



# north central news

the voice of the north central phoenix community

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## Historic protection for 'Rock House'

By Teri Carnicelli

The city of Phoenix Historic Preservation Commission has filed an application to preserve the Frank and Sarah Hilgeman House, located at 333 W. Loma Lane, just north of Northern Avenue.

The commission seeks Historic Preservation (HP) overlay zoning for the property, at the specific request of the current property owner, John Spellman, who has lived in the home since the 1970s. Spellman wants to ensure that the home stays just as it is, long after he is gone.

The home is often referred to locally as the "Rock House," because it was constructed using malapai stone and quartz from Sunnyslope Mountain as well as river rock from the Salt River. Oral histories report it took more than three years to complete the home.

The history of the home is an interesting as its appearance. Frank and Sarah Hilgeman moved to

*please see ROCK HOUSE on page 4*



Jeff Malkoon, owner of Peanut Butter Americano, holds a sample four-pack of jars, which is a great option for people who want to break up the set to give to various friends or family members as holiday or hostess gifts (photo by Patty Talahongva).

## Go organic, natural for holidays gifting

By Patty Talahongva

If you are looking to put an organic and natural spin on your holiday gift giving, two local businesses can help you. For the sweet and savory, check out Peanut Butter Americano. The business is owned by Jeff Malkoon, who refers to himself as the "Head Nut."

"We offer six delicious flavors," he says, all of which are all-natural and sweetened with honey and brown sugar. The nuts are freshly roasted and ground every week in Phoenix. Malkoon explains that it's best to roast as close to grinding as possible for a fresh product.

The Choco Blanco has four grams of sugar for each 2 tablespoons, which makes it sweet but not nauseatingly sugary. It's a staff favorite and it's also popular with the customers.

For a change of pace, PB Americano also offers almond butter. The Cinnamon Roasted Almond Butter is a new release that is fast becoming a favorite among customers, he says.

A 6-pound tub sells for \$39, which is 35-percent off individual jar pricing. The jars are 8 ounces and sell for \$6 each. You can purchase a sample pack of four jars for \$22. Malkoon says several of his customers get that pack and split it up to pair with other gifts baskets.

Malkoon's family has lived in the North Central

neighborhood for three generations. His office on Central Avenue is right across from Brophy College Prep, where he graduated before going on to Arizona State University to earn his undergraduate and graduate degrees. Then he took off to South America on a six-month backpacking trip.

While in Uruguay he worked with the group, "A Roof for My Country," which builds homes for the indigenous people. He also noticed that while peanuts are a huge export crop there, the locals didn't seem to eat the high-protein food. The idea of creating a tastier peanut butter started to form in his head.

He also wanted to make something with less sugar

*please see GIFTING on page 6*

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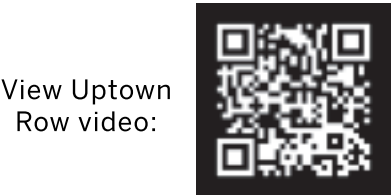
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COMMUNITY

Local curator marks anniversary in style

By Jade Frazier

North Central resident Dennita Sewell, curator of fashion design at the Phoenix Art Museum, recently gave an inside look on the international fashion design exhibit, “The White Shirt According to Me. Gianfranco Ferré,” which will make its first U.S. debut at the museum on Nov. 4.

The exhibit will display the creative process of fashion design that was influenced by one of the most sophisticated 20th and 21st Century Italian fashion designers. Arizona residents can look forward to 27 of Ferré’s most significant white shirts dated from 1982 to 2006.

In addition to the physical garments, sketches, technical designs, photograph and videos from the archives, the Gianfranco Ferré Foundation invite attendees to observe his precise methods and fashion design techniques.



North Central resident Dennita Sewell is excited about Nov. 4, when her recent hard work as curator of fashion design at the Phoenix Art Museum comes to fruition with the opening of “The White Shirt According to Me. Gianfranco Ferré,” which is making its U.S. debut in Phoenix (submitted photo).

Sewell, who was hired as a fashion curator for the Phoenix Art Museum in January of 2000, said, “I really enjoyed

working with this collection and am excited to share these pieces with the community.”

In the almost 16 years she has worked at the museum, Sewell has mounted about 39 shows and in April it will be her 49th show.

Sewell moved to Phoenix from New York City; however, she is originally from a small town in Missouri. The love of fashion ignited in Sewell as her mother, who was a seamstress, inspired her.

“Since before I could read I was interested in fashion and she engaged me in the process of making clothes—my own clothes and clothes from my Barbie,” Sewell recalled.

Sewell’s love for fashion and design turned into a life-long hobby, even while growing up as the youngest child with two older brothers. And now, with the Ferré exhibit, Sewell gets to achieve a personal milestone even as the museum celebrates its own.

“As one of the leading art museums please see EXHIBIT on page 5

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# HAPPY HOUR WITH HERSCH

With the funny season of politics fast approaching I started thinking of the word compromise, which obviously shows that I would never be a good politician in the current environment. Why does it seem so hard for our leaders to grasp that concept, a concept most of us teach our children. I pondered and pondered and was surprised to find the answer in the actual definitions of the word. Compromise is defined as either, “a way of reaching agreement in which each person or group gives up something that was wanted in order to end an argument or dispute” or “a change that makes something worse and that is not done for a good reason.” I would prefer if more elected officials viewed it like Colin Powell who said, “But just as they did in Philadelphia when they were writing the constitution, sooner or later, you’ve got to compromise. You’ve got to start making the compromises that arrive at a consensus and move the country forward.”

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**Who is my favorite politician?**

First to email me correct answer will win \$100 contribution to their favorite political cause.

**Trivia Winner for Last Month  
Ray Ramella**

*Last Month’s Answer: St. Ignatius*

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## COMMUNITY



The Frank and Sarah Hilgeman House, also known as the “Rock House” because of its unique construction, could receive a Historic Preservation zoning overlay before the end of the year (photo courtesy of the city of Phoenix).

### ROCK HOUSE continued from page 1

Arizona in 1919 after Sarah contracted tuberculosis. The couple and their three children stayed for a time in a tent in the Sunnyslope community, near Dunlap and 7th avenues, until Sarah’s health improved.

Frank, a prominent real estate developer back in their home state of Indiana, had always dreamed of being a citrus farmer. He bought a few acres of land near Butler Drive and 15th Avenue, and the family lived in a small frame house for about two years. Then in 1923 the couple purchased 20 acres located just north of Northern Avenue between 3rd and 7th avenues. The land already contained citrus trees, which Frank kept, except for the area he cleared for his new home.

The Hilgemans suffered some

financial losses from the stock market crash of 1929 and continuing into the Great Depression, and lost half of their 20 acres, including the Rock House, sometime in 1940. However, they kept the western half of the property, which already has a house and a barn on it, and census records show they lived at a 7th Avenue address until Frank’s passing in 1944 and Sarah’s death in 1947.

The purpose of HP overlay zoning is to recognize that a property is of historic significance and worthy of preservation. “We didn’t even know it was there until 10 years ago when we stumbled across it while surveying for other potential historic properties,” explains Kevin Weight, Planner III for the city of Phoenix. “It’s significant rock construction is what makes it so unique.” The home also has a basement, another unique feature, particularly in North Central Phoenix.

## north central news

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## COMMUNITY

Properties that receive HP overlay zoning are automatically listed on the Phoenix Historic Property Register. HP overlay zoning does not change uses permitted by existing zoning or require any additional property maintenance; however, it does set limits on alterations to existing properties and may delay their demolition or removal for up to one year.

If approved, it will not pose any restrictions on adjacent properties, just the Hilgeman House.

The proposal will come before the Phoenix Planning Commission at 6 p.m. on Tuesday, Nov. 10, in the City Council Chambers, 200 W. Jefferson St. If the Planning Commission decision is not appealed within seven calendar days, the case will be scheduled for ordinance adoption (typically, no discussion) by the Phoenix City Council at its Dec. 2 meeting, which begins at 3 p.m. also in the City Council Chambers.

Comments in favor or opposed to this proposal can be e-mailed to [kevin.weight@phoenix.gov](mailto:kevin.weight@phoenix.gov), or mailed to: Historic Preservation Office, 200 W. Washington St., 3rd Floor, Phoenix, Ariz., 85003. With either method, reference case No. Z-44-15-3.

For more information on HP overlay zoning and the Phoenix Historic Property Register, visit <http://www.phoenix.gov/pdd/historic>.

## Authors' Day held at visitor center

Meet some of Arizona's most popular Western authors from 9 a.m. to 4 p.m. Saturday, Nov. 7, at Authors' Day at the North Mountain Visitor Center, 12950 N. 7th St. Admission is free and the event is open to the public. Food is provided.

Featured authors include Dolan Ellis and Sam Lowe; Reba Wells Grandrud; Lilia Menconi Kummerer; and Marsha Bennett and Cass Blodgett. The authors will inform visitors about the natural habitat and history of the Phoenix Mountain Preserves and the surrounding areas. The North Mountain Visitor Center is a home for a multitude of things related to the preserves, including photography, original artwork, exhibits, and more.

All books sold at the event will benefit the Save Our Mountains Foundation at the North Mountain Visitor Center. For more information, visit [www.saveourmountains.org](http://www.saveourmountains.org).

**EXHIBIT** *continued from page 3*

in the country with a rich heritage of fashion design, we are thrilled to bring this extraordinary international exhibition to the United States," Sewell said. "It's an exceptional way to launch an outstanding year of programming to celebrate the 50th anniversary of our own collection."

"The White Shirt According to Me. Gianfranco Ferré," will be on display in the Steele Gallery at the Phoenix Art Museum through March 6, 2016. A companion piece, "Gianfranco Ferré Designs," will be housed the Ellman Fashion Design Gallery. As part of the museum's "Object of the Month" series, a docent-led tour of the Gianfranco Ferré exhibits will take place at 11:30 a.m. on Saturday, Dec. 5, which is included with regular museum admission.

Visit [www.phxart.org](http://www.phxart.org) and [www.arizona-costumeinstitute.org](http://www.arizona-costumeinstitute.org) for more information.

*Editor's note: Jade Frazier is a student at the ASU Walter Cronkite School of Journalism and Mass Communication.*

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## COMMUNITY

**GIFTING** *continued from page 1*

and oil. When he returned home, he started trying out different recipes in his mom's kitchen.

He sold his first jar at the Phoenix Public Market in 2013. Today his company has sold close to 50,000 jars of peanut butter. A percentage of the proceeds is donated to A Roof for My Country. Peanut Butter Americano's slogan is, "It's 100 percent delicious, nutritious and socially beneficial."

While it is mostly an internet business, several local retail shops carry PB Americano products such as the French Grocery at 7th and Missouri avenues, Luci's Healthy Marketplace at 16th Street and Bethany Home Road, Whole Foods at 20th Street and Highland, and the Queen Creek Olive Mill store in the Union Shops at Biltmore Fashion Park. You also can find the tasty jars of goodness at many farmers markets. For a list of locations or to purchase online, visit [www.pbamericano.com](http://www.pbamericano.com).

Most likely you'll find the perfect tea to pair with your peanut butter or



Sue Meyers, owner of Green Goddess House of Herbs, says the Apple Caramel and Almond tea is perfect for the winter weather (photo by Patty Talahongva).

almond butter sandwich at The Green Goddess House of Herbs, 4232 N. 7th Ave., which is owned by Sue Meyers. The storefront in the Melrose District also houses her long-time neon business, Bend a Light Neon.

Inside the brightly and earthy-green painted store, you'll find more than 250 herbs, teas and spices. "When I come here I feel amazing," Meyers says of the fresh herbal aromas that greet her. "It's a feel-good energy."

Even the name, Green Goddess, is a

reminder that all herbs come from the Earth. It's a natural way of taking care of your body. One spice that is beneficial to combat inflammation is tumeric. Kava kava can be used for stress relief, important for the stressful holiday season, and people also can use catnip. Just in time for the cooler winter temperature is the apple caramel almond tea. And yes, she also has a pumpkin spice tea. Or try the holiday tea, which features cinnamon and cardamom and gives you the feeling of sitting by a warm fire on a snowy day.

You also can find teas for boosting your immune system, teas to help you sleep and teas to wake you up.

Meyers says customers can do research to learn which herbal tea would benefit them the most. If she doesn't carry it, she can special order it. For customers who don't want to brew and drink a tea, she sells the herbs in capsules.

Meyers says a two-week supply of tea costs less than \$20. The most expensive tea is less than \$6 an ounce. Capsules range from .13 to .30 cents each.

Tea Tuesday is a good time to visit and try out featured teas. Stop by any time during regular business hours to have a taste. Meyers also offers a line of essential oils and a few body scrubs. She often posts special events on her Facebook page, Green Goddess House of Herbs, so check it to see when her next product demo will take place.

"This is an affordable, well-stocked tea and herb shop," Meyers says. "There are alternatives to pharmaceuticals."

She also can help you find herbs for your dogs to keep their coats shiny or for other things. Visit her Facebook page or call 602-266-8177.



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## Real Estate Corner

# Bobby Lieb

*Your North Central and Biltmore residential real estate specialist*

## The times, they are a changin'

First of all, I apologize to those of you who drive daily by Central and Glendale (southeast corner) who have to see my ugly mug on the south bus stop. It was a way to get my Bar Mitzvah picture up for all to see! If



you would rather see a picture of your home, hire me in November and it is a done deal to the first two sellers who email me at bobbieb@centralphx.com or BOBLIEB@AOL.COM

I am so excited to see all the construction of homes going on in our 'hood in the past few months and it will continue for years to come. Some of you don't want to see our neighborhood change but it is too late for that wish. Look at all the new restaurants that have gone up and will go up IN THE NEXT FEW YEARS — just remember that they need humans to eat there. We are getting many new families moving from Paradise Valley and Scottsdale and the best part, for me, is seeing the kids of existing North Central residents moving back to our area with their new families. Sorry to quote Bob Dylan from his 1964 SMASH SONG but the "THE TIMES THEY ARE A CHANGIN'."

I am representing a few builders who are building new homes over the next 24 months: Porchlight Homes, who I sold 25 homes for in North Central last year, is building eight luxury homes at 200 E. Georgia that will range from \$655,000 to \$775,000. I already have two lot reservations and construction begins on December 1. Both of my buyers are currently North Central residents and are excited to move to a new custom residence. Diamond Key Homes are building four custom homes on 18th Street and Palmarie and two more just south on Aurelius. Prices will be in the mid-700s. Regal American Homes will be building four custom homes on Bethany Home and 5th Avenue where prices will range from \$600k to around \$800k. They are building two more homes on 550 and 600 W. Las Palmaritas, which will be

around \$650k to \$700k. Exciting times in our neighborhood!

Every month I try to feature a long standing North Central business and this month I am excited that Josh Hartman, the owner of Healthy Habit Health Food store at 7th Street and Bethany Home wrote a couple of paragraphs for me:

*Healthy Habit Health Foods is a family run independent health food store that has been serving the metro Phoenix market for almost 15 years. We pride ourselves on customer service. We try to ask every customer that walks in the store if we may help them and stay with them until our assistance is no longer needed. We know a significant amount of our customers by name, know what is going on with them life/health wise and have really become a small community in and of itself. We are also known in the valley as the store to find items that you can't find in other stores. We have over 15,000 SKUs filling up a 3600 square foot store.*

*We provide a great opportunity for the public to educate itself through 2 avenues. The store has a live radio show Monday through Friday from 9:00 – 10:00AM on 1100AM. Additionally, the store provides free consumer lectures every Saturday at 1:00PM in the back of the store. Guest speakers include representatives from supplement companies, local authors, naturopaths, acupuncturists and the like.*

Have a healthy and happy November, especially around Thanksgiving when all the college kids come back home..

**It is hard to believe but my wife has been married to me 30 years on November 29th. Ain't she lucky? Happy Anniversary, Mary Ann ... You thought I would forget!!**

## Bobby Lieb

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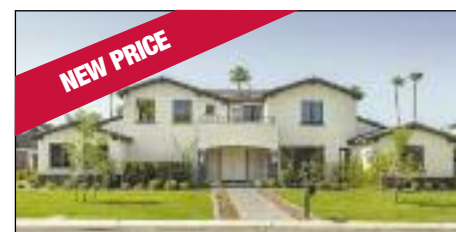
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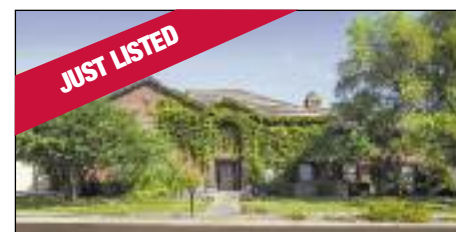
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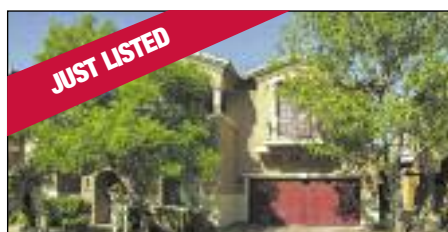
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**COMMUNITY**



Phoenix Rotary 100's "Rubber Band" gears up this holiday season to perform around the Valley in exchange for donations that are sent on to the Salvation Army. They will come to your office, school, veterans hall or any reasonable location (submitted photo).

### The Rubber Band entertains for charity

Phoenix Rotary 100 brings cheer and laughter to Central Phoenix businesses during the holiday when its 25 member motley crew, the Rubber Band, serenades employees and guests for 10 minutes or so at your office during the workday.

