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www.northcentralnews.net

District recess policy under scrutiny

By Teri Carnicelli

North Central resident Christine Davis has had a relationship with the Madison School District for nearly nine years, when her oldest of two children started preschool at age 3.

But that relationship soured a bit last year when she made a simply inquiry about alternatives for kids who have to stay inside on "heat advisory" days in the summer. "They have to sit on the floor in the library, with their legs crossed, and read quietly," she explains. "I thought, couldn't they at least go in the gym or the P.E. room and play? The answer I got was that the school didn't want them running around in the room loose and poorly supervised."

So was it a lack of proper supervision, or something more intrinsic? "I wanted to know what policies are in place for student movement," said Davis, who began making phone calls and sending e-mails trying

please see RECESS on page 5

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Amy Ellis
Shackelford says
her wedding vows
to husband-to-be,
Aaron Aguirre, on
the porch of the
home built by her
great-great
grandfather,
William C. Ellis, in
downtown
Phoenix (photo by
Jay & Jess
Photography).

Celebrating family at historic home

By Teri Carnicelli

It was a beautiful spring day as Amy Ellis Shackelford walked down the aisle on the lawn of the Ellis-Shackelford House to say her I-do's to future husband Aaron Aguirre on March 12, 2016. What made the day even more special was that Amy became the fourth generation of her family to celebrate her wedding at the home, built by her great-great grandfather. "Not only is the location unique because it is a historic home, it's special to our family because it is the home my great-grandfather built, my grandparents lived in and my dad grew up in," said Amy's father, Brian Shackelford.

The Ellis-Shackelford House, located at 1242 N. Central Ave., has a rich history in downtown Phoenix. Currently the home of Arizona Humanities, the historic house was designed by local architect R.A. Gray and built in 1917 by prominent physician William C. Ellis, according to the Arizona Humanities website. Dr. Ellis was a native of Ohio and moved to Phoenix in 1907. He helped organize the Arizona Deaconess Hospital (now Good Samaritan) and served as the chief of its medical staff.

Amy's grandparents, Ellis and Sally Shackelford, had their wedding dance in the yard on Aug. 15,

1953 and were preceded by the weddings of great aunt and uncle Helen and Jim Shackelford in 1949, great grandparents, Helen and Gordon Shackelford in 1925, along with Shackelford cousins of that generation, HS and Berta Antrim in 1927.

Regarding the home, the Arizona Humanities website explains that, "The style blends elements of the Prairie Style, common in the Midwest, with detailing of the Craftsman Style, which was then in vogue in Phoenix. The house has three stories and a basement, hardwood floors throughout, hand-painted globe-style chandeliers, and wire-cut bricks from Colorado. The wood trim and banister were import-

please see HISTORIC HOME on page 5

in this issue

- BOV Flower Girls visit Ryan House, page 3
- Scout project supports food pantry, page 12
- Get ready to celebrate Bike Month, page 18
- Helping the Simis garden grow, page 32
- Small plates offer big flavors, page 47

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COMMUNITY

BOV Flower Girls visit Ryan House

The Board of Visitors Flower Girls learned firsthand what it means to give back to their community by spending time at Ryan House, a pediatric respite and palliative care facility in central Phoenix. The Board of Visitors is one of the founding partners of the non-profit organization that serves children with illnesses, as well as caring for parents or guardians and siblings staying in the house.

The Flower Girls were able to interact with the patients and learned about Ryan Cottor, the inspiration behind Ryan House.

"The event at Ryan House helps those in need and educates the young women selected to be Flower Girls for our Annual Charity Ball about The Board of Visitors' commitment to serving the most vulnerable in our community," said Sydney Fox, chairman of



The Board of Visitors Flower Girls recently paid a visit to Ryan House, where they learned about Ryan Cottor, the inspiration behind this nonprofit organization that provides care and comfort to children with life-altering and life-ending illnesses (submitted photo).

The Board of Visitors.

The Board of Visitors' Flower Girls for the 2015-16 season participate in various events and service projects throughout their senior year in high school. They will be presented by their fathers at the culminating event, The Board of Visitors 101st Annual Charity Ball on April 16 at The Camelback Inn Resort.

Established in 1908, The Board of

Visitors (BOV) is the oldest charitable organization in Arizona. Its members volunteer to raise funds to serve the healthcare needs of women, children and the elderly. The BOV has donated more than \$17 million to local charities to help improve the lives of hundreds of thousands of people in the community.

For more information, call 602-235-9554 or visit www.theboardofvisitors.org.

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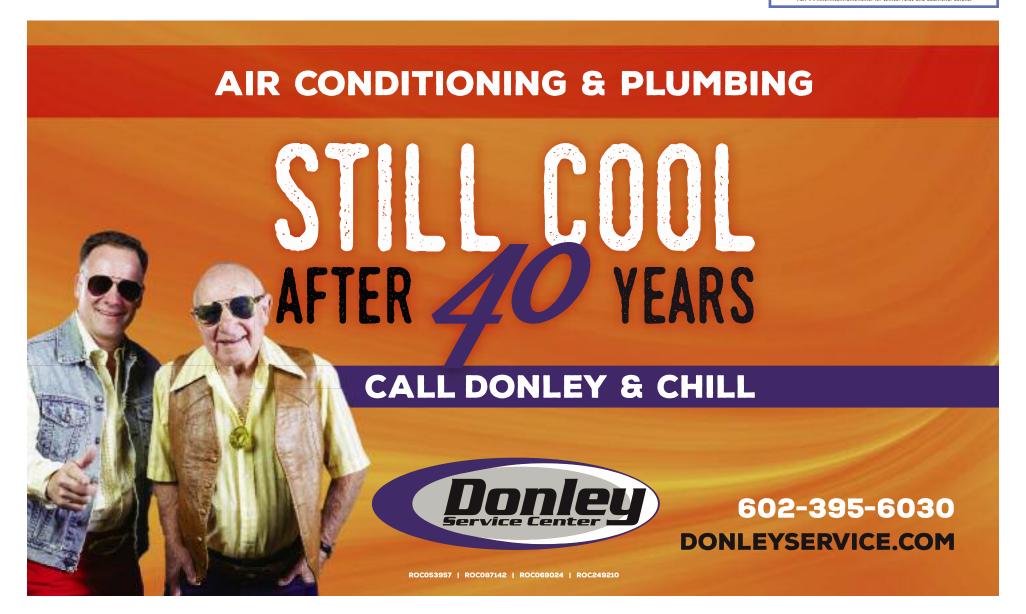
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in our May issue.

One name will be drawn from all submissions and awarded the prize indicated. Entry is limited to one per person. Winners will be notified by phone or email by a representative of North Central News. Winners agree to have their name and liteness published in the North Central News.

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The creative universe lost its founding father with the recent passing of David Bowie. I am not skilled enough to touch on his genius and what it means. What I do know is the impression he has left on me since I was a boy. As a boy he was so odd yet familiar to me. I did not even remotely understand what he was creating, still don't most of the time, but I was attracted to it and sensed its importance. Underneath the ever evolving music and changing visual dynamics was a foundation of acceptance and warmth. He opened my eyes to the reality that it was perfectly fine to be different and think different as long as you were being true to yourself and not inflicting your own world view on someone else. Differences were to be celebrated not castigated. Thank you David for opening my mind and my eyes, for being a humble agent of change and for your pure a** kicking rock and roll. As you once sang, "You know who I am, he said, The speaker was an angel, He coughed and shook his crumpled wings, Closed his eyes and moved his lips, It's time we should be going." RIP

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COMMUNITY

HISTORIC HOME continued from page 1

ed as mahogany trees from the Philippines and milled on-site."

According to the Arizona Humanities, because this home is the only unaltered survivor of early North Central Avenue mansions in Phoenix, it was listed on the National Register of Historic Places in 1983 and in the Phoenix Historic Property Register in 1986.

Dr. Ellis's daughter and her husband, J. Gordon Shackelford, lived in the house until 1964 after which the house became a boys' home followed by the Arizona Historical Society offices and museum.

ADOT sold the house to the city of Phoenix in 2007 at which time the Shackelford family asked for the opportunity to purchase it back, but the process was complete and the house is now owned by the city under the auspices of its Historic Preservation Office. But the family stays connected; in fact, Amy's mother, Missy, works at Arizona Humanities.

"My daughter is the fourth generation to celebrate her wedding at the house, which is something you don't see too much these days," Brian Shackelford pointed out.

According to Amy, "Being able to follow in the footsteps of my great grandparents and grandparents was such an amazing experience. I felt as if I had taken a step back in time. It was not only a special evening for me, but also for my family to keep the spirit of this beautiful home alive."

All the Shackelford generations have remained in Phoenix since the early 1900s and many pieces of family history have been passed down including the 1927 Cadillac Amy arrived in for her wedding. The family foresees this trend continuing as younger generations seem to like being close to family, finding work and building their lives here in the Valley.

"The city of Phoenix and the house's 28-year tenant, Arizona Humanities, have been generous and most gracious in allowing the family access for special occasions," Brian said. "The family celebrated Great Uncle Jim's 85th birthday there."

The Shackelford family hopes that this relationship will remain for generations to come and perhaps someday, the house will be under their direct care once more.



Ellis and Sally Shackelford browse through their wedding gifts and cards on the day of their marriage, Aug. 15, 1953, at the Ellis-Shackelford Home in downtown Phoenix (photo courtesy of the Shackelford family).

Arizona Humanities does rent the space occasionally for small receptions, meetings and events. For more information, visit www.azhumanities.org.

RECESS continued from page 1

to determine whether the Madison School District had a policy related to recess and daily exercise and, if so, what, exactly, was that policy?

What Davis says she encountered with her children's two schools—Madison Heights and Madison No. 1—as well as with administrators at the district level was confusion, misinformation and an "unwillingness to meet students' need to move around."

She was told that the recess policy was generally decided from "school to school, based on the administrator's needs." "But what about the children's needs?" she questioned.

According to Summer Dunham, director of marketing and public relations for the Madison School District, currently elementary students have a lunch period with a short recess immediately following, when they can head outside to play.

"While an elementary student can't choose to have an extended lunch, if a student is a slow eater, they are encouraged to finish eating and head outside to allow them the time for recess," she explains.

please see RECESS on page 6



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COMMUNITY

RECESS continued from page 5

"Our middle school students have a longer lunch period that allows them to decide how to spend the time after they eat. This schedule is standard throughout the state," Dunham added.

Quinn Kellis, superintendent for the Madison School District, said in a statement, "Many requirements are taken into consideration when creating schedules for our students, including recess. Madison students enjoy an optimum allotment for recess, and we're confident that combined with classroom breaks and physical education, students are sufficiently exercised."

State guidelines, as laid out by the Arizona School Board Association and followed by all Arizona school districts including Madison, use language that seems to allow either P.E. or recess to be sufficient exercise for the day. While the guidelines continually mention goals for "physical activity," the language is vague, such as "District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students."

In fact, the only specific directive related to recess states that, "grades kindergarten through six will have recess or physical education classes daily." It's that "or" that causes Davis and other parents concern.

"The policies in place are mostly focused on P.E. with no real requirements for recess, which has allowed it to become very vulnerable," Davis points out. In fact, she says, two years ago her oldest child had two recess periods each school day, but at some point, one of them went away. As a parent, she was never notified of its elimination.

Some parents believe part of the problem lies with the pressures of standardized testing, which dictates more class time for students, as well as budget cuts that could have affected parttime staff positions for supervised recess activities.

Davis' concerns fell on the sympathetic ears of some of the Madison School District Governing Board members, and the board has agreed to look at the recess policy—or lack thereof and discuss creating more specific guidelines, which will be given a first read at the board's meeting 6 p.m. Tuesday, April 19, at the district offices, 5601 N. 16th St.

Davis and other concerned parents have formed a group, Madison Parents for Recess, and they will have designated speakers-including one student-before the board at its April 19 meeting as it considers revamping its recess policy.

"We are all stakeholders—parents, kids, teachers and administrators—and I just want it to be a collaborative process," she says. "We are looking for clear requirements for each school to follow."

To view the district's policies, visit: http://www.madisonaz.org/aboutus/district-policies/. Physical activity language is under Student Wellness (Section J).

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COMMUNITY

Art exhibit highlights Palo Verde Festival

Bennie Gonzales is perhaps best known in the Valley of the Sun for his distinctive Southwest-style architecture. Some of his projects have included the Heard Museum (contributor), Scottsdale City Hall and the Scottsdale Center for the Performing Arts, and Christ Church of the Ascension in Paradise Valley. He also designed several homes in Central Phoenix, including the Casa Del Northern condominium development, built in 1966.

But a growing number of people are becoming fans of a passion he found later in life—art.

Some of his works will be on display during a special exhibit and sale at the Sunnyslope History Museum from April 9 to May 1. The exhibit will open to the public during the annual Palo Verde Festival at the museum, 737 E. Hatcher Road.

Johanna Haver, Governing Board member of the Maricopa Community College District, will talk about Gonzales' life and works beginning at



Displaying some of the artwork by Bennie Gonzales that will be available at the Sunnyslope History Museum are Sunnyslope Historical Society members, from left: Bobbie Kraver, Donna Peterson, Connie Kreamer and Richard Solem (photo by Teri Carnicelli).

10 a.m. inside the museum.

The exhibit is co-sponsored by the 639 Grand Gallery in Nogales, Ariz. The selection of paintings and sketches are from the private collection of Diane Gonzales, Bennie's widow.

Gonzales was born in 1924 in Phoenix and died in 2008. He was a graduate of Phoenix Union High School and Arizona State University, where he was one of the first to receive a degree in architecture. Gonzales always admired art, particularly the works of Pablo Picasso, as can be seen in his own impressionistic paintings and sketches.

As part of the festival, there will be live music in the Centennial Courtyard and light refreshments. Admission is free, however, monetary donations to the museum are gratefully accepted.

Gonzales' paintings and sketches will be available for purchase, howev-

er, buyers must agree to allow them to stay up until the exhibit closes on May 1. A portion of the proceeds will benefit the Sunnyslope History Museum. The museum's hours are 10 a.m.-3 p.m. Thursday through Sunday. For more information, call 602-331-3150.

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 9-23.

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. Food must not be expired, perishable, homemade or require refrigeration.

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.



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The history of the Harvey Girls is part of a new exhibit about the legacy of Fred Harvey at the Heard Museum (submitted photo courtesy of Northern Arizona University Cline Library).

Learn more about legacy of Fred Harvey

The Heard Museum celebrates the life and legacy of Fred Harvey with a new exhibit opening this month. "Over the Edge: Fred Harvey At The Grand Canyon And In The Great Southwest" opens Saturday, April 9 at the Heard Museum, 2301 N. Central Ave.

Harvey and his company are best known for their distinctive Harvey Girls and for being the first national hotel and restaurant enterprise. The exhibit tells the rest of the story: How the less-visible part of the Harvey enterprise, working with the Santa Fe Railway, came to leave a lasting imprint on today's Southwest.

