



# north central news

the voice of the north central phoenix community

volume 18, issue 1 • january 2016

www.northcentralnews.net

## Light rail extension set to open in March

By Teri Carnicelli

On Saturday, March 19, Valley Metro Rail will open its second light rail extension on 19th Avenue, stretching from Montebello to Dunlap avenues.

“The opening of the Northwest light rail extension will ease travel to school, work and entertainment,” said Phoenix Mayor Greg Stanton during a public event on Dec. 10, held to announce the opening date. “With the additional 3 miles of track, riders have access to a 26-mile system, making connections from Dunlap Avenue to downtown Phoenix, Tempe and into the heart of Mesa.”

Stanton and Vice Mayor Daniel Valenzuela announced the opening date at a milestone event to celebrate the final phase of the new extension, which includes vehicle testing and safety awareness. It was the second event held in relation to the Northwest extension.

*please see LIGHT RAIL on page 6*



Dr. Matthew Lonier, DDS, and Dental Assistant Stephanie Nader of North Central Family Dentistry prepare a woman’s tooth for a filling during the fourth-annual Dental Mission of Mercy event, held Dec. 11-12 at the Veteran Memorial Coliseum. Dr. Lonier spent the weekend working on restorative dental care, such as fillings and bonding (photo by Teri Carnicelli).

## Dentists donate weekend of care

By Teri Carnicelli

A woman clutches a small teddy bear to her chest as Dr. Matthew Lonier, DDS, prepares a tooth for a filling. But instead of being in his private office at North Central Family Dentistry, this procedure is being performed inside the Veterans Memorial Coliseum, surround by dozens of other dentists and hundreds of men, women and children patiently waiting for their turn, inside the building.

Outside, hundreds more wait in a long, winding line.

It is the second year that Dr. Lonier has participated in the fourth-annual Dental Mission of Mercy event, held Dec. 11-12 and organized by the Central Arizona Dental Society Foundation (CADSF). Mission of Mercy brings together hundreds of dental professionals who provide free care to adults and children, many of whom waited overnight in line just to be seen, despite the cold and rainy weather that weekend.

Dr. Greg Pafford, who has a family dental practice in midtown Phoenix, had one patient on Friday morning who traveled the day before from Tucson on the bus, with a broken foot, and waiting in line overnight for 9 hours. “This isn’t just a local event, it’s a statewide outreach,” he said.

Dental services such as fillings, extractions, clean-

ings, as well as limited lab work—including partials and bridges—were provided. The emphasis was on relieving pain and infection. All patients first underwent a limited medical screening, and those who had medically compromised conditions, such as extremely high blood pressure, uncontrolled diabetes or severe disabilities, were referred to other community resources.

“Arizona residents suffer from higher rates of dental disease than many other states, and this is one way we can give back to the community while providing critical dental care to those who need it most,” said Dr. Jacqueline Allen, a Phoenix endodontist and CADS

*please see CARE on page 4*

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### Local youth given award posthumously

Central Phoenix Boy Scout Troop 329 awarded the Eagle Scout Rank posthumously to the family of Austin Lipko-Benito on Nov. 14.

Austin died in May on his way to Sunnyslope High School, where he was a sophomore. He was waiting for a city bus when a two-vehicle accident at the intersection of Glendale and Central avenues went off the road and hit him. He was a member of Troop 329.

Albeit unusual, the Boy Scouts of America has procedures in place to award a Scout the Eagle rank if he had already completed all of the requirements prior to death. "In his case, Austin had completed everything that he needed for this rank, except to complete and turn in his final paperwork," said his assistant Scoutmaster, Bruce Brown. "He had completed all of his merit badges, his service requirements and had done his Eagle Project at the



Celebrating the awarding of the Eagle Rank, given posthumously to Austin Lipko-Benito, are members of Boy Scout Troop 329 at the Foundation for Blind Children facility, the beneficiary of Austin's Eagle project. With them are framed photo of Austin, his uniform shirt, and his Eagle patch and award (submitted photo).

Foundation for Blind Children by relocating their Braille library. We could not let this honor not be awarded to Austin's family after all he had done."

The Braille library move from the old Foundation for Blind Children (FBC) building to the adjacent new building required about 500 boxes, and

Austin went out and secured the donation of the necessary boxes from a local company. It also required organizing the packing of all the books in a manner that facilitated all of them being shelved in the appropriate categories.

The books were boxed, loaded onto

*please see SCOUT on page 4*

## Enter our monthly Reader Rewards Drawing for a chance to win a great prize!

At North Central News, we LOVE our readers! To show our appreciation for your loyalty, we will hold a drawing for one great prize every month, thanks to our advertisers and prize sponsors.

Congratulations to December's winner, Kathleen Preble, who won a \$100 Gift Certificate for Chambers on First

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## *CARE continued from page 1*

Foundation Board president-elect. “We also hope to raise awareness about the increasing difficulties that low-income adults and children face in accessing necessary dental care.”

Arizona discontinued adult dental AHCCCS benefits in 2010 during the budget cuts of the great recession. “The demand for care during this event proves how much the most vulnerable members of our community need this program to be restored,” Allen pointed out.

A recent survey found that 21 percent of Arizona adults and 31 percent of all Arizona children have never had a dental check-up. But on this weekend, the coliseum floor was transformed into a clinic with more than 100 portable dental units staffed by nearly 1,500 volunteer dentists, hygienists, lab technicians, assistants and lay people. Approximately \$2 million was delivered to close to 2,000 patients during the two-day period.

“I’ve been doing this for many years now and I truly believe that the volunteers get as much out of it as the patients do,” Dr. Pafford said. “There’s nothing that really compares to the feeling that you get when you look back and realize how many people you helped, how many lives you touched, in just two days.”

To learn more about the Central Arizona Dental Society Foundation Mission of Mercy, visit <https://www.azmom.org>.

## *SCOUT continued from page 3*

trailers and moved to another location for storage while the old library facility was demolished. Austin’s project also included dismantling all of the bookshelves and organizing the associated pieces so that they could be reassembled at the new library facility.

At the ceremony to honor his achieving the highest honor that can be received by a Boy Scout, Austin’s former Scoutmaster, Chad Trott, spoke of his giving spirit and gentle character. “Austin embodied every day of his life the Scout Laws of trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent. You could not have found another young man who gave as much as Austin did to his family, his Church, his school and his Troop.”

Austin’s Eagle badge was awarded to his mother, Gina Lipko, and his father,

Benny Benito, at a well-attended ceremony at the Foundation for Blind Children’s gymnasium. With more than 100 hundred friends and family in attendance, Lipko acknowledged how much this award meant to her and the family because scouting had been such a huge part of Austin’s life growing up.

Austin is Troop 329’s 229th Eagle Scout recipient and the first to receive this honor posthumously from his troop.

## **Florence Crittenton holds open house**

Every year, Florence Crittenton provides shelter, education, counseling and social support to nearly 1,000 girls, ages 10 to 21. Many of these at-risk girls and young women are struggling with issues and challenges caused by poverty, abuse, neglect, crime and violence.

Florence Crittenton’s mission is to give every girl whose life the agency touches safety, hope and opportunity. This is done by providing them with the support, counseling, skills training and resources they need to become independent and successful adults in the community. Florence Crittenton offers innovative programs and services, including the Girls Leadership Academy of Arizona (GLAAZ), the first public single-gender charter high school in our state, and the Therapeutic Group Home, a safe-haven for girls ages 10 to 18 with on-site counseling.

To learn more about Florence Crittenton and see the agency’s campus, the public is invited to an Open House that will take place at 8 a.m. Tuesday, Jan. 19 at 715 W. Mariposa St. To RSVP, e-mail [dalarcon@flocrit.org](mailto:dalarcon@flocrit.org) or call 602-274-7318.

## **Learn about plants used by Hohokam**

Discover some of the edible and medicinal plants of the southwest on an abbreviated walk along the trail at Pueblo Grande Museum, 4619 E. Washington St. This program, set for 10-11 a.m. Friday, Jan. 8, is free with paid museum admission. Space is limited; sign up at the front desk to reserve your spot.

For more information, call 602-495-0901 or visit [www.pueblogrande.com](http://www.pueblogrande.com). The museum is located on the southeast corner of 44th and Washington streets.

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## Real Estate Corner

# Bobby Lieb

*Your North Central and Biltmore residential real estate specialist*

### Is it really 2016?

I appreciate everyone in North Centralville for allowing me to sell 124 homes in 2015 and to list 146 homes. Our prices ranged from a lot priced at \$65,000 to two homes on Central Avenue—one priced at \$2,050,000 and one priced at \$2.2 million. Anybody who sells in our 'hood



knows that homes are priced all over the board. I was fortunate to sell \$89 million in home sales in 2014 (and was named the #1 realtor in Maricopa County by the *Phoenix Business Journal*)

and almost \$65 million in 2015. I teach a monthly marketing class at HomeSmart and the most surprising thing to which the agents react is when I tell them I spend more than \$6,000 monthly in marketing my listings, which helps me sell the number of homes that I do.

I am excited to report that we have sold six of our eight luxury homes being built by Porchlight Homes at 200 E. Georgia. The first home was scheduled to break ground during the last week in December. Final home prices will range from approximately \$750,000 to \$850,000. We are looking for 1/2 acres to 10 acres in North Central, so please let me know if you have a teardown or land to sell. I have six different builders looking to build new homes in our neighborhood. A majority of our new home buyers in Central Phoenix come all the way from—you guessed it—Central Phoenix!! If you have lived here, you do not want to live anywhere else.

I also want to thank Beatitudes for allowing me to speak to 35 potential prospects who are interested in moving to their senior living campus. I have sold eight listings of Beatitudes residents the past two years and we listed a condo for their newest resident and sold it in two days. Beatitudes has been providing exceptional living options and caring services since 1965.

I always like to feature a local business

in this column because retail is very important to the mix in North Central. This month I am honored to have Barry's True Value Hardware as my guest.

Local family owned stores such as Barry's True Value Hardware offer what the big box home improvement stores don't have—a personal touch with top-notch customer service. John Koller Sr., knows a thing or two about offering his customers more than the status quo. After all, his father and his grandfather were in the business before him. He followed suit as did his son, John Jr., who is now involved in the company. The first Barry's True Value has remained at its 16th st/Bethany Home location since 1966; the family opened up their second location in the shopping center at 12th Street and Northern just three years ago. Clearly the demand for high-quality products at a fair price with great service necessitated an additional location. That speaks volumes for a locally owned company like Barry's True Value.

Barry's True Value is my favorite hardware store and I am always amazed at the various inventory items: small chickens, doggie beds (I have bought over a dozen), beer coolers with school logos and—oh yeah—paints and tools. The employees are always very friendly but I really enjoy bantering with the two generations of the Koller Family. They know everybody in Central Phoenix. It is the closest thing to your favorite watering hole without the beer. Who knows ... that may be next!!

Please support our local businesses and especially the local family owned stores.

Have a great 2016!!

## Bobby Lieb

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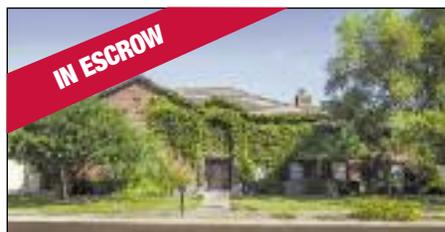
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The North Central News is published monthly by North Central News, Inc. The circulation is 22,000 copies mailed directly to homes and businesses in North Central Phoenix and 4,000 copies distributed from racks in the North Central area.

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### COMMUNITY



Avril Nevarez Loya (front left) and Laura Page, both students at Richard E. Miller Elementary, were honored for their original artwork that was used at the new light rail station at 19th and Dunlap avenues as part of the Station Install event on Nov. 7. Congratulating the two 9-year-old girls are, from left: Paul Stanton, superintendent for the Washington Elementary School District; District 1 Councilwoman Thelda Williams; Matthew Salenger, the artist who design and created the central gathering place with yellow cone-like installations; and District 5 Councilman Daniel Valenzuela (photo by Teri Carnicelli).

#### LGHT RAIL continued from page 1

On Nov. 7 the city of Phoenix and Valley Metro hosted a “milestone celebration” at the Dunlap station and park-and-ride, featuring the artist who designed and fabricated the metal structures and some of the local elementary students who contributed to the art installation. There also were raffle prizes, bounce houses, crafts and music provided by a local radio station. “With the project 90 percent complete, final touches are being made to the stations including landscaping and the addition of unique public art, which reflects the local community,” said Phoenix Councilmember and Valley Metro Rail Chair Thelda Williams.

Matthew Salenger and his wife, Maria, were the local artists who designed the bright-yellow metal art structures that drop down from the roof of the station plaza’s canopy. “It’s all about the sun, one of our most abundant and natural resources,” he said. Each yellow cone-like feature has a cutout disc at its base that creates different shadow patterns on the cement below with the movement of the sun above.

Salenger invited more than 300 students from five area schools to submit their ideas for the cutouts, with a theme of how they would re-imagine their own schools. Ideas that came in included schools that offered nothing but sports classes, a school that looked like a butterfly, and a school that could take off into the sky.

“ I chose the most common themes and incorporated them into the design of the nine yellow cones in the plaza,”

Salenger explained.

Two students from Richard E. Miller Elementary School—Avril Nevarez Loya and Laura Page—were honored at the Nov. 7 event for their artistic ideas that inspired two of the cones. The cones were constructed by Southwest Fabrication.

Valley Metro began vehicle and system testing in mid-November on the Northwest light rail extension, preparing for the safe start-up of revenue service. As part of testing, trains are moving periodically along the extension route. Valley Metro also will test vehicle clearance at stations, the overhead electrification system, traffic signal coordination and the switches that allow the trains to move from track to track.

Valdivia said the city anticipates an additional 10,000 riders per day from that 3.2-mile extension, which will connect six schools, several places of worship, senior living facilities and approximately 300 businesses, as well as the Abrazo Central Campus (formerly Phoenix Baptist Hospital). “This will provide another massive economic boost for District 5 and Phoenix and provide a crucial connection for thousands to the entire Valley.”

The contractor, Sundt/Stacy and Witbeck Joint Venture (SSWJV), continues to make finishing touches on the three new light rail stations at Glendale, Northern and Dunlap Avenues, and the park-and-ride lot just west of 19th Avenue off Dunlap. The roadway is also taking shape. It is expanded to its final configuration and new sidewalks, curbs and gutters are installed.

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## COMMUNITY

## Local family gets a donated van

North Central resident Ashleigh Johnson has struggled with more than her fair share of setbacks in her life, but it hasn't stopped her from volunteering and keeping a positive attitude.

Johnson, who was born with Spina Bifida and is confined to a wheelchair, has relied on the help of her parents, Karen and Johnny Johnson, for her transportation needs. But recently that has provided yet another struggle. The family did not possess a vehicle with a wheelchair lift, so if she went anywhere with her parents, they would have to lift her in and out of the vehicle and place Ashleigh in her manual chair.

"Unfortunately, I have limited upper body strength and struggle to push my manual chair myself," she explained. "I can only take my power wheelchair if someone has a lift and can help me out. This is incredibly limiting in my ability to go anywhere. I volunteer at the Phoenix Zoo and with the hills and rough terrain using a manual wheelchair is difficult."

Ashleigh heard about the "Walk-N-



Celebrating the donation of a wheelchair-accessible 1995 Dodge Grand Caravan to the Johnson family of North Central Phoenix are, from left: David Martin of Martin's Auto Repair in Phoenix; RaeAnn Hayward of NARPRO; Karen and Johnny Johnson; Jim Garland of Hi-Tech Car Care, and Ashleigh Johnson in front (submitted photo).

Roll" essay contest being sponsored by the Neighborhood Auto Repair Professionals (NARPRO), with a grand prize of a reconditioned, wheelchair-accessible 1995 Dodge Grand Caravan valued at \$3,000. NARPRO is celebrating 10 years in the Valley and this essay contest is part of its "10 Acts of Giving" movement to celebrate the milestone.

Ashleigh shared her story with the

NARPRO judges, and how things have become more difficult of late because of her father's medical issues. Johnny was diagnosed with esophageal cancer seven years ago and because of the surgery and treatment he underwent, "he can no longer pick me up and transfer me, relegating this task to my mom," Ashleigh wrote. "Recently, he suffered a small stroke and the little bit he could do with helping out is even

more limited now."

The Johnsons were overwhelmed when they found out their family had been chosen to receive the grand prize, which was presented to them on Nov. 7 during the Spina Bifida Walk (www.SBAAZ.org) at Steele Indian School Park.

"We at NARPRO are proud to be able to impact a deserving family in such a profound way," said Jim Garland of Hi-Tech Car Care, a long-time business member of NARPRO. "For more than 10 years we have been part of this community and feel it is our duty as to give back wherever we can. We are proud to be able to provide this luxury to a wonderful local family."

Ashleigh says having a vehicle with a wheelchair lift will allow her to "attend more social events with my friends, take my power chair to my volunteer job, and provide the assistance my parents need in helping me live a fuller life."

The Johnsons also will receive free oil changes for a year and a VIP card good for discounts on car repair services at any valley NARPRO location (www.NARPRO.com) valued at \$200.

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### COMMUNITY

## Warming the feet- and hearts-of kids

In recognition of the literal meaning of “thanksgiving,” local youth Mia Scardello decided to make it her mission to both give thanks for the blessings in her own life and simultaneously share her love with those who are facing a challenge in their lives.

“An organization that I felt I could best help is Amanda Hope Rainbow Angels,” explains Mia, an eighth grader at St. Francis Xavier. “This organization is amazing and it gives that extra support to kids challenged with cancer.”