Christmas Carols new and old and the occasional Jewish dance break out as musicians on wash buckets, fiddles, bell straps, triangles and horns wear their Christmas best and the foolish but lovable Grinch dances among them and your employees.

The Rubber Band performs this year on Dec. 10, 14, 16 and 18. For a fee that will in turn be passed along to the Salvation Army, The Rubber Band will come to your business. For details on how you can engage them at your office, contact Barry Shemer on 602-826-1910 or [barryshemer@cox.net](mailto:barryshemer@cox.net). For information on Phoenix Rotary 100, visit [www.rotary100.org](http://www.rotary100.org).

### Local women honored by Girls Scouts-AZ

Three North Central residents were honored last month as part of the Girl Scouts-Arizona Cactus-Pine Council 2015 Women & Young Women of Distinction luncheon, held Oct. 17 at the JW Marriott Camelback Inn.

Among the honorees was North Central teen Tess Grossman, a senior at Tesseract School and a Girl Scout Ambassador, who was named a Young Woman of Distinction. In addition to co-founding a creative writing club her school and competing as a figure skater,

Grossman has created a support group for deaf children, teens and their parents as the focus of her recently earned Girl Scouts Gold Award. Born with a profound hearing loss in both ears, and among the first to receive a cochlear implant, Grossman has become a leader and advocate for the deaf community.

Being honored as Women of Distinction were North Central residents Verma Pastor and Julia Patrick. Pastor has been actively involved with her community, both personally and professionally, for more than 40 years. Over the years she has been active on numerous boards serving the greater community, including the Girl Scouts-Arizona Cactus-Pine Council board. Her commitment to girls and Girl Scouting has continued long after her board tenure. Pastor remains engaged in the Council's efforts to ensure that every girl in Arizona who wanted to be a Girl Scout may do so.

Patrick has been an entrepreneur her entire life. Her company, Patrick Media Group, publishes *Frontdoors News*, *Food & Flourish*, *The Wedding Chronicle* and *Great Wine News*. In addition to building this thriving business, Patrick tirelessly works with non-profit organizations, community leaders, business owners and philanthropists to help build a stronger community here in Arizona. A fourth-generation Arizona native, Patrick herself was a Girl Scout in the Arizona Cactus-Pine Council.



Tess Grossman





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## COMMUNITY

### Veterans recognized with several events

A variety of events are planned in Phoenix this month to honor veterans, in recognition of Veterans Day. Many are free and all are open to the community.

• This year's **Phoenix Veterans Day Parade** theme is "No Longer Forgotten: Honoring Our Korean War Veterans." The parade is set for 11 a.m. Nov. 11, departing from North Phoenix Baptist Church at 5757 N. Central Ave., the heading south on Central, east on Camelback Road, south on 7th Street, and ending at Steele Indian School Park. If you would like to make a financial contribution to support the parade, visit <https://honoringazvets.org/parade-details>.

• **Pueblo Grande Museum**, 4619 E. Washington St., hosts the 16th Annual Veterans Day Gourd Dance 11 a.m.-4 p.m. Nov. 11. This annual event held at the museum honors the memory of all the men and women who have served our nation. Gourd dancing starts at 11:30 a.m. and is conducted

by the Arizona Territory Gourd Society, a nonprofit group of American Indian United States War Veterans and their families who celebrate and support the local Arizona veteran community. Bring your favorite potluck dish to share during the break between dances. This event is free and open to the public. In honor of the Veterans Day holiday, museum admission is free. For more information visit [pueblogrande.com](http://pueblogrande.com) or call 602-495-0901.

• **The Heard Museum**, 2301 N. Central Ave., hosts a Veterans Day Sunset Tribute and Dinner Sunday, Nov. 8. Join veterans groups, color guards, performers and speakers at the American Indian Veterans National Memorial on the grounds of the Heard Museum for a special sunset tribute to all those who have worn America's uniform in the nation's armed services. Ceremony is free and open to the public and begins at 5 p.m. After the tribute, starting at 6:30 p.m., the public is invited to a dinner at \$20 per person. Tickets available online at [www.heard.org](http://www.heard.org).

• **Paradise Valley Community College**, 18401 N. 32nd St., hosts a variety of events during its Veterans Appreciation Week. There will be a Flag Raising Ceremony 9-9:45 a.m. Tuesday, Nov. 10, outside of the A Building, followed by a Veterans Resource Fair from 3-5 p.m. in KSC 1000A. The fair is for current or potential veteran students, dependents, spouses, and community veterans. The campus will be closed on Nov. 11. On Nov. 12 from 11 a.m.-2 p.m., the PVCC Veterans Club will present its Annual BBQ Fundraiser in the KSC Courtyard. Cost is \$5 donation; veterans eat free.

• Fast casual pizza and salad concept **Fired Pie** is saying thank you to those who are currently serving or have served our country. On Wednesday, Nov. 11, all active or retired military will receive a free entrée. This offer is limited to one pizza or salad per person. All they need to do is show proper military ID or be dressed in uniform. There is no purchase necessary. Locations include Park Central Mall, 3110 N. Central Ave., and the Collier Center, 201 E. Washington St., #111. Visit [www.firedpie.com](http://www.firedpie.com).

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## COMMUNITY



Volunteers help wrap presents selected by children, for their parents, from the Winter Wonderland "shopping" area, hosted by Phoenix Rescue Mission each year for poor and homeless families (photo courtesy of Phoenix Rescue Mission).

## Ways to help this holiday season

As the economy continues to right itself, many Valley families are still struggling to make ends meet. North Central residents who want to help these struggling neighbors this holiday season have several ways to do so, right in your own back yard, whether by purchasing items or volunteering your time.

### Desert Mission

Through the Adopt-A-Family program, community members purchase toys and a holiday meal for struggling neighbors; adopters can choose the size of the family they wish to serve. Adopters can then deliver the gifts to them directly or bring them to the Food Bank for the family to pick up. In order to be matched with a family in time for the holidays, you must contact Desert Mission by Nov. 30. If you can't do the shopping yourself, you can make a financial donation. Contact Mallory Lebovitz at the Foundation office to learn more: 602-331-7856 or Mallory.Lebovitz@honorhealth.com. For more information about the program itself, visit [www.desertmission.com/ways-to-give/](http://www.desertmission.com/ways-to-give/).

### Phoenix Rescue Mission

For poor and homeless families struggling to make ends meet, Phoenix Rescue Mission hosts a Winter Wonderland Community Event on Saturday, Dec. 19 at the Shelter Campus, 1801 S. 35th Ave., from 1 p.m. to 3 p.m. The public is asked to purchase new, unwrapped toys for children ages birth to 14, as well as small household items and personal gifts for moms and dads. The gifts will be placed in a "shopping" area, where the children

and parents will "shop" for each other, and then be able to wrap the gifts.

Gift donations can be dropping off starting Nov. 1 at its donation center, 1468 N. 26th Ave. Volunteers also are needed the day of the event to set up and tear down, run activity stations, wrap gifts, and chaperone kids as they get their Christmas gifts. Call 602-346-3363, e-mail [volunteer@phoenixrescuemission.org](mailto:volunteer@phoenixrescuemission.org) or visit <http://phoenixrescuemission.org/you-can-help/volunteer>.

### Duet: Partners in Health & Aging

Duet is hosting a holiday party on Monday, Dec. 21 for families who participate in its various kinship programs and support groups. These families are comprised primarily of grandparents who are now raising their grandchildren. Duet hopes to find community volunteers to provide one gift to each of the 150 children at the holiday party. Gifts are especially needed for those ages 12-18, and suggested items include movie passes, retail gift cards, bath and shower products, jewelry, and small electronics.

Donated gifts can be dropped off at the Duet office, 555 W. Glendale Ave., at the southeast end of the parking lot. Unwrapped gifts should be dropped off no later than Wednesday, Dec. 2. For more information, call Patricia Dominguez at 602-274-5022, ext. 31 or e-mail [dominguez@duetaz.org](mailto:dominguez@duetaz.org).

### MAM Toy Drive

The Military Assistance Mission (MAM) of Arizona once again hosts a toy drive to benefit children of military families in the Valley of the Sun. Dollar Tree stores in Arizona will be collecting new, unwrapped toys from Nov. 1 to Dec. 3. Participating locations include: Christown Spectrum Mall, at 19th



COMMUNITY

Avenue and Bethany Home Road; 8913 N. 19th Ave., just south of Dunlap Avenue; and 13206 N. 7th St., just south of Thunderbird Road. For more information, contact Kim Chitwood at [kim.c@azmam.org](mailto:kim.c@azmam.org) or 602-574-8037.

Other ways to help

Each year, **Desert Mission** distributes turkeys and holiday food to more than 3,000 families. You can help low-income families create lasting memories around their own tables by hosting a drive, donating a turkey or making a cash donation through the Desert Mission Turkey and Holiday Food Drive. Drop off your donation between 7 and 9 a.m. Thursday, Nov. 19, and Friday, Nov. 20, at Desert Mission, 9229 N. 4th St., or John C. Lincoln Medical Center, 250 E. Dunlap Ave. If you, your department or company would like to host a drive to collect turkeys, canned holiday items or funds to support the program, call 602-331-7860.

**St. Mary's Food Bank Alliance** will hold its seventh-annual Super Saturday Turkey Drive on Saturday, Nov. 21 from 9 a.m. to 3 p.m. Drop-off locations near Central Phoenix include St. Mary's Food Bank Stardust Campus, 2831 N. 31st Ave., and Albertson's, located at 8035 N. 19th Ave. Donors who fill out a form will have the chance to win a \$500 US Airways/American Airlines voucher. For more information, visit [www.FirstFoodBank.org](http://www.FirstFoodBank.org) or call 602-242-FOOD.

**The Phoenix Rescue Mission** offers two ways to help this month. On Sunday, Nov. 8, drop off a frozen turkey and tour Phoenix Rescue Mission's shelter at 1801 S. 35th Ave. (south of Buckeye). The event takes place from 11 a.m. to 3 p.m.

Then on Saturday, Nov. 21, take part in the "Fill-a-Box Feed a Family Turkey Delivery" event, also at the Phoenix Rescue Mission's shelter. Build on-site or bring to donate a Thanksgiving Food Box (previously donated turkeys will be provided) and then deliver it to a family in need. Volunteers will be assigned specific times to arrive, between 9 a.m. and 12 p.m. For more information, call 602-346-3363, e-mail [volunteer@phoenixrescuemission.org](mailto:volunteer@phoenixrescuemission.org) or visit <http://phoenixrescuemission.org/you-can-help/volunteer>.



This friendly and loyal 6-year-old Plott Hound mix was severely neglected by her previous owners and is now looking for a loving forever home (submitted photo).

Pet of the Month  
Friendly Plott Hound  
needs loving family

Tootsie's big and beautiful smile is sure to lift anyone's spirits; however, that wasn't always the case. One of hundreds of calls that AHS' Emergency Animal Medical Technicians (EAMTs) receive in the summer months for pets

left in Arizona's extreme heat with limited access to shade and cool water, the 6-year-old Plott Hound mix was in need of some serious TLC.

Shy, skinny and feeling under the weather, Tootsie went from having little to no care, to a team of medical, behavior and foster heroes devoted to getting the playful and devoted girl a new home. Like many Plott Hounds, she is eager to please and loyal, once she comes out of her shell, and will make a wonderful family member.

As an AHS Hopeful Heart, Tootsie is available for adoption for just \$50 at AHS' Sunnyslope Campus, located at 9226 N. 13th Ave. People interested in meeting Tootsie, ID number A519491, can call Sunnyslope Campus Adoptions at 602-997-7585, ext. 2045 or can stop in to meet her, but please bring other canine family members with you as part of the meet-and-greet.

Tootsie may have already been adopted by the time you reach the shelter, however, AHS has dozens of pets in need of loving homes.

View pet photos and bios at [www.azhumane.org](http://www.azhumane.org).



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### COMMUNITY



Dr. Hillary Frank, owner of North Central Animal Hospital, visits with Rafael Aboite and his 1 1/2-year-old pug mix, Chester, who was in for his booster shots (photo by Teri Carnicelli).

## Vet celebrates 20 years in North Central

Hillary Frank grew up on a small urban farm in North Central Phoenix, where she learned to care for a variety of animals—horses, sheep, goats, a cow, ducks, turkeys, chickens, rabbits, tortoises, and the standard dogs and cats. She later volunteered at a local veterinary office. So it's no real surprise that her career path ultimately would lead her to the care of animals, great and small.

After graduating from Colorado State University in 1992 with a post-graduate degree of Doctor of Veterinary Medicine, she returned to Arizona, and in 1995 she opened North Central Animal Hospital, located at 20 W. Dunlap Ave. This year marks the veterinary office's 20th anniversary.

"At that time, there were only a few specialists in the whole state, and most hospitals were owned by the doctor that worked there," Frank recalls. "Now, the family-owned practice is a rare find, and most of the neighborhood practices have been sold to large conglomerate national corporations who don't always publicize the sale."

Frank has made it a goal of the practice to keep up with the variety of pet "trends" that have come (and gone) over the years. "There are many more types of exotic creatures such as sugar gliders, geckos, ball pythons, as well as the more familiar rabbit and guinea pigs to care for in addition to the family dog and cat," she points out. In fact, Frank obtained specialty certification in bird medicine and surgery in 2004. "Today's veterinarian needs to have a lifelong commitment to learning and advancing skills through their career," she says.

Frank not only continues to learn,

but also shares her knowledge with others. An adjunct professor at Midwestern University, she is part of the One Health Initiative to collaborate with physicians and other health professionals.

"Veterinarians have always played a huge part in reducing diseases that can transfer to humans, and we all know pets are an integral part of improving human health and quality of life." North Central Animal Hospital is open Fridays through Tuesdays; closed Wednesdays and Thursdays. For more information, call 602-395-9773 or visit [www.northcentralanimalhospital.com](http://www.northcentralanimalhospital.com).

## Blessing of Animals at Franciscan center

Bring your pets for the annual blessing of the Animals, 10-11:30 a.m. Saturday, Nov. 14, at the Franciscan Renewal Center, 5802 E. Lincoln Drive. The friars will be available to bless your furry and feathered friends inside the great area at The Casa in Rose Court. Dogs must be leashed, other pets should be confined to carriers until it is their turn to be blessed.

Because of ongoing construction of the center's new church, there will be no pet rescue groups or vendors this year. For more information, call 480-948-7460 or visit <http://thecasa.org>.

## Get a pet photo with Santa

The Arizona Humane Society's Petique at the Biltmore Fashion Park, 2502 E. Camelback Road, Ste. 167, hosts a "Santa Paws" holiday pet photo event, 12-4 p.m. Nov. 28-29. Cost is \$15 per sitting. Proceeds benefit AHS. For more information, call 602-761-2972.



## COMMUNITY

## Smelly Dog offers deal to mark birthday

Smelly Dog modern dog market and wash house is celebrating 10 years of helping Valley pet owners keep their pups clean, healthy, and happy. To thank both loyal customers and welcome new customers, Smelly Dog offers its most popular service, the “Wee-Wash,” at a special discounted price during the month of November.

This full-service dog wash includes shampoo, conditioner, ear cleaning, drying, brushing and nail trim for \$20-\$40, providing a discount of as much as 30 percent. No appointment is necessary, and all pups are required to arrive two hours before closing time.

“As an avid dog lover, it’s such a pleasure to serve Central Phoenix with innovative, natural and eco-friendly dog products and services,” said Jackie Brenda, owner of Smelly Dog. Opening its doors in 2005 as metro Phoenix’s original self-serve dog wash, Smelly Dog quickly expanded to offer full service grooming, doggie daycare, natural dog food, supplies and a bakery. The Bone Bar boasts more than 75 types of chews from more than 25 different protein sources, including rabbit, venison, alligator, water buffalo, and kangaroo. There also are 20 different styles of bully sticks.

“With so many product choices on the market, I’m proud to offer goods that are produced locally and family-owned,” says Brenda.

Smelly Dog is located at 5033 N. 7th Ave. Hours of operation are: 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-5 p.m. Saturday, and 9 a.m.-4 p.m. Sunday. For more information, visit [www.smellydogaz.com](http://www.smellydogaz.com) or [facebook.com/smellydogphoenix](https://www.facebook.com/smellydogphoenix).

## Doggie Street Festival at Indian School park

The first-annual Doggie Street Festival, set for 10 a.m.-4 p.m. Saturday, Nov. 28, is a dog and cat adopt-a-thon and fun celebration of companion animals. More than 20 breed-specific rescue groups will be in attendance with adoptable dogs and cats.

This celebration, held at Steele Indian School Park, 300 E. Indian School Road, also provides a shopping extravaganza experience with lots of great deals and free samples from the specialty vendors in attendance, offer-

ing the latest in pet foods, services, fashion, accessories, health supplements, dog training, travel, lodging, nutrition and veterinary care.

Another highlight will be the presentation of Doggie Street Festival’s Hero Award to Bari Means of the Phoenix-based organization PACC911, for her tireless efforts to improve the lives of companion animals.

There will also be music, food and auction prizes, as well as an area just for kids. Friendly, leashed dogs are welcome. For more information, visit [www.doggiestreetfestival.org](http://www.doggiestreetfestival.org), e-mail [doggiestreet@gmail.com](mailto:doggiestreet@gmail.com) or call 323-445-5087.

## Grooming shop makes pets, parents happy

Hate trimming your dog’s nails? Is bath time more like a water-logged wrestling match? Does your dog’s long hair started to look like a knotted rug in a short period of time? Relax and rejoice—a new pet grooming facility has opened in North Central Phoenix.