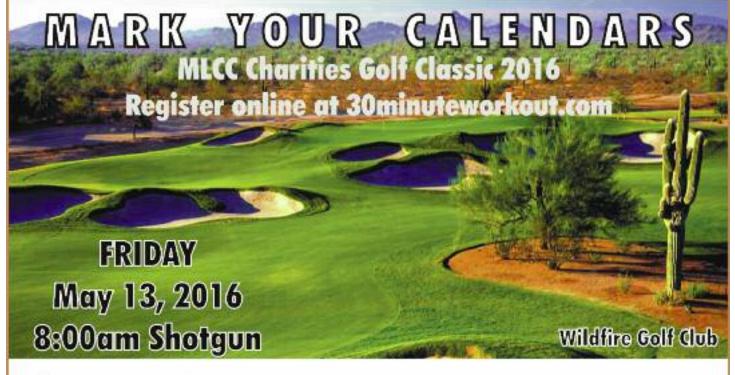
There will be a panel discussion, "Mysteries of Fred Harvey," at 1:30 p.m. on April 9, which is included with regular museum admission. Learn details of the life and accomplishments of Harvey from a panel that includes Stephen Fried, author; Meredith Davidson, author and curator of 19th- and 20th-Century Southwest Collections, New Mexico History Museum; and the Heard's Kathy Howard and Diana Pardue, who coauthored a new book with the same name as the exhibit.

Come back to the museum on Sunday, April 17 for a free film screening, "The Harvey Girls: Opportunity Bound," at 1:30 p.m. in the Steele Auditorium. No museum admission is required.

The film explores the young women who contributed to the Harvey Company history by serving as waitresses in the restaurants along the transcontinental railroad from the 1880s until the 1960s. In all, more than 100,000 brave young women, the "Harvey Girls," made the decision to leave home and travel west to work as waitresses along the transcontinental railroad, opening the doors of both the West and the workplace to women.

This film and oral history project reveal how the much-loved Harvey Girls opened up the doors of the American West to women and changed history. Run time is approximately 57 minutes.

For more information, visit www.heard.org/events or call 602-252-8840.





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The month of April

April has a few mixed emotions for me. Tax day is the negative day but my wife, Mary Ann, has her birthday on the 3rd and, on the 18th, I turn 60! Thirty years ago turning



60 seemed scary but the alternative sucks. I feel like I did when I was 30 (Ok, I never have been a good liar). I just don't want to see any more

senior citizen discounts in the mail because that bothers me! I cannot play basketball any more (I know some of will say I could never play) but I do enjoy playing golf now.

I am very excited and proud to announce that our Porchlight Homes subdivision of eight homes at 200 E. Georgia has sold out in just three months. Home prices ranged from \$725,000 all the way up to \$950,000. We sold 25 North Central homes for Porchlight in two subdivisions two years ago and I am honored to be their listing agent. If you missed out on this site, Porchlight is in escrow on two acres I just sold them in North Central and plans to build another eight homes beginning in the first quarter of 2017. Contact me to reserve your spot.

Diamond Key Homes is another builder that I represent in our 'hood and they just closed on a beautiful brand new home at 1811 E. Palmaire for \$829,000. They are building three more homes next door and one home, which is at 1815 E. Palmaire

(3,110 sqare feet), will be done in two months and priced at \$799,000. They also will be breaking ground for two more homes at 18th Street and Aurelius, just a block south of these homes.

Look out for five more new North Central homes being built by Regal American Homes at 5th Avenue and Bethany Home Road. Prices will range from \$575,000 to \$700,000 and 3,200 square feet to 3,700 square feet. They also are building twp homes at 550 and 600 W. Las Palmaritas. The one at 550 W. Las Palmaritas just closed for \$680,000.

I appreciate the support from all of you the past 23 years. We have closed on 21 homes so far in 2016 and have another 25 in escrow. Prices range from three homes between \$1.8 million and \$1.9 million to \$97,500. We will take on any priced homes in our 'hood. Also, my thanks to my clients in 2015 who helped me to become the #1 HomeSmart agent in the world for the fifth straight year (we even have offices in China). We sold more than 135 homes in 2015 totaling \$60 million in sales.

Have a healthy and safe April... Enjoy those Easter and Passover

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Boy Scout Troop 329 Scouts and family members who worked to load and sort food to replenish the shelves of the Church of the Beatitudes Bishop's Pantry are, from left: Jennifer Brown, Ryan Brown, Alex Dawson, Bennett Buisker, Charlie Talbot, Spencer Cook, John Hubert, Bobby Hubert, and Jay Hurd (submitted photo).

Scout Troop aids church food pantry

The Church of Beatitudes Bishop's Pantry was the recipient for Boy Scout Troop 329's Scouting for Food Drive. During the month of January, the 329 Scouts collected 950 food items with the help of the Safeway store at 7th Street and Glendale Avenue, where the Scouts greeted customers in front of the store and requested donations.

The Scouts completed the project with a final day of service, which entailed delivering and unloading the collected food to Church of Beatitudes Bishop's Pantry, sorting it into food groups, stocking the shelves, and then making 100 food bags that the church gives out to individuals seeking assistance.

Through this project, the Scouts were able to experience firsthand how their individual efforts can make a difference to the people living in their community.

Student needs help for summer program

Sunnyslope youth Cody Belle Ray, 14, has been offered an opportunity to participate in a program in Washington, D.C., this summer, but she needs a little help from the community to make the dream come true.

Cody, who is Navajo, is a freshman at the New School for the Arts and Academics, a charter school in Tempe. She has been interested in history and politics since she was 12 and has been a member of the Junior States of America (JSA) for two years. In January she was accepted into the JSA Summer Program at Georgetown University in Washington, D.C., from June 26-July 17 (http://summer.jsa.org).

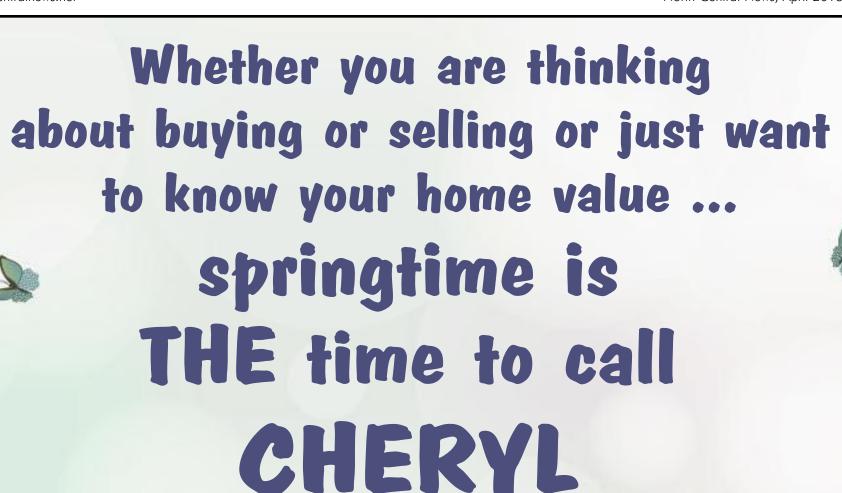
"I believe this summer school will help me to better understand the running of our country and give me a view of politics that I cannot see at home or in a book," she says.

"This fall I am transferring to a different school where I will have the opportunity to start a new JSA chapter. I would like to do my best to help other students become involved in making a difference in our country and community problems."

At the JSA Summer Program, Cody will take a college-level American Government course and live on the Georgetown campus. In addition, she will enjoy presentations from and ask questions of political leaders, and will get to sharpen her debate skills in the nightly Debate Workshops.

Cody is in the process of raising her tuition for this summer program, and thus far she has raised \$325 of her \$4,500 goal to cover tuition, room and board after scholarships. She will need an additional \$600-\$700 for a round-trip plane ticket and pocket money. She also is in need of a laptop or tablet.

Cody has set up a crowdfunding page at http://www.stayclassy.org/CodysGeorgetownUniversity. If you want to contact Cody directly, you can e-mail her at: burningintheskys01@gmail.com.





Cheryl M. Barnoli 602-469-2964

cbarnoli@hsmove.com







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Abigail is a sweet 2-year-old Cavalier King Charles Spaniel that was rescued from a hoarder-like home, while suffering a broken hip. She is ready to be pampered and lavished with love and attention, as befitting her "kingly" breed (submitted photo).

Pet of the Month

A rough start, a sweet finish

Emergency Animal Medical Technicians were summoned to a residence in Phoenix to pick up more than 20 dogs who were left behind when their owner was suddenly hospitalized and put on life support. Many of the dogs quickly found homes, but because of the filthy and deplorable living conditions, most of the dogs were in need of medical care including Abigail, who suffered a terrible hip fracture.

After a few months of recuperating, the Cavalier King Charles Spaniel is now ready for a home. Having spent most of her life lost in the shuffle in an overcrowded living situation, Abigail hopes to find a family who will make her the center of attention and shower her with love and reassurance. A foster family has

been working with Abigail and as a result, the once shy 2-year-old now greets everyone with a thumping tail wag and proceeds to crawl in any nearby lap. She's also learned to appreciate belly rubs, ear scratches and napping in clean, cozy dog beds. She would be a wonderful buddy to curl up with and spend an afternoon reading a good book.

Schedule a meet-and-greet with Abigail at the Arizona Humane Society's Sunnyslope Campus, located at 9226 N. 13th Ave. Her adoption fee is \$250, which includes her medical treatment, spay surgery and vaccinations. For more information, call 602-997-7585 and ask for animal ID number A528439.

Abigail may have been adopted by the time you visit the shelter but there are many other pets just like her in need of a new home and you can see them all by visiting www.azhumane.org.

Rescue Rinse event aids senior animals

ReThinc Advertising's parking lot will be transformed into the 2016 Rescue Rinse, benefitting a no-kill shelter for homeless pets called Forever Loved Pet Sanctuary (www.foreverlovedpets.org).

Residents from all over the Valley are invited to bring their dogs from 9 a.m. to Noon, to get scrubbed and toweled off for a great cause. ReThinc Advertising, 4714 N. 44th St., hosts a safe environment for dogs, provides clean water, organic shampoo, treats

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and more for any dog family that stops by. Pet parents will enjoy a variety of bagels provided by Einstein Bagels, as well as coffee and pastries. There will also be a silent auction for your chance at great items including Arizona Diamondback tickets, Desert Botanical Garden tickets, and more. All washes are by donation only, and a minimum \$20 donation will get you a great gift.

Forever Loved Pet Sanctuary is a non-profit organization dedicated to the promotion, rescue, adoption, well being and public education for owners of senior animals. One hundred percent of the proceeds will go to Forever Loving Pet Sanctuary. Look for updated information about the event at www.rescuerinse.com.

Free pit bull spay/ neuter through April

Because of the high demand, Altered Tails will continue to perform low-cost companion pit bull and pit mix spay/neuter surgeries through April 30 at its Barnhart Clinic, 950 W. Hatcher Road.

Fix your owned pit bull for just \$20 and receive a free rabies vaccination and free nail trim. Appointments are limited and will fill quickly, so call Altered Tails now at 602-943-SPAY (7729) and mention this special offer. Or go online to www.alteredtails.org and use the promo code "\$20 Pitbull."

Turn-in fee waived for unexpected litters

The Arizona Humane Society (AHS) is dedicated to combating pet homelessness in the community by increasing spay/neuter resources. To that end, AHS has introduced the Furry Family Fix, a program aimed to help families that have had unexpected litters of puppies or kittens.

Under the Furry Family Fix program, AHS will waive the surrender fee for litters of puppies and kittens, while offering the pet owner a free spay/neuter voucher for the litter's mom and/or dad that can be used at one of AHS public clinics.

Puppies/kittens must be at least 8 weeks of age but cannot exceed 6 months of age to qualify for the program, and should be in good health. For more information on Furry Family Fix, call AHS Pet Resource Center at 602-997-7585, ext. 3800.

Int'l Guide Dog Day celebrates special bond

People across the world will come together for International Guide Dog Day on Wednesday, April 27. It is a day to celebrate the dogs and the patient and talented people who train them, and to pay tribute to the important role the dogs and their trainers play in society.

Brad Stocking, who grew up in North Central Phoenix and graduated from Sunnyslope High School, has been a guide dog puppy raiser for five years and currently is training his seventh dog, a 5-month-old black lab named Uni.

Stocking says while the act of training a guide dog is very rewarding, it is somewhat heart-wrenching to say goodbye once the dog is ready for its more formalized training.

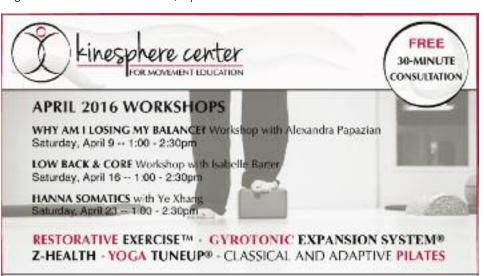
Stocking is working with Guide Dogs for the Blind (GDB), a not-for-profit organization founded in 1942 that is committed to partnering guide dogs with blind or visually impaired

please see GUIDE DOGS on page 16





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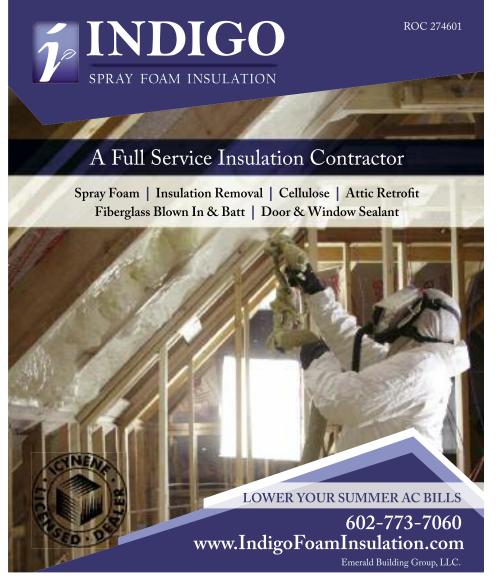
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COMMUNITY

GUIDE DOGS continued from page 15

individuals in the United States and Canada. GDB never charges a fee for their guide dog, any training, or veterinary bills and is committed to the health of their guides for life. Their commitment is 100-percent funded through private donations. GDB receive no government funding.

GDB has two local puppy raising clubs in the Phoenix metro area, including Phoenix Guide Dog Raisers, Inc., a nonprofit corporation established to support guide dog puppy raisers affiliated with GDB. Phoenix Guide Dog Raisers' goal is to produce successful, working guide dogs by planning and organizing stimulating social events for both puppies and raisers, weekly training sessions, and informative workshops. For more information, visit http://phxguide dograisers.org.

Guide Dogs of the Valley is another local puppy raising group. Contact Deborah at 623-512-3235 or guide dogsofthevalley@gmail.com for more information.

Stocking explains that puppy raisers are their own special breed of people. "You love them, train them and work with them until they are about 15 months old and then send them back, which can be hard," he says. "The reward comes when the puppy graduates and you get to present the puppy to their new partner."

No prior experience is necessary to become a puppy raiser with GDB. You'll receive your puppy at approximately 8 weeks old, and he/she will return for formal training between 13 and 15 months old. Puppy raisers are responsible for teaching their puppies good manners and basic obedience.

You can have other pets in your home and if you are not able to commit to raising a puppy full time, there are still other ways to get involved with your local puppy club, such as puppy sitting.

GDB's puppy raising program complements many FFA, 4H, home schooling, high school, and college programs. All ages can participate in puppy raising, however primary puppy raisers must be at least 9 years of age.

Call the Puppy Raising office at 800-295-4050 or visit the website at www.guidedogs.com to download the Puppy Raising Interest form.