Mia decided to hold a Fuzzy Sock Drive in November to support Amanda Hope Rainbow Angels. Her goal was 100 pairs of fuzzy socks, sometimes called slipper socks. She left a basket outside her front door and started spreading the word to her schoolmates, neighbors, extended family, and beyond. She created a flier that could be handed out, e-mailed and posted to social media sites.

Mia far exceeded her goal, bringing in a total of 494 pairs of fuzzy socks. “I really appreciated all the donations and



Mia Scardello, left, recently donated nearly 400 pairs of fuzzy socks to Lorraine Tallman, right, founder of Amanda Hope Rainbow Angels (submitted photo).

the time and effort it took [everyone] to help me with this project,” she said. “With their help, we provided hundreds of kids, who are going through a rough time, a warm foot hug.”

The socks will be added to each Comfycozy Care bag put together by Amanda Hope Rainbow Angels, founded in 2013 in celebration of Amanda Hope’s life that ended all too soon when she lost her battle against leukemia. During her four-year fight, the North Central resident dreamed that one day she would design a fun clothing line for kids in the same type of situation that would provide comfort and dignity during treatment.

Lorraine Tallman, Amanda’s mother, started Amanda Hope Rainbow Angels. Tallman offers comfort and support to families who have a child diagnosed with cancer or other blood-related disorders and who are receiving services at Phoenix Children’s Hospital.

One of the many things she does is supply each child with Comfycozy Care Gifts, which are bright, washable backpacks that contain Comfycozy’s T-Shirts that are specially designed with zippers, pockets and holes allowing healthcare professionals access to a child’s ports and tubes while the child’s body remains covered. These T-shirts are in fun tie-dye colors—a favorite design of Amanda’s—and come in many sizes.

This gift package includes educational material, information about community resources and other “fun stuff” just for the child—now including the fuzzy socks from Mia’s donation drive.

For more information, visit <http://www.amandahoperainbowangels.org>.

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### New thrift store seeking donations

If you got a lot of new things for Christmas last month and need to make some room for them, or you are ready to get a jumpstart on your spring cleaning, the nonprofit Civitan Foundation would be more than happy to take your gently-used items off your hands.

Civitan, founded in 1968, recently opened a thrift shop called Flerish Design and Resale, located at 12625 N. Cave Creek Road. Civitan trains and places disabled and mentally challenged adults into community jobs. Proceeds from the new resale store will benefit Civitan and its programs.

The store accepts clothing, shoes, purses, jewelry, lamps, furniture, kitchen items, office items, books and magazines, toys, electronics and more. A truck is available to pick up larger items Monday-Friday.

Drop off anytime during the store's hours, which are 10 a.m.-6 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturdays. To arrange a pick-up, call Karin at 602-358-8677.

### Visitor center welcomes Dolan Ellis

Come here stories and songs about the great state of Arizona during a special concert by Dolan Ellis, 7 p.m. Saturday, Jan. 16 at the North Mountain Visitor Center, 12950 N. 7th St.

Ellis has served as Arizona's Official State Balladeer for the past 50 years. Traveling more than a million Arizona miles in his specially equipped jeeps, Ellis has explored every corner of Arizona. He has written hundreds of songs about Arizona people, places, and

things and has won awards for his Arizona photography.

Ellis is an original member of the Grammy Award-winning 1960s folk group, The New Christy Minstrels. After touring with the group for 50 years, he recently retired in 2015. Along with his Grammy Award, he has been inducted into the Arizona Music and Entertainment Hall of Fame.

Tickets to this special concert are \$20 and can be purchased online through Jan. 14 at [www.saveourmountains.org](http://www.saveourmountains.org), in advance at the NMVC Gift Shoppe, or at the door (if available).

### Historical Society hosts Bill Hogan

The Sunnyslope Historical Society holds its annual meeting 10 a.m.-noon Saturday, Jan. 30 at the Sunnyslope History Museum, 737 E. Hatcher Road. Guest speaker is Bill Hogan, one of the few remaining members of the "Loyal Order of Desert Rats." He will share memories and photos from the 1920s to the present of growing up in the Sunnyslope area.

Hogan went from being a paperboy to managing editor of Phoenix Newspapers, parent company of *The Arizona Republic* and *Phoenix Gazette*. He also became the director of the Phoenix 40, an influential group of concerned citizens organized to improve the City of Phoenix.

Members of the society's Board of Directors will be elected at the meeting.

The meeting is free and open to the public, and donations are accepted. For more information, call 602-331-3150. The museum is open on Thursday, Friday, Saturday and Sunday from 10 a.m. until 3 p.m.



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**COMMUNITY**

**Free classes at ballet school**

The School of Ballet Arizona, 2835 E. Washington St., offers free classes, Jan. 6-10. Open to teens age 14 and older and adults of all ages, this program is a great way to experience dance training, stay in shape and have fun. Three levels of ballet classes are offered: beginner, intermediate and advanced.

The schedule of classes, offered to everyone in the community, is available at: <http://balletaz.org/school/open-adult-classes>. Look for the headline "Free Classes."

**Mountaineer shares experiences on Jan. 9**

Kevin Cherilla, a motivational speaker and international mountaineer, will share his inspiring passion for mountain climbing at Encore University's Saturday Morning Speaker Series that begins at 8:30 a.m. on Saturday, Jan. 9.

The owner of K-2 Adventures plans to discuss how he has helped disabled individuals, including those that are

blind, paralyzed or have lost limbs, to reach new heights. He will also take the audience on a virtual trip to Mount Everest and Mount Kilimanjaro sharing his stories, photos and videos about conquering these magnificent mountains.

The event includes a hot breakfast and takes place in the Landes Center of Valley Presbyterian Church, 6947 E. McDonald Drive. The talk is \$25, which includes breakfast. Tickets can be purchased at <http://encoreuniv.org/special-events/> or by calling 480-991-6424, ext. 165.

**Quilt, sewing festival comes to fairgrounds**

More than 15,000 are expected to attend the 22nd-annual Quilt, Craft & Sewing Festival, set for Jan. 28-30 at the Arizona State Fairgrounds, 1826 W. McDowell Road.

This year's show boasts a 10-percent increase in booths over 2015. With nearly 350 vendor booths, this will be Arizona's largest creative event of its kind. Visitors will find a wide variety of sewing, quilting, needle-art and craft supply exhibits.

In addition, take advantage of the opportunity to participate in one or more of the many "Make and Take" workshops or free educational seminars.

Admission is \$10, or \$9 with an online coupon. Admission ticket is good for all three days of the show. Children ages 12 and younger are admitted free with a paid adult. On-site parking is available for an additional \$8.

Hours are 10 a.m.-5 p.m. Thursday and Friday, and 10 a.m.-4 p.m. Saturday. For more information, including printable vendor coupons and a show program (available Jan. 18), visit <http://www.rustybarn.com>.

**Youth of the Year applications accepted**

The City of Phoenix Youth and Education Office is now accepting applications for the 2016 Outstanding Young Man/Young Woman of the Year awards. This program is open to any students currently enrolled in high school and living within Phoenix city limits.

Eligible students can apply through the online application form located at [phoenix.gov/education/outstanding-young-man-woman](http://phoenix.gov/education/outstanding-young-man-woman) before 5 p.m. Feb. 26.

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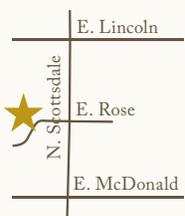
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COMMUNITY

## Adopters share stories of being saved by dogs

By Teri Carnicelli

Jon Siegel remembers the day he brought home Ranger, an 11-year-old Beagle he adopted from the Arizona Beagle Rescue. He wasn't sure how his other three Beagles would react to having a new dog—and a senior one at that—added to the mix. But much to his delight and relief, they were all instant friends, and Ranger was immediately one of the family. He was happy and calm and relatively quiet, despite the Beagle reputation of loudly baying.

So Siegel was more than a little surprised two weeks later when he heard Ranger barking up a storm in the middle of the night. He went to check on the dog and found him sitting outside Siegel's 4-year-old son's bedroom. Siegel tried to shoo Ranger away, but he would budge, and he wouldn't quiet down.

Siegel opened the door to check on Skyelor and found him thrashing about in bed, suffering from a severe asthma attack. Siegel immediately gave Skyelor



Celebrating the gift of a \$5,000 grant from the Petco Foundation to Boxer Luv Rescue are, from left: Petco District Manager Ted Holub; Susanne Kogut, executive director of the Petco Foundation; Kristy Wolfmeyer and her service-dog-in-training, Koa; Teresa Whitt, manager of Petco in Tempe; Sara Piscopo, Petco store manager at 45th St. and Thomas Road; Randy Rotondo, president of the Boxer Luv Rescue Board of Directors; Bryan Harns, district manager for Petco; and Yvonne McVay of Halo Purely for Pets (photo by Teri Carnicelli).

his medication and soon both boy and dog quieted down.

"So we saved him, and he saved our son," said Siegel, who shared his story—"Ranger Danger to the Rescue"—as part of this year's Holiday Wishes campaign, sponsored by the Petco Foundation. Pet adopters from

around the country were invited to nominate the animal welfare organization where they adopted their pet by submitting their personal adoption story online.

Two local Phoenix organizations, Arizona Beagle Rescue and Boxer Luv Rescue, on Dec. 11 were each awarded

a \$5,000 Holiday Wishes grant from the Petco Foundation, in partnership with Halo, Purely for Pets. Siegel and his family were on hand for the check presentation to Arizona Beagle Rescue, which took place at the Petco at 45th Street and Thomas Road.

In "Rescuing One Another," active duty military member Kristy Wolfmeyer describes how she adopted Koa, a young Boxer, to help her with her PTSD symptoms.

Koa was taken in as a stray at Maricopa County Animal Care and Control and became sick while there. He was scheduled to be euthanized when a volunteer from Boxer Luv came and rescued him in February 2015. He was placed in a foster home where he recovered and began to flourish.

Wolfmeyer, who adopted Koa a few months later, was a pharmacy technician in the Army and often was dispatched to active and front-line areas to administer medications to wounded soldiers. She was diagnosed with PTSD after her second tour.

Wolfmeyer is training Koa through Soldiers Best Friend to become a ser-



Lisa M. Butler, D.M.D.

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vice dog, and Koa has already supported Wolfmeyer immensely, helping her with getting daily exercise, calming her anxiety and learning tasks such as activating a touch light. Wolfmeyer has also picked up a new hobby, designing and creating custom dog collars.

“Not only did they save his life, he kind of saved mine as well,” she said. “They (Boxer Luv) have done so much for me, they are like family.”

The Petco Foundation selected 53 stories from the pool of 3,030 submissions as winners. The 53 animal welfare organizations referenced in the stories as the adopting organizations received a combined \$750,000 in grants to celebrate their lifesaving work, and select winners received Halo dog or cat food.

## Park rangers lead dog-friendly walk

Enjoy a moderate to difficult hike led by a Phoenix Park Ranger during a “Wag Walkabout” set for 9 a.m. Saturday, Jan. 30 on the Shaw Butte Circumference Trail. Pre-registration is requested at [https://apm.activecommunities.com/phoenix/Activity\\_Search](https://apm.activecommunities.com/phoenix/Activity_Search). Type in the keyword “Wag.”

You and your physically fit dog will Summit Shaw Butte following the 100, Shaw Butte Connector, and 306 Trails. The hike length is approximately 4 miles, and will take 3-4 hours to complete.

Meet the park ranger at the North Mountain Visitor Center, 12950 N. 7th St., at 8:45 a.m. Dogs must be at least 5 months old and fully vaccinated. All dogs must be properly licensed, with tags. The free hike is limited to 10 hikers and 10 dogs (one dog per handler only). Children 17 and younger must be accompanied by an adult.

For your dog, bring water, a water bowl, a leash (6-foot maximum), and waste bags. Dog participation is at the ranger’s discretion.

## Protect your pets in winter weather

Arizona is known for its intense summer heat, and most residents know how to take the proper precautions to ensure their outside pets are protected. Although our winters may not be as extreme as our summers, when night falls, so do the temperatures. The Arizona Humane Society wants to help ensure the safety of your pet, in any

weather condition.

If you have an outside pet or your pet simply prefers to be outside, the AHS offers these tips to follow during the cold winter months to ensure happy, healthy pets:

- **Provide shelter.** Make sure your pet has a nice, warm, enclosed area (such as a dog house) to block the wind and a soft, cozy bed/blankets to keep your pet from lying directly on the cold ground.

- **Know their limits.** Although many pets prefer to be outside, sometimes the conditions may be to extreme for them to handle. Pets can develop hypothermia just like humans. If your pet is showing signs such as whining, shivering or weakness...get them back inside quickly.

- **Check their paws.** Be sure to check your dog’s paws frequently for cold weather injuries such as cracked paw pads or bleeding.

- **Dress to impress.** Dressing your furry friend can help provide an extra layer to help keep them warm during these chilly months. For fashionable, trendy looks that will ensure your pet

tackles this winter with style, shop AHS’ Petique locations.

- **Wellness checks.** Cold weather can worsen some already existing medical conditions. Schedule your pet’s annual wellness check at AHS’ Veterinary Clinics to ensure their health can handle the weather.

- **Check your hoods.** Many cats search for a place to keep warm this time of year, and a vehicle engine is often an optimal choice for them. Before starting your engine, check under your vehicle, honk your horn and bang on the hood.

If you have a pet outside in need of a blanket to keep warm, AHS is happy to help. Stop by either the Sunnyslope Campus at 9226 N. 13th Ave. (602-997-7585) or the Nina Mason Pulliam Campus for Compassion at 1521 W. Dobbins Road (602-997-7585) for assistance.

If you have extra blankets that would help keep Arizona pets warm during these winter months, AHS would greatly appreciate your help. Donations can be dropped off at any AHS location.



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She will pounce on anything that wiggles but her playful imagination stretches beyond just toy mice and jingle balls; she will bat around hair ties,

bottle caps and dust bunnies. Meet Chantilly at the Sunnyslope Campus located at 9226 N. 13th Ave. Her adoption fee is \$100 and includes her spay surgery and vaccines. She may have been adopted by the time you visit the shelter but she's just one of the many adoptable cats in need of a home. For more information call 602-997-7585 and ask for animal ID number A523576.

### AHS Adventure Camps start in February

Looking for a fun, educational activity for your young animal lover? Arizona Humane Society's Animal Rescue Squad is a one-day camp full of hands-on learning perfect for the young pet enthusiast in your home.

On Feb. 6, from 10 a.m.-4 p.m., Children ages 8-12 will have the opportunity for a behind-the-scenes tour, participate in interactive activities with Emergency Animal Medical Technicians, shadow veterinarians and the behavior team, and more while they help real-life pets. To register, visit [azhumane.org](http://azhumane.org) or call 602-997-7585, ext. 1015.



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### Yappy Hour returns to 32 Shea patio

Enjoy a Dog Friendly Yappy Hour 4-6 p.m. Saturday, Jan. 2 at 32 Shea, 10626 N 32nd St. This informal, un-hosted gathering on the patio is just for fun, laughs, great food, drinks, and enjoying Arizona's temperate winter weather. Donations will be collected for Pawsitive Art by Tara's Fosters.

For more information, call 602-266-5360 or visit [www.puffandfluffspa.com](http://www.puffandfluffspa.com).

### Low-cost spay, neuter in Jan.

Altered Tails, the Valley's largest non-profit spay/neuter clinic specializing in low-cost services, wants you to ring in the New Year by making a resolution to neuter your male dog or cat during their "Happy Neuter Year" campaign.

Sponsored by PetSmart Charities, the "Happy Neuter Year" campaign will provide \$20 neutering surgeries for male dogs and cats during the month of January at the clinic, located at 950 W. Hatcher Road in Sunnyslope. Spaying and neutering is one of the most effective ways to reduce the homeless pet

## COMMUNITY

population and is safe for puppies and kittens as young as 12 weeks old, according to the American Veterinary Medical Association.

“Neutering male pets is a simple surgery that reduces unwanted behaviors, like roaming, fighting, and urine marking territories,” said Altered Tails Executive Director Ellen Clark. “It also guarantees your dog or cat never fathers an unwanted litter.”

This special \$20 rate is even less than the organization’s normal low-cost price and is available to anyone who owns their male dog or cat. Pet parents who wish to take advantage of this offer must mention the “Happy Neuter Year” campaign when they schedule their appointment. This campaign is based on availability.

Altered Tails will provide 750 “Happy Neuter Year” sterilizations for \$20 in January. Call 602-943-7729 or visit [www.AlteredTails.org](http://www.AlteredTails.org) for more information or to schedule an appointment. Altered Tails is located on 11th Ave and Hatcher, and the main entrance is in the rear, in the fenced in parking lot.

## Discount on classes for dog training

Did you know that January is Train Your Dog Month? Whether you are dealing with pet behavioral issues or simply want to teach your dog the basics, the Arizona Humane Society’s (AHS) dog training classes can help your dog to become the most well-mannered canine on the block.

From basic to intermediate training, private lessons and even Canine Good Citizen certification, AHS’ certified trainers can help your dog to become a well-rounded, obedient dog. Receive 20-percent off with the promo code JAN20. More information is available at [www.azhumane.org/dogtraining](http://www.azhumane.org/dogtraining).

## Dogs’ Day returns to botanical garden

Bring the whole family, dogs included, to the Desert Botanical Garden during “Dogs’ Day in the Garden,” set for 8 a.m.-2 p.m. Saturday, Jan. 23. Spend time in the “doghouse” with vendors sampling dog food and treats. Sit and listen to presentation ranging from health dogs treats to keeping dogs safe in the desert environment. Go for a walk on Garden trails, heel for family photo opportunities, and participate in craft activities for both children and dogs.

All dogs must be on a leash and remain on marked trails at all times. All dogs must be up-to-date on all vaccinations and registrations. Desert Botanical Garden reserves the right to refuse entry to or remove any dog thought to be dangerous to other dogs or visitors.