Shedding Clean Pet Grooming is located in the southwest corner of Northern and 19th avenues. With more than 15 years of combined experience in the pet grooming business, owners Eric Combs and Peter Colonna provides top-quality grooms at competitive prices. “Your pet will leave here feeling happy and refreshed,” says Combs, who specializes in grooming both dogs and cats.

Colonna loves being around animals. “I have five dogs that are part of my family. The dogs I groom feel my warmth and kindness towards them. This makes the grooming experience a positive one for you and your pet.”

Shedding Clean offers a variety of services, from a quick nail trim to a full groom. It is located at 7828 N. 19th Ave., #17. Hours are 9 a.m.-6 p.m., Tuesday through Saturday and 9 a.m.-4 p.m. Sundays. For more information, call 602-841-7333 or visit [www.sheddingclean.com](http://www.sheddingclean.com).

## Hike with your pup at Dreamy Draw Park

Take a hike with your pooch, 7:30-8:30 a.m. Saturday, Nov. 14 at Dreamy Draw Park, 2421 E. Northern Ave. Breakfast and coffee will be provided by Puff & Fluff post hike. A voluntary donation to RESCUE will be collected. RSVP to this event at 602-266-5360.

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- Temperature changes can increase the risk of illness.
- Provide shelter from the cold & keep them dry.
- Increase calories if outdoors or very active.
- Arthritis may worsen when cold; veterinary care can help.
- Toxic plants & antifreeze are common poisons at this time.
- Decorations & electrical cords can be a danger.
- Stomach upsets & serious illness from rich food treats.
- Get a new pet after the holiday season, not before.
- Travel with pets often requires a health certificate.
- Have current vaccines for boarding, grooming & visiting parks.

**Don't spoil your holiday with a medical emergency.**

**Make sure to include the needs of your pets when preparing for the winter holiday season.**

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

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### COMMUNITY

## Community Central

### The Food of Arizona: Many Cultures, Many Flavors

7:30 p.m. Wednesday, Nov. 4  
Pueblo Grande Museum  
4619 E. Washington St.  
602-495-0901

Consider the taco, that favorite treat, a staple of Mexican and Mexican American cooking and an old standby on an Arizonan's plate. The corn in the tortilla comes from Mexico, the cheese from the Sahara, the lettuce from Egypt, the onion from Syria, the tomatoes from South America, the chicken from Indochina, and the beef from the steppes of Eurasia. The foods of Arizona speak to the many cultures, native and newcomer, that make up our state. This event is free and open to the public; donations are welcome. Visit [www.pueblogrande.com](http://www.pueblogrande.com).

### NIU Alum Wine Tasting

6 to 8 p.m. Thursday, Nov. 5  
St. Francis

111 E. Camelback Road

Alumni of Northern Illinois

University will gather in Phoenix to reconnect with their fellow Huskies over wine and hors d'oeuvres. The menu for the evening includes a variety of wines and heavy appetizers, such as pig dip sandwiches, crispy fingerling potatoes and baked goat cheese. There are more than 3,600 NIU alumni living in Arizona, and the NIU Alumni Association maintains an active alumni group in the Phoenix region. All NIU alumni are invited, but registration is required. Registration is \$25 for card-carrying members of the NIU Alumni Association and \$30 for nonmembers. Visit <http://myniu.com> and click on "Events."

### Interact Club Golf Tournament

7:45 a.m. Saturday, Nov. 7  
Encanto 9 Golf Course  
2300 N. 17th Ave.

Central High School's Interact Club host this annual fundraising golf event. The format is a two-player scramble off the tee, and alternating shots to the hole. The real trick is in club selection—each player can only carry one club and a putter. The entry fee is \$40. There will be a shotgun start. Proceeds benefit the Central Interact Club, a student program of Rotary International that introduces high school students to the ideals of "service above self." For more information, contact Global Studies Magnet manager John Gerace at 602-764-7568 or [centralgolf@cox.net](mailto:centralgolf@cox.net).

### Phoenix Corral of Westerners International

6 p.m. Thursday, Nov. 12  
Spoke & Wheel Tavern  
8525 N. Central Ave.  
602-242-3062

Westerners are those interested in learning about and promoting the history of the western United States, with emphasis on Arizona. Socializing begins at 6 p.m., followed by dinner and a program. Guest speaker is Heidi Osselaer, who has a Ph.D. in U.S. History from Arizona State University. She is also the recipient of the Sharlot Hall Award in 2011. Her topic is "The Powers War, the Deadliest Gun Fight in Arizona History." The cost of dinner is \$20, payable at the door. Meetings are open to anyone interested in history. Reservations requested by Nov. 11; e-mail [bjsmith5@cox.net](mailto:bjsmith5@cox.net).

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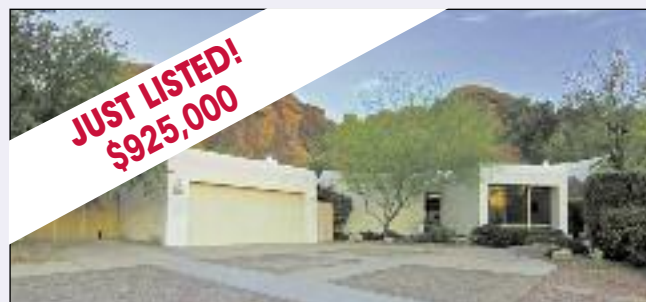


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## COMMUNITY

### Bowling Party to Benefit Kids

6-8 p.m. Friday, Nov. 13  
Let It Roll Bowl  
82925 N. 12th St.

Hosted by the Sunnyslope Kiwanis Club. Cost is \$20 for adults and \$15 for kids. Includes shoe rental, pizza and soda, as well as unlimited popcorn. Proceeds benefit local elementary and high school youth activities. No RSVP needed, just show up and bowl! Ten lanes have been reserved. Ask for the Kiwanis benefit.

### Art Studio Tour & Sale

10 a.m.-4 p.m. Saturday, Nov. 14  
Artist's Home  
7507 N. 22nd Place

Three artists showcasing three different mediums. Marjie Risk, metal artist, will again be showing her unique home and garden art on the patio. Pat Lown, fine art jewelry designer, is back for the third time with her very special one-of-a-kind pieces in gold, silver and precious gems. Catherine Sickafoose will have her watercolors—originals and giclées, quilt blocks, notecards,

Christmas cards, ornaments, and heat-resistant tiles. All items will be available for purchase.

### Community Yard Sale

8 a.m.-3 p.m. Saturday, Nov. 14  
Holiday Spa Mobile Home Park  
10401 N. Cave Creek Road

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

### Sexual Violence on Campuses

6:30 p.m. Tuesday, Nov. 17  
Beatitudes Luther Life Center  
1616 W. Glendale Ave.  
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) hosts Aleasa Guerra, president of Students for Consent. She will speak on sexual violence on campuses. The program will begin after an optional dinner (\$15).

RSVP for the dinner by noon on Nov. 13. Visitors are welcome. Enter the Beatitudes by the gate at the flagpole on Glendale Avenue.

### American Indian Art & Artifacts Appraisal Day

10 a.m.-2 p.m. Saturday, Nov. 21  
Heard Museum  
2301 N. Central Ave.  
602-252-8848

Learn more about those items lurking in your closet or collecting dust on your display shelves. Bring them to the Steele Auditorium, and leading Native art traders will examine your treasures and offer information about materials, dates, artists and traditions. Cost is \$30 for first item, \$25 for the second item, \$20 for the third-tenth item(s). Visit <http://heard.org>.

### Wildlife Center Open House

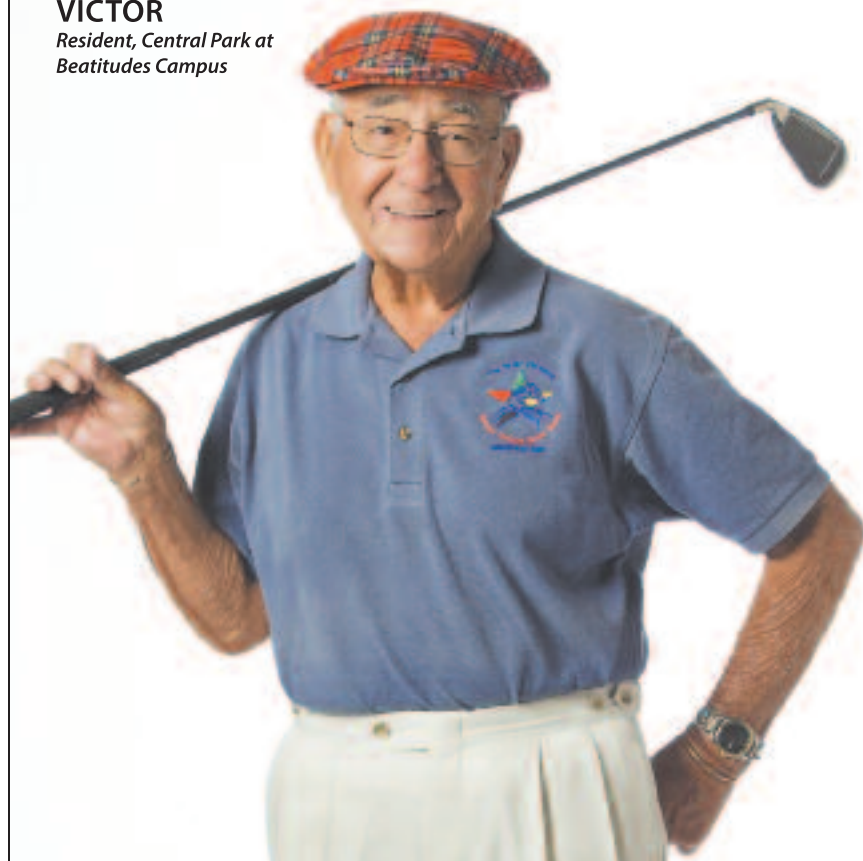
10 a.m.-3 p.m. Nov. 21-22  
Adobe Mountain Wildlife Center  
2800 W. Pinnacle Peak Road

Stroll around the compound, which is normally not open to the public. Sit in

**"This is the perfect place  
for a golf nut like me."**

#### VICTOR

Resident, Central Park at  
Beatitudes Campus



It's funny how living a rich life has so little to do with money and so much to do with pursuing your passions and enjoying the people around you. Like the fascinating friends at Beatitudes Campus:

### MEET VICTOR.

He's not just a "golf nut." He's a five-time gold medal winner in Arizona's Senior Olympics and has qualified for the 2013 national competition. That takes a lot of practice – at least three times a week – plus strength building and conditioning on the off days. The Fitness Club at Beatitudes Campus comes in quite handy. So does the full service lifestyle that frees up their time for both Victor and his wife, Dorothy. She balances being his biggest fan with rarely missing an opportunity to get involved in campus life. Living here is a "win-win."

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



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and a not-for-profit ministry of the Church of the Beatitudes.

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COMMUNITY

on educational presentations, and best of all see the animals native to Arizona that live at Adobe and serve as ambassadors for their species. There will be activities for all ages, including learning to cast at the fishing activity, boating law and safety information, hunter education information, and more. Admission and parking are free. Food and drink will be available for purchase. Visit [www.azwildlifecenter.net](http://www.azwildlifecenter.net).

Fall Festivals & Boutiques

**Chiles & Chocolate Festival**  
10 a.m.-5 p.m. Nov. 6-8  
Desert Botanical Garden  
1201 N. Galvin Parkway.  
480-481-8188

Delight your taste buds by sampling luscious gourmet chocolates, zesty salsas and other unique Southwestern treats while enjoying music by DJ Seduce and performances of Latin, Brazilian, and Spanish dance. A variety of items will be available for purchase from local Valley vendors.

Cost is included with paid garden admission: \$22 adults, \$20 seniors age 60 and older, \$12 for students ages 13-18, \$10 for children ages 3-12. Garden members and children 3 years and younger are admitted free. See the full schedule of activities at: <http://www.dbg.org>.

**Herberger Theater Festival of the Arts**

11:30 a.m.-5 p.m. Saturday, Nov. 7  
Herberger Theater Center Plaza  
222 E. Monroe St.

A diverse, family-friendly event that celebrates the arts and the community with live music, theater and dance performances, children's activities, food, film shorts, pet adoptions, and more. Admission is \$5, free for children 12 and younger, and active military/veterans (with ID). For tickets, performing groups, and sponsor and volunteer opportunities, visit <http://www.herbergertheater.org/herberger-theater-festival-of-the-arts/>. Proceeds from this annual fundraiser benefit the HTC's Youth Outreach Programs.



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For details apply today at [www.azstatejobs.gov](http://www.azstatejobs.gov). Click the Search for Jobs button. In the Job Id field, enter the appropriate Job Id number. Click on the job title and apply. For questions or support please call 602-542-6883.

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## COMMUNITY

### Scandinavian Christmas Bazaar

10 a.m.-2 p.m. Saturday, Nov. 7  
Shepherd of the Valley  
Lutheran Church  
1500 West Maryland Ave.  
480-464-5469

Free admission. The Valley's local Scandinavian organizations join forces to bring you the jul-tide spirit to shop for Scandinavian items like traditional Norse sweaters, novelty T-shirts, rose-maling, bakeware, books, antiques, collectibles, and vintage treasures. Enjoy a taste of Scandinavia for lunch while you shop, with Danish, Norwegian, Swedish & Finnish foods like home-made frikadeller, lefse, waffles, pea Soup, limpa bread, cookies and assorted pastries. Sponsored by Valley-wide Scandinavian Cultural Clubs and Lodges.

### Serbfest

Nov. 7-8  
St. Sava Serbian Orthodox Church  
4436 E. McKinley St.  
602-275-7360

This 13th-annual food and cultural Festival offers authentic Serbian cuisine and pastries, live folk music and dancing, a shopping bazaar, guided tour of the Serbian Byzantine-style church, a KidsZone, and more. Admission is \$3, children age 11 and younger get in for free. Hours are 11 a.m.-10 p.m. Saturday, and 1208 p.m. Sunday. Visit [www.serbfest.com](http://www.serbfest.com) for a coupon for free admission.

### Magic Moments Boutique

Nov. 13-14  
Beatitudes United Church of Christ  
555 W. Glendale Ave.

A myriad of displays of hand-crafted yet reasonably priced products including home décor, unique apparel, jewelry, accessories, pet items, children's items, pottery, and incredible edibles. Items are individually tagged and displayed/sold collectively, so you pay only once, upon checkout. Boutique members donate a portion of the proceeds from their creative talents to their individual charities of choice. There is no admission charge to shop the Boutique; however, your donation of a non-perishable item for the Interfaith Cooperative Ministry (ICM) Food Bank will be gratefully accepted at the door. Hours are 9 a.m.-6 p.m. Friday and 9 a.m.-5 p.m. Saturday. Held in the Fellowship Hall.

### Lura Turner Homes Boutique

8:30 a.m.-2:30 p.m. Saturday, Nov. 14  
Cross Roads United Methodist  
7901 N. Central Ave.  
602-943-4789

Dozens of vendors will offer holiday gifts from antique collectibles to artwork, holiday crafts, baked goods and more. All proceeds benefit the special needs residents living at Lura Turner Homes, a Phoenix nonprofit founded in 1965. To reserve a booth, contact Max McQueen at [maxm@luraturnerhomes.org](mailto:maxm@luraturnerhomes.org).

### Certified Local Fall Festival

10 a.m.-4 p.m. Nov. 14  
Portland Parkway  
10 W. Portland St.

A free family-friendly event for all ages and an annual celebration of all things local to Arizona. The festival features more than 100 vendors, live music, food samples from local restaurants (pre-purchase tasting tickets for \$1 each), an Arizona beverage garden, kids activities, a silent auction and raffle, and much more. Parking is limited, taking the light rail (Roosevelt St. exit) is encouraged. Visit [www.localfirstaz.com/fall-festival](http://www.localfirstaz.com/fall-festival).

### Community Art Festival

10 a.m.-4 p.m. Saturday, Nov. 14  
Desert Song Healing Arts Center  
3232 N. 20th St.  
602-265-8222

Enjoy browsing the wares of more than 30 local artisans, snack on food and coffee samples, listen to live music, participate in gardening classes, take advantage of a mini-massage, and try your luck with great raffle prizes. There also will be kids art activities. Free admission.

### The 31st Annual Calico Boutique Craft Fair

9 a.m.-2 p.m. Saturday, Nov. 21  
North Phoenix Baptist Church  
5757 N. Central Ave.  
602-707-5949

The boutique features more than 100 tables with vendors with original art, candles, wood-working, handcrafted items, holiday decorations, custom jewelry and much more, inside Building B. Admission is free. Park by the tennis courts at the east end of the church.

**For your local advertising needs, call  
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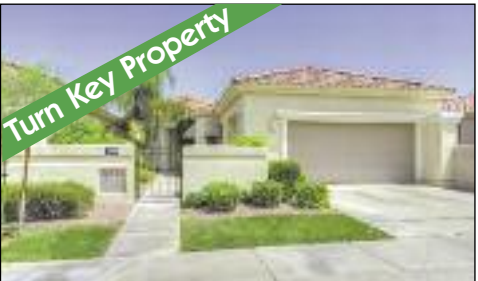
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Happy Thanksgiving  
to all my North Central  
clients, friends and  
neighbors. I'm truly  
grateful for your trust!




The home of "urban farmer" Bryan White, who likes to entertain his flock with a little music, will be on this year's Tour de Coops, featuring a variety of backyard chicken coops and other permaculture ideas that can be incorporated into an urban environment (submitted photo).