Phoenix resident Brad Stocking has been a guide dog puppy raiser for five years and is training his seventh dog, a 5-month-old black lab named Uni (submitted photo).

Homebound seniors benefit from your time

Younger adults who want to connect to an older generation are invited to become a volunteer with Duet, which provides a variety of services to homebound seniors in the Phoenix metro area. An orientation is set for 4-6:30 p.m. Thursday, April 14 at Church of the Beatitudes, 555 W. Glendale Ave.

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

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

To RSVP, e-mail volunteer@due-taz.org or call 602-274-5022.

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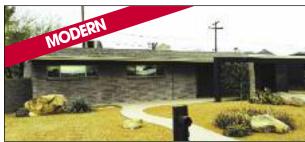
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Events highlight Valley Bike Month

April is the perfect time to enjoy the beautiful spring weather on two wheels. This month is Valley Bike Month, and whether you are a regular bike commuter or just an occasional rider, there are several events and specials that cyclists can take advantage of.

Enjoy a Community Bike Ride & Bike Rodeo on Saturday, April 16. The bicycle ride starts at 1 p.m. at Osborn Middle School, 1102 W. Highland Ave.; meet in the parking lot adjacent to 11th Avenue. The ride ends at Longview Community Center, 4040 N. 14th St. There will be a special Bike Rodeo event at Longview from 2-4 p.m.

The city of Phoenix Fire, Police and Street Transportation departments are teaming up to distribute helmets to young people, explain bicycle-related traffic laws, and conduct car seat safety checks. There also will be a bicycle rodeo and obstacle course to educate young people on safe riding techniques. Parents or guardians are encouraged to attend. Children are invited to bring their bikes and helmets. All events are free.

Valley bike riders also are invited to join in on Phoenix/Maricopa Bike to Work Day, 7-9 a.m. Wednesday, April 20. Check-in begins at 6:30 a.m. Join Phoenix City Council and Maricopa County officials, as well as other dignitaries at Park Central Mall, 3100 N. Central Ave., for a police escorted 3mile ride to CityScape, 1 E. Washington St. This is a "green" event so all bicyclists are encouraged to bring their own water bottles. Water for refilling bottles will be available at Park Central and CityScape, no disposable bottles will be provided. There will be free T-shirts, prize drawings, and more. There also will be a free light breakfast for registered participants (while supplies last). There will be a free health & safety fair at CityScape. Pre-registration for the ride is required http://www.maricopa.gov/btw.

Phoenix Spokes People host a Bike Bazaar at the Downtown Phoenix Public Market, 8 a.m.-1 p.m. Saturday, April 23. A fun ride to the market, located at 14 E. Pierce St., will leave Steele Indian School Park, 300 E. Indian School Road, at 9 a.m. The market will feature bicycle wares, crafty bicycle folks, and bike goodness. Stop by the Bike Bazaar while you are out



Bicycle riders set off from the parking lot at Park Central Mall and head toward downtown Phoenix as part of the annual Phoenix/Maricopa Bike to Work Day, which takes place this year from 7-9 a.m. on Wednesday, April 20 (photo courtesy of the city of Phoenix).

shopping for your fruits and vegetables. Celebrate Earth Day by eating, shopping and biking local. Visit www.phoenixspokespeople.org/events.

Other discounts and promotions for Valley Bike Month include:

- GR:D Bikes offers a discount during April Bike Month. The promo code is BIKEMONTH2016 and it's good for 50-percent off a monthly membership during April. You'll get 30 days of rides for only \$7.50. Includes 60 minutes of usage each day. Visit www.grid bikes.com for details about how it works and the location of Grid Lock Stations and Stop and Shop racks.
- Happy hour pricing all day for bicycle riders at Spoke & Wheel Tavern, 8525 N. Central Ave. (ongoing)
- 10 percent off parts, accessories and café purchases at Trailhead Bike Café, 6825 N. 16th St.
- 10 percent off bike parts and accessories at Landis Cyclery, 712 W. Indian School Road.
- One free pastry at Urban Cookies Bakeshop, 4711 N. 7th St.
- One free doughnut with any coffee purchase at Rollover Doughnuts, 10 W. Vernon Ave.
- \$1 off pitchers of beer at short Leash Sit...Stay, 110 E. Roosevelt St.
- 20 percent off any handcrafted drink at Nomad Café, 828 N. 2nd St.
- 20-percent off at Focaccia Fiorentina, 112 N. Central Ave., dinein only

For more Valley Bike Month discounts and deals, visit: www.valley metro.org/campaigns_contests/valley_bike_month.

Annual dinner aids local schoolchildren

The Sunnyslope Kiwanis Club invites the community to help the club support local elementary schoolchildren by attending a dinner set for this month.

Each year the club hands out more than 3,000 dictionaries to third-grand 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.

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 29 at ValleyLife, 1142 W. Hatcher Road. 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 musical entertainment from the GDV Band, and a 50/50 raffle.

Also at this year's dinner, the Sunnyslope Kiwanis Club will pay special tribute to District 3 Councilman Bill Gates, who has announced he will step down in May to run for the Maricopa County Board of Supervisors. Gates has been a staunch supporter of the Sunnyslope community and the efforts of the Kiwanis to aid local youth.

Tickets are available for purchase online at www.dinnerinthedesert.info.

For more information or to inquire about sponsorships, contact Brian Vance at 6021-550-3991 or Craig Dean at 602-312-8410.

Authors seek Sunnyslope families

Dr. Tom Poulton, a pediatric specialty physician, and Reba Wells Grandrud, an academic historian, are doing background research for a book, "The Kids of Sunnyslope," which will tell the stories of children who grew up in the Sunnyslope tuberculosis community's open-air tents, cabins, and cottages in the pre-antibiotic era, from 1890 through about 1945.

Many Arizona communities welcomed people from the East Coast and Midwest who were battling tuberculosis. There was some evidence that Arizona's dry, hot climate might help them recover. Most of the afflicted were young or middle-aged adults. Many brought their families, including their children, to the warm and sandy Sunnyslope flats and hillsides.

"The Kids of Sunnyslope" will tell the stories of the children who endured a hardscrabble and uncertain life, as well as those who labored to help them. Some of the children had tuberculosis themselves; all had a very ill parent whose fate they feared to predict.

The authors want to hear from anyone who lived through that era or knew those who did. Perhaps your parent or other relative was one of those kids. They also want to talk with anyone who knows a relative who worked with those kids—a teacher, nurse or nursing assistant, clergy, or church member who did outreach.

Old photographs, letters, diaries, or any recollections you may have are all of great interest. Contact Poulton by e-mail: tpoulton@gmail.com.

Camping adventures for outdoor newbies

The Arizona Family Campout Program is a one-weekend adventure designed for families who have little or no experience camping. The program will provide some equipment and introduce families to the new adventure of camping at an Arizona State Park.

Participating state parks and weekend dates for spring 2016 include: Catalina SP, Tucson, April 16-17; River Island SP, Parker, April 23-24; and Dead Horse Ranch SP, Cottonwood, June 4-5. The program fee is \$70 for a family of four. Registration is limited and is first-come, first-served. Visit http://AZState Parks.com/Family.

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Community Central

Mayor's International Gala 6 p.m. Thursday, April 7 Sheraton Grand Phoenix 340 N. 3rd St.

A celebration of cultural diversity with an Italian flair in honor of Phoenix Sister City Catania, Italy. Enjoy Italian cuisine, entertainment and a raffle with a first prize of two economy round-trip airline tickets to any one of Phoenix's 10 sister cities and \$3,000 cash. Raffle tickets are \$20 each or six for \$100; winners need not be present to win. Individual gala tickets are \$130 each. Visit www.phoenix sistercities.org or call 602-534-3751.

Concert in the Park 4 p.m. Saturday, April 9 Royal Palm Park 8405 N. 15th Ave.

Featuring two school bands as well as some local Phoenix bands. There will also be several food trucks on site for purchasing tasty eats. The event is free and open to the public. Bring lawn chairs or blankets to sit on. No glass containers allowed in city parks.

Rosie's House Community and Alumni Celebration 3:30 p.m. Saturday, April 9 Central United Methodist Church 1875 N. Central Ave.

Celebrate 20 years of inspiring music making during this afternoon of free activities presented by Rosie's House: A Music Academy for Children. Rosie's House is one of the largest free community music schools nationwide. Enjoy an afternoon of student, faculty and community musical performances; interactive music making activities for children including an instrument petting zoo; and featured performances by Rosie's House's Mariachi Ensembles. No RSVP required. Visit www.rosies house.org.

Spring Spectacular

9 a.m.-12 p.m. Saturday, April 9 Granada Park 6505 N. 20th St.

This event, hosted by the Mountain

View Police Precinct, includes an obstacle course, face painting, games, Smokey Bear, fire trucks from the Phoenix Fire Department, K-9 demonstrations, SWAT team members, and members of Arizona 4-H. Bring your bike for a free bike registration with the police department.

To Life, L'Chaim Gala 5:30 p.m. Sunday, April 10 Beth El Congregation 1118 W. Glendale Ave.

The gala honors Joan and Morton Sitver for their many years of dedicated support of Beth El and the greater Jewish community. Tickets are \$150 each. Visit http://bit.ly/sitvergala for more information.

Diversity Employment Day Career Fair

11 a.m.-3 p.m. Tuesday, April 12 Four Points by Sheraton 2532 West Peoria Ave.

Meet face-to-face with recruiters and staffing managers from AZ Department of Public Safety, FNF Construction Inc., International Cruise & Excursion, the banking and healthcare industries, and other major employers representing hundreds of jobs and careers from entry to professional level. The Diversity Employment Day Career Fair serves multicultural and bilingual communities, people with disabilities, women, LGBT, veterans and mature workers. Free and open to the general public 18 years of age and older. Business attire and résumés are required. Candidates can skip the lines by emailing résumés to fasttrack@citycareerfair.com with PHOENIX in the subject line.

Phoenix Corral of Westerners International

5:30 p.m. Wednesday, April 13 Spoke & Wheel Tavern 8525 N. Central Ave. 602-242-3022

Westerners are those interested in learning about and promoting the history of the western United States, with emphasis on Arizona. This month's speaker is Len Marcisz and his topic is the Stoneman Road, built as a military road from Fort Whipple to Camp McDowell. Marcisz has served as the



COMMUNITY

chair of the Board of the McDowell Sonoran Conservancy and has authored several articles about the McDowell Mountains. Socializing begins at 5:30 p.m., followed by dinner and a program. The cost of dinner is \$20, payable at the door. Meetings are open to anyone interested in history. Reservations requested by April 11; e-mail bjsmith5@cox.net.

'Barney's Night'

4-10 p.m. Wednesday, April 13 Denny's Restaurant 5002 N. 7th St. 602-943-4789

For 37 years, Barney has been known as the "Best Bus Boy" at Denny's-Camelback. To celebrate Barney's hard work and devotion to his job, the popular uptown diner hosts this special event each year. Denny's will donate 20 percent of all receipts that evening to Lura Turner Homes for Developmentally Disabled Adults. Barney will be on hand to greet his many fans.

Learn more about Lemon Art Research Library

10-11 a.m. Saturday, April 16 All Saints' Episcopal Church, Meeting Rooms 6300 N. Central Ave. 602-550-1050

Discover more about The Lemon Art Research Library at the Phoenix Art Museum during this monthly Coffee & Conversation event presented by Central Village. Librarian Abby Nersesian will share the inside story about the largest specialized fine arts library in the region. With more than 40,000 books, periodicals, artist files and more, the library is an amazing community resource. Learn about all the ways you can enjoy the library, free of charge, during the museums public hours. This event is free and open to the public. Refreshments will be served and reservations are not required.

Phoenix Writers Club 12-2 p.m. Saturday, April 16 Bluewater Grill 1720 E. Camelback Road

Guest speaker is Avily Jerome, author of "The Heir (The Amulet Saga Book 1)" and editor of Havok Magazine. Cost is \$17 for members and \$20 for guests. RSVP to navissak@hotmail.com with Phoenix Writers Club in subject line. All are welcome.

Expert on Social Security 6:30 p.m. Tuesday April 19 Beatitudes Luther Life Center 1616 W. Glendale Ave. 602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) hosts Jack Burns, Arizona Public Affairs specialist for the Social Security Administration, who will speak on Social Security issues. The program will begin after an optional dinner (\$15) at 5:30 p.m. RSVP for the dinner to 602-992-8145 by noon on April 15. Visitors are welcome.

Shred-A-Thon

10 a.m.-2 p.m. Saturday, April 23 Fellowship Square Phoenix 2002 W. Sunnyside Drive

Fellowship Square Phoenix is a non-profit independent and assisted living community. The retirement community is asking for a minimum donation of \$5 per box. The proceeds from the event will be used to fund its new 1,347-square-foot wellness and fitness center for residents. Enter off Sunnyside Drive, look for EZ Shredding Solutions truck in the parking lot.

Community Yard Sale

8 a.m.-3 p.m. Saturday, April 23 Holiday Spa Mobile Home Park 10401 N. Cave Creek Road

There are more than 300 units in Holiday Spa. Residents will offer their gently used treasures on their driveways or patios on this day. The gates will be open for this event. Come and view what residents have to offer and purchase what you just can't live without.

Spring Concert 3-5 p.m. Sunday, May 1 Palo Cristi Church 3535 E. Lincoln Drive

Singer-song writer Todd Herzog will perform at Beth Ami Temple's Spring Fundraiser. In addition to being the much-loved Cantorial soloist at Temple Solel in Paradise Valley, Herzog also is an award-winning singer and the founder of the popular Desert Gathering Jewish Music Fest, now in its fourth year. Tickets to the concert are \$25 in advance/\$30 at the door, and post-concert light refreshments are included. For advance tickets, call 480-451-9233 or e-mail Blossom Osofsky at blossomso@cox.net. For more information, visit www.bethamitemple.org.

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3717 W. Claremont St. \$149,000 3 BR, 2 BA • Family Room • Carport



Tom Bryant, GRI 602-980-7712



Pat Martin, GRI 602-432-2150

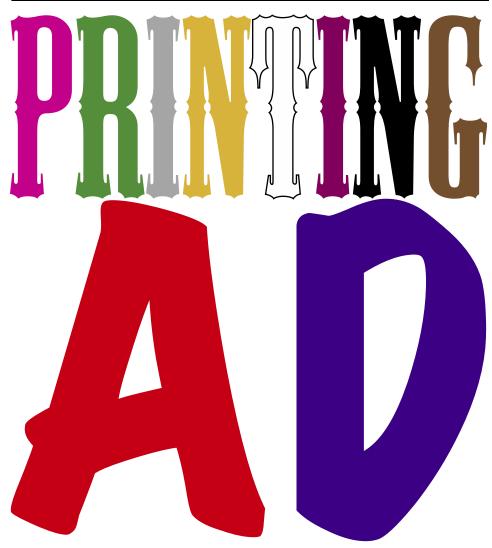
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TAKING CARE OF BUSINESS



These 13 people are the first in Phoenix to graduate from BankWork\$, a partnership with Arizona Women's Education and Employment (AWEE) to prepare workers for careers in the financial services industry (submitted photo).

BankWork\$ grads enter workforce

The first class of adults from low-income and minority communities or those with barriers to employment graduated on March 2 from BankWork\$, a partnership with Arizona Women's Education and Employment (AWEE) to prepare workers for careers in the financial services industry.