Humans included with membership or paid Garden admission of \$22 adults, \$20 seniors 60 and older, \$12 for students 13-18 with ID, and \$10 for children ages 3-12. Dog admission is an additional \$4 each. Proceeds benefit the Arizona Humane Society.

For more information, visit [www.dbg.org](http://www.dbg.org).

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**Obesity decreases the quality and length of life for a family pet. To help keep your pet looking and feeling good, this is a New Year’s Resolution worth keeping!**

Read the Pet Primer Article online at [www.NorthCentralAnimalHospital.com](http://www.NorthCentralAnimalHospital.com)

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### Improvements made for Phoenix cyclists

In the first year that the Phoenix City Council adopted the comprehensive bicycle master plan, the Street Transportation Department made significant infrastructure improvements to make bicycling in Phoenix safer and a more viable transportation mode.

The objective of the 20-year bicycle master plan is to set the course for the development, growth and connectivity of bicycle facilities in Phoenix.

Last year, 16 bikeway miles were added to the city's bicycle infrastructure network. With the new bikeways in place, the city now has an estimated total of 700 bikeway miles. As part of the comprehensive bicycle master plan, 1,000 more bikeway miles are in store for Phoenix.

More bicycle facilities also are planned for Phoenix through various street improvement studies, such as the Downtown Comprehensive Transportation Study, and projects that are currently under construction. For example, as part of the department's shift to create

"complete streets" that are designed to enable safe access for all users of the roadway, the department added bicycle lanes on both sides of east Roosevelt Street and installed bike racks throughout the corridor. The bicycle-friendly improvements on Roosevelt Street are currently being extended to 7th Street and are under consideration to be extended to 7th Avenue.

Also, where appropriate and with input from the public, the Street Transportation Department will continue to add bicycle facilities to roadways that are slated to be reconstructed or resurfaced to help close the gaps in the existing bicycle infrastructure.

Additional improvements accomplished this past year included installing bicycle detection at six signalized intersections. Detection allows bicyclists in the street to automatically send a signal to the intersection controller that they are present so that the signal indication would change without the bicyclist having to push a pedestrian button. Within the next six months, detection will be added to an additional 14 intersections.

The pavement markings at some of the intersections on 15th Avenue, between McDowell Road and Northern Avenue, were reconfigured to help reduce conflicts between bicyclists and turning motorists. Right-turn only lanes were installed at some of the intersections along this corridor and bike lanes were extended up to the crosswalk area. The bike lanes now feature pavement markings to delineate the bicycling zone and help guide bicyclists through the intersection in a straight and direct path. Similar improvements will continue to be made on 15th Avenue south of McDowell Road and are planned for other corridors.

The remaining projects identified in the bicycle master plan will be prioritized for implementation with input from the community and the newly formed Citizens Transportation Committee.

In line with the advancements of the bicycle program, this past November the city's bike share program called GR:D marked its first year in operation. Within the first year a total of 36,207 trips were generated and approximately 60,633 miles were traveled. The system currently includes 37 stations and 303 bicycles.

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

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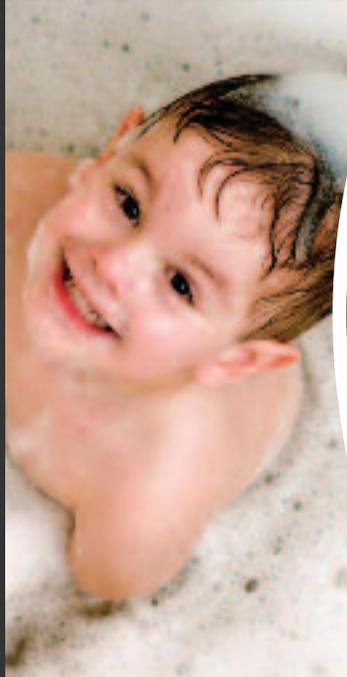
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COMMUNITY

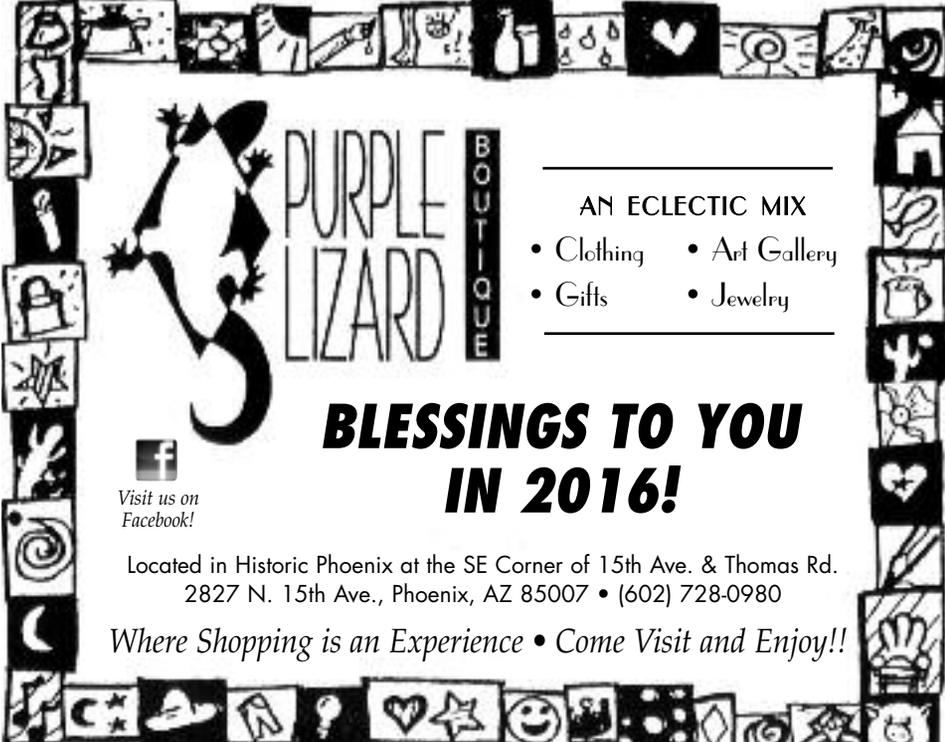


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**Spotlight On... Community says goodbye to Perlick**

The Xavier College Preparatory community is mourning the loss of Sister Nancy Perlick, RSM, associate director of Activities and Athletics, who passed away on Dec. 11 after a valiant fight against peritoneal cancer.

Born Aug. 18, 1944, Sister Nancy joined the Xavier College Preparatory community in September of 1995 as a substitute teacher, volunteer softball coach, and activities assistant. She spent the following 20 years at Xavier as director of Institutional Advancement, U.S. History Advanced Placement teacher, and associate director of Activities and Athletics. She was an integral member of Xavier's Facilities and Construction Committees, the public address announcer for 15 seasons of home volleyball, basketball, and softball games, and the coordinator of all athletic events, invitationals, and tournaments hosted at Xavier.



Sister Nancy Perlick

Her countless contributions also included authoring articles for national publications, creating game-day programs, writing Xavier's coaching handbook, and meticulously planning the school's annual commencement exercises.

Sister Nancy also served the Diocese of Phoenix for many years as a member of its Future Schools Task Force, Council of Religious Life Committee, Jubilee 2000 Committee, and School Board. Her numerous leadership roles included president of the Diocesan School Board, chair of the Council of Religious Finance Committee, and founding board member of Central Arizona Shelter Services. According to a statement from Xavier College Preparatory, "Sister Nancy was a woman of great intelligence, quiet leadership, boundless dignity, and contagious humor. She touched the lives of thousands in the Xavier community, and her legacy is tremendous. She will always be remembered with great affection and profound respect. She loved Xavier, and she thoroughly enjoyed working with the students."

A high-school softball player her-

self, she strongly supported the fusion of academic excellence and intense interscholastic competition. Her favorite place in the world was Kauai, Hawaii; and her beloved canine companion, Rosie (and Rosie's best friend, Ruby) was never far from her side.

Sister Nancy Perlick is survived by her sister Cindy Hoffmann, her brother Terry Perlick, and their families. Services were held Dec. 18 at Saint Francis Xavier Church.

**Bowman tapped for Mariners scouting team**

Tyrus "Ty" Bowman, a 2007 graduate of Sunnyslope High School, has joined the amateur scouting department of the Seattle Mariners Baseball Club. Bowman will be responsible for the coverage of Arkansas, Oklahoma and Kansas.

Bowman is a graduate of the University of Arizona (Business Management Major with an emphasis in Sports Management). In May of 2015 he earned a law degree from the University of Arizona's James E. Rogers College of Law.



Tyrus Bowman

Bowman spent the last three years as a baseball operations/video intern, covering the minor league teams for the San Diego Padres Baseball Club. He most recently spent time assisting the operations and field staff at the Padres academy in the Dominican Republic.

Before joining the Padres, Bowman spent three years at the University of Arizona as the director of Baseball Operations. Business and baseball must run in the blood; brother Casey Bowman is a junior at the University of Arizona Eller School of Business and is on the baseball team there.

His parents are Clare H. Abel and Richard Bowman of North Central Phoenix.

**Heil honored for work with GLSEN**

GLSEN Phoenix honored North Central resident and former GLSEN Phoenix Co-Chair Matt Heil with the Legacy Ally Award at the GLSEN Phoenix Sparkle, Glitter, GLSEN event held Nov. 19 at the Southwest Center for HIV/AIDS.

COMMUNITY

Heil received the Legacy Ally award for his eight-year tenure as co-chair of the GLSEN Phoenix chapter. The Legacy Ally award is presented to former GLSEN Phoenix leaders that have gone above and beyond their role to make lasting change, both for GLSEN and in the community.

“Matt’s work and dedication has been instrumental in the development of a community where LGBTQ youth-serving nonprofits can exist and thrive,” said Ricardo Martinez, current co-chair of GLSEN Phoenix. “He has played a critical role in making schools safer for all of our children.”



Matt Heil

“I am so proud to have been part of the critical work that GLSEN Phoenix does in our community and to have had this opportunity to make a difference in the lives of the LGBT youth that they serve,” Heil said.

GLSEN Phoenix is one of 40 local chapters of the nation’s leading education organization working to ensure that all students in every K-12 school are valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. For more information, visit [www.glsenphoenix.org](http://www.glsenphoenix.org).

Residents asked to host ‘Souper Bowl’ events

Phoenixians are invited to help the hungry and the hurting by participating in Souper Bowl of Caring 2016. Since 1990, this annual campaign has been transforming the Super Bowl into the nation’s largest time of giving and serving in support of anti-hunger and poverty-related charities.

Hold your own Souper Bowl of Caring and help the hunger relief organization of your choice through your donations of dollars and food collected. Visit [www.souperbowl.org/Arizona](http://www.souperbowl.org/Arizona) and register to receive your free promotional material. Collect money or canned goods before or on Super Bowl Sunday (Feb. 7), and report your results to share your victory and inspire others. You can donate 100 percent of your collection to the local charity of your choice.

If you can’t host a drive yourself, the Boy Scouts of America, Grand Canyon

Council is teaming up with Souper Bowl of Caring to collect food through a substantial door-to-door effort throughout the Arizona community. Thousands of Scouts and their leaders will be dropping off door hangers on Sat., Jan. 30. Residents who receive a door hanger are encouraged to place non-perishable food items outside their door by 9 a.m. on Feb. 6.

The Scouts will deliver all donations directly to local Arizona food banks. Last year, the Scouts collected nearly 160,000 pounds of food—the largest collection in Arizona and fifth largest in the nation for Souper Bowl of Caring.

In addition, the public is invited to attend the Souper Bowl “Kick Off” Luncheon, 11:30 a.m.-1 p.m. Jan. 13 at the St. Vincent de Paul Dining Room, 420 W. Watkins Road.

Current and former NFL players will share their experiences with local radio personality Pat McMahon. There will be a silent auction featuring great sports memorabilia, and lunch is included. There is a \$50 suggested donation. To RSVP, visit [www.stvincentdepaul.net/SouperBowl](http://www.stvincentdepaul.net/SouperBowl).

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## COMMUNITY

## Community Central

**The Story of the Billingsley Hopi Dancers**  
7:30 p.m. Wednesday, Jan. 6  
Pueblo Grande Museum  
4619 E. Washington St.  
602-495-0901

In 1921 the Hopi were told that "church people" petitioned Congress to stop their "pagan" dancing. A platform was erected on the U.S. Capitol steps where both Houses of Congress assembled with their families to see the Hopi dancers. Following the performance, Congress passed a Resolution giving the Hopi permission to carry on their dancing "for all time." The dancers continued to perform culminating in performances at Carnegie Hall in 1955. The Verde Valley Archaeology Center and Hopi Tribe jointly received a grant to preserve a rare 1957 film of the dancers. This presentation discusses the background of this history and shows the film. This event is free and open to the public; donations are welcome.

**ASEDS Open House**  
9 a.m. Wednesday, Jan. 13  
Manning Hall,  
ASEDS Day School Campus  
6300 N. Central Ave.  
602-274-4878

Prospective families participate in campus tours of All Saints' Episcopal Day School lead by Parent Ambassadors and have the opportunity to meet with admission officers, and faculty. Open Houses also provide a chance to view classrooms and attend a Q&A session with a Division Head. Reservations are suggested, but not required. RSVP online at [www.aseds.org/Page/Admission/Admission-Process](http://www.aseds.org/Page/Admission/Admission-Process). Application materials for the 2016-17 school year are now available at [www.aseds.org](http://www.aseds.org).

**Phoenix Corral of Westerners International**  
5:30 p.m. Wednesday, Jan. 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, however, this month the focus is on Dakota. The guest speaker will be Robert Kolbe,

who is a member of the Sioux Falls, South Dakota Corral. He has published a book of his research on photographers. His talk is titled, "Once Again We Live." 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 Jan. 12; e-mail [bjsmith5@cox.net](mailto:bjsmith5@cox.net).

**AAUW hosts CEO**  
6:30 p.m. Tuesday Jan. 19  
Beatitudes Luther Life Center  
1616 W. Glendale Ave.  
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) hosts Linda Hallman, the chief executive officer of AAUW. With 25 years as an association innovator, Hallman is an expert in creating extraordinary membership experiences and cultures, organizational strategies, alliance building, and fundraising. She will speak on AAUW's Legal Advocacy. The program will begin after an optional dinner (\$15) at 5:30 p.m. RSVP for the dinner by noon on Jan. 15. Visitors are welcome. Enter the Beatitudes by the gate at the flagpole on Glendale Ave.

**District 3 Coffee Chat**  
8-9 a.m. Tuesday, Jan. 19  
Shadow Mountain Senior Center  
3546 E. Sweetwater Ave.

Join Phoenix City Councilman Bill Gates for a review of 2015 and a look at priorities for District 3 and the city of Phoenix in 2016. Free and open to the public; complimentary coffee provided.

**Lura Turner Homes' Italian Dinner**  
4-7:30 p.m. Saturday, Jan. 30  
Fellowship Hall,  
Madison Baptist Church  
6202 N. 12th St.  
602-943-4789

The public is invited to Lura Turner Homes' seventh-annual fundraising dinner. An Italian meal is provided by Carrabba's Italian Grill of Avondale. Enjoy dinner and entertainment. Cost is \$15 for adults, and \$6 for children ages 3-12, payable at the door. All proceeds benefit Lura Turner Homes for Developmentally Disabled adults, founded in 1965. For more information, visit <http://luraturnerhomes.org>.

*please see CALENDAR on page 24*

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618 W. Palmaire Ave.  
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**COMMUNITY**

*CALENDAR continued from page 22*

**Grief Support Group**

**4:30-6 p.m. Tuesdays**

**Wesley Lounge,**

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A safe place to share your story and process your grief with others who are going through the same thing. Dates are Jan. 12, 19, 26, and Feb. 2, 9, 16 and 23. Prior to the first meeting, contact the group facilitator and parish nurse, Robin Spencer, to RSVP at 602-263-5013, ext. 1107.

**Il Giro di Phoenix - A Scavenger Hunt and Car Rally**

**9:30 a.m. Saturday, Jan. 23**

**The Good Egg Parking Lot**

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**602-534-3751**

Organized by the Catania, Italy Committee of Phoenix Sister Cities. All you need is a car, a phone with Internet connection and your best friends or family members to help you through the clues all around town. Sign-in begins at 8 a.m. Checkered-flag finish and lunch at 12:30-1 pm. Awesome prizes for the winners and guaranteed fun for all. Cost is \$12 for children 12 and younger; \$35 for adults (\$30 if you're a PSC or an AIAC member). Lunch included. To register, call or visit <http://phoenixsistercities.org>. Proceeds benefit the high school student-exchange program between Phoenix and its 10 Sister Cities.

**Fish with park rangers at Papago Park for free**

The city of Phoenix Parks and Recreation Department hosts a “Third Saturday Fishing with Faustich,” 3-5 p.m. Saturday, Jan. 16, at Papago Park, 625 N. Galvin Parkway. The program is free but pre-registration is required; use program #8479.

Meet the park ranger near Ramada 11. All bait, tackle and fishing poles will be provided. Bring a hat, sunscreen, water, and snacks.

Register online at <https://activenet001.active.com/phoenix/> or in person at any city of Phoenix community center or visitor center. Use the barcode # listed with the program to register. Future fishing dates include Feb. 20 (#8480) and March 19 (#8481).

For more information, call 602-261-8318.

**EQAZ seeks new board members**

Ever wonder what you can do to shape the fight for equality? Become a part of Equality Arizona’s vibrant volunteer network and join its Board of Directors or committees.

You can learn more about how to become involved during a Happy Hour at Southern Rail, 300 E. Camelback Road, from 5:30-7:30 p.m. on Monday, Jan. 11. Or, check out an online webinar 5-6 p.m. Tuesday, Jan. 19. To register for either event, e-mail [jenny@equalityarizona.org](mailto:jenny@equalityarizona.org).