## See how others raise urban chicks

Tour de Coops, started in 2009, is a self-guided backyard chicken coop tour in Phoenix. The tour is organized by the Valley Permaculture Alliance (VPA), a local nonprofit environmental education nonprofit organization.

The Valley's most unique home tour, this "Parade of Combs" features hens and coops tucked into neighborhood gardens and urban farms around the downtown area. Many of the homes also sport other permaculture features like rain gardens, productive veggie gardens, alternative energy sources, composting, and a general pursuit of urban sustainability.

The seventh-annual tour hatches from 9 a.m. to 4 p.m. on Saturday, Nov. 14. This will be a bike-, walk-, and drive- friendly event. Visit the coops and learn from feathered friends about a wide variety of topics to help you incorporate chickens and productive vegetable gardens into your backyard system. Each site will include "egg-ucational" booths to help educate folks who are considering taking on a coop of their own.

Tickets are \$20 in advance for ages 13 and older, \$30 the day of. A four-pack is available for \$75. Children ages 12 and younger tour for free. Advance ticket sales close 5 p.m. Friday, Nov.

13. All tickets must be picked up by 2 p.m. at Coop Headquarters, inside the Southwest Autism Research and Resource Center, 2225 N. 16th St. There you will receive your tour wristband. For more information, visit <http://vpaa.org/TourdeCoops>.

## H & G Briefs

### Free program on bee keeping

Central Village presents Everything You Wanted to Know About Bee Keeping, 10 a.m. Saturday, Nov. 7. Dick Krause will discuss backyard urban beekeeping at his Sunnyslope home, 515 W. Alice Ave. He will put a hive (sans bees) together, and explain what it takes for someone to get started. He will also debunk myths regarding bees and tell of the joy of keeping bees in a backyard, or even a patio. Snacks and drinks provided.

Free and open to the public. For more information, e-mail [pit.lucking@gmail.com](mailto:pit.lucking@gmail.com).

## Green Planet fest boasts eco-friendly

Experience a variety of products from food, fashion and health, to energy, construction and design at the Green Planet Festival, 11 a.m.-6 p.m. Saturday, Nov. 7 at the Phoenix Convention Center,



HOME & GARDEN

Enjoy vegan and vegetarian cooking demos, educational activities for kids and families, innovative speakers, live music and entertainment. Shop a variety of eco-friendly businesses—everything from all-natural body care products and organic clothing to vegan and vegetarian munchies based on organic, non-GMO or local, artisanal foods. Get inspired as you listen to visionary speakers, learn vegan and vegetarian recipes at a cooking demo, and try out fresh fitness moves.

Regular adult admission is \$14.95. Check out [www.LivingSocial.com](http://www.LivingSocial.com) and search “Green Planet” for a voucher good for two general admissions, for a total of \$13. Children ages 11 and younger receive free admission. There will be workshops available just for kids. Visit <http://greenplanetfestival.com>.

Annual farmers market returns to RWW

Purchase lunch items, seasonal crafts, baked goods, homemade dips and salsas, and fresh produce at the annual Rehab Without Walls (RWW) Farmers Market, 9:30 a.m.-2 p.m. Thursday, Nov. 19. Rehab Without Walls is located at 7227 N. 16th St.

RWW’s clients are people who have sustained brain or spinal cord injuries. They work the event, side by side with their therapists. Some, if not all, of the vegetables are donated by local farmers. The crafts are made by RWW’s patients, staff, and people in the community. Many of the baked goods and other food items are especially prepared by local men and women who love to cook and these items are their specialties. The tamales are donated by The Tamale Store. A local band provides entertainment.

The proceeds from this event bene-

fit camps and programs for brain and spinal cord injury survivors. For more information, call 602-943-1012.

See firsthand what ‘urban’ living is like

Have you ever wondered what it was like to live in an urban high-rise, with sweeping views of the Valley and shops and restaurants within steps of the ground floor? Now is your chance to see what urban living is like.

The Midtown Neighborhood Association hosts the third-annual Midtown Urban Living Tour, 11 a.m.-5 p.m. Saturday, Nov. 7. The tour will feature some of midtown Phoenix’s finest residential buildings, showcasing homes in seven celebrated midtown communities. Tour goers will have the rare opportunity to explore selected homes in: Artisan Lofts on Central, Villa del Coronado, Regency House, Phoenix Towers, Tapestry, One Lexington, Executive Towers and Chateau on Central.

In true urban fashion, tour goers are encouraged to enjoy the convenience of riding the Light Rail for travel between communities. Pedal cabs and a trolley service will also be available and there will be bike racks at each property for cyclists. Before or after exploring midtown living options, tour goers may stop for a bite at one of the many excellent restaurants found in the area, some of which will offer special deals for tour goers showing evidence of ticket purchase.

Tickets are \$15 in advance online, and \$20 the day of the tour. Tickets can be purchased in person the day of at Regency on Central, 2323 N. Central Ave., which also is where the self-guided tour starts. For more information, go to [www.UrbanLivingTour.com](http://www.UrbanLivingTour.com).

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**Check out the best kept secret in the North Central area ...**

## **The North Mountain Visitor Center! Authors' Day Event**

**Saturday November 7 • 9 am - 4 pm**

**Meet Dolan Ellis, Sam Lowe and Reba Wells Grandrud!**

Authors' Day is a joyous event at the North Mountain Visitor Center, bringing in authors from across the Valley and beyond. The authors treat the public to readings from their books, and inform readers about the natural habitat and history of the Preserves and the surrounding areas. The North Mountain Visitor Center is a home for a multitude of things related to the Preserves, including photography, original artwork, exhibits, and more.

*All books sold at the event will benefit*

*the Save Our Mountains Foundation at the North Mountain Visitor Center.*

**Admission is free and the event is open to the public. Coffee and snacks provided.**

**Hosted by Save Our Mountains Foundation at the North Mountain Visitor Center**



**12950 N. 7th Street  
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Visit us at [www.northmountainvisitorcenter.org](http://www.northmountainvisitorcenter.org)

**Just south of Thunderbird Avenue on the west side of 7th Street.**

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## **HOME & GARDEN**



This beautifully restored home at 3rd Avenue and Portland Street is on this year's Historic Roosevelt Home Tour, taking place on Nov. 15 (submitted photo).

### **Home tour reveals the weird and wonderful**

The Historic Roosevelt Home Tour, set for 10 a.m.-3 p.m. Sunday, Nov. 15, features eight historic properties in Phoenix's first suburb, which includes neighborhoods that grew north of the city between 1893-1930.

The Historic Roosevelt Neighborhood spans from McDowell to Van Buren and from Central to 7th avenues. Every year, The Roosevelt Action Association hosts a family-friendly and informative historical home tour where you can explore turn-of-the-century architecture including Bungalows, Neoclassical, Tudor, Period Revival and Southwest Vernacular homes. Six of the eight homes are two stories, which is an uncommon configuration north of Roosevelt Street.

There will be food trucks and a craft fair. Tour tickets are \$11 for adults if purchased online before Nov. 14, and \$14 thereafter. Students and children 8-17 pay just \$10.

In addition, two guided tours will be led by the "Hip Historian," Marshall Shore. Shore's passion is uncovering the weird, the wonderful, and the obscure treasures from our past: the semi-forgotten people, places, and events that have made us who we are today. Tours take place at 10 a.m. and 12:30 p.m. Cost is \$20 each.

Proceeds from the home tour support the work of the Roosevelt Action Association's mission to preserve the neighborhood's unique historic character. For more information, visit [www.rooseveltneighborhood.org](http://www.rooseveltneighborhood.org).

### **Weekend docents needed at DBG**

The Desert Botanical Garden is seeking plant and people loving volun-

teers to be Docents on Friday, Saturday and Sunday. Desert Botanical Garden Docents lead tours, staff Discovery Stations and interact with garden visitors. No previous experience needed as the garden provides all training that is required for the job. All that is necessary is your enthusiasm and love of the desert.

Docents are needed specifically for Friday, Saturday and Sunday shifts, from 9 a.m. to 1 p.m., and from 11 a.m. to 3 p.m.

Training is 9 a.m. weekly on Saturdays through January 2016. To learn more about becoming a docent, contact Nancy White, program director, Volunteer Services, at 480-481-8197 or [nwhite@dbg.org](mailto:nwhite@dbg.org). Visit [www.dbg.org/volunteer](http://www.dbg.org/volunteer) to complete the volunteer application.

### **Free workshop on earth-friendly yards**

The city of Phoenix Water Services Department hosts a free workshop 6-7:30 p.m. Thursday, Nov. 12 at the Saguaro Library, 2808 N. 46th St. Learn from a certified water harvesting practitioner how to design and earth-friendly yard using simple earthworks and planting to passively cool your home. Participants will receive helpful materials and books. Attendees also will be entered into a drawing to receive tickets to the Desert Botanical Garden.

To RSVP, e-mail [tina.sleeper@phoenix.gov](mailto:tina.sleeper@phoenix.gov) or call 602-534-3950.



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**TAKING CARE OF BUSINESS**



Staff members from Gallagher & Kennedy law firm, along with members of their families, participated in this year’s Susan G. Komen Phoenix Race for the Cure to support one of their own—Colleen Bergsten (center front, in the dark pink shirt), who has been battling breast cancer for 21 years. Bergsten also was joined by her daughter, Rachel (pictured to her left) and husband, Steve (second from right, back row, in white T-shirt), who have walked with her for several previous races (submitted photo).

## Breast cancer fight a team effort for G&K

Colleen Bergsten has worked for Gallagher & Kennedy law firm for 25 years and has been battling breast cancer for 21 of those years. She was first diagnosed at the age of just 31 and has no family history of breast cancer.

Bergsten has been in Stage 4 since 2008 and has lost her hair four times, but has never lost her smile or her determination. Even though the cancer has metastasized to her liver and bones, she continues to go to work every day as the legal assistant to the firm’s co-founder, Mike Gallagher.

“Colleen has been a courageous and valued part of our Gallagher & Kennedy team for more than two decades,” said Co-founder and Shareholder Mike Gallagher. “We’re proud to stand by her and others in our firm who have so bravely battled and continue to battle this horrible disease. As a firm we work together to help our clients succeed and overcome obstacles every day, but we also work together to help one another and serve our community.”

In honor of her and the eight other employees at the firm over the years who have battled breast cancer,

*please see FIGHT on page 28*



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## November 10th

1775 – **The United States Marine Corps is founded** at Tun Tavern in Philadelphia by Samuel Nicholas.  
1954 – U.S. President Dwight D. Eisenhower ("*I Like Ike*") dedicates the USMC War Memorial (*Iwo Jima Memorial*) in Arlington National Cemetery.  
1975 – The 729-foot-long freighter SS Edmund Fitzgerald sinks during a storm on Lake Superior, killing all 29 crew on board.  
1983 – Bill Gates introduces Windows 1.0.  
1989 – German citizens begin to bring the Berlin Wall down.

## November 11th

1839 – The Virginia Military Institute is founded in Lexington, Virginia.  
1864 – American Civil War: Sherman's March to the Sea begins  
1918 – World War I: Germany signs an armistice agreement with the Allies  
The "**eleventh hour of the eleventh day of the eleventh month**" of 1918  
1919 – United States chooses All Veterans Day (later shortened to "Veterans Day")  
1921 – The Tomb of the Unknowns is dedicated by US President Warren G. Harding  
1942 – World War II: Nazi Germany completes its occupation of France.  
1960 – A military coup against President Ngo Dinh Diem of South Vietnam is crushed.  
1993 – A sculpture honoring women who served in the Vietnam War is dedicated at the Vietnam Veterans Memorial



Lt. Paul L. Blanc  
Viet Nam, 1970-71

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Thank you for your Service and Sacrifice to my fellow Veterans.



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## TAKING CARE OF BUSINESS

### FIGHT continued from page 26

Gallagher & Kennedy once again sponsored a team for the Oct. 11 Susan G. Komen Phoenix Race for the Cure. For the past 12 years, the firm has paid for employees and their families to join the race. This year's team consisted of 31 members of all ages, and raised nearly \$5,000. The firm by itself raised \$192,725 for Komen from 2002-2014. Bergsten is undergoing experimental treatment at Cancer Treatment Centers of America all while continuing to work hard and spend time with her husband, Steve, and daughter, Rachel.

## Business Briefs

### Free online module helps train businesses

The Home Instead Senior Care office serving Greater Phoenix has launched a new campaign designed to make the community more Alzheimer's friendly. Through the Alzheimer's Friendly Business program, the Home Instead Senior Care office will provide free training to local businesses to help equip employees with information and resources needed to welcome families who are caring for a loved one with Alzheimer's disease.

"For many caregivers, the unpredictable nature of the disease can make going out in public with their loved one intimidating," said Jason Nash, owner of the Home Instead Senior Care office serving Phoenix. "Our research shows that family caregivers

might be reluctant to frequent public places because of the behaviors that could be associated with the disease." According to Alzheimer's Disease International, the number of people with dementia worldwide is expected to grow to a staggering 75.6 million by 2030 and 135.5 million in 2050.

"Given the statistics, most businesses that deal with the public will be serving people with Alzheimer's and their families," said Nash. "It's critical that local businesses start working now to build Alzheimer's friendly communities to better serve their customers with Alzheimer's and other dementias."

To complete the training, employees are asked to work through an interactive, online module available at [AlzheimersFriendlyBusiness.com](http://AlzheimersFriendlyBusiness.com). Once the training is successfully completed, businesses will receive a window cling with the Alzheimer's Friendly Business designation. The designation will be valid for two years.

For more information about the Home Instead Senior Care network's Alzheimer's Friendly Business program and to access additional resources, visit [AlzheimersFriendlyBusiness.com](http://AlzheimersFriendlyBusiness.com), e-mail [jason.nash@homeinstead.com](mailto:jason.nash@homeinstead.com) or call 602-588-7725.

### Office property changes hands

Arizona-based East Missouri LLC has purchased the East Missouri Office Buildings for \$10.4 million. Cushman & Wakefield's Capital Markets Group negotiated the sale.

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TAKING CARE OF BUSINESS

East Missouri Office Buildings, located at 711 and 777 E. Missouri Ave. in North Central Phoenix, contain 83,845 square feet of office space in a three-story red brick structure. The property was constructed in 1980 and is currently 92-percent occupied, including Arizona Children's Association and Kinesphere Center for Movement Education.

Lieb noted for sales in 2014

Bobby Lieb of HomeSmart Realty was named the No. 1 agent in the *Phoenix Business Journal's* Residential Real Estate Agents list for 2014. Lieb sold 192 homes totaling \$89.21 million, and his highest priced sale for 2014 was \$2.59 million.

Additionally, *Real Trends* magazine, which is published nationally, ranked Lieb the No. 3 agent in the state of Arizona and in the Top 250 in the country based on transaction sales for 2014. Lieb opened a North Central real estate office for HomeSmart Realty in 2011, which now totals 366 agents.

Lieb can be reached at 602-761-4646 or at [boblleb@aol.com](mailto:boblleb@aol.com).

Midtown parcel sold for \$3 million

Ironline Partners recently purchased 1.98 acres of land at the northeast corner of Central and Columbus Avenues for \$3 million. Vice Presidents Will French and Brian Rosella with Cushman & Wakefield negotiated the transaction.

Ironline Partners purchased the distressed parcel from MidFirst Bank and has not announced its development plans for the land.

Situated in the heart of midtown Phoenix, the property offers frontage on three streets and a lighted intersec-

tion. "It will be exciting to see what the buyer will create on this highly visible site," Rosella added.

Hilton team members volunteer at food bank

In celebration of Hilton Worldwide's annual Global Month of Service, throughout October, more than 115 volunteers from eight Phoenix-area Hilton Worldwide hotels volunteered more than 340 hours over four days at St. Mary's Food Bank to help alleviate hunger in Phoenix.

Community service is a tradition embedded in the company for nearly 100 years. Phoenix-area hotels participating in this effort included Pointe Hilton Tapatio Cliffs Resort, Pointe Hilton Squaw Peak Resort, Arizona Biltmore, and Embassy Suites by Hilton Phoenix Biltmore.


"Working with St. Mary's Food Bank gives all of us an opportunity to make a positive impact in the communities where we work and live," said Ron Simon, general manager of Pointe Hilton Tapatio Cliffs Resort.

Over a four-day period spanning Sept. 29 to Oct. 2, local team members helped sort, bag and box 35,800 pounds of food at St. Mary's Food Bank, which will provide 35,800 meals for local families.


"We always look forward to the annual visit from Hilton Hotels during their Global Month of Service," said Jerry Brown, director of public relations for St. Mary's. "The holidays are right around the corner and along with the need for donations, the need for volunteers to build the 40,000 emergency food boxes we distribute each month is equally important."