"BankWork\$ is an intensive program that prepares graduates to be able to start careers as tellers, customer service representatives or personal bankers in an industry with tremendous opportunities for growth," said AWEE President and CEO Marie Sullivan. "Their sales and customer service training will put them on a career path that will mean financial stability for them and for their families."

The 13 women and men from across the Valley who completed the eight-week program, meeting three times a week for 168 hours, participated in a Career Fair after the graduation ceremony. Banks participating in the hiring event included Wells Fargo, Bank of America, MidFirst Bank, Western Alliance Bank, Comerica Bank and AmTrust Bank.

BankWork\$ (www.bankworks.org) launched in 2006 in Los Angeles and currently places about 200 graduates each year. By 2019, BankWork\$ will be operating in 15 or more cities nationwide. Its \$4-million national expansion is funded by Bank of America, U.S. Bank and Wells Fargo, which have each

pledged \$1 million over five years to support the rollout, and by The Sheri and Les Biller Family Foundation, which founded the program and has also pledged \$1 million.

Since its launch, BankWork\$ has successfully placed more than 800 graduates who were hired by banks and other financial institutions.

BankWork\$ classes are free for participants. Start date for upcoming BankWork\$ trainings at AWEE are April 13, July 20 and Oct. 17. For information and to apply, call 602-223-4349 or email bankworks@awee.org.

Business Briefs

Mayor discusses vision for city

Join hundreds of Valley business and government leaders, Phoenix City Council members and the Greater Phoenix Chamber of Commerce to hear Mayor Greg Stanton's vision for 2016 and beyond, during his State of the City luncheon, 11:30 a.m.-1:30 p.m. Tuesday, April 19 at the Sheraton Grand Phoenix, 340 N. 3rd St.

From critical transportation initiatives to economic development efforts, Stanton has made it his priority to transform Phoenix's economy into one focused on growing exports and rooted in innovation. In the first State of the City address of his second term, Stanton will share the city's progress and continue to chart a course for the future.

please see STATE OF THE CITY on page 24

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2016 Economic Driver Caliber, The Wealth Development Company

2016 Entrepreneurial Excellence WebPT, inc.

2016 Response to Adversity CopperPoint Insurance Companies

www.phoenixchamber.com/impact

TAKING CARE OF BUSINESS

STATE OF THE CITY continued from page 22

Check-in and networking begins at 10:45 a.m. Tickets are \$100 each (\$85 for chamber members). To register, visit http://phoenixchamber.com/. questions, contact the events hotline at events@phoenixchamber.com or 602-495-2182.

Fitness facility hosts golf tourney for charity

Major League Conditioning Centers, a fitness facility located at 6210 N. 7th St., is on its annual journey to raise money for this year's chosen nonprofit, Horses Help.

Major League will host a charity golf event Friday, May 13 at Wildfire Golf Club, 5350 E. Marriott Drive. Lunch, awards and the popular Concept Shop will take place immediately after golf onsite at Horses Help, 2601 E. Rose Garden Lane. Horses Help is a therapeutic riding facility that assists kids, adults and members of the military with physical and cognitive disabilities.

"We feel it is important that partic-

ipants know where their money is going," says Major League's owner Bill Ross. "That is why we have the postgolf festivities at Horses Help."

Eleven years ago, Major League began a quest to help people outside of its walls by organizing charity golf events. To date, Ross and his team have raised \$148,256. In 2014, Ross founded MLCC Charities, Inc., a not-forprofit charitable organization.

Cost is \$300 per golfer, which includes golf, lunch and a \$200 voucher for the Concept Shop at Horses Help after the event. For more information about golf tournament sponsorships, donations or tickets, visit www.30 minuteworkout.com/golf-tournament/ or call Bill Ross at 602-230-8581.

Check out The Velo during bike month

The Velo, located at 2nd Street and Garfield in downtown Phoenix, is a bicycle dream come true for three native Phoenicians. Hari Khalsa and his brother, Sahib, along with friend and fellow racing enthusiast Jason Boles, opened the bicycle shop in January 2015.

All three of the owners were introduced to bikes at a young age. "We have all been seriously riding since around 10 years old," Hari explains, adding, "Our dads got us into bikes. It started out with mountain bikes and as we all got older we started to race road bikes."

It seemed a natural progression for them to create a bike shop that reflects the bicycle culture that they know and love so well. The name, Velo, is French for bicycle and is well known term in the cycling community.

The shop offers sales and service of everything from commuter bikes to road and mountain bikes. But it's also a "lifestyle store," Hari says. "The inside of the store is open and modern with several areas to sit and socialize. Bikes, great coffee and rotating art create a destination for the community to come together and have an experience that goes beyond retail."

The coffee comes from Bicycle Nomad Café, located inside The Velo. It serves up local coffee from Press Coffee Roasters and treats from local bakery, Nami. There is live music every Saturday on the patio.

The Velo and Nomad Café, 828 N. 2nd St., will offer specials during April



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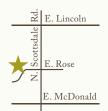
please see BIKE SHOP on page 26











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SEVENTH STREET & THOMAS ROAD

TAKING CARE OF BUSINESS

BIKE SHOP continued from page 24

to celebrate Valley Bike Month. The store also sponsors weekly group rides that start and finish at the shop. For more information, call 602-759-8169.

The Shops hosts an appraisal clinic

The Shops on Camelback continues to provide fun and educational events at its 7,500-plus square foot space located at 1030 E. Camelback Road.

On Saturday, May 14, the Shops welcomes Sean Morton of Morton Appraisals. He is a certified, licensed and insured appraiser, and is featured on the local television show, "Arizona Collectibles." Learn what your treasures may be worth, whether you eventually want to sell them, pass them down to family members, or insure them. The event is from 10 a.m. to 5 p.m.

The appraisal fee is \$20 per item, with a limit of two items per person. Pre-registration is highly recommended. All proceeds from the appraisal event will be donated to Phoenix Children's Hospital. Complimentary refreshments will be provided.

For more information or to register, call 602-277-1030.

Woodworking classes offered for beginners

In celebration of National Woodworking Month in April, Rockler Woodworking and Hardware in Phoenix will hold a series of hands-on project classes called, "Make & Take" where participants will be able to build—and take home—a complete project in just a few hours. Each class will cost \$25 plus materials and no experience or tools are needed.

The "Make & Take" class series is well suited for beginners or those with limited woodworking experience. Class size is limited in order for attendees to have access to as much guidance and instruction as needed.

"Make & Take" class projects include ice cream scoop, April 8; custom knife with wood handle, April 15; floating wall shelf, April 22; and a keepsake box, April 29. All classes are 1-4 p.m.

Children under the age of 18 are welcome to attend but must be accompanied by a parent or guardian and must sign a waiver.

Rockler Woodworking and Hardware is located at 4626 E.

Thunderbird Road. To register for a class, visit www.rockler.com/makeand-take. For more information, call 602-996-3488.

Young women learn career tools, strategies

The YWCA Young Women's Forum hosts a "Maneuvering the Workplace" luncheon and workshop 11 a.m.-1 p.m. Wednesday, April 27, at the YWCA offices, 2999 N. 44th St., Sixth Floor.

Learn strategies and tools to help you promote and propel your career. Learn how to sail through difficult dynamics in the workplace—whether you have struggled with a difficult boss, employee or work site.

Featured panelists are Joy Antolini, senior vice president and director of Human Resources for National Bank of Arizona; and Deborah Bateman, vice chair of the Board of Directors for National Bank of Arizona.

The cost is \$20 and lunch is provided. To register, call 602-258-0990, ext. 11, or visit: http://ywcaaz.org/young-womens-forum.

DeNicola honored by Human Rights Campaign

Maria DeNicola, founder of Senza Pelo MedSpa, 5702 N. 19th Ave., received the Independent Equality Award from the Human Rights Campaign on Feb. 27 for her efforts on behalf of the transgender community. She has helped hundreds of people come out of their shell and be comfortable about the transitioning process.

DeNicola, a certified electrologist, opened Senza Pelo to provide permanent hair removal and other services more than 33 years ago, and since then has, according to the Human Rights Campaign, "become legendary as one of the strongest allies to a community that all too often is marginalized in society. She has come to know, respect, and love the transgender community and is a tireless soldier in the battle for equality."

"I have been working in the transgender community for almost as long as I have been doing electrolysis," DeNicola said. "It is a community that is near and dear to my heart.

"I have helped to enrich the lives of hundreds of patients by removing unwanted or embarrassing body hair," she added. "I have made countless lifelong friends, and I can truly say that I really do love the work that I do."

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(North Central homes in bold)

6019 N. 20th St			
6050 N. Paradise View Dr			
130 E. Missouri AveIN ESCROW			
6012 N. Central AveNEW PRICE			
600 W. Berridge LnNEW PRICE			
35 E. Myrtle AveIN ESCROW			
25 E. Myrtle AveNEW PRICE			
3814 E. Mountain View RdNEW PRICE			
1721 E. Myrtle Ave NEW PRICE	3936 SF	4BR/3.5BA	\$ 975,000
7602 N. Central Ave NEW PRICE	4064 SF	4BR/3.5BA	\$ 965,000
123 W. Frier Dr			
1316 W. Myrtle AveIN ESCROW			
26 W. Kaler Dr NEW PRICE			
5323 N. 2nd St			
1815 E. Palmaire Ave NEW CONSTRUCTION			
7208 N. 3rd St			
5318 N. 2nd St			
5319 N. 2nd St			
5322 N. 2nd St			
5314 N. 2nd St			
105 E. Lamar Rd NEW PRICE			
209 E. Myrtle Ave			
5310 N. 2nd St IN ESCROW			
2737 E. Arizona Biltmore Cr. #30 .NEW PRICE			
5315 N. 2nd St			
5311 N. 2nd St			
13227 N. Joan D Arc Ave NEW PRICE			
600 W. Las PalmaritasNEW CONSTRUCTION 77 E. Missouri Ave.#74NEW PRICE			
7627 N. 11th Ave			
1911 E. Claremont St IN ESCROW			
131 W. San Juan AveIN ESCROW			
33 E. Butler DrNEW PRICE			
1701 E. McLellan Blvd			
77 E. Missouri Ave. #16NEW PRICE			
9026 N. 16th St			
2615 N. Walker WayJUST LISTED			
3107 N. 32nd WayIN ESCROW			
2611 N. Walker WayJUST LISTED			•
3104 N. 32nd Way JUST LISTED			
717 E. Palmaire AveNEW PRICE			
125 E. Echo LnNEW PRICE			
550 W. Maryland Ave. #114			
550 W. Maryland Ave. #112			
1613 W. Verde LnIN ESCROW			
550 W. Maryland Ave.#136			
7 E. Muriel DrIN ESCROW			
3601 E. Bloomfield Rd JUST LISTED			
10004 N. 1st Dr			
750 E. Northern Ave. #1046			
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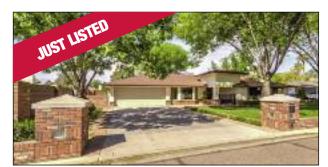




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Featured Homes for April



7208 N. 3rd St. • \$769,000



105 E. Lamar Rd. ■ \$699,000



2737 E. Arizona Biltmore Cr. #30 • \$680,000



7627 N. 11th Ave. • \$599,000



77 E. Missouri Ave. #74 • \$550,000



33 E. Butler Dr. • \$474,900



1701 E. McLellan Blvd. ■ \$472,800



4220 N. 19th St. • \$355,000



717 E. Palmaire Ave. ■ \$355,000

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10 W. Vista Ave.	\$ 850,000	14 E. Laurie Ln.	\$ 450,000	1026 E. Wagon Wheel Ave.	\$ 256,000
5718 N. 24th St.	\$ 795,000	3103 E. Hazelwood St.	\$ 445,000	739 E. Orangewood Ave.	\$ 250,000
7539 N. 21st Pl.	\$ 787,500	1307 W. Rose Ln.	\$ 350,000	3010 E. Corrine Dr.	\$ 182,500
15223 N. 12th St.	\$ 750,000	5402 E. Pinchot Ave.	\$ 349,000	1715 E. Turney Ave.	\$ 185,000
550 W. Las Palmaritas	\$ 675,000	1219 W. Rovey Ave.	\$ 320,000	750 E Northern Ave. #1093	\$ 142,000

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HEALTHY LIVING



Students at Carrington College prepare to deliver more than 500 handmade pillows to patients at Phoenix Children's Hospital (photo courtesy of Carrington College).

Nursing students have a heart

Students in the Medical Assisting program at Carrington College's Phoenix North campus, located at 8503 N. 27th Ave., in February delivered more than 520 homemade heart-shaped pillows to Phoenix Children's Hospital (PCH) through its Heart Pillow Project, which aims to raise awareness of congenital heart defects.

As part of the program, now in its eighth year, the pillows are cut, sewn, stuffed and stitched by students, staff and faculty to donate to the children at PCH. To bring a smile to each child's face, they also attach homemade cards of encouragement to each pillow.

"Not only is the message included with the pillow meant to be inspirational, but the pillow will have a practical use," said Traci Chace, medical assisting instructor at Carrington College's Phoenix North campus. "For some patients, the pillow might be placed under the back of their necks so their heads can be tilted back to change the breathing apparatus. For others, a pillow can help patients who cough to sit up, giving them something to hold on to."

More than 100 Carrington College students took part in this year's Heart Pillow Project, donating their own materials as needed and taking sewing kits home to ensure they would far exceed the original 400-pillow goal.

Although the pillow project is intended to raise awareness of congenital heart defects, young patients with other ailments also received pillows.

This project is one of many the local campus undertakes each year as part of its Carrington Cares community outreach program. For more information, visit www.carrington.edu.



Alan Ferguson, D.D.S., and The Awesome Squad 1222 E. Missouri Ave., Suite 201 602.242.5445 drfergusonaz.com

HEALTHY LIVING

Health Briefs

Class helps with balance, bones

The Better Bones & Balance program is now being offered at Kharma Life Center, 700 W. Campbell Ave. Classes are offered on Monday and Wednesday mornings, 8-9 a.m. beginning April 4 and April 6, respectively, in 4-week sessions. Classes are open to all.

Better Bones is a community-based exercise program developed by researchers in the Bone Research Lab at Oregon State University. The exercise classes are safe for individuals with osteoporosis and osteopenia and provide benefits for people of all ages. The program is appropriate for both active and sedentary people; exercises in each class are modified to suit individuals at varying levels of fitness.

Cost is \$40 for one four-week session, or take them both simultaneously (Mondays and Wednesdays) for \$70. For more information or to register, call 602-795-9767 or e-mail info@kharmalife.com. To learn more about other class offerings at Kharma Life Center, visit www.kharmalife.com.

Bring balance back into your life

Kinesphere Center for Movement Education offers classes and workshops to increase proprioception and teach folks tools that better their balance.

Join Alexandra Papazian for "Why Am I Losing My Balance?" from 1 to 2:30 p.m. Saturday, April 9. Participants will focus on integrating the core and breath with the rest of the body to help you find your center. This workshop is appropriate for all bodies and abilities. Cost is \$35 before April 8, \$40 after.

Then check out "Low Back & Core Workshop" with Isabelle Barter, 1-2:30 p.m. Saturday, April 16. Learn how breathing mechanics, movement habits and responses to stress all impact low back health. Acquire tools to beat back pain and discover ways to release tension. Cost is \$35 before April 22, which includes a Roll Model Method Coregeous Ball. Cost increases \$5 after April 22.