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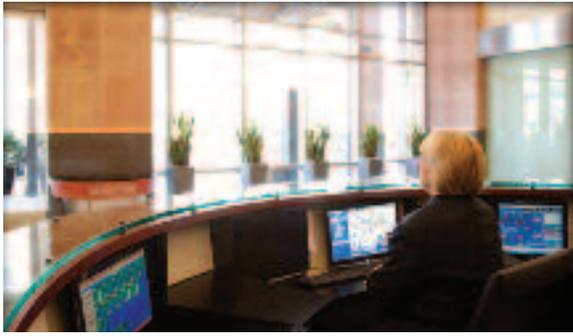
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# Happy New Year 2016 To My Community!

## Cheryl Continues the Tradition of Quality, Integrity and Commitment...

I have been exposed to real estate my whole life. If it wasn't my grandparents, then it was my parents who all spoke, bought and sold real estate. I grew up in one of the finest real estate communities in the country, The Bay Area, on the Peninsula in California. I grew up in the town, Atherton, where real estate is found at its finest. I learned at an early age the importance of receiving and delivering exceptional service, integrity, and commitment to my community. I believe in providing my private clientele group the best services offered with my inner passion to succeed.

I have a family that I am very proud of with two beautiful daughters. They both attend top academic schools, Xavier College Preparatory and All Saints Episcopal Day School. I believe in laying a strong foundation for my family, as it had been done for me. I attended Menlo College Preparatory in Northern California and then attended college as a collegiate athlete at the University of Arizona and finished at the Arizona State University. I played basketball, softball and today I enjoy tennis, running, biking, swimming and golf.

Today, I strive to provide the best to my family, my clients and my community. I believe in giving back to my community through Christian based community services, locally and globally. I do not have the desire to be the biggest or produce the most work, but to provide the best quality service with integrity, commitment and passion. I sell, buy and place people in primary residences, second vacation homes and investment opportunities in recognizing quality, how to achieve high results and obtaining opportunities combined with an astute understanding of producing high results. High results = Happy Family, Happy Clients and Happy Community!

I have lived in Arizona for over 20 years, being involved in the communities of Paradise Valley, Scottsdale, Phoenix (Central Phoenix and Moon Valley), Glendale and Tempe.

I am eager to meet you and work together to achieve your goals, desires and protect your assets in the Phoenix market.



**Cheryl M. Barnoli**

**602-469-2964**

**cbarnoli@hsmove.com**

**www.homesnap.com/Cheryl-Barnoli**



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# See what my clients have to say about me ...

**"Thank you Cheryl for working so diligently with us. You were very patient every step of the way. You were great in making my daughter feel included."**

*- Melinda Woods Nelson, Phoenix, AZ*

**"Cheryl was extremely professional. She was honest about my seller expectations and what needed to be done to make my home 'sell ready.' During the process she was respectful and understood that my house was still my home. I would refer Cheryl for any real estate transaction to my family and friends!"**

*- Greg Pitcher, Arcadia, Phoenix, AZ*

**"Works really hard...I appreciate everything you did for my family!"**

*- The Weeks Family, Central Phoenix, AZ*

**"She found the exact commercial property our business was looking for. It was seamless to do business with her. I highly recommend her in the real estate field!"**

*- The Cashin Group, Phoenix, AZ*

**"Great communication with my wife and I. You made us feel relaxed and helped us make the right decision in our sale and move."**

*- Mohammen Sesayais, Central Phoenix, AZ*

**"Always communicating with me by email, text or phone. I can call her anytime and she gives me the time I need. She is a very hard worker and backs it up with her industry knowledge. She is very pleasant to work with."**

*- Richard & Erin Bellah, Central Phoenix & Biltmore Estates, AZ*

**"Professional, quality and communication at its finest. I will only refer Cheryl and use Cheryl for all my Arizona deals."**

*- Shane & Betty Magan*



**Cheryl M. Barnoli**

**602-469-2964**

**[cbarnoli@hsmove.com](mailto:cbarnoli@hsmove.com)**

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*President, Goodmans Interior Structures*

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North Central resident Jeremy Smith (left) and his brother, Brandon, are the third generation of family members to run Central Arizona Supply, the plumbing industry's largest independently owned family business in the Southwest (submitted photo).

**Third generation expands family business**

For three generations, brothers of the Smith family have started, expanded and established a family plumbing business, Central Arizona Supply, that

is now the industry's largest independently owned family business in the Southwest.

Bob and Harry Smith first opened a small shop in Mesa 47 years ago when they realized there was no plumbing store in the East Valley. In the late 1970s, their sons Don, David and Dan expanded the business by adding multiple locations—including one in Central Phoenix—selling the industry's newest products and serving plumbers as well as homeowners looking to buy plumbing supplies direct.

Today, the next generation of brothers, Jeremy and Brandon Smith, has expanded the showroom and wholesale sides of the business. Central Arizona Supply now has more than 110 employees, nine Arizona locations with seven showrooms, a 75,000-square-foot distribution center and four divisions including plumbing, showroom, commercial and heating and air.

"About 20 years ago, the plumbing supply industry in Arizona was almost exclusively independent businesses, but a shift began a few years back with the national chains buying out all the mom-and-pop operations," explains Jeremy, who lives in North Central Phoenix. "Then came the recession, which shaped us very deeply. We saw the few remaining family businesses in the industry sell or shutter."

Jeremy said the generations of family members with Central Arizona Supply who came before him had passed along lessons learned, such as how to be successful by working smarter, not growing too quickly or



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**THANK YOU**

To our valued clients, friends & family for your continued support & confidence in 2015.



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ronda@rondacronin.com



A special thanks to our clients & referrals:

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- Bob & Marci Rosenberg
- Roger & Alexis Freeman
- Cheryl & Erik Hanson
- The Wilkerson Family
- Ryan Gard
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\* = referred a client

## TAKING CARE OF BUSINESS

making bad risks. “At the end of the day, we need to support our family and the families that work for us,” Jeremy pointed out. “For me and my brother, it is about maintaining the relationships my grandfather, father and uncles have built here in Arizona for almost 50 years. We’ve been able to find our niche and offer customers things that the national chains can’t touch.”

Jeremy took the lead on the company’s increased showroom offering, bringing high-level design products from around the world to Arizona. Rather than customers having to get the newest products from Los Angeles, New York or online, the showrooms carry everything from basics in plumbing, hardware and lighting to the most unique, hard-to-find national and international brands on the market.

Seven showrooms in Arizona, including one at 4750 N. 16th St., showcase faucets, bathtubs, toilets, fixtures, hardware and lighting options starting from a \$100 Delta faucet to \$10,000 TOTO Neorest toilet. The North Central Phoenix regular store hours are 6:30 a.m.-4:30 p.m. Monday-Friday, and 9 a.m.-2 p.m. Saturdays. The showroom is open 9 a.m.-5 p.m. Monday-Friday, and 9 a.m.-2 p.m. Saturdays. For more information, call the store directly at 602-943-3488 or visit [www.centralazsupply.com](http://www.centralazsupply.com).

## Business Briefs

### Salon donates services to Year Up graduates

Mane Attraction Salon, 3156 E. Camelback Road, has partnered with Year Up Arizona, the local chapter of the national nonprofit that connects young adults who need opportunity with companies who need their talent.

Year Up Arizona’s first graduating class will walk across the stage on Thursday, Jan. 7 at the Orpheum Theatre in downtown Phoenix, and Mane Attraction Salon will be donating professional hair and makeup services for all 28 graduates.

“Contributions like this mean so much to our students,” said Kim Owens, founding executive director, Year Up Arizona. “Not only will these makeovers and styling tips enhance their confidence and image, but more importantly, it shows them that the business community supports their successful transition into a professional career.”

Part of a national nonprofit, Year Up Arizona launched in the Valley in January 2015. Since its founding in 2000, Year Up has served more than 11,500 young adults in 14 cities nationwide.

### Central & Camelback property recently sold

Camelback Uptown, located at 51 and 101 E. Camelback Road in North Central Phoenix, recently was sold for \$1.78 million. The transaction includes a land lease and the retail improvements for a Bank of America branch and new Sauce restaurant.

Cushman & Wakefield Senior Director Greg Valladao represented the buyer, 1058 Munras Properties, LP DBA Camelback Central Station, LLV of Monterey, Calif. Chad Tiedeman of Phoenix Commercial Advisors represented the seller, Lawrence & Geyser Development DBA First Camelback Partners LLC.

### Turf Paradise marks 60th anniversary

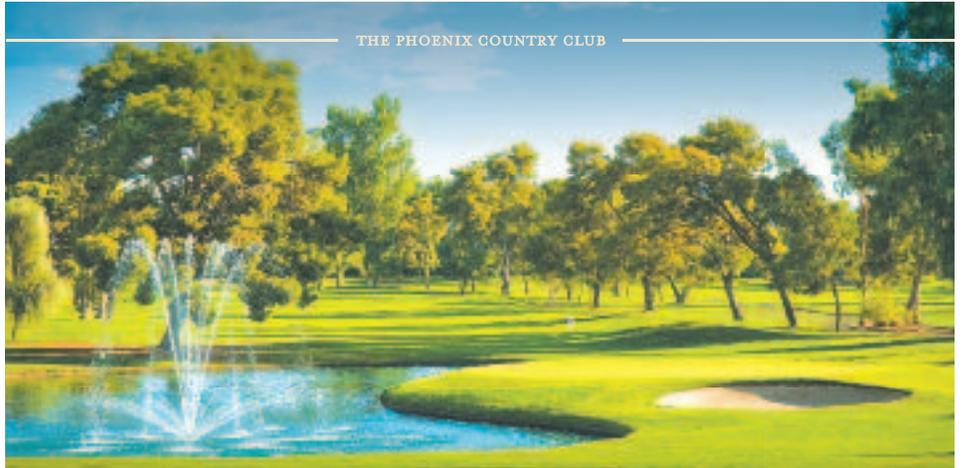
When Turf Paradise opened its doors in 1956, the area surrounding 19th Avenue and Bell Road was dirt roads and desert.

North Phoenix has literally grown up around the local track at 1501 W. Bell Road, which celebrates its 60th anniversary with a birthday party Saturday, Jan. 16 that includes free umbrellas while supplies last, a kids fun park, \$3 bottled beer, the \$75,000 Cotton Fitzsimmons Mile stakes race, and of course free birthday cake. Grandstand admission is just \$2. The gates open at 11 a.m. and the first post time is 12:40 p.m. A full card of live horse racing includes the \$75,000 Cotton Fitzsimmons Mile named after the late Phoenix Suns coach who was a horseracing fan and a regular at the track.

Turf Paradise offers one of the longest racing seasons in the United States thanks to Arizona’s great weather. Through Off Track Betting networks its races are viewed at OTB locations all over the United States and worldwide. Turf Paradise General Manager Vince Francia said, “After 60 years in Arizona it’s safe to say we’re more than just a fad. As loyal fans and those new to horseracing continue to come to Turf Paradise, we expect to be around for at least another 60 years.”

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

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Diamond Club  
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for the 15th year in a row

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closed in 2014

Ranked  
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and  
**#85 Agent in the country**  
by *Real Trends Magazine*  
for sales in 2014

Winner  
**Double Diamond Award  
2003 through 2010**

Winner  
**Diamond Club  
1999 through 2002**

**Kathy Wright**  
Licensed Assistant  
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# Bobby Lieb

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## Current Listings/Escrows

(North Central homes in bold)

6019 N. 20th St. ....	.9228 SF	.6BR/6.5BA	\$2,150,000
9202 N. 52nd St. ....	<b>.IN ESCROW</b>	.7237 SF	.6BR/5.5BA ..... \$1,995,000
6012 N. Central Ave. ....	<b>.3823 SF</b>	<b>.4BR/3BA</b>	<b>\$1,875,000</b>
4346 N. 40th St. ....	<b>.NEW PRICE</b>	.5449 SF	.6BR/5.5BA ..... \$1,850,000
35 E. Myrtle Ave. ....	<b>.5150 SF</b>	<b>.4BR/5BA</b>	<b>\$1,475,000</b>
25 E. Myrtle Ave. ....	<b>.5054 SF</b>	<b>.4BR/5BA</b>	<b>\$1,449,000</b>
7602 N. Central Ave. ....	<b>.4064 SF</b>	<b>.4BR/3.5BA</b>	<b>\$1,025,000</b>
26 W. Kaler Dr. ....	<b>.JUST LISTED</b>	.4221 SF	.5BR/4BA ..... \$ 989,000
10 W. Vista Ave. ....	<b>.IN ESCROW</b>	.5464 SF	.5BR/5.5BA ..... \$ 975,000
7539 N. 21st Pl. ....	<b>.IN ESCROW</b>	.3138 SF	.3BR/2.5BA ..... \$ 874,900
5120 N. 34th Pl. ....	<b>.3386 SF</b>	<b>.5BR/5.5BA</b>	<b>\$ 849,000</b>
1819 E. Palmaria Ave. ....	<b>.NEW CONSTRUCTION</b>	.3415 SF	.4BR/3.5BA ..... \$ 839,900
1811 E. Palmaria Ave. ....	<b>.IN ESCROW</b>	.3415 SF	.4BR/3.5BA ..... \$ 839,900
5718 N. 24th St. ....	<b>.IN ESCROW</b>	.3766 SF	.5BR/4.5BA ..... \$ 825,000
8513 N. 13th Ave. ....	<b>.NEW PRICE</b>	.4052 SF	.3BR/3BA ..... \$ 824,900
15223 N. 12th St. ....	<b>.IN ESCROW</b>	.5568 SF	.5BR/6.5BA ..... \$ 775,000
5323 N. 2nd St. ....	<b>.IN ESCROW</b>	.4058 SF	.4BR/3.5BA ..... \$ 755,000
320 E. Maryland Ave. ....	<b>.3882 SF</b>	<b>.5BR/3BA</b>	<b>\$ 750,000</b>
5319 N. 2nd St. ....	<b>.IN ESCROW</b>	.3501 SF	.4BR/3.5BA ..... \$ 734,900
105 E. Lamar Rd. ....	<b>.NEW PRICE</b>	.4200 SF	.5BR/5BA ..... \$ 729,000
209 E Myrtle Ave. ....	<b>.NEW PRICE</b>	.3500 SF	.4BR/3.5BA ..... \$ 725,000
7642 N. 7th Ave. ....	<b>.IN ESCROW</b>	.3641 SF	.5BR/4BA ..... \$ 699,900
13227 N. Joan D Arc Ave. ....	<b>.NEW PRICE</b>	.4123 SF	.4BR3BA ..... \$ 699,500
5310 N. 2nd St. ....	<b>.JUST LISTED</b>	.2863 SF	.3BR/2.5BA ..... \$ 694,900
550 W. Las Palmaritas	<b>.IN ESCROW</b>	.2935 SF	.4BR/3BA ..... \$ 675,000
5315 N. 2nd St. ....	<b>.IN ESCROW</b>	.2863 SF	.3BR/2.5BA ..... \$ 675,000
5311 N. 2nd St. ....	<b>.IN ESCROW</b>	.2863 SF	.3BR/2.5BA ..... \$ 675,000
77 E. Missouri Ave. #74	<b>.3184 SF</b>	<b>.3BR/2.5BA</b>	<b>\$ 640,000</b>
600 W. Las Palmaritas	<b>.2935 SF</b>	<b>.4BR/3BA</b>	<b>\$ 625,000</b>
131 W. San Juan Ave. ....	<b>.NEW PRICE</b>	.2275 SF	.4BR/3BA ..... \$ 589,000
919 E. Kaler Dr. ....	<b>.NEW PRICE</b>	.2822 SF	.3BR/2.5BA ..... \$ 579,900
4613 N. 31st St. ....	<b>.IN ESCROW</b>	.2148 SF	.3BR/3BA ..... \$ 525,000
33 E Butler Dr. ....	<b>.JUST LISTED</b>	.3146 SF	.3BR/3BA ..... \$ 499,000
6520 N. Central Ave. ....	<b>.NEW PRICE</b>	.2079 SF	.3BR/2BA ..... \$ 475,000
14 E. Laurie Ln. ....	<b>.IN ESCROW</b>	.2165 SF	.3BR/2.5BA ..... \$ 469,000
7319 N. 6th Pl. ....	<b>.IN ESCROW</b>	.2560 SF	.3BR/2BA ..... \$ 440,000
6845 N. 3rd. Pl. ....	<b>.NEW PRICE</b>	.2400 SF	.3BR/2BA ..... \$ 409,900
717 E. Palmaria	<b>.2132 SF</b>	<b>.4BR/2BA</b>	<b>\$ 399,500</b>
1219 E Rovey Ave. ....	<b>.JUST LISTED</b>	.2013SF	.3BR/1.75BA ..... \$ 339,500
14818 S. 13th Pl. ....	<b>.JUST LISTED</b>	.3010 SF	.5BR/2.5BA ..... \$ 379,000
1307 W. Rose Ln	<b>.2790 SF</b>	<b>.4BR/2BA</b>	<b>\$ 375,000</b>
550 W. Maryland Ave. #114	<b>.1315 SF</b>	<b>.2BR/2BA</b>	<b>\$ 265,000</b>
739 E. Orangewood Ave. ....	<b>.IN ESCROW</b>	.2101 SF	.3BR/2BA ..... \$ 259,900
550 W. Maryland Ave. #136	<b>.1323 SF</b>	<b>.2BR/2.5BA</b>	<b>\$ 250,000</b>
550 W. Maryland Ave. #104	<b>.1315 SF</b>	<b>.2BR/2.5BA</b>	<b>\$ 250,000</b>
550 W. Maryland Ave. #106	<b>.1315 SF</b>	<b>.2BR/2.5BA</b>	<b>\$ 250,000</b>
550 W. Maryland Ave. #110	<b>.1315 SF</b>	<b>.2BR/2.5BA</b>	<b>\$ 250,000</b>
550 W. Maryland Ave. #130	<b>.1315 SF</b>	<b>.2BR/2.5BA</b>	<b>\$ 250,000</b>
3312 N. Randolph Rd. ....	<b>.JUST LISTED</b>	.1646 SF	.2BR/1BA ..... \$ 248,000
3010 E. Corrine Dr. ....	<b>.NEW PRICE</b>	.1620 SF	.4BR/2BA ..... \$ 205,000
1715 E Turney Ave. ....	<b>.JUST LISTED</b>	.1158 SF	.3BR/1.75BA ..... \$ 194,500
10004 N. 1st Dr. #10	<b>.LOT</b>		<b>\$ 169,900</b>