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

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(North Central homes in bold)				
6019 N. Central Ave. ....	<b>NEW PRICE</b>	7472 SF	7BR/7.5BA	\$2,150,000
9202 N. 52nd St. ....	<b>JUST LISTED</b>	7237SF	6BR/5.5BA	\$1,995,000
4346 N. 40th St. ....	<b>NEW PRICE</b>	5449 SF	6BR/5.5BA	\$1,850,000
2320 E. Marshall Ave. ....		8832 SF	6BR/6.5BA	\$1,750,000
5600 N. 4th St. ....	<b>NEW PRICE</b>	5731 SF	6BR/6BA	\$1,550,000
35 E. Myrtle Ave. ....		5150 SF	4BR/5BA	\$1,475,000
25 E. Myrtle Ave. ....		5054 SF	4BR/5BA	\$1,449,000
7602 N. Central Ave. ....	<b>JUST LISTED</b>	4064 SF	4BR/3.5BA	\$1,025,000
10 W. Vista Ave. ....	<b>JUST LISTED</b>	5464 SF	5BR/5.5BA	\$ 975,000
8513 N. 13th Ave. ....	<b>NEW PRICE</b>	4052 SF	3BR/3BA	\$ 895,000
7539 N. 21st Pl. ....	<b>NEW PRICE</b>	3138 SF	3BR/2.5BA	\$ 874,900
5120 N. 34th Pl. ....	<b>JUST LISTED</b>	3386 SF	5BR/5.5BA	\$ 849,000
15223 N. 12th St. ....	<b>NEW PRICE</b>	5568 SF	5BR/6.5BA	\$ 799,000
2732 E. Friess Dr. ....	<b>IN ESCROW</b>	4293 SF	4BR/4.5BA	\$ 799,000
105 E. Lamar Rd. ....	<b>JUST LISTED</b>	4200 SF	5BR/5BA	\$ 775,000
320 E. Maryland Ave. ....		3882 SF	5BR/3BA	\$ 750,000
209 E Myrtle Ave. ....	<b>JUST LISTED</b>	3500 SF	4BR/3.5BA	\$ 749,000
13227 N. Joan D Arc Ave. ....	<b>JUST LISTED</b>	4123 SF	4BR3BA	\$ 725,000
7642 N. 7th Ave. ....	<b>JUST LISTED</b>	3641SF	5BR/4BA	\$ 719,900
3800 E. Lincoln Dr. #41		2824 SF	3BR/3BA	\$ 710,000
115 W. Kaler Dr. ....	<b>IN ESCROW</b>	3024 SF	4BR/3BA	\$ 699,900
3800 E. Lincoln Dr. #12	<b>IN ESCROW</b>	3038 SF	3BR/3BA	\$ 679,900
6309 N. 4th Dr. ....	<b>IN ESCROW</b>	3260 SF	4BR/2.75BA	\$ 659,000
131 W. San Juan Ave. ....	<b>JUST LISTED</b>	2275 SF	4BR/3BA	\$ 625,000
10012 N. 1st Dr. ....	<b>NEW PRICE</b>	3302 SF	4BR/3BA	\$ 599,000
6501 N. Central Ave. ....		3041 SF	3BR/3BA	\$ 599,000
919 E. Kaler Dr. ....	<b>NEW PRICE</b>	2822 SF	3BR/2.5BA	\$ 579,900
4613 N. 31st St. ....	<b>NEW PRICE</b>	2148 SF	3BR/3BA	\$ 525,000
6520 N. Central Ave. ....	<b>NEW PRICE</b>	2079 SF	3BR/2BA	\$ 475,000
1125 E. Ocotillo Rd. ....	<b>NEW PRICE</b>	2457 SF	4BR/3BA	\$ 470,000
7915 N. 16th Dr. ....	<b>NEW CONSTRUCTION</b>	2483 SF	3BR/3.5BA	\$ 449,000
7920 N. 16th Dr. ....	<b>NEW CONSTRUCTION</b>	2483SF	3BR/3.5BA	\$ 449,000
125 W. Las Palmaritas		2542 SF	5BR/3BA	\$ 459,000
6845 N. 3rd. Pl. ....	<b>JUST LISTED</b>	2400 SF	3BR/2BA	\$ 425,000
4240 N. 20th St. ....		1254 SF	2BR/1BA	\$ 399,900
307 W. Herro Ln. ....	<b>IN ESCROW</b>	2457 SF	4BR/2.5BA	\$ 375,000
902 E. Rovey Ave. ....	<b>IN ESCROW</b>	1240 SF	3BR/1.75BA	\$ 260,000
10004 N. 1st Dr. #10		Lot		\$ 169,900





**Bobby Lieb**  
Associate Broker



**Featured Homes for November**



6845 N. 3rd Pl. ■ \$425,000



131 W. San Juan Ave. ■ \$625,000



4613 N. 31st St. ■ \$525,000



4240 N. 20th St. ■ \$399,900



7915 N. 16th Dr. ■ \$449,000



7642 N. 7th Ave. ■ \$719,900



209 E. Myrtle Ave. \$749,000



13227 N. Joan D Arc ■ \$725,000



919 E. Kaler Dr. ■ \$579,900

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4909 N. 45th Pl.	\$2,240,000	5302 N. 6th St.	\$ 610,000	7919 N. 16th Dr.	\$ 463,500	2735 S Kenneth Pn.	\$ 344,000	104 E. Echo Ln.	\$ 287,500	8150 N. Central Ave. #15	\$ 198,500
6035 N. Central Ave.	\$2,200,000	6316 N. 7th Ave.	\$ 608,000	7911 N. 16th Dr.	\$ 449,000	9409 N. 17th Way.	\$ 340,000	6337 N. 14th St.	\$ 285,000	3850 E. Crocus Dr.	\$ 185,000
7110 N. Central Ave.	\$2,050,000	6833 N. Central Ave.	\$ 607,000	4427 E. Montecito	\$ 438,500	6159 N. 9th Ave.	\$ 340,000	2333 E. Montecito Ave.	\$ 270,000	6542 N. 5th Ave.	\$ 183,000
4101 N. 65th St.	\$1,595,000	7032 N. 2nd Ave.	\$ 580,000	3845 E. Glenrosa Ave.	\$ 428,000	18 W. Medlock Dr.	\$ 325,000	1523 E. Hatcher	\$ 265,000	1102 W. Peoria Ave. #12	\$ 182,000
334 E. Glenn	\$1,163,250	331 E. Tuckey Ln.	\$ 577,500	110 E. Lamar Rd.	\$ 420,000	328 E. Rose Ln.	\$ 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	7145 N. 11th Pl.	\$ 418,000	717 E. Harmond Dr.	\$ 323,000	1313 W. Rose Ln.	\$ 262,500	1237 W. Vista Ave.	\$ 179,900
7339 N. 2nd Dr.	\$ 845,000	109 E. Tuckey Ln.	\$ 570,000	909 E. Kaler Dr.	\$ 413,500	77 E. Missouri Ave. #41	\$ 320,000	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	219 E. Winter Dr.	\$ 401,000	6621 N. 10th Pl.	\$ 315,000	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	1250 W. Solano Dr.	\$ 395,000	1502 E. Berridge Ln.	\$ 315,000	4043 E. Gail Ct.	\$ 250,000	2725 S. Azalea Dr.	\$ 158,000
14838 N. 15th Ave.	\$ 740,000	7619 N. 11th St.	\$ 520,000	739 E. Palmlaire Ave.	\$ 387,500	8726 E. Monterey	\$ 305,000	1410 E. Verlea Dr.	\$ 245,000	750 E. Northern Ave. #1141	\$ 155,000
41 W. Marlette Ave.	\$ 700,000	5523 N. 2nd St.	\$ 515,000	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
405 E. Montebello Ave.	\$ 695,000	201 W. Palmlaire	\$ 489,250	11109 E. Mercer Ln.	\$ 366,000	310 W. Oregon Ave.	\$ 300,000	1133 E. Gardenia	\$ 240,000	25700 N. 16th Ave.	\$ 120,000
1117 W. Tuckey	\$ 690,000	6310 N. 7th Ave.	\$ 484,500	7533 N. 8th St.	\$ 365,000	130 E. El Caminito	\$ 300,000	846 E. Lamar Rd.	\$ 237,100	207 W. Clarendon 5A	\$ 104,000
1515 W. Lewis	\$ 650,000	40 E. Lawrence	\$ 480,000	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
5801 N. 22nd Pl.	\$ 650,000	8 Biltmore Estates #102	\$ 475,000	7755 N. 7th Ave.	\$ 360,000	507 W. Campbell	\$ 295,000	6508 N. 10th Pl.	\$ 221,500	1145 E. Orangewood Ave.	\$ 65,000
7601 N. Central Ave. #31	\$ 625,000	1818 E. Palmlaire Ave.	\$ 465,000	1113 W. Stella Ln.	\$ 358,500	6640 N. Chatelaine Pl.	\$ 292,000	7339 N. 11th Pl.	\$ 217,500		

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**Health Briefs**

**Tuning up your  
breath and core**

Is your breath nourishing or depleting you? Find out with "Nourish Yourself With Breath" with Lisa Perry, 9:30-10:30 a.m. Saturday Nov. 11, at Kinesphere Center for Movement Education 711 E. Missouri Ave., Suite 180.

There are different types of breathing patterns a person can choose and many modalities have their own breathing techniques. Often when someone wishes to change his or her breathing pattern, that person simply tries to breathe differently without the understanding that neurological and/or muscular imbalances may not allow him or her to change for the long term. This often results in neck, shoulder or abdominal tension, headaches or even fatigue. In this workshop, participants will be provided with a greater understanding of human breathing mechanics and how the way one breathes can either deplete or nour-

ish one's energy. Perry will guide participants through self-awareness and exercises to help them achieve a more efficient breathing pattern that can leave one feeling energized and focused. Cost is \$25 before Nov. 6; \$30 thereafter.

Scared to sneeze? Is jumping no longer an option? Do Kegels just not cut it? It's time to rethink the relationship between your core, hip musculature, and pelvic floor. Both men and women experience pelvic pain issues. Learn self-care strategies to break the vicious pain cycle and get back to pain free movement during "Healthy Hips, Core & Pelvic Floor" with Isabelle Barter, 1-3 p.m. Saturday Nov. 21 Registration includes a pair of YTU Therapy Balls. Cost is \$35 if paid before Nov. 20; \$40 thereafter.

Call 602-532-3111 or email [info@kinesphere-studio.com](mailto:info@kinesphere-studio.com) to register.

**Immune system  
can detect cancer**

The monthly 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, Nov. 19, in the meeting room at Bluewater Grill, 1720 E. Camelback Road.

The guest speaker is Joshua LaBaer, M.D., Ph.D., who will discuss "How to Use Our Immune System to Detect Cancer." LaBaer is director of the Biodesign Institute's Virginia G. Piper Center for Personalized Diagnostics; Virginia G. Piper Chair of Personalized Medicine; professor, School of Molecular Sciences, Arizona State University; and adjunct Professor of Medicine for the College of Medicine, Mayo Clinic.

Admission is free. Complimentary refreshments will be served. An RSVP is requested by Monday, Nov. 16. 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 Community Cancer Support Association, visit [www.mrmcancersupport.com](http://www.mrmcancersupport.com).

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## HEALTHY LIVING

Through its Path to Health program, Abrazo's community education and outreach campaign aims to raise awareness and understanding of the Affordable Care Act (ACA) as well as the insurance options available for those currently without insurance or looking to change plans.

In addition, Abrazo will present special enrollment events. The first will be from 9 a.m. to 1 p.m. Saturday, Nov. 14 at Abrazo Central Campus's Arlene Copley Wellness Center, 2000 W. Bethany Home Road. Topics will include the potential benefits to individuals and families regarding the Affordable Care Act, Health Insurance Marketplace and Medicaid Expansion.

Free health screenings will be offered including blood pressure, heart rate and Body Mass Index (BMI). Refreshments will be served.

Under the Affordable Care Act, people who do not enroll in health insurance by Jan. 31, 2016 may have to pay a penalty fee of \$695 per adult and \$347.50 per child or 2.5 percent of their annual income, whichever is higher.

Make an appointment for a certified enrollment counselor or register for a Path to Health enrollment event by calling 866-893-8446.

### Free tips on cooking healthy for holidays

Healthy holiday cooking is the focus of a free class set for 10 a.m. Saturday, Nov. 14 at Abrazo Central Campus (formerly Phoenix Baptist Hospital), 2000 W. Bethany Home Road.

Participants will learn how to make heart-healthy dishes such as Mediterranean roasted broccoli and tomatoes, spaghetti alla carbonara, linguine with escarole and shrimp, and mini frozen baklava.

This is one of several free classes that Abrazo Community Health Network is presenting as part of its free 30-day health challenge. The Artistry of You program runs from Nov. 1 to 30 and aims to help residents take control of their health, physically and emotionally. Participants can join the program anytime during November at [AbrazoHealth.com/ArtistryOfYou](http://AbrazoHealth.com/ArtistryOfYou) to receive daily emails with health challenges and health tips as well as to register for free wellness events such as the holiday cooking class. They also can share their wellness journeys on social media using #artistryofyou.

For more information about the pro-

gram, visit [AbrazoHealth.com/ArtistryOfYou](http://AbrazoHealth.com/ArtistryOfYou) or email [ArtistryOfYou@AbrazoHealth.com](mailto:ArtistryOfYou@AbrazoHealth.com).

### Pilates studio marks anniversary with party

Time flies when you do what you love, especially when what you do helps transform lives for the better. That's why Lifestyle Pilates is happy to celebrate two years of success for itself—and its customers—with a special event on Saturday, Nov. 21.

The studio at 1321 E. Northern Ave. hosts an anniversary party from 11 a.m. to 4 p.m. complete with complimentary food and drinks, as well as sampler classes on all the Pilates equipment including the Power Plates. Specially priced workout packages also will be offered as part of the celebration.

In addition, the American Academy of Dermatology has named November National Healthy Skin Month and in tandem with LifeStyle Pilates' anniversary celebration, Jan Mueller, executive consultant for Rodan + Fields, will provide free facials and skincare advice for attendees.

Call 623-910-1314 to schedule your sampler session (20 to 30 minutes) and then enjoy a day filled with healthful tips for healthy bodies—and healthy skin.

### Workshop to counter stress of digital age

Desert Song Healing Arts Center has designed a workshop to explore ways to help overcome the collateral damage to the human soul of the digital disarray we all feel. We are hit with so many sad and tragic events with such digital speed that they can't help but manifest themselves in insomnia, anxiety, addictions and some say even chronic diseases.

"The Art and Science of Relaxation—Ancient Tools for Modern Times," will take place 12-4 p.m. Saturday, Nov. 7, at Desert Song, 3232 N. 20th St. The workshop will cover: How stress affects the body, and how yoga works on the subtle energy body to promote wellness and rebalance tension in the physical body.

Participants also will learn practical techniques in various modalities to restore homeostasis, and how to integrate these techniques into their lives. Cost is \$60. For more information, call 602-265-8222 or visit [www.desertsongyoga.com/events](http://www.desertsongyoga.com/events).



## AN EPIDEMIC IN SLOW MOTION

In 2016, 785,000 Americans will have a new coronary attack – about 1 every 25 seconds. Another 600,000 will die of heart disease – 1 every 39 seconds. The much-feared Ebola epidemic, by comparison, has killed about 11,300 people world-wide to date.

Ebola has garnered attention because 1) it is a new and highly contagious disease, 2) there is as yet no cure, and 3) it has an incubation period (time from infection to illness) of only 21 days. By comparison, coronary disease is all too familiar and is not contagious, has treatments available, and has an incubation period measured in decades. Human beings start to develop atherosclerosis in early childhood, but heart attacks before age 50 are rare. Atherosclerotic disease is an epidemic of massive proportions, but it is one that is occurring in slow motion.

The way to defeat Ebola will be development of an effective way to produce immunity against infection. We cannot immunize ourselves against coronary disease, but we can greatly reduce cardiac deaths by attacking its root causes. As proof, we need only look at the death rate from heart disease in 1980, which was 20 percent greater than it will be this year. Much of the decrease is due to our success in treating high blood pressure and high cholesterol.

Unfortunately, this success may soon be undercut by the obesity epidemic in the United States that is driving a rapid increase in the number of cases of type 2 diabetes. Since over 60 percent of people with diabetes die from cardiovascular disease, preventing heart disease will require reducing the relentless weight gain that our current lifestyles promote.

One of the most effective ways to do this is not by going on a crash diet but by developing a personalized longterm plan for enjoyable exercise and healthy eating. This is what we offer at North Mountain Cardio. A disease with a long incubation period like atherosclerosis affords us many opportunities and lots of time for prevention - and it's easier than you might think.



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>.

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Dozens of students at Madison Simis took turns participating in the ceremonial ground-breaking of their new school on Sept. 30. Each student at Simis that day was given the opportunity to participate and “turn the dirt” (submitted photo).

### Groundbreaking held for Simis

Madison School District on Sept. 30 marked the start of construction of the new \$16 million, 72,000-square-foot Madison Simis Elementary School and administrative building. The project was approved by voters in the 2014 bond election.

The construction project, which is scheduled to complete in July 2016, involves the demolition of all existing structures, with the exception of the cafeteria, and the replacement of the school buildings at 7302 N. 10th St. The new buildings will provide approximately 40 new classrooms, including art, preschool and flex space.

In addition, the project includes construction of a new library and media center; learning gardens and outdoor teaching space; a gathering-area courtyard; a new ball field; and a new administrative building with front office, nurse’s office, conference rooms and administrative offices.

“We notice progress daily and have enjoyed working with the McCarthy construction team and the Orcutt Winslow architectural firm,” said Madison Simis Principal Joyce Flowers. “We are so fortunate to have the best of both worlds—an established, strong, supportive community and a lovely new school.”

The new campus design includes extensive natural light in all classrooms.

Efficiencies are also being incorporated into the new buildings with the goal of lowering water and energy usage, including all LED lighting, high-efficiency HVAC system and low-flow bathrooms. All classrooms will be audio-enhanced and feature multi-user interactive displays to improve sharing and collaboration in the classroom.

“We are pleased to be entering this exciting phase of construction, where the community will begin to see construction progress on this long-awaited school project,” said Justin Kelton, executive vice president of McCarthy Building Companies, Southwest division. “Our timeline is ambitious, delivering the fastest new school building of this size for our division. Thanks to our extensive pre-construction coordination systems and advanced scheduling techniques, we are ready to achieve this goal for the district and the community.”