Lose yourself in relaxing Hanna Somatics with Ye Xhang, 1-2:30 p.m. Saturday April 23. Hanna Somatic Education (also known as Clinical Somatics) is a safe, gentle and common-sense approach to eliminating

chronic muscle pain for the long term. Gentle, slow movements coupled with breathing will help you to unwind, relax and slow down the nervous system. Cost is \$30.

Kinesphere Center for Movement Education is located at 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or email info@kinesphere-studio.com to register.

Ways to reduce your risk of cancer

The monthly MRM Cancer Support Group offers support for patients, families and community members dealing with all types of cancers. The next meeting is set for 6-7:30 p.m. Thursday, April 21, at Bluewater Grill, 1720 E. Camelback Road.

The guest speaker is Thomas Lodi, M.D., member of the American Society of Clinical Oncology (ASCO) and fellow in Integrative Oncology. His topic is "STOP Making Cancer" by looking at key factors such as nutrition, rest, exercise, stress, and detoxification.

Admission is free. A complimentary vegetarian buffet will be served. An RSVP is requested by Monday, April 18. To RSVP, call Terry Ratner at 602-527-3776 or e-mail info@terryratner.com. For more information about the Michael Ratner Memorial (MRM) Community Cancer Support Association, visit www.mrmcancersupport.com.

Yogini's offers private lessons

Yogini's Hatha Yoga & Meditation studio offers two specials in April to help bring wellness into your life.

Private lessons are being offered this month at the studio, home or work-place to beginners or those otherwise compromised due to health or injury. The Spring Renewal special for April is \$49 per 35-minute lesson or \$69 per 50-minute lesson. Add \$25 for off-site lessons. Appointments are required and available online at www.yoginis.co.

The studio also offers \$5 classes on Thursdays in April. Try the Beginning Hatha Yoga class without heat at 9 a.m., or Silent Hot Yoga at 5 p.m., or turn the heat up at 6:30 p.m. with Hot Yoga Flow. Schedule your class online to guarantee your space.

The studio is located 3508 N. 7th St., Suite 130A. Street parking is allowed. Call 602-908-3808 for more information.



Cardio Health & Fitness

What's in a Name?

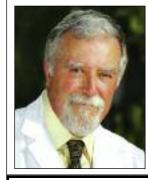
Unlike other names contained in the calendar, exactly why this month is called "April" is unclear. The best guess is that it comes from the Latin verb aperire, "to open", an allusion to the budding of trees and flowers. All of the blooming going on around us may serve as a reminder that humans have cultivated food crops since 8000 BCE and flowers and herbs since 3000 BCE. Obviously, April has been a busy month for mankind for millennia.

We tend to think of ancient herbalists as among the first healers; less often recalled is the fact that many of the plants commonly grown in gardens were poisonous. Aside from their obvious uses for ill, however, even many of these could also be used for good—a lesson not lost on modern medicine. Derivatives from poisonous foxglove and nightshade, for example, are still used to treat heart failure and chronic lung disease. Almost everyone knows that moldy bread gave us penicillin, and the angiotensin converting enzyme inhibitors, a widely used family of blood pressure medications, were originally identified in snake venom.

Of course, not all biologically active compounds are either so potentially toxic or downright repulsive. My late colleague Dr. Euclid Hanbury, occasionally treated open wounds with an application of honey; the FDA approved "Medihoney" for such use in 2007. And consider this list of substances that have been shown to have (some) effectiveness in lowering blood pressure for (some) people: basil, cat's claw, celery seed, cinnamon, cardamom, garlic, ginger, hawthorn, hibiscus and lavender. Many of these sit in kitchens throughout the country, though the amounts need to have an effect can be more than one might ingest from an occasional meal at the local Indian restaurant.

The point, of course, is that these can be helpful and healthful ingredients if we treat them as that—ingredients rather than remedies that we seek out only when confronted with a medical dilemma. Human nutrition, as it turns out, is both complicated and nuanced, and consistency in practice often produces the best results. The same is true, using high blood pressure again as an example, when it comes to the role of physical activity, weight management or stress reduction. The quick fix seemingly implicit in our 2016 understanding of how health and medicine work ("Instant Gratification Now--Guaranteed!!!") is not compatible with the slow cumulative processes by which our bodies either maintain equilibrium or change.

So perhaps this month we should enjoy all the growing things (especially before the summer heat takes its toll on both us and the vegetation) and also take time to reflect on our relationship with the immense variety of "active ingredients" that could make its way to our tables. As you might guess, our interest in what people eat extends far beyond calorie counts and food labels. And we'd love to share more of what we've learned with you.



If you'd like to learn more, stop by at North Mountain Cardio, 9812 N. 7th Street, or give us a call at 602-714-6783. And take a look at www.northmountaincardio.com or https://www.facebook.com/northmountaincardio.

Happy April!

John Sutherland MD



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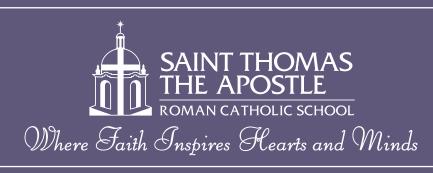
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SCHOOL DAYS



Madison Simis students Andy Ward-Garcia and Aaron Smith present a thank-you poster signed by students in the DIGGS program to Home Depot Store #0477 Assistant Manager Jose Sanchez, who helped with donations for the school gardens (submitted photo).

Businesses pitch in to help gardens grow

The Madison Simis Elementary School garden program, DIGGS (Discovery Is Growing Gardens at Simis), is an active, hands-on science based gardening program for little hands. Established over 17 years ago, it has grown and developed over time—and not without some significant help from community businesses and supporters.

Recent partners who have come on board with DIGGS are the Home Depot Store #0477, and Moon Valley Tree Service Division. Home Depot has donated soil, paint, and seeds to the program for the spring planting season, thanks to Assistant Manager Jose Sanchez and his garden department.

Moon Valley Tree Service Division contributed mulch, pots, and seeds to supplement the gardens thanks to Simis volunteer Jennifer Rice, and the generosity of her boss, Bryan Wallace.

"With the donations made possible by Home Depot and Moon Valley Tree Service Division, we are able to continue gardening this spring season for kindergarten, first grade, and second grade as this is a transition year of our program while our school is under construction," said LeiLani Ward-Smith, Madison Simis Elementary DIGGS cochairperson. Another new community partner is adding a unique item to help grow the program. As part of its "McCafé School Gardens Grow," a coffee grounds recycling initiative, Madison Simis has partnered with the 16th St. & Glendale McDonald's to recycle coffee grounds for the school garden beds.

The new initiative is part of McDonald's "Good Neighbor Good Grounds" recycling program, designed to divert used coffee grounds from the waste stream by promoting the reuse of coffee grounds to add nutrients to soil or compost. Schools pick up the grounds weekly from their local McDonald's restaurant.

"We are looking forward to a bountiful collaboration with McDonald's and teaching students the importance of recycling and reuse," said Smith.

Rebecca Nieto, DIGGS co-chair, added, "McDonald's coffee grounds will be an added enrichment to our soil amendments, and the ease with which this program has made them available to us is immeasurable."

The DIGGS program is cultivated by volunteers, donations, and occasional grants to the program. Students in kindergarten through fourth grade, as well as Special Education, garden during Arizona growing seasons in the fall and spring. The DIGGS curriculum in the classroom and out in the garden

SCHOOL DAYS

provides the students with an understanding of science, nature, and the world around them.

Editor's note: Schools or community gardens interested in participating in the coffee grounds recycling program can call Rhonda Grundemann at 602-739-8810 to be assigned to a local McDonald's restaurant.

Seniors invited to tour PVCC April 13

Paradise Valley Community College (PVCC) hosts a High School Senior Night from 6:30-8:30 p.m. Wednesday, April 13, in KSC 1000.

Senior Night at PVCC is a comprehensive showcase for high school seniors and their families who want to learn more about programs of study, student services, resources to get started and stay in school, and opportunities to participate in student life on campus. Faculty and staff will be on hand to answer questions about everything PVCC has to offer, and a panel of current students will talk about their college experience.

PVCC is located at 32nd Street and Union Hills Drive. Parking is free. For more information, visit www.paradisevalley.edu/highschool or call 602-787-

School Briefs CREIGHTON SCHOOL DISTRICT Clarendon a finalist

for TAP Award

Clarendon Elementary has been nominated as a finalist for consideration for the TAP Founder's Award to be presented at the 2016 National TAP Conference. This award recognizes exceptional efforts to implement and represent the principles of TAP by a school, the school leaders, and the district leaders that support the school.

It is a distinction that acknowledges the important work and accomplishments of the entire school community. The award comes with a \$50,000 cash prize. An NIET media crew visited the school for filming in early February.

MADISON SCHOOL DISTRICT Student competes in state Spelling Bee

Amutha Rajasundaram, a student at Madison Heights Elementary, made it to the 2016 AEF Arizona Spelling Bee, held March 19 in the Arizona PBS studios on the downtown Phoenix campus of Arizona State University.

Amutha was one of the state's top 27 spellers, having made it past a few earlier rounds of spelling challenges. The road leading up to the AEF Arizona Spelling Bee began in December when schools throughout the state held qualifying bees. Winners progressed to district bees in January and then county and regional bees in February.

Seventh grader Nicola Ferguson from Sunrise Middle School in Scottsdale correctly spelled the word "recumbent" in the 17th round to win the Bee. Nicola will head to Washington, D.C., to represent Arizona in the 89th Annual Scripps National Spelling Bee May 25-26.

PHOENIX UNION HIGH SCHOOL DISTRICT

Town hall focuses on teen dating violence

Central High School hosted a Teen Dating Violence Youth Town Hall on Feb. 18. The day included a morning assembly and resource fair during lunch

please see TOWN HALL on page 34







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SCHOOL DAYS

TOWN HALL continued from page 33

for the students. Students, parents and community members were invited to attend the Town Hall, a discussion about teen dating violence and healthy relationships.

February is National Teen Domestic Violence Awareness and Prevention Month. Among the sobering facts, 1 in 5 teens in Arizona will experience domestic violence for dating violence in their lifetime; 1 in 10 high school students has been purposefully, hit, slapped or physically hurt by a boyfriend of girlfriend. Adolescents in controlling or violent relationships may carry these dangerous and unhealthy patterns into future relationships.

This event was held in partnership with the City of Phoenix' Paint Phoenix Purple Domestic Violence Awareness program.

Signaled crosswalk adds safety for students

Metro Tech High School staff and students, along with officials from the city of Phoenix and community mem-

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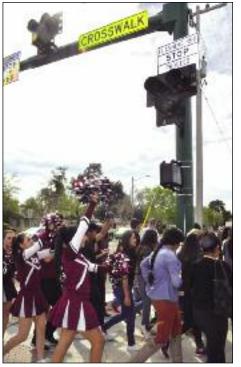
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City of Phoenix officials joined Metro Tech students, staff, the Metro Tech Spiritline and members of the community in walking across one of the two new HAWK traffic signals installed adjacent to the school (photo courtesy of PUHSD).

bers, on March 3 celebrated the activation of two new High Intensity Activated Cross Walks, or HAWKs on West Thomas Road in front of the school, and on 19th Avenue and West Earll, at the northeast boundary of the school. That HAWK will also serve the students of the new Linda Abril Education Academy that opens next school year at 3000 N. 19th Ave.

The crosswalks include push-button activated flashing signal lights that have proven effective in stopping roadway traffic and reducing car-pedestrian accidents, particularly near heavy pedestrian traffic areas such as schools.

The pedestrian beacons are the 29th and 30th HAWKs installed by the city of Phoenix, and the first installed near a PUHSD school since 2010.

Testing physics on roller coasters

Phoenix Union Physics students had the chance to put their minds (and bodies) to the test when nine schools met for a day of competition and data collection at the annual Physics Day at Castles 'N Coasters, March 4.

Besides having data sensors strapped to them and using various pieces of equipment to gather information about the rides at the park, students were asked to put their problemsolving abilities to the test in a number of physics-based competitions. These competitions draw from a variety of

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SCHOOL DAYS

talents, focusing on creative application of concepts in a stressful and time-limited manner, and after many grueling events, Metro Tech students won first place overall, edging Carl Hayden.

Metro Tech also won four events: Gum Drop Bridge, with students Esther Barrera-Zaragoza, Juan Saenz, Kazandra Zelaya; Egg Drop, with students Christian Bocardo-Feli, Alex Medina Jeniffer Rodriguez-Quintero; Vector Bowing, with students Marco Abasta and Williams Martinez-Hernandez; and Liquid Launchers, with students Joel Perez, Hector Nunez and Jose Camarena-Espinoza.

"Every single person on our district can take pride in this achievement, as our students consistently demonstrated advanced problem-solving abilities in novel situations, and above all, incredible sportsmanship and citizenship," Metro Tech Science teacher Andrew Chapman said.

Tennis team captures first place in tourney

The Camelback High Spartans Tennis Team took first place in the METT Phoenix Union tournament, Feb. 25-26, bringing home the traveling trophy.

Camelback's boys team won first place, and the girls team was narrowly edged out by Betty Fairfax by just three points, but the Spartans' combined scores were enough to return the championship trophy back to Camelback. The finals were played at Camelback.

Central students compete-in Japanese

Six students from Central High's Japanese class participated in the 18thannual Japanese Speech Contest at ASU's Foreign Language Fair, Feb. 23. Jesus Achutegui won the Advanced level competition. This is the second year in a row he has won in the highest level.

Brenda Garcia placed second in Novice level completion (1st year level). Irma Lechuga, Marina Lopez Figueroa, Alexander Verazquez and Kiana Williams also performed well.

JROTC captures some top scores

Central High School JROTC competed in the Raider Tough Challenge on Feb. 27 in Tombstone, with 14 high school JROTC programs from Arizona and New Mexico.

The Central Cadets took first place in Knot Relay, second place in the Obstacle Course, second place in the Tire Flip and third place in the 5-K Endurance run in the eight-event competition.