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**REMODELED**

**717 E. Palmaire Ave. ■ \$399,500**



**NEW PRICE**

**209 E. Myrtle Ave. ■ \$725,000**



**NEW PRICE**

**13227 N. Joan D Arc ■ \$699,500**



**JUST LISTED**

**26 W. Kaler ■ \$989,000**

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4909 N. 45th Pl.	\$2,240,000	7601 N. Central Ave. #31	\$ 625,000	7919 N. 16th Dr.	\$ 463,500	1113 W. Stella Ln.	\$ 358,500	6640 N. Chatelaine Pl.	\$ 292,000	7339 N. 11th Pl.	\$ 217,500
6035 N. Central Ave.	\$2,200,000	5302 N. 6th St.	\$ 610,000	7911 N. 16th Dr.	\$ 449,000	307 W. Herro Ln.	\$ 347,000	104 E. Echo Ln.	\$ 287,500	8150 N. Central Ave. #15	\$ 198,500
7110 N. Central Ave.	\$2,050,000	6316 N. 7th Ave.	\$ 608,000	7915 N. 16th Dr.	\$ 445,000	2735 S. Kenneth Pn.	\$ 344,000	6337 N. 14th St.	\$ 285,000	3850 E. Crocus Dr.	\$ 185,000
4101 N. 65th St.	\$1,595,000	6833 N. Central Ave.	\$ 607,000	7920 N. 16th Dr.	\$ 440,000	9409 N. 17th Way.	\$ 340,000	2333 E. Montecito Ave.	\$ 270,000	6542 N. 5th Ave.	\$ 183,000
334 E. Glenn	\$1,163,250	7032 N. 2nd Ave.	\$ 580,000	4427 E. Montecito	\$ 438,500	6159 N. 9th Ave.	\$ 340,000	1523 E. Hatcher	\$ 265,000	1102 W. Peoria Ave. #12	\$ 182,000
17 W. Sierra Vista Ave.	\$1,135,000	331 E. Tuckey Ln.	\$ 577,500	3845 E. Glenrosa Ave.	\$ 428,000	18 W. Medlock Dr.	\$ 325,000	926 E. Vermont Ave.	\$ 265,000	7004 N. 11th Way	\$ 180,000
229 W. Vista Ave.	\$ 985,000	9139 N. 82nd St.	\$ 575,000	110 E. Lamar Rd.	\$ 420,000	328 E. Rose Ln.	\$ 325,000	1313 W. Rose Ln.	\$ 262,500	1237 W. Vista Ave.	\$ 179,900
7339 N. 2nd Dr.	\$ 845,000	109 E. Tuckey Ln.	\$ 570,000	7145 N. 11th Pl.	\$ 418,000	717 E. Harmont Dr.	\$ 323,000	1690 W. Venus Way	\$ 258,000	1237 E. Vista Ave.	\$ 179,900
936 W. Why Worry Ln.	\$ 810,000	5710 N. 10th Ave.	\$ 565,000	909 E. Kaler Dr.	\$ 413,500	77 E. Missouri Ave. #41	\$ 320,000	5508 N. 5th Ln.	\$ 255,000	6047 N. 9th Ave.	\$ 165,000
2732 E. Friess Dr.	\$ 755,000	77 E. Missouri Ave. #45	\$ 542,500	219 E. Winter Dr.	\$ 401,000	6621 N. 10th Pl.	\$ 315,000	902 E. Rovey Ave.	\$ 255,000	2725 S. Azalea Dr.	\$ 158,000
14838 N. 15th Ave.	\$ 740,000	7619 N. 11th St.	\$ 520,000	1250 W. Solano Dr.	\$ 395,000	1502 E. Berridge Ln.	\$ 315,000	4043 E. Gail Ct.	\$ 250,000	750 E. Northern Ave. #1141	\$ 155,000
41 W. Marlette Ave.	\$ 700,000	5523 N. 2nd St.	\$ 515,000	739 E. Palmaire Ave.	\$ 387,500	8726 E. Monetary	\$ 305,000	1410 E. Verleja Dr.	\$ 245,000	1756 E. Leslie Ave.	\$ 136,250
405 E. Montebello Ave.	\$ 695,000	201 W. Palmaire	\$ 489,250	131 W. San Juan Ave.	\$ 379,000	323 E. Pierson St.	\$ 305,000	514 W. Townley Ave.	\$ 240,000	3023 E. Palm Ln.	\$ 129,900
1117 W. Tuckey	\$ 690,000	6310 N. 7th Ave.	\$ 484,500	11109 E. Mercer Ln.	\$ 366,000	310 W. Oregon Ave.	\$ 300,000	1133 E. Gardenia	\$ 240,000	25700 N. 16th Ave.	\$ 120,000
1515 W. Lewis	\$ 650,000	40 E. Lawrence	\$ 480,000	7533 N. 8th St.	\$ 365,000	130 E. El Caminito	\$ 300,000	846 E. Lamar Rd.	\$ 237,100	207 W. Clarendon 5A	\$ 104,000
5801 N. 22nd Pl.	\$ 650,000	8 Biltmore Estates #102	\$ 475,000	6317 N. 10th Pl.	\$ 365,000	1641 E. Aurelius Ave.	\$ 295,000	6529 N. 10th Pl.	\$ 230,000	4131 E. Camelback Rd. #29	\$ 103,000
6309 N. 4th Dr.	\$ 630,000	1818 E. Palmaire Ave.	\$ 465,000	7755 N. 7th Ave.	\$ 360,000	507 W. Campbell	\$ 295,000	6508 N. 10th Pl.	\$ 221,500	1145 E. Orangewood Ave.	\$ 65,000

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## Health Briefs

### Conventional, natural therapies

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, Jan. 21, in the meeting room inside Bluewater Grill, 1720 E. Camelback Road.

The guest speaker is Dan Rubin, ND, FABNO, who will discuss "Naturopathic and Conventional Oncology Therapies." Rubin's practice of naturopathic oncology has been an integral part of the Phoenix metropolitan medical community for the past 16 years.

Admission is free. Complimentary refreshments will be served. An RSVP is requested by Monday, Jan. 18. To RSVP, call Terry Ratner at 602-527-3776 or e-mail [info@terryratner.com](mailto:info@terryratner.com). For more information about the Michael Ratner Memorial (MRM) Community Cancer Support Association, visit [www.mrmcancer.support.com](http://www.mrmcancer.support.com).

### New CrossFit studio opens in Sunnyslope

Chuckwalla CrossFit recently opened at 10 E. Ruth Ave., bringing a high-quality, high-intensity workout to the Sunnyslope community.

CrossFit is founded on the principles of "functional fitness." This means doing exercise movements that actually help you to function better in life. Chuckwalla CrossFit offers classes for all fitness levels and ages. Whether you have never worked out before in your life, or you are an elite athlete, Chuckwalla CrossFit can meet your needs.

"A lot of people have a perceived idea about what CrossFit is, but they are usually wrong," said owner John Hazdovac. "We work hard to accommodate all abilities and fitness levels. It doesn't have to be intimidating. I truly believe CrossFit can greatly improve anyone's fitness and life."

Right now, new members can take advantage of a 1-Week Free Trial. In addition, Chuckwalla CrossFit offers a 6-Week All Woman's Bootcamp Challenge kicking off this January,

along with a Men's Ultimate Strength Gain Program. Also available are individualized personal training programs for highly specific fitness goals at a competitive rate.

For more details, go to [www.chuckwallacrossfit.com](http://www.chuckwallacrossfit.com) or call 602-730-2849.

### Yoga, massage center opens in Melrose area

Kharmia Life Center recently opened in the Melrose District of Phoenix, offering yoga, fitness, massage and other therapeutic services—all under one roof. The center will hold a Grand Opening Party from 4-7 p.m. on Saturday, Jan. 9, featuring food, music, giveaways, and more.

Expert therapists and master teachers host clients and students of all capacities, guiding them into their optimal health.

Theresa Martin and Jane Mayer Gleason, 20-year veterans in their fields, have collaborated on Kharmia Life Center having each owned and operated massage and yoga businesses in the past. "Our vision has long been to provide a space for everyone to get what they need without having to run all over the Valley to find affordable, high quality classes and services," Martin explains.

Also offering hypnotherapy, Thai yoga massage, acupuncture, life coaching and personal training, the center is unique in its diversity. The nearly 3,000-square-foot space has one large and one smaller practice room, plus four ample-sized treatment rooms to accommodate the different services.

Now open with a full schedule of classes and services. For more information, visit [www.kharmialife.com](http://www.kharmialife.com) or call 602-795-9767.

### Two unique movement classes at Kinesphere

A workshop entitled "Move Your DNA," with Restorative Exercise Specialist Lisa Thorngren, will take place Feb. 6-7 at Kinesphere Center for Movement Education, 711 E. Missouri Ave., Suite 180.

This two-day intensive is designed to give you hands-on experience with all of the exercises taught in the book "Move Your DNA," by biomechanist



## HEALTHY LIVING

Katy Bowman. This is a fantastic opportunity for anyone interested in improving their health through practicing these correctives.

Space is limited to 10 students to allow for plenty of individual attention. Reading "Move Your DNA" is a prerequisite for this course. Cost is \$179. Visit the Nutritious Movement website at <https://nutritiousmovement.frontdeskhq.com/events/1072781> to register.

A new class is launching at Kinesphere on Saturday mornings beginning Jan. 23. Classical Foundations with Daniel Baudendistel is a movement class based on the principles of classical dance. Learn how to move your feet, legs, spine, shoulders and head in a coordinated manner, with rhythm and varied tempo, creating elegance and poise. The class takes place 9:30-11 a.m.

For more information, call 602-532-3111 or e-mail [info@kinesphere-studio.com](mailto:info@kinesphere-studio.com) to register.

### Shake of pounds fast at Lifestyle Pilates

Lifestyle Pilates, 1321 E. Northern Ave., this month offers Power Plate session for \$1 a minute, with a maximum of 30 minutes. In addition, enjoy Pilates reformer sessions for \$25 through Jan. 31.

Lifestyle Pilates offers certified training classes in Power Plate, TRX Suspension and Reformer Pilates. The instructors can focus on specific sports fitness training and specialty training to fit your lifestyle.

Pilates training includes apparatus such as the EXO chair, Trapeze Table, Ladder Barrel, CoreAlign, Bosu Balls, foam roller and a myriad of other support apparatus.

For more information, call 623-910-1314 or visit <http://www.lifestyle-pilates.com>.

### How nutrition affects depression

Arizona Family Counseling Center hosts a Depression, Anxiety and Stress Seminar 5:30-7 pm, Thursday, Jan 14 at the center, located at 10000 N. 31st Ave., Ste. A-105.

For those who are suffering from depression, anxiety or stress, or people who would like to be happier and feel better in 2016, this seminar focuses on the important role nutrition plays in brain health today. Larry Heller from

Shea Wellness Group and Katharine DeAnda of Strong Brain 365 will share effective lifestyle solutions that can alleviate symptoms of depression, anxiety, stress and more.

Cost is \$10 in advance, \$15 at the door (cash or credit card). Call 602-843-0000, option 1 for more information and to reserve your seat now.

### Yogini's marks fifth year in midtown

Yogini's Hatha Yoga & Meditation studio is celebrating a fifth anniversary in Midtown Phoenix, at 3508 N. 7th St., Suite 130A. As part of the celebration, the studio is offering an introductory month of yoga for new members for \$39. Stay on as a regular member for \$49 a month thereafter.

This studio offers individualized attention and small, intimate classes. Beginners are welcome and classes are held 9 a.m., 5 p.m. and 6 p.m. Additional yoga and nutritional programs include Waist-Watcher Yoga™ and Constant Intuition™ nutritional private counseling.

A registered nurse/health coach is available for consultations about becoming an active, fit adult. Corporate Health Coaching also is available. Call Kimberly at 602-908-3808 for more information and to schedule an appointment.

### Grant helps expand Wellness Center

Southwest Center for HIV/AIDS received a \$1.1 million grant from The Bob & Renee Parsons Foundation to expand its Wellness Center. The grant covers a 3-year plan that includes additional wellness services, a research component designed to measure the impact of naturopathic medicine on people living with HIV/AIDS, and bring a new Vitamin Shop to The Parsons Center for Health and Wellness, home of Southwest Center.

The Wellness Center is an important part of Southwest Center's plan to build a new model for an integrative and integrated health care facility. Integrative medicine is a philosophy based on the whole-person-approach and utilizes both conventional and alternative therapies as appropriate. The facility combines prevention and education programs, health and wellness services and research and clinical trials into a single location.

Visit [www.SWHIV.org](http://www.SWHIV.org) to learn more.

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## IT'S THAT TIME OF YEAR AGAIN

"May all your troubles last as long as your New Year's resolutions." - Joey Adams

January is named for the Roman god Janus, the god of gates, doorways, and beginnings and transitions in general. Even if we don't make any formal resolutions on January 1, we typically see a new year as a chance for a fresh start. We think about what we're going to do differently and we begin with the best of intentions, only to run out of steam by March 1. This is particularly true when we're thinking about changing habits, and it's not limited to January. If 10 people start a weight loss program, 5 will have quit by 12 weeks, and only 2 will stick to it for 6 months. Sixty-nine percent of smokers say they want to quit; for every 100 who try, 6 will actually stop. Half of the people in the US with high cholesterol don't get round to taking their pills, and half the people with high blood pressure fail to reach their blood pressure goals. And only 29% of people who join a fitness club will be active members 6 months later.

Why should it be so hard for us to change course? One reason is that habits are our brains on autopilot. Habits, after all, are acquired patterns of action initiated outside of conscious awareness by external cues. Habits take time and practice to get established (think about your piano lessons), and once in place, they can be equally challenging to change or turn off. Another problem with a habit like smoking is that we're asking ourselves to forego a present and very real pleasure for a future hypothetical benefit. Motivation to change may be high when a payoff is in sight and readily at hand, but a suggestion that something bad may not happen 30 years from now earns a low score on most people's Reward-O-Meter. Besides, habits aren't really about rewards. I tie my necktie the same way every morning out of habit, not because I find a half Windsor knot more rewarding to tie than a four-in-hand.

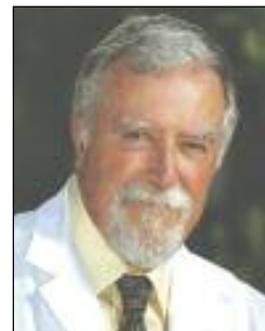
So what can we do to help ourselves with any New Year's resolutions? Three suggestions:

- Decide what is a priority and what is achievable. Remember that "I'd like things to be different" is not the same as "This is what I'm going to work to change," and choose realistic and wanted goals for yourself.

- Focus on real and personal benefits. Why is it important for you to make this change? In what specific ways will it make things better for you and those whom you love?

- Be patient with yourself. Like learning to ride a bicycle, we all have to put up with minor struggles and setbacks while acquiring new skills to replace previously learned ones.

As with so many other things in life, we can succeed with our resolutions if we have a clear idea where we want to go and why we've decided to take the trip.



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](http://www.northmountaincardio.com) or <https://www.facebook.com/northmountaincardio>.

**Happy New Year!**

**John Sutherland MD**



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SCHOOL DAYS



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Accepting the Presidential Citation from Rotary International are, from left: Central High School's Interact Club President, Taylor Croswell, Phoenix Rotary 100 President Tony Kakar, and Phoenix Rotary 100's Central High School Interact Mentor, John Gerace (submitted photo).

### Interact Club receives honor from Rotary

Central High School's Interact Club recently was honored with the Presidential Citation Award from Rotary International, an international service organization whose purpose is to bring together business and professional leaders in order to provide humanitarian services, and to advance goodwill and peace around the world. It is a secular organization open to all people regardless of race, color, creed, religion, gender, or political preference. Interact club members have fun while carrying out service projects and learning about the world.

Central High's Interact Club is sponsored by Phoenix Rotary 100. There are more than 12,300 Interact clubs in 133 countries, and the Presidential Citation is the highest honor an Interact Club can receive from Rotary International.

The criteria for earning the citation includes participating in at least one activity that promotes international understanding, and participating in an event to build awareness of or to raise funds for Rotary International's polio eradication campaign.

Clubs also are asked to participate in a school or community service project or fundraiser that supports one of Rotary's areas of focus, including: water and sanitation; disease prevention and treatment; maternal and child health; basic education and literacy; economic

and community development; and peace and conflict prevention/resolution.

Central's Interact Club conducted several projects in the last year, including distributing books to Halloween trick-or-treaters to promote literacy, collecting donations for Rotary International's Polio Eradication Campaign, volunteering as bell-ringers for the Salvation Army's Holiday Red Kettle Campaign, and teaming with Rotary 100 and Rotary District 5490 on a grant to provide indestructible soccer balls to needy kids in order to promote play and physical fitness/health.

Club members also hosted visiting students from Central's sister schools in China, Japan, Costa Rica, France, and Mexico to promote international goodwill and understanding.