Madison Simis Elementary serves children grades pre-kindergarten through four. In 2014, Madison Simis became authorized as an International Baccalaureate (IB) World School in the Primary Years Programme.

### Sophomores invited to apply for program

The Student Expedition Program (STEP) College-Prep and Leadership Program is now accepting applications from high school sophomores. Applications are due by Nov. 19.



## SCHOOL DAYS

STEP equips low-income, first-generation, college-bound Arizona high school students with the knowledge, confidence, and leadership skills to successfully transition to college and obtain a college degree.

Eighty-seven percent of STEP alumni are in college or have graduated from college. Since the College-Prep program's inception in 2011, 100 percent of STEP's graduates have gone directly to college and are on track to becoming college graduates. They are attending all three Arizona state universities as well as top-ranked schools nationwide.

To qualify, sophomores must be low income (qualify or slightly above qualifying for free/reduced lunch); first-generation (neither parent has a 4-year college degree); excelling academically (unweighted GPA of 3.6 or higher); and taking honors classes and on track to take AP (or IB) level classes next year.

For a complete program description and to apply, go to [www.stepexpedition.org/apply.html](http://www.stepexpedition.org/apply.html).

## Seniors invited to learn more at PVCC

High school seniors and their family members are invited to learn more about what is available to them at Paradise Valley Community College during a special open house 6:30-8 p.m. Thursday, Nov. 12.

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

The event is free and takes place in KSC 1000 on campus, located at 18401 N. 32nd St., just west of the SR 51 Union Hills exit. Parking is free. For more information, visit [paradisevalley.edu/highschool](http://paradisevalley.edu/highschool), or call 602-787-7638.

## School Briefs

### GLENDALE UNION HIGH SCHOOL DISTRICT Students named Merit Semifinalists

One student from Thunderbird High School and four students from Sunnyslope High were named a National

Merit Scholarship semifinalist this year.

The announcement was made in early September and the students were recognized for their outstanding academic achievements by the Glendale Union High School District Governing Board at a Sept. 16 meeting.

The semifinalists from Sunnyslope are Sean Miller, Daniel Sinclair, Linnea Weicht and Madeline Weicht, and Mark Morrissey is the lone Merit Semifinalist from Thunderbird.

In early September, about 16,000 students, or approximately one-third of the 50,000 high scorers from across the country, are notified that they have qualified as a semifinalist. Semifinalists are designated on a state-representational basis.

To be considered for a National Merit scholarship, students must take the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). The test is based on areas of critical reading, mathematics and writing skills. More than 1.5 million students take the test each year. Students also are required to be enrolled as high

*please see SEMIFINALISTS on page 36*



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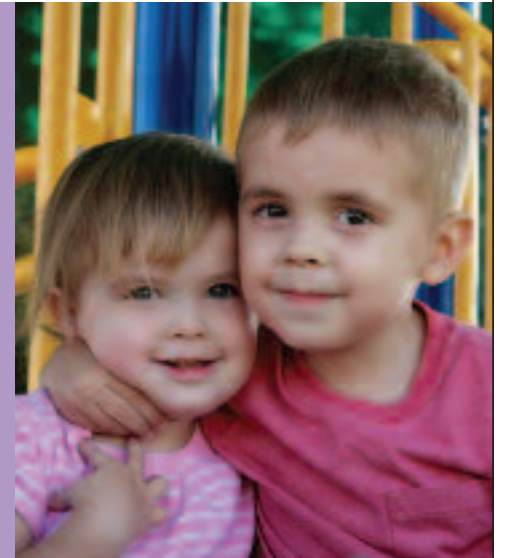
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SCHOOL DAYS

SEMIFINALISTS continued from page 35

school students who are planning to enroll fulltime in college following graduation from high school.

To be considered for a National Merit Scholarship, the Semifinalists must advance to Finalist standing in the competition by meeting high academic requirements. Finalists will be notified in February 2016 if they have advanced to this standing.

MADISON ELEMENTARY SCHOOL DISTRICT Meadows named a Blue Ribbon School

Madison Meadows Middle School has been recognized by the U.S. Department of Education as a National Blue Ribbon School for 2015 in the “Exemplary High Performing Schools” category. Schools receiving this award are among the state’s highest performing schools as measured by state assessments or national tests.

Madison Meadows is one of four schools in Arizona recognized as a National Blue Ribbon School for 2015.



Being recognized by Glendale Union High School District Board members are, front row from left: Mark Morrissey of Thunderbird High School, and Sean Miller, Daniel Sinclair, Linnea Weicht and Madeline Weicht of Sunnyslope High, who were named National Merit Semifinalists (submitted photo).

“This [award] is the culmination of the hard work and collaboration that takes place among teachers, staff, students and parents daily,” said Principal Susan Doyle. “When schools and families work together, great things happen for kids.”

The National Blue Ribbon Schools Program honors public and private elementary, middle, and high schools where students either achieve very high learning standards or are making notable improvements in closing the achievement gap.

OSBORN ELEMENTARY SCHOOL DISTRICT Doherty receives award, cash prize

Michelle Doherty, a first-grade teacher at Encanto Elementary School, was one of four recipients of the 2015 Esperanza Latino Teacher Awards, presented by Chicanos Por La Causa, Inc. (CPLC).

The winners were selected after a careful review of nominations received from schools throughout Arizona. The independent selection committee chose Doherty and her fellow educators because each has demonstrated successful academic results in the classroom as well as their commitment to their respective local communities. The independent committee consists of volunteers from other nonprofit organizations, school administrators, past honorees, representatives from the business community, and representatives from CPLC’s Board of Directors.

Doherty will receive a \$5,000 cash stipend and a donation of \$2,500 will be given to Encanto Elementary School, 1420 W. Osborn Road.

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SCHOOL DAYS

Community and business leaders paid tribute to the winners at the 17th Annual Esperanza Latino Teacher Awards Ceremony on Oct. 22.

The Esperanza Awards continues to be the only awards program in Arizona that specifically recognizes Latino teachers who are nominated by their peers. To date, CPLC has recognized more than 100 outstanding Latino educators who continue to inspire future generations and positively impact communities in Arizona.



Michelle Doherty

PHOENIX UNION  
HIGH SCHOOL DISTRICT  
Future high schoolers  
invited to expo Nov. 7

The third-annual Experience Phoenix Union High School Expo will be held Saturday, Nov. 7 from 10 a.m. to 2 p.m. at Phoenix College. Middle school students and parents are invited

to explore all that Phoenix Union has to offer at the Expo.

Attendees can visit all Phoenix Union schools in one location, meet students and staff, learn about the many programs, clubs and services offered, and take advantage of the first day to apply to a PUHSD school. There will be live performances by high school students, giveaways and interactive activities and the first 1,000 eighth graders will receive a free drawstring backpack.

New academy  
breaks ground

A groundbreaking ceremony was held Sept. 30 for the Linda Abril Educational Academy. The 42,000-square-foot, two-story school building is going up at 3000 N. 19th Ave., adjacent to Metro Tech High School. It will open in August of 2016.

The small alternative school has been known as Suns-Diamondbacks Education Academy since its opening in 2001. The new building was renamed after longtime Phoenix Union Governing Board member Linda Abril.

*please see ACADEMY on page 38*



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### SCHOOL DAYS

#### ACADEMY *continued from page 37*

The school caters to students who are credit deficient, and through accelerated, flexible and personalized learning, students are able to graduate high school, rather than dropping out. The school has leased two different buildings in its short history, but now has a permanent home, with a capacity of 400 students. More than 1,500 students have received diplomas through this alternative school.

#### Guitar Club makes public appearance

The North High Guitar Club performed in downtown Phoenix for First Friday, Oct. 2. First Friday is a monthly art event in the Roosevelt district, from 7th Street to Central Avenue, featuring art, food, craft booths and of course music.

The North High Guitar Club performed a set consisting of everything from acoustic singles to classic rock and heavy metal. Some of the club's new songs are "Carry on My Wayward Son," "Dream On," "Stand by Me," and

"Comfortably Numb." The North Guitar Club is led by social studies teacher Richard Vial.

#### Students visit from sister school in China

Students and a chaperone from Chengdu, China last month visited Central High and Arizona for 10 days. The students, from sister-school Shude High School, visited with students in the Global Studies Magnet program, and dropped in on various classes, including a Chinese language class. They also visited the Grand Canyon and Music Instrument Museum during their stay. Central students will go to China in the spring.

#### Orar ranks as a top runner

Aron Orar, a sophomore distance runner at Central High School, was the overall champion of the Arizona Road Racers Summer Series. Over the course of four 5K races and the Fourth of July 4-mile race, Orar was first overall in total points. Orar, not surprisingly, is the top runner on the Bobcat Cross Country team this year.

#### Lady Bobcats finish strong

One fall sport that doesn't get a lot of attention is badminton. But the Lady Bobcats team at Central High had a successful season. The team reeled off six straight wins and ran its record to 9-3, before losing two tight 5-4 decisions to Agua Fria and Millennium in the final week of the season.

Central finished 6-2 in sectional play, and was the best badminton team among Phoenix Union schools. Central has two sister pairs on the team—Ellen and Monica Lam, and EiEl and NeNe Naing. Bonnie Soe, Amy Ditrich, Aye Cho, Esmeralda Regina and Susana Aparicio round out the rest of the Central Varsity Badminton team.

#### Students turn out in force for downtown walk

The Nursing and Pharmacy Health Occupations Student Associations (HOSA) had the largest group representing Metro Tech at the "Be A Leader Taking Steps Toward College Success annual Walk-A-Thon," held Sept. 27 in downtown Phoenix. Forty-four students participated and they earned a pizza party for their club.



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## SCHOOL DAYS



KPNX Channel 12's Tram Mai visits Diane Distler's forth-grade class at Mountain View School during Youth Authors' Day (submitted photo).

## WASHINGTON ELEMENTARY SCHOOL DISTRICT

### Mountain View students enjoy Young Authors' Day

Celebrating writing was the focus on Sept. 18 for fourth-grade students at Mountain View School. Several authors conducted writing workshops with the students while other authors talked about their own writing and the road to publishing their work.

Hayley Rose, author of the Fifo books and "Today I Feel" books, Sharon Skinner, "Hero's Legacy" Series, Leslie Miller, "Foobie Friends" book series, and Lynda Exley, "Arizona Way Out West" books, spent time with students as did cartoonist and writer Drew Aquilina, among others.

KPNX Channel 12's Tram Mai, Matt Maur and Vanessa Ruiz were part of the Young Authors' Day as well, speaking about the importance of writing in their careers and about their work in general. Student received free books during the event.

### Volunteers join kids for day of service

Twelve WESD schools, including Maryland School, participated in the annual city-wide Love Our Schools Day on Sept. 1. Community partners who rallied volunteers to participate in a variety of community service events at the schools for the day included students from ASU West; Pure Heart Christina Fellowship; North Hills Church; Christ Church of the Valley (CCV); Orangewood Nazarene; Young Life; Trinity Mennonite, and Christ's Community Church.

These volunteers, along with teachers, principals and students from the schools, painted buildings and teachers

lounches, dusted books, cleaned desks, organized clothing closets, sanded benches, beautified gardens, lawns and fields, and more.

### PRIVATE AND CHARTER SCHOOLS Swimmers capture first, second places at meet

Xavier College Preparatory's diving team placed first at the Phoenix

*please see SWIMMERS on page 40*



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SCHOOL DAYS

SWIMMERS continued from page 39

Country Day School Eagle Invitational in September, capturing the girls’ diving championship trophy.

Swimmers and divers from 42 high schools competed in this year’s invitational, which is one of the largest in the state. Xavier’s swim team placed second.

Brophy Academy gets grant from NY Life

Brophy College Preparatory’s Loyola Academy has received a \$25,000 Community Impact Grant from New York Life in support of its emergency assistance fund, benefitting Loyola Academy families with critical social services.

The Community Impact Grant program awards grants of up to \$25,000 to local nonprofit organizations which are championed by New York Life agents and employees to serve the needs of their local communities. More than 366 grants totaling more than \$4.7 million have been awarded to nonprofits across the country since the program’s inception in 2008.

The Loyola Academy, formed in 2011, operates under the auspices of Brophy and offers a Catholic, Jesuit education for sixth- through eighth-grade boys who display academic promise but have limited educational opportunities and whose families have limited financial means and qualify for the federal free lunch program.

SFX hosts open house on Nov. 17

St. Francis Xavier School will host an Open House for its preschool and kindergarten program, 7:30-9 a.m. Tuesday, Nov. 17.

Parent can take a tour of the new campus, visit the classrooms during the school day and have questions answered by the principal and teachers. Interested parents should register for the open house by visiting the school’s website at [school.sfxphx.org](http://school.sfxphx.org). Click on the registration icon on the main page.

St. Francis Xavier School is a Jesuit Elementary School, preschool-eighth grade, located at 4715 N. Central Ave. For more information, call 602-266-5364 or visit [www.school.sfxphx.org](http://www.school.sfxphx.org).

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SCHOOL DAYS



This mural at AmeriSchools Academy was designed by a local artist and painted with help from students. The chains represent overcoming obstacles and breaking through barriers, while the caterpillar changes into a butterfly, which represents the students. The corn is knowledge and growth. The two hands reflect the school’s diversity (submitted photo).

Students help paint two murals at school

AmeriSchools Academy students recently worked with Francisco Garcia, an international artist working and living in Phoenix, to design an original mural. The mural represents the diversity of AmeriSchools, 1333 West Camelback Road, and the community coming together as one. The students helped paint the mural this summer.

Garcia explained to the students that the mural will have multiple layers of paint from multiple people, which further emphasizes the teamwork needed in communities. The mobile mural project was sponsored in part by ArtLink. The students and families were so thrilled with this art experience, AmeriSchools has organized another mural to be painted in its multipurpose room.

*please see MURAL on page 42*

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Sunday, Nov. 1, 2015, 12:00 pm - 3:00 pm  
**Entrance Exam**  
Saturday, Jan. 9, 2016, 7:30 a.m.  
**Make Up Entrance Exam**  
Saturday, Jan. 23, 2016, 7:30 a.m.

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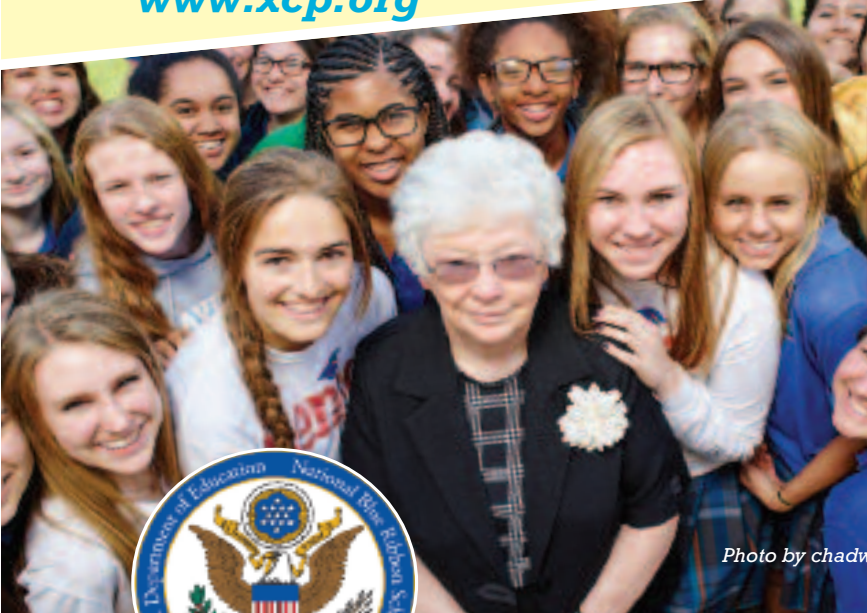


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Azra Hussain, president of the Islamic Speakers Bureau of Arizona, shows a prayer rug to students in the kindergarten program at All Saints' Episcopal Day School (submitted photo).

**MURAL continued from page 41**

Student leaders of the school along with artist Keith Blum from Los Angeles designed mural around scholars who have made a difference in the world. The newest mural currently is

being painted and depicts many scholars throughout time. A community celebration of the murals was held on Oct. 27. Both artists were present to share their perspectives and vision.

**Islamic Speakers Bureau president visits school**

As part of their religious studies, the All Saints' Episcopal Day School kindergarten students last month welcomed Azra Hussain, president of the Islamic Speakers Bureau of Arizona (ISBA) to campus.

Hussain spoke to the kindergarten religion classes about Islam. The age-appropriate session was met with many questions as the children learned about how Muslims pray, the Qur'an, the Muslim holidays, and much more.

Children in Lower School Religion learn about Christian holidays, and discuss the holidays and festivals of other world religions, including Judaism, the Islamic faith, and the Baha'i faith.

Founded in 1999, the Islamic Speakers Bureau of Arizona is a non-profit organization providing certified speakers, workshops, and other educational opportunities on Islam and other faith traditions. The ISBA is dedicated to providing opportunities for education, civic engagement, and constructive dialogue to enrich our community toward a better understanding of Islam and other faith traditions.

Learn more about the Islamic Speakers Bureau of Arizona at [www.isb-az.org](http://www.isb-az.org). For more information about All Saints', visit [www.aseds.org](http://www.aseds.org) or call 602-274-4866 for more information.