WASHINGTON ELEMENTARY SCHOOL DISTRICT

Lamp of Learning recipients announced

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

Bestowing this award allows WEDS the opportunity to thank community members and staff members for their support of WESD students. The honorees below, who serve in the schools within the North Central News boundaries, are among 42 extraordinary people who will be celebrated on May 6 at the Lamp of Learning Awards Ceremony.

please see AWARDS on page 36

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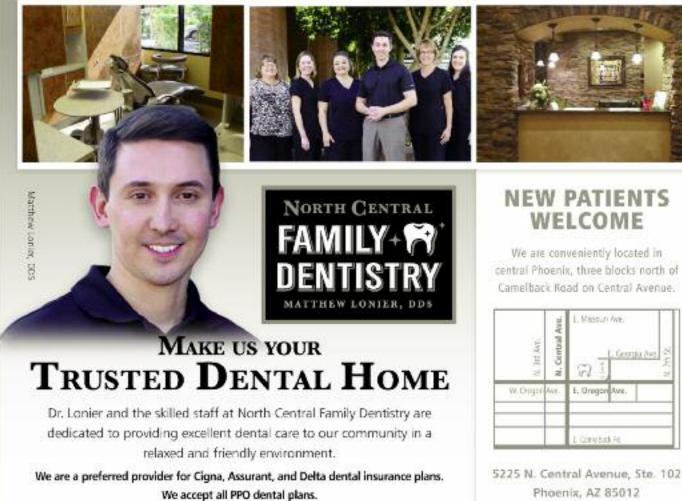
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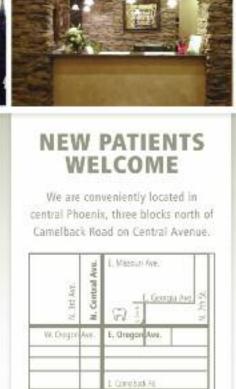


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SCHOOL DAYS

AWARDS continued from page 35

Honorees for 2016 include:

- Desert View Elementary—Joyce Brown, Paraprofessional-Instructional; Josie Van Vleet, Nutrition Services manager
- Orangewood School— John Vasey, sixth grade teacher; Ryan Clark, community member; Shannon McBride, volunteer/community member; Tonya Reynolds, volunteer
- Richard E. Miller Elementary— Cheryl Fisher, computer assistant; Katie Lewis, reading interventionist
- Maryland School—Jerry Frost, third grade teacher; Jackie Swigart, social worker
- Mountain View School-Ana Issa, social worker; Marty Manning, volunteer

Orangewood robotics team wins state award

The Robocougars of Orangewood School won the STEM Research Project Award at the VEX IQ State Finals Competition on Feb. 27. The research project centered on water san-



Members of the Orangewood Robocougars robotics team show off some of their creations during the WESD Business Advisory Team meeting on Jan. 27. From left: Wake Brown, Jude Encinas, Ilan Wieser and Caleb Klink explain their three creations—"Ike," "V-Rex," and the model they use for competitions (submitted photo).

itation and purification and covered what is being done worldwide to improve and develop safe drinking

grade students, built a model of the Omni Processor being developed by Bill Gates and, in their presentation to the judges, demonstrated how this The Robocougars, fifth and seventh model could improve life for people around the world. The judges were impressed with students' depth of knowledge and polished presentation

This is the third year in a row the Robocougars have won the STEM Research Award. The group's coach, Dianna Bonney, was recently named Elementary School Science Teacher of the Year for 2015 by the Arizona Science Teachers Association.

Bonney, who has taught for more than 25 years in the Washington Elementary School District, is certified as highly qualified in middle school general science and holds a gifted endorsement with an emphasis on bilingual students. She earned a Doctor of Education degree in 2009 from Arizona State University.

PRIVATE AND CHARTER SCHOOLS MLB great Selig visits PCDS

Phoenix Country Day School welcomed Major League Baseball Commissioner Emeritus Bud Selig to campus on Feb. 12 as the inaugural



SCHOOL DAYS

guest of the PCDS Headmaster's Speaker Series. Selig was the commissioner of Major League Baseball from 1992 through 2014, and oversaw massive commercial and economic success, the internationalization of America's pastime, and an unprecedented 20-plus years of labor peace between the player's union and league ownership.

Regarding the new annual program, PCDS Headmaster Andrew Rodin remarked, "At PCDS, we celebrate those who have found success by building bridges, by bringing together dissenting voices, and helping people find common ground."

During his visit, Selig met with PCDS middle and high school students for a series of question and answer panels. After chatting with PCDS students during the day, Selig joined Headmaster Rodin for an evening "fireside chat" with hundreds of PCDS parents, alumni, and other community members.

Selig is the grandparent of PCDS senior Natalie Prieb (who will attend George Washington University in the fall) and father of PCDS Board of Trustees member Wendy Selig-Prieb.



Major League Baseball Commissioner Emeritus Bud Selig visited students at Phoenix Country Day School as part of the school's new Headmaster's Speaker Series (submitted photo).

Students raise funds for pet sanctuary

At Tesseract School, every grade level takes part in an annual service learning project. This year's third grade students decided they wanted to do something related to animals and their care. After looking at numerous

options, they decided on Forever Loved Pet Sanctuary in Scottsdale, whose mission is to promote the rescue, adoption, and well being of senior animals.

One of the founders of Forever Loved Pet Sanctuary visited the classroom and introduced Ranger, one of the dogs in their care. The third graders also learned more about the mission of the organization. After the visit, students brainstormed a variety of ways in which they could help raise money.

One of the ideas suggested was to collect spare change from families at the curb. The third graders made colorful posters and signs that they placed around campus to promote their cause. They also presented to grades K-4 during the Lower School's weekly morning meeting.

The students took turns collecting change at the curb during the morning drop off and afternoon dismissals. After two weeks, they raised \$1,112.86, which far exceeded their original goal of \$300. The students now plans to visit and meet some of the dogs at Forever Loved Pet Sanctuary.

Middle school girls STEAM up Xavier

Nearly 1,000 female middle school students from around the Valley attended Xavier College Preparatory's eighth-annual "Girls Have IT Day!" on March 4. Part of this year's Arizona SciTech Festival, the event promoted

please see STEAM on page 38

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SCHOOL DAYS



Xavier Prep students spent March 4 entertaining and educating girls from Valley middle schools during the eighth-annual "Girls Have IT Day!" (submitted photo).

STEAM continued from page 37

young women's involvement in science, information technology (IT), engineering, art, and math (STEAM).

Following a keynote lecture by Xavier alumna and marine scientist Erin Ryan, the middle school students participated in a hands-on, STEAM-focused activity fair hosted by about 400 Xavier student mentors representing many of the high school's 75-plus student clubs.

Local girls lauded for volleyball skills

Four Xavier College Preparatory students have been recognized by PrepVolleyball.com for their excellence both on the court and in the classroom. Among them are three North Central residents.

Senior Callie Jones, who will attend Santa Clara University in the fall, was named to the 2015 PrepVolleyball.com High School Volleyball Academic All-American First Team. Jones and senior Kristen Largay, who will attend American University in the fall, were named to the PrepVolleyball.com High School Volleyball All-American Special Mention Team. Earlier this year, the two teammates were also named First Team Volleyball All-Americans by the Dairy Council of Arizona and the Arizona Coaches Association.

Freshman Shannon Shields was named to the 2015 PrepVolleyball.com "FROSH 59" List, which highlights the top freshmen in the nation playing on varsity volleyball teams.

SS. Simon & Jude team wins aerospace contest

More than 200 teams converged upon ASU's Polytechnic Campus Feb. 8-10 for the 17th Annual Fiesta Bowl Honeywell Aerospace Challenge sponsored by American Airlines.

Six teams advanced to the finals on Feb. 27 at Wells Fargo Center, and SS. Simon & Jude's Cathedral School's seventh-grade team, Team Genesis, emerged as the winner of this year's challenge. This is the fifth win for the Cathedral school of the Diocese of Phoenix, which also won this competition last year.





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SCHOOL DAYS



Browsing the wares of St. Francis Xavier student eighth grader Victoria Aguirre are SFX school nurse, Susan Kaiser, and fellow student Jasmine Prasad (submitted photo).

The students will be featured at halftime of the Fiesta Bowl game and have also been awarded a trip to Space Camp in Atlanta, Ga.

This annual challenge is the largest extracurricular STEM program for grade school and junior high students in the state. This contest allows fifth through eighth grade students the opportunity to enhance their knowledge of space technology through the development of an International Lunar Base, complete with a physical scale model.

Student marketplace benefits charities

The Arrupe Project at St. Francis Xavier is in its sixth year, and has helped hundreds of graduates discern and help support causes that are most meaningful to them.

"This project starts in the seventh grade, when students sell handmade crafts in the Arrupe Marketplace. It's out in our school courtyard and after a Sunday mass," explained St. Francis Xavier Campus Minister Deborah Westerfield.

Then in the eighth grade, students must organize a fundraising event. The funds they make from the event are then used to purchase whatever the cause or organization is in need of. Students then "personally deliver it to them and more often than not, meet who is being benefited by their works," Westerfield added.

Each student selects an organization to be the recipient of the funds raised. They speak to an individual at the organization, and determine what their needs are. After the marketplace and fundraisers are held, the students purchase the items needed with the funds raised.

Some of this year's benefiting organizations included Phoenix Rescue Mission, Ryan House, The Smile Project, and Foundation for the Blind. The Arrupe Project is now a diocesan model that could be implemented into other schools.

Brophy students volunteer in Nogales

PBS National Religion & Ethics News Weekly filmed a segment at the Kino Border Initiative (KBI) in Nogales, Ariz., while a group from Brophy College Preparatory, including senior Luis Torrez of North Central Phoenix, was there volunteering with the migrant group.

The Kino Border Initiative (KBI) is a binational organization that works in the area of migration and is located in Nogales, Ariz, and Nogales, Sonora, Mexico. The KBI's vision is to help make humane, just, workable migration between the U.S. and Mexico a reality.

Brophy Faculty member Christopher Agliano accompanied the students, who represent members of a Brophy Club, Anima Christi. Agliano said, "The Kino Border Initiative is on the front line of the intense human struggle for dignity. Jesus says in the gospels, 'Come follow Me.' Witnessing the suffering on the border is following Jesus to the foot of the cross. It changes you."

Brophy sophomore Michael Grindey, Anima Christi club member, was interviewed by the PBS crew and offered, "Being on the border was uncomfortable at first. I didn't know what to say or do ... but once I started to meet and interact with migrants and

please see VOLUNTEERS on page 40



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SCHOOL DAYS



Students from Christ Church School scoop a mix of vitamins, dried vegetables, soy, and rice into bags as part of a service project at Feed My Starving Children (submitted photo).

VOLUNTEERS continued from page 39

hear about their journey I was able to connect with their story. I was able to form relationships with different people and encounter Jesus face-to-face."

Brophy students Matthew Zacher, Noah Cloud, Brady O'Gara, Zach Beall, and Spencer Inglett also made the trip.

Students fill food bags for needy children

Christ Church School (CCS) students and chaperones visited Feed My Starving Children (FMSC) in Mesa on March 17. They worked together to assemble 22,032 meals to feed hungry children in Peru. These meals will provide 60 children with food for a year.

"I would recommend this (trip to FMSC) because it is fun to help other kids," said CCS fourth grade student Jack Chait.

"It was really fun doing all the jobs, but I liked boxing up all the bags of food best," added third grade student Gunnar Romley.

FMSC is a nonprofit Christian organization. The approach is simple: children and adults hand-pack meals specifically formulated for malnourished children, and they ship the meals to distribution partners in nearly 70 countries around the world.

The CCS volunteers labeled packages, scooped a mix of vitamins, dried vegetables, soy, and rice into bags, weighed and sealed each bag, and packed the bags into 102 boxes. At the end of the session Father Daniel Richards, rector of Christ Church of the Ascension, led a community prayer over the packed boxes of food and volunteers were treated to a sample of the nourishing product.

CCS families and staff members also collected quarters in candy tubes, donating more than \$1,700 to FMSC, which will provide materials for 7,665 additional meals.

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You also can enjoy games and camaraderie with various bridge and mah-jongg classes and clubs, as well as get creative with ceramics, knitting, painting and more. If you like history, you'll enjoy exploring Clarence Boynton's 1913 Travelogue (April 6), or learning more about the history and industry of turquoise (April 13).

Encore University offers classes designed for the 50-plus population for \$35 per class. Explore the class catalog and register at http://www.encore-univ.org or by calling 480-991-6424, ext. 165.

Talk to your elderly parents about drugs

Plenty of programs stress the importance of talking to teenagers about the dangers of drug misuse, but who's talking to seniors?

With multiple doctors and specialists, a variety of dosage instructions, and an alternating schedule of refills, managing a medication regimen can be daunting for anyone—especially seniors.

Seniors often taking four or more prescription medications each day (not including over the counter meds and vitamins), making these conversations critical.

A new survey found that nearly one in five seniors have experienced difficulties, including keeping track of which medications they have taken and when. This type of medication management uncertainty can lead to devastating consequences—from an adverse drug interaction to the need to move to a nursing home.

To help families have this important conversation, the Phoenix Home Instead offices have launched a new public education program called Let's Talk about Rx (www.LetsTalkAbout Rx.com), which offers families free printouts and resources, tips, and insight into potential medication pitfalls facing seniors. Visit the website for more information.

Kids & Families

All-American Celebration is free to the community

Families and community members are invited to attend the Royal Palm Middle School All American All Community Event on Thursday, April 14, from 4:30 to 7:30 p.m. Royal Palm is located at 8520 N. 19th Ave.

Attendees will be able to find out more about all the wonderful opportunities around 19 North, while being enjoying a variety of activities and community booths. Among the activities/organizations will be softball, baseball, food trucks, the United States



Join us at the Stratford for great fun, great food and great care!

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

Every Thursday from 3:00 p.m. to 4:00 p.m. The Stratford hosts a musical social with some of the Valley's favorite performers.

RSVP to (602) 841-2500 for a fun afternoon of music and refreshments.

Join us as a guest of for lunch!

Want a tour? Just ask! We'll be happy to show you our beautiful community.

602-841-2500

Visit our website for upcoming events!





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GENERATIONS

Navy League Cadet Corps, ASU, 19 North, Phoenix Fire Department, Phoenix Police Department, Southwest Ambulance, and many other community organizations.

There also will be a bike rodeo to emphasize bike safety at which children can receive a free bike helmet or other safety gear (while supplies last).

The event is sponsored by the Royal Palm Middle School PTO. For more information, contact Vanessa Alsan-Blair at 602-347-6450.

Summer Camp for kids held at PVCC

From life skills and performing arts to Kid's College and STEM in Spanish, students ages 4 and older can go to "camp" at Paradise Valley Community College this summer. Registration is now under way at the school, located at 18401 N. 32nd St. Most camps begin the week of June 6.

Topics include chamber music; entrepreneurship education; STEAM; summer theatre intensive; dance conservatory; jazz music; music technology; math; brass ensemble; and a young authors camp.

Some programs require course registration while others require an application. Scholarships are available for some programs. For more information, visit www.maricopa.edu/summercamps or call 602-787-7862.

Family-friendly events at Desert Song in April

Desert Song Healing Arts Center hosts two family friendly events this month, starting with a Family Potluck and Movie Night, Saturday, April 9. The potluck begins at 5:30 p.m., followed by a screening of Disney's "Inside Out" at 6:30 p.m. on the lawn. Bring your own dish to share, blanket and/or lawn chairs for comfort and reusable plates, cups and utensils for you and your family. The event is free.

Then on Saturday, April 23, enjoy a Parent/Young Child Yoga class from 10:30-11:30 a.m. This workshop is for children ages 18 months to 3 years. Each child must be accompanied by an adult. Cost is \$15 per pair.

The workshop, taught by Anna Blocher-Rubin, RYT, features games and activities that incorporate yoga poses, music, rhythm, and props. Stories and a time for socializing round out this hour-long workshop. Pre-regis-

tration strongly recommended. Dropins welcome if space is available.

Desert Song Healing Arts Center is located at 3232 N. 20th St. For more information, call 602-265-8222 or visit www.desertsongyoga.com.

Tots get tumbling at Sunrays center

Children ages 1 to 6 are invited to The Arizona Sunrays Gymnastics & Dance Center Wednesdays and Fridays in April to enjoy "open gym tumble time" in which kids are allowed to play on various pieces of gymnastics equipment and in foam pits, jump up and down on trampolines, and enjoy unstructured exercise, play time and fun.