### New coding academy set to open this year

The Phoenix Coding Academy, Phoenix Union High School District's new small specialty school, has begun taking applications. Set to open in August 2016 with a freshman class of approximately 100, the school will focus on computer coding and technology, while offering a full four-year high school menu of core classes, electives, Career and Technical Education offerings, online courses and foundational computer science.

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## SCHOOL DAYS

The new school building is located at 4445 N. Central Ave., adjacent to Central High School in a two-story, 42,000-square-foot facility that will eventually accommodate up to 400 students.

Billed as an “Innovation and Technology High School,” students will prepare for college and future careers learning software development, including game design, web and app development, networking, information security, IT support, automation and robotics in a student-centered, inquiry-based environment. This instructional model will value student curiosity, collaboration, critical thinking, innovation, engagement and relevance.

With a one-to-one laptop-to-student ratio, and a Maker Lab featuring 3-D printers, programmable circuit boards, manufacturing mills, soldering stations and other industry-related equipment, Phoenix Coding Academy students will experience hands-on learning, solving problems and innovating with tomorrow’s tools.

Seth Beute has been named the first principal of Phoenix Coding Academy. Beute, 43, has been with Phoenix Union for 12 years, and has an extensive background in technology. He has been the facilitator of Virtual Instruction since July of 2014, overseeing the implementation of the district-wide online education program. He spent 10 years as a Career and Technical Education (CTE) instructor at Metro Tech High School, teaching computer and network technology courses.

Beute has been involved in the planning process for the Phoenix Coding Academy, serving on the core planning team, co-facilitating the Curriculum Design Team, and assisting in facility design and marketing.

The Phoenix Coding Academy is a project of the 2011 Phoenix Union Construction Bond.

## School Briefs

### GLENDALE UNION HIGH SCHOOL DISTRICT

**Future Freshman Night  
is set for Jan. 14**

Incoming high school students and their families for the Glendale Union High School District are invited to attend Future Freshman Night on Jan. 14. The event is held at 6:30 p.m. at



Seth Beute has been named the first principal of the Phoenix Coding Academy (submitted photo).

each of the high schools within the district.

GUHSD focuses on providing students with an education that will prepare them for success in college and in the workplace. Students will learn of options at the schools to help them prepare for their future, including honors and advanced placement courses, an International Diploma and Career and Technical Education courses. Families will get an opportunity to tour campuses, see classrooms and speak with teachers.



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**SCHOOL DAYS**

**Thunderbird honors  
AAA award winners**

Thunderbird High School honored its student, teacher, support staff employee, student group and volunteer of the year recipients at the annual Achievement Above All awards, held Nov. 18. The event is a special evening to celebrate the individuals who have contributed above and beyond for the school, its students and community.

Student of the year was senior Alejandro Baker. He will graduate high school with 72 college credits and is in the top 1 percent of his class. Additionally, Baker is president of the National Honor Society, plays soccer and has a part time job.

He was named the school's Outstanding Senior for the Month of August and recently was named an AP Scholar with Distinction and awarded the National Hispanic Merit Scholar by



Alejandro Baker

the College Board. He speaks English, Spanish, German and Arabic, has studied Hebrew and is currently studying French. Baker plans to use these skills for a career in international business.

The teacher of the year was Chris Francis, who teaches U.S. and World History. Support staff person of the year was Ryan Wolff, athletic trainer. The student group of the year award went to the wrestling team; since 1997, Thunderbird wrestling's overall record is 378-74.

The Achievement Above All Parent Volunteer recipient was Barbara Hofmann, who embodies the true spirit of giving to the students and community of Thunderbird High School. She currently volunteers as the president of the Chief's Parent Association. However, she has spent the last 13 years volunteering at Thunderbird in the capacity of a classroom volunteer, CPA mem-



Barbara Hoffman

ber/treasurer/president, golf tournament co-chair fundraiser, grad night committee chair, cheer booster parent and in the areas of hospitality and philanthropy. She is also an engineer at Honeywell.

**MADISON ELEMENTARY  
SCHOOL DISTRICT  
Simis students have  
artwork in calendar**

Hannah B. and Elizabeth B., two third-grade students from Madison Simis Elementary, were selected as winners in Valley Metro's 11th annual "Cool Transit STUFF" art contest and will have their artwork featured in the 2016 Valley Metro Transit Education Calendar.

In addition to having their work published, the students were recognized by representatives from Valley Metro at a class assembly on Dec. 14. This annual art contest for third graders in Maricopa County encourages students and families to use public transportation, and asks students to illustrate the light rail or a city bus. The winning contest entries are collected

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SCHOOL DAYS



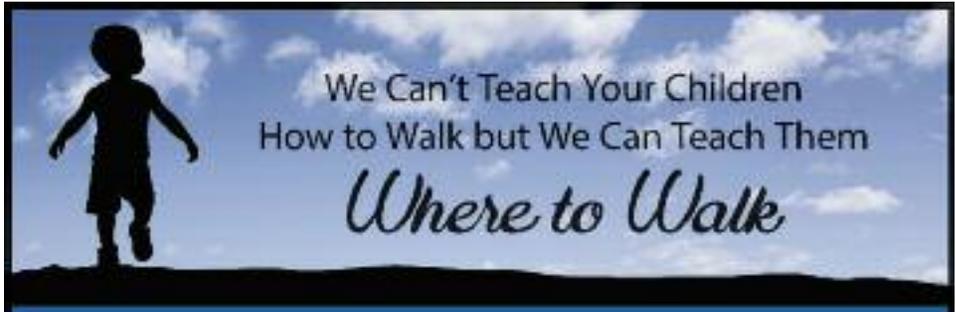
Elizabeth B., left, and Hannah B. of Madison Simis display their artwork, which will be included in the 2016 Valley Metro Education Calendar (submitted photo).

into a calendar and distributed throughout the valley. This year's theme was "Ride With Me!" There were 629 entries submitted by third grade students from 39 schools in the Valley. The calendar displays the winning artwork for Best of Show (cover art), Top 12 and four Honorable Mentions winners.

**PHOENIX UNION HIGH SCHOOL DISTRICT**  
**Art teacher honored for outstanding work**

Central High Art teacher Roxanna May-Thayer has been named Arizona Art Educator Association Outstanding

*please see EDUCATOR on page 38*



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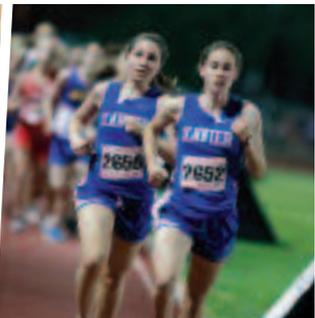


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### SCHOOL DAYS



North High Swimming and Diving Coach David Smithers gives some last-minute pointers before a meet. He recently was named the Division II Coach of the Year (submitted photo).

#### EDUCATOR continued from page 37

High School Art Educator for 2015. She was honored at an awards ceremony in November.

May-Thayer, in her 30th year in the district, teaches drawing and painting at Central. She taught for 13 years at South Mountain High School in the Visual Arts Magnet Program: art, drawing and painting, ceramics, and jewelry and fiber arts. She was a member of the staff that opened Cesar Chavez High School and taught Ceramics there for seven years.



Roxanna May-Thayer

May-Thayer says what she loves most about teaching is when she sees the “light go on” for a student. “When they are deeply engaged in a creative

endeavor. That’s when the magic happens. It is a privilege to share those experiences with our youngsters.”

#### Smithers named a Coach of the Year

North High Swimming and Diving Coach David Smithers was named the Division II Coach of the Year. It is the fourth time he has won State Coach of the Year in his 20-year history as North’s only swimming and diving coach.

He has coached nine individual or relay state champions, 14 swimming and diving All-Americans and 70 Academic All-Americans. His Mustang boys teams have had two third-place state finishes, and finished fourth, three times. His girls teams placed second and fourth in 2005 and 2006.

His girls teams have been Gold Level teams 13 straight years, while his boys have had seven Gold Level teams and six Silver Level Scholar Awards. The NISCA Scholar Team Award rec-



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**SCHOOL DAYS**

ognizes teams achieving high academic standards. The award is based on the average cumulative GPA of an entire varsity team of 12 or more athletes. The three levels of recognition are Gold: 3.75-4.0 and Silver: 3.5-3.749.

Smithers is a business and accounting teacher at North. Besides his 20 years of coaching, he has taught for 24 years.

“We have had a lot of accomplishments, but the unseen part is the best—seeing the kids mature and grow into adults, as well as becoming good swimmers, and staying in contact with them years after they have graduated,” Smithers said.

Nicknamed “Smitty,” he currently has two assistants who were former Mustang swimmers and others who have become coaches at other schools. In his career, 288 swimmers and divers have come through the program.

**Football program gets sportsmanship nod**

The Camelback High School varsity football program has been awarded the 2015 Division III Sportsmanship Award. The award was presented to

Camelback during halftime of the Division I state championship game on Nov. 27.

The award is presented by the Arizona Football Officials Association based on players’ and coaches’ conduct on the field and the sportsmanship they display. Officials are asked to evaluate each team on how they were greeted, the condition of the dressing facilities, security, and if there were any unsportsmanlike penalties or ejections.

“Coach Brandon McNutt and his coaching staff have done an excellent job with these young men, and I am proud of how they represent Camelback with character, integrity, determination and class,” Athletic Director Steve Kuipers said.

**WASHINGTON ELEMENTARY SCHOOL DISTRICT Oranewood School gets D-Backs grant**

The Arizona Diamondbacks Foundation recently announced the 22 winning schools in the “D-backs \$100,000 School Challenge,” present- *please see GRANT on page 40*

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## SCHOOL DAYS

**GRANT continued from page 39**

ed by University of Phoenix. Among the grant winners was Orangewood School, which received funds for its Robo-Ball Project.

Robo-Ball is a futuristic game that will introduce seventh and eighth graders to robotics engineering within a baseball format. The Orangewood Robo-Ball project will involve two hundred students working in teams to develop robotic ball players. Each three-person team will be assigned a specific playing position, conduct research into capabilities required for success in that position, and then plan, design, build, and test a robot that meets the given parameters.

The grant request was written by Dianna Bonney, Ed.D., K-8 Project Potential Teacher, working in collaboration with seventh and eighth grade Science teachers, Brooks Swigart and Joseph Malloy.

Each winning school will be honored and receive a check on the field at a 2016 D-backs game in April and May at Chase Field. The D-backs will

donate 1,000 tickets for students, parents, teachers and staff to attend the D-backs' game in which their school will be honored.

**WESD hosts its Parent University**

Washington Elementary School District (WESD) will host its sixth-annual Parent University on the campus of Cholla Middle School, located at 3120 W. Cholla St., on Saturday, Jan. 26, from 7:45 a.m. to noon.

WESD Parent University is a free, half-day educational opportunity designed to help parents and guardians assist their children with academics and behavior as well as provide important health and human service information and support. The free, half-day university begins with breakfast, then parents/guardians may attend up to three breakout sessions.

Does your child need extra assistance in math? What is STEM and why is it important? How can you support your child in successfully completing his or her homework? How can you help your youngster be a successful

reader and writer? How can you talk to your child about the dangers of substance abuse? What can you do to help your child avoid bullying behaviors? These topics and many more will be offered.

Following the breakout sessions, attendees will enjoy lunch provided by North Phoenix Kiwanis. Local businesses have donated a 32-inch flat screen television, one adult pass and one child pass to Disneyland, and two Samsung Galaxy tablets, among other prizes.

For complete information on Parent University and to register, visit [www.wesdschools.org](http://www.wesdschools.org).

**Build relationship between biz, education**

The Washington Elementary School District Business Advisory Team hosts its first meeting of the New Year 9-11 a.m. Wednesday, Jan. 27 at Open Door Fellowship, 8301 N. 19th Ave.

The meeting will showcase, highlight and celebrate the completion of the Valley Metro NW light rail extension and the businesses, schools,

churches and other community groups along that route. Bring a canned food item to donate to the upcoming WESD Community Food Drive. The person that brings the MOST cans to this meeting will win a commemorative piece of the light rail station art, signed by the local artist, Matthew Salenger.

The Business Advisory Team was formed to develop, enhance and maintain mutually supportive, strategic relationships between WESD and its surrounding business community.

RSVPs are requested to [jill.hicks@wesdschools.org](mailto:jill.hicks@wesdschools.org) by no later than Jan. 26. Business representatives are invited to bring fliers, brochures and other material to distribute on each table.

**PRIVATE AND CHARTER SCHOOLS Local groups make season special for kids**

Several community sponsors "adopted" the children at Midtown Primary School this holiday season. With the help of Premiere Health, Choice Hotels, many individuals,

# Kindergarten Roundup

Madison School District will be hosting Kindergarten Roundup on February 4, 2016 from 6 – 7 p.m. at all Madison elementary schools.

You will have the opportunity to tour the school, speak with administrators, and receive information on enrollment for the 2016 – 2017 school year. We hope to see you there!



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**Madison Traditional Academy**  
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## SCHOOL DAYS

teachers, and two church groups—Camelback Community Bible Study and volunteers from the Church of Scientology—every child had gifts for Christmas. To keep the magic of “Santa Claus” alive for the preschoolers, parents picked up the gifts from the school in large black garbage bags to wrap and put under their holiday trees.

Midtown was then invited to a Gingerbread Brunch given by volunteers from the Church of Scientology. Families were treated to a delicious meal complete with eggnog and gingerbread pancakes. Kids and parents alike did arts and crafts and decorated cookies. Santa arrived with more gifts for all the kids in attendance.

### **Bourgade, Xavier partner for Piper Grants**

Faculty at Bourgade Catholic High School and Xavier College Preparatory recently collaborated for two Virginia G. Piper Foundation Blended Learning mini-grants: “After School Robotics” and “Laudato Si: Studied and Applied.” Xavier and Bourgade both have new Robotics programs. Students in those



Chelsie McLaughlin, left, and Shiloh Rendon of Choice Hotels bring a van-load of gifts for the children at Midtown Primary School. The gifts were secretly given out to the parents, so the toys could go home and be wrapped and placed under the tree (submitted photo).

programs will now work together weekly on building and reprogramming robots. The goal of each school is to build a robot that will be able to tackle the January 2016 “First Tech Challenge Course” (which includes the robot climbing a wall) and to share the knowledge gained to the community.

In addition, sophomores in World

History class at Bourgade Catholic and Theology class at Xavier will collaborate across campuses to create a web-based and interactive educational tool for others to use as a resource in understanding how they might personally impact our “common home.” Plans include a service learning project involving Catholic Relief Services. The

Piper Grant provides for software to allow the sharing of information across campuses and 30 Chromebooks for each school.

Bourgade Catholic and Notre Dame Preparatory also were awarded a mini-grant for a Language Arts Multimedia Project. Faculty at the two separate schools will work collaboratively to design and publish a course that will assist students in developing sustained online research in a collaborative environment. Students will manage time, utilize technology and write and edit written reports in a blended learning environment.

### **Rankin named new swim coach**

Xavier College Preparatory recently welcomed Maureen Rankin as its new Head Varsity Swim Coach.

Rankin was a four-time high school state champion swimmer at St. Mary’s Academy in Portland, Oregon, where she was awarded Oregon Swimming’s “Most Outstanding Female Swimmer of the Year” honors. A nine-time All-

*please see COACH on page 42*

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**SCHOOL DAYS**

**COACH continued from page 41**

American and member of the U.S. Swimming Junior National Team, she attended the University of Arizona on a swimming scholarship. She holds multiple national championship titles and numerous state records as a U.S. Masters Swimmer.

Xavier's swim team finished fourth in the state this past season.

**St. Thomas expands preschool, kindergarten**

Opening in August 2016 is a new school-within-a-school on the Saint Thomas the Apostle's campus dedicated to preschool and kindergarten students. The newly renovated Saint Thomas Preschool and Kindergarten, 4510 N. 24th St., will offer a new 3-year-old program, expanded pre-kindergarten classes, and a redesigned outdoor play space focused on nature and imagination.

By offering a separate preschool and kindergarten from the main campus, parents and their children will have all the community benefits of a traditional

preschool experience.

"The preschool and kindergarten ages have their own distinct developmental milestones and we want to address the needs of our youngest students with age-appropriate spaces for them to learn and grow," said Principal Mary Coffman. "Our curriculum focuses on play and exploration in our 3-year-old program and there is a progression to a more academic program as our students mature through our preschool and into our Kindergarten program."

Prospective families are invited to attend an open house 10 a.m.-12 p.m. Sunday, Jan. 31. The Dads' Club will be serving their pancake breakfast fundraiser. A second open house will take place 9 a.m. Friday, Feb. 19 and includes a presentation, tour and craft time for children. Reservations are suggested but not required; visit [http://www.staphxschool.org/admissions\\_inquiry\\_form](http://www.staphxschool.org/admissions_inquiry_form).

For more information, call the admission office at 602-954-9088.

**Cross country team ends season well**

Xavier College Preparatory's cross country team placed 21st in the nation at the Nike Cross Country Nationals in Portland, Ore., on Dec. 5. Xavier seniors Jane Miller, Tessa Weiss, and Shannan Higgins; junior Sarah Carter; sophomores Caroline Liddy and Caroline McClelland; and freshman Helen Innes competed for the Gator team.

**School to host VEX qualifying championship**

The VEX Robotics state qualifier will take place at Madison Highland Prep, a STEM charter high school, this month. The event will host 24 teams with students from high schools throughout the state and country.

The state qualifying competition is one of a series of VEX Robotics competitions taking place internationally throughout the year. VEX Robotics is the world's fastest-growing competitive robotics program for elementary schools, middle schools, high schools, and colleges around the world, with more than 12,000 teams from over 30 countries that participate in more than 1,000 competitions worldwide.