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SCHOOL DAYS

Scardello takes on teen dating violence

Xavier College Preparatory senior Lauren Scardello represented the Governor's Youth Commission at an October meeting of the Governor's Commission to Prevent Violence Against Women. Scardello discussed teen dating violence and her committee's plan to promote awareness with an "Orange Out" campaign on Feb. 10, 2016.



Lauren Scardello

In addition to the Governor's Youth Commission, Scardello also serves on the Ryan House Teen Board, is active in the National Charity League, and is a Youth Ambassador for the Catholic Community Foundation of the Diocese of Phoenix. Scardello has been a Xavier Student Ambassador and a member of Xavier's Unity in Diversity club since her sophomore year. Every summer, she is a counselor for The Association of Catholic Student Councils (TACSC) as well.

Solliday named a Merit Semifinalist

Bradley Solliday, 17, a senior at Brophy College Preparatory, was selected as one of 16,000 Semifinalists in the 61st annual National Merit Scholarship Program.



Bradley Solliday

Solliday, a North Central resident, was one in 1.4 million juniors in more than 22,000 high schools throughout the country who entered into the 2016 National Merit Scholarship Program by taking the 2014 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). The Qualifying Test serves as an initial screen of program entrants. Solliday is part of the highest scoring entrants representing less than 1 percent of U.S. high school seniors.

Approximately 15,000 students are expected to advance to the Finalist level by meeting additional requirements. The Finalists will be announced in February.

Solliday is an aspiring young mathematician and physicist currently map-

ping out his college options. He hopes to combine his passions for the sciences, history, and anthropology.

Artist, naturalist visits kids at ASEDS

Author, educator, naturalist, and artist Clare Walker Leslie visited All Saints' Episcopal Day School Sept. 24-25 to speak to students in third through sixth grades. Leslie is a nationally known artist and educator. She is the author of the popular children's book "The Nature Connection: An Outdoor Workbook for Kids, Families, and Classrooms," as well as books for adults on nature drawing.

Leslie worked with students in third, fourth, fifth, and sixth grades to introduce them to the process of creating nature journals. Science, writing, math, and drawing were integrated with the goal of helping students to observe and connect with the natural world around them.

Librarian Jennie Oleksak says, "I was excited for our students to have the opportunity to work first-hand with

*please see ARTIST on page 44*



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SCHOOL DAYS

**ARTIST** *continued from page 41*

Mrs. Leslie observing, experiencing, and creating journals about nature right here on campus. I loved to see our students increase their appreciation of nature through this creative outlet.”

Leslie, who has written 12 books, has taught at Williams College, Harvard's Landscape Design Program, College of the Atlantic, Antioch New England, and many Audubon Centers and is a member of the National Guild of Scientific Illustrators.

**Xavier seniors complete hands-on medical program**

Ten Xavier College Preparatory seniors on Sept. 12 completed The Perry Initiative’s program for high school women aspiring to be leaders in orthopedic surgery and mechanical engineering. The program was held at the Mayo Clinic.

The students were seniors Ana Gallo, Jennifer Gross, Frances Hansen, Claudia Lucca, Lisbet Maldonado, Ainsley Ramsey, Alexandra Robbins, Hailey Tallman, Julia Teeter, and junior



Xavier students Ana Gallo, Lisbet Maldonado, and Claudia Lucca display a model of a spine that they repaired surgically with metal rods and screws (submitted photo).

Caroline Clark.

The Perry Initiative advances its mission principally by running hands-on outreach programs across the country for women students in high school, college, and medical school.

The Perry Initiative is named in honor of Dr. Jacquelin Perry, who was one of the first 10 women orthopedic surgeons in the country and was a men-

tor to countless women and men in the field throughout her career.

The Perry Initiative first brought its program to the Mayo Clinic in September 2012. At that time, the program hosted 40 students from 18 Phoenix-area high schools. This year’s program included 38 students from 23 Valley high schools.

**All Saints’ hosts campus open house**

Prospective families can participate in campus tours of All Saints’ Episcopal Day School during an Open House beginning at 9 a.m. on Wednesday, Nov. 11. Meet with admission officers and faculty, 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).

If you cannot attend an Open House, call 602-274-4878 to schedule an individual tour. All Saints’ is located at 6300 N. Central Ave. Application materials for the 2016-17 school year are now available at [www.aseds.org](http://www.aseds.org).



A large graphic for Phoenix College's 95th anniversary. It features a woman in a blue shirt in the foreground, a historical photo of three men in the background, and a large '95 YEARS 1920-2015' logo. To the right is the Phoenix College logo with a building icon. Below the logo is the tagline 'The launching point for brighter futures since 1920. Start here. Go anywhere.' A yellow banner at the bottom says 'REGISTER TODAY!' and the website 'phoenixcollege.edu/welcome' is listed below it.

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**GENERATIONS**

## Senior Living Caregivers invited to daylong retreat

In honor of National Family Caregiver Month, the Foundation for Senior Living (FSL) hosts a Resource & Relaxation Retreat for caregivers on Friday, Nov. 13, from 7 a.m. to 7 p.m.

All unpaid caregivers in the Valley are invited to attend the retreat, which will take place at the FSL Caregiver House, located at 1201 E. Thomas Road. There is no cost to attend, and free on-site caregiving services and activities will be provided for loved ones.

Family caregivers can learn about community resources that will simplify their daily lives while providing them the opportunity to put themselves first for an afternoon.

No RSVP is required. There will be programs and activities scheduled throughout the day. For more information, call 602-285-0505, ext. 327 or visit [www.fsl.org](http://www.fsl.org).

## Ask an independent broker about Medicare options

Medicare Open enrollment runs through Dec. 7. If you miss the Open Enrollment deadline, you will likely have to wait a full year before you can make changes to your plan. So, it is important to plan ahead and not wait until the last minute to make an important decision such as which Medicare insurance plan is best for you. Even if you are happy with your current plan, there might be something even better out there for you.

You can learn about and enroll in a

plan either by contacting the various carriers directly or you can utilize the service of an independent broker. The advantage of an independent broker is that they work for you and can offer you more than just one option when it comes to your Medicare insurance needs. Their services are free to clients as they receive a commission directly from the carrier whose plans they sell.

One such independent broker serving the North Central community is Yvonne Kudray-Baraban, who has been specializing in selling Medicare insurance since 1996 and has been a Phoenix resident since 1977. She can help process all of the information that will be coming your way in order to select the best plan for you. For more information or to make an appointment, call 602-575-0622 or e-mail [Yvonne.Kudray@Cox.net](mailto:Yvonne.Kudray@Cox.net).

## Arnold hired as liaison to seniors

Janet Arnold has been hired by Jewish Family & Children's Service as the new concierge to the senior Jewish community.

The position was created after an extensive survey of the senior community was conducted by the Jewish Federation of Greater Phoenix. The half-time position is funded by a grant from the federation and was established to connect members of the senior Jewish community to programs and services they need and want.

Arnold has lived in the Valley since 1957 and is available to find the answers to questions dealing with anything from socialization, classes and programs to




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**Tuesday, Nov. 17, 10 a.m. to 2 p.m. by appointment**

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## GENERATIONS



The Great Arizona Puppet Theater returns with a family favorite this month, telling the story of a Little Red Hen who needs help from her friends to get a big job done (photo courtesy of GAPT).

housing, home care and transportation. She is housed at the Valley of the Sun JCC, 12701 N. Scottsdale Road in Scottsdale on Tuesdays and Thursdays and will travel throughout the Valley. Reach her at [janet.arnold@jfcasaz.org](mailto:janet.arnold@jfcasaz.org) or 480-599-7198.

## Kids & Families

### Puppet theater offers 'The Little Red Hen'

Who will help the Little Red Hen with all the work it takes to get wheat made into bread? This sing-along show will be presented Nov. 14-29 at the Great Arizona Puppet Theater. Shows take place Wednesday through Saturday at 10 a.m., with afternoon shows at 2 p.m. on Saturday and Sunday. The theater will be closed Nov. 26 for Thanksgiving.

Tickets are \$7 for children 2 and older and \$10 for adults. Children younger than 2 are free with the pur-

chase of a child ticket. The theater is located at 302 W. Latham St. For more information, call 602-262-2050 or visit <http://azpuppets.org>.

### 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. There will be no class on Thursday, Nov. 26 as the center will be closed for Thanksgiving.

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).

### Free classes at ballet school

The School of Ballet Arizona, 2835 E. Washington St., offers free classes, Nov. 5 -8 for teens age 14 and older and adults of all ages. 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>. The free classes are scheduled at the same times as the regular weekly classes for those days.

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Encanto/Heard Museum Light Rail Stop  
 2301 N. Central Ave, Phoenix | [heard.org/firstfridays](http://heard.org/firstfridays)

\* Museum admission and some events are free.



## ARTS & ENTERTAINMENT

### A & E Briefs

#### '33 Variations'

7 p.m. Nov. 5-7

**Sunnyslope High School Auditorium**  
 35 W. Dunlap Ave.

Sunnyslope High School Theatre Department will present this Tony award-winning play written by Moisés Kaufman with music by Ludwig van Beethoven. It's the story of a musicologist suffering from ALS who does her best to negotiate relationships with her daughter, her nurse, her disease and her obsession with Beethoven's final collection of variations—which are played live onstage throughout the production. Tickets are \$5, available beginning 30 minutes before the show.

#### First Fridays at the Heard

Friday, Nov. 6

**Heard Museum**

2301 N. Central Ave.

It's time to celebrate all things Frida Kahlo with the exhibits, "Frida Kahlo: Her Photos" and "Las Favoritas de Frida." The night will include a choreographed performance inspired by the celebrated 20th-century Mexican artist, Liliana Gomez. The works of the Phoenix Fridas, a local Phoenix arts collective, will be featured in a special mercado. Dance, eat in the Courtyard Café or sign up to get your hair braided Frida-style with a small donation. The Heard Museum Shop presents Hispanic potter Ruben Galicia, who will demonstrate his art 6 to 8 p.m. There will be free evening admission to the museum's galleries. Visit [www.heard.org](http://www.heard.org).

#### Boys To Men Annual Festival of Male Choruses

4:30 p.m. Saturday, Nov. 7

**Camelback Bible Church**

3900 E. Stanford Drive

The Orpheus Male Chorus of Phoenix hosts this annual festival promoting access to choral training and development for young male singers. Boys to Men features junior high and high school male singers from around the Valley and beyond with adult male choruses from the Phoenix area for an afternoon of education and inspiration, followed by performances by individual choruses and a combined choir finale of more than 200 singers. Tickets can be purchased at the door for \$5.

#### 'Disgraced'

**Arizona Theatre Company**

Nov. 12-29

**Herberger Theater**

222 E. Monroe

602-252-8497

There are some topics you just shouldn't discuss at a dinner party. Disgraced is the critically acclaimed, Pulitzer Prize-winning Broadway hit about the stories we tell our friends, the secrets we tell our lovers, and the lies we tell ourselves. Written by one of the most astonishing new voices in American theater, this provocative tale dares to face the truth hiding just below the deception. In "Disgraced," what begins as polite table conversation explodes, leaving everyone's relationships and beliefs about race and identity in shards. Tickets are \$28-\$68 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

#### Classic Rock Live:

#### A Tribute to the '70s

7:30 p.m. Friday, Nov. 13

**Paradise Valley Community College,**  
**CPA Mainstage**

18401 N. 32nd St.

602 787 7738

Featuring performance by the PVCC Faculty Rock Band and special guests. Tickets are \$12 general admission in advance, \$6 for students with ID. There will be a \$4 additional ticket fee at the door prior to performance. Parking is free. Visit [www.paradisevalley.edu/cpa](http://www.paradisevalley.edu/cpa).

#### 'Florencia en el Amazonas'

**Arizona Opera**

Nov. 13-15

**Phoenix Symphony Hall**

75 N. 2nd St.

602-266-7464

An exotic journey that follows the story of Florencia Grimaldi who travels along the famed Amazon River in the hopes of finding her long-lost lover, a butterfly hunter, who disappeared in the jungle many years ago. Wracked by storms and a cholera outbreak, she and her fellow passengers are drawn deeper into the exotic rainforest, where fantasy and reality intertwine and their hopes and dreams are tested. Performances are 7:30 p.m. Friday and Saturday, 2 p.m. Sunday. Tickets start at \$25 and are on sale through [www.azopera.org](http://www.azopera.org).

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## ARTS &amp; ENTERTAINMENT

**El Mercado de Las Artes****10 a.m.-5 p.m. Nov. 14-15****Heard Museum****2301 N. Central Ave.****602-252-8848**

Artwork by top Hispanic artists from Arizona and New Mexico will be accompanied by music and dance performances. Chat with more than 65 artists as they sell a range of distinctive and unique artwork, including Santos, pottery, embroidery, furniture making, painting, printmaking, and silver and tinwork. The Courtyard Café will offer a menu of festive and traditional foods. The Mercado is free with a suggested donation of \$10, which includes museum admission. Visit [www.heard.org](http://www.heard.org).

**'The Wizard of Oz'****Nov. 18-Dec. 27****Phoenix Theatre****100 W. McDowell Road****602-254-2151**

Go over the rainbow with the entire family this holiday season. Travel with Dorothy as she journeys to the magical land where scarecrows wish for brains, lions are afraid of their roars, tin men long for hearts and witches come in all varieties. Tickets are \$30 to \$80 plus fees. Visit [www.phoenixtheatre.com](http://www.phoenixtheatre.com).

**'Entertaining Mr. Sloane'****7:30 p.m. Nov. 19-21 & Dec. 3-5****John Paul Theatre,****Phoenix College****1202 W. Thomas Road**

Follow the provocative story of Mr. Sloane, a sly and handsome young man who works his way into the household of Kath, her brother Ed, and their father. Kath wants something between a lover and a substitute baby, while Ed wants someone to drive his car dressed in a tight T-shirt and leather cap. But though the charismatic youth thinks that he holds all the cards with both brother and sister vying for his attention, the play soon becomes a shameless and unnerving tangle of sex, blackmail, bribery and violence. Tickets are available a half hour before each show at the box office. A matinee will take place at 11 a.m. on Dec. 4. Prices are \$10 general admission, \$7 alumni, and \$5 students with ID.

**'A Bloody Mary Christmas'****Weekends, Nov. 27-Dec. 27****Space 55****636 E. Pierce St.**

Retirees Blanche, Bertha and Mabel sing, dance and drink themselves silly as

they fight to keep from losing their Sun City condo to a heartless homeowner's association on Christmas Eve. This show is not appropriate for children. Show times are 8 p.m. Fridays and Saturdays, and 7 p.m. Sundays. There will be special performances at 8 p.m. on Dec. 22 and Dec. 23. Tickets are \$18 on Friday and Saturday, \$15 on Sunday. Tickets are on sale at [www.space55.org](http://www.space55.org).

**'Black Nativity'****Black Theatre Troupe****Dec. 1-11****Helen K. Mason****Performing Arts Center****1333 E. Washington St.****602-258-8129**

This popular holiday event, by Harlem Renaissance poet Langston Hughes, returns to the BTT stage in a stunning new production. A joyous company of singers, actors, dancers and musicians delivers its powerful message of joy, hope, victory and liberation. This song-play touches a special chord in the hearts of all at a very special time of the year. Tickets are \$32. Visit <https://blacktheatretroupe.tixato.com/buy>.

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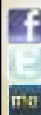
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**ARTS & ENTERTAINMENT****'Chasing Shadows'**

Warren Miller Entertainment

8 p.m. Wednesday, Dec. 2

Herberger Theater

222 E. Monroe

602-252-8497

Warren Miller once said, "A pair of skis are the ultimate transportation to freedom." His production company's latest film is an exploration into what it means to be inspired. Skiers and snowboarders have all chased it: a feeling, a memory, a storm, a turn. They've been chasing it their whole lives and they will keep chasing it a lifetime more. Check out [www.warrenmiller.com](http://www.warrenmiller.com) for details. Tickets are \$22.50 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**'The Nutcracker'**

Ballet Arizona

Dec. 11-27

Phoenix Symphony Hall

75 N. 2nd St.

602-381-1096

The beloved ballet tells the story of a little girl named Clara who is given a magical nutcracker doll on Christmas Eve. She encounters the frightful

Mouse King before embarking on a wondrous journey through the Land of Snow and the Kingdom of Sweets. Young and old alike will experience the many special effects, including the Christmas tree that "grows" to 40 feet, 200 pounds of "snow" falling during the snow scene and the firing of cannons onstage. Forty-five minutes before each performance, audiences are invited to the Symphony Hall lobby for pre-show events including storytelling and photos with the Sugar Plum Fairy. Ticket prices start at \$15, discounts offered for seniors, students, military and groups. Visit [www.balletaz.org](http://www.balletaz.org).

**'A Christmas Carol'**

Dec. 10-26

Herberger Theater

222 E. Monroe

602-256-6995

Katie McFadzen will use Dickens' own immortal words to turn the family-friendly classic into a one-woman tour-de-force as she performs all 27 characters from Scrooge to Tiny Tim. "A Christmas Carol" will be adapted and directed by Matthew Wiener. Tickets are \$23-51 plus fees. Discounts are available for seniors and active military. A \$10 student ticket pricing is now available for all performances. Pay What You Can performance is Dec. 16 at 7:30 p.m. Tickets are available for a suggested \$10 donation (cash only). Visit [www.arizonatheatre.org](http://www.arizonatheatre.org).

**'The Santaland Diaries'**

Arizona Theatre Co.