The special tumble time runs from 12:30-1:30 p.m. for both days. Cost is \$5 per child (cash) or \$8 per child (debit/credit.) Pizza, snacks and drinks are included. Advanced registration is required.

Arizona Sunrays center is located at 3110 E. Thunderbird Road. For more information, call 602-992-5790 or go to www.arizonasunrays.com to register online.

Free books for kids on April 30

Phoenix McDonald's restaurants and Southwest Human Development will host Día de los Niños on Saturday, April 30, to raise awareness about early literacy.

Beginning at 11 a.m., the first 100 parents to visit their local restaurant will receive a 2016 Happy Meal book and free vanilla cone or apple slices, while supplies last. The free book and cone offer excludes Walmart McDonald's locations.

Four Harper Collins children's books from the 2016 Happy Meal Book program will be distributed: "Pete the Cat," "Paddington," "Clark the Shark," and "Happy Valentine's Day, Mouse!"

Also on April 30, 20 cents from every Happy Meal sold at Phoenix restaurants, excluding Walmart locations, will be donated to Southwest Human Development's First Edition: A Book for Babies and Toddlers Too! Project, to help fund early literacy programs that prepare young children for school. For more information about the project, visit www.firsteditionproject.com.

DVEDTISEMENT

Take Prediabetes Seriously

By Patrick Knowles, M.D.

If your doctor has told you that you have prediabetes, do you need to take action? Only if you want to avoid becoming diabetic. Prediabetics are more likely to develop type 2 diabetes and may have some diabetic problems already.

Keep in mind that diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Doctors sometimes refer to high blood glucose levels as Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG), depending on the test used to detect it.

You should be checked for prediabetes during your next routine medical office visit:

- If you're overweight and 45 or older.
- When your blood glucose levels are higher than normal but not high enough to be a type 2 diabetic.

If your weight is normal and you're over 45, ask your doctor during a routine office visit if you should be tested. If you're younger than 45 and overweight, your doctor may recommend testing if you have any other risk factors for diabetes or prediabetes, including:

- High blood pressure.
- Low HDL cholesterol and high triglycerides.
- A family history of diabetes.
- A history of gestational diabetes or if you gave birth to a baby weighing more than nine pounds.
- Belonging to an ethnic or minority group at high risk for diabetes. Although prediabetes and diabetes occur in individuals of all ages and races, some groups have a higher risk for developing the disease. It's more common in African Americans, Latinos, Native Americans, Asian Americans/Pacific Islanders, and in seniors.

You can lower your risk for type 2 diabetes by 58 percent by:

- Losing seven percent of your body weight (or 15 pounds if you weigh 200 pounds).
- Exercising moderately, such as brisk walking, 30 minutes a day, five days a week. Physical activity can help keep your blood glucose, blood pressure, HDL cholesterol and triglycerides on target. Exercise also strengthens your heart, muscles and bones.

Losing just 10 to 15 pounds can make a big difference. For some individuals with prediabetes, early treatment can return blood glucose levels to the normal range.

Patrick Knowles, M.D., specializes in family medicine at HonorHealth Medical Group, 9327 N. 3rd St., #100, Phoenix, AZ, 85020, 602-371-3100.



HonorHealth.com



HOME & GARDEN

Beatitudes dedicates healing garden

Beatitudes Campus recently dedicated Patty's Garden, a sensory/healing garden that is specifically designed for people with dementia and their loved ones. Funds to build the garden were donated by the Nina Mason Pulliam Charitable Trust on the occasion of the retirement of Harriet Ivey, founding CEO and president of the trust.

Most people love gardens. The sights, the smells, the textures and the sounds in the garden all enhance our daily lives. Natural environments can have a profound effect on our health and well being, too. Patty's Garden, located in front of the Health Care Center at Beatitudes Campus, 1610 W. Glendale Ave., was designed to be enjoyed by residents and their loved ones, but particularly for the people who have been diagnosed with Alzheimer's disease, as well as other types of dementia.

Its design is accessible and sustainable, a place where residents are drawn to the outdoors and engaged with the plants, the water feature, the smells and the textures.

"With Patty's Garden, we knew we wanted to build a place for all the residents and families to enjoy, and we particularly wanted to honor our residents who have trouble thinking," says Michelle Just, president and CEO of



Beatitudes Campus. "With the help of many partners—the Nina Mason Pulliam Charitable Trust who funded this project, Enviroscape Landscape Architects, Parsons Design Studio and our own dementia experts—we have built a place of respite and relaxation." Patty's Garden is named in honor of Harriet Ivey's mother, Patricia L. Ivey. Harriet Ivey is the founding president and CEO (now retired) of the Nina Mason Pulliam Charitable Trust. The Trust's trustees gifted Harriet Ivey with funds to invest in local nonprofit organizations. Beatitudes Campus was cho-

Celebrating the March 8 dedication of the new sensory/ healing garden at Beatitudes Campus are, from left: Michelle Just, president and CEO of Beatitudes Campus; Dr. Culver "Bill" Nelson, founding pastor and pastor emeritus of Church of the Beatitudes; Harriet Ivey, founding CEO and president of the Nina Mason Pulliam Charitable Trust; and Carol Peden Schilling, chair of the Board of Trustees, Nina Mason Pulliam Charitable Trust (submitted photo).

sen as one of the recipients.

For more information, visit www.beatitudescampus.org.

Orchidfest offers free workshops

The Desert Valley Orchid Society (DVOS) presents a free and family-friendly Orchid Show and Workshop April 2-3 at Berridge Nurseries, 4647 E. Camelback Road.

There will be orchid displays, a plant sale, and several workshops including: "Growing Orchids in the Desert"; "Growing Orchids in Your Home"; and "How and When to Repot Orchids," as well as 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.

Show hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. For more information, e-mail Desertvalleyorchid@gmail.com.

Cacti, succulents featured at show

The Central Arizona Cactus and Succulent Society (CACSS) Show and Sale returns to the Desert Botanical Garden, April 8-10. Visitors will see amazing, beautiful and bizarre examples of cacti and succulents as members of the CACSS display potted specimens of desert plants from around the world.

CACSS members display hundreds of their best plants and compete for ribbons and trophies. Growers and potters present their wares for members and the public to purchase. Hours are 9 a.m.-5 p.m. Friday and Saturday, and 9 a.m.-4 p.m. Sunday. Entry is included with garden membership or paid garden admission. All proceeds benefit CACSS and Desert Botanical Garden, located at 1201 N. Galvin Parkway.

CACSS works with private landowners and developers to rescue cactus and succulent plants that would be bladed prior to development of the land. Working with the Arizona Department of Agriculture, permits are obtained to rescue the plants that are offered for resale to members and the public. Visit www.centralarizonacactus.org for more information.

Learn the basics of veggie gardening

Learn how simple it is to grow a garden with HonorHealth nutrition specialist Anne Costa, who leads an "Ask the Expert" class 3:30-4:30 p.m. Friday, April 8 a the Desert Mission Food Bank, 9229 N. 4th St. Chef Lisa Rinnus will show you what is in season and how to use simple garden vegetable to make a fabulous dish.

The event is free, however, space is limited to 20 people. RSVP by calling 623-580-5800 or visit http://Honor Health.com/events.

Historians, designers discuss Valley homes

Changing Hands Bookstore, 300 W. Camelback Road, hosts Arizona Storytellers: The Meaning of "Home," 7-9 p.m. Wednesday, April 6.

You'll hear from architects, home historians and designers as they celebrate the Valley's architectural scene with stories about the meaning of "home," designing disasters and the spaces that define our community.

Storytellers include Austin King of Rafterhouse, Betty Drake of Drake & Associates, and Will Bruder of Will Bruder Architects.

Cost is \$12 per person. Tickets are available online at http://bit.ly/1T6k4xZ.





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ARTS & ENTERTAINMENT

Art walk revised to once a year

The Sunnyslope Art Walk, which traditionally has taken place in April and October each year, has been revamped to be a once-a-year event in the fall.

The community art, music and food event, which takes place along Central Avenue between Dunlap Avenue and the canal, is under the auspices of the Sunnyslope Village Alliance, 755 E. Hatcher Road. For more information, call 602-944-0941, follow them on Facebook at MySunnyslope, or visit www.mysunnyslope.com.

A & E Briefs

'Of Mice and Men' Arizona Theatre Company Through April 17 Herberger Theater 222 E. Monroe

John Steinbeck's classic Of Mice And Men follows two friends— Lennie and George—as they drift from job to job across the fields and farms of Central California during the hardship of 1920s America. Tickets are \$28-\$68 plus fees. Visit www.herbergertheater.org.

American Indian Student Art Show & Sale

April 2-4 Heard Museum 2301 N. Central Ave.

Visitors can peruse hundreds of works of art by students in grades seven to 12 that will be on display and for sale. Admission to the art show and sale, held inside the Monte Vista Room at the southeast corner of the building, is free; museum admission is additional. Visit http://heard.org/event/student-art/.

'The All Night Strut!' April 6-May 1 Phoenix Theatre 100 E. McDowell Road 602-254-2151

This musical extravaganza celebrates the American experience from The Dirty 30s to the Post-War Boom. Weaving together the work of legendary songwriters such as Frank Loesser, Duke Ellington, Johnny Mercer, Cab Calloway, Fats Waller and the

Gershwins, this story moves through time and place to put a spotlight on yesteryear. Tickets are \$41-\$86 plus fees. Visit www.phoenixtheatre.com.

'Black Pearl Sings' Black Theatre Troupe April 8-24 The Helen K. Mason Performing Arts Center 1333 E. Washington St. 602-258-8129

Set in depression-era America, Susannah, a researcher for the Library of Congress, investigates prisons in search for original songs from the past. What she discovers is the spellbinding voice and rich musical history locked in the heart, mind and soul of Pearl, who begrudgingly strikes a deal with Susannah to record her songs in hopes of being reunited with her daughter. Tickets are \$32 plus fees. Visit https://blacktheatretroupe.tixato.com/buy.

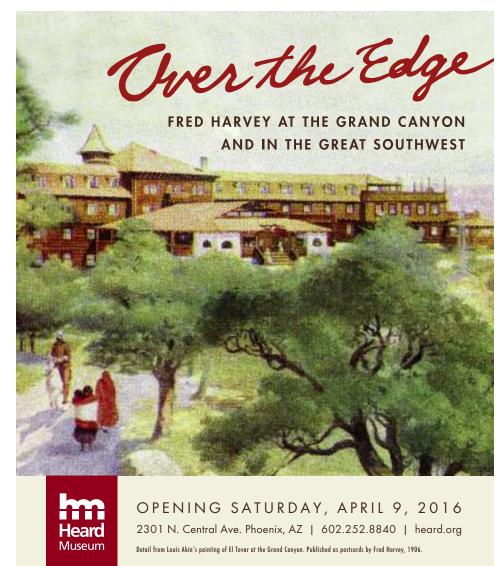
Eric Fischl Lecture Series 6:30 p.m. Wednesday, April 13 Whiteman Hall, Phoenix Art Museum 1625 N. Central Ave.

Artist Sheila Pepe will be featured. This event is free and open to the public. Pepe is best known for her large-scale, ephemeral installations and sculptures made from domestic and industrial materials. Pepe has used feminist and craft traditions to investigate notions concerning the production of canonical artwork, as well as the artist's relationship to museum display and the art institution itself.

PAG Spring Fine Art Exhibit & Gift Sale

April 14-17 Britt Chapel, Church of the Beatitudes 555 W. Glendale Ave.

Members of the Phoenix Artists Guild display and sell their works. A free meet-the-artists reception will take place 6-8 p.m. Friday, April 15. Regular exhibit hours are 10 a.m.-6 p.m. Thursday, 10 a.m.-8 p.m. Friday, and 10 a.m.-6 p.m. Saturday and Sunday. Admission to the exhibit is free. For more information, e-mail cindy.a.berg@gmail.com.





Sunday, April 10 at 3 p.m.

This special outreach concert will feature Orpheus Male Chorus of Phoenix performing numbers from their upcoming concerts including many classics from Broadway musicals, including "Bring Him Home" (Les Miserables), "I, Don Quixote" (Man of La Mancha), "Luck Be a Lady" (Guys and Dolls), and more!

THIS CONCERT IS FREE TO THE PUBLIC. A FREEWILL OFFERING WILL BE TAKEN; ALL PROCEEDS WILL BENEFIT ANCHOR HOUSE.







First United Methodist Church of Phoenix 5510 N. Central Ave., Phoenix • firstchurch.church • 602.263.5013



ARTS & ENTERTAINMENT

'Jurassic Puppets'
All Puppet Players
April 15-May 7
Playhouse on the Park
1850 N. Central Ave.
602-254-2151

In 1993, a small dinosaur movie was released that defied what could be done in a movie. APP is about to take the multi-million dollar creatures that the silver screen so lovingly projected and recreate them utilizing "tens" of dollars, duct tape, and their own cleverly cunning embellishments. Bring your favorite fossil for this opportunity to witness an underfunded dino stampede on stage. Tickets are \$18 general admission plus fees. Not appropriate for children. Visit www.allpuppetplayers.com.

'Songs for Our Heroes'
Phoenix Boys Choir
6 p.m. Thursday, April 21
Steele Indian School Park,
Memorial Hall
300 E. Indian School Road
602-264-5328

A free concert series for the public, in which the choir is able to thank

Arizona's veterans with song. The choir will perform patriotic and popular songs, new works and repertoire from their upcoming concerts. These concerts are free to the general public and past and present military and their families. The final free performance the season will take place on May 19. Visit www.PhoenixBoysChoir.org.

'Big Blue Marble' Phoenix Chorale 7:30 p.m. Saturday, April 23 Trinity Episcopal Cathedral 100 W. Roosevelt St.

A second concert will take place 3 p.m. Sunday, April 24 at Camelback Bible Church, 3900 E. Stanford Drive. Performances include a program of music evoking life on Planet Earth. The program features Frank Ticheli's "Earth Song," Eric Whitacre's "Water Night," along with music by composers Maggi Payne, Shawn Crouch, Jake Runestad, Samuel Barber, and more. Tickets are \$32 adults, \$27 seniors & military, and \$13 students. Tickets can be purchased online by visiting www.phoenixchorale.org.

'American Voices' Center Dance Ensemble 2 & 5 p.m. Sunday, April 24 Herberger Theater, 222 E. Monroe St.

Annual celebration of National Poetry Month with new choreography by Center Dance Ensemble company members. Tickets are \$16 adults, \$13 seniors and \$10 students, plus fees. Visit www.herbergertheater.org.

'L.O.V.E.'

Scorpius Dance Theatre 7:30 p.m. April 28-30 Phoenix Theatre 100 E. McDowell Road 602-254-2151

"L.O.V.E." is a new production choreographed by Scorpius' director, Lisa Starry, with live original music by Kristofer Hill. In L.O.V.E, Starry explores the various meanings of the word and those people and things we express our love—from romantic partners, friends and family, strangers who touch us in some way— to the earth and the creatures who bring us joy. This unique evening of original dance works will take audiences on a journey of emotions. Tickets are \$25-\$35 plus fees. Visit www.scorpiusdance.com.

FREE PROGRAMS FOR FAMILIES

on the first Saturday of every month 11 a.m.-3 p.m. at the ASU Art Museum



APR. 2 WHAT WE DON'T SEE

What does a painting look like under a microscope? Put on your lab coat and explore art through the lens of science, and make your own piece inspired by the connection. Check out the exhibition *Superfake/The Parley* with its scientific investigation of our paintings by Danish artist collective SUPERFLEX (on view through April 30).