The competition season culminates each spring, with the highly-anticipated VEX Robotics World

**SCHOOL DAYS**

Championship presented by the Northrop Grumman Foundation and the REC Foundation, which unites top qualifying teams from local, state, and international VEX Robotics events. The event takes place 7:30 a.m.-5 p.m. Saturday, Jan. 9 at Madison Highland Prep, 1431 E. Campbell Ave. The event is free and open to the public. For more information, call 602-745-3800.

**Gators capture top honors in coding event**

Twelve Xavier students captured top honors at the Women in Computer Science Coding Competition at Arizona State University. The competition was arranged by Xavier alumna Nichola Lubold, Class of 2005, and was judged by a team of women Computer Science professors from ASU.

Xavier juniors Nsomma Alilonu, Gabriela Garcia, Erin Sweeney, and Hannah Tribolet were the overall winners. Their application, Typing Tempo, was designed to teach students how to play the piano by scoring their keyboarding efforts with an accuracy percentage.



Ellie Fessler

Xavier senior Ellie Fessler of North Central Phoenix, along with seniors Talia Khan, Kirielle Singarajah, and junior Cassidy McIntyre placed second with an application called Xrossing Xampus, which enables campus visitors to map routes from one location to another.

Xavier seniors Andrea Kraetz, Claudia Lucca, Lisbet Maldonado, and junior Tatum Cork of North Central Phoenix placed third with an application that matches volunteers with agencies in need of volunteer assistance.



Tatum Cork

**Students join in on international day of coding**

All Saints' Episcopal Day School participated in the Hour of Code as part of Computer Science Education Week (Dec. 7-13). All Saints' students were among tens of millions of people

around the world to take part in the largest learning event in history.

Computers are everywhere, but fewer schools teach computer science than 10 years ago. Girls and students of color are severely underrepresented. The Hour of Code is gateway toward providing all students with access to high-quality computer science education.

Every one of the 498 students at All Saints' participated in the massive campaign to get 10 million students of all ages to participate in a self-guided activity geared to encourage interest in the field of computer science.

Middle school students in the DREAMlab continued to learn how to wire and program Arduino microcontrollers. The Arduino is a small programmable circuit board that allows the students to program in the real world by adding code to control LEDs, electric motors, Servos, and much more. Lower school students programmed their own computer games with help from Code.org.

"We need to encourage and embrace our students' interest in computer sci-

*please see CODING on page 44*

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### SCHOOL DAYS



Alexis Marsden and her sixth grade students bring their food donations for St. Mary's Food Bank to chapel at All Saints' Episcopal Day School (submitted photo).

#### CODING *continued from page 43*

ence," said Tracey Williams, All Saints' technology integration and iPad specialist. "Every student deserves the chance to learn computer science to access the best careers of the 21st Century."

#### Builders Club leads successful food drive

All Saints' Episcopal Day held its annual food drive to benefit St. Mary's Food Bank just before the Thanksgiving holiday. The final total was 6,171 pounds of food—including many 50-pound bags of rice that the St. Mary's partner agencies around the Valley and state will be able to use. With \$17,531.31 in cash donations included, this drive will allow the food bank to distribute more than 128,890 meals into the community.

The All Saints' Builders Club, a service organization for students in sixth through eighth grades, led the effort. All Saints' is the only school that has been named Hunger Heroes by St. Mary's for the past three years.

Students at All Saints' participate in service learning throughout the school year. St. Mary's Food Bank Alliance is just one of the School's community partners.

#### Students do well in math contest

More than 70 St. Francis Xavier "Mathletes" in November competed in the national Noetic Learning Math Challenge (NLMC).

Noah Nuez, third grade, and fifth grader John Ross Wichterman of North Central Phoenix both made the

National Honor Roll (top 10 percent of all national grade level participants). St. Francis Xavier had 20 students in grades 2-6 who received Honorable Mentions (top 50 percent of all national grade level participants.)

More than 20,000 students from 602 schools nationwide participated in the fall 2015 challenge. The Noetic math contest is a semiannual contest for students in grades 2-8 that is aimed to challenge and strengthen creative problem-solving and logical reasoning skills. Problems in this contest are non-routine and designed to challenge students beyond regular school curriculum.

#### FINAL program aids Native American youth

The Phoenix Indian Center is a partner with the U.S. Department of Education to help Native American youth become college and career ready. Under the new Native Youth Community Projects (NYCP) program, the Phoenix Indian Center is one of 12 grant recipients in nine states that will provide services to impact youth in partnership with more than 30 tribes and involve more than 48 schools.

The FINAL program provides intensive career exploration, employer skills, college-going skills and visits, and a mentorship component. The program has several partners coming together to link their services to the success of the youth participants, including Phoenix Union High School District, Native American Connections and Native Health.

For more information, visit [www.phxindcenter.org](http://www.phxindcenter.org).

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**GENERATIONS**

**Senior Living**  
**Registration open for**  
**Encore University classes**

Estate planning, watercolor painting and speed Spanish are just a sampling of studies available at Encore University next session. Registration is currently open for the school's second five-week term, which begins on Jan. 19 on the campus of Valley Presbyterian Church, 6947 E. McDonald Road.

Classes are available in everything from visual, performing and culinary arts to finance, health, and history and are taught by top tier teachers. The school offers 35 classes designed for the 50-plus population. Classes are \$35.

Register for classes at <http://encoreuniv.org> or by calling 480-991-6424, ext. 165.

**Be prepared when**  
**disaster strikes**

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for the colder weather. Whether you get frozen pipes or frozen plants, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability.

A sobering fact for 20 year olds is

that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. The disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at [www.socialsecurity.gov/planners/disability](http://www.socialsecurity.gov/planners/disability).

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member—or need to plan for disability yourself—visit the website.

**Kids & Family**  
**Sunrays offers**  
**free baby dance**

The Arizona Sunrays Dance Center, 13832 N. 32nd St., Suite 162, offers free baby dance classes on Mondays and Thursdays from 9:30 to 10 a.m. for babies who are walking up to age 2 and a half.

This baby dance class is a fun introduction to enjoying music, movement, and dancing. Babies will love dancing to the music while using all kinds of different props and toys. Parent participation is required.

Advanced reservations are not required. This is a "drop in" class. For more information, call 602-992-5790 or visit [www.arizonasunrays.com](http://www.arizonasunrays.com).

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## GENERATIONS

**Free presentation looks at brain development**

Noted educator, author, and psychologist, Dr. JoAnn Deak, presents a free educational seminar Jan. 4-5 at All Saints' Episcopal Day School, 6300 North Central Ave. The presentations take place in Manning Hall 6 p.m. Monday and 9:15 a.m. Tuesday, and are free and open to the public.

In the last several years, there has been a burgeoning of research looking at readiness from a neurological perspective. The defining question: Are there areas of the brain that are most malleable or plastic during a particular age range? The answer to that question has been gaining more and more clarity to the point that the research is providing critical direction in child development. Deak will address this and other related topics as she shares her expertise in the field of brain research.

Space is limited; RSVP at [http://bit.ly/JoAnn\\_Deak](http://bit.ly/JoAnn_Deak).

**New gymnastics center offers supportive training**

Impact Gymnastics Academy, a children's gymnastics gym with Olympic-class coaching and state-of-the-art equipment, has opened at the corner of 12th Street and Northern Avenue in the space formerly occupied by Ultimate Gymnastics.

Impact is devoted to training athletes so they can become more disciplined and focused to improve their overall health. Impact is a private gym whose main focus is gymnastics; however, it also provides various types of cheer, dance and total body conditioning. The gym has Olympic-level gymnastic coaching and equipment and will primarily serve girls for competitive and recreational programs and both boys and girls in kinder-gym entry-level gymnastics programs.

Impact Gymnastics Academy, 7812 N 12th St., is open 9 a.m.-8 p.m. Monday through Friday, and 8 a.m. to 1:30 p.m. on Saturday. Call 602-870-7574 or visit <http://impactgymaz.com> for more information.

**Kid chefs wanted for cooking contest**

Blue Cross Blue Shield of Arizona is launching its 2016 kids cooking contest aimed at motivating Arizona kids to incorporate healthy options into their daily food choices. For the sixth year, the

company is looking for original, great-tasting and kid-inspired side dish recipes for the Walk On! Kids Cooking Challenge.

Children ages 9-12 from across Arizona are encouraged to submit their healthy, and tasty side dish creations for a chance to win a new bike. Contestants can submit recipes anytime between Jan. 1-27. Recipes must be an original recipe for a hot or cold side dish; include at least one fruit and/or vegetable; and be able to be cooked within 20 minutes (not including prep time).

The top five recipes will be selected based on nutritional value, taste and originality. Finalists will be invited to present their creations at a Phoenix Suns home game Feb. 6 at the US Airways Center. After the cooking demonstrations, recipe details will be posted online at [www.walkonaz.com](http://www.walkonaz.com) for a public vote. Voting will be open from Feb. 6-17.

Visit [www.walkonaz.com](http://www.walkonaz.com) for complete contest details and to submit a recipe. All entries must be submitted no later than Wednesday, Jan. 27.



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## HAPPY HOUR WITH HERSCH

So the New Year is here and many of us have made our annual resolutions. I long ago stopped playing this game. How was January 1st magically going to be the day I ate better, started exercising, stopped chewing tobacco, et cetera. There are many days of the year that I make those resolutions and they do not hold so I will no longer tie that failure to January 1st. I do much better with resolutions that allow for growth but can also include some failure since I am an imperfect being. So, for 2016 I strive for the following:

1. To be a better father, husband and friend
2. To not take my health for granted
3. To help those in my community who are less fortunate
4. To show my joy and love for the life I was blessed with

I should also include that nasty habit of tobacco, but I am not quite there yet, maybe next year. Whatever resolutions you might have I wish you nothing but success on your journey.

*If you have a mortgage need and would like to talk to someone who is resolute in serving you and your needs, call me. I guarantee you will get the unique and individual service you deserve.*

## TRIVIA *Contest*

**My Mom has worked at the Hyatt Regency Phoenix since it opened. What year did it open?**

First to email me the correct answer will win a \$100 gift certificate to the Compass Room.

**Winner for Last Month: TBD**

**Last Month's Answer:  
Bad by U2**

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### HOME & GARDEN



This mid-century home in the neighborhood south of First Christian Church is typical of the homes in the area, with plentiful citrus trees that are currently heavy with ripening fruit. This home has orange and grapefruit trees, as well as a small key lime tree that is bearing fruit for the first year (photo by Teri Carnicelli).

## Food banks restrict backyard citrus

By Teri Carnicelli

Despite the recent cold snap, citrus trees around the Valley are becoming heavy with fruit that will ripen in the next couple of months. And North Central residents who are accustomed to taking their abundant oranges and grapefruits to Valley food banks to avoid spoilage and waste are now going to have to come up with another plan.

Last month, St. Mary's Food Bank Alliance and United Food Bank announced they would have to restrict the citrus donations they accept this season because of the current Asian Citrus Psyllid (ACP) quarantine enacted by the Arizona Department of Agriculture.

ACP is a tiny pest that can spread the citrus greening disease. This disease has the potential to kill orange, grapefruit, lemon and all types of citrus trees around the state. The quarantine currently includes Mohave County and portions of La Paz, Maricopa, Pima, Santa Cruz, Yavapai and Yuma Counties. Though not yet found in Arizona, the citrus greening disease has been identified in California, and citrus crops in Florida have been decimated by the disease.

Citrus is an essential part of Arizona's \$17.1 billion agriculture impact on the economy and its protection is critical, said Ginny Hildebrand, President & CEO of United Food Bank.

"Arizona's citrus is at risk and we all must take precautions to ensure that we

contain the psyllid," Hildebrand said. "Since our food banks distribute to multiple counties throughout the state, it is important that we do not facilitate the spread of the ACP, which could eventually lead to the presence of citrus greening disease in Arizona. The only way to ensure we comply is to not accept donations from the public."

St. Mary's Food Bank Alliance and United Food Bank received more than 3.5 million pounds of donated citrus from commercial and residential growers last year. This decision will cause the food banks to lose up to 50 percent of citrus donations.

To accommodate the quarantine, this year both food bank organizations, and their associate partner food banks including the Desert Mission Food Bank in Sunnyslope, will not be accepting any drop-off citrus donations.

"We all get inundated with donated citrus and most of the time we don't know where it's coming from," explained Desert Mission Food Bank Director Sue Sadecki. "Locally, we understand that we are not in a particular quarantine zone. But given the extreme concern and the status of the ACP being verified in Arizona (but not yet the greening disease), we agreed to align with the position of St. Mary's and United Food Bank."

St. Mary's Food Bank Alliance and United Food Bank will only be accepting citrus donations through approved commercial growers and the controlled gleaning programs of each food bank. However, community pantries such as

**HOME & GARDEN**

those located inside churches, or other private, nonprofit programs, may continue to accept citrus donations for local distribution. A list of those groups that hand out food boxes can be found at: <http://www.azfoodbanks.org/index.php/foodbank/index/>. Click on “Complete Directory by City.” Note some information may be out of date. Factors that may contribute to acceptance are location (if the resident is within a quarantine or not) and the storage capacity of the organization. An additional list of local pantries can be found with this article online at [www.northcentralnews.net](http://www.northcentralnews.net).

St. Mary’s Food Bank is accepting reservations for gleaning at 602-343-5658 and online at <http://firstfoodbank.org>. Reservations will be accepted until all spots are filled. Gleaning will be conducted from mid-January through the end of March. There will be a fee for the service.

Homeowners should note that should a tree be found to have Asian Citrus Psyllid or the citrus greening disease, the fruit is still safe to eat.

For more information about the ACP citrus quarantine, visit [agriculture.az.gov](http://agriculture.az.gov) and [azfoodbanks.org](http://azfoodbanks.org).

**Ikebana Exhibit returns to Ro Ho En**

The Japanese Friendship Garden of Phoenix, also known as Ro Ho En, invites the public to the 7th Annual Ikebana Exhibit, Jan. 29-31 at the garden, 1125 N. 3rd Ave.

Ikebana, the “way of flowers,” is the art of Japanese flower arrangement and is subtle, sensitive, sophisticated, and meditative. It utilizes flowers, leaves, and branches, as well as unexpected, unconventional materials.

A display of Ikebana arrangements will be exhibited throughout the garden, designed by talented Sogetsu Ikebana artists, teachers, and students. Activities this year are artist led tours, an arranging live presentation, demonstrations, hands-on experiences, and a reception with beautiful music.

Hours are 10 a.m.-4 p.m. all three days. Tickets are \$5 for adults and \$4 for students with ID, military members and seniors age 62 and older. For a full schedule of events, visit [www.japanesefriendshipgarden.org](http://www.japanesefriendshipgarden.org). For more information, call 602-274-8700.

**Home show returns with ‘tiny’ attraction**

The Maricopa County Home and Garden Show is returning for its first show of the year Jan. 15-17 at the Arizona State Fairgrounds, 1826 W. McDowell Road. Attendees will be inspired by home, landscape and DIY seminars, herb garden planting 101 and tips and tricks from Tiny House Expedition blogger and media personality, Alexis Stephens.

Visitors can browse more than 1,000 home improvement, design and landscaping products and services being offered with exclusive pricing for three days only.

Other attractions include: how-to demonstrations from the Phoenix Rose Society and Home Depot; Master Gardener seminars; the Arizona Rare Fruit Growers, who promote the culture and preservation of fruiting plants that most would not associate with Arizona’s arid climate; an Interior Design Competition, featuring local up and coming student designers; and more.

Hours are 10 a.m.-6 p.m. Friday and Saturday, and 10 a.m.-5 p.m. Sunday. Sign up for discount tickets at [www.MCHomeShows.com](http://www.MCHomeShows.com).



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ARTS & ENTERTAINMENT

**Save Our Mountains Foundation  
at the North Mountain Visitor Center Presents  
Dolan Ellis in Concert  
Saturday, January 16, at 7 p.m.**

Dolan Ellis has served as Arizona's Official State Balladeer for the past 50 years. Traveling more than a million Arizona miles, he has explored every corner of Arizona and has written hundreds of songs about Arizona people, places, and things. Dolan is an original member of the Grammy Award-winning '60s folk group, The New Christy Minstrels.

**Tickets are \$20 and may be purchased at the NMVC Gift Shoppe until Jan. 16 or purchase tickets online via PayPal at [www.saveourmountains.org](http://www.saveourmountains.org) (surcharge of \$2 per ticket)**

*This is a fund-raising event for Save Our Mountains Foundation to continue the efforts to purchase more land for the Preserve system in Phoenix, educate the public about our precious resources of the Preserves and to maintain the NMVC.*



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**Reviewers sought  
for arts grants**

If you are an artist, arts professional, nonprofit leader, educator or member of the general public interested in the arts, you may want to apply to be a grant review panelist for various city of Phoenix arts grant applications.

The Phoenix Office of Arts and Culture seeks knowledgeable, fair-minded and responsible individuals representing different points of view and various cultural orientations to serve as grant review panel members.

Serving as a panelist involves reading applications submitted in a category, then meeting anywhere from a half day to a full day with other panel members to discuss and rank each application using established evaluation criteria. Panel meetings are open to the public and usually are held in April or May each year.

Applicant areas of expertise may include dance, literature, music, theater, education, multicultural/ethnic, business/administrative, festivals/multidisciplinary, visual/photography and marketing/development. Grant applicants include Phoenix cultural groups and local youth and ethnically diverse arts groups.

Grants will be awarded to nonprofit cultural organizations for general operations, arts learning and festivals activities. For more information and to submit a panelist application form, visit <http://phoenix.gov/arts/grants-program/grant-review-panelists> or call 602-495-0188.

three years. Gallery hours are 9 a.m.-5 p.m. Monday through Friday, 6-9 p.m. the first and third Fridays, and 12-4 p.m. Saturdays. Visit [www.modifiedarts.org](http://www.modifiedarts.org).