Dec. 10-26

Herberger Theater

222 E. Monroe

602-256-6995

The wickedly true, outrageously funny tale of best-selling humorist David Sedaris' tenure as an unemployed writer taking a job as Crumpet the Elf in Macy's Santaland display. Ticket are \$23-\$51 plus fees. Visit [www.arizonatheatre.org](http://www.arizonatheatre.org). Discounts are available for seniors and active military. A \$10 student ticket pricing is now available for all performances. Pay What You Can performance is Thursday, Dec. 17 at 7:30 p.m. Tickets are available for a suggested \$10 donation (cash only).

**For more Arts & Entertainment events, visit us online at [www.northcentralnews.net](http://www.northcentralnews.net)**

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FOOD FOR THOUGHT



Chef Stephen Jones of Walrus & the Pearl hosts a new monthly Wise Walrus Dinner series, featuring delectable oyster and seafood dishes along with a bit of insight and history of the much-maligned oyster (submitted photo).

Café Chat  
When meals become  
a learning experience

By Teri Carnicelli

Phoenix foodies have seen many trends over the last few years, whether it's gourmet pizzas, gourmet tacos, farm-to-table cuisine, and more. Most people are happy to enjoy a sumptuous meal prepared by a talented chef.

But then there are others who want to know more about what they are eating. Where did it come from? How was it prepared? And what was that fabulous wine that was served with it?

One of the hottest trends in the Valley right now are "educational" dinners, meaning, you get a little learning with your nosh. Whether it's a geographical history of each course served, or a representative direct from the winery talking about the pairings, it's not all about just the palate anymore.

Walrus & the Pearl

You can eat, drink, socialize and learn at Walrus & the Pearl's new monthly Wise Walrus Dinners. The intimate set-up at the oyster bar, located inside the 1930s DeSoto building, 915 N. Central Ave. (at Roosevelt Street), is only available to 11 guests per seating, meaning each and every guest can get up-close-and-personal with Chef Stephen Jones as he prepares his delectable oyster and

seafood dishes. Ask him questions, hear his cooking wisdom, and see his techniques, right at the bar.

The dinner themes include: The Oyster and its Habitat, Nov. 11; Eastern Oysters at a Glance, Dec. 10; The Gulf (the Oysters Between), Jan. 13; and West Coast Sexiness (Ain't no oyster like a west coast oyster) on Feb. 10.

There are two seatings each night at 6 and 8 p.m., with 11 seats available at each seating. An amuse, plus four courses with drink pairings is \$45 (per person, including tax and tip). The menu will include oysters (of course) and other extraordinary seafood preparations, some incorporating elements from the oyster's actual habitat, like the seawater and seaweed it grew in. Not to be overlooked, the drink pairings will mix bubbles, sake and other delights that pair well with seafood.

For reservations, visit <http://desotocentralmarket.ticketleap.com>.

Different Pointe of View

Renowned for offering spectacular views of the city skyline with cuisine to match, Different Pointe of View welcomes the return of its Insider's View Dinner series featuring top winemakers from across the country for one Phoenix's most up-close and intimate food and wine experiences.

Offering exclusive dinners limited to just 12 guests, each Insider's View

*please see LEARNING on page 52*

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Please visit [www.firstchurch.church](http://www.firstchurch.church) for concert details.

This is a free event, a free-will offering will be taken. A reception will follow.

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FOOD FOR THOUGHT

LEARNING continued from page 51

Dinner begins with an outdoor sunset wine reception hosted by the owner of the featured vineyard. The evening continues in the main dining room overlooking dramatic city and mountain views where Executive Chef Anthony DeMuro prepares a four- to five-course dinner entirely tableside.

The 2015-16 Insider's View Dinner Series runs through May. Reservations are required and available for \$99 per person, inclusive of dinner and wine pairings. Upcoming featured wineries include: Tondi Bolkan, wine maker for Francis Ford Coppola Winery, Nov. 13; January 15; Dave Guffy, wine maker for The Hess Collection, Jan. 15; Derek Summers, family co-owner of Summers Estate Wines, Feb. 5; Chuck Carlson, owner Carlson Wines, March 4; Steve Nelson, wine maker for Chalk Hill, April 1; and Dan Parrott, CEO/co-owner of JAX Vineyards, May 13.

To make reservations for an upcoming Insider's View Dinner, call 602-866-6350.

Musoan Tea House

If you are looking for cultural significance in your libation experience, the Japanese Friendship Garden of Phoenix offers authentic tea ceremonies for the public at its Musoan Tea House.

The Japanese tea ceremony is called Chanoyu, Chado or simply Ocha in Japanese. In the 1500s, Sen-No-Rikyu incorporated the ideas of simplicity into the tea ceremonies and embraced the notion that each meeting should be unique and special.

The traditional ceremony became more than just drinking tea; it is a spiritual experience that embodies harmony, respect, purity, and tranquility. The tea ceremony, presented at the garden by Tanko Kai, offers guests a unique opportunity to get an introduction to WabiSabi (a concept that highlights the imperfection of art), which is an important element of this cultural practice.

Reservations are being taken for tea ceremonies set for Nov. 21, Dec. 19, and Jan. 16 at the Japanese Friendship Garden, 1125 N. 3rd Ave. There are nine guests allowed for each ceremony, and space fills up fast. Cost is \$30 per person, \$25 for seniors age 62 and older. Private tea ceremonies for your group also can be reserved. Call 602-274-8700 or 602-256-3204 or send an e-mail to [info@jgphx.org](mailto:info@jgphx.org).

Dining Briefs

Fall pancakes sweeten breakfast at Scramble

Scramble—a Breakfast Joint announces its Fall Pancake series available now through the end of the year at the eatery, located at 9832 N. 7th St.

Featured for November are Orange and Cranberry Sweet Potato Pancakes made with a sweet potato batter topped with a sweet citrus infused cranberry reduction served with Schreiner's sausage patties for \$8.79.

In December, feast on Banana Chocolate Pecan Cakes featuring a rich buttermilk batter, caramelized bananas and candied pecans topped with chocolate and powdered sugar served with Schreiner's sausage patties for \$8.79.

Scramble boasts a spacious, dog-friendly patio, plasma televisions, free Wi-Fi and charging stations. It is open from 6 a.m. to 2 p.m. Monday through Friday and 6 a.m. to 3 p.m. on Saturday and Sunday. For more information call 602-374-2294 or visit [www.azscramble.com](http://www.azscramble.com).



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**November 14**

Chef Cullen Campbell of *Crudo and Okra Cookhouse & Cocktails*

**November 21**

Ross Simon of *Bitter & Twisted Parlour*

**November 28**

Chef Jared Porter of *The Clever Koi*

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## FOOD FOR THOUGHT

## Pizza Festival set for downtown

Arizona residents can begin their holiday eating binge one week early by indulging in the first Phoenix Pizza Festival on the Saturday before Thanksgiving.

Taking place from 11 a.m. to 5 p.m. Nov. 21 at Civic Space Park, 424 N. Central Ave., the Phoenix Pizza Festival will benefit Local First Arizona, an organization that champions local business ownership and consumer support of those businesses.

Approximately 15 pizza makers will come together and serve \$2 slices, full pies, and everything in between to a crowd of about 2,500 attendees. Some participants to date include: Fabio on Fire, Focosco, Charred, il Bosco, Saffron JAK, Grand Avenue Pizza Company, Doughlicious, Rosati's, Whiskey Ranch Grill, Authentic Pizza Ovens, and others.

Craft beer and wine tasting stations, fun lawn games, dessert vendors, and live bands will add to the pizza enjoyment. Expect beer from local makers such as the new Wren House Brewing and Sonoran Brewing Company, and wines

by Chronic Cellars, Chateau La Paws, Woodwork, and others.

A kid's craft zone will round out the fun. Since the holiday shopping season kicks off later that week, the event will also include a local business vendor marketplace so attendees can shop for gifts while supporting local business. Entry is \$10 per person. Tickets and details are available at [www.phoenix.pizza](http://www.phoenix.pizza).

## Sauce opens new location in uptown

Sauce Pizza & Wine, which in late 2014 split off from the Fox Restaurant Concepts group of eateries, opened the doors to its seventh Valley location in September.

The fast-casual Italian restaurant located at 25 E. Camelback Road near Central and Camelback is the first site to open under the brand's new owners led by local restaurateur, Scott Kilpatrick. Guests can expect the same food and drinks, same customer service, same atmosphere—but with a refreshed and reinvigorated design.

The repurposed 3,750-square-foot,

white-brick building is a former office building and features an urban-like aesthetic. To add to the character of the building, the exterior walls have been hand-painted with an eye-catching mural of a Phoenix city street and woman in a headscarf and sunglasses. The restaurant also features a 400-square-foot patio covered with string lighting, radiating a metropolitan atmosphere. Inside, the space is more traditional to the brand, with retro-inspired chalkboard art carefully drawn by a local artist and a visible pizza oven behind the register.

The heart and soul of the menu is a "build-your-own" pizza, where guests can choose original thin or artisan hand-stretched crust that's made fresh, in-house daily. A gluten-free option is also available. Additional menu options include salads, paninis and pastas such as the Mac 'N Cheese, a guest favorite.

Sauce Pizza & Wine is open Sunday through Thursday from 1 a.m.-9 p.m. and Friday and Saturday from 11 a.m.-10 p.m. For more information, visit [www.saucepizzaandwine.com](http://www.saucepizzaandwine.com) or call 602-845-7007.

## All-you-can-eat shrimp at Half Moon

Half Moon Windy City Sports Grill, 2121 E. Highland Ave., announces the addition of "All You Can Eat Shrimp" to its fall menu.

Every Friday from 11 a.m.-11 p.m., guests can order the new "All You Can Eat Shrimp" featuring a special sauce infused with New Belgium Snapshot Wheat Ale created by Half Moon Executive Chef Marlene Portillo.

Half Moon's peel and eat shrimp boil comes complete with Andouille sausage, corn-on-the-cob and red potatoes tossed all tossed in a Cajun sauce for \$17.89. Pair it with a pint of Snapshot Wheat Ale, available all day Friday for \$3.50.

For more information, visit [www.halfmoonsportsgrill.com](http://www.halfmoonsportsgrill.com) or call 602-977-2700.

## Pay pennies for drinks, share a nosh board

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FOOD FOR THOUGHT

enjoy your first well drink, house wine or 12-ounce draft beer for just two cents. Happy hour pricing kicks in after the first beverage—\$5 house wines, half-price beer and \$6 specialty cocktails. Enjoy Happy Hour Bites that range in price from \$2.50-\$8.

If you can't make it on a Tuesday, check out Nosh Wednesdays, featuring a house bottle of wine (white or red), with a loaded meat and cheese nosh board for \$20 from 6 p.m.-close.

The Market Restaurant + Bar, by Jennifer, is located at 3603 E. Indian School Road, Ste. A, on the back of the Gaslight Square shopping center just off 36th Street. For more information, visit [www.themarketphx.com](http://www.themarketphx.com).

Pre-, post-Turkey Day specials at Ticoz

Ticoz Latin Kitchen is celebrating the day before Thanksgiving (Wednesday, Nov. 25) with all day happy hour pricing on drinks and appetizers as well as the eatery's regular Wednesday feature—the Sampler Sabor which includes fried calamari, guacammos, queso con chorizo, lettuce wraps and a choice of a pitcher of sangria, margaritas or a select bottle of wine for only \$20.

Ticoz will offer half-off appetizers

and "Weary Shopper Sangria" for half off all day on Black Friday Nov. 27. Corona, Corona Lite and Imperial beers by the bottle also will be half off.

Ticoz Latin Kitchen, 5114 N. 7th St., is open Monday-Friday at 11 a.m. for lunch, and Saturdays and Sundays starting at 10 a.m. for brunch. Ticoz is open daily for dinner. Visit [www.ticozaz.com](http://www.ticozaz.com) or call 602-200-0160 for more information.

All-you-can-eat chili at TEXAZ Grill

As temperatures continue to drop, stop in to TEXAZ Grill to enjoy all-you-can-eat TEXAZ Red Chili for just \$7.50 on Saturday, Nov. 7 from 11 a.m. to 4 p.m.

What's the occasion, you ask? TEXAZ Grill Owner/Chef Steve Freidkin will serve as an official judge at the annual world championship chili cook-off in Terlingua, Texas for the 29th straight year on that same day.

In addition to the all-you-can-eat TEXAZ Red Chili (no sharing, to-go or doggie bags), patrons also will enjoy \$3 Shiner Bock beers and \$6 Republic tequila shots from 11 a.m.-4 p.m. TEXAZ Grill is located at 6003 N. 16th St. For more information, call

602-248-STAR (7827) or visit [www.texazgrill.com](http://www.texazgrill.com).

'Wine Bible' author visits with two events

James Beard Award-winner Karen MacNeil brings the revised version of her globally popular book, "The Wine Bible," to Phoenix this month with two public appearances.

Long thought of as the most compelling, entertaining, and comprehensive book on wine, MacNeil traveled the globe for the revision, tasting more than 10,000 wines in five years.

Transporting you from China's Sichuan Province to the Sicilian Mediterranean, MacNeil delves into the history, food, wines and wineries of each region. At over 1,000 pages, chapters deliver the top regions of the world, as well as a helpful "Wines to Know" list for each region. You also will find tips on how to taste with focus and build a wine-tasting memory, how to choose the best glassware, how to read a label, and extensive sections on the traditional, tried-and-true food pairings for the wines of every major wine region.

MacNeil will be at Changing Hands Bookstore, 300 E. Camelback

Road, at 7 p.m. Thursday, Nov. 5. The event is co-hosted by Quintessa wines, and complimentary tastings will be given with each purchase of "The Wine Bible" (\$24.95) from Changing Hands. In addition, each pre-reserved book for the evening also will come with a ticket good for two people to MacNeil's presentation and book signing. To reserve your book and ticket, visit <http://www.changinghands.com/event>, and click on the Nov. 5 calendar page.

The public also will enjoy \$1 off glasses and 30-percent off bottles of Quintessa 2012 and Illumination 2014 all day on Nov. 5.

MacNeil also will be on hand for a special wine-pairing dinner event 6:30-9 p.m. Sunday, Nov. 8 at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. The event will begin with a meet-and-greet wine reception with MacNeil, then a four-course wine-paired dinner prepared by the LON's culinary team, followed by a salon-style evening with the author. Cost is \$99, plus tax and gratuity. For reservations, call 602-955-7878 or visit <http://hermosainn.com/event/316/>.

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

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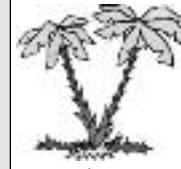
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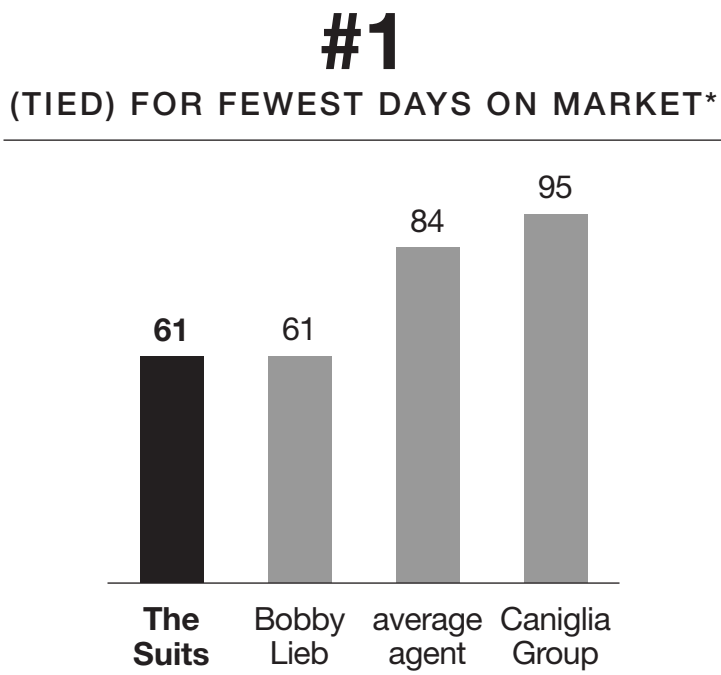
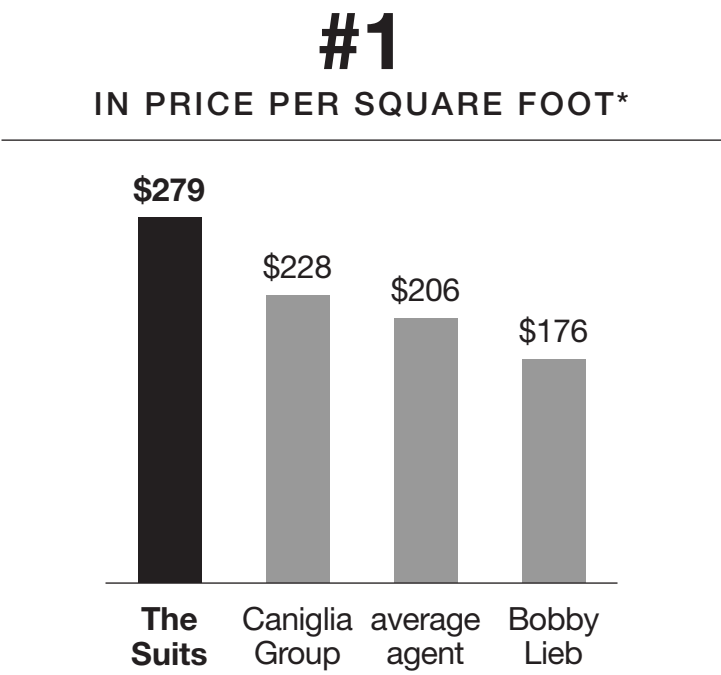
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