsaints.org) or 602-279-5539.

## Pay library fines with food donation

Library customers can pay overdue fees and help restock the pantries of Valley food banks during Phoenix Public Library's annual "Food for Fines," April 12- 26.

During "Food for Fines," 50 cents will be deducted from a customer's library account fees for each non-perishable food item donated at any of the city's 17 libraries. A maximum of \$75 can be paid with donated food. Homemade food cannot be accepted.

Donated food will be distributed to St. Mary's Food Bank Alliance and Desert Mission Food Bank.

For more information, call 602-262-4636 or visit [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org).



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## COMMUNITY

### Learn the ancient art of tree trimming

Bonsai is a Japanese art form using miniature trees grown in containers. Learn more about this ancient art form and purchase a plant of your own during the Phoenix Bonsai Society's annual Bonsai Show, April 12-13 at the Valley Garden Center, 1809 N. 15th Ave.

The Phoenix Bonsai Society will display established Bonsai trees and trees under development to illustrate how the art of Bonsai is created. In addition to Bonsai trees, the society will display Viewing Stones, and Kusamono plantings. Demonstrations will be presented during the day.

Show hours are 9 a.m. to 5 p.m. Admission is free. For more information, call 480-510-8355 or visit [www.phoenixbonsai.com](http://www.phoenixbonsai.com).

### Nursery hosts art, food event April 12

Berridge Nurseries will showcase local artists and offer a farmer's market at its 16th annual Art in the Garden event, set for 9 a.m.-3 p.m. Saturday, April 12.

Family-owned Berridge Nurseries, 4647 E. Camelback Road, offers local artists a unique outdoor setting in the nursery amid flowering plants to display their artwork. The farmer's market features local businesses that source Arizona ingredients in their products ranging from sauces and desserts to farm-fresh vegetables and flowers.

Several garden-related demonstrations will be held, including a chef preparing a dish with fresh herbs.

Admission to the event is free. For more information, visit [www.berridge-nursery.com](http://www.berridge-nursery.com) or call 602-952-8080.

### Orchidfest returns to Baker Nursery

The Desert Valley Orchid Society (DVOS) will sponsor a free and family-friendly Orchid Show and Workshop April 5-6 at Baker Nursery, 3414 N. 40th St.

There will be orchid displays, a plant sale and several free workshops including "Growing Orchids in the Desert," "Growing Orchids in Your Home," "How and When to Repot Orchids," and other orchid culture topics.

Visitors to the show will be asked to vote for "Best in the Show." There will be judging by certified members of the

American Orchid Society.

Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. For further information, contact Bev Tall at 602-463-7352.

### Spring Iris Show at Spectrum Mall

The Sun Country Iris Society hosts its annual Spring Iris Show and Sale Saturday, April 12 at the Chris-Town Spectrum Mall, 1702 W. Bethany Home Road.

The sale begins at 10 a.m. and the show kicks off at 11 a.m., wrapping up at 2 p.m. Learn about potted irises and take a few home with you. Get your questions answered by iris experts. Admission is free. The event will be near the south mall entrance, between Wal-Mart and the Harkins theater.

For more information, call 602-339-6269 or visit [www.suncountryiris.org](http://www.suncountryiris.org).

### Urban farming tips offered in workshops

Kari Spencer, a Master Gardener and instructor in the Urban Farming department at SWIHA who with her family owns and operates The Micro Farm Project, will bring her experience and expertise to the Desert Song Healing Arts Center for a series of community classes this month.

First up is "Composting: From Table to Garden to Table," 1-2:30 p.m. Saturday, April 19. Cost is \$15, and pre-registration is preferred.

Then try your hand at "Growing Food-The Basics," which takes place 10:30 a.m.-1:30 p.m. Wednesdays, April 9, 16 and 23. The full three-week series is \$99; bring a friend for only an additional \$50.

And finally, learn more about "Raising Back Yard Chickens," 1-2:30 p.m. Saturday, April 26. Cost is \$15, and pre-registration is preferred.

In addition, the Desert Song hosts the program, "Jump Start Your Spring Garden with Greg Peterson," 10:20-11:50 a.m. Friday, April 4. Peterson, owner of The Urban Farm in North Central Phoenix, is a green living and sustainability innovator who is well known regionally. This is a free class, however a \$10 donation is requested.

Desert Song Healing Arts Center is located at 3232 N. 20th St. To register, call 602-265-8222. For more information, visit [www.desertsongyoga.com](http://www.desertsongyoga.com).



COMMUNITY

North Central resident Bob Yen was inspired to create the TableGarden raised planter bed after watching his wife, Li, suffer from back pain from stooping, bending and kneeling in their home's ground-level garden (submitted photo).



Bringing gardening up to a new level

Long-time North Central residents Bob and Li Yen, together with other local partners, are producing and selling garden beds that elevate gardening to new heights—table height, to be exact.

These raised garden beds, produced at a Phoenix facility and made from western red cedar and polyfelt from recycled plastic water bottles, allow gardeners to plant and tend their gardens while standing or even seated in a wheelchair, without the physical strain of having to bend, stoop or kneel.

The TableGarden also has wheels that allow planting in a cool, shady spot, before rolling the garden into optimal sunlight. The TableGarden's construction and compact size make it a perfect fit for patio and even balcony gardens.

Bob Yen, a lawyer who has practiced in the Valley for more than 30 years, came up with the idea after building a raised vegetable garden for his wife, Li, whose green thumb for flowers is apparent in the front yard of

their Piastewa Peak home.

"After trying to figure out the best location in our yard for a raised garden and after spending hours at the big box store cutting lumber, buying hardware and hauling it all home, I figured there had to be an easier way to grow vegetables and flowers," Bob recalls. "And after watching my wife stooping, bending, kneeling—and groaning—I figured there must be a better height, too."

After building a dozen or so prototypes, he obtained a design patent for the TableGarden, which he says was designed to be functional, aesthetically elegant, sustainably made, and so easy to assemble and set up that it can be done in less than five minutes by one person.

TableGarden is being offered online for \$239. Local gardeners, though, are being offered the TableGarden at \$199 ready for pick-up (near 15th Street and Bethany Home Road), or you can choose the optional free delivery and assembly for the North Central Phoenix area. For more information, visit [www.tablegarden.net](http://www.tablegarden.net), call 480-747-0518 or e-mail [info@tablegarden.net](mailto:info@tablegarden.net)

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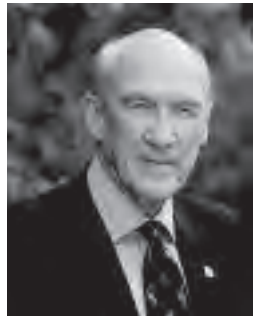
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## Community budget hearings set for April

The city of Phoenix is facing a steep budget shortfall, which means that many city services likely will be impacted. The city manager has proposed a budget that includes cuts to community centers, senior centers, pools and after-school PAC programs.

Residents are invited to a series of Community Budget Hearings in April to share what's important to them, as well as offer suggestions for increasing revenue to the city's General Fund.

Upcoming budget hearings include:

- 10 a.m. Thursday, April 3, Devonshire Senior Center, 2802 E. Devonshire Ave.
- 6 p.m. Thursday, April 10, Madison School District Office Board Room, 5601 N. 16th St.
- 7:30 a.m. Tuesday, April 13, Sunnyslope Community Center, 802 E. Vogel Ave.
- 6 p.m. Wednesday, April 16 at in Singer Hall at the Phoenix Art Museum, 1625 N. Central Ave.

For more information, visit [www.phoenix.gov/budget](http://www.phoenix.gov/budget).

## Annual Easter service in park

The 43rd Annual Easter "Sonrise" Service will be 6 a.m. Easter Sunday, April 20, at Steele Indian School Park. The service is hosted by pastors, priests and lay members of a variety of Phoenix area churches.

The service includes music, communion and an Easter sermon given by a different local pastor each year. All in the community are invited; dress is casual.

Steele Indian School Park is located at 300 E. Indian School Road.

## Day of giving set for April 9

Presented by First Bank, Arizona Gives Day is scheduled for April 9. The 24-hour online giving initiative encourages Arizonans to recognize and financially support the efforts of various nonprofits from across the state.

In addition to fundraising, Arizona Gives Day is an opportunity to raise awareness of the state's nonprofit sector and educate communities on the benefits of online giving.

Beginning at midnight on April 9 and continuing until 11:59 p.m., Arizonans can go online at [www.azgives.org](http://www.azgives.org) and pledge their financial support to the nonprofit of their choice. Donors will select the recipient of their online donation and the donation will go directly to their chosen organization.

## Palo Verde festival features local singer

The Sunnyslope Historical Society hosts its annual Palo Verde Festival, 10 a.m.-12 p.m. Saturday, April 12, at the Sunnyslope Historical Society Museum, 737 E. Hatcher Road.

The program, which takes place in the adjacent courtyard of palo verde trees, will feature Valley singer, songwriter and guitarist, Meagan Gipson. Gipson's great, great grandparents, William and Ada Bass, were guides over the dusty trails leading down the Grand Canyon in the late 1800s. Gipson has put together accounts from Ada's diary, and has tied this information into her stories and songs.

The presentation is free. Refreshments will be served. For more information, call 602-331-3150.

## "PURPLE UP! for Military Kids"

The Stratford Celebrates with a "Month of the Military Child" Event  
April 12, 2014 – 9:00-1:00 pm

**Attention Military Families:** The Stratford is teaming up with OMK (Operation Military Kids) to honor and support military children for their strength and sacrifice. We are hosting a family friendly event for all military children grades K-12.

**Featuring:** Food, Games, Bounce House, Magic Show, Popcorn, Cotton Candy, Slushies, Wii Games, Face Painter, Balloon Artist, Challenge Games, Give-Aways, and much more! Winners of the Poster/Photography Contest for "Young Lives Big Stories" also announced.

**Please contact The Stratford to register for this special event!**

**602-841-2500**

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## COMMUNITY

## Community Central

### H.O.P.E. Support Meeting

7 p.m. Mondays  
Longview Community Church  
1301 E. Whitton Ave.  
623-312-4056

H.O.P.E., which stands for Help in Overcoming Painful Experiences, is a Christ-centered non-profit organization that is open to anyone who needs support and encouragement in any area of life through a program of praying, sharing and healing. You do not need to be a Christian to attend. Meetings are free open to everyone who wishes to develop a healthy, sustainable life.

### Spring Bazaar

8 a.m.-3 p.m. Saturday, April 5  
Holiday Spa  
Mobile Home Community  
10401 N. Cave Creed Road

The community-wide sale features arts and crafts, rummage items and a bake sale. Look for gently used treasures while enjoying tasty treats.

### Grant Writing Workshop

9 a.m.-12 p.m. Saturday, April 5  
Burton Barr Library  
1221 N. Central Ave.  
602-534-4444

Know of a great project for your neighborhood, but aren't sure from where the money is going to come? Interested in applying for a grant, but aren't sure where or how to start? The city's Neighborhood Services Department will host a free grant writing workshop open to all Phoenix residents. Registration is required. For more information, visit [www.phoenix.gov/nsd/neighborhoodcollege](http://www.phoenix.gov/nsd/neighborhoodcollege).

### Phoenix Pride Festival & Parade

April 5-6  
Steele Indian School Park  
300 E. Indian School Road

A celebration designed to bring the Valley's diverse LGBTQ and allied communities together for a weekend of camaraderie and celebration of the past, present and future while raising funds for the Phoenix Pride Community Foundation and programs. The parade begins at 3rd Street and Thomas Road at 10 a.m. on Saturday and ends at the park. Festival hours are noon to 9 p.m. both days. Festival admission prices vary. Visit [www.phoenixpride.org](http://www.phoenixpride.org).

### Understanding Credit

6 p.m. Thursday, April 10  
Cholla Library  
10050 N. Metro Parkway E.  
602-262-6602

Do you know what can negatively impact your credit score? Learn how to read a credit report and how to build and repair your credit. Refreshments will be provided and participants are eligible to win giveaways. RSVP requested.

### Arizona Flycasters Club

7-9 p.m. Thursday, April 10  
Sunnyslope Community Center  
802 E. Vogel Lane

The Arizona Flycasters Club is a nonprofit organization dedicated to advancing the sport of fly fishing. Guest speaker Ed Lawrence from Bozeman, Mt., will discuss "Fishing the Missouri River in Montana." There is no charge and the public is welcome. For more information about the club, visit [www.azflycasters.org](http://www.azflycasters.org).

*please see CALENDAR on page 18*



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To read Debi's story, visit [JCL.com/Debi](http://JCL.com/Debi).

  
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## COMMUNITY

*CALENDAR continued from page 17*

**Paper-Shredding Event**  
8 a.m.-12 p.m. Friday, April 11  
White Dove Thrift Shoppe  
5035 N. 7th Ave.  
623-748-8480

ABCO Recycling & Shredding Services will hold a paper-shredding and electronics-recycling event. The cost starts at \$5 per box or bag (based on size) and all proceeds benefit not-for-profit Hospice of the Valley, which provides end-of-life care. ABCO also is accepting electronics. The cost for hard drive destruction and CRT monitor recycling is \$10 each, with \$5 donated to the agency. Cash only for all services.

**Steps to Financial Recovery**  
10 a.m. Saturday, April 12  
Burton Barr Central Library  
1221 N. Central Ave.  
602-262-6602

Learn the steps you can take to recover financially and rebuild your credit after experiencing a financial setback. Credit Counselors will be available at this event to discuss credit repair, fore-

closure prevention and homeownership options. Refreshments will be provided and participants are eligible to win giveaways. RSVP requested.

**AAUW hosts  
Director of Sierra Club**  
6:30 p.m. Tuesday, April 15  
Beatitudes Luther Life Center  
1616 W. Glendale Ave.  
602-510-1544

The Phoenix Branch of AAUW will host Sandy Bahr, director of the Sierra Club-Grand Canyon Chapter. She will discuss "The Top Ten Ways the Arizona Legislature is Harming Our Environment." An optional dinner (\$14) will be served at 5:30. RSVP for the dinner only. Visitors are welcome.

**Buzy Bee's Spring Bazaar**  
10 a.m.-2 p.m. Wednesday, April 16  
Plaza Bistro Patio,  
Beatitudes Campus  
1610 W. Glendale Ave.  
602-335-8473

Beatitudes' residents make all of the items for sale, including knitted and crocheted hats and scarves, dishcloths, towels, afghans, hand-woven table runners and place mats. There also will be Easter and spring gift items, visors, caps, jewelry, hand-made cards, notepads, a bake sale and a raffle. All of the proceeds go to the Resident Appreciation Fund.

**Phoenix Writers Club**  
12-2 p.m. Saturday, April 19  
Bluewater Grill  
1720 E. Camelback Road

Guest speaker is Gini Koch, Sci-Fi paranormal romance author. Cost is \$15 for members and \$20 for guests. Reservations must be made by April 16. RSVP [neeliepubl@aol.com](mailto:neeliepubl@aol.com) with Phoenix Writers Club in the subject line. Members and the public are welcome.

**Earth Day Phoenix**  
10:30 a.m.-2 p.m. Tuesday, April 22  
Cesar Chavez Plaza,  
East of Phoenix City Hall  
2nd Ave. & Jefferson St.

Featuring nearly 100 exhibitors with a core message of sustainability. Attendees learn about a variety of eco-friendly topics from recycling to solar energy to gardening. They also receive unique giveaways and practical tips on how to live a more sustainable life. The event is free to the public. Visit [www.EarthDayPhoenix.org](http://www.EarthDayPhoenix.org).

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COMMUNITY

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6-8:30 p.m. Thursday, April 3  
Catholic Charities  
4747 N. 7th Ave.  
520-443-0547

For a donation of \$5 and up you receive soup, salad, bread and a vote. You will hear from presenters who will share their ideas on making a difference in the lives of refugees in Phoenix from arts, urban agriculture, childcare, social entrepreneurship, education, transportation, work readiness, etc. Vote on what project you think should win the money gathered from the night. For details, visit <http://ideasoupphxaz.wordpress.com/about/>.

‘Gift of Thrift’ Luncheon  
& Fashion Show

12 p.m. Saturday, April 5  
Phoenix Country Club  
2901 N. 7th St.  
602-329-1347

An Old Hollywood-meets-modern-day runway show that will raise money for four programs that the Salvation

Army Women’s Auxiliary (SAWA) supports. Models, include women from the senior center, women’s shelter, SAWA board members and cute kids. Bid on the runway outfits, win door prizes and unique hat-on-mannequin-head centerpieces. Tickets cost \$45 and include lunch and a door prize ticket. To RSVP for the event and pay at the door, e-mail [liz@artplayhealing.com](mailto:liz@artplayhealing.com).

Kieren Williams  
Memorial Scholarship Ride  
8 a.m. Sunday, April 6  
Granada Park  
6505 N. 20th St.

Included are optional 5-, 10- and 15-mile bike rides, as well as a 1- and 3-mile walk. On-site registration begins at 7 a.m. Pre-register at [www.foothillsrehab.com](http://www.foothillsrehab.com). Cost is \$10 for students and \$25 for adults; all participants receive a T-shirt. Proceeds will fund three scholarships for graduating Sunnyslope High students with learning challenges, based on essays submitted through the Arizona Community Foundation. Scholarship amounts are \$500-\$1,500 and can be used toward college or technical school.

‘Barney’s Night’  
4-10 p.m. Wednesday, April 9  
Denny’s restaurant  
7th St. and Camelback Rd.  
602-943-4789

Barney, a resident of Lura Turner Homes, is a developmentally disabled adult who’s worked as a busboy at the uptown Phoenix restaurant for 36 years. That means Barney has worked at the same Denny’s location longer than any other Denny’s employee in Arizona. To celebrate Barney’s milestone and to honor Barney for opening employment doors for other developmentally disabled adults, Denny’s will donate 20 percent of receipts that evening to Lura Turner Homes for Developmentally Disabled Adults.

PANDA Fashion Show  
& Luncheon  
10:30 a.m. Saturday, April 12  
The Phoenician Grand Ballroom  
6000 E. Camelback Road  
602-799-9905

Enjoy a children’s fashion show with outfits provided by Dillard’s,  
*please see BENEFITS on page 20*

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## **DOMESTIC PARTNERS SHOULD NOT BE LEGAL STRANGERS**

"Domestic Partners" is a term used today to refer to people who live together but who are not married. They can be same sex couples, non-married, heterosexual couples or just friends or siblings who reside together. While Domestic Partners know each other's wishes more than family members, they are legal strangers, without any rights regarding the other.

Domestic Partners can enter into a cohabitation agreement to decide if they want to share equity in the house or how to share expenses. The Domestic Partner Agreement is not too different in form from a pre-nuptial agreement or post-marriage agreement. The goal is that the partners feel comfortable living together; neither feeling vulnerable to paying more than a fair share of expenses or losing interest in property or having unrealistic estate planning.

Domestic Partners can be less legal strangers with the preparation of appropriate legal documents. For example, a healthcare power of attorney allows Domestic Partners to designate each other as the health care agent. Then if one is too ill to express consent for medicine or surgery, the other can act without getting approval from family members.

The health care power of attorney can also include powers for mental health care, in case one suffers from dementia or mental illness. Each Domestic Partner should list an alternate in case something happens to both of them.

For financial matters, a Durable Power of Attorney can allow Domestic Partners to assist each other in case of illness or incapacity. The Durable Power of Attorney allows the Domestic Partner to pay bills, make withdrawals from IRAs for the benefit

of the other, collect debts or contract for services, such as in home care assistance. It is "durable" because it remains effective even if the one who created it becomes incapacitated.

The Domestic Partners can execute mutual Wills or a joint Revocable Living Trust. These set out the desires for how assets should be used after death. That is, whether the surviving Domestic Partner should have all of the remaining assets or whether some should be saved for other family members. If these are executed along with a Domestic Partnership Agreement, then there can be requirements that estate planning changes can only be made by agreement of both Domestic Partners.

*Sharon Ravenscroft, Esq., The Cavanagh Law Firm, PA, with offices in Phoenix and Sun City, can be reached at (602)322-4136, (623) 815-7451 or [Sravenscroft@CavanaghLaw.com](mailto:Sravenscroft@CavanaghLaw.com). Sharon's practice focuses on the preparation of wills, trusts, domestic partnership agreements and premarital agreements, along with trust and estate administration. For more information, see [www.sharonravenscroft.com](http://www.sharonravenscroft.com).*

## COMMUNITY

lunch, a raffle and silent and live auctions. Bidding will be done via smart phone during the event; to get a sneak peak of items, visit <http://panda.auction-bid.org>. Tickets start at \$150 each, \$70 of which is tax-deductible. Proceeds benefit the PANDA Children's Autoimmune Disorders Project and endowment at the Steele Children's Research Center.

### **NPCC Charity Golf Classic**

**Friday, April 25**

**Moon Valley Country Club**  
**151 W. Moon Valley Drive**  
**602-482-3344**

Presented by the North Phoenix Chamber of Commerce. Enjoy a day of golf beginning with a shotgun start at 7:30 a.m., followed by lunch, prizes and the opportunity to participate in a silent auction and raffle drawings. A highlight of the event will be a hole-in-one contest for the opportunity to win a new car or \$25,000. Cost is \$180 each, \$325 for a twosome or \$600 for a foursome, and includes a polo shirt and player goodie bag. For complete event details or to register, visit <http://bit.ly/npccgolfs>.

### **'Walk With Me' 2014**

**8:30 a.m. Saturday, April 26**  
**Steele Indian School Park**  
**300 W. Indian School Road**  
**602-224-1759**

The 1.25-mile family fun walk is a free event that features activities for kids, music, food and drinks, community resource information and more. Event check-in begins at 7:30 a.m. To register or form a walk team, visit [www.walkwithme.org/phoenix](http://www.walkwithme.org/phoenix). Proceeds raised by teams and individual donors/walkers benefit Southwest Human Development's Easter Seals services for young children with disabilities. For questions or to receive additional information, contact Kelsey Wolf at [kwolf@swhd.org](mailto:kwolf@swhd.org).

### **33rd Annual Duet Cabaret**

**1:30-5 p.m. Sunday, April 27**  
**Omni Scottsdale Resort at Montelucia**  
**4949 E. Lincoln Drive**  
**602-274-5022**

The event features the jazz stylings of the Dmitri Matheny Group, with Renee Patrick, along with hundreds of fabulous auction items, cocktails, a sumptuous meal and dancing. Tickets are \$125 per person. Proceeds will help provide free-of-charge, compassionate help to homebound adults, family caregivers and grandparents raising grandchildren. To purchase tickets online, go to [www.duetaz.org](http://www.duetaz.org).

### **Esperança Hope Breakfast**

**8-9 a.m. Wednesday, April 30**  
**Phoenix Country Club**  
**2901 N. 7th St.**  
**602-252-7772, ext. 101**

Join Esperança for a complimentary breakfast to hear about the wonderful work the nonprofit is doing in the community and internationally to bring hope, provide health and transform communities. Dr. Jim Foltz and Dr. Raymond Sacks will be the featured speakers. Registration opens at 7:30 a.m. A complimentary continental breakfast will be served. RSVPs requested to [jared@esperanca.org](mailto:jared@esperanca.org).

*Editor's note: For a more extensive list of benefits throughout the Valley, visit [www.northcentralnews.net](http://www.northcentralnews.net).*



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## TAKING CARE OF BUSINESS



Raini Keyser, cellar manager for the new Phoenix Wine Storage, says the facility currently has about 20 members but can service up to as many as 300 (photo by Teri Carnicelli).

## A new way to store your wine

By Teri Carnicelli

A 1950s vacant building near the busy intersection of 16th Street and Bethany Home Road has been remodeled into a unique new business that caters to those who prefer the grape over the grain.

Phoenix Wine Storage (PWS) is housed inside a long, gray block building that resembles some of the commercial designs of Phoenix renowned architect Ralph Haver. It was originally a doctor's office, later serving as an office building for the neighboring pool company. The last five years it has sat vacant.

Phoenix resident and wine aficionado John Finn saw it as an opportunity to combine something he loved with something he saw as a need not being met.

Finn explains the idea was to create a service-orientated wine storage facility inside an adaptive-reuse project that adds another dimension to a corner "which has recently seen some great revitalization."

The temperature-controlled facility has a variety of metal wine storage cages that can hold anywhere from 20 cases up to more than a thousand bottles.

The business is exploring adding a few smaller lockers that will hold up to 10 cases, if there is enough interest. The locker area is completely secure, using state-of-the-art biometrics.

The storage areas are kept at a steady 55 degrees and at optimal humidity, which can range from 60 to 75 percent.

Heat is not a friend to wine, points out Raini Keyser, cellar manager for PWS. It ruins the chemical structure of the wine and can diminish—or in more severe cases—completely ruin the flavor of the wine. Proper storage is for the wine to be kept on its side with the cork wet in a cool, dark place. Something that often can be hard to find in a desert climate where summer temperatures sit at triple digits for days, even weeks on end.

There currently are 20 members but the facility has the capacity to serve up to 300 clients. Customers range from individuals to local tasting groups—people who have a passion for

*please see WINE on page 22*

## Our featured listings for April



505 W. Lamar Road • \$699,900  
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7039 N. 6th Ave. • \$675,000  
3103 SF • 4BD/3BA • Owned Solar



333 W. Gardenia • \$549,900  
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718 W. El Camino Dr. • \$465,000  
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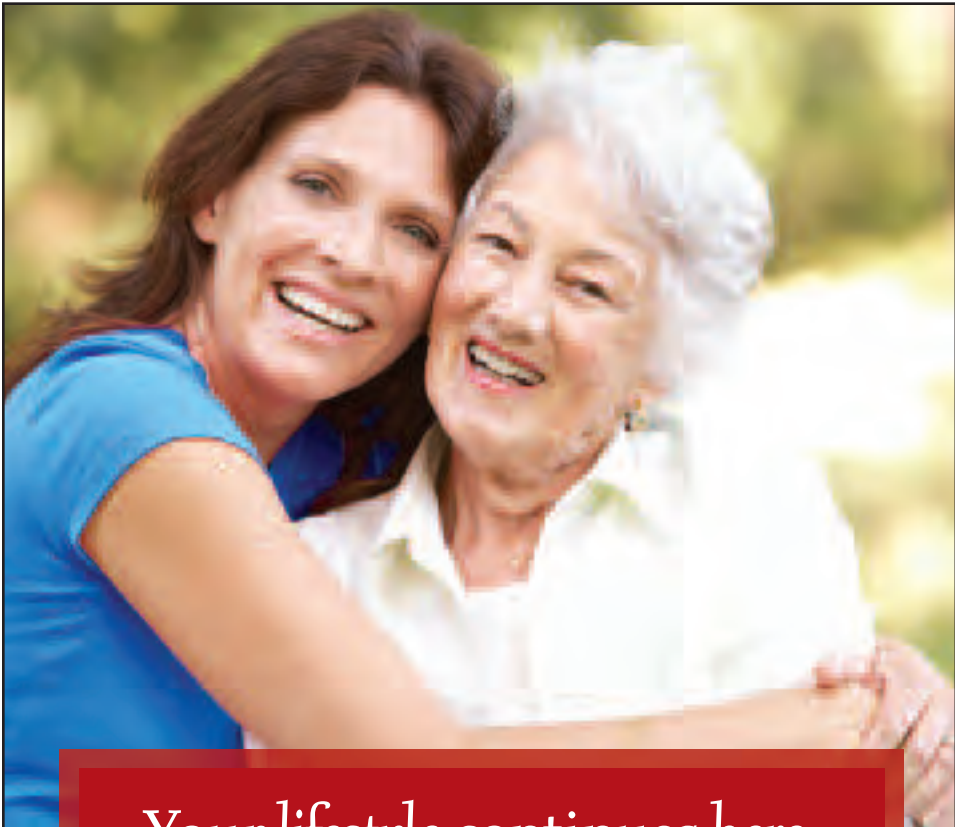
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## TAKING CARE OF BUSINESS

### WINE continued from page 21

wine, who enjoy drinking it and collecting it, but also enjoy sharing it. Keyser says there really is a demand for this type of business, one that is centrally located and owned and operated by local residents who are wine lovers themselves.

But it's not just secure storage that PWS provides. There also is a tasting room and lounge that members can reserve for a small fee, where they can sip and socialize with friends and fellow wine collectors in style.

If you are a member of a wine-of-the-month club, staff members will accept delivery at the facility, sign for it, unpack it and place it in your storage locker. Having a few friends over for the weekend? Give them a call and they will collect your selected bottles from your locker and have them ready for pick up at your convenience. Have a large collection at your home that you are ready to move to PWS? They will arrange transport with an experienced company that knows how to care for your delicate vintages.

Phoenix Wine Storage, 6047 N. 16th St., is open 11 a.m.-5 p.m. Monday through Friday and anytime by appointment. Membership pricing varies based on the size of the collection and the needs of the member. For more information, call 602-633-1896 or visit [www.phoenixwinestorage.com](http://www.phoenixwinestorage.com).

### Business Briefs Custom massages for individual needs

Jesse James Body Wellness, owned and operated by Jesse James Ferrell, opened its doors last month at 6009 N. 16th St. Body Wellness, with a team of healing practitioners, will offer medical and traditional massage therapy, wellness workshops, Aroma Touch workshops, yoga, weekly meditation and monthly Shamanic Journeying, as well as other classes and workshops.

In addition, Body Wellness will offer training workshops for massage therapists who want to enhance their skills by adopting the Jesse James Method, a signature full-body treatment that releases past patterns of tension and pain.

One of the features the center offers is working with essential oils, aroma and touch.

"We're going to be offering a variety

of things that are aimed at particular audiences—veterans, moms, and people who are working with a Workers' Compensation claim," explains Ferrell. "Our mission is to help solve problems and that means challenging our therapists to feel with their hands, think with their brain, and listen with their heart."

Hours of operation are from 8 a.m. to 10 p.m.; massage, class and workshop schedules are by appointment only and can be scheduled at <http://jjbw.co>. For more information, call 602-573-1309.

### Schechterle shares hope at meeting

The Washington Elementary School District Business Advisory Team hosts retired Phoenix Police Officer Jason Schechterle at its next meeting, set for 9-11 a.m. Wednesday, April 23 at the WESD Administration Center, 4650 W. Sweetwater Ave.

On the fateful night of March 26, 2001, Schechterle, then a rookie Phoenix police officer, was severely burned after his squad car was struck from behind and the gas tank exploded. More than 12 years later, through a series of big and small miracles, Schechterle now travels the country serving as a motivational speaker, sharing his story of hope and optimism. He also is the subject of a biography, "Burning Shield: The Jason Schechterle Story," by Landon J. Napoleon, (\$15.21 on Amazon.com.)

The Business Advisory Team was formed to develop, enhance and maintain mutually supportive, strategic relationships between WESD and its surrounding business community. RSVPs requested to [jill.hicks@wesdschools.org](mailto:jill.hicks@wesdschools.org).

### Weeks joins team at Home Smart

Mike Weeks, lifelong Phoenix resident and North Central Phoenix specialist, has entered the home sales market with the Home Smart Advantage Group. "Mike literally has spent his entire life in this niche market—he knows what it means to live in North Central, and what it offers to potential buyers," said Andy McDonald, designated broker, Home Smart Advantage Group.

Weeks is a graduate of the University of Arizona. His parents, Phil and Mary Weeks, and two siblings, set down roots near Bethany Home Road and 7th Avenue, coincidentally near his residence today.



TAKING CARE OF BUSINESS

Weeks also is an alumnus of Cross Roads Preschool, the Madison School District and Brophy College Preparatory.

“Working with home buyers and sellers in the north central area will enable me the opportunity to share and show my authentic knowledge of this special neighborhood,” Weeks said.

For more information, call 602-625-7058 or e-mail [mike@MikeWeeksRealtor.com](mailto:mike@MikeWeeksRealtor.com).

Law firm welcomes two new additions

Stephanie Fleischman Cherny joined the law firm of Mitchell Stein Carey PC, 1440 E. Missouri Ave., #100, as a partner at the beginning of January. She was an attorney at Skadden, and has represented some of the largest companies and most prominent individuals in the country in a wide variety of white-collar prosecutions and government and internal investigations.



Stephanie Cherny

Cherny has established a reputation as an authority on matters under the jurisdiction of the Departments of Justice and Commerce and the Securities and Exchange Commission, including investigations involving anti-corruption issues, sanctions and export control issues. She performs worldwide risk assessments and advises clients on the design and implementation of legal and ethical compliance programs.

Former Assistant U.S. Attorney Michael Morrissey recently joined the firm, as well. Morrissey is a skilled trial lawyer with deep experience in jury trials, from white collar, fraud, and tax cases to first-degree murders. He served as chief of the National Security Section of the U.S. Attorney’s Office in Arizona. In addition, Morrissey is a former chief of the Appellate Section for the U.S. Attorney’s Office and has argued more than 30 appeals before the 9th Circuit Court of Appeals.



Michael Morrissey

For more information, call 602-358-0290 or visit <http://mitchellstein-carey.com>.

Effective treatments fit into lunch break

At Corrective No-Nonsense Skincare and Therapeutic Massage, Dreanna “Dre” C. Day offers simplified treatments. The owner of the independent studio emphasizes options that are quick and effective, such as lunchtime peels and chair massage.

“My motto is ‘all the corrective essentials, without the pampering extras,’” Day says. “Not that pampering is a bad thing. But there’s a time and place for everything, and when time is limited, we need simple solutions that work.”

Using Dermalogica and Obagi products, Day’s professional care optimizes skin health and function. A licensed aesthetician since 1998 and a licensed massage therapist since 1999, Day points out that incorporating therapeutic massage into your plan for self-care brings relief from sore muscles and stress, and improves sleep.

“Often, we leave the massage table and go right back into our stressful lives, and habits of bad posture,” she says.

Day’s studio is inside Chiropractic LIFE, 5150 N. 16th St., #C-162. To make an appointment or for more information, visit [www.dreccday.com](http://www.dreccday.com) or call 206-280-2787.

Donahue named new chief medical officer

North Central resident Edward J. Donahue, M.D., has been named Chief Medical Officer of St. Joseph’s Hospital and Medical Center. Part of St. Joseph’s team for more than 30 years, Donahue previously served in several leadership positions at the hospital including chief of Surgery, chair of the Cancer Committee, and vice chief of Staff.



Edward Donahue, M.D.

Donahue, who opened a surgical practice in Phoenix in 1984, has been devoted to caring for women with breast cancer and disease. He founded the Breast Evaluation Clinic at St. Joseph’s and served as medical director of the hospital’s cancer center for six years.

Donahue earned a medical degree from Temple University, a Master of Science in Surgery from the University of Illinois and underwent surgical training at Rush Presbyterian St. Luke’s Medical Center in Chicago.



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by the  
*Phoenix Business Journal*

Runner up for  
*Broker/Agent Magazine*  
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in 2003**

Winner  
**Double Diamond Award  
2003, 2004,  
2005, 2006,  
2007, 2008,  
2009 and 2010**

Winner  
**Diamond Club  
1999 - 2002**

**Kathy Wright**  
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2012, 2013**

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## Current Listings/Escrows

(North Central homes in bold)

6500 E. Cheney Dr. ....	<b>NEW PRICE</b> .....	7926 SF .....	6BR/5.5BA .....	\$2,475,000
5502 E. Valle Vista Rd. #23	<b>JUST LISTED</b> .....	Over an acre lot .....		\$1,600,000
34 E. Cactus Wren .....	<b>NEW PRICE</b> .....	5198 SF .....	5BR/4.5BA .....	\$1,395,000
5752 N. 2nd Ave. ....	<b>IN ESCROW</b> .....	4450 SF .....	5BR/4BA .....	\$1,395,000
5726 N. Central Ave. ....	<b>NEW PRICE</b> .....	4350 SF .....	4BR/4.5BA .....	\$1,275,000
2109 E. Kaler Dr. ....	<b>IN ESCROW</b> .....	4110 SF .....	3BR/3BA .....	\$1,180,000
1114 W. Seldon Ln. ....		4645 SF .....	5BR/5BA .....	\$1,150,000
7151 N. 3rd St. ....	<b>IN ESCROW</b> .....	4250 SF .....	5BR/4BA .....	\$ 925,000
3500 E. Lincoln Dr. ....	<b>IN ESCROW</b> .....	4688 SF .....	3BR/3.5BA .....	\$ 899,000
8534 N. 16th Pl. ....	<b>IN ESCROW</b> .....	4957 SF .....	4BR/4BA .....	\$ 875,000
48 W. Foothill Dr. ....	<b>NEW PRICE</b> .....	3637 SF .....	3BR/3.5BA .....	\$ 849,900
5844 N. 2nd Ave. ....	<b>NEW PRICE</b> .....	5614 SF .....	6BR/3.5BA .....	\$ 825,000
5640 N. 3rd Ave. ....	<b>JUST LISTED</b> .....	3204 SF .....	4BR/4.5BA .....	\$ 825,000
105 E. Lamar Rd. ....	<b>NEW PRICE</b> .....	4200 SF .....	5BR/5BA .....	\$ 799,000
6502 N. 1st Pl. ....	<b>NEW PRICE</b> .....	4430 SF .....	5BR/3.5BA .....	\$ 795,000
7619 N. 11th St. ....		3304 SF .....	5BR/3BA .....	\$ 599,500
810 E. Harmont Dr. ....	<b>NEW PRICE</b> .....	3687 SF .....	5BR/3.5BA .....	\$ 599,500
1231 E. Moss St. ....	<b>NEW PRICE</b> .....	3713 SF .....	6BR/4BA .....	\$ 590,000
1809 E. Turquoise Ave. ....	<b>JUST LISTED</b> .....	2952 SF .....	4BR/4.5BA .....	\$ 589,000
719 W. Claremont Srt. ....	<b>NEW CONSTRUCTION</b> .....	2811 SF .....	3BR/2.5BA .....	\$ 585,000
8434 N. 7th Ave. ....		4042 SF .....	5BR/3BA .....	\$ 575,000
4800 S. Nevada St. ....	<b>IN ESCROW</b> .....	4587 SF .....	5BR/3.5BA .....	\$ 575,000
723 W. Claremont St ....	<b>NEW CONSTRUCTION</b> .....	2811 SF .....	3BR/2.5BA .....	\$ 569,900
3039 E. Stella Ln. ....	<b>NEW PRICE</b> .....	1937 SF .....	3BR/2BA .....	\$ 565,000
2121 E. Palo Verde .....	<b>IN ESCROW</b> .....	4100 SF .....	4BR/4.5BA .....	\$ 550,000
7212 N. 15th Ave. ....	<b>IN ESCROW</b> .....	4001 SF .....	4BR/4BA .....	\$ 549,900
7801 N. 6th St. ....	<b>IN ESCROW</b> .....	2258 SF .....	4BR/2BA .....	\$ 499,000
903 W. Claremont St. ....	<b>NEW PRICE</b> .....	3121 SF .....	3BR/2.5BA .....	\$ 495,000
7210 N. 17th Ave .....	<b>JUST LISTED</b> .....	2770 SF .....	4BR/3BA .....	\$ 485,000
6135 N. 16th Pl. ....	<b>NEW PRICE</b> .....	1949 SF .....	4BR/2BA .....	\$ 469,000
50 E. Maryland .....	<b>IN ESCROW</b> .....	3761 SF .....	4BR/3.5BA .....	\$ 450,000
6119 N. 5th Pl. ....	<b>IN ESCROW</b> .....	3046 SF .....	5BR/3BA .....	\$ 449,000
6610 N. 11th Pl. ....		2150 SF .....	4BR/2BA .....	\$ 390,000
1304 W. Tuckey Ln. ....	<b>JUST LISTED</b> .....	2153 SF .....	3BR/2BA .....	\$ 385,000
1042 E Myrtle Ave. ....	<b>IN ESCROW</b> .....	1727 SF .....	3BR/2BA .....	\$ 379,000
6330 N. 7th Ave. ....	<b>NEW PRICE</b> .....	2025 SF .....	3BR/3BA .....	\$ 369,000
7001 N. 2nd St. ....	<b>IN ESCROW</b> .....	2467 SF .....	4BR/1.75BA .....	\$ 350,000
7045 N. 15th Ave. ....	<b>JUST LISTED</b> .....	1886 SF .....	4BR/2BA .....	\$ 350,000
821 E. Palmar Dr. ....	<b>NEW PRICE</b> .....	3446 SF .....	5BR/4BA .....	\$ 298,000
2605 E. Dragoon Ave. ....		2371 SF .....	5BR/3BA .....	\$ 250,000
10616 N. 10th Dr. ....	*2 parcels of land can be split*	2126 SF .....	3BR/2BA .....	\$ 250,000
1902 E. Whitton Ave. ....	<b>NEW PRICE</b> .....	1668 SF .....	4BR/2BA .....	\$ 219,900
7718 N. 15th Ave. ....	<b>IN ESCROW</b> .....	1641 SF .....	3BR/2BA .....	\$ 225,000
610 E. Royal Palm Sq. ....	<b>IN ESCROW</b> .....	1578 SF .....	2BR/2BA .....	\$ 219,500
819 E. Audrey Ln. ....	<b>JUST LISTED</b> .....	1407 SF .....	3BR/2BA .....	\$ 214,900
5053 W. Chicago Cr. ....		1280 SF .....	3BR/2BA .....	\$ 172,500
8755 W. Ocotillo Rd. ....	<b>IN ESCROW</b> .....	1776 SF .....	3BR/2BA .....	\$ 159,900
5704 E. Aire Libre #1067 ..	<b>IN ESCROW</b> .....	1088 SF .....	2BR/2.5BA .....	\$ 145,000
6903 W. San Juan Ave. ....	<b>NEW PRICE</b> .....	1901 SF .....	4BR/3BA .....	\$ 138,100
1722 W. Cochise Dr. ....		1410 SF .....	4BR/2BA .....	\$ 115,000
2023 N. 22nd Pl. ....		1154 SF .....	4BR/2BA .....	\$ 100,000
127 W. Vogel Ave. ....	<b>IN ESCROW</b> .....	883 SF .....	2BR/1BA .....	\$ 59,000

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Featured Homes for April



8534 N. 16th Pl. ■ \$875,000



5640 N. 3rd Ave. ■ \$825,000



105 E. Lamar Rd. \* \$799,000



7619 N. 11th St. ■ \$599,500



1809 E. Turquoise Ave. ■ \$589,000



719 W. Claremont St. ■ \$585,000



6135 N. 16th Pl. ■ \$469,000



1304 W. Tuckey Ln. ■ \$385,000



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6111 N. 2nd Pl.	\$ 810,000	1338 W. Hayward Ave.	\$ 425,000	702 E. State Ave.	\$ 205,000
816 W. Claremont St.	\$ 747,412	8205 N. 3rd Ave.	\$ 424,000	3646 N. 38th St. B	\$ 185,000
809 W. Claremont St.	\$ 739,582	6807 N. 4th Pl.	\$ 364,000	6533 N. Maryland Cr.	\$ 185,000
22 E. Marshall Ave.	\$ 625,000	5302 N. 6th St.	\$ 337,000	7003 N. 11th Way	\$ 158,000
1147 W. Northview Ave.	\$ 520,000	202 W. Turney Ave.	\$ 295,000	1009 E. Weldon Ave.	\$ 140,000
1652 E. Rose Ln.	\$ 475,000	1732 E. Belmont Ave.	\$ 265,000	1927 E. 8th St.	\$ 126,500



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## HEALTHY LIVING



### TO YOUR HEALTH

## Why bone health matters

By Joshua Millstein, D.O.

Bones give your body structure, protect your organs and work with your muscles to help you move. Bones also produce red and white blood cells.

You might take healthy bones for granted until there's a problem with them, such as osteoporosis. The disease causes bones to lose mass and deteriorate, making them weak and brittle and putting you at increased risk of fractures, especially in the hip, wrist and spine.

Bone is living tissue that's constantly being absorbed and replaced. Osteoporosis happens when the creation of new bone doesn't keep up with the removal of old bone. The National Institutes of Health estimates that more than 40 million women and men already have osteoporosis or are at high risk of developing the disease.

Risk factors include:

- **Gender**—Women develop the disease more often than men. Postmenopausal women have the greatest risk due to hormonal changes that can cause loss of bone mass.
- **Age**—Bones thin and weaken with age, and the older you are, the greater your risk.
- **Ethnicity**—Caucasian and Asian women have the highest risk, while African American and Hispanic women have a lower one.
- **Calcium and vitamin D intake**—If you don't get adequate calcium and vitamin D, you have a greater risk of developing osteoporosis.
- **Medication use**—Some medications, including corticosteroids such as prednisone, and medicines that battle depression and acid reflux, can lead to loss of bone density and fractures.
- **Lifestyle**—A sedentary lifestyle or extended bed rest may weaken bones.

The good news is that osteoporosis is both preventable and treatable. Your doctor can help you determine if you're getting the right amount of calcium for your age and gender.

Your doctor also can determine if you need a DEXA bone mineral density test that can identify if you have osteoporosis and, if so, how advanced it

is. A bone density test is recommended for women over 65 and men over 70.

Osteoporosis treatment includes a well-balanced diet to nourish bones, exercise to strengthen them and prescription medication such as Fosamax and Boniva to manage more serious cases. If you have concerns about your bone health, talk to your health care provider.

*Joshua Millstein, D.O., is a physician at North Phoenix Medical Clinic, 9100 N. 2nd St., Suite 121, part of the John C. Lincoln Physician Network. Visit [www.JCL.com/practices](http://www.JCL.com/practices). The information in "To Your Health" is provided by John C. Lincoln Health Network as general information only. For medical advice, please consult your physician.*

## Health Briefs

### Enjoy free yoga at Kinesphere

Kinesphere Center offers a variety of free yoga classes for the month of April.

Beginning at 10 a.m. on Saturday, April 5, the studio hosts Down Dog for Paws, an all-levels class with Tami Link.

The one-hour class is by donation, with proceeds benefitting M.A.I.N. (Medical Animals in Need). Link is certified as Yoga Teacher, Egoscue Posture Play Instructor and Pilates Instructor.

An Iyengar yoga class with Master Teacher Carol Mitchell meets every Friday at 11 a.m. Iyengar yoga, developed by B. K. S. Iyengar, is a form of Hatha yoga that has an emphasis on detail, precision and alignment in the performance of posture and breath control. Instructor Carol Mitchell has more than 25 years of experience teaching this form and brings to her classes an unparalleled depth of knowledge.

To register for any of these free April classes, call 602-532-3111, or drop in the studio at 711 E. Missouri Ave., Suite 180. Visit [www.kinesphere-studio.com](http://www.kinesphere-studio.com) for more information.

### North Central dentist is president of the AzDA

Dr. Gregory M. Pafford recently was installed as the 105th president of the Arizona Dental Association (AzDA). Pafford is a third-generation Phoenician and dentist who, along with his father and grandfather, has served the downtown Phoenix community for 90 years combined.

Pafford has been active in the Arizona Dental Foundation—the char-



HEALTHY LIVING

itable arm of AzDA—where he served as president from 2008 to 2010. He served as chair of the Give Kids A Smile events from 2003 to 2011. Since 2007, the Arizona Dental Foundation has provided more than \$4.3 million in free dental care to vulnerable citizens throughout Arizona.

Pafford is co-founder of the Phoenix Boys & Girls Club’s Dave Pratt Dental Clinic. He is a member of the Phoenix Rotary 100 Club and volunteers for the Society of St. Vincent de Paul.

Pafford is an alumnus of Madison Simis and Brophy College Prep. He graduated with honors from Arizona State University and the University of the Pacific in 1986. He was honored as Dentist of the Year by the Arizona Dental Association in 2007.

Medical transport need not drain your wallet

New York-native Radic Abayev has always been interested in the medical field but chose a different path for his work life. He fell in love with Phoenix after visiting some friends and decided it was time to make a move to a new



North Central resident and dentist Gregory Pafford, center, has actively participated in the nonprofit Give Kids A Smile (GKAS) program since 2003. On Feb. 21, the GKAS program had a record-breaking day in which 428 children received treatment (submitted photo).

home and a new career.

Abayev started Ambulex, a non-emergency medical transport business based in Sunnyslope that takes those with limited mobility or who are non-mobile to their doctor’s offices, physical therapy appointments, and more.

“In this business I’ve learned one thing—being there on time with a smile on your face makes our customers

feel a little bit better and helps them think of our drivers as friends they can talk to and have a laugh with for a few minutes,” Abayev said.

Ambulex works with individual customers and assisted living facilities and nursing homes. All vans and drivers are fully insured. The eight-van fleet can serve patients in wheelchairs as well as those who require bed-to-bed

transportation in stretchers. Ambulex serves the communities of Central Phoenix, Mesa, Tempe, as well as Deer Valley and northeast Scottsdale.

Transportation can be reserved as little as 12 hours ahead of time. For more information, call 602-460-1080 or e-mail [ambulex411@gmail.com](mailto:ambulex411@gmail.com).

Workshop series looks at ‘mindful eating’

“Mindful Eating” is a small group class that focuses on learning body sensations, identifying fullness and hunger, and noticing how emotions affect our eating. It will take place 7:15-8:30 p.m. Thursdays, April 10, 17 & 24 at the Desert Song Healing Arts Center, 3232 N. 20th St.

Instructor Lisa Schmidt, MS, CYT, E-RYT, who specializes in weight loss, digestive issues and IBS, uses Mindful Eating practices to explore healthy eating and explain how body image impacts your health and weight. Cost is \$120 for the series.

To register, call 602-265-8222. For more information, visit [www.desertsongyoga.com](http://www.desertsongyoga.com).

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**SCHOOL DAYS**



Sorting and labeling children's books donated to the Washington Elementary School District are members of the Sunnyslope High School Key Club, from left: Scott Kottmer, Ally Marshall and Denisse Roman (photo by Teri Carnicelli).

### All hands on deck to sort donated books

By Teri Carnicelli

Last month the Washington Elementary School District was the recipient of the largest donation of new and gently used books than it had ever received before. While the donation was happily welcomed, it posed its own problem: how to sort through close to 10,000 books in a short time period to make sure they get to the right age groups?

Enter Jill Hicks, community outreach specialist for WESD. In just a few days Hicks had arranged nearly 190 student volunteers and nearly a dozen adult volunteers, many of whom were from the Sunnyslope Kiwanis Club, of which Hicks is a member.

Student organizations within WESD, including National Junior Honor Society, Student Council and other campus-based service groups, as well as students from the Sunnyslope High School Key Club and the Greenway High School National Honor Society, all showed up at the WESD district office warehouse in shifts on March 13 to sort through the 10 pallets of donated books. The project began at 2:30 p.m. and didn't wrap up until close to sunset.

Damaged books or books that were more for adult readers were set aside, and the rest were packed in boxes

marked with the appropriate grades, including K-2, 3-4, 5-6 and 7-8. The boxes would all later be delivered to teachers throughout the district for use in class or for children to take home and keep.

The donation was the result of an in-store book drive hosted by all 117 Fry's grocery stores in Arizona and coordinated by BookPALS and Discover Books. Mountain View School has been a longtime service site for BookPALS, and North Central resident Ellen Dean is the Arizona coordinator for the program.

BookPALS (Performing Artists for Literacy in Schools) is an all-volunteer literacy program sponsored by the Screen Actors Guild Foundation whose mission is to promote the joys of reading (www.bookpals.net). Performing artists and trained community volunteers read to children at public elementary schools, special events, museums, fairs, shelters, hospitals and more.

Readers use their talents to bring books to life and to get kids excited about reading. "We don't teach kids to read," explains Dean, "We teach kids to love reading."

The program also coordinates large children's books drives, like the one that netted WESD this windfall of reading material.

For more information, Contact Ellen Dean at edean@bookpals.net or call 602-750-2923.



SCHOOL DAYS



Biltmore Prep team captures chess title

Biltmore Preparatory Academy’s Chess Team captured a First Place finish in the “Cyclone” scholastic chess tournament on March 8. The team competed against 42 other kindergarten through third-grade teams from schools throughout the Valley. The members of the team include, from left: Blake Shamblin, Fabian Orona, Thomas Bull, Alex Korolevich, Ian Korolevich and Jayson Kubica (submitted photo).

Scholarships for journalism students

Arizona high school students who are planning to study journalism at an Arizona university or community college in the fall of 2014 are invited to apply for the \$1,000 Arizona Press Women Memorial Journalism Scholarship. Application deadline is April 21.

Arizona Press Women, a statewide organization of professional communicators, established an annual scholarship with funds honoring the memory of Betty Latty-Hurlburt, a notable Phoenix journalist who passed away in 1997 and June Payne, a longtime member, journalist and photographer.

Applicants must be graduating high school seniors who intend to major in journalism at an accredited Arizona university or community college. Requirements include filling out an application, a letter of recommendation from a high school teacher, two published writing samples and a one-page letter or essay from the student that describes her/his background and the reasons she/he wants to pursue a career in journalism.

Applications and further instructions are available at [www.arizona.presswomen.com](http://www.arizona.presswomen.com) or by contacting the scholarship chair, Joan Westlake, at 480-968-8902 or [jkwestlake@aol.com](mailto:jkwestlake@aol.com).

School Briefs  
GLENDALE UNION  
HIGH SCHOOL DISTRICT  
WHS wins Silver  
award for education

Washington High School and its principal, Carol Lippert, have received

a Silver award from the Beat the Odds Institute, an initiative of the Center for the Future of Arizona. WHS was one of only nine schools in the state to earn silver in 2013.

Beat the Odds Silver Level schools must have a “C” or better from the Arizona Department of Education, must have ongoing assessment data demonstrating achievement in the majority of

*please see AWARD on page 30*

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## SCHOOL DAYS



Artworks created by Madison district students, food trucks, live entertainment and more will be featured at this year's Madison Bash, set for April 5 (submitted photo).

### AWARD *continued from page 29*

grade levels, plus other criteria.

Beat the Odds is a rigorous, multi-year school improvement program providing mentoring and training for principals. It focuses on K-12 schools in which at least 50 percent of the students are on free or reduced lunch and at least 50 percent are minority, primarily Latino.

According to Marjorie Kaplan, executive director of Beat the Odds Institute, award winners have overcome obstacles and improved academic performance through their commitment to six keys to success that include a strong and steady principal, a clear bottom line, ongoing assessment, collaborative solutions, a program built on individual student needs and a commitment to stick with the program.

Participation in Beat the Odds is open to K-12 public, charter and tribal schools throughout the state. Visit [www.BeatTheOddsInstitute.org](http://www.BeatTheOddsInstitute.org).

### MADISON ELEMENTARY SCHOOL DISTRICT Community invited to April 5 'Madison Bash'

The Madison Education Foundation presents The Madison Bash from 12-4 p.m. Saturday, April 5, on the campus of Madison No. 1 Middle School, 5525 N. 16th St.

The festival is a free community event featuring the Aspiring Young Artists Art Show, which showcases selected works from each school in drawing, sculpture, pastels and more.

Works of art from classes at each Madison school also will be on display. An exhibit highlighting one of the

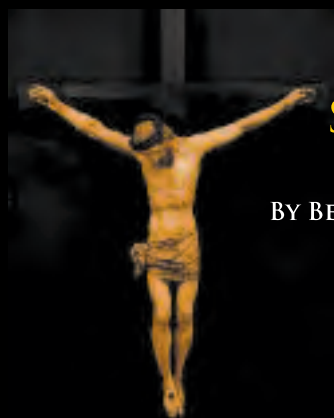
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*by Franz Liszt*

**12pm** Stations of the Cross  
**12:30pm** Choral Devotional

## EASTER DAY **SUNDAY, APRIL 20**



**7am** Outdoor Easter Eucharist in the Garden  
*with strings and bells*

**9am** Outdoor Easter Eucharist in the Pavilion  
*with the Day School Choristers and brass*  
followed by an Easter Egg Hunt at **10am**

**11am** Easter Eucharist in the Church  
*with the Senior Choir and brass*  
*Child care available at the 9am and 11am services*



## SCHOOL DAYS

foundation's signature programs, Art Masterpiece, will also include live demonstrations of the long-running art appreciation program.

More than a dozen student groups and performers will provide live music and entertainment on two stages including student choirs, bands, jazz bands, musical theater and drama teams. An Art Walk area will offer participants the opportunity to engage in free hands-on art activities.

A Silent Auction will offer a selection of items including vacation packages, entertainment outings, autographed sports memorabilia, vouchers for summer camps and children's programs, gift baskets and gift certificates for local restaurants.

The Madison Bash includes a used musical instrument drive. Bring your dusty old clarinet, trumpet, guitar or other instrument and give it new life for a deserving Madison student.

Several gourmet food trucks from the Phoenix Street Food Coalition will be on hand, along with a variety of vendor booths will offer crafts, accessories, services, coupons for a wide selection of local companies and more.

For more information, visit [www.madisoneducationfoundation.org](http://www.madisoneducationfoundation.org) or call 602-664-7964.

## OSBORN ELEMENTARY SCHOOL DISTRICT

### Mini-grants fund diverse projects

The Osborn Education Foundation (OEF) recently awarded 12 mini-grants to teachers totaling approximately \$3,600. The mission of the foundation is to support programs that improve students' physical and mental health; enhance literacy, math, science and the arts; and promote innovation and enhancement in education.

For a list of all grant recipients and their projects, read this extended article online at [www.northcentralnews.net](http://www.northcentralnews.net).

Teacher mini grants are made possible through direct donations to the Osborn Educational Foundation.

In addition, Bill Boyd, current president of OEF and a CPA with Price Kong, has announced that the 10th Annual Price Kong Charity Golf Tournament will take place at 12:30 p.m. on Friday, May 30 at Troon North. Proceeds from the tournament support OEF programs. For details, call Connie Lucero at 602-776-6305.

## PHOENIX UNION HIGH SCHOOL DISTRICT

### Teachers earn national certification

Sunghwan Byun, a math teacher at Metro Tech, and Joyce A. Donaldson, an English teacher at North High school, earned their National Board Certifications this past fall.

National Board Certification is considered the teaching profession's highest honor. It is presented by the National Board for Professional Teaching Standards to teachers who demonstrate, through a performance assessment, that they meet the high and rigorous standards for what accomplished teachers should know and be able to do.

There are now 31 current NBC teachers in the Phoenix Union district.

### Bourdo wins prestigious award

Camelback High Marketing teacher and DECA advisor Julia Bourdo was awarded the Teacher Leavey Award for her project that dealt with teaching the

*please see TEACHER on page 32*

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## K-2 (and possibly 3rd)

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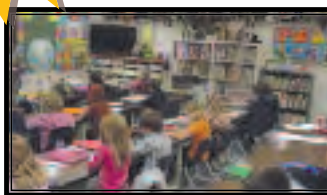
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## K-2 (and possibly 3rd)

## SCHOOL DAYS

**TEACHER** *continued from page 31*

Free Enterprise System and incorporating “Conscious Capitalism.”

The special award ceremony will be May 1-4 in Philadelphia, with a cash award of \$7,500 and a plaque.

There are eight teachers throughout the country who were selected by the panel that recognized educators for their innovative efforts to help young people better understand the function and benefits of America’s private enterprise system. The Freedom Foundation at Valley Forge has an entire weekend planned for the educators, paid for by the Leavey Foundation.

### WASHINGTON ELEMENTARY SCHOOL DISTRICT

#### Mountain View celebrates Seuss

Mountain View School celebrated Dr. Seuss’ birthday in a big way this year. Festivities started on Feb. 24 and lasted through Feb. 28. Throughout the week, the students listened to Dr. Seuss stories during the Early Morning Story Time in the library.

Friday brought guest readers to Mountain View Elementary including Tim Kempton, Phoenix Suns alumni and Suns sportscaster; Howler, the Coyotes’ mascot; and two Arizona Rattlers’ Sidewinders dance team members.

Jonathon Lowe of CBS Channel 5 and Marty Manning of KESZ-FM visited classes and read as well. Students enjoyed author presentations by Conrad Storad, Leslie and Brian Miller, and Linda Pressma.

Students received books to take home to add to their own libraries. Kindergartners through third graders received books from the Metro Lions organization and fourth through eighth grade students received books from Discover Books and Fry’s.

#### Cardinals team members visit Cardinals Academy

Students from the Arizona Cardinals Preparatory Academy, located on the Royal Palm Middle School campus, enjoyed an afternoon of reading and fun on March 6 thanks to special visitors from the Arizona Cardinals organization.

Team mascot Big Red and two cheerleaders were joined by Spanish broadcaster Gabriel Trujillo and the manager of international business ventures, Rolando Cantu. In addition to dancing and prizes from Big Red and the cheerleaders, Trujillo and Cantu read the Dr. Seuss classic, “Oh the Places You’ll Go!” as part of the school’s Read Across America celebration.

#### WESD students collect food for Desert Mission

Once again WESD students have proven they are worth their weight—in canned food items. Students, with the assistance of staff and community members, joined together in February during the district-wide “We Can End Hunger” Food Drive, to collect more than 56,300 pounds of nonperishable food items to benefit to the Desert Mission Food Bank.

This was the second year for the district-wide drive that included all schools and administrative offices as well as several members of the WESD Business Advisory team.

Shaw Butte students collected

13,382 pounds of food items; that’s nearly 12.5 pounds per student. Coming in second was John Jacobs Elementary School with 9.43 pounds collected per students. Richard E. Miller Elementary students collected 6.74 pounds per students, earning them third place. Sunburst Elementary took fourth with 6.07 pounds per student, and Mountain View School, last year’s winner, collected 3.94 pounds per students.

Last year’s drive brought in just under 25,000 pounds of food. The goal for 2014 was 35,000 pounds, which was exceeded by more than 21,000 pounds of nonperishable food items.

#### PRIVATE AND CHARTER SCHOOLS Palivathukal named a Flinn Scholar

Brophy senior Coby Palivathukal of North Central Phoenix has been named a 2014 Flinn Scholar. Coby is among 20 scholars chosen from a pool of more than 600 high-achieving students from 160 high schools in Arizona.

The Flinn Scholarship is a merit-



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SCHOOL DAYS

based educational package at an Arizona university. Each Flinn Scholarship has a total value over \$100,000. Read more at [www.flinn-scholars.org](http://www.flinn-scholars.org).

High schoolers join Beatles tribute show

When the touring show "In My Life—A Musical Theatre Tribute to the Beatles" comes to the Peoria Center for the Performing Arts on April 17, be on the lookout for two quartets—not just the "Fab Four."

The Arizona School for the Arts string quartet has the privilege of joining the professional actors on stage to add an element of orchestral texture to the evening.

Arizona School for the Arts seniors Kaylee Cumpston, Jasmin Lee, Tristan Garcia and sophomore Yulee Kim will join the band for the songs "Eleanor Rigby," "Yesterday," "A Day in the Life," "Hello Goodbye," and "Hey Jude."

The producers of "In My Life" approached Arizona School for the Arts Orchestra Director Cindy Blandino, looking for a talented ensemble that could hold its own with a rock band in



Arizona School for the Arts string quartet members, from left: Jasmin Lee, Yulee Kim, Kaylee Cumpston and Tristan Garcia (submitted photo).

front of an audience. The show commonly uses a local quartet to augment the production while on tour.

North Central young men named Merit Finalists

Students across the United States enter the National Merit Scholarship Program each year—1.5 million stu-

dents from 22,000 high schools, according to the National Merit Scholarship Corporation.

In February, some 15,000 Semifinalists were notified by mail that they have advanced to Finalist standing, 26 of them from Brophy College Preparatory. Among those 26 Finalists are five young men from North Central

Phoenix who will graduate this spring. They are: Jeremiah J. Johnson, Kyle G. Chapman, Ryan Q. B. McCoy, Cory D. Pitt, and John W. Travis.

Midtown teachers win special awards

Two of Midtown Primary School's teachers recently won awards. Bobbie Stelling received the 99.9 KEZ Excellence in Education Award in the fall. Stelling was nominated by one of her students because she teaches the value of community service, philanthropy, conservation and good morals with an adventurous spirit. She has been with the Midtown team for 15 years.

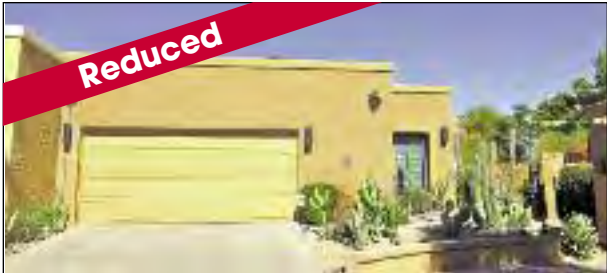
Amanda Mitchell was named a 2014 Rodel Exemplary Teacher semi-finalist and was awarded a certificate of excellence by the Rodel Foundation of Arizona. Mitchell was one of 40 teachers chosen from the 50,000 teachers in Arizona. The recognition comes as a result of her outstanding student achievement results in this high-need school. She was nominated by the administrator for displaying traits that

*please see MIDTOWN on page 34*

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## SCHOOL DAYS

### MIDTOWN *continued from page 33*

she would like to see in the next generation of teachers. Mitchell, who has been with Midtown for 11 years, is an exemplary leader in the classroom and among her co-workers.

### Meacham attends leadership academy

Honeywell awarded scholarships to 304 students from 38 countries and 33 U.S. states to attend the Honeywell Leadership Challenge Academy (HLCA) program, held Feb. 21-March 7 at the U.S. Space & Rocket Center in Huntsville, Ala.

Among them was Phoenix resident and Veritas Preparatory Academy student Matthew Meacham.

Designed in partnership with the U.S. Space and Rocket Center, the Honeywell Leadership Challenge Academy provides students with a unique opportunity to engage in sessions addressing current issues in science, technology and engineering (STEM). Each weeklong program is designed to develop their capacities



Veritas Prep student Matthew Meacham is strapped into a Multi-Axis Trainer or (MAT), which simulates the disorientation one would feel in a tumble spin during reentry into the Earth's atmosphere (photo by Héctor Javier Barreto Baldas).

through hands on challenges and build their leadership skills.

Students engaged in interactive activities and workshops created to enhance their leadership fundamentals. They also got to meet with top scientists, engineers, and former astronauts to reinforce core leadership competencies and provide them with first-hand accounts of professional experiences.

### News anchor is a guest reader

Stacia Naquin, reporter and news anchor from Channel 12 Morning News, came to SS. Simon and Jude School as a guest reader for the fourth and fifth graders on March 3.

Naquin read "What Was I Scared Of?" by Dr. Seuss to celebrate Read Across America, a celebration of Dr. Seuss' birthday. Naquin talked about what was needed to be a good reporter, explaining why you need to be a good reader, writer, speaker and listener, obviously great skills for students as well.

She fielded students' questions, including "What was your saddest story?" "Is it hard being a news anchor?" "I'm going to be a News Anchor in Bizztown. Do you have any tips for me?"

Then Naquin took a video of the kids, and the next morning did a shout out on the morning news, showing the video of the students.



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SCHOOL DAYS

Kaplan wins award in poetry contest

Out of nearly 13,000 Arizona high school competitors, North Central resident Matthew Kaplan, a junior at Tesseract School, was selected as the Arizona Poetry Out Loud State Champion at the finals event held on March 15 in Tucson. Kaplan will represent Arizona at the Poetry Out Loud National Finals competition in April.

As the Arizona Poetry Out Loud state champion, Kaplan receives a \$200 cash award and an all-expenses-paid trip to the national finals. His school also receives \$500 to purchase poetry books for its library.

Students have breakfast with Phoenix mayor

Ten members of AmeriSchools Academy's National Junior Honor Society (NJHS) were invited to Ollie Vaughn's Restaurant to have breakfast with Phoenix Mayor Greg Stanton and Councilwoman Laura Pastor.

Students were able to present key questions or concerns they have about their community. Alex Booth's question on infrastructure and the need for more bicycle lanes was addressed by both the councilwoman and the mayor.

NJHS President Amos Ramirez was able to share the school's appreciation for all the programs the city of Phoenix has sponsored in the past at AmeriSchools, most notably the Afterschool PAC program. Afterwards, four NJHS students were asked to pose questions on the Arizona Republic's website via video format for the mayor to consider.

All of the students represented their school and their families with impeccable character and leadership.

Xavier teams win competitions

Xavier College Preparatory's tennis team celebrated a first-place finish in the 65th Kiwanis High School Invitational on March 7. Senior Maggie Cohen captured the singles title, and juniors Madison Clarke and Annie Collins won the doubles competition by defeating their Xavier teammates, junior Scarlet Rush and freshman Lena Sweiss, in the championship match.

In addition, Xavier's track and field team won the Rattler Booster Invitational on March 8 at North Canyon High School. After 12 hours of running, jumping, throwing, hurdling, and vaulting, the Gators

emerged victorious. Senior Shelby Brown placed first in the 800-meter competition; sophomore Shannan Higgins, junior Shannon Molvin, junior Lauren Kinzle, and senior Savannah Gaffney won the 4x800 relay; junior Jenna Fitzgerald placed second in pole vault; and junior Sierra Brown placed second in the 2-mile race.

Exceptional amount of community service

Seven members of Xavier College Preparatory's National Honor Society chapter have each dedicated more than 200 hours of service to the community while maintaining a grade point average of 3.6 or higher. They are seniors Lexie Alaine Hernandez, Lauren Krumholz, Madeline Mittelstaedt, Rebecca Wierman and Claire Woodrow, and juniors Kelsey Hushek and Phoebe Jones.

Fifty-nine members of Xavier's National Honor Society, including the seven mentioned above, have each dedicated more than 100 hours of community service while maintaining a grade point average of 3.6 or higher.



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### GENERATIONS

## Kids & Families

### Free event for military children

A "Month of the Military Child" Celebration Event will take place 9 a.m.-1 p.m. Saturday, April 12, at The Stratford, 1739 W. Myrtle Ave.

This free event is for children in grades kindergarten through 12 who have a parent or guardian who currently is deployed or has returned from service. Family members are invited as well.

The event includes games, crafts, face painting, and science and technology hands-on activities. Lunch will be provided.

Children ages birth to 5 are welcome but no childcare is provided and the activities are geared toward the older children. Pre-registration is required; call Teresa at 520-626-9085.

Month of the Military Child is funded by the U.S. Army and delivered by the University of Arizona Cooperative Extension 4-H Youth Development.

### Free concert, movie on church square

Central United Methodist Church hosts a free "Music and Movie in the Square" event 6:30 p.m. Friday, April 4. The church is located at 1875 N. Central Ave.

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

The featured movie, which begins at 7 p.m., will be the 1971 musical comedy, "Willy Wonka & The Chocolate Factory," starring Gene Wilder as the zany candy factor owner looking for a child who can one day take over his job.

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

### Youth clinic features basketball, yoga, more

Carolyn Moos, former WNBA player and USA Basketball Gold Medal Jr. Olympian, hosts a basketball, yoga and nutrition clinic 10 a.m.-1 p.m. Saturday, May 3 at North Phoenix Baptist Church, 5757 N. Central Ave.

The day begins with yoga from 10 to 11 a.m. A full yoga session workout will be provided, which includes strengthening, endurance muscle work, core, proprioceptor balance work and flexibility. Moos has trained NBA, MLB and NFL players in yoga.

Next up is basketball from 11 a.m. to 12:30 p.m. Students will learn the essential fundamentals of basketball along with individual and team drills they can take home with them for consistent practice and continued development.

The day wraps up from 12:30-1 p.m. with nutrition. Moos will discuss strategic menu planning for your sport and for overall health to optimize mental and physical performance.

Cost is \$45 per participant for basketball, yoga and nutrition. Parents can attend the yoga and nutrition segments for free if their child is registered online two weeks prior to the clinic date. To register, visit [www.fitforlivinglife.com](http://www.fitforlivinglife.com). For more information, call 310-600-3320.

### Sign-ups begin April 12 for summer programs

The Rosenzweig Branch of the Boys & Girls Clubs of Metro Phoenix, 2242 W. Missouri Ave., begins its Summer Day Camp registration on Saturday, April 12.

The affordable summer camp programs provide kids entering first through twelfth grades with a full summer of activities and experiences. And, with the help of the USDA Summer Food Service Program, the club offers free breakfast and lunch.

Open registration is 9 a.m. to 1 p.m. Space is extremely limited. Summer sessions begin May 27 and continue through Aug. 6. Program hours are 7 a.m. to 6 p.m.

Average cost is \$50 per week. For schedules and details on program costs and financial assistance, go to [www.bgcnp.org](http://www.bgcnp.org) and click on "Locations."

### Buy, sell gently used kids clothing

Lucky Kids Consignment Boutique currently is accepting spring-season freshly cleaned kids items including clothing, shoes, accessories and toys, as well as baby equipment and maternity apparel and accessories. Children's



## GENERATIONS

clothing sizes range from newborn to children's size 16.

The store, located at 1253 E. Northern Ave., offers sellers 55 percent of the consigned sales price toward in-store credit, or 45 percent of the sold price in cash. If you don't want to consign your items but would rather have the store buy them outright, they will negotiate a same-day price with you.

Lucky Kids is open 10 a.m.-5 p.m. Tuesday through Saturday and 10 a.m. to 3 p.m. Sundays, and is closed on Mondays. For more information, call 602-405-0831 or e-mail lkboutique1253@outlook.com.

### Launch event for 'Jackrabbit' book

Phoenix Public Library, in partnership with the Arizona Science Center, will host a celebration to launch Sasha and Rodney Glassman's newest book in their Jeremy Jackrabbit series, "Jeremy Jackrabbit Captures the Sun," 10 a.m. to noon Saturday, April 12, 2014 at the Arizona Science Center, located at 600 E. Washington St.

Illustrated by children from throughout the metropolitan area, more than 52,000 copies of the book will be distributed free of charge to every kindergarten student in Maricopa County. Young artists will be available to sign the pages in the book that they illustrated.

For more information about the Jeremy Jackrabbit book series, visit [www.jeremyjackrabbit.com](http://www.jeremyjackrabbit.com).

## Senior Living

### Schedule a free presentation by CEP

The AARP Arizona Community Educators Program (CEP) is launching a renewed effort to reach people in the Phoenix metro area through free informational presentations on Medicare, Social Security, the Affordable Care Act (ACA) and fraud.

Trained volunteers with Arizona's CEP, coordinated through the Arizona AARP state office, are available to present to groups and organizations as well as at libraries and community centers upon request.

"There are many people in the Valley who do not have a clear understanding of the workings of Medicare, Social Security and the Affordable Care Act," said David Parra, AARP Arizona Associate State director. "CEP is designed to bring an understanding of

these programs to people at the community level with the help of our trained volunteers."

In addition to offering free educational presentations on Medicare, Social Security and the Affordable Care Act, AARP volunteers are available to present on AARP's recently launched Fraud Watch Network.

"We have added fraud to our free CEP presentation series as part of our work with the AARP Fraud Watch Network," added Parra. "It's important that people learn how to protect themselves from falling victim to various types of fraud and scams."

The AARP national Fraud Watch Network offers free resources and information at [www.aarp.org/fraudwatch](http://www.aarp.org/fraudwatch) network. Those who sign up with the Network will receive local alerts about fraud activities in their area.

To request an AARP Arizona Community Educators Program presentation on Social Security, Medicare, the Affordable Care Act or AARP's Fraud Watch Network, call AARP Arizona toll free at 866-389-5649 or email [dparra@aarp.org](mailto:dparra@aarp.org).



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## ARTS & ENTERTAINMENT

### Art walk also offers live music, food

The Sunnyslope Art Walk returns 5-9 p.m. Saturday, April 12, under new management by Artisan Markets, which has been producing art-related events in Arizona for more than six years.

Since its inception in 2008, more than 100 artists have shown and sold their original work at this twice-a-year event, ranging from painting to photography, jewelry to wearable art, woodworking to creative crafts, at various locations along Central Avenue from Dunlap south toward the canal.

Visitors also can enjoy live local music and food and drink from a variety of restaurants and fast-food providers along the route. Several food trucks also will be on hand this year.

The entertainment lineup includes music from The Upper Strata, Central Divides, Art Stream, Refugees from the '60s, Retro 2 and Jeremiah Craig.

The Sunnyslope Art Walk is free to

the public. Parking is available at 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.). Shuttle service will be provided from the Cowden Center.

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

### A & E Briefs

#### Snow White and the Seven Dwarfs

April 4-20

Valley Youth Theatre

525 N. 1st St.

602-253-8188, ext. 2

A full-length musical comedy that has been described as a "tuneful variation of the famed classic" with an exceptional score that ranks with major Broadway productions. Tickets are \$18 plus fees. Visit <http://www.vyt.com>.

#### American Indian Student Art Show & Sale

April 5-7

Heard Museum

2301 N. Central Ave.

Drawing student artists from across the United States since 1992, the sale offers the opportunity to purchase unique treasures by tomorrow's master artists. The show features a vast array of traditional and fine art as well as unique contemporary pieces in creative mediums. Free and open to the public. Visit [www.heard.org/studentart](http://www.heard.org/studentart).

#### 'Avenue Q'

April 10-May 18

Phoenix Theatre

100 E. McDowell Road

602-254-2151

This laugh-out-loud musical follows Princeton, a recent college grad and his new neighbors. The show stars puppets and humans, is hysterical, fast-paced and fun, and for mature audiences only. Tickets are \$30-\$60 plus fees. Visit <http://www.phoenixtheatre.com/events>.

#### Bill Craig in Concert

5 p.m. Sunday, April 13

Irish Cultural Center

1106 N. Central Ave.

602-258-0109

Bill Craig is an Irish entertainer based in Toronto, Canada. He has been

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## ARTS &amp; ENTERTAINMENT

performing for more than 30 years and is an accomplished guitarist and vocalist. Craig's performance is relaxed, eclectic, thought-provoking, goofy and entertaining. Admission is \$10.

**American Voices****Center Dance Ensemble**

**2 & 5 p.m. Sunday, April 13**

**Herberger Theater, Kax Stage**

**222 E. Monroe**

**602-252-8497**

This is the CDE's annual celebration of National Poetry Month. Tickets are, \$15, for adults, \$12 for seniors and \$10 for students. Visit <http://herbergertheater.org>.

**'Reggae Got Soul: The Story of Toots and the Maytals'**

**1:30 p.m. Sunday, April 13**

**Third Street Theater,**

**Phoenix Center for the Arts**

**1202 N. 3rd St.**

This is the never-before-told story of one of the most influential artists ever to come out of Jamaica, Toots Hibbert. It features new performances and interviews, rare archives, and interviews with contemporaries and admirers. Doors

open at 1 p.m. Tickets are \$7 at the door. Visit [www.nofestivalrequired.com](http://www.nofestivalrequired.com).

**'Sweet Charity'**

**April 17-19 & 24-26**

**John Paul Theatre,**

**Phoenix College**

**1202 W. Thomas Road**

A Bob Fosse dance musical based on Federico Fellini's screenplay for "Nights of Cabiria." Tickets are \$25 general admission, \$15 for students with ID, and are available at the box office prior to the performance. For more information, visit [www.phoenixcollege.edu/theatre](http://www.phoenixcollege.edu/theatre).

**'One Plus One-A Festival of Keyboard Duets'**

**7 p.m. Friday, April 25**

**Faith Lutheran Church**

**801 E. Camelback Road**

William Barnett, interim director of Music at Faith Lutheran, joins Mark X. Hatfield for a concert featuring music by G. F. Handel, J.S. Bach, Joel Raney, S. Rachmaninoff, Charles Callahan, Secret Garden, and many more. Free and open to the public. For more information, e-mail [williambarnettmusic@gmail.com](mailto:williambarnettmusic@gmail.com).

*please see A & E BRIEFS on page 40*

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## ARTS &amp; ENTERTAINMENT

A &amp; E BRIEFS continued from page 39

## 'Good People'

Actors Theatre  
April 25-May 11  
Arizona Opera Center  
1636 N. Central Ave.  
602-888-0368

This award-winning play deals with the choices that make or break us. Tickets are \$18 to \$45. Pay What You Can performances are scheduled for April 27 and May 7, and half-price rush tickets are often available at the door. Visit [www.actorstheatrephx.org](http://www.actorstheatrephx.org).

## 'Don Pasquale'

Arizona Opera  
April 25-27  
Orpheum Theatre  
203 W. Adams St.  
602-266-7464

This production is set in 1950s Hollywood, where the inappropriate romantic overtures of a penny pinching, former silent film actor, Don Pasquale, are hilariously thwarted. Tickets are \$27 to \$102 plus fees. Visit <http://azopera.org>.

## 'All Night Vigil' Concert

7:30 p.m. Saturday, April 26  
St. Mary's Basilica  
231 N. 3rd St.

The Phoenix Chorale and the Kansas City Chorale join forces to sing the pinnacle of Russian sacred music, Sergei Rachmaninoff's "All-Night Vigil." This concert is in honor of the Basilica's centenary. The concert is repeated at 3 p.m.

Sunday, April 27 at Camelback Bible Church, 3900 E. Stanford Drive. Advance tickets are \$29 adults, \$25 seniors and \$13 for students with ID. Visit <http://phoenixchorale.org/concerts/#KCCChorale>.

## 'Venus In Fur'

Arizona Theatre Company  
May 1-18  
Herberger Theater  
222 E. Monroe  
602-256-6995

Vanda is a talented young actress determined to land the lead in a new play based on an erotic novel. Her emotionally charged audition for Thomas, the demanding playwright/director, becomes an electrifying game of cat and mouse that blurs the lines between fantasy and reality, seduction and power, love and sex. Mature themes and language. Tickets are \$36 to \$67 plus fees. Visit [www.arizonatheatre.org](http://www.arizonatheatre.org).

## Jazz Fest

6 p.m. Friday, May 2  
St. Thomas the Apostle Church  
2312 E. Campbell Ave  
602-256-6995

An all-ages show featuring live music from The Chuck Hall Band and Hans Olson, as well as food and drinks. Admission is free; a non-perishable food donation for St. Vincint de Paul Food Bank is requested. Visit [www.stajazzfest.com](http://www.stajazzfest.com).

*Editor's note: For a more extensive list of Arts events in April and early May, visit [www.northcentralnews.net](http://www.northcentralnews.net).*



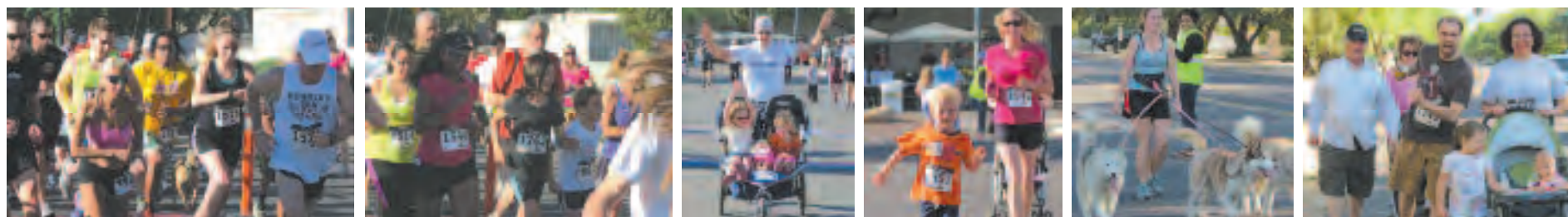
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## FOOD FOR THOUGHT



Karl Boerner, owner of Karl's Bakery, and his daughter Christine, proprietor of The Baker's Daughter, are excited about the opening of their new location which boasts a brand-new walk-in freezer and walk-in refrigerator—but still utilizes the oven that Karl has baked in for more than 30 years (photo by Teri Carnicelli).

## Café Chat

### Karl's returns in time for Easter

By Teri Carnicelli

It has been a tough eight months for the Boerner family but things are finally looking up as they get set to open the doors to their brand-new bakery space.

Karl's Quality Bakery and The Baker's Daughter, who in August were given just 10 days to vacate their established location at 7th and Dunlap avenues, found a new location just down the road at the Marketplace @ Central shopping center, at Central and Dunlap avenues.

Karl and Stefanie Boerner started Karl's Quality Bakery in 1994. Their eldest daughter, Christine, opened a chocolate shop right next door in 2010, appropriately named The Baker's Daughter, featuring decadent European chocolates, fancy pastries, gourmet coffee drinks, and more.

But after their leases weren't renewed and they were asked to vacate their spaces, the Boerner family tried to find a new home in the Sunnyslope community that had been such a strong customer base for nearly 20 years. The first location they looked at ultimately didn't work out, but now things are full steam ahead.

The new, shared bakery-and-chocolates space is set to open at 6 a.m. on

Tuesday, April 1, and Karl's has pledged to offer its signature pumpkin doughnuts that longtime customers had to miss out on over the fall holiday season.

Christine will have her own chocolate room in the back with separate thermostat, and her own display case in the front of the store. There will be a couple of small tables with chairs outside where patrons can enjoy their purchases immediately, with sunshades to protect them—and the delicate chocolates inside—from the blazing sun.

The bakery's 200-plus regular menu items will be in full force at the new location; however, the fancy coffee drinks that once were served at The Baker's Daughter will be reduced to just regular coffee and espresso, so as not to compete with new neighbor Grinders Coffee Co.

There is one other significant change: because of the financial strain of not having a working storefront for so long, Stephanie ultimately took another job working as a job coach with troubled youth. It's something she had done as a volunteer, working with youth in the old bakery site.

"She's really firm but caring," Christine says, which makes her a perfect fit for mentoring young people. She loves the work so much, Christine adds, that Stephanie likely will continue to do it in the afternoons and work at the new bakery in the mornings.

*please see BAKERY on page 42*



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## FOOD FOR THOUGHT

### BAKERY continued from page 41

Customers have come to expect to see Stephanie's smiling face behind the front counter over the years.

"I just play in the back," Karl laughs. "Stephanie is the one who is the heart of the bakery."

They have had some income trickling in during the last eight months, selling their pastries at the Old Heidelberg Bakery at 22nd Street and Indian School Road, and some limited pastries and chocolates at the French Market, located at the southeast corner of 7th and Missouri avenues, which also served as a pick-up location for phone orders during the bakery's closure. Both locations likely will continue to carry those products even after the new location opens.

Christine also created a crowd-sourced fundraising campaign on Indiegogo, which netted about \$5,400.

But they have a long hill to climb to become financially solvent again, and two big April events should help get them on the right track. The first is the Sunnyslope Art Walk, set for 5-9 p.m.

Saturday, April 12. The new bakery location is right in the heart of the main art walk area.

April also brings a major holiday—Easter. Karl's will offer its festive chocolate bunnies, as well as chocolate lambs, hens and teddy bears. They sell out every year, so if you want a specific style, like the bunny pulling the basket of eggs or riding a scooter, it's best to call and reserve one in advance.

Also available for the spring season are Lamb Cakes—a lemon Bundt cake in the shape of a lamb—and the traditional egg-shaped frosted cookies. Hosting an Easter brunch? Quiches are always a popular menu item, and Karl's offers half and full sheets in four flavors: Lorraine (with bacon), spinach and mushroom, spinach and onion, and broccoli and onion.

Karl's Quality Bakery and The Baker's Daughter are located at 111 E. Dunlap Ave., Suite 13, facing Central Avenue. The bakery will be open seven days a week, with extended hours on Friday and Saturday. Call 602-997-7849 to place your holiday orders or e-mail bakers\_daughter@q.com.

## Dining Brief

### Steak, shrimp added to Friday Fish Fry

American Legion Post #75 has decided to change up its Friday Fish Fry menu with some tasty additions.

Beginning on April 11 and continuing on the second Friday of each month, members and visitors can enjoy a steak dinner for \$9, steak with five fried shrimp for \$12, or enjoy the regular beer-battered fish or combo of fish, chicken and shrimp for \$7-\$9.

Visitors are welcome at Post 75 and are encouraged to check out the programs the post is involved in for the benefit of the country's veterans in the Phoenix area. The post is always looking for new members for its groups including Legionnaires, Auxiliary Women, Sons of the American Legion members, Honor Guard members and the American Legion Riders.

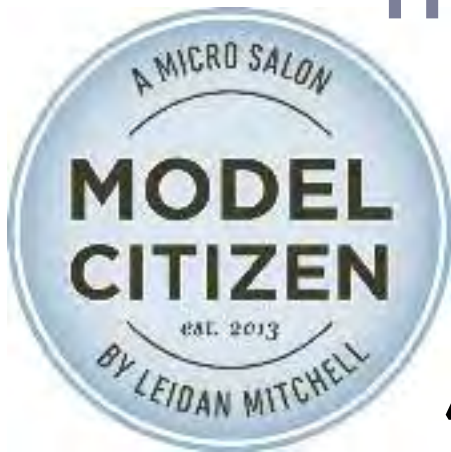
American Legion Post #75 is located at 10625 N. Cave Creek Road. For more information, call 602-943-8477.

### Dutch Bros. gives to PCH

On Monday, April 7, the Phoenix-area Dutch Bros. Coffee locations will donate \$1 from each large drink sold to

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## FOOD FOR THOUGHT

the Phoenix Children's Hospital.

Phoenix-area owner Jim Thompson is enthusiastic about working with Phoenix Children's Hospital. "The hospital is a nonprofit organization and relies on donations to operate," said Thompson. "They do such a great job with the children, we want to be a part of supporting their work."

Phoenix Children's Hospital has provided healthcare for children since it was born in 1983 and is one of the largest children's hospitals in the country. Thompson hopes to raise \$10,000 for the hospital.

In the North Central Phoenix area, Dutch Bros. is located at Central Avenue and Camelback Road, and at 12th Street and Glendale Avenue. For additional Valley locations, visit [www.dutchbros.com/locations](http://www.dutchbros.com/locations).

### Barbecue joint opens for season

Hole-in-the-Wall, the historic barbecue restaurant at Pointe Hilton Squaw Peak Resort, has opened for the season.

Signature menu offerings range from a smoked brisket and pulled pork sandwich to a smoked half chicken. Happy hour, from 4 to 7 p.m. daily, offers a great deal on small plates and drinks. The Waterin' Hole bar and lounge also features a special \$5 Saloon Chow menu served Monday-Wednesday in the lounge only.

With a history that dates back to the 1940s, Hole-In-The-Wall sits in the same building that once housed The Cactus Rock Lodge. Many elements from the lodge and dining room remain, including the stone hearth fireplace and the original barbecue kettle, still used to prepare several of the slow-cooked barbecue meats on the menu.

Hole-in-the-Wall is open daily for breakfast 7-11 a.m., lunch 11 a.m.-5 p.m. and for dinner 5-10 p.m. The restaurant is located at Pointe Hilton Squaw Peak Resort at 7677 N. 16th St. For reservations or more information, call 602-997-2626.

### Hope, inspiration with your brunch

The Refuge coffee shop in the Melrose District recently introduced a "Heart and Soul" Brunch, every Sunday from 11:30 a.m. to 1 p.m.

The brunch features popular speaker and inspirational humorist Henry Rojas, with live music by Moses Lugemye. Enjoy breakfast selections

such as Irish steel-cut oatmeal, Southwest breakfast burrito, or pastries and bagels, along with coffee and espresso drinks or flavorful hot teas.

The Refuge, located at 4727 N. 7th Ave., is a social enterprise of Catholic Charities Community Services. Proceeds fund nonprofit services in the community. The "Heart and Soul" Brunch will offer a message of hope and inspiration each Sunday at 12:40 p.m.

For more information, call 602-265-1725 or visit [www.therefugeaz.com](http://www.therefugeaz.com).

### Upscale surf and turf eatery opens

The owners of the popular Dominick's Steakhouse at the Scottsdale Quarter are bringing their tantalizing steaks and succulent seafood to Phoenix with the April 5 opening of Steak 44. The new upscale eatery will be housed inside an 8,421-square-foot space that once housed Cork 'N Cleaver at 5101 N. 44th St., just north of Camelback Road. The landmark chophouse opened in 1978 and was damaged by a fire in 2010.

The re-envisioned space boasts a *please see DINING BRIEFS on page 44*



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### Party Bar Bingo!

Saturday, April 19, at 6:30 p.m. Party, drink, talk, laugh, and have fun!  
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### Polish Dinner and Polka Dance

Saturday, April 26, \$20 per person. Tickets on sale at the bar.  
Music by The Varitones Band, one of Arizona's hottest party bands!

**FRIDAY NIGHTS - Live music and great food! Kitchen opens 5:30, music at 7:30**

Friday, April 4: **JOHNNY TANNER AND HIS ACES** - A hardworking blues band covering material from Muddy Waters and Bo Diddley to the Fabulous Thunderbirds and Eric Clapton.

Friday, April 11: **LINDA ST. JOHN** - It's **PETE THOMAS APPRECIATION NIGHT AT THE AAIC!**  
Come show your appreciation for Pete, who has served the club for more than 30 years!

Friday, April 18: **BLUESMAN MIKE & THE BLUES REVIEW BAND** - The Blues Review Band was born out of Bluesman Mike's passion for the blues.

Friday, April 25: **JC AND THE JUKE ROCKERS** - From old school Chicago style to West Coast blues and everything in between, the band will make you want to jump, jive and swing!

All events are open to the public. One person in your party must be a member for alcohol service.  
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*Some restrictions apply. Dine in only. Dinner entrées include salad and bread. Good through April 30, 2014*



FOOD FOR THOUGHT

DINING BRIEFS continued from page 43

brand new bar, glass expo kitchen, intimate dining suites, a 3,000-bottle wine vault, and many dining rooms featuring unique architectural detail. Guests will enjoy several options of prime

steaks and chops in various portion sizes, along with a large assortment of side dishes and appetizers, including Denver Lamb Ribs, Braised Pork Belly, Fresh Oysters, Roasted “Duck” Potatoes, Steakhouse Stuffing and Potatoes with Schreiner’s Sausage.

Steak 44 entrées will include Petite Filet Mignon, Delmonico, NY Strip, Bone-in Filet Mignon, and Bone-in NY Strip. Additionally, Atlantic seafood selections will be offered including delicate soft shell crab, Shetland Island Salmon and a raw bar featuring an

extensive shellfish selection. Steak 44 will be open daily from 5 p.m. to midnight for dinner service, with the bar open from 4 p.m. to 2 a.m. For more information or reservations, call 602-271-4400. To view the complete menu, visit [www.steak44.com](http://www.steak44.com).

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

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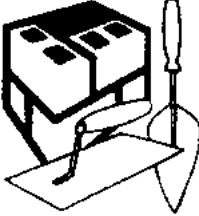
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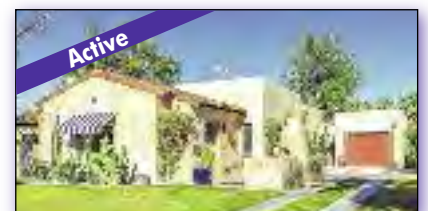
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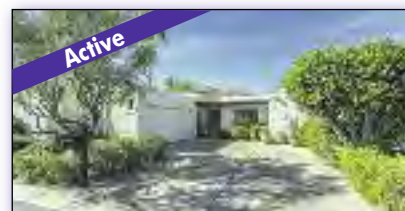
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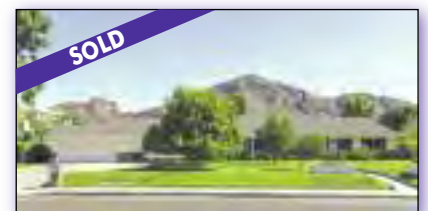
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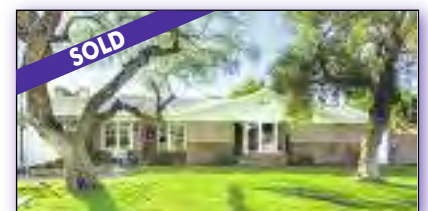
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