**'Snapshots: A Musical Scrapbook'**

**Arizona Theatre Company  
Through Jan. 17  
Herberger Theater  
222 E. Monroe  
602-252-8497**

This new romantic musical comedy blends some of the best-loved songs from composer Stephen Schwartz's Broadway shows ("Wicked" and "Godspell") with some of his lesser-known gems. Meet Sue and Dan, a couple who after 20 years of marriage have drifted apart. Together they discover a box of photographs that leads them to relive the memories of their past selves. Snapshots re-imagines favorites from Schwartz's vast catalogue in new and exciting ways in a story in which every couple will see themselves. Tickets are \$28-\$68 plus fees. Visit [www.arizonatheatre.org](http://www.arizonatheatre.org).

**'WaistWatchers: The Musical!'**

**Through Jan. 24  
Herberger Theater  
222 E. Monroe  
602-252-8497**

The 90-minute musical, set in Cook's Women's Gym, takes a light-hearted look at four women singing about assorted body issues from dieting, exercise and plastic surgery to sex after 40 and the relentless search for a positive self image through 25 popular songs with parody lyrics. Performances are 7 p.m. Wednesdays, 2 and 7 p.m. Thursdays, 8 p.m. Fridays, 2 and 8 p.m. Saturdays and 2 and 6 p.m. on Sundays. Tickets are \$43-\$53 (other fees may apply) and are available by visiting [www.PlayHouseInfo.com](http://www.PlayHouseInfo.com).

**'Operantics'**

**Jan. 11-21  
Herberger Theater  
222 E. Monroe  
602-252-8497**

Presenting some of the most beautiful and beloved arias and duets of opera interspersed with comedic spoofs of the singers, the plots and the art form

*please see OPERANTICS on page 52*

**A & E Briefs**

**'Microcosms: Recent Work'**

**Through Jan. 9  
Modified Arts  
407 E. Roosevelt St.  
480-326-6551**

The exhibition of works by Thomas "Breeze" Marcus features a range of work by the artist in different media, including moderately sized fine-line pen and ink drawings, and larger aerosol works. Marcus grew up in and around the Phoenix area, including the Salt River Pima-Maricopa Indian Reservation, east of Phoenix. His fine line work is an homage to his Tohono O'odham ancestors and their style of basket weaving that includes complex patterns. This is his first solo exhibition in Phoenix in

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Dear Neighbors,

What a wonderful year for local food in North Central! We are North Central residents and love this close knit, multi-generational neighborhood. We opened the Uptown Farmers Market to provide local food and a community gathering place. It was a real leap of faith, and one year later, we want to take this page to say thank you!

Thank you for welcoming this farmers market; for supporting these small, local farmers and craftsmen; for bringing your kids to this weekly event and for choosing to spend (& thus keep) your dollars locally in our neighborhood and city.

Thank you to the 150 vendors, the majority of whom live within 30 minutes of the market, for working hard all week, and for setting up in the rain, extreme heat and chill so that we can enjoy your goodies.

Thank you to the local chefs who have promoted us, educated us, and showcased our products.

Thank you to the local businesses for allowing us to hang flyers and for jumping on board for our "event" days with such enthusiasm!

Thank you to C-CAP for working with us to get the Veggie Valet going - bringing restaurant quality food preparation to your kitchen!

Thank you to the gardeners who have teamed with us to make the seasonal Growers Market happen.

Thank you to all of you who have advertised for us, and have told your friends about the market

Most of all, thank you to our friends at the North Phoenix Baptist Church, who are so committed to strengthening our community.

Beacuse of all of you, after just one year the Uptown Farmers Market was:  
 Named as one of America's 50 Best Farmers' Markets by *Cooking Light Magazine*  
 Named as editor's choice Best of Phoenix Farmers Market 2015 by *Phoenix New Times*  
 Listed as a Finalist for the *New Times* "Big Brain Award"

All of us here at Uptown are looking forward to 2016 -- please feel free to write ([bo@uptownmarketaz.com](mailto:bo@uptownmarketaz.com)) and let us know what you would like to see this year: new vendors, classes, activities, ideas for the market, or any thoughts about what we can do better for you.  
 See you at the market!

Love,  
 The Uptown Team



Jan 2 -- Uptown Farmers Market is Closed for the Fiesta Bowl Parade  
 Jan 9 -- Neighborhood Chef Series: 10AM Chef Doug Robson of Otro Cafe!



We are excited to launch our Brand New Website! Check out what makes us different here: [www.uptownmarketaz.com](http://www.uptownmarketaz.com)

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Nakotah La Rance, 2015 World Champion Hoop Dancer. Photos courtesy Lizard Light Productions.

**ARTS & ENTERTAINMENT**

**OPERANTICS** *continued from page 50*

itself. Tickets are \$6 plus fees when ordering online. Show time is 12:10 p.m., with a special evening-only performance at 7 p.m. on Monday, Jan. 11. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**'Calendar Girls'**

**Jan. 20-Feb. 7**  
**Phoenix Theatre**  
 100 E. McDowell Road  
 602-254-2151

Determined to raise money for a cause, Chris and Annie conclude that the best way is to give the public what they want - a nude calendar. However, instead of the models of the day gracing the pages, it will feature themselves and the other real women of their small English village. When this group of ladies put their experiment to the test what arises is a media circus, newfound fame, a hilarious look at the true events that resulted in a charitable windfall and the reminder that all women are strong and beautiful - inside and out. Tickets are \$36 to \$81, plus fees. Visit <http://tickets.phoenixtheatre.com>.

**'The Ben Hecht Show'**

**Jan. 23-24**  
**Cutler-Plotkin Jewish Heritage Center**  
 22 E. Culver St.  
 602-241-7870

A theatrical production written and performed by James Sherman. The 80-minute show, set in 1943, chronicles the views and musings of the iconic Ben Hecht, the versatile journalist, playwright, novelist and Oscar-winning screenwriter. Hecht tells you everything you need to know about show business, Jews and anti-Semites—with jokes. Sherman has performed "The Ben Hecht Show" to rave reviews in both Chicago and Los Angeles. Show times are 7:30 p.m. Saturday and 2 p.m. Sunday. Tickets are available for \$20 for members of the AJHS, \$25 for the general public. Visit [www.azjhs.org](http://www.azjhs.org).

**'Passing Strange'**

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**Herberger Theater**  
 222 E. Monroe  
 602-252-8497

A daring musical that takes you on a journey across boundaries of place, identity and theatrical convention. It is the story of a young bohemian who charts a course for "the real" through sex, drugs and rock 'n' roll. Loaded with soulful lyrics and overflowing with passion, the show takes us from black middle-class America to Amsterdam, Berlin and beyond on a journey towards personal and artistic authenticity. Tickets are \$22 plus fees. Show time is 8 p.m., with a 2 p.m. matinee on Sunday, Feb. 7. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**'Looking Over the President's Shoulder'**

**Black Theatre Troupe**  
**Feb. 5-21**  
**Helen K. Mason**  
**Performing Arts Center**  
 1333 E. Washington St.  
 602-258-8129

Based on the real-life story of Alonzo Fields, who is forced to give up his dreams of becoming an opera singer and accept a job at the White House where he quickly was appointed Chief Butler. Fields served four U.S. presidents and their families as well as their famous guests through the years, which included Winston Churchill, Marian Anderson, Errol Flynn and the king and queen of England. Tickets are \$32 plus fees. Visit [www.blacktheatretroupe.org](http://www.blacktheatretroupe.org).



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**FOOD FOR THOUGHT**



Obdulia Coffey, owner of Escobar, holds a platter of Chile Relleños made with poblano chiles stuffed with panela cheese. Her Chocoflan dessert is quite popular and not too sweet. In front is a molcajete, which is used to make every fresh serving of guacamole (photo by Patty Talahongva).

**Café Chat**  
**Mexico City-style food is fresh, flavorful**

By Patty Talahongva

A woman's longtime dream is now realized as a vibrant restaurant near the corner of 12th Street and Glendale Avenue. Escobar opened in the hot month of July and it's become a hot spot in the neighborhood, much to the happiness of Obdulia Coffey, owner and instigator.

"People say they like us," she beams, with the knowledge that years of hard work, savings and a firm belief have paid off.

When she arrived in Phoenix from Mexico City at the age of 38, she didn't speak English, yet she learned, worked hard, saved and raised her children with the idea of one day owning their own true Mexican food restaurant. "I love to cook," she says. But when she came to Arizona, the Mexican food here didn't resemble what she ate in Mexico City. So when she opened Escobar, she reached into her own family recipes to create her menu.

"All the recipes are from my family—my mother, my grandmother. I have it in my head," she explains. "My son said, 'You have to write them down.'"

Today her son, Alejandro Nava, serves as the chef and her daughter, Maria Fernanda Nava, handles hostess duties. But Coffey also cooks and preps each morning using fresh, locally

sourced products.

Her family restaurant carries her father's surname, Escobar. "God gave me this opportunity," she says of realizing her dream to open a restaurant. She's happy to have her son and daughter working with her but she also has her favorite role. "I like to cook but I like to be in the front to talk to people," she says.

You won't find nachos or sour cream in her restaurant; Coffey says those items are not true Mexican food. But you will find guacamole, a customer favorite. "We sell a lot of guacamole and mole and street tacos. Those dishes are very popular. We have to have them all the time."

The carnitas also are a big hit. Sides include calabacitas (sautéed squash, onions and peppers), which she says is popular with vegetarians, and black refried beans, which have a little kick to them.

Coffey uses only three types of Mexican cheese: queso fresco, Oaxaca cheese and panela. She is busy every day making the tortillas and the bread for the mini tortas. She laughs at the "mini" size, pointing out that in Mexico her sandwiches would actually be quite large.

Escobar's prices are very reasonable, with the mole dish selling for \$14 and the chilaquiles (served all day) priced at \$7. "It's fresh, good and affordable," Coffey says. A family of four could eat dinner and expect to spend less than \$35. Each item on the kid's menu is \$5.

The one stray item on her menu is *please see ESCOBAR on page 54*

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FOOD FOR THOUGHT

*ESCOBAR continued from page 53*

the all-American hamburger. “We have one hamburger (on the menu), because we have hamburgers in Mexico,” she says simply. Green and red peppers and mushrooms are added to the Black Angus ground beef. You can even get it with an egg on top. Her son Alejandro tried it and liked it, so they put it on the menu.

Each day the specials are written on a chalkboard and set up outside. Coffey says in the short time Escobar has been open, she already has her regular customers. “I have one guy who comes in every day,” she says—“every day!” She loves her location and is making her niche with tamales that are unique.

“I can make chicken or beef tamales,” she says, “so why not change the flavor?” She was playing with some masa and thinking how she didn’t care much for pumpkin pie. So she decided to make pumpkin tamales. She baked a pumpkin, added some sugar and cinnamon, “... and when I tasted it, wow!” Now she makes piña colada, chocolate, strawberry or peach tamales—basically

whatever fruit is in season. One dozen tamales sell for \$20 and they are definitely customer favorites.

Other desserts include Arroz con Leche (rice pudding), Chocoflan (chocolate flan) and Pastel de Tres Leches (tres leches cake). “Everybody in Mexico makes it (tres leches); it’s the most popular cake for weddings, birthdays, everything,” she laughs.

Coffey will cater events for crowds from 10 to 200. She slowly is building her catering business. “I get to meet a lot of people, and I like it,” she says.

Happy Hour is daily from 2 to 7 p.m., with \$3 margaritas and \$2 beers, including a local seasonal beer. Escobar is closed on Mondays only. The rest of the week the hours are 10 a.m. to 10 p.m. Call 602-296-4432.

## Dining Briefs

### Thirteenorth offers Celebrity Chef Sunday

It’s a new year—and a big one for Thirteenorth Bar & Grille. Not only will the popular neighborhood restaurant at 1301 E. Northern Ave. celebrate



Tapas, which means “to cover,” began in Spain as a complementary slice of bread or meat placed above wine glasses. They have evolved into small plates paired with wines and shared in conversation with family & friends.

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**FOOD FOR THOUGHT**

its fifth year in business next month, but beginning this month Thirteenorth is introducing Celebrity Chef Sunday.

Tentatively set to begin Jan. 31, but perhaps sooner, Celebrity Chef Sunday will feature top chefs and rising stars from throughout the Valley invited to prepare their favorite and signature entrees at the eatery.

On Wednesday, Jan. 13, as it does on the 13th of every month, there will be food and beverage specials. Thirteenorth also will expand its business and social catering services. Like Thirteen North Grille on Facebook for updates.

For more information, call 602-795-1397 or visit [www.thirteenorthgrille.com](http://www.thirteenorthgrille.com).

**Adobe gets refreshed look, updated menu**

The Adobe Restaurant at the Arizona Biltmore Golf Club recently underwent a restaurant and patio redesign, along with refreshed menu.

Originally built in 1928 as the Wrigley Mansion's barn, The Adobe is an iconic Phoenix property nestled against the greens at the award-winning Arizona Biltmore Golf Club. The restaurant underwent a refresh to highlight an expanded bar and complete interior update.

Historic characteristics of The Adobe, such as the colorful ceiling

commissioned by Mrs. Wrigley, were preserved.

To honor The Adobe's legacy, the winter menu incorporates more golf-inspired fares including the Hole in One Nachos, the On the Green Burger and the B.L.Tee Sandwich made with crispy bacon, lettuce, tomato and garlic aioli on toasted brioche.

The Adobe Restaurant is located at 2400 E. Missouri Ave. and is open daily from 6:30 a.m., serving breakfast, lunch and afternoon cocktails, with happy hour starting at 2 p.m. For reservations, call 602-468-9160 or visit [www.TheAdobeRestaurant.com](http://www.TheAdobeRestaurant.com).

**Hobe Meats adds deli next door**

Hobe Meats, 6044 N. 16th St., has expanded and doubled in size by adding a deli next door in the space formerly occupied by Nene Unique.

The deli offers a variety of made-from-scratch dishes including meatloaf, mac & cheese, potato salad, smoked brisket, baby back ribs and more. There is a daily lunch special with soup, salads and sandwiches Monday through Saturday from 10 a.m. to 6 p.m. The most sought-after sandwich is the Dreamy Draw, a thin-sliced beef brisket with caramelized onion topped with a creamy horseradish sauce on a hoagie bun.

Hobe's deli offers a full line of Dietz & Watson lunchmeats and cheeses to make a sandwich of your liking. The meat counter offers USDA prime aged beef sourced out of Omaha, Neb. Other attributes you can find at this old school butcher shop include fresh pork, chicken, sausages, lamb and the largest selection of wild game in Arizona.

For more information, call 602-604-2333.

**Corner Bakery Café opens in Colonnade**

Corner Bakery Café hosted its grand opening on Dec. 7 at 1949 E. Camelback Road, in the Camelback Colonnade. The café, which took over the spot formerly housing Miracle Mile Deli, serves made-to-order food for breakfast, lunch and dinner. The menu ranges from hot breakfast and grilled paninis to salads, sandwiches, sweets and more.

The eatery features murals depicting local Biltmore and Phoenix area landmarks on the wall, and offers free Wi-Fi, power outlets at every table, and bottomless cups of hand-roasted coffee. Guests wishing to dine outdoors can do so on the café's patio.

The new Biltmore Corner Bakery Cafe is the third in the Phoenix market owned by franchise group Blue Mountain Cafes. The group plans to

develop up to 15 cafes over the next six years in the greater Phoenix area.

Corner Bakery Cafe offers online ordering. To learn more, visit [www.cornerbakerycafe.com/locations/az/phoenix/biltmore](http://www.cornerbakerycafe.com/locations/az/phoenix/biltmore) or call 602-314-6000.

**Coup Des Tartes now offers lunch**

Coup Des Tartes is now serving lunch Tuesdays through Fridays from 11 a.m.-2 p.m. The Coup, now at 1725 E. Osborn Road, offers the traditional French lunch favorite Croque Monsieur (and Madame) as well several French-inspired dishes such as a lobster salad croissant and lunch-sized portions of popular dinner entrees.

The lunch menu includes sandwiches, salads and its famed appetizer menu that includes cheese boards, escargot, steak tartare and homard en crouete (lobster pot pie). Entrees range in price from \$12-\$28. Wine and cocktails also are available at lunch.

Reservations are not required, but are recommended. Guests may make their lunch reservations online or by calling the restaurant at 602-212-1082. For a complete lunch menu, visit [www.nicetartes.com](http://www.nicetartes.com).

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

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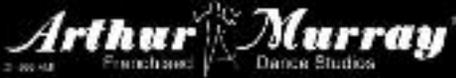
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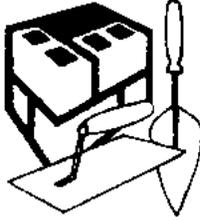
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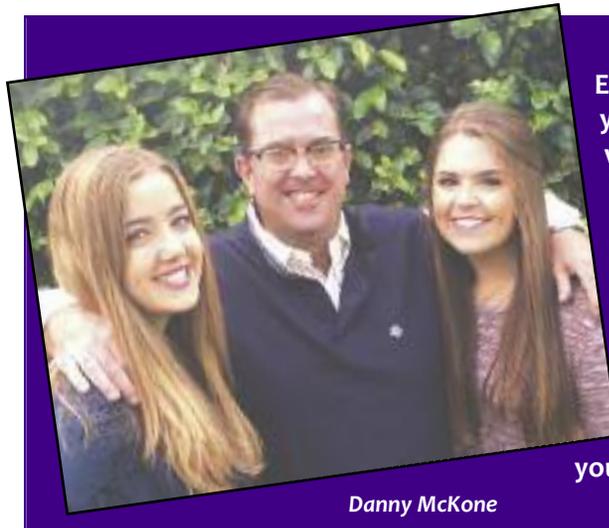
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