MAY 7 MONSTER PARTY

What are those monsters *really* doing under your bed? Maybe it's not as scary as you think. Come explore our exhibition *Blow Up: New Acquisitions* at the ASU Art Museum, on view through August 20 and see Stephanie Gutheil's big, fun painting *Party Downstairs*. Join the party and create your own scary creatures!

Families and children ages 4-12 are invited. No registration is required.

For more information, please call 480.965.2787, or visit us online at

ASUArtMuseum.asu.edu/familyfun

Support for First Saturdays for Families at the ASU Art Museum has been generously provided by The Steele Foundation.

The ASU Art Museum is part of the Herberger Institute for Design and the Arts at Arizona State University.





FOOD FOR THOUGHT



CoR Tapas chef Michael DeFilippis, left, and owner Cory Chan, right, visit with regular patron Truett Fuentes as they discuss three popular menu items: the paella, the Triple Delight dessert and the spicy scallops with pineapple salsa (photo by Teri Carnicelli).

Café Chat

Small name, small plates, big flavors

By Patty Talahongva

What does a guy do when he doesn't cook, eats out every night and comes from a family who owns restaurants in London, Hong Kong and France? He opens his own restaurant.

CoR Tapas (4500 N. 12th St.) is Corey Chan's answer to his own need for dinner and, as he sees it, it's a place where locals can come, relax and enjoy sharing a few items with friends over a glass of wine or imported beer. "It's not really Spanish but European," he explains.

The name is a play on words and his own middle name. CoR is like the center, a central meeting point and of course it's the start of his name. He opened CoR in November 2015 after convincing the former owners to sell him the building. It used to be a stationary and satellite post office center that Chan often frequented. One day while buying stamps he asked the owners if they wanted to sell the property. He had been looking for a location to open a restaurant and had spent a lot of time driving up and down Camelback Road searching for the perfect spot.

Chan liked the location because of its close proximity to Camelback but also because it's in a neighborhood. Once the deal was made, he applied to have the zoning changed to accommodate his restaurant.

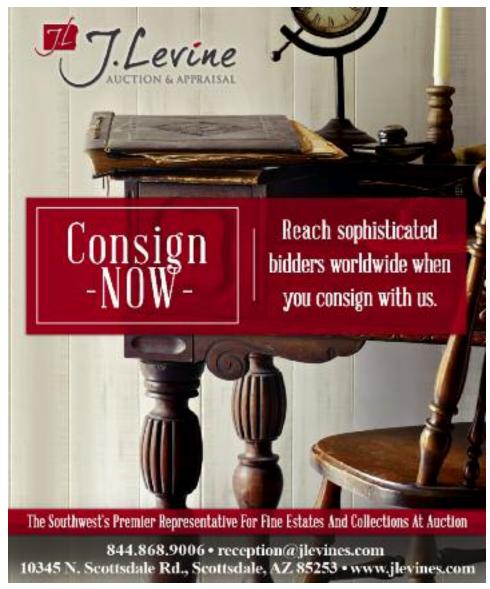
The 1940s building started its life as a meat packing facility before eventually becoming a stationery store. A lot of work had to be done to bring the plumbing and electrical up to code, and the interior was basically gutted and entirely redone. The adjacent gravel parking area was paved, and the former garage/storage area was turned into two brand-new, ADA compliant single stall restrooms.

Since opening, CoR has attracted several repeat customers and perhaps that's due to Chan's fussing over the menu. "You can customize your tapas," he says. Chan helped craft the menu by inviting other chefs, restaurant owners and one friend in particular who was a very picky eater to taste test the menu. They tried out the first menu items and gave him feedback on what they liked or didn't like.

For lunch (launched in March), try salads, soups, pastas or sandwiches ranging in price from \$9 to \$14. The dinner menu includes 15 different tapas including Spicy Scallops, Dates and Papatas Fritas Aioli. These smaller dishes are meant to be shared and range in price from \$9 to \$18. Customize a CoR Board or try one of the Artisan Bruschetta Boards.

Since it is a European tapas restaurant, CoR serves European beers in bottles. It's a chance to try beer from the Czech Republic, Italy and Germany—beers not often found on local menus. There also is a housemade

please see TAPAS on page 48



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FOOD FOR THOUGHT

TAPAS continued from page 47

sangria and craft sangria. Other alcoholic drinks include the unique Lemon Quench.

Finish a meal by ordering one of the two desserts, the Triple Delight chocolate torte and the Affogato vanilla gelato. Both items are made in house.

Chan says his kitchen doesn't have a microwave or a freezer and the food is freshly prepared. His general manager is Ray Sinelli. Michael DeFilippis and Samantha Wong make up his chef team.

Chan says he wanted to have a place where the staff are attentive but not hovering. "They won't ignore you," he says. "Your water glass will be refilled promptly." Chan says he appreciates good service and promises that his guests will have that same type of service.

He also enjoys meeting his customers and often works nights at CoR. He says some guests stay four hours and just visit, which he loves. He's often drawn into conversations and has an interesting life and background, which he shares with his guests. He's lived and worked around the world and

currently is working for the government of Estonia.

In the future, as the business grows, Chan may add a weekend brunch to the evolving menu. For now he's pleased with investing in his own neighborhood.

Taking a cue from his regulars who love the relaxing ambiance, he's decided to use the term, "Relax Hour," instead of Happy Hour because it suites the atmosphere. "We'll take care of you," he says of the restaurant's mission.

Follow CoR Tapas on Facebook or visit www.cortapas.com to see special menu items or special events such as Flamenco dancing, Date Night, Wine Wednesday with half-off a bottle of wine, or wine and paint parties. There usually is live music on Friday nights.

Relax Hours are Tuesday through Friday from 5-7 p.m. at the bar. CoR Tapas is closed Sunday and Monday. Extra parking is on Campbell Avenue or in a lot to the west. For more information or to make a reservation, call 602-264-8471.

Dining Briefs

Central Bistro under new ownership

Osio Culinary Group has sold Central Bistro, located at 3160 E. Camelback Road, to Bistro Partners—a restaurant group featuring partners James Shough, Mark Drinkwater, Brian Raab and Matt Carter. The sale was completed on Jan. 21 and the restaurant has been under Bistro Partners' ownership since that date.

"When we were unexpectedly approached with the idea of selling Central Bistro, we recognized that a sale would allow us to sharpen our focus on aggressively expanding SumoMaya at a national level," said Osio Culinary Group Founder and CEO German Osio. "While it is hard to part with such a wonderful and successful concept, we are glad for the opportunity to continue fulfilling the company's plan of growth and expansion."

Osio added, "We are extremely proud of the brand we created with Central Bistro," which opened in 2012. Established in 2010, the Osio Culinary Group owns and operates three restaurants in Phoenix and Scottsdale: Local Bistro, SumoMaya and Kale & Clover. For more information, visit www.osioculinarygroup.com.



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11am - Thinking Outside the Box: **Vegetable Treasures with Christal Blessin** of Kitchen & Garden Chronicles

APRIL 23:

9am - Class on Community Gardening - Details TBA

> 11am - Class on Community **Connections - Details TBA**

APRIL 9:

9am - Get the Buzz on Bees with Lee Ann **Aronson**, member of Arizona Herb Assoc

11am - Growing Herbs in the Low Desert with Mike Hills, Past President of the Arizona Herb Association

APRIL 30:

9am - Wickedly Smart Water Harvesting with Greg Peterson of the Urban Farm

11am - Prepping as a simple Process with Greg Peterson of the Urban Farm

APRIL 16:

9am - Starting from Seed with Troy **Albright** of True Garden

11am - Getting the Goods on Goats with Kari Spencer of The Micro Farm Project

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FOOD FOR THOUGHT

Cookbook author at TEXAZ Grill

Every April 21, the Lone Star State celebrates San Jacinto Day, honoring the 1836 battle where Texas won its independence from Mexico.

TEXAZ Grill, 6003 N. 16th St., is serving up a Texas-themed party with cookbook author Robb Walsh and featuring authentic and complimentary Texas-style eats on Thursday, April 21, in honor of Texas' 180th year of independence.

Walsh has written many Texas-centric cookbooks and was a restaurant reviewer and founding member of Foodways Texas. He is a former commentator on National Public Radio's Weekend Edition, former restaurant critic at the Houston Press, former editor-in-chief of *Chile Pepper Magazine*, and three-time winner of the James Beard Award.

The public is invited to meet Walsh from 2-4 p.m., who will be on-hand signing copies of his "Legends of Texas Barbecue" and "The Chili Cookbook." Both books will be available for purchase during the event. Throughout the

event, TEXAZ Grill will serve complimentary samples of its house-made chili and hot links from Southside Market in Elgin, Texas. There also will be a cash bar.

For more information, call 602.248.STAR (7827) or visit www.texazgrill.com.

Fired Pie offers tax day pizza deal

In case you didn't know, tax-filing day has been moved back to April 18, which is cause to celebrate! And to help with that celebration, Fired Pie is offering the public the chance to enjoy a pizza or salad for just \$4.18 on 4/18.

Build your own customizable 11-inch pizza or bowl of salad or choose from any of the specialty pies and salads on the menu. Limit one entrée (pizza OR salad) per person and no call-in orders. Fired Pie allows you to take on the role of chef by picking and choosing your own type of dough, sauce and topping.

Locations include Park Central Mall, 3110 N. Central Ave., and the Collier Center in downtown Phoenix at 201 E. Washington St. Open for lunch and dinner; find a location nearest you by visiting www.Firedpie.com.

Food 'tour' benefits school music program

The Madison Education Foundation (MED) is looking for "foodies" who want to enjoy great local cuisine while raising money for children to experience symphony music up close and personal.

On Tuesday, April 12, MED will host a fundraiser in which participants will travel on a traditional yellow school bus to "taste" several of Phoenix's bestloved and new restaurants: Flower Child, Joyride, Shake Shack and Southern Rail. Food pairings and cocktails will be served at each location.

Groups will depart at 5:30 and 6:15 p.m. from the Madison District Office at 5601 N. 16th St. The donation of \$65 per person will benefit the foundation, which will use the funds to bring the Phoenix Symphony's Assemblies to all eight of the schools in the Madison Elementary School District.

Seating is limited. Tickets are available to the first 100 people to book a reservation; visit www.madison educationfoundation.org. For more information, call 602-664-7964.



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FOOD FOR THOUGHT

Miracle Mile expands breakfast on weekends

Miracle Mile Deli has launched an expanded breakfast menu that features something sweet, something spicy, something traditional and something with a nod to the Southwest.

The new items include a southwest breakfast quesadilla, the Ole Oy Vey Huevos Rancheros, the Veg'd Out Breakfast Burrito, blueberry and candied walnut pancakes, and The Lighter Side Breakfast of lowfat vanilla yogurt, fresh cuts of pineapple, cantaloupe, honeydew, blueberries and strawberries, all topped with a granola.

The Miracle Mile Deli is located at 4433 N. 16th St. Breakfast is served on Saturdays and Sundays from 7 a.m. to 11 a.m. Visit www.miraclemiledeli.com.

Shake Shack opens in Uptown Plaza

The second Arizona Shack opened March 9 in Uptown Plaza at the corner of Camelback Road and Central Avenue. Shake Shack is a modern day "roadside" burger stand known for its antibiotic-free Angus beef burgers, griddled flat-top dogs, fresh-made frozen custard, crinkle cut fries and more.

In addition to the Shack classics, the Shack will be spinning three Arizona-exclusive frozen custard concretes: Chocolate Peanut Butter Crunchcrete, the CamelShack, and the 'Mallow Monsoon.

As part of Shake Shack's mission to Stand For Something Good, Shake Shack will donate 5 percent of sales from the CamelShack concrete to St. Mary's Food Bank Alliance. Shack team members also will volunteer at events run by the organization.

The Uptown Plaza Shack menu includes a varied selection of wine and local craft beer.

Hours are 11 a.m.-10 p.m. Sunday through Thursday, and 11 a.m.-11 p.m. Friday and Saturday. Call 602-903-3240 or visit www.shakeshack.com.

The Refuge expands menu for breakfast

The Refuge, located at 4727 N. 7th Ave. in the Melrose District, has announced a new menu that includes breakfast all day and a special weekend brunch. The Refuge is open daily and serves breakfast, lunch and light fare and cocktails in the evening.

The new food offerings include a "Build Your Own Grilled Cheese," a club sandwich, and a Cobb Salad and Greek Salad.

The new weekend brunch features breakfast burritos, steel cut oats and fresh berries, French toast, organic vanilla

yogurt and fresh berries with granola; a lox bagel, homemade crepes (Saturday only) and a selection of pastries.

To learn more or see the complete menu, visit: http://therefugeaz.com.

Create your own margarita flavors

Macayo's National Margarita Day special promotion was such a hit with guests that it has become its Margarita Monday special. Guests can create their own margarita every Monday at all Arizona locations, including 4001 N. Central Ave.

For \$8 a glass, guests can choose their own rim, tequila, muddle, flavor and float.

To learn more or locate a Macayo's near you, visit www.macayo.com.

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



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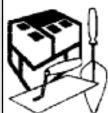


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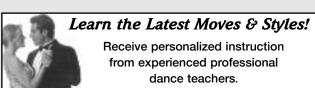
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hese days, buyers are sitting on the couch browsing Zillow with Facebook up in another tab and the TV on in the background. They are comfortable on that couch and aren't going to move unless you make them. Today's buyers are in tune with the market and have spent countless hours scouring online listings to make sure that they don't get burned again. They know how much the house next door sold for and they definitely know how much you paid. So how do you get them into your house? Make them curious! Make them take action!

Getting buyers to take action is the name of the game. I was taught in the Medical Device World that "failing to prepare is preparing to fail." This is why The Suits finished in the top 1% of the Valley per the MLS. Anybody can put a listing online and pray that buyers show up, but few can make buyers take action.

We are going to be honest, we probably shouldn't share these powerful psychological tactics that we use because we are giving away our secrets to success but competition is what makes all of us better to serve our clients needs. Luckily, we still save the best kept secrets for our own clients so that they can beat the market.

 Contrary to common thought, do not post 50 pictures of your home! Every picture that you put online allows buyers to disqualify your home before ever stepping foot on your property. You must leave some of the house to the buyer's imagination. You want to pique their interest just enough without giving away every little detail. Make them curious enough about your home that they have to leave the comfort of their couch to see it for themselves. It is much easier to sell them on any of the negatives once they are in the house and emotionally invested in the process.

Anybody can put a listing online and pray that buyers show up, but few can make buyers take action.

The Suits Tip: We suggest no more than 25 professional photographs even on the largest of homes.

Pre-market your home! "Shhhhhh...this home is off-market." I can tell you from experience that every buyer's interest level just went through the roof when they heard the words "off-market." Everyone wants to think that they are the only ones getting the offer. It is scarce. It is exclusive. This tactic will without a doubt double the buyer interest in your home.

The Suits Tip: We suggest pre-marketing your home for 30 days before putting it on the market.

When selling your home, getting buyers in the door is 90% of the battle. All of that work you did to declutter and get your home ready won't matter unless buyers are actually coming to the house. Use my subtle psychological tactics paired with an aggressive marketing plan to get buyers running to your home. More buyers equals more leverage for you.